



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

(Incorporated in Victoria)

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

NEWSLETTER

Vol.3 No.3

August, 1988

Hi folks!

To begin with, our humble apologies for a few errors in the previous issue:

- 1) Some photographs were poor to very poor. We didn't know that some photographs, especially coloured ones, do not reproduce well. Selected use of the screen bromide process should improve our future pictures. Incidentally, our pride-of-place photograph ("The lovely Tony Tripp..") on centrefold, suffered most and was totally dark. Perhaps it was more interesting to let people's minds run wild and imagine their own scene. How many were right by visualising Tony naked in the bath with a forlorn look directed towards the camera?
- 2) The final page of Grahame Kerruish's ("Mountain Man") article on the Westfield Run went missing. We have obtained a copy of the final page and it is included in this issue. (Of course, we could always claim it is such a gripping tale that we wanted to serialize it to string out the anticipation).
- 3) Some copies had a missing A3 size sheet (an error in the collation). If your copy is one of them, please write to us and we will send you a copy of the missing sheet.
- 4) The address for Fred Howe (of Tallays The Runners' Shop fame) for the Sydney to Woolongong race was incorrect, but is correct in this issue. (Sorry Fred!) Additionally, we are gratified by the support Fred gives to all runners and an advertisement from him appears in this issue.

Many thanks to Steve Cornelius for giving AURA such a gracious plug in his letter to all finishers in his Sydney Striders 24 Hour Race. If any race director would like to do the same, we can supply the necessary letters which extoll the benefits of belonging to our prestigious Association.

Congratulations to the Q.M.R.R.A. for a fine newsletter, and thanks for sending us a copy. (Any other running organisation wanting to do the same, will be greatly appreciated by us). Some of the articles from this newsletter will be printed in this and future issues.

Two notable things happened at the inaugural 24 Hour Road Race held by the Q.M.R.R.C. recently. At the end of the race, competitor David Holleran and his wife Lyn re-exchanged their wedding vows with an official marriage celebrant, champagne, rice-throwing, speeches etc. Would someone please tell David that his new married life will be incomplete until he joins AURA! The second happening was John Petersen's (71 years) incredible performance of 163.559km, just missing out by 9km for the over 70 years old world mark.

Does anyone know the new address of Mike Thompson of Boga, W.A.?

Finally, Charlie Lynn has written to us to defend criticisms of some aspects of the Westfield Run. We believe our Association is in a healthy state where opposing points of view can be displayed.

'Bye for now,

Geoff Hook

CONTENTS

| | <u>Page</u> |
|--|-------------|
| <u>1988/89 Ultra runners' Calendar</u> | 3-5 |
| <u>Letters to the Editor</u> | 6-16 |
| <u>Race Reports:</u> Brindabella Classic | 17-22 |
| Cradle Mountain | 23-24 |
| "Run for your life" New Brighton 50Miler (NZ) | 25 |
| Banana Coast Electrics Ultramarathon | 26-27 |
| Sydney Striders 24 Hour | 28-29 |
| Sri Chinmoy 700 miles | } |
| " " 1000 miles (World Championship) | } |
| " " 1300 miles (New York) | } 30 |
| Hi Tec 24 Hour Race (W.A.) | 31-33 |
| VMC Hi Tec 50 Mile Track (Australian Championship) | 34-35 |
| VMC Hi Tec 50 Mile Road Race | 36-37 |
| FM104 Q.M.R.R.C. 24 Hour Road Race | 38-42 |
| Sri Chinmoy 12 Hour, Box Hill, Vic | 43 |
| <u>Advertisements:</u> | |
| Fred Howe Tallays The Runners' Shop | 24 |
| Tony Rafferty | 44 |
| Campbell Town City 6 Day Race, NSW | 45 |
| <u>Aura Profile:</u> Bryan Smith by Keith Fisher | 46 |
| <u>Logo Suggestions:</u> | 47 |
| <u>A.U.R.A. Annual Report</u> | 48-50 |
| <u>Miscellaneous Articles:</u> | |
| Grahame Kerruish (final page on Westfield Run) | 51 |
| Tribute to Andy Semple | 52 |
| On being an Ultra Race Director - Tony Tripp | 53-56 |
| Should we Change the 400m/440yd.Ultra Track? | 57-58 |
| Relay Attempt, Darwin to Adelaide: | |
| Hansard clippings | 59 |
| Tony Rafferty's report | 60-61 |
| Is it really worth it? - Kevin Cassidy | 62 |
| A Breed Apart - Tony Tripp | 63-64 |
| A.S.M.F. Children in Distance Running | 65 |
| A History of the 1000 Mile Race | 66-68 |
| The Long March - Quentin Chester | 69-71 |
| Injuries in Running - Thigh Strains | 72 |
| <u>Records and Australian 24 Hour Rankings</u> | 73-75 |
| <u>Membership Application</u> | 76 |

CALENDAR

- * 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 4 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 mile Road Race, contact Fred Howe, c/- Tallays: The Runners' Shop, 48 Frenchman's Road, Randwick, 2031, NSW, phone (02)399-3893
- * 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, Q'ld, around Queensland University, St. Lucia, contact Andy Semple, Queensland Marathon and Road Runners' Club, P.O. Box 192, Everton Park, Queensland, 4053 or phone (07)3555740. Race starts 1am!! 5km circuit.
- * Oct 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 Sri Chinmoy Centre, Flat 2, 90 Gover Street, North Adelaide, 5006. PHONE (08)239-0690.
- * Oct 30 A.C.F.BRINDABELLA CLASSIC, ACT, 50 km approx, trail run over Brindabella Mountains, just south of Canberra. Contact John Stanhope, 52 Sharwood Cres, Evatt 2617 ACT, phone (062)583181. or Barry Moore in Melbourne (03)2336529
- * Nov 6-12 CAMPBELLTOWN CITY SIX DAY RACE For Australians only. 950 metre sealed track. \$750 entry fee. Contact John Shaw, 17 Buvelot Way, Claymore, 2560, NSW. Phone (046)26-6694. Further details in this magazine.

CALENDAR

- * 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 11 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.
- NOT SURE.
- 1989
- * 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)
- * Jan 28/29 30 BIG APPLE NISSAN 24/48 HOUR TRACK RACE, at Aberfeldie, Vic. 12 noon start on Saturday. Further details when available.
- * Mar 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. Westfield trial.
- * Mar 18 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 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 Ken 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 11 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.
- * 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.

CALENDAR

- * 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 14 BANANA COAST ULTRA MARATHON. NSW. 85km, Coff's Harbour to Grafton, 5am start, contact Steel Beveridge, 20 Arrawarra Road, Mullaway, 2456, NSW.
- * ?? May 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 24 HOUR TRACK RACE. WA. Perth. 1km grass track, McGillvray Oval, contact Tony Tripp, "Lakeview" Davies Road, Claremont, 6010, WA
- * June 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 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 24 HOUR ROAD RACE at Queensland University, St.Lucia, 2km circuit, 8am start, \$25 entry. Contact: Ian Javes, 7 Romanette Street, Mansfield, Brisbane, Q'ld. 4122, phone (07)343-6159.
- * Jul 12 HOUR TRACK RACE AT Box Hill, Vic. 400m.track. 7am start. Contact Sri Chinmoy Marathon Team, 288 High Street, Kew 3101, phone (03)861-8981 or (03)862-1368
- * Jul 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 50 MILE TRACK RACE at Bass Hill, Sydney, NSW, 6.30am start, \$10 entry, contact :Gavin Beahan, 122 Flinders Road, Georges Hall NSW 2198.

A.U.R.A. MEMBERSHIP:

We've had a big membership drive in Victoria and our numbers are showing the results (Suffer Big Chris!). Our total membership has now reached 301! Thanks to all these members who have helped to sign up new members. You've been great:

| | | | |
|------------|-----|-------------|----|
| Victoria | 130 | South Aust. | 25 |
| NSW | 88 | West.Aust. | 11 |
| Queensland | 18 | Canberra | 8 |
| Overseas | 16 | Tasmania | 5 |

LETTERS TO THE EDITOR

Dear Dot and Geoff,

In our approach to lap scoring in ultra events, before dismissing any system out of hand, we should consider existing lap scoring faults and how to eliminate them, and then see where such an objective approach may lead.

In that we have never used checkscorers (people who check that scorers do not make errors), it is obvious that even the most diligent lap scorer could:

- (1) miss a lap through tiredness or during a short period of inattention,
- (2) acknowledge a lap, but still fail to score it, if distracted at that moment,
- (3) if scoring for more than one runner, credit the lap to the wrong runner and thus make a double error,
- (4) after a brief period of inattention, wrongly assume that a lap had been missed when in fact it had not been missed (e.g. toilet stop) and then, "to be fair to the runner", credit the lap thought to be missed.

The reality is that no-one can guarantee that lap-scoring in the past has been 100% accurate! As all of the listed inaccuracies can occur (either by accident or design), we must consider ways to eliminate the errors which mar our sport.

The first essential is checkscorers, and as this would place an excessive demand on wo/man power with manual scoring, we must look for an accurate method which is less labour intensive.

The obvious answer is to use a computer, and I am thankful that Stephen Foulkes had the insight and courage to implement computer lap-scoring at the 48 Hour run at Aberfeldie, even though there were some problems.

The main problem for each runner was the doubt that not every lap was being recorded. This was due to runners not receiving acknowledgement from the keyboard operator, who was seated in a trackside caravan, and was far too busy to wave acknowledgement.

However, during the race, the system was changed and it then worked like a charm. What caused this remarkable improvement? Well, a speaker was placed on the side of the track and the computer operator called the runner's number into a microphone as he keyed the number into the computer.

The runner completing the lap then heard his/her number called and the whirr of the printer through the trackside speaker. Most of us had great confidence in this system and I congratulate all those who contributed to this great improvement.

Any successful system must keep the runner informed, and it is much easier for runners to hear their numbers called than it is to look for acknowledgement. This is especially true when runners are tired and lighting at night is either glaring or inadequate, or if their lap-scorer is changed or changes position.

It is obvious that with 40 runners on a 400m. track, the responsibility and workload would be too great for a single operator, so we need to refine the system still further.

ACCURATE LAP-SCORING REQUIRES:

- (i) The computer and microphone to be in a caravan or other suitable trackside location.
- (ii) Entry restricted to a keyboard operator, number spotter/check-scorer and the Race Director.
- (iii) A loud-speaker at trackside.

As a runner completed a lap:

- (iv) the spotter would call the runner's number.
 - (v) the keyboard operator would enter his number,
 - (vi) the check-scorer would ensure the entry was correct,
- and at the same time, the runner would hear his/her number called via the speaker.
-

(Stan Miskin's letter to the editor ... cont'd)

The number spotter/checkscorer could of course be 2 people if desired and further developments of computer scoring could include trackside visual displays and automatic scanning. (as with supermarket bar codes), but these would be too expensive at this stage.

To summarise, I strongly believe that the system in the panel on the previous page could be used from now on. It would result in accurate lapscoreing, with every lap recorded, verified by a check-scorer. The many people released from manual lap-scoring duties would then be better able to attend to the needs of their runners.

Any runner could, of course, use a crew member to score laps manually (but not officially) until he/she gained confidence in the system.

However, as a runner myself, if I heard my number called each lap, and knew that there was a check-scorer, I would have no doubts whatever that my lap had been recorded.

Yours in running,

(Stan Miskin)



Dear Dot,

Please find enclosed a story, results and some photocopies of newspaper articles about the Q.M.R.R.C. 24 Hour Road Race. You may wish to use these items in the A.U.R.A. magazine.

After doing the Race Directing task, I think I would rather run in an ultra event. It makes one appreciate what you and your fellow organisers of A.U.R.A. are doing.

Regards,



Ed.'s note: Thanks Ian. We agree that race directing is an extremely demanding task. It's a bit of a shock to the system the first time you do it. Tony Tripp has more to say on this subject in this issue. Congratulations on your first effort anyway! You realise that you've created history in your ultra race, by having one of your competitors get married as part of the presentations!

Dear Dot and Geoff,

I would like to, if I may, thank everyone connected with the 50 Mile Australian Championship Track Race and congratulate all the runners who competed. A special thanks to Tom Donovan for his encouragement and a crew-member I think from the Martin Thompson camp. Sorry, I didn't get your name.

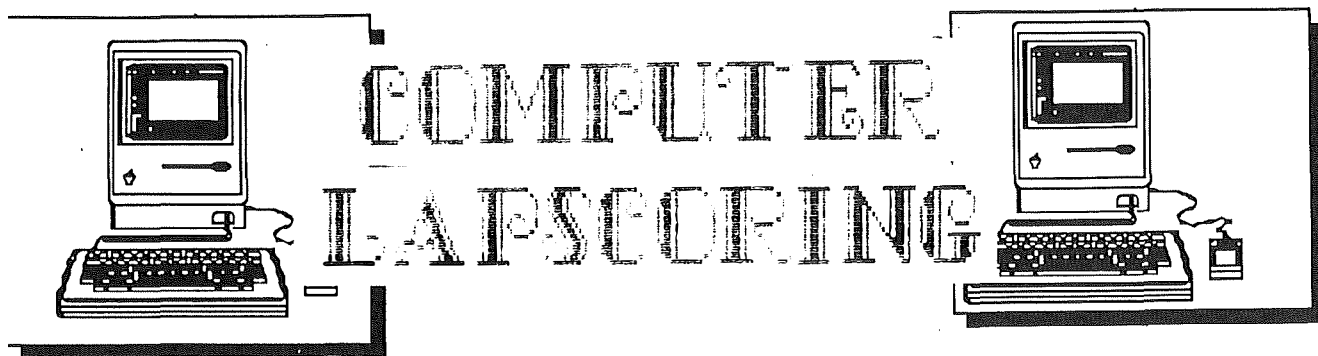
After the race, all sorts of thoughts flashed through my mind, one of which was, I hope I don't have to push-start the car, another was, I can't wait to get home for that massage my wife promised me (see page 22 February newsletter !). Then there was, that's it! Finished! No more! I'll never do that again. No sir!

So here I am, planning my next race would you believe. Okay well folks, although I didn't finish the race itself, I was extremely pleased with my 45 miles and 1 lap in 8 hours, the last two hours in the rain.

Once again, thank you to all those concerned. Sorry I missed the AURA Annual Meeting, but I just couldn't wait for that massage!

Cheers,





Thankyou Stan for your letter regarding lapscoring. You have certainly summarised the deficiencies in the manual system very well.

Your ideas on how to physically organise the computer lapscoring system are well thought out and should eliminate most of the potential problems. We agree, that, when it's perfected, the computerised system should certainly be more accurate and less open to abuse by biased lapscorers.

We trialled the system as a back-up at our Box Hill track 50 miler recently, and Colin Browne, who was operating the system, came up with the following points to help other race organisers who may attempt to use it for the first time:

1. Race numbers must be worn FRONT and BACK. Bigger numbers would be helpful.
2. Clean up computer screen with the word processor before race day.
3. DON'T use race numbers 13 and 30 or 14 and 40. They sound too similar when called.
4. Insist that runners whose race numbers are covered either face disqualification or laps not recorded. Numbers must always be pinned to the top layer of clothing.
5. Establish entrants' numbers on the computer keys well before start time. Put sticky labels showing race number on the keys. When scratchings are known, remove non-starters' stickers from the keys.
6. Set up computer operator and caller so that they are together and ISOLATED. Suggest perhaps in a car at the finish line or in private booth near the track, so that they have privacy. Interruptions or queries from interested spectators are distracting and cause missed laps.
7. Speaker should be set up trackside so that runners can hear their number being called as the operator keys it in and records the number into a mike as he does so.
8. Operator must watch printer. If it malfunctions, the printout is faulty.
9. If a lap is missed, or if a previously missed lap is keyed in at a different time, the printout should be annotated to explain the time difference.
10. At the start of the race, don't panic when you don't actually sight each individual number. Give every entrant the same first and second lap time while they are bunched up. They will show up eventually. The main thing is to get it going, because it is difficult to catch up on previously-missed laps when you are also keying in those runners who are currently going across the line.
11. A third person on the track, with a roving commission to note any departures from routine lapping would be helpful, (such as walks, feed stops, rests, sleeps, toilet stops etc) and these should be reported on paper (e.g. No.16 - sat & rested - 3.26pm.) with the time it occurred. When he has a break, operator can then annotate printout to explain any extra-slow laps.
11. After each hour, leader-board attendant can make a note of current lapscores without talking to the caller or operator, and then update the board for the runners' and spectators' benefit.

Marathon Race Management Pty. Ltd.
P.O. Box 871,
Campbelltown, 2560
Australia.
Office Address:
100 William Street, Sydney 2011



Telephone: (046) 25-3231
(02) 358-7600
Telex: 25567
Fax: (02) 358-6422

Dear Dot,

Thank you for the great coverage given to our Westfield Run in your last issue of AURA. Most of the reports were positive and gave a good overview of the event from a number of different perspectives. I have answered some of the negatives raised by Ian Javes in a separate letter and now wish to respond to some of the points raised in Geoff Hooks' letter.

The subject we are discussing is Yiannis Kouros and the effect he has had on this event. Let's look at some of his achievements.

Yiannis holds world records for the 12 hours, 200 kms, 24 hours, 48 hours, 6 days and 1,000 miles. He does not hold these by small margins - he smashes them at will and some had stood for almost 100 years until he came on the scene.

In 1985 he came to Australia for the Westfield Run and he won it by 24 hours. He returned in 1987 and we extended the course by 100 kms; he extended his winning margin to 27 hours.

In 1986 he competed in New Zealand in the Wellington to Auckland Ultrathon. His achievement was remarkable considering his condition of entry. He was racing against Dick Tout and Siggy Bauer - two of the runners most vocal about the fact that Yiannis can be beaten. Their race preparation had been good, they were running in their own country and they were in top condition. On the other hand, Yiannis was a late entry and had no time for preparation. He had spent 36 hours in transit between Athens and Auckland, travelled all night in a taxi from Auckland to Wellington and arrived 20 minutes after the other runners had started. He did not even have a support crew as the organisers were not sure if he was going to arrive.

Yiannis got out of the taxi, shook hands with the small band of surprised officials and said, "Which way?". He then took off in the nominated direction with myself, Chris Bates and John Dangar, acting as a temporary support crew until they could find someone to look after him. Within a few hours he had caught Siggy Bauer and chatted with him for a while as they ran. He then moved off and quickly brought down Dick Tout. From there it was a matter of Kouros versus Kouros and back in the field Dick Tout and Siggy Bauer duelled for second position. Yiannis won each stage of the event in a canter.

This is the athlete that everybody tells me can be beaten but whose actual record shows him to be unbeatable. Actually winning is not the problem - its the margin he wins by!

I know it is every runners' dream to beat Yiannis but we cannot deal in dreams when we are planning, organising and promoting events. We must deal in fact and the facts are well documented.

There are two considerations we must come to terms with.

Firstly. How do we maintain public interest in an event in which the result is so predictable. Remember, if we cannot generate public interest we will not get publicity. If we do not get publicity we will not get sponsorship and if we do not get sponsorship we will simply not have an event.

Secondly, how do we control an event that has a control span of approximately 500 kms when Kouros establishes such a huge lead. In 1985 we stated that any runner who fell more than 200 kms behind Kouros would be eliminated from the event. We had to change this on the third day otherwise we would have lost all but the top three runners. We convinced the police that we had erred in our judgement.

In 1987 we introduced cut-off times for the first time but still this span approached 400 kms as Yiannis, having no respect for our mathematical calculations, bolted.

The control span doesn't worry me a great deal as an organiser but it does concern the police, who see it as a major safety problem. The sponsor is also concerned because we must accept the recommendations of the police and it costs a lot of additional money to control an event over such a span.

In 1988 we introduced two innovations to overcome the problems in this area. The first was the incorporation of daily cut-off points and the second was the delayed start of Yiannis Kouros by 12 hours.

I will not enter into Hookies' academic argument about the difference between a 'delayed' and a 'handicap' start. It was a delayed start and the winner of the event would be the one who finished in the fastest time. Yiannis was offered an additional \$5000 if he could pass all of the runners along the way and finish first across the line.

This generated a great deal of controversy amongst the runners. They all claimed that their mental preparation had been effected because they had developed a plan to beat Yiannis this time and they would now have to change their plans. No-body gave any thought to Yiannis and the fact that he also had to change his plan. Up until now he had always relied on establishing a winning margin within the first 48 hours but now he would have to start from behind for the first time in his running career.

The truth is, for those who want to admit it, that you do not race anybody but yourself, the terrain and the distance in this sort of event. You give as much as you can for as long as you can and if you are within cooee of somebody as you near the end then you might contemplate racing against them.

Anybody that tells you differently probably believes their babies are delivered by the stork.

The discussion about the effects of adrenalin, pacing clocks, terrain and temperature differences is academic. They all had to run from Sydney to Melbourne across the same route as Yiannis did (with 16 hours and 4 minutes to spare). Sure he found it tough at the finish and the others might still have beaten him if this hadn't gone wrong or that hadn't gone wrong!

Once again no body considered Yiannis at the finish. Its probably just as well because I reckon he would have done better if he had been seriously challenged. If he had been under any serious threat he would not have been running 5 kms splits on the fourth night - a remarkable little game he played with his crew to take the boredom out of the race for him. He knew then he would win in a canter.

Hookie questions if all the excitement generated by the delayed start was at the expense of the other runners. He also implies that it may have belittled their efforts.

All I can say in reply is that there was never any intent at any stage to belittle any runner. But once again this is an academic question. What difference does it make if Yiannis passes a runner halfway in an event after giving him a 12 hour start, or beats him across the finish line by 450 kms with no start?

The views of two independent observers probably sum up the situation pretty well.

The editor of Australian Runner magazine devoted is last editorial to the event. In it he wrote:

"I went on this run as something as a sceptic, with apprehension, and doubting its authenticity as a major sporting event.

I saw it merely as publicity for Westfield, using a legitimate sporting event to promote shopping centres.

Well, that may be true, but I now take the view that anyone (in this case Westfield) willing to commit so much, both in hard cash and resources to such a potential nightmare deserves everything that comes this way.

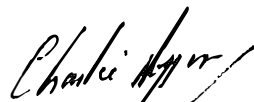
As several of the runners said to me, while its conducted as a legitimate race, with no cheating, then all should be happy to run and enjoy the facilities and support offered by Westfield."

"Those who are not happy with the race have a simple alternative - run from Sydney to Melbourne on their own!"

John Strom Jnr of Glendale, New York was succinct in his letter to the USA Ultrarunning magazine (June 1988). He wrote:

"I've a couple of suggestions for these runners in the Sydney to Melbourne race who somehow feel they were cheated or their efforts diminished. First, be thankful that you were able to run - there are millions out there who cannot run but wish they could. Second, talk less and run faster!"

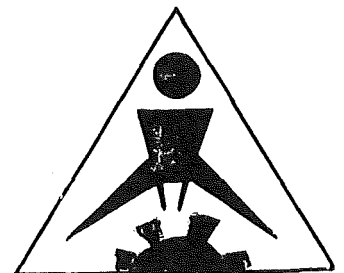
I'd go along with that.



CHARLIE LYNN
RACE DIRECTOR

Peninsula Healthy Lifestyle

Municipal Offices, Boneo Road, Rosebud, P.O. Box 1000, Rosebud, Victoria, 3939. (059) 86 2500. DX 30059



The Peninsula Healthy Lifestyle committee are happy to announce that their 12 Hour Run at Rosebud Olympic Park will definitely be held again in 1989. We'll let you know when they advise us of the date of the race.

Marathon Race Management Pty. Ltd.
P.O. Box 871,
Campbelltown, 2560
Australia.
Office Address:
100 William Street, Sydney 2011



Telephone: (046) 25-3231
(02) 358-7600
Telex: 25567
Fax: (02) 358-6422

Dear Dot,

I was disappointed to read that Ian Javes was not too pleased with the way the Westfield Run was conducted. After all we put in a lot of work to put on a world class event. It was interesting to compare Ian's comment with those of Marty Sprenglemeyer (the USA entrant) in the USA Ultra magazine. Marty detailed his experiences in the same event that Ian ran in and concluded that it is the greatest race in the world today.

Notwithstanding Marty's comments I will answer each of the points that Ian raised in his letters.

Ian's first gripe about having to foot his own bill is a bit late. We are all aware of the difficulties runners experience in raising funds to cover the costs of their participation in the Westfield Run. This year we decided to confirm their acceptance into the event much earlier than in the past so they could undertake sponsorship and fundraising activities. Ian was advised of the costs he would have to meet and it was his decision to accept the invitation to compete.

The criticism Ian raised about the official clothing and the media breakfast are accepted and I apologise for the problems experienced.

The clothing we received contained many anomalies to the sizes we ordered. They also were delivered much later than we expected. We were unable to fix the problem because all items had been specially made and they were part of a sponsorship arrangement.

The timings for the press conference were changed at the last minute when we checked our 'oppostion' for media coverage in Sydney that day. One cannot guarantee coverage of any event until the reporters actually walk through the door so this is always a bit of a gamble. Ian will find this out when he tries to arrange media coverage for his 24 hour and 1,000 km events he plans in the future.

Ian's reference to the delayed start of Yiannis Kouros and its effect on his mental preparation is interesting. His mental plan to "follow as close as possible to Kouros and pouncing towards the end should he happen to falter" was obviously hatched during the 'dreamtime' experienced by ultra runners during their training cycle. There is no harm in training with a dream - indeed it is a great motivator during those long, lonely training runs.

Unfortunately, I have to deal with reality - and the reality is that Yiannis Kouros is the greatest ultramarathon runner the world has ever known. Under normal athletic selection criteria Ian Javes would not be qualified to even enter an event in which Yiannis Kouros was competing because he is not in the same league. I make this statement based upon their recorded achievements. Ian should therefore be grateful that Westfield allowed him the opportunity to compete against such an elite athlete in the greatest race in the world.

Ian's comments on our medical coverage for the event, and his own experience, are interesting. In his first letter he speaks about 'injuries being treated by unqualified persons' but he doesn't give any specific examples. In his second letter he contradicts himself by talking about his consultation with the Race Doctor! He then makes an astonishing revelation about having to fly back to Brisbane early on Saturday because 'he knew he needed medical attention but he was unsure on how to obtain it in a strange city'! Now I know that Ian comes from Queensland but even that is no excuse for such a high level of ignorance. Let me explain the options Ian had to obtain medical attention between the time he finished the race and the time he left Melbourne. He could have:

- * Asked for the Race Doctor - he was readily available.
- * Asked for a race official to get the Race Doctor - our Race headquarters at Westfield Doncaster was open on a 24 hour basis.
- * Asked for me, as Race Director, to arrange the necessary medical treatment on his behalf.

If all this had failed he could have consulted the telephone directory. These are the same shape, colour and size as the ones they have in Queensland. A check under D for Doctor, M for Medical or H for Hospital would have revealed all of the medical resources available in Melbourne. I am also sure that a friendly doctor, matron or receptionist would have shown him how to use his Medicard!

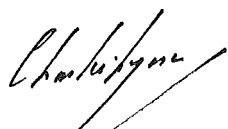
The final blow for Ian was his disappointment at the lack of a get together at the finish. I hope he is not referring to the party we had on Friday night for all runners, crews and officials. Approximately 200 people wearing Westfield tracksuits turned up and were treated to a barbecue, drinks and music from the Cobbers Bush Band. Runners who could barely walk a day or so before kicked their heels in the air and we all sang along with Tomoya Takaishi when he took over the guitar. It was a great way to wind up the event and we all had a great time - all except for Ian Javes it seems. And it was not as if we hid the event from Ian because it was held in the big red and white tent at the finish line.

I note that Ian is now going to make the move from ultra runner to Race Director. I wish him well and as one who has made the same move I offer him some advice (if he wishes to attract sponsorship to cover the considerable costs involved).

To get the top runners he will have to guarantee their costs will be covered and that the prizemoney is worthwhile. To cover costs he will have to tell the sponsor that he has the top runners and guaranteed media coverage. To get media coverage he will have to convince them that he has big sponsors and top runners.

It is sort of a self-fulfilling promise but I feel sure Ian will be able to bring it together now that he has seen how not to do something.

Yours sincerely,



CHARLIE LYNN
RACE DIRECTOR - WESTFIELD RUN 88

A DAY IN THE LIFE OF FRED PUBLIC DURING THE WESTFIELD RUN

BY CHARLIE LYNN

How can we expect the public to maintain interest in a race where the margin between the first and second placed runners is 27 hours - as it was in 1987?

Let's look at what the average family man in Australia would do between the time Yiannis Kouros crosses the finish line and the time his nearest competitor Patrick Macke finished in 1987. Remember, this is after he won his previous run by 24 hours.

Let's say Yiannis Kouros crossed the finish line at 6.00 a.m. on Monday morning. His nearest rival is approximately 27 hours or 180 kms behind him.

Fred (representing our target audience) wakes at 6.00 a.m. to the news that the great Greek runner, Yiannis Kouros, has blitzed the field. It doesn't register. He dozes off again and then suddenly realises he has overslept by 20 minutes. He jumps out of bed, stretches his body, and makes for the bathroom. A quick shave and then puts on his running gear - got to try and keep fit somehow!

Off he goes into the new dawn - his joints are stiff and the fresh breeze sends a chill through his body. After a few minutes he warms up a bit and gets into a more regular cadence. His muscles start to stretch out a bit. He feels pleased with himself but sorry for all of his neighbours who are denying themselves the opportunity to experience the joy of an early morning run. He sees another jogger - a total stranger - they wave and exchange friendly greetings - "Gday mate, owyergoing?", "Good mate, and yourself?". Then its back to dreamworld.

"Jeez, this feels good. I reckon I could do this forever. I reckon I could do the Westfield if I could get the time to put some training in. Don't thing I could catch that Greek though - he must be bloody good!"

After a gentle 40 minutes he turns the corner and slows to a walk as he approaches his driveway. A few gentle stretches and it's inside for a shower and the days work.

It's 8.15 a.m. and Fred's wife has prepared breakfast for him - some orange juice, muesli and wholemeal toast. He watches 'Good Morning Australia' and sees Yiannis Kouros talking to the press - looks remarkably fresh for somebody who has just run from Sydney to Melbourne!

Fred then has a chat with the kids and after kissing them all goodbye, he heads off to work. He tunes into the radio and hears an interview with Kouros. Kouros remarks that he could probably do better but nobody has ever been a serious threat to him in an ultramarathon.

Fred thinks; "Struth he's been finished for three hours already and his nearest competitor is still over 150 km from the finish line"!

At work Fred's mind is quickly occupied with a number of projects he is working on; a 9.30 a.m. meeting, a visit to a construction site at 11.00 a.m. and a business lunch at 1.00 p.m.

During lunch one of his contemporaries says "You jog don't you Fred - what did you think of that Greek that got in this morning?". "Great effort" says Fred, "Just think he has finished the event, celebrated with his crew and has now been asleep for about four hours - and the nearest competitor is still about 130 km from the finish"!

They finish lunch and Fred gets back to business at the office. The afternoon passes quickly and 6.00 p.m. sees Fred back in the car heading for home. "Don't forget to pick up the groceries and then call around to football training to give young Billy a ride home"; he remembers his wife's instructions clearly.

At home he reads the afternoon newspapers and then tunes into the evening news. The Kouros victory is now old hat and it just rates a passing mention. But it's enough to trigger Fred's recall - "Struth" he thinks, "Kouros would be out of bed after a deep 10 hour sleep and his nearest competitor is still about 80 km from the finish!".

His wife reminds him that they have a P & C Meeting to go to at 8.00 p.m. Fred goes along and listens as concerned parents and teachers debate the issues of education and the running of the local school. He gets back home at 10.30 p.m. and sits down to supper with his wife and they have a quiet yarn about the day's activities.

"Are you going for a run in the morning?" she asks.

"Yep" he replies. "Then there are some clean jocks in the bathroom - and please don't put those shoes on until you get outside - and when you get back take them off before you get inside - and take your socks off too cause they're starting to make the carpet smelly, and shut the door properly on the way out this time.....!". Fred listens, acknowledges, agrees and then goes for his shower.

A good sound sleep and then Fred rouses to his alarm at 6.00 a.m. He takes 15 minutes to get out of bed - wanders down to the lounge - "Where are my bloody jocks" he wonders, - "never where I want them". He bumps around in the dark, finds them in the bathroom - "Why did she put them here?". He goes back to the lounge, puts on his joggers and leaves by the front door, but forgets to shut it.

Today's jog is not as easy but he doesn't quit and plods along for another 8 km. Then it's breakfast, kids, wife and off to work again.

Halfway through a meeting at 10.00 a.m. one of his contemporaries says, "You jog don't you Fred? I see that the Pommy runner Macke just finished the Sydney to Melbourne in second place". "Wasn't exactly a photo finish"

Dear Dot,

Having looked after Cliff on all his runs since the 1983 Cliff Young Colac 1000, I have come across many different health products, good and bad. If runners and anyone else would like some information on the "good" ones, I would be only too happy to send the information to them (no charge of course). Everyone is different, and some of the stuff is not going to suit everyone, but if I send the whole lot, you can always send back whatever you're not interested in - or give it to someone who is! I've been interested in health ever since I contracted glandular fever at 20, which was quite devastating. It resulted in numerous health problems, which I've mostly overcome, but I still have to watch it. However, I've learned much from these experiences, and feel I should share this information with anyone who wants it. Just drop me a line to: "Upsun Downs" RMB 5110, Colac-Beech Firest Road, Kewarren 3245, Victoria.

Hope everyone is training well,

Yours sincerely,

Mary Young

MARY YOUNG

How much fat do you consume daily?

YOU can reduce the risk of heart disease by cutting down on the amount of fat that you eat.

A diet rich in fat, especially saturated fat, is linked with high blood cholesterol levels.

On average the Australian diet is so rich in fat that even children show evidence of high blood cholesterol level.

Courtesy of The National Heart Foundation

| | | | |
|---|---|--|---|
| Rarely (less than once a week) | 1 | Rarely (less than once/week) | 1 |
| 5. Do you fry or bake food in oil/fat/butter? | | 10. Which would you usually nibble with a drink? | |
| Daily | 4 | Crisps | 2 |
| 2-3 times per week | 2 | Nuts | 1 |
| Once a week or less | 1 | Cheese | 2 |
| 6. Do you spread your butter/margarine: | | | |

SCORE

- Choose sandwiches/fruit instead of fatty snacks
- Try low-fat salad dressing (or lemon juice or none!)
- Take the skin off the chicken

Tips for selecting and preparing lean meat:

- Select meats which are visibly lean — that means which appear red on pink throughout the meat

RACE REPORTS

BRINDABELLA CLASSIC

ACF BRINDABELLA CLASSIC 50K MOUNTAIN RUN

SUNDAY 15TH NOV. '87

by Mark Foley

This was the inaugural Brindabella Classic and the ACF refers to the Australian Conservation Foundation. It was held in the Brindabella ranges south-west of Canberra, and the race gave competitors a close-up look at an area of rugged beauty combined with a testing course. Initial info included a course elevation map, which is where I was "sucked in"! The Six-Foot-Track regulars in my club (Western District Joggers) told me "it's all down hill, you can do it". The warning bells did not go off.

We were given a lift from the Cotter River Reserve finish area to the start at the top of Mt. Ginini. The Trip took an hour and three-quarters over a bumpy road which took a toll on the exhaust pipe and caused some concern for the trip back (on foot). The sheer drop and wild country beside the road also made an impression.

Many of the faces at the start were familiar and friendly and there was a camera crew from the local Canberra TV station, so a brave face was in order.

The start was orderly and good-humoured as the 39 of us set off along the crest of the Brindabella range. We followed this for 5K before turning off to Mt. Franklin, where we reached the summit and touched the trig. The air here was very crisp and had the type of views seen normally only out of aeroplane windows. Wanda asked me later if I saw the tiny "paper" flowers but I was too busy trying to breathe.

The descent to the Aggie Gap drink station was nearly vertical. Two runners having a chat passed me on the way down, but I was more intent on surviving at this stage. At least I had all thoughts of pre-race injuries taken off my mind as I slipped and slid to the bottom.

The course then followed Parrot Road along Franklin Creek through some magnificent bush country, and the sound of the bell-birds helped as you coped with the sharp rises and steep drops. One particular climb of 230 metres over 3K was good fun. It's a real experience to crest a hill and see the runner ahead of you at what seems only 20 metres away, and then you look down and note that the trail goes straight down for a kilometre before bottoming out to a kilometre climb back up!

We followed the winding trail along paths carpeted with grass and leaves and completely shaded by overhanging branches. This turned out to be the Magic Forest, which was apt. I still wonder how the drink station workers got to their points on some sections. These water stops were very popular, if a little hard to leave at times.

I ran with Trevor Harris for a long section here and we discussed lots of things, including the ability surveyors have of getting the absolute number of twists and turns out of a hill. Each corner was followed by a stretch of trail and another corner etc. We passed my mate Keith O'Connell and I felt sorry for him as I knew he was suffering with the 'flu. Little did I know that he would re-appear later. An orienteer also rushed past in the other direction with compass and stick and gave us a cheery wave. After this, I had a rush of blood and left Trevor as I felt good, and was only tripping over every third tree-root or branch. This was a serious error as all the early downhill running was beginning to take a toll.

I was in a group of three runners and we seemed to be running in a riverbed of round rocks with no flat surface to put your feet on. The sides of this trail were wild bush so there was no escape and running was virtually impossible down this section (a relief for the quads).

The course info described the next section as "the delightful Lees Creek bubbling merrily along" which it did - but I couldn't. I walked about 4K through here with Bruce McCrossin, who was a grey colour and obviously not well. Our only consolation was that not a soul passed us, and when we were approaching the next drink station the sound of "Chariots of Fire" wafted out to greet us (playing on a tape loop in a car with drinks on the tailgate and not a human in sight).

Around another bend we encountered some real people - a welcome sight after so long with your own company. I left Bruce and pushed on to the next section which saw the end of the forest as you ran (or walked) through an area which had been recently logged. This scene of devastation was unbelievable. You felt like you were passing through a nuclear blast zone with not a living thing in sight and the emptiness matched my feelings perfectly. While I fantasized about a Big Mac and tried to summon up a run, Trevor Harris trotted past still going at the same pace as when we were earlier together - another lesson learned! This got me running again, although another two runners passed me as we at last re-entered the forest.

Next came a river crossing, so off came the shoes and a couple of us spent some time submerging our feet. I later heard that "Hutch" and "Rambo" actually stopped and had a swim here and this added to their enjoyment of the day.

More hills and sandy track followed, before the last drink station. A well-meaning person here was taking photos which I felt embarrassed about for some reason as I gingerly hobbled down the road. I had just been passed by my mate Keith who had "come good" and those at this drink station urged me to catch him, but I advised them that this was beyond me at this stage. The jelly beams I took from the table were now gluing my mouth together as I trudged onward. Another creek was crossed and then another 4K of hills took me to near the finish.

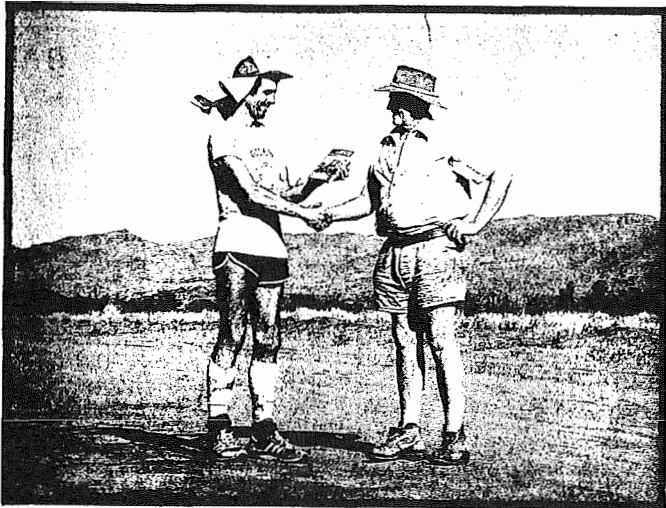
My fellow club member Bill Clingan, who had finished third in 4 hrs 04 min came past on his way back to look for others and he shamed me into running again. The finish was wonderful, especially the warm applause from those already in and their families. A print-out with my finish time and split times for each drink station was in my hands within minutes, and a beautiful pottery goblet inscribed with the race name. My mother-in-law greeted me with "where have you been, we've been waiting for hours", but I was still high from finishing. The cold water of the Cotter River was very nice, as was the cold beer from the Cotter pub.

Wanda was the only lady so she easily won that trophy; a very nice piece of wood-turning taken from a local tree, mounted and stained and inscribed with the design which appeared on the t-shirts (runners cresting a hill beside trees with ranges behind). This is the Miles Franklin Trophy.

32 finishers out of 39 starters isn't bad for what is a tough run. I learned a few lessons and had a good time as did most of the runners.

The '88 event is on the 30th October and I will run it again but won't be travelling home in a cramped Daihatsu hatch this time. For full results see Feb. AURA.

Another planned DESERT RUN by A.U.R.A. member, Peter Vernon. Good Luck Peter!



RUNNING THE CANNING

Marathon man takes on the western deserts

On July 1, a most ambitious party of adventurers will set out from the small town of Wiluna in Central Western Australia. Their journey northward along the famous Canning Stock Route is notably unique in that one member of the group will be on foot, running cross country from one timber-lined well to the next

through the harsh Gibson and Great Sandy Deserts.

Peter Vernon, 33, of Cheltenham in Melbourne plans to take 28 to 30 days to cover the gruelling 1,500 kilometres of sandhills, saltlakes and spinifex flats that lie between Wiluna and Halls Creek in the Kimberleys. Peter's back up team has been carefully chosen — two friends will accompany him at all times on Yamaha Tenere motorbikes and another four will travel in two four wheel drives, a Toyota troop carrier decked out with navigational equipment and a Toyota cab-chassis carrying fuel, water and supplies. Peter knows this area extremely well, having taken a number of groups along the remote track on his tour business, Breakaway Safaris.

1988 marks the 80th anniversary since the beginning of construction of the Canning Stock Route. It was surveyed and built by a team led by Alfred Canning. One of the members of Peter Vernon's back up team will be Peter Canning, grandson of pioneer Alfred.

Years of training and preparation have gone into the run along the Canning Stock Route in a few weeks time. In 1986, Peter Vernon ran the entire length of Len Beadell's Gunbarrel Highway through the Gibson Desert from Carnegie to Victory Downs, a distance of 1,360 kilometres in 21 days. Len Beadell travelled up from Adelaide to meet Peter near the finish of his epic run.

The Canning Stock Route Run is not much longer than the Gunbarrel Run, but is over far more difficult terrain; a true test for man and machine.

Reprinted from :

"4 x 4 AUSTRALIA" - JUNE '88

THE BRINDABELLA CLASSIC

Harry Moore

URA members may have been surprised to see race results from the 1987 Brindabella Classic in the February Newsletter - with no race description. Now that the 1988 event is almost upon us, let me attempt to remedy the lack of earlier information.

Background

The first Brindabella Classic was held on 15 November 1987. It grew out of a series of long runs by Chris Lee, Jon Stanhope and myself into the mountains to the south and east of Canberra. Before this, none of us had run further than a marathon and these runs (up to 55 km) were not part of any specific training program but for the sheer joy of being able to run in such beautiful areas. Jon and I decided to put on an organised run in order to attract more of Canberra's runners into the spectacular country on their doorstep. Having moved to Melbourne since that time makes me even more aware of the benefits of running in the Canberra area.

The Course

The event covers dirt roads and four-wheel-drive tracks. The first 20 km is within the Namadgi National Park. The run begins on the top of Mount Ginini at an altitude of 1762m and proceeds along the crest of the Brindabella Range. Runners climb to the top of Mount Franklin and pass through Aggie Gap and over Bulls Head before beginning the descent to the Cotter River. The course then joins the 'Cotter 18' - a tough 18 mile run which has been the staple Sunday diet of generations of Canberra runners - to finish at the Cotter Reserve, at an altitude of 475m.

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

We think the course covers approximately 50 km, although some of the 1987 runners claim that it was a l-o-n-g 50 km. A more accurate measurement will be made before the 1988 event. We believe that the rugged terrain and beautiful scenery traversed on this run enable the Brindabella Classic to live up to its somewhat presumptuous name.

Awards

The event recognises the contribution of two of the pioneer families of the region by the institution of the Miles Franklin Trophy for the first female finisher and the Jack Maxwell Trophy for the first male. Jack Maxwell was the first ranger in the area and managed Brindabella Station, the home of Miles Franklin. Many of the descendants of both families remain in the region. The trophies were hand crafted from native timbers by Brian Bloomer of Cann River.

Each 1987 finisher received a handmade pottery goblet. Goblets will also be provided to all 1988 finishers.

The 1987 Event.

There were 41 entrants in the 1987 Brindabella Classic and 39 starters. The runners were a mixed group but most were very experienced distance runners. They ranged in age from 16 (Creese Syred, 5th in 4.22) to 59 (John McIntosh, 19th in 5.50). Previous marathons ranged from zero to 50 (Gregory Reid), with up to 11 previous ultra-marathons ("Mountain Man" Grahame Kerruish). About half of the field had taken part in the Six Foot Track Marathon.

Eleven of the starters were Canberra runners and the rest were from New South Wales. Most of these learned about the run from the information sent out by Ian Hutchison with the Six Foot Track Marathon results. If we had found the time and energy to publicise the event more widely, we would probably have attracted more runners from other areas. As it was, the numbers were just about right for the first staging of an event which requires a great deal of organising. Now that the organisation has been successfully tested it will be possible to cater for greater numbers with little extra effort.

Times for the 32 finishers ranged from 3 hrs 53 to almost 8 hrs. The course proved harder than most of us anticipated, with Trevor Jacobs the only runner to finish in under 4 hours. Trevor put in a superb performance to finish 8 minutes ahead of Peter Skinner, with Bill Clligan a further three minutes away in third place. Wanda Foley, the only female runner, ran well to finish in 6 hrs 33.

Some runners probably took too little account of the altitude in the early stages of the event. Although there is a substantial net loss of height over the course, the first half involves some solid climbing. The steep and rocky descent from Bulls Head also caused problems. Things were not made easier by weather which was balmy for spectators and officials but a little on the warm side for runners. This caused difficulties for some runners beyond the 35 km mark when the course emerges from the eucalypt forest into the pine plantations, where large areas have been logged.

Many of the veterans of the Six Foot Track Marathon voted the Brindabella Classic to be the harder event (Ian Hutchison was one of the dissenters) - although I suspect that opinions were coloured by the passage of time since the Six Foot Track.

From an organisational point of view, it all went off very well. We received excellent support from the Wireless Institute of Australia, the Land Rover Club of the ACT, the St John's Ambulance Brigade, the Australian Conservation Foundation and a willing band of friends and runners. Radio communications provided expertly by the Wireless Institute of Australia enabled us to post a continuous update at the finish of runners' progress through the 9 drink stations.

Entry for 1988

The 1988 Brindabella Classic will be held on 30 October - the Sunday before Melbourne Cup Day. If you are interested in taking part, please fill out the entry form included with this newsletter or contact Jon Stanhope (062 - 58 3181) or me (03 - 233 6529).

In your training for this event please take into account the effects of altitude and the substantial loss of height over the course - a net drop of nearly 1200m. Remember also that weather in this mountainous area is unpredictable. Conditions could be anything between heatwave and snowstorm.

CRADLE MOUNTAIN RUN

Results of the 1988 Cradle Mt Run

| Time | Runner | Age | Town | State | hr:min |
|-------|------------------|-----|--------------|-----------------|--------|
| ===== | ===== | == | ===== | ===== | ===== |
| | Markulin, Doug | 44 | Manly | New South Wales | 11:29 |
| | Sargison, Neill | 37 | Hobart | Tasmania | 11:44 |
| | Davis, Alan | 32 | Bundoorra | Victoria | 12:19 |
| | Fennell, Graeme | 49 | Mt Nelson | Tasmania | 13:15 |
| | March, Mike | 44 | Ferntree | Tasmania | 13:15 |
| | Warner, Ashley | 42 | Dee Why | New South Wales | 13:20 |
| | Beattie, David | 40 | Mt Nelson | Tasmania | 13:22 |
| | Collin, Jeanette | 41 | South Hobart | Tasmania | 13:22 |
| | Whittle, Bob | 46 | Howrah | Tasmania | 14:45 |
| | Rishworth, Robin | 23 | Mt Waverly | Victoria | DNF |
| | Walters, Michael | 24 | Fitzroy | Victoria | DNF |

The Cradle Mt Run was held on February 6 this year. The run passed without major incident despite the very bad weather. The generally good weather and dry weather up to the eve of the the gave way to wet and windy conditions in the morning of the run. The conditions were poor but not so poor as to be life threatening. So all but one of the 12 entrants donned their wet weather gear and gathered at the start of the Overland track as soon as it was light. I started the runners on their way and accompanied them as far as kitchen hut, about 50 minutes running. Conditions seemed not too unpleasant on the plateau and as this is the highest and most exposed portion of the track it at least gave an indication of the worst conditions that could be expected on the run .

Only when I turned to run back to Waldheim did I realise how strong the wind really was. The track was wet but the hexagonal cracks of the dried mud were still there at the bottom of the puddles. Meaning that the track had not turned into a hopeless bog quite yet.

At Kitchen Hut I waved goodbye and turned back down the steep descent back to Waldheim where I had left my father holding the watches. After a shower and breakfast we started the long drive back through Deloraine to Lake St Clair.

I had made arrangements for the water taxi at Lake St Clair to take a relief party up the lake at 3pm however when I arrived at Cynthia Bay just after 1pm the morning boat had still to return from Narcissus.

I was surprised by Michael and Robin from the rear as I waited at the finish. The boat was still trying to leave when Michael Walters and Robin Rishworth succumbed to the lure of the boat and forsook the doubtful pleasures of the final 16k? around the lake for a long cold wait and cold rough ride to Cynthia Bay.

Michael was suffering from the cold whilst Robin had a twisted knee. Without the boat for the afternoon I had no relief party at Narcissus. Luckily Mike Patterson, who had withdrawn at the start, agreed to run up the track to shepherd the tail home.

As I wait and worry at the finish for the last runners to appear I sometimes vow that this will be the last Cradle Mt Run. This year was no exception but after notification from Narcissus that Mike had passed there with the last runner I knew that all was well.

All the runners then retired to the Bronte Park Chalet for a good meal and bed. The stay at Bronte is always a highlight and the hospitality a delight. & The highlights of the run were the weather (very bad) and that the run has been completed for the second time by a woman. Jennette Collin has now run the distance twice. Jeanette should serve as a model for other less competitive runners. She is a very strong walker rather than a runner but by sensible pacing, very fast walking and running where necessary she has turned in two respectable times.

Next years date has yet to be set, but should be early February.

For details stamped self addressed envelop to :

CRADLE MT RUN,
P.O.BOX 946,
LAUNCESTON 7250

Richard Pickup



RANDWICK
399 3893



OWNED AND OPERATED BY FRED HOWE, FORMER 30 MILE
WORLD RECORD HOLDER, INTERNATIONAL MARATHON REP.
AND STILL VERY COMPETITIVE 'OVER 50' VET.

TIMEKEEPER AND NOW RACE DIRECTOR FOR THE SYDNEY
TO WOLLONGONG ULTRA AND RELAY.

FRED OFFERS DISCOUNTS AND SOME OF THE BEST ADVICE
TO ALL DISTANCE RUNNERS.

MAIL ORDERS, BULK ORDERS, UNIFORMS etc.

RING, WRITE OT DROP IN!!

TALAYS: THE RUNNERS' SHOP
48 FRENCHMANS ROAD
RANDWICK 2031 NSW.
(02) 399 3893

THE "RUN FOR YOUR LIFE" 50 MILER WAS A RACE OF MANY SURPRISES... by John Drew (Reprinted from NZUA News May 1988.)

Results:

| | | | |
|-------------------|---------|--------------------|---------|
| 1. Jeff Hill | 5.30.20 | 8. John Souter | 6.33.26 |
| 2. Peter Jeromson | 5.38.17 | 9. Jane Ross | 6.36.09 |
| 3. Russell Price | 5.45.18 | 10. Laurie O'Neill | 6.57.35 |
| 4. Dave Rudman | 6.04.07 | 11. John Shivas | 6.58.05 |
| 5. Greg Bramwell | 6.12.09 | 12. John Baxter | 6.58.05 |
| 6. Bob Hamilton | 6.13.49 | 13. Helen Grant | 7.03.36 |
| 7. Arthur Gempton | 6.15.33 | 14. Robin Howe | 7.03.37 |

Several significant messages came across loud and clear when New Zealand's eldest established, and most prestigious 50 miler, was held in Christchurch on April 9 1988.

The "Run for Your Life" New Brighton 50, which was held for the 26th consecutive year, attracted a record field of 47 starters including four women, showed that ultras are gathering even further popularity in New Zealand. A record of 37 finished.

The event also showed that Canterbury has two new important finds of considerable ultra distance potential in the persons of winning man and winning women Jeff Hill of the Anglican Harrier Club and Jane Ross of Rovers.

It was a race of surprises. Both Jeff and Jane were unexpected winners. And the defeat of the talented Summer woman athlete Helen Grant by Jane with a margin of about 26 minutes was the biggest surprise of all.

Helen Grant has the fastest time in Australasia for 50 miles. However, she was obviously off colour on the day. she courageously battled on, and it was sporting of her to finish: for if she had pulled out it would have robbed Ross of some of the glory of winning. Several newcomers did surprisingly well.

Throughout much of the race there appeared to be a strange escalation of stupidity among many of the entrants. Nearly all appeared oblivious to one of the cardinal guidelines for ultras - even paced running. Or better still ensuring that the first half is always marginally slower than the second half.

These fundamental principles, together with valuable hints on how to mix occasional brisk bursts or walking to get better overall ultra times, have all been explicitly set out by the noted U S ultra distance athlete, Tom Osler, in his excellent book "Ultramarathoning". Osler, a professor of mathematics, is a former U S 50 mile champion.

However, such sound elementary advice appeared to have been ignored or forgotten by most of the impetuous starters in this years "50".

In fact a large proportion of the field showed about as much pace judgement as a bunch of emotionally unstable jack rabbits, unexpectedly exposed to the light of day when someone let them out of a sack.

Even the leading bunch of five allowed themselves to be deluded into a too fast early pace! largely due to the exuberance of Russell Prince. Russell could well have turned out the winner, were he able to control the apparent instincts of a front running half miler. He bolted through the 30 mile mark in under three hours. After that, when he blew up, he showed much courage and sportsmanship by managing to finish at all.

The leading bunch rushed through the sponge and water stations at the 10 mile mark with an air of frenzied urgency. Their time was about 64 minutes.

At proper even paced running this would have given them a finishing time of about five hrs 20 mins. A performance which none was capable of with the possible exception of the winner and Don Mitchell. Mitchell, still affected by recent bouts of 'flu, later pulled out of the race.

Some of these sorts of runners, at about 15 miles, could be seen strung out down the road attempting to race each other at a stage when they should have been teaming up, thus giving themselves more chance of a better overall time.

In fact, it was evident from Jeff's performance later in the race, that if he had paced himself properly, he could well have matched or bettered Roger Alcorns race record of five hours 17 minutes.

However neither Jeff or Jane could be hardly classed, as one newspaper rather naively described them, as "novice runners". Jeff has a marathon time of 2 hrs 36 mins and Jane has a marathon of 3 hrs 45 mins to her credit. And no doubt, she will run a much faster marathon than that later on.

As early as 15 miles, several runners further back in the field, gave a ludicrous exhibition of folly by gulping their drinks as they rushed through the aid stations, when they would have done far better by taking their time and doing a few occasional brisk strategic walks as well.

The faster ones were the lucky ones because they were home and under cover before the weather broke and the summery conditions turned into a souther blizzard.

This was a nasty situation for those who had committed the double folly of going out too fast and failing to read the weather forecasts and failing to ensure their handlers were equipped with suitable changes of warm bad weather clothing.

Out in the "wopwops", the unsheltered parts of the course in the Shand's Road area, slower runners in the second half of the field, round about the 30 mile mark, were being blown off balance all over the road, by freezing southerly gusts of up to 30 knots.

Granted they had the advantage of the cold southerly gale to boost them along over the final 15 miles or so. But, even at that, several who had lost body heat after a too fast early pace, were having an excessively miserable ride, and at risk from hypothermia.

He was very ably paced throughout by veteran distance runner Ian Worters who holds the best Commonwealth time for 50 miles, in the M45 age grade, of 5 hrs 47 mins.

Worters said he had severely blistered feet through being unaccustomed to walking over extended periods of time.

The race started at 7 am at the central New Brighton shopping centre and follows an anticlockwise course round the perimeter of the Christchurch residential areas, finishing at the start.

The race was generously sponsored by "Run for Your Life", a New Brighton sports goods retail outlet.

BANANA COAST ELECTRICS ULTRA MARATHON

by Steel Beveridge

Double the field (+1) and double the finishers made this year's run from Coff's Harbour to Grafton up the back road through the thriving metropoli of Coramba, Nana Glen and Glenreagh. In the past 5 runs, my worst placing has been 5th. Indeed the worst ever last place has been 6th! Now I have a 12th and John East has become the first ever 13th.

John gave himself a quantum boost in distance as well by multiplying his previous number of marathon finishes by 3 after completing the 85kms. of the Bananacoast Electrics Ultra. Eighth placed Paul Kehoe, at 18 years, our youngest ever entrant/finisher, completed his first and second marathon in one go.

Every runner brought to the event a different background, a different preparation, different degrees of ambition but the common determination to finish. There are 13 worthwhile individual stories about the experience of running from Coff's to Grafton in 1988, but the race was a competition on the classic scale and merits special comment. The first four all had their chance to win, the final margin giving every indication of the contest. Bob Channells, ably seconded by his family, moved to the front when it counted, and held on to add victory to his 3rd in 1986, and 2nd in 1987. On the way, he ran his third-fastest marathon trailing early leaders, Jim Bennington and Laurie Hennessey. Later he followed Trevor Bergman as he made his move. Then, with everyone reduced to a wal/run pattern, he was able to run more than the others. His time was a massive personal best though well short of the race records (Overall and northward).

Behind the first four, Jim Robinson was being chased hard by Bruce Hargreaves, whilst Graham Firkin overcame a brief detour to move through solidly for 7th. Jim, from Grafton, completed his first 'ultra' as did other North Coast competitors Shane Cooper from Goonengerry and fellow Graftonian Bob Turner. Steve Nordish from Ryde, made his trip worthwhile by running further than ever before.

Ubiquitous race official and sponsor, John Esplin will be sponsoring next year's trek to Coff's Harbour. With the increase in participants, maybe we will manage more than one personal best, maybe even a first lady.

Next year's event is scheduled for Sunday, 14th May, from Grafton to Coff's Harbour with a proposed starting time of 5am.

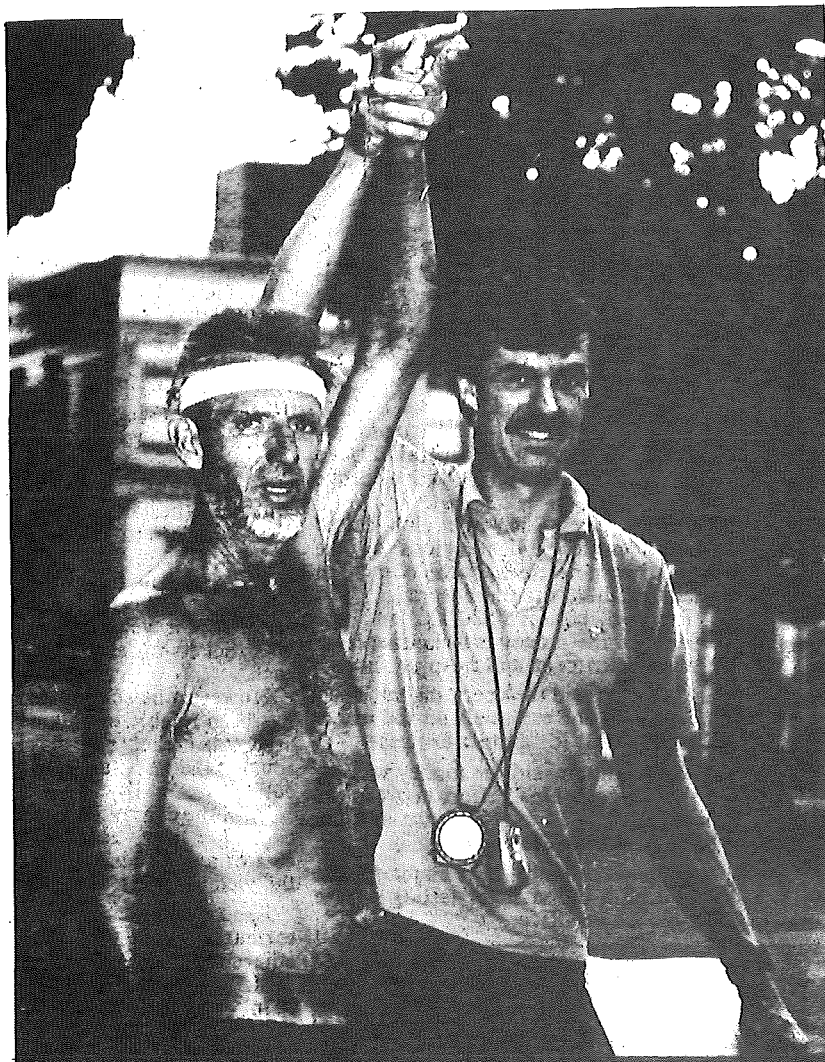
Note: This year's start from Coff's Post Office was delayed until 6am under police instructions. Luckily all runners were able to be notified of the change in advance. We do not anticipate that Grafton police will need the later start, as there is considerably more 'built-up' area on the course out of Grafton, i.e. more street lighting. Luckily no one paid too dearly for the later start this time as the weather was most kind.

Local publicity for the event was excellent, with television coverage on the news later in the week. Both Coff's and Grafton papers gave both pre- and post-race coverage with Grafton going so far as to feature the story with photo (see article) on the front page. Radio 2CS also gave us good coverage, with an interview with Jim Bennington before the event, and results after.

Naturally we owe AURA a great deal for our increased field, generated through your coverage of last year's run. Thankyou so very much. Keep up the great work. Best wishes.

RESULTS:

| | | | |
|-----------------------------|---------|-----------------------------|---------|
| 1. Robert Channells (45yrs) | 6.58.18 | 8. Paul Kehoe (18yrs) | 8.12.06 |
| 2. Laurie Hennessey (47yrs) | 7.01.45 | 9. Shane Cooper (29yrs) | 8.16.10 |
| 3. Trevor Bergman (41yrs) | 7.13.18 | 10. Steve Nordish (38yrs) | 8.26.25 |
| 4. Jim Bennington (37yrs) | 7.38.09 | 11. Bob Turner (38yrs) | 9.04.38 |
| 5. Jim Robinson (42yrs) | 7.49.37 | 12. Steel Beveridge (37yrs) | 9.32.42 |
| 6. Bruce Hargreaves (35yrs) | 7.50.30 | 13. John East (44yrs) | 9.58.59 |
| 7. Graham Firkin (50yrs) | 8.08.00 | | |



Victory salute for Robert Channells (left) from ultra-marathon official John Esplin, at the end of yesterday's gruelling event.

One place better

MARATHON runner Robert Channells of Bowraville sliced nearly one hour off his previous best time to win the Coffs Harbour to Grafton ultra marathon yesterday.

Channells, 45, completed the 85km run in 6 hours 58 minutes and 18 seconds taking about one hour off the time which placed him second in last year's ultramarathon.

Second in yesterday was Laurie Hennessey of Westleigh with a time of 7:01.45, only 13 seconds behind his time in last year's Sydney to Wollongong race.

Trevor Bergman, 41 of New Lambton, ran third at 7:13.18.

Ultramarathon record holder and 1985 and 1986 winner Jim Bennington of Nana Glen finished an hour behind the winner and well outside his own record.

The record of 6 hours 40 minutes which he set in 1986 remained unbeaten.

Channells said this year's marathon was a real race compared to the last few years when everyone had been spread out along the course.

"All the time I kept hearing footsteps behind me," he said.

Hennessey, 47, who had not competed in the Coffs Harbour to Grafton ultra marathon said he had found the course tough.

"The course is better than Sydney to Wollongong because there is only the one hill in the middle," he said.

Race official Mr John Esplin, of Coffs Harbour, said it had been fairly hot for the marathon but there had been no problems with traffic.

All 13 starters finished this year with five competing in their first ultra marathon.

Steel Beveridge of Woolgoolga made this his sixth finish in the event from Coffs Harbour post office to Grafton post office via Glenreagh.

Two Grafton runners made their debut in ultra marathons and were the first Grafton runners to finish since Ken Shephard won in 1983 and 1984.

Jim Robinson who came fifth with a time of 7:49.37 and Bob Turner 11th to finish with a time of 9:04.38.

Paul Kehoe of Newcastle at 18 was the youngest runner ever to compete in the Coffs Harbour to Grafton ultra marathon and ran eighth with a time of 8:12.06.

Super effort by 'oldies'

THE first three placegetters in Sunday's 85km Coffs Harbour to Grafton ultra marathon proved that there is life after 40.

Bowraville's Bob Channells, 45, sliced almost one hour off his time last year to win the event from Sydney's Laurie Hennessey, 47, and Newcastle's Trevor Bergman, 41.

The sixth annual event was keenly contested with the first three runners finishing within 15 minutes of each other.

Thirteen runners completed the trek, the highest number of starters and finishers in the event's history.

Channells, who finished third in 1986 and second last year, crossed the line six hours 58.18 minutes after leaving Coffs Harbour.

Hennessey finished 7.01.45 and Bergman in 7.13.18.

Nana Glen's Jim Bennington, who was aiming for his third consecutive victory, finished fourth, more than an hour behind the winner.

At one stage during the middle stages of the race only 500m separated the leading four runners.

Bergman's participation in the event added some international interest.

Bergman had previously competed in five Comrad ultra marathons in South Africa.

The only person to compete in all six events, Woolgoolga's Steel Beveridge, finished 12th.

The youngest runner, Newcastle's Paul Kehoe, 18, finished eighth in 8.12.06.

Results: Bob Channells (Bowraville) 6.58.18 1, Laurie Hennessey (Sydney) 7.01.45 2, Trevor Bergman (Newcastle) 7.13.18 3, Jim Bennington (Nana Glen) 7.38.09 4, Jim Robinson (Grafton) 7.49.37 5, Bruce Hargreaves (Brisbane) 7.50.30 6, Graham Firkin (Dharruk) 8.08 7, Paul Kehoe (Newcastle) 8.12.06 8, Shane Cooper (Goonengerry) 8.16.10 9, Steve Nordish (North Ryde) 8.26.25 10, Bob Turner (Grafton) 9.04.38 11, Steel Beveridge (Mullaway) 9.32.42 12, John East (Taree) 9.58.59 13.

↑ Reprinted from the Coffs Harbour "Advocate".

← Reprinted from "The Daily Examiner", Monday May 16th.

Thankyou Steel Beveridge for sending us these articles.

Sydney Striders

Marathon and Road Runners Club

HENSLEY ATHLETIC FIELD, PAGEWOOD, SYDNEY, 28-29 MAY 1988

ACKNOWLEDGEMENTS

Sydney Striders wish to place on record their appreciation to the following: WESTFIELD SHOPPING CENTRES for their generous sponsorship, and in particular CHARLIE LYNN, JOHN DANGAR and CHRIS BATES for assistance and advice; ANSETT AIRLINES for flying our Race Physiotherapist from Melbourne free of charge; the many Striders and friends who lent, begged, or borrowed equipment, some of which would have cost hundreds of dollars to hire; the medical staff (CHRIS PERRY, COL BERRY and WARWICK SELBY); the huge number of lap-scorers and other helpers who worked on race weekend, and in particular those who worked in official capacities without rest for the entire 24 hours or more: JIM ENGLISH (Race Manager and Masseuse), DAN GRAY (Timing Manager) and his assistants TERRY McIVER, NOEL WORTHINGTON, and GREG JERRETT; BARBARA FIRKIN, SALLY CORNELIUS and SUE CASEY (Catering), and STEVE CORNELIUS (Race Director). Thank you all for helping to make our race something out of the ordinary.

RACE REPORT: THE LEPRECHAUN PROVES IT WASN'T A FLUKE

The diminutive Frank Kelly, from Ireland's County Clare, proved yet again that leprechauns can be giants, by winning his second consecutive Sydney Striders' 24-hour Track Race and NSW Championship at Hensley on 29 May. This time Frank recorded a massive 225.275 km, a new state record, easily a personal best, and a winning margin of over 20 km. It was a popular victory for the Irishman, who had refused to be dragged along by the early sprinters; running his own race, his reward came in the 12th hour, when he took over the lead and never again relinquished it.

37 runners faced the starter in this, the 3rd annual Sydney Striders' 24-Hour Race, including our first two international visitors (Sue Andrews and Gary Regtien from Auckland), 7 runners who had already passed the magical 200 km mark in a previous 24-hour race, and a number of others who seemed capable of that feat. It was a highly talented field indeed.

Victorian champion Nick Read from Canberra made the early pace, completing his first marathon in 3.01, and hotly pursued by Gary Regtien, widely regarded as the race favourite. Regtien took over the lead during the 4th hour, running very strongly and opening up a 6km lead on Read before 1987 NSW champion Frank Kelly moved past Read into 2nd place in the 7th hour. At this stage Anyce Kip Melham, Cliff Young, Graeme Townsend, Max Bogenhuber and John Champness were handily placed, within striking distance of the leaders.

By the end of the 10th hour the New Zealander had a 7 km lead, but succumbed to stomach problems soon afterwards, and could only watch while the Leprechaun took the lead. Anyce Kip Melham, twice winner of the Manly 100-miler, took on the challenge of following the Irishman, and with never more than 2 km between them this pair opened up a daunting lead of over 10 km on Cliff Young, who had shuffled quietly (as he tends to do) into 3rd place. However, when Melham withdrew injured in the darkness of the 16th hour, Frank found himself an unchallenged front-runner, and still well on schedule for a crack at the Australian record.

24-Hour Track Race

Although the record slipped from his grasp during the final few hours, Frank cemented a fine victory, inspiring his ecstatic compatriots around the stadium to perform Irish jigs in celebration. In the final three hours it was English-born Victorian John Champness who stole into 2nd place, the only other competitor to break 200 km (202.934 km) and the first time he has achieved this. The under-rated Graeme Townsend from Mittagong had also run a careful but classy race, sneaking into 3rd place with 196.770 km, probably his finest performance in any race, and just one lap of the track ahead of "The Living Legend", Cliff Young from Colac.

The women's race went according to form, Australasian record-holder Sue Andrews taking the trophy across the Tasman and recording 192.049 km for 5th place outright. Without the blister problems which caused Sue to leave the track frequently for attention, she would undoubtedly have given her 202 km Australasian record a nudge. First-time 24-hour participant Georgina McConnell excelled herself to record 171.247 km and break the women's state record by 6 km, and 1987 winner Wanda Foley came close to the 100-mile mark again for 3rd place. The 4th lady in the field, the tiny Val Case from Melbourne, produced a personal best to exceed 150 km for the first time. We congratulate the four female runners, all of whom were still on the track at the final gun.

Some quite remarkable performances were recorded in the quest for the "Newcomers' Trophy" (for those who had never run more than 100 km), but none more remarkable than the 181.081 km by David Brown from Gosford. How is it physically possible to run 181 km in your first run of more than the standard 42 km marathon distance? Georgina McConnell was 2nd in this category, with the unmistakable figure of Paul Every 3rd (166.919 km). Philip Clarke from Castle Hill, 4th in the newcomers' category, proved the most resilient nocturnal runner. In the dark depressing hours between midnight and 6 a.m. Philip blasted out 112 laps, and although only 15th outright, took the Striders' "Graveyard Trophy".

No less than 10 runners recorded personal bests, including of course the three front-runners Frank Kelly, John Champness and Graeme Townsend. But Keith O'Connell's personal best by 61 km would be difficult to beat. A total of 10 runners broke the basic Westfield qualifying distance of 180 km, and another 7 broke the old 100-mile mark - surely a large contingent from this race will face the starter at Westfield Parramatta for the 1989 Sydney-to-Melbourne.

Lasting memories from this race: the strong professional-looking styles of New Zealanders Sue Andrews and Gary Regtien; the famous shuffle of Cliff Young, seemingly unaffected by his 196 km run and quite seriously offering to help dismantle tents straight afterwards; the colourful "tent city" of the support crews; the thousands of man (and woman) hours put in by supporters, crews and officials; the fine running by all 37 competitors; and the confidence with which a man of small physical stature stamped his authority on the race, winning by the proverbial country mile. A third victory for Frank Kelly in 1989 would see the trophy permanently residing on his mantelpiece; for Sydney Striders, to be thus forced to purchase a new one would be a pleasant duty indeed.

The organisers congratulate each and every runner in the Striders' 24-Hour Track Race, and hope "y'all come back soon".

Sydney Striders

Westfield

24~Hour Track Race

SYDNEY STRIDERS' 24-HOUR TRACK RACE, PAGEWOOD, 28-29 MAY 1988

RESULTS

| Pos'n | Name | Age | Residence | State | Kms | Notes |
|---------|--------------------|-----|----------------|-------|---------|---------------------|
| 1 | Frank Kelly | 34 | Ashfield | NSW | 225.275 | NSW Record & PB |
| 2 | John Champness | 47 | Sunbury | VIC | 202.934 | PB |
| 3 | Graeme Townsend | 30 | Mittagong | NSW | 196.770 | PB |
| 4 | Cliff Young | 66 | Kawarren | VIC | 196.281 | |
| 5 (1F) | Sue Andrews | 43 | Auckland | NZ | 192.049 | |
| 6 | Keith O'Connell | 49 | Fairfield West | NSW | 188.957 | PB |
| 7 | Graham Firkin | 50 | Dharruk | NSW | 187.336 | PB |
| 8 | Graham Stenner | 43 | Salisbury | SA | 183.682 | PB |
| 9 | Rod Martin | 45 | Wentworthville | NSW | 181.387 | PB |
| 10 | David Brown | 30 | Gosford | NSW | 181.081 | * Best Newcomer |
| 11 | Max Bogenhuber | 46 | Grays Point | NSW | 175.321 | PB |
| 12 | Stephen Grant | 30 | St Marys | NSW | 173.081 | |
| 13 (2F) | Georgina McConnell | 44 | Baulkham Hills | NSW | 171.247 | * NSW Female Record |
| 14 | Paul Every | 23 | North Epping | NSW | 166.919 | * |
| 15 | Philip Clarke | 36 | Castle Hill | NSW | 163.766 | * Graveyard Trophy |
| 16 | Eduardo Vega | 47 | Bonnyrigg | NSW | 163.219 | |
| 17 | Bob Fickel | 36 | Ashcroft | NSW | 162.364 | * |
| 18 | Mathew Kaley | 20 | Mosman | NSW | 158.529 | PB |
| 19 (3F) | Wanda Foley | 42 | Baulkham Hills | NSW | 156.234 | |
| 20 (4F) | Val Case | 51 | Northcote | VIC | 151.255 | PB |
| 21 | Anyce Kip Melham | 30 | Panania | NSW | 147.200 | Retired 16th hour |
| 22 | Alan Staples | 38 | Penshurst | NSW | 146.270 | |
| 23 | Brian Tailford | 40 | Petersham | NSW | 135.885 | * |
| 24 | Grahame Kerruish | 49 | Riverwood | NSW | 135.442 | |
| 25 | Dallas Earsman | 60 | Tamworth | NSW | 132.269 | |
| 26 | Creese Syred | 16 | Glenbrook | NSW | 129.034 | * |
| 27 | Ernie Cattle | 38 | Holbrook | NSW | 127.787 | |
| 28 | Dave Taylor | 36 | Appin | NSW | 123.406 | |
| 29 | Gary Regtien | 52 | Auckland | NZ | 119.200 | Retired 11th hour |
| 30 | Nobby Young | 41 | Gladesville | NSW | 111.200 | Retired 13th hour |
| 31 | Nick Read | 36 | Canberra | ACT | 104.400 | Retired 11th hour |
| 32 | Peter Manning | 35 | Woodford | NSW | 100.800 | Retired 16th hour |
| 33 | Kevin Cassidy | 27 | Preston | VIC | 95.200 | Retired 12th hour |
| 34 | Heath Enguix | 16 | Appin | NSW | 72.800 | * Ret'd 14th hour |
| 35 | Maurice Taylor | 40 | Campsie | NSW | 72.000 | Retired 8th hour |
| 36 | Garry Collins | 27 | Woy Woy | NSW | 69.200 | Retired 9th hour |
| 37 | Wal McCrorie | 57 | North Ryde | NSW | 52.000 | Retired 6th hour |

* denotes runner competing in his/her first 24-hour race

PRESENTED BY SYDNEY STRIDERS ROAD RUNNERS CLUB

AND PROUDLY SPONSORED BY

Westfield

AND

Ansett.

Kouros Moves Up — Gets Record and World Title

(Reprinted from "Ultrarunning", July-August 1988)

In what were probably the most innovative and intricate multi-day races ever organized, mileage requirements were imposed throughout the event to maintain a reasonable standard of competition.

To continue in their respective events, 700, 1000, or 1300 miles, everyone was required to complete 350 miles after the first 6 days; men had 12 days to complete 700 miles, women, 13 days; men had to complete 1,000 miles in 15 days, women had 16 days. All those entered in the 1,300-mile race had 18 days to complete the distance. Runners could only enter one event, even though all three started at the same time.

The 700-mile race attracted more than half the total number of entrants and spoke promisingly and convincingly for the future of women in multi-day racing. Eleven of the 20 starters were women, and women took the top two places, and six of the top ten. All six are members of the Sri Chinmoy Marathon Team.

The real star of the show was the winner, gift-store owner Suprabha Schecter. She covered an ambitious 96 miles on the first day before settling into a more conservative pace. By the close of the sixth day she had accumulated 422 miles, ranking her seventh on the current world list. She completed 700 miles, seemingly devoid of injury due to her economical pedestrian shuffle, in 10 days, 13:03:45.

The leading man of the 1,000-mile, which was the IAU World Championship, was, of course, the sport's most dominating and gifted ultrarunner, Yiannis Kouros. Before assessing yet another of his world rec-

ord performances, one must consider his far from perfect physical condition leading up to the race. After winning the Westfield 631-mile run in 5 days, 19 hours, Yiannis was unable to do anything that resembled training the next 40 days. This was due to a painfully swollen achilles tendon and inflamed left knee, from which a piece of cartilage had been removed a year ago. The rest period was followed by two weeks of 10-15 miles per day in the hills around his home in Tripolis, Greece, before the start of the 1,000-mile. As he had predicted at the pre-race banquet, Yiannis ran at a slower than usual pace, obviously inhibited by his injuries. The sub-eight minute pace for the first 31 miles was slower than what Yiannis is accustomed to early in a race, but after all, this was a 1,000 mile race, a distance he had never covered!

Nevertheless, 50 miles was covered in 6:52:30 and 100 miles reached in 14:56:24, a result that most would be pleased with in a 100-mile race. Yiannis completed the first day with 144 miles.

During the first four days of the race, Yiannis found it impossible to sleep. His nervous energy, the heat, and the noise from the race and overhead planes kept him awake until 104 hours had passed. By this time he had accrued 484 miles and 10 minutes sleep was possible only after his rented camper was positioned away from the noise of the race site. However, as the race progressed, Yiannis found it increasingly easier to get the minimal periods of sleep he would allow himself. Yiannis averaged between 10 and 11 minute miles throughout most of the journey, stopping only very occasionally to stretch or to soak his legs in ice water. Massage, shower and change of clothes were usually incorporated in sleep breaks which seldom lasted more than two hours. When six days were over, Yiannis had tallied 639+ miles, giving him the longest 6 day distance ever covered on a certified course and second only to his own 658.65-mile world road best.

By the end of the eighth day, sleep deprivation, rising daytime temperatures, and urinary and stomach problems left him with the lowest daily mileage for the race (69 miles).

With only 37 miles remaining, Yiannis began feeling the effects of the 85° heat, and was forced to leave the track to soak his feet in ice-water. After three slow laps he again left the course to take a shower, and this time even managed to get in two hours sleep.

This succeeded in lowering his high pulse and body temperature, thus giving him a clear run to the finish. The rest is history.

Wearing a blue T-shirt with his own

design for the centenary of the modern Olympics, Greece's finest ambassador broke the tape in 10 days, 10:30:35, lowering Stu Mittleman's previous world best by 34 hours.

On a victory lap of the course, Yiannis exchanged the small Greek and American flags he had been holding on his final lap for a large banner of the United Nations. En route, he climbed upon the wall surrounding the Unisphere and circled the large structure three times.

After this significant gesture he completed the loop accompanied by a band of Greek admirers chanting, "Kouros, Kouros," and holding aloft a banner which read: "Yiannis Kouros, Superhuman."

Sandy Barwick of New Zealand, was strictly a marathoner until 1986 (with a best of 3:24), but then moved up to 24-hour and longer races. She was runnerup to Eleanor Adams at this year's Westfield run. Despite a painful injury for the last 400 miles, Sandy bravely shuffled her way to a new 1,000-mile world record of 14 days, 20 hours.

The 1300-mile race had eight starters trying to cover the minimum 72 miles a day necessary to make the 18-day limit. But, as happened last year, no one was successful. West German parachutist, mountain climber, and triathlete, Stefan Schlett, finished with the highest mileage (1,172). Don Choi, in semi-retirement from the sport, withdrew after completing 800 miles.

Sammukh Sheridan

Sri Chinmoy 1300 Mile, 1000 Mile, & 700 Mile

Queens, N.Y. May 20, 1988
Certified 1-mile loop
IAU World 1,000 Mile Championship
(with six-day splits)

1,000 miles_
1. Yiannis Kouros, 10 days+10:30:35
32,GR World 1,000 Mile Record
639 mi in 6 days: best certified mark ever
Daily splits: 144,110,101,101,94,89,91,80,69,85

2. Michel Careau,47,QUE 13+21:31:53
(453 mi)

3. Sandy Barwick,39NZ(461)14+20:45:16
World 1,000 Mile Record

After 15-day time limit:
Tom McGrath,38(386) 16+22:54:46
11 starters

700 miles_
1. Suprabha Schecter,32DC 10+13:03:45
(422)

2. Hildegard Schmidhuber, 10+22:16:12
44,WG(410)

3. Saurjya Clark,49 11+5:42:00

4. Antana Locs,29,QUE 11+7:30:46

5. Tom Grace,39 11+22:07:10

6. Sulochana Kallai,58 12+23:30:36

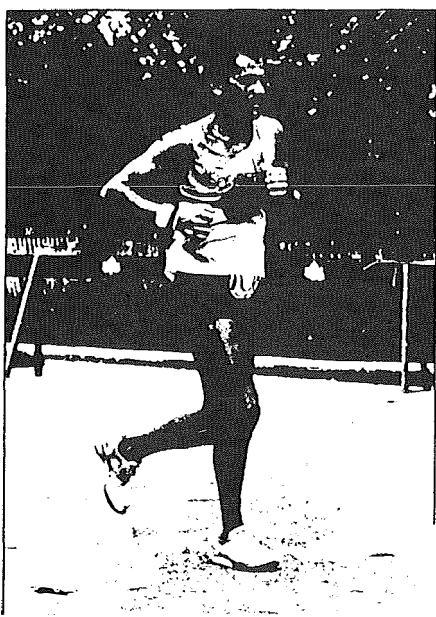
20 starters

1300 miles_
No finishers within 18 days

1. Stefan Schlett,26,WG 1172 mi

2. Trishul Cherns 1052 mi

8 starters



Ranjit

Kouros on day one with many miles to go.

HI TEC 24 HOUR RESULTS - PERTH - MAY 28/29, 1988

| POS. | NAME | MARATHON | 50 MILES | 100 MILES | 150 KMS | 100 MILES | 24 HOURS |
|------|-------------------|----------|-----------|-----------|----------|-----------|----------|
| 1. | Mike Thompson | 3.34.00 | 8. 04. 03 | 10.24.08 | 17.24.33 | 18.51.16 | 192.376 |
| 2. | Trish Spain | 4.18.19 | 8. 53. 30 | 11.35.03 | 19.39.02 | 21.05.26 | 182.000 |
| 3. | Bert Oostdam | 4.20.00 | 9. 39. 00 | 12.17.45 | 19.44.51 | 21.28.29 | 174.836 |
| 4. | Jim Turnbull | 4.32.20 | 9. 27. 42 | 12.49.02 | 20.18.00 | 21.54.56 | 167.969 |
| 5. | Dave Bird | 4.22.30 | 10.01. 12 | 12.57.30 | 21.09.52 | 23.00.00 | 167.293 |
| 6. | Brian Kennedy | 4.37.29 | 9. 42. 00 | 12.54.34 | 21.59.55 | 23.34.49 | 164.116 |
| 7. | George Audley | 5.08.59 | 11.08. 45 | 14.11.20 | 21.45.14 | 23.28.40 | 164.599 |
| 8. | John Bird | 4.08.16 | 8. 36. 00 | 11.45.24 | 20.46.07 | 22.42.39 | 162.000 |
| 9. | Bronwyn Salter | 5.03.42 | 9. 00. 28 | 13.01.37 | 22.19.44 | 23.50.09 | 161.462 |
| 10. | Tony Tripp | 4.42.20 | 10.00. 38 | 15.36.50 | 22. 6.56 | 23.48.47 | 161.000 |
| 11. | Charlie Spare | 4.22.20 | 11.07. 50 | 14.45.58 | 23.59.49 | - | 150.423 |
| 12. | Colleen Milbourne | 4.28.28 | 9. 48. 08 | 13.39.00 | - | - | 133.937 |
| 13. | Alan Croxford | 4.04.23 | 8. 37. 57 | 11.06.09 | - | - | 119.000 |
| 14. | Ken Eatt | 4.49.26 | 11.48. 30 | 19.54.24 | - | - | 118.151 |
| 15. | Gerald St. John | 4.40.16 | 10.28. 09 | 13.18.07 | - | - | 117.000 |
| 16. | Gary Glover | 4.40.10 | 20.40. 07 | 23.34.31 | - | - | 100.520 |

PRIZES: 1st Hi Tec Trophy - Mike Thompson
 2nd Man 24 hours - Ron Grant Shield - Bert Oostdam/country M.40, 100 miles, 100 kms.
 1st Person 100 miles- Dave Marsh Trophy - Mike Thompson
 1st Person Walking 24 hours - Jim Turnbull Shield - George Audley
 1st Woman 24 hours - Geraldine Watson Shield - Trish Spain/W.A. record 50 miles 8.53.30 - 100 kms 11.35.03,
 12 hour - 102.316 kms., 100 miles - 21.05.26-24 hour, 182kms.

"The West Australian" newspaper in Perth gives this race good media coverage in the following two pages.

WA pair step it out towards feat

By DAVID MARSH

TWO of WA's leading veteran endurance athletes — Albany's George Audley and Perth's Jim Turnbull — will seek entry into an elite category of athletes during the Hi-Tec 24-hour race at McGillivray Oval on May 28.

They will attempt to become the second and third athletes in Australia to have both run and walked 100 miles in under 24 hours.

Audley will attempt to walk 100 miles in the 24-hour race and Turnbull intends running the distance.

If successful, both men will join a small group throughout the world to have achieved the distance in both disciplines.

Ballarat's Claude Martin is the only Australian to have run and walked 100 miles in separate attempts.

Audley, 53, one of the world's leading ultra-marathon runners, has competed in the last two Westfield Sydney-to-Melbourne races.

He has run and walked 100 miles in under 24 hours three

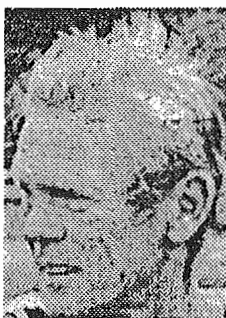
times and is the third fastest West Australian in history, with a best time of 16 hours 45 minutes 2 seconds.

The Albany meat slicer, who has won the last two Hi-Tec races, is the State 24 and 48-hour running record holder.

Turnbull, 51, is the State 24-hour walking record holder.

Race organiser Tony Tripp has extended entries for the gruelling event to Saturday.

This race will be a qualifying event for the inaugural Perth-to-Albany race, which will take place next September.



George Audley

Ultra triumph to Thompson

By DAVID MARSH

"I'M glad I went into this race with no-one knowing me," Perth press manager Michael Thompson said moments after blasting his way to victory in the fourth annual Hi-Tec 24-hour race at McGillivray Oval yesterday.

Thompson, who set a sizzling pace in humid conditions on Saturday, clocked an impressive total of 192.371km for the gruelling run.

Other outstanding performances included those of Trish Spain, who established herself as Australia's No.1 woman endurance runner, and Jim Turnbull and George Audley, who also entered the national record books.

After completing nearly 15km in the first hour, Thompson showed that he is WA's most improved ultra-marathon runner.

He attributed much of his success to a dispute he had with the Athletic Association of WA a few months ago, which resulted in him resigning as AAWA winter director for this season.

"I now find I have the time to train properly," Thompson said.

Thompson admitted that his tactics were to run hard early in an effort to break the concentration and stamina of pre-race favourite, 1985 winner Alan Croxford.

The tactics worked to perfection, with Croxford withdrawing after 119km.

Thompson's 100 mile time of 18hrs 51min. 16sec. is the tenth best on the WA all-time list.

Spain finished second among the 16 runners, of whom 13 were men.

Her distance of 182km shattered her State women's record of 177.6.8km. She also set new figures for 50 miles, 100km, 150km, 100 miles and 12 hours.

At 9.55am yesterday veteran Perth athlete Turnbull became the second Australian to run and walk 100 miles in under 24 hours. This time he ran.

Then, 1hr 34min. later, Audley, of Albany, became the second when he walked the distance in 23hrs 28min. 40sec., which bettered Turnbull's walking record by 10min. 13sec.

Albany carpenter Bert Oostdam, in his first ultra-marathon, finished third.

Albany athlete "The West Australian" is Hi-Tec hero Mon. 30th May '88

By DAVID MARSH

"I WOULD love to compete in the Perth to Albany race, but I haven't yet got permission from my wife - that is very important."

That statement came from 44-year-old Albany Carpenter Bert Oostdam, after being one of the heroes in the fourth annual Hi-Tec 24-hour Race, which finished yesterday at McGillivray Oval in Perth.

Oostdam, contesting his first ultra-marathon race, finished third with 174.836km. He clocked an impressive 21hrs 28min. 29sec. for 100 miles.

He also set WA country records for the 40-44 years age groups for 50 miles, 100km, 150km, 100 miles and 24 hours.

Ironically, the previous re-

cord holder was the race director Gary Clark, also of Albany.

Oostdam has only been running for three years and his first marathon was in Albany last year, when he clocked 3hrs 16min. 10sec.

He then improved to 3.4.30 in Bunbury four weeks ago.

After averaging 95km a week in training, Oostdam decided to find out if he was suited to a 24 hour race.

So on a Sunday afternoon several weeks ago, he ran 46km, then at 4am the following day he started a 60km run.

"I was pleased with my effort," he said. "So decided to have a go in this race."

His wife, Isabel, and 14-year-old son Robert, were a part of his crew during the Hi-Tec event, while 11-year-old twins Darryn and Jason stayed at home.

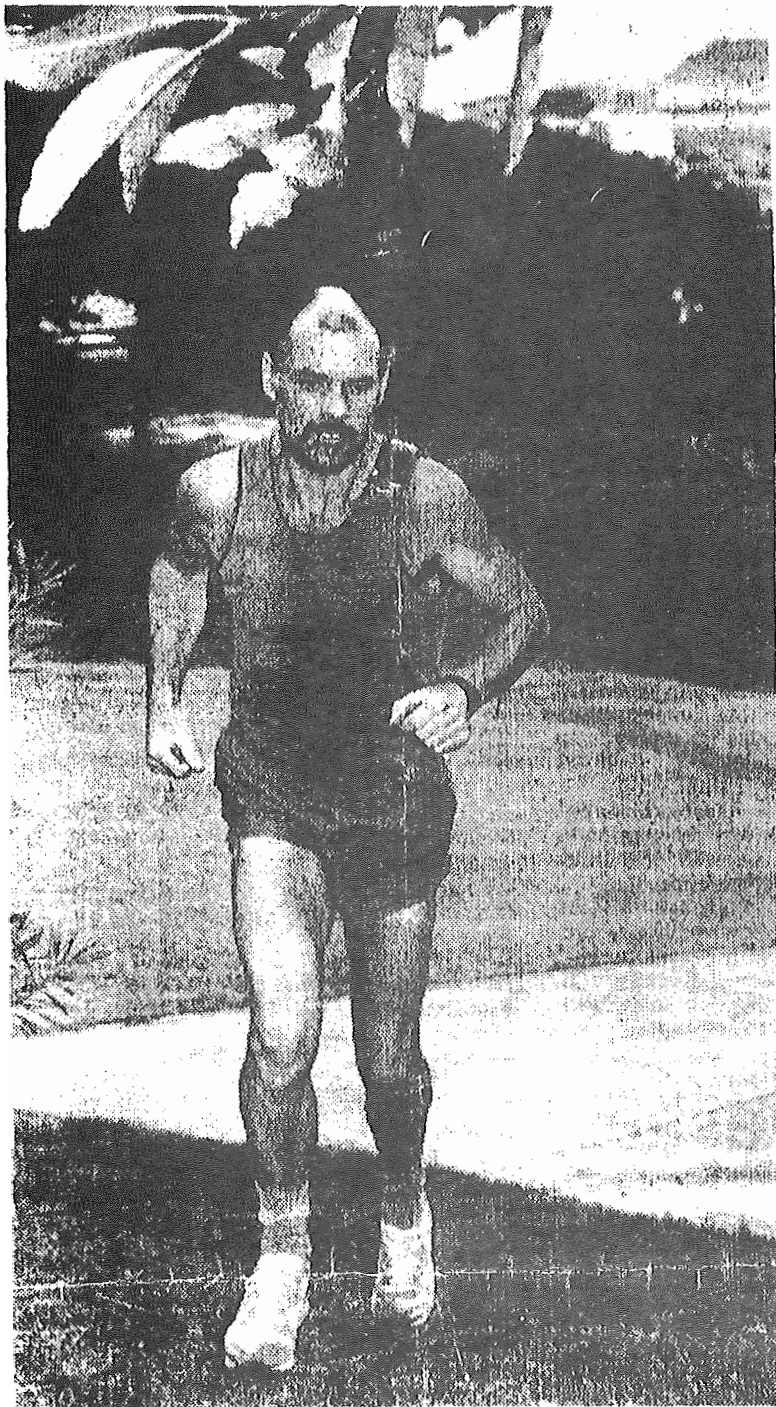
"I will now seriously think about the Perth to Albany race," Oostdam said.

Another Albany runner, George Audley, continued his reputation as a world-class ultra-marathon performer by walking 164.600km. A Victorian was the only Australian to have completed a 100 mile walk and run inside 24 hours in separate attempts.

Bunbury man Brian Kennedy ran strongly to finish eighth in the 16-runner field, completing 164.116km.

Albany restaurant-owner Gerald St John experienced muscle trouble before finishing with 117km.

The West Australian Thurs. 19 May 1988



BERT Oostdam ends one of his daily training runs in preparation for this weekend's Hi-Tec ultra-marathon.

ULTRA-MARATHON running is one of the few sports in which women are competitive against their male counterparts.

Three local women will put that theory to the test in the third annual Hi-Tec 24-hour race at McGillivray Oval at noon tomorrow.

Trish Spain, the No.2 ranked woman in Australia, will attempt to better her State record of 177km. Bronwyn Salter will try to complete 100 miles for the second time and Colleen Milbourne, who has completed the 64km Mundaring to York race

twice, will be out to prove that what men can do, women can do better.

Spain finished third in the 1986 Hi-Tec 24-hour event and was second last year.

However, race favourite will be Alan Croxford, the winner of the inaugural event in 1985.

He followed that performance by finishing second to Albany's George Audley the following year.

Audley will attempt to walk 100 miles in under 24 hours and Perth's Jim Turnbull will run the distance.

If successful, they will

become the second and third Australians to have walked and run 100 miles in under 24 hours, in separate attempts.

This will be a qualifying event for the inaugural Perth to Albany race on September 29.

The starters:

Alan Croxford, Mike Thompson, Trish Spain, Bronwyn Salter, Colleen Milbourne, Colin Walsh, David Bird, Charles Spare, Ken Eatt, Tony Tripp, Jim Turnbull, John Bird, Brian Kennedy, Bert Oostdam, Gerald St George, George Audley.

^{"Advertiser"} Bert aims to 26/5/88 be a centurian

BERT Oostdam wants to fulfill just one ambition when he contests the Hi-Tec ultra marathon in Perth on the weekend — to run 100 miles in 24 hours.

The 44-year-old Albany carpenter is not necessarily concerned with winning, nor is he competing in the event to qualify for the Albany ultra-marathon to be held in September.

"I just want to be a member of the Centurian Runners Club — so that's why I've got to run the 100 miles in 24 hours," Oostdam said.

"Maybe if everything goes alright and I feel good at the end of the race I'll think about entering the Albany ultra-marathon.

"But at the moment all I want to do is run the Hi-Tec event and qualify as a member of the Centurian Runners Club."

To be eligible for the Centurian Runners Club an athlete must complete 161 kilometres (100 miles) in a set 24-hour period.

Only two local athletes, George Audley and Garry Clark, are currently members of the prestigious club.

The fact that Oostdam is even entering a 24-hour ultra-marathon is a remarkable achievement, con-

sidering the 44-year-old only began running seriously about three years ago.

"My two boys started running cross country each week and when I saw some of the people who were competing, I thought if they can do it — so can I," Oostdam said.

"So I started running the six-kilometre cross country event and really, I've never looked back since."

Oostdam has followed a strict training schedule, which has included running 12 to 13 kilometres every day since October last year, in preparation for his assault on the ultra-marathon this weekend.

"Over the past 13 weeks I've been averaging about 95 kilometres per week, so I'm confident I'll be able to complete the 100 mile distance," Oostdam said.

"Just as a bit of a test I did 106 kilometres in a 24-hour period three weeks ago so I really know I can do it."

"It's just a matter of everything going right on the day."

Oostdam is not the only Albany athlete entered for the Hi-Tec event.

Gerald St John will also run the event and world ranked ultra-marathon runner George Audley will attempt to add his name to the record books by walking 100 miles in the 24-hour period.

Spain goes after distance record

"The West Australian"
Thurs. 26th May '88 33.

VMC
MELBOURNE INC.



50 MILE

TRACK RACE

HI-TEC SPORTS



High Technology in Sportshoes

SATURDAY 18th JUNE, 1988 (INCORPORATING THE AUSTRALIAN CHAMPIONSHIP)

VMC/HI-TEC 50 MILE TRACK RACE (AUSTRALIAN CHAMPIONSHIP)

HELD AT BOX HILL ON SATURDAY 18TH JUNE 1988 by Geoff Hook

The conditions at the start of the race were ideal for an attack on the current Australian 50 Mile record of 5:35:32. Bright clear sky, cool crisp morning, no wind, fast track, two runners capable of well under six hours.

The frenzied pre-race activities gave way to a quiet calm or nervous tension in the runners just prior to the start. The starter's gun sent the 22 competitors on their way, just after 8am.

As expected, the leaders set a cracking pace. Pre-race favourite, Peter Tutty ran very hard to establish a clear lap on his main rival, Martin Thompson. He then settled in behind Martin to recover from his initial sprint, if you can call 6 minute mile pace recovery running. This tactic is an old ultra-running trick largely employed last century, whereby one runner would establish a lead of one lap on his rival in a 24 hour track race and then stay behind the rival for the duration of the race. Walks, rests, food and pit stops are all faithfully followed, so that the psychological battle becomes paramount and the race is eventually won by 400 metres. However, this tactic wasn't sustained in this race as Peter later went on to open up a 3 lap lead.

One lap behind Peter came a promising group comprising Martin Thompson, John Breit and Joe Record. One further lap behind came another group comprising Bryan Smith, Peter Milne, Leif Michelsson and Geoff Hook. This pattern remained during the early stages of the race, with the gaps slowly lengthening.

As the morning wore on, the sun rose higher in the sky and conditions became quite warm for the competitors and pleasant for the lap-scorers and officials.

Joe Record, winner of last year's Colac 6 Day Race, was the first casualty as he pulled out after less than one hour's running.

The groups started to break up as the runners dug in to concentrate on their own private battles. It was here that Martin picked up the pace and slowly reeled Peter in with some beautiful running. Peter was first through the marathon in 2.42.24 and 50km. in 3.15.35, but by 33 miles, Martin had snatched the lead. Great excitement ensued as these two strong runners battled for the lead. Martin opened up a gap of over one lap and looked to be doing it easy with a projected time of 5:17, which would have smashed the Australian record. However, Martin's lack of training due to previous injuries crept up on him and he slowed slightly to allow Peter to draw level again at the 39 mile mark. With only 11 miles to go, both runners were being urged on to victory. Peter proved to be stronger on the day and went on to a fine win by over seven minutes in a time of 5:44:50.

No record was broken, but the two front runners certainly provided a great spectacle of superb racing.

Bryan Smith, who has proved himself a new star of ultra-distance running by being first Australian home in this year's Westfield Sydney to Melbourne Run, showed he has good speed as well as massive endurance by taking out third spot in a good time of 6:21:15.

Maybe the turn in the weather affected some of the times because around midday (4 hours into the race), it turned decidedly cool and most runners and all hardy lapscorers rugged up. The gods were perhaps smiling on the leaders because just

as Peter and Martin were finishing light rain began to fall. A short time later, the rain became steady and persistent and the track slowly became water-logged. Each runner to finish after the first pair were increasingly looking like drowned rats. Full admiration goes to the lapscorers and officials who had to suffer the cold and wet conditions at the end.

Peter Milne, who came third in the race two years ago in 6:11, came 4th this time, with John Breit, a Westfield finisher this year, close behind for 5th position. Last year's winner could only manage 6th position because he had not done the work in training necessary for any better than this year's performance.

Nine p.bs out of 15 finishers is a great achievement considering the tough race conditions.

Computer lap-scoring was trialed by Col Browne in parallel to the official manual lap-scoring. Despite some problems, in an overall sense, it performed well and much was learnt to assist future scoring. Dot Browne did a marvellous job as Race Director on the day and Barry Callanan was super-efficient in his capacity as official time-keeper and organiser of all the lap-scorers.

Assistance from Hi-Tec, maker of fine sports shoes, is gratefully acknowledged.

RESULTS

| <u>Place</u> | <u>Name</u> | <u>Age</u> | <u>Marathon</u> | <u>50km.</u> | <u>Final Time</u> | |
|--------------|-------------------------|------------|-----------------|--------------|-------------------|------------|
| 1. | Peter TUTTY (NZ) | 23 | 2.42.24 | 3.15.35 | 5.44.50 | |
| 2. | Martin THOMPSON (NSW) | 42 | 2.45.23 | 3.16.56 | 5.52.15 | |
| 3. | Bryan SMITH (Vic) | 44 | 3.02.33 | 3.38.42 | 6.21.15 | PB |
| 4. | Peter MILNE (Vic) | 33 | 3.02.54 | 3.39.14 | 6.29.32 | |
| 5. | John BREIT (Vic) | 30 | 3.00.57 | 3.38.18 | 6.32.38 | PB |
| 6. | Leif MICHELSSON (Vic) | 46 | 3.08.04 | 3.46.35 | 6.39.47 | |
| 7. | Geoff HOOK (Vic) | 43 | 3.16.45 | 3.59.29 | 6.50.32 | |
| 8. | Mick BRYCE (Vic) | 40 | 3.28.35 | 4.09.29 | 6.59.32 | PB |
| 9. | Don McDONALD (Vic) | 41 | 3.31.14 | 4.07.39 | 7.03.10 | PB 1st ult |
| 10. | Bert SMITH (Vic) | 47 | 3.32.07 * | 4.12.24 | 7.05.14 | PB 1st ult |
| 11. | Robert NASH (Vic) | 37 | 3.31.18 | 4.15.10 | 7.15.07 | PB |
| 12. | Bob TAYLOR | 43 | 3.18.11 | 4.02.51 | 7.15.40 | PB 1st ult |
| 13. | Greg WISHART (Vic) | 50 | 3.28.41 | 4.19.35 | 7.36.23 | |
| 14. | Tom DONOVAN (Vic) | 57 | 3.43.11 | 4.31.22 | 7.46.58 | PB 1st ult |
| 15. | Ken HOUGH (Vic) | 43 | 3.55.57 * | 4.41.11 | 7.57.23 | PB |
| DNF | Hugh RUSSELL (Vic) | 33 | 4.08.05 | 5.00.30 | 7.57.21 | 44.73ml. |
| DNF | Patrick PARSONS (Vic) | 41 | 3.35.57 | 4.40.01 | 5.45.10 | 35.79ml. |
| DNF | Dave FOTI (Vic) | 26 | 4.03.15 | - - | 4.11.32 | 26.84ml. |
| DNF | Jean Claude MORRE (Vic) | 31 | 4.08.52 | - - | 4.15.12 | 26.84ml. |
| DNF | Klaus SCHNIBBE (Vic) | 44 | 3.26.24 | - - | 3.27.31 | 26.34ml. |
| DNF | Trevor HARRIS (ACT) | 41 | - - | - - | 0.53.35 | 7.70ml. |

* Denotes time for 106 laps which is slightly longer than the marathon distance of 105.4875 laps.

Geoff Hook

GEOFF HOOK

Race Organiser

VMC
MELBOURNE INC.

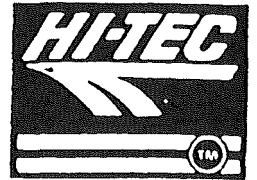


50 MILE

ROAD RACE

SUNDAY 19th JUNE, 1988

HI-TEC SPORTS



High Technology in Sportshoes

VMC/HI TEC 50 MILE ROAD RACE

HELD AT PRINCES PARK CARLTON ON SUNDAY 19TH JUNE 1988

by Geoff Hook

Twenty-five laps of Princes Park doesn't sound much, but it still equates to 50 miles.

A late start saw the 17 competitors commence their battle over pain and suffering. Seven of them were tackling their first ultra distance race.

As in the previous day's track race, two runners cleared off from the rest of the field and churned out laps at 6 minute mile pace. Early race leader and last year's winner, Rob Zwierlein, took the lead with the talented Ron Campbell in hot pursuit. After a couple of laps, Rob began to slow imperceptibly and Ron was able to close the gap and pass him after approximately 7 miles.

The hot pace continued well into the race and at 10 o'clock, things became confusing as the pros commenced a 10km handicap race using the same course. However one could usually tell the 50 milers by the much slower pace they were keeping.

Sadly, Rob pulled out after 24 miles leaving Ron ahead by almost a clear lap. Ron's early cracking pace started to take its toll and he also had to slow down such that we all wondered if he had enough reserves to finish the race. The disaster struck in the guise of a calf injury and it seemed that the hobbling Campbell would be the next to withdraw. To his credit, for guts and determination, Ron held on to win by 20 minutes in 6.50.28 from a steady-running Bill Beauchamp.

The good-natured and smiling Ernie Hartley from NSW recorded a massive 45 minute p.b. to finish in 7.14.48.

Sandy Drummond led the novice ultra runners in for fourth position in 7.17.33. Craig Weaver was next in 7.31.44, a time much more impressive when you know that Craig had a massive ankle operation two years ago and was told that he would never run again.

The first lady to finish was another novice ultra runner, Margaret, who was seconded by her mum, finished in 8th position in a good time of 8.16.45. Well done Marg, we all hope you are now a convert to ultra running.

In an extremely nice gesture, Col Jerram ran for sponsorship to raise money to assist the Special Olympics for Intellectually Disabled Persons. Not only did he enjoy his race, but he was able to raise \$2,000. He was presented with a framed certificate at the end of the race to commemorate his fine achievement. Well done Col!

Race Director, Geoff Hook had to spend a few hours away from the race and the direction was ably taken over by the hard-working Sandra Kerr. Sandra looked after all the lap-scoring and leader board functions in a smooth and efficient way.

Of the 13 finishers, 5 were tackling their first ultra, 3 were tackling their first 50 miler and a grand total of 9 recorded p.b.s. What encouraging results for the sport of ultra-running!

Special thanks to race sponsor, HI-TEC, makers of quality sports shoes, for their generous support and assistance in enhancing the quality of the race.

VMC
MELBOURNE INC.



50 MILE

ROAD RACE

SUNDAY 19th JUNE, 1988

HI-TEC SPORTS



High Technology in Sportshoes

RESULTS

| <u>Place</u> | <u>Name</u> | <u>Age</u> | <u>Final Time</u> | |
|--------------|---------------------------|------------|-------------------|-------------------|
| 1. | Ron CAMPBELL | 45 | 6.50.28 | PB (1st 50 miler) |
| 2. | Bill BEAUCHAMP | 43 | 7.11.38 | |
| 3. | Ernie HARTLEY (NSW) | 38 | 7.14.48 | PB |
| 4. | Sandy DRUMMOND | 40 | 7.17.33 | PB (1st ultra) |
| 5. | Craig WEAVER | 29 | 7.31.44 | PB (1st ultra) |
| 6. | Marty GROGAN | 41 | 7.42.35 | PB (1st ultra) |
| 7. | Col JERRAM | 44 | 8.02.45 | PB (1st ultra) |
| 8. | Margaret SMITH (1st lady) | 49 | 8.16.45 | PB (1st ultra) |
| 9. | Stan MISKIN | 62 | 8.28.15 | |
| 10. | Brian McCOY | 30 | 8.30.11 | |
| 11. | Peter GRAY | 23 | 8.52.08 | |
| =12. | Norm JOHNSTON | 51 | 9.31.19 | PB (1st 50 miler) |
| =12. | Merrilya TAIT | 39 | 9.31.19 | PB (1st 50 miler) |
| DNF | Peter NELSON | 47 | 6.08.46 | (42 miles) |
| DNF | Richard MICHALOWSKI | 24 | 3.39.33 | (28 miles) |
| DNF | Rob ZWIERLEIN | 24 | 2.43.04 | (24 miles) |
| DNF | John CHAMPNESS | 47 | 2.45.58 | (20 miles) |

GEOFF HOOK

Race Director

Geoff Hook was ably assisted by Dot Browne, Joan and Peter Logan, June Kerr, Hamilton Barry, Nan Fay, Eddie Staack, Greg Wishart, Sandra Kerr, Col Browne.



FM104 Q.M.R.R.C. 24 HOUR ROAD RACE 1988

Owing to the unavailability of a suitable track the Q.M.R.R.C. conducted its 1988 24 hour run over a 1.2 km loop of roadway in the Queensland University grounds at St Lucia. Although part of the loop did not have street lights, the runners seemed to find no difficulty in seeing their way. The inclement weather with occasional showers during the night was more inconvenient. Local radio station FM 104 partially sponsored the race. During the race both manual and computer lapscoring were used and this allowed a cross check after the race which revealed a few discrepancies, mainly in the manual lapscoring. Because of the rain runners donned rain jackets which obscured their numbers, causing a few problems for lapscorers. The road circuit was measured over the shortest possible route as is done in marathons. About two third of the loop was actually part of the 1982 Commonwealth Games Marathon and was marked with blue paint.

All eighteen runners managed to pass the 100km mark and obtain a bronze medal at least. The three Queensland entrants in the Westfield Sydney-Melbourne Run for 1988 decided to forego the race. Ian Javes acted as Race Director; Graeme Woods and his family crewed for three runners- Neil McCabe, Wendy Chrisp and John Petersen; Owen Tolliday acted as an official in the lapscoring tent as well as giving encouragement and advice to runners. Ron and Dell Grant donated bread and bread rolls from their hot bread kitchens and Ron alternated between lapscoring and encouraging runners. Andy Semple (doctor) and Peter Crome (physio) looked after the medical side and managed to put together a number of runners when they started falling apart. Perhaps the popularity of the medical tent at night was due to the red light placed outside.

The early part of the race developed into a battle amongst Neil McCabe, Keith Fisher and Lindsay Phillips with the eventual winner quite content to take things easy. After six hours Lindsay Phillips had dropped off the pace and Neil McCabe seemed to have established command. One of the female competitors, Robyn Wallace had moved into fifth place and our 71 year old veteran, John Petersen, was quite content to plod along at the tail of the field.

At the half way stage Neil McCabe led Graham Medill by about 5kms with Keith Fisher, Robyn Wallace and Ian Henry fighting it out for third position a further 5kms back. Ian Henry decided to call it quits a few hours later after covering 128kms.

Three quarters of the way through the race Graham Medill had established his superiority with 5 laps up on Neil McCabe who was having problems and was rapidly being overhauled by Keith Fisher. Robyn Wallace was fourth about 10 km in arrears and John Petersen had completed over 120kms. Meanwhile the lapscorers were being kept awake by the antics of No 10, David Holleran.

In the final section of the race Graham Medill increased his lead and after passing the 200km mark took a short break, then continued at a slower pace. Meanwhile Keith Fisher had his own private battle to reach the 200km mark before the 24 hour cut off. A patrolling police car almost thwarted his attempt. They seemed somewhat confused at the sight of a runner attired in leopard skin tights and asked him a few questions. Robyn Wallace was forced to retire after 21 hours with severe blistering and other foot problems. This allowed Stuart Currie who had been running at a steady pace to move into fourth place. Amazingly our 71 year old veteran, John Petersen, also passed the magic 100 mile mark to move into fifth position just 8kms short of Ernie Warwick's world's best mark of 171.395kms. Back in the field Charlie Wakefield from Pakenham, Victoria seemed to have so many supporters that Pakenham must have been like a ghost town for the weekend.

The road circuit was an experiment that seemed to please most runners and the results produced a few incredible performances: Graham Medill's winning effort of 209.604kms; Robyn Wallace's 100 miles in 20:14:30 and John Petersen's 163.559km for an over 70 year old.

FM 104 - Q.M.R.R.C. 24 HOUR ROAD RACE 1988

| NAME | D.O.B. | STATE | Marathon | 50km | 50 mil | 100kms | 150kms | 100 Mls | 200kms | FINAL DIST. |
|--------------------|----------|-------|----------|---------|----------|----------|----------|----------|----------|-------------|
| MEDILL, Graham | 28-3-48 | QLD | 4:06:32 | 4:49:22 | 7:40:33 | 9:47:30 | 15:57:33 | 16:59:40 | 22:11:20 | 209.604 kms |
| FISHER, Keith | 4-6-65 | VIC | 3:42:28 | 4:26:25 | 7:29:55 | 9:53:53 | 17:19:11 | 18:27:59 | 23:52:00 | 200.400 kms |
| McCABE, Neil | 34-9-58 | QLD | 3:41:16 | 4:28:10 | 7:22:17 | 9:26:29 | 15:58:37 | 17:18:48 | | 184.423 kms |
| CURRIE, Stuart | 27-9-46 | QLD | 4:44:00 | 5:40:23 | 9:36:30 | 12:58:30 | 20:34:14 | 22:04:10 | | 174.908 kms |
| PETERSEN, John | 19-7-16 | QLD | 4:54:05 | 5:57:30 | 10:40:00 | 13:44:10 | 21:59:10 | 23:37:45 | | 163.559 kms |
| WALLACE, Robyn (F) | 31-1-58 | QLD | 4:15:33 | 5:02:41 | 8:17:00 | 10:10:10 | 17:55:25 | 20:14:30 | | 163.334 kms |
| TAYLOR, Maurice | 20-4-48 | NSW | 4:10:50 | 4:58:00 | 8:26:40 | 11:01:30 | 21:54:40 | 23:39:00 | | 163.122 kms |
| PHILLIPS, Lindsay | 17-9-65 | QLD | 3:41:03 | 4:31:02 | 9:59:19 | 13:49:10 | | | | 148.613 kms |
| HOLLERAN, David | 25-6-56 | QLD | 4:39:10 | 5:32:16 | 9:58:39 | 12:49:48 | | | | 144.007 kms |
| CARROLL, Ray | 20-12-46 | VIC | 4:20:12 | 5:21:28 | 10:34:03 | 13:14:03 | | | | 143.707 kms |
| RAMSDEN, Graeme | 1-10-45 | QLD | 4:19:11 | 5:14:11 | 10:42:40 | 14:30:50 | | | | 131.423 kms |
| GOURLAY, Joel | 4-8-59 | QLD | 4:37:00 | 5:45:00 | 11:25:00 | 16:30:30 | | | | 129.810 kms |
| HENRY, Ian | 23-3-63 | QLD | 4:03:45 | 4:49:51 | 7:55:56 | 10:07:36 | | | | 128.400 kms |
| WAKEFIELD, Charlie | 3-9-53 | VIC | 6:23:52 | 9:07:46 | 14:08:50 | 18:47:00 | | | | 123.694 kms |
| CHRISP, Wendy (F) | 27-10-63 | QLD | 4:34:18 | 5:37:37 | 10:25:03 | 14:11:26 | | | | 118.761 kms |
| COLLINS, Tony | 26-6-47 | NSW | 3:48:42 | 4:40:40 | 9:34:54 | 14:50:21 | | | | 112.203 kms |
| TAYLOR, Dave | 31-8-51 | NSW | 4:44:11 | 5:46:33 | 11:08:10 | 15:51:00 | | | | 105.600 kms |
| HENRY, Mel | 28-3-58 | QLD | 4:45:58 | 5:48:38 | 10:27:27 | 13:32:46 | | | | 103.200 kms |

FM104 O.M.R.R.C. 24 HOUR ROAD RACE 1988

I was very disappointed to be a late withdrawal from Australia's first ever 24 Road Run, but a 'flu virus which forced me out of the Sydney 24 Hour was still lingering. However, the chance to visit Expo and the Gold Coast, as well as leaving a cold Melbourne winter was not to be missed. So myself, Ray Radford and Gary Ward took on the job of crewing for fellow Victorian, Keith Fisher.

We departed Melbourne by car on the Wednesday and enjoyed a leisurely trip to Brisbane with overnight stops at West Wyalong and Goondiwindi before arriving at the Javes' residence on Friday afternoon. Here we met the Javes' family and Keith, who had arrived on the bus. Keith insisted that he wasn't nervous about the run. So why did he then throw his race number in the bin then put two spoonsfulls of 'salt' in his coffee?

Race morning finally arrived, and we met up with another Victorian, Ray Carroll and his sole handler, Kim. Ray had brought with him about 6 tonnes of medical supplies and only 3 bottles of mineral water (very well prepared indeed!). We Victorians then shared the one tent (and crewing responsibilities for both runners).

At 7.30am on the Saturday, the race started on a 1200metre road circuit at the St. Lucia University, which offered the runners a few gentle ups and downs and several speed humps to negotiate. Trying to pick a winner was anyone's guess, as Queensland's 'Big 3' of ultra running (Javes, Woods and Toilliday) were all recovering from the Sydney race (Westfield).

Keith took off at a deadly pace and we spent the first two hours trying to slow him down. (He eventually did), while Ray, who had done little training set off more conservatively. At the completion of 2 hours, we had to send 2 of our crew to the Toowong Shopping Centre to obtain some much-needed supplies. As the race progressed, our tent became a very well-equipped camp, with gas cooker, bed, chairs etc.

As nightfall arrived, the race was starting to take shape. The consistent Graham Medill maintained his pace to secure what was eventually a comfortable win with 209km. Keith finally secured second spot with 200km after fighting constant stomach pains which almost forced him out at 100 miles (18 hours 45mins). Keith reached 200kms. with only minutes to spare and promptly flaked out on the bed. (I've never seen him so stuffed).

Other highlights were the 100 miles achievements by the ever-smiling Robyn Wallace and the 71 year old John Petersen. Ray Carroll spent most of the night hours fighting painful leg trouble and a suspected stress fracture of the foot, to achieve a p.b. of 144km in a very gutsy performance. It was during the night that I inflated an empty wine cask and challenged the 'Woods' crew to a volley-ball match once the run was completed.

During the last hour of the race, the sun rose and we were invaded by hundreds of fun-runners competing in the 10km River Run. Finally the run finished and at the presentations, we were treated to the re-exchanging of wedding vows by David Holleran and his wife, Lyn. (They had an official marriage celebrant, champagne, rice-throwing and speeches etc)

With the race now completed and all the runners enjoying a well-earned rest, the volley-ball game commenced, which resulted in we Victorians demolishing the "Team Woods" contingent, to once again prove the Victorian sporting dominance for which we are famous. (I look forward to hearing the 'Team Woods' version of the game)

As we all started to pack up tents etc, Keith was taken back to Ian Javes' place for a shower before boarding the bus back to Melbourne. Ray was carted off to a friend's place for a bath, and we, the crew, headed to the nearest caravan park for some sleep and recovery.

From a personal point of view, my highlight was John Petersen's 100 miles at 71 years of age. John's performance is unmatched in Australia and only 9km short of the world over 70 record. We were to meet John again the following week at the Q'ld Half Marathon Championships and he showed no ill effects in completing the run!

Amazing!! John is living proof that age need not be a barrier to reaching your potential.

I could not finish this report without congratulating Race Director, Ian Javes and his family: sister Julie, brother-in-law Brian, and his lovely mother who was easily distinguished by the fact that she had 'Ian's Mum' printed across her windcheater. Ian had no committee to assist him but received all his assistance from family and friends (all of whom are non-runners) to put on a successful event.

Kevin Cassidy.

Thanks Kev!

John's 71 and still beating the clock

AUSTRALIA'S youngest and oldest successful ultra-marathoners will be running in Brisbane's 24-hour race on June 25-26.

Tireless John Petersen, 71, of Brisbane will use the Sunny Queen International Marathon on Sunday to warm up for the all-day stint at St Lucia. Last year Petersen reeled off 144.5 kilometres on a 400-metre track in the inaugural Brisbane 24-hour race at Queensland University.

He is believed to be the oldest Australian to complete such a long run, and this year will be aiming at the world mark for his age — 171.395 kilometres.

The youngest entrant is

RUNNING

BOB HUNTER

Keith Fisher, 23, of Geelong, Victoria, who won the Manly (NSW) 60-miler last year and was runner-up in the West Australian 48-hour race.

Brisbane race director Ian Javes expects about 20 starters. Local novices are in with a chance because the State's top trio, Javes, Graeme Woods and Owen Tolliday, are doubtful starters as they are still recovering from the Sydney-Melbourne run.

Woods will be in Petersen's support team. In a role reversal, one of Woods' crew in the Sydney-Melbourne classic, Wendy Crisp, will run the 24-hour race with Woods' backing.

Wendy is a proven stayer, having placed in the recent South Australian six-day run-cycle-paddle enduro.

One of the race favorites is Graham Medill of Toowoomba, who is familiar with the campus course after winning the university 50-miler last year. He is being sponsored to raise money for the Spastic League.

The 24-hour will be run over part of the university five-kilometre road course.

Another entrant who knows that stretch of tarmac is Ian Henry, whose seemingly effortless style suggests he can run all day.

The weekend should be particularly memorable for two competitors, David Holleran, fitness instructor for

the Queensland Australian Football League umpires, and NSW dentist Tony Collins, as they will celebrate their birthdays during the race.

That may give an idea to the country's most famous bakery man, round-Australia runner Ron Grant, who turned up with a celebratory cake at last year's 24-hour run.

Grant plans to watch the race and have a training jog at the same time. That is one of the attractions for spectators — limited "pacing" is allowed so supporters can trot beside competitors and keep them company.

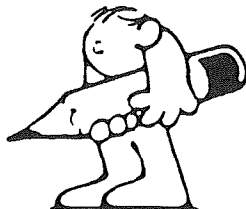
The starting time has been advanced to 7.30am on the Saturday to avoid a clash with the River Run on the Sunday.

THE GREAT OUTDOORS 8

Covrier Mail.

ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



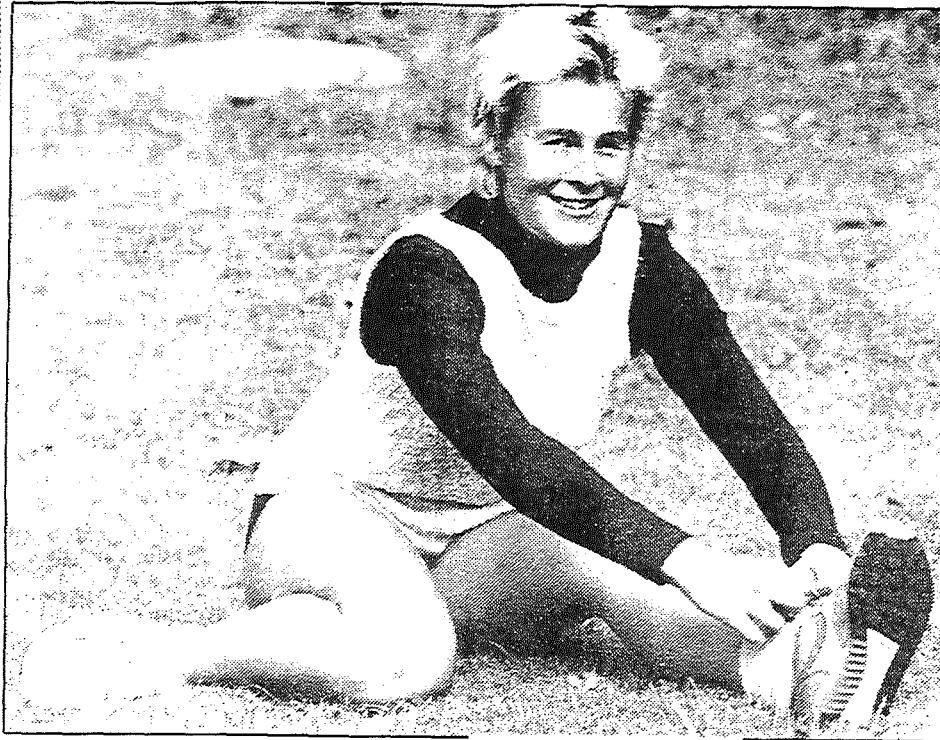
Any articles will be considered.
Cartoons, photographs, reports or thoughts!

Please dispatch to the Editor.

If you have any ideas on getting a trail race going in Melbourne in April/May 1989, please contact:

Barry Moore,
33 Aursch Avenue,
Glen Waverley
Ph. (03)2336529.

Suggestions for a suitable course would be welcomed.



Robyn Wallace loosens up at training, in preparation for Saturday's 24-hour race.

RUNNING filled a void in the life of Robyn Wallace, as she struggled through a Masters degree in theoretical physics at the University of Tasmania.

On Saturday, running will dominate Wallace's life as she attempts her first 24-hour road race at Queensland University, in a field of 19.

"I started running in Tasmania to make sure I actually did something each day," the fourth year Medicine student confessed.

"The running provided some achievement in my day during the stop-start study periods."

Once Wallace achieved her Masters, she realised it would never be very practical. Something more worthwhile was needed.

She moved to Brisbane in 1986, began studying medicine at Queensland University — and continued running and running.

Wallace won the University marathon in 1986 and '87 and was second this year.

She has also competed in two Queensland Marathon Road Runners Club 50-mile road races and has a best time of 7hr 24min.

Wallace admits to some fear of what's in store

Robyn's into running in varying degrees

on Saturday, especially after being laid low last week with a respiratory complaint.

"I don't think I've been doing enough training," she admitted. "Mentally, I think I can make it but physically, I'm unsure. I think if I can run till sunset, I should get there."

Race director Ian Javes, 12th in this year's Westfield Sydney-Melbourne run, said the race was designed to give Queenslanders the opportunity to have a go at an ultra race.

As a result of last year's race, three Queenslanders — Javes, Buderim's Owen Tolliday and Rockhampton's Graeme Woods — competed in the 1988 Westfield run and finished in the top 12.

Wallace claims she has no desire to run from Sydney to Melbourne.

— GEOFF HAWKE

At 71, John sticks to his guns for 100 miles

MR Perpetual Motion, sen., John Petersen, was an eye-opener in the 24-hour race staged by Queensland Marathon and Road Runners Club at the St Lucia campus last weekend.

At the age of 71, he nominated the silver-medal distance of 100 miles (161km) as his target. Despite cold rain which saps the energy in these long runs — and also softened the soles of John's feet, causing blisters which caused three shoe changes — he stuck to his walk-run schedule and covered 163.359km between 7.30am on

RUNNING

BOB HUNTER

Saturday and 7.30am Sunday.

It was the best 24-hour performance by an Australian over 70. The veteran runner stressed that his training runs never exceeded 65 kilometres a week.

Of course, although this is not excessive, the training has to be consistent to make the occasional super-effort feasible.

John agreed with other long-distance runners that an all-day race need not be as stressful as a

hard marathon, as you need to be running well beyond the comfort level all the way to excel on a 42.2km course, while conserving energy is a priority for ultra competitors.

This is fine in theory but the effect of pounding the tarmac for 24 hours without sleep can be traumatic. Most ultra-runners consider that the final stages of these long races test willpower more than physical strength.

Robyn Wallace, although still recovering from flu, pushed on relentlessly to a silver-medal 160.934km in 20hr 14 min 30 sec

then sensibly rested, having clinched the women's first prize and eventually placing 7th overall.

Men's winner Graham Medill reached the gold-medal mark of 200km in 22hr 11min 20sec and was satisfied to saunter for the rest of the time.

David Holleran, whose eventual tortured walking style suggested some physical rebellion, remained the most cheerful of the competitors; in fact his comments kept flagging spectators awake. He had a final surprise after the race when he announced he was remarrying his wife, Lyn.

As many in the crowd puzzled over this, a marriage celebrant stepped forward and made it apparent it was no joke, treating the gathering to the full reaffirmation of vows service.

Not your usual race-recovery procedure, but race director Ian Javes produced further food for thought for tired men and women when he suggested a multi-day event next year.

The race sponsor, radio station FM104, had already tossed in the idea of a 1040km run. FM may stand for fairly masochistic, but stay tuned in:



SRI CHINMOY 12 HOUR RUN

7 am Start
Saturday 16 July, 1988
Box Hill Athletics Track
Melbourne.

RESULTS

| | |
|---------------------|------------|
| 1. Bryan Smith | 137.438km. |
| 2. Peter Tutty | 131.391km. |
| 3. John Breit | 127.929km. |
| 4. Greg Wishart | 121.031km. |
| 5. Tony Tripp | 112.582km. |
| 6. George Perdon | 112.411km. |
| 7. Peter Gray | 108.444km. |
| 8. Rick Jenkins ** | 105.737km. |
| 9. Ray Ellis | 104.119km. |
| 10. Stan Miskin | 102.878km. |
| 11. Tony Rafferty | 101.611km. |
| 12. Stephen Foulkes | 98.309km. |
| 13. Kim Talbot ** | 95.460km. |
| 14. Val Case | 86.697km. |
| 15. Leo Filippone | 80.191km. |
| 16. Donve Cadman ** | 71.709km. |
| 17. Raymond Carroll | 20.800km. |

** indicates first attempt at an ultra.

Congratulations to the Sri Chinmoy Team for their excellent organisation once again. It's great to see you putting on events back in Melbourne again.

A.U.R.A. ADVERTISING SPACE AVAILABLE:

Advertising rates are as follows: $\frac{1}{4}$ page \$15. per issue
 $\frac{1}{2}$ page \$30. per issue
 Full page \$60. per issue

Repeated advertisements over several issues will attract a 20% reduction. Clear copy, having good contrast must be supplied by the advertisers. Payment to be forwarded with the advertisement.

Race Advertisements are FREE!! Must be restricted to one page, preferably less.

Free Postage Service: for entry forms for any ultra race in Australia. If sufficient forms are sent to us, we'll include them in our next issue. Current circulation is approximately 320. **43.**

ADVERTISEMENTS

People Listen When Rafferty Speaks.

As GUEST SPEAKER for your Function he is Humorous, Entertaining and Informative. Tony Rafferty will Enthuse, Enrich and Inspire your audience.

" Two Legs to Adventure and Challenge_".

For your Function, Special Occasion or Sports Night.

Hear about his Torturous, Soul Destroying Experiences attempting runs along highways and through deserts, related in his unique, flamboyant speaking style.

The Challenge of the hottest place on earth - Death Valley and the notorious, Desolate and Barren Birdsville Track.

The Nullarbor Plain and the Searing Sands of the Simpson Desert Challenge. The Characters, the Fun and the Drama.

Amazing exploits spiked with Humour and Intrigue.

Motivation and the Will To Win.

A Hard hitting inspirational lecture projecting the importance of Goal Setting, Total Effort and Self Motivation ideal for your Sales Meeting, Convention or Seminar.

Tony Rafferty emphasis the important elements of success that enables top athletes and business people to realise their goals.

A Dynamic Address.

Lectures are approximately 45 minutes duration and question time if required.

For Tony Rafferty as your Guest Speaker please book well in advance as he is one of Australia's most sought after speakers.

For Information and Bookings please contact :-

Joan Saxton Speakers' Agency,

11 Nepean Street,

44. Glen Iris, Victoria 3146. Telephone (03) 294994.

CAMPBELLTOWN CITY

FESTIVAL OF FISHER'S GHOST

ASSOCIATION



Dot: A few details of our proposed
SIX DAY RACE to keep AURA members
up to date. Entries are coming in
fast and race prospects look good!

Race Director:

J. Shaw,
17 Buvelot Way.
CLAYMORE. 2560
(046) 26 6694

23 Winton Road,
APPIN. 2560

30th June, 1988

- RACE** 6th to 12th November, 1988. Brought forward one week.
- TRACK** 950 metres sealed. Heated pool spa, near track.
- SHOPS** 1 km away. Laundromat.
(Kentucky), (McDonalds) (Big Rooster) 50 yards from track.
Parking prior to event.
Sponsors signage may be placed by runner around circuit
for the week, if any individual runner wishes.
- ENTRY \$750** OPEN TO 25 AUSTRALIANS, 30 MAXIMUM

They all feel \$750 is reasonable for what they can gain and that
having it for Australians is great.

We are now working for some sort of sponsorship and are hoping
to pay all the 25 runners.

If anyone runs over 500km and finishes they will receive \$400.
Whatever sponsorship we receive will be spread down the line until
we get to 25th spot.

Please note that the race has been brought one week forward to
6th to 12th November.

AS IS

| | |
|------|---------|
| 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 |

WHAT WE ARE HOPING

| | | | |
|------|---------|------|-------|
| 1st | \$6,000 | 13th | \$400 |
| 2nd | 2,000 | 14th | 400 |
| 3rd | 1,500 | 15th | 400 |
| 4th | 1,000 | 16th | 400 |
| 5th | 800 | 17th | 400 |
| 6th | 800 | 18th | 400 |
| 7th | 800 | 19th | 400 |
| 8th | 750 | 20th | 400 |
| 9th | 750 | 21st | 400 |
| 10th | 750 | 22nd | 400 |
| 11th | 400 | 23rd | 400 |
| 12th | 400 | 24th | 400 |
| | | 25th | 400 |

Yours faithfully,

DAVE TAYLOR (046) 311 479

D. Taylor *[Signature]*

CIVIC CENTRE P.O. BOX 57 CAMPBELLTOWN 2560 TELEPHONE: (046) 20-1510

AURA PROFILE - 1ST AUST

SYD TO MELB 88

BY KEITH FISHER

BRYAN SMITH
MELTON, VICTORIA,
6 DAYS, 13 HRS, 30 MIN,

- 1) NAME: Bryan Smith, NICKNAME: Wombat
- 2) D.O.B: 26/10/43
- 3) CURRENT ADDRESS: 7 Emil Crt, Melton
- 4) OCCUPATION: Lines Officer
- 5) MARITAL STATUS: Married to Janet
- 6) CHILDREN: 3 Boys
- 7) WEIGHT/HEIGHT: 10 stone, 5ft 8"
- 8) FAVOURITE ACTOR: Dustin Hoffman
- 9) ACTRESS: Kathleen Turner
- 10) BOOK: Power without glory
- 11) TV. SHOW: Bill Cosby Show
- 12) HOBBIES: Music, reading and gardening
- 13) FAVOURITE SPECTATOR SPORT: Tennis
- 14) HOLIDAY SPOT: Cape - Patterson on the coast
- 15) NON RUNNING SPORT: Tennis & Squash
- 16) COMEDIAN: Bill Cosby
- 17) SONG: Lets Dance
- 18) FAVOURITE SINGER: Jackson Browne
- 19) RESTAURANT: Various Pubs & counter meals
- 20) COLLECTIONS: Records & Tapes
- 21) CAR: Renault
- 22) ULTRA: 24hr run in Adelaide
- 23) FAVOURITE TRACK: Adelaide
- 24) SHOES/SIZE/WHY: Nike Pegasus/10/ comfort
- 25) PLACE TO TRAIN: On coast while holidaying
- 26) FOOD/DRINKS: Steamed vegies, bread, tea, coffee
- 27) SHORT TERM GOAL: Back to normal training/marathons
- 28) LONG TERM GOAL: More multi day events if possible
- 29) PERSONAL WEAKNESSES: Smoking & late for appointments
- 30) PERSONAL STRENGTHS: Never failed to finish a race
- 31) CAREER HIGH POINT: Completing 48hr run at Essendon
- 32) CAREER LOW POINT: 3 weeks after 24 hr at BoxHill unable to run due to injury.
- 33) ANY INJURIES: Knee injury after Box-Hill 24hr & skin injury after Westfield run
- 34) MOTIVATION: By hoping to improve with more experience
- 35) LONGEST TRAINING RUN: 50km
- 36) ULTRA'S PER YEAR: 4 - 5
- 37) YEARS RUNNING ULTRA'S: 3 years
- 38) ULTRA'S FINISHED: Nine
- 39) WHY RUN ULTRA'S: The challenge and the friendliness sport
- 40) HOW HAS YOUR RECOVERY BEEN FROM THE SYDNEY/MELB: Ive been lethargic & sore. Im improving from day to day, to get running again is a problem I've been having sleeping problems.
- 41) YOUR BEST ULTRA PERFORMANCE CAME IN THE SYDNEY/MELB RUN 88, WHAT WAS IT LIKE: It was an exciting run with a lot of hill work involved in the first 2/3rds of the race. I had an excellent crew and masseur. I am very grateful to "Ray Carrol" who motivated me throughout the run and convinced me I could improve on my previous runs by applying myself to stay up in front with the first 5 runners to the end.
- 42) BRYAN'S DAILY DISTANCES EACH DAY:
 - Day 1: 11am to 11am 218km
 - Day 2: 144 km
 - Day 3: 127 km
 - Day 4: 144 km
 - Day 5: 143 km
 - Day 6: 114 km plus 116 km from 11am wednesday to 1:30 am thursday.Total time for six days is 13½ Hrs.

LOGO SUGGESTIONS

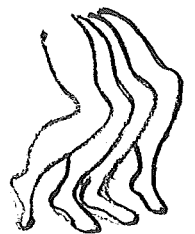
Thankyou for these. We think they're just great!

Suggestion from Trevor Harris. Trevor also sent us this design incorporated into a letterhead and T-shirt logo also.



New member,
Gerald St. John's idea.

A couple of crazy suggestions
from Barry Callanan.



AUSTRALIAN ULTRA
RUNNERS ASSOCIATION



Running shoes design from
Jim Wolstencroft.



Australian Ultra Runners' Association

47

AURA ANNUAL REPORT



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

(Incorporated in Victoria)

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

PRESIDENT'S REPORT TO ANNUAL GENERAL MEETING

Held at the clubrooms of the Box Hill Athletic Club, Hagenauer Reserve, Barwon Street, Box Hill, Victoria on Saturday 18th June, 1988 at 6.00 p.m.

In its first full year of operation as an incorporated Association, AURA has continued to grow at a good rate. We now have over 270 members throughout Australia and overseas and the number should exceed 300 this year.

A year of consolidation has also been realised with several committee meetings having been held and our Newsletter format settling down. Certainly our Newsletter has been a source of pride to the committee as we are often receiving positive feedback about the quality and content. However, the Newsletter is partly as interesting as the contributions received from members. Therefore, race reports, results, letters to the editor, newspaper clippings, general items of interest and personal news are always welcome.

We are also excited about the recognition we are receiving both within Australia and overseas. We are hopeful of gaining affiliation with the Australian Athletic Union (AAU). The International Association of Ultrarunners (IAU), with which we are affiliated, are themselves seeking affiliation with the International Amateur Athletics Federation (IAAF). Hopefully we will all have formal interrelationships in the near future. This will have particular importance to us if an ultra event (100km road?) is ever made an olympic event.

Only minor progress has been made towards definitions, standards, model rules and guidelines but now that many procedures of our Association have been set to routines, more time may be available in the coming year to progress these items.

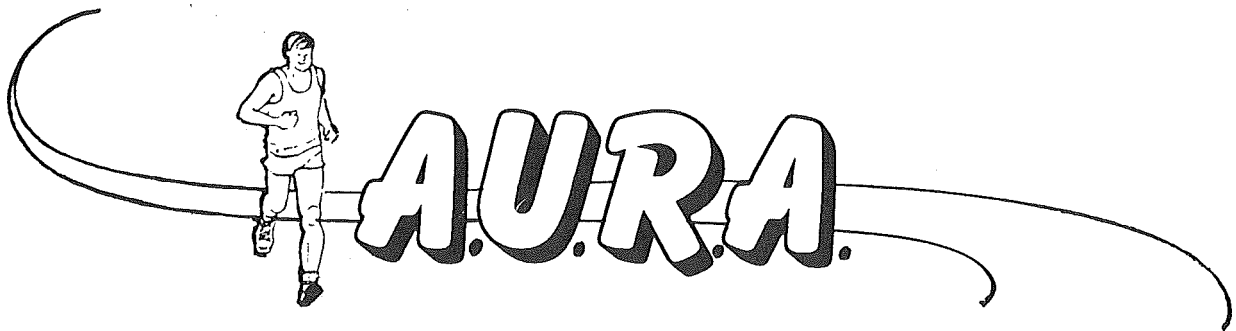
We are able to hold our membership fee at the incredibly low figure of \$10.00 mainly through generous support of our Newsletter publisher. We will probably have to increase our fee at the next AGM but the increase will be kept modest to keep pace with cost increases in goods and services, particularly postage. Overseas members will have to pay more for their Newsletter postage so that the Australian members do not have to subsidize them. We believe all members are receiving great value from AURA.

Finally, I wish to thank Dot Browne for all the support and work she devotes to AURA. Without her tireless efforts we wouldn't be half the organization we are today. Thanks also to the rest of the committee.

I hope AURA continues to grow in the coming year, that it remains successful and that all members stay fit, healthy and injury free.

48. 

GEOFF HOOK, PRESIDENT



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
(Incorporated in Victoria)

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

MINUTES OF THE ANNUAL GENERAL MEETING OF THE AUSTRALIAN ULTRA RUNNERS' ASSOCIATION
INCORPORATED HELD AT THE CLUBROOMS OF THE BOX HILL ATHLETIC CLUB, HAGENAUER
RESERVE, BARWON STREET, BOX HILL ON SATURDAY, 18TH JUNE 1988 AT 6PM.

PRESENT: 27 members of the club and another 10 interested persons.

APOLOGIES: Keith Fisher, Ken Hough, John Breit.

MINUTES OF THE PREVIOUS A.G.M. held on Saturday 20th June, 1987 were tabled.

Moved June Kerr seconded George Perdon that they be taken as read.
Carried.

PRESIDENT'S REPORT: Geoff Hook tabled his report and copies were circulated to those people present. The following main points were raised in his report:

- (a) Membership figures now 270, expected to top 300 this year.
- (b) Newsletter growing in size and contributions but is dependant on members making the effort to forward material.
- (c) AURA receiving positive recognition within Australia and overseas. Hopeful of gaining affiliation with the A.A.U. We already have affiliation with the International Assoc. of Ultrarunners (IAU).
- (d) Little progress made towards formalities of assoc. definitions, standards, model rules and guidelines as yet.
- (e) Subscription rate to remain at \$10 mainly due to the generous support of our magazine publisher. Postage rates have been set for overseas subscribers.
- (f) Thanks to Hon. Secretary Dot Browne.
- (g) New races on the programme.
- (h) Apologies for deficiencies in current magazine (mainly photographs need special printing process.)

SECRETARY/TREASURER'S REPORT:

Dot Browne circulated a Receipts and Expenditure Statement for the period from Date of Incorporation (5/5/87) to 18/6/88. Club is currently in a healthy financial position, having \$1718.07 bank balance, which will be used for postage for magazines for the rest of 1988. Postage still our greatest expense.

Moved Greg Wishart, seconded Tony Tripp that this statement be accepted. Carried.

ELECTION OF OFFICE BEARERS: The following committee members were elected;

| | | | |
|------------------|---------------|-----------------|----------------|
| President: | Geoff Hook | Hon. Sec.: | Dot Browne |
| Assis. Hon. Sec. | June Kerr | Treasurer: | Klaus Schnibbe |
| Ord. Members: | Kevin Cassidy | Vice President: | Tony Rafferty |
| | Dave Herbert | | |

UNLISTED
GENERAL BUSINESS:

1. Sue Perkins from the Australian 6 Day Race Committee (from Colac) announced the names of the 22 invited athletes for this year's race in November. 17 of these 22 will be selected for a start in the race. She also presented the AURA committee with a cheque for \$100 as a donation and was thanked warmly by the committee.
 2. George Audley (WA) has requested that race walking records should be included in ultra records. Members present voted against George's proposal. The feeling of the meeting was that the walkers are already catered for in terms of records, and that walkers in ultra events would be included in results and rankings lists along with runners anyway.
 3. Tony Rafferty spoke on the Westfield decision to start Kouros 12 hours later than the rest of the field.
 4. Tony also expressed concern regarding the race director of the proposed 6 Day Race (13th November to 19th November 1988) in Sydney, John Shaw, and wondered whether he realised the extent of organisation required for an event of this nature. Tony stated that it needed an experienced Race Director to hold an event of this nature.
 5. Trevor Harris stated that he was hoping to conduct a 6 Day Race for all comers with ultra running experience in February/March 1990 in Canberra and wanted to gauge interest in such a proposal. A very positive response was given from those present.
 6. Tony Rafferty stated that the committee should consider determining the association's policy on the South Africa issue. Referred to the incoming committee for discussion.
 7. Tony Tripp proposed that the Australian Championship events should be moved from state to state. Geoff Hook pointed out definite problems mainly to do with perpetual trophies, and it was decided not to proceed with this suggestion.
 8. Tony Tripp stated that before a person could have the responsibility of being the Race Director of a new race, he/she should have served some sort of an 'apprenticeship' in race management; that is, he/she should have been involved with races previously and helped with lap-scoring, organisation etc. to ensure that he/she is aware of the problems involved.
 9. Tony Tripp stated that he would be prepared to organise the Big Apple Nissan 48 Hour Race in Melbourne in 1989 and take over from Stephen Foulkes as Race Director. The event would possibly be held in January again. He also stated that he would use manual lapscore in the event.
 10. Tony Tripp brought up the pacing issue. Discussion ensued and the meeting decided that it was finally to be left up to the race director to decide if pacing was taking place and to do something about it.
- Meeting closed at 7.30pm and members were thanked for their attendance.
-

One of our N.S.W. representatives and committee members, Big Chris Stephenson has recently undergone the hazards of the surgical knife. Some varicose veins were stripped out (we don't think the haemorrhoids were touched), and a bent toe was straightened up a little.

By all accounts, the operations were successful and Big Chris should be back running very soon. Better than ever? We hope not too well, as some of the people ahead of him on the ranking lists want to maintain the status quo.

MISCELLANEOUS ARTICLES

Due to an oversight on our part (Sorry!), we failed to print the final page of the article "On the run with 'Mountain Man' " by Grahame Kerruish in our last issue, so here it is now. It's a great account of his 1988 Westfield Run.

Westfield

wandered around in the hot sun, talking with other crews and propping each other up. Then it dawned on me. This was the final assault on Melbourne! Our Everest was within striking distance. We could not give up now. I would crawl to Melbourne if I had to. It didn't quite get to that.

We had some 56kms. to get to Doncaster. John Fletcher worked out our time with half an hour to spare. I had to average 5.1kms. per hour. It was very hot. By now, my arms, hands and legs were very swollen and my feet.... well that's better left unsaid. Wet towels were draped over me. I drank every 10 minutes; ice cubes were placed in my hat. But around 3pm along Dandenong Road, heat exhaustion and fatigue forced me to my knees. My manager quickly grasped the situation, packed me in ice, and summoned a local doctor, through my good friend John Shepperd. The local doctor wanted to hospitalise me. "No way", I said, "Wait until Doncaster". Race Doctor, Kieran Fallon, physios. Chris Perry, Margaret Stewart and Eleanor Adams (who had already finished the run and was still able to help me), packed me in more ice when they arrived on the scene and then set about on the monumental task of repairing my feet. They worked for 2½ hours on my feet and at around 6.30 pm, I eased my remade swollen feet into my biggest pair of shoes and set off in the cool of the night on the last 39kms. assault to Doncaster. I had been saved a third time. Thanks Chris, Margaret, Eleanor and Kieran!

The mental game was now on in earnest. Friday night shoppers yelled encouragement, horns of cars tooted as we passed on into the night. My manager keeps me fed on luxuries - donuts, apple pies, cakes etc. were used as bait to keep me moving.

Sydney Striders and Western District runners emerge from the night to urge me on. One lady, Wanda Foley from Western Districts Joggers and Harriers has waited to accompany me through the busy streets of Melbourne. Wanda Foley, along with Frank Pearson, my physio, became my guardians to Doncaster. They are true blue Westies and stick with me along with the rest of my faithful crew to the end. Other Westies, Keith O'Connell and Mark Foley join us and chant "Mountain Man in Melbourne". My adrenelin pumps again and the chant continues till the finish line.

After crossing through the Finish line, a magic feeling of unsurpassed elation overcomes me. I have made it! No. WE have made it. I am assisted to a chair and allowed to sit down. There is no pressure on me to get up. What a marvellous relief! Charlie Lynn, Race Director, places a beer in my hand and a pizza on my lap.

Many thanks to the 50 odd loyal supporters and Westfield personnel, who waited for me and my crew to come in. Thanks again to Bill Carlson. To Kieran Fallon and his faithful physios, thanks for help on the run and post care. Thanks to all my sponsors and especially Hawker De Havilland, my major sponsor. My crew still continue to talk to me and befriend me. This is most important to me. I have conquered Melbourne, but my crew are the champions.

Thanks Westfield for a great event. I said before and during the run, "One shot only at this Run, win or lose". Only days after the run, as I licked my wounds, a feeling came over me. It wasn't that bad, in fact enjoyable. I know I could do better next time - quicker and with less pain. (This part I like).

Yes Westfield, I am ready to do battle again. Ultra marathoners just won't lie down, and can't be trusted when they say "Never again".

Grahame Kerruish.
"Mountain Man"

TRIBUTE TO ANDREW SEMPLE:

RUNNING'S BEST KEPT SECRET

PETER HEALY

The Dinner held at Petrie Mansions Restaurant on Wednesday 6 April to pay tribute to Dr Andrew Semple's involvement and dedication to running must go down as the ultimate best kept secret.

It was about five months earlier that Bruce Annabel had suggested to Doreen and myself that something should be organised to say "Thanks" to Andrew. When plans were finally put into place late in January, we all thought it would be virtually impossible to keep the idea of a dinner as a surprise to Andrew; however, Doreen felt that it could be done. She had to tolerate late night calls from unidentified runners, talk frequently about the weather if Andrew was around, and change the topic of conversation quickly in mid-stream. With the assistance of Len Don, we had eighty-seven enthusiastic acceptances for the Dinner.

Andrew was supposedly going with Doreen to Petrie Mansions to celebrate the wedding anniversary of one of their children, and presumably eight members of their family were to be attending. When they arrived about twenty minutes after most other guests, Andrew could not understand why all the people were standing at one end of the restaurant; he saw a runner he knew, then another, and thought this must be a popular venue. He then noticed his brother, Gavin, in the crowd - I wonder what was going through Andrew's mind at this stage? He was then told the identity of the Guest of Honour, and then very calmly moved around to meet the assembled guests.

Dinner was soon started, and the company were obviously looking forward to an enjoyable meal and the formalities. The plan was to commence the formal part of the evening after desserts were served, and Doreen had prepared a detailed resumé of Andrew's running career, and his administrative involvement in running. My role for the evening was to be the Master of Ceremonies, and I found it very pleasant to recount Andrew's running activities. I am sure Andrew wondered how all this information had been gathered. Many of the guests would have learnt just how wide an involvement he has had in the sport.

Dusty Lewis from the Gold Coast was called upon to propose the toast to the Guest of Honour, during which he recalled many instances of Andrew's assistance from the early days of the Gold Coast Marathon, and a couple of humorous anecdotes about him. Len Don then spoke of his untiring work for the Q.M.R.R.C., while making a presentation of a crystal decanter and claret glasses.

Andrew's response was very composed. One would have thought he had a fully-prepared speech ready for the occasion, so confident was his response. He spoke of the great friendships he has developed, and the considerable impact that running has had on his life. Finally, a vote of thanks was proposed by Warren Gruver.

This brought to a close a most successful evening, and as I spoke to Greg Baikaloff later, he made the comment that he did not know it was to be a surprise dinner! It was really quite amazing that a dinner of this size could be organised without Andrew's knowledge.

Andrew will still be doing some running; his involvement with all the various running associations and bodies has been appreciated by all. His words of encouragement to many young runners were always welcome, and the example he has set to all of us is something we runners will always admire.

Dr. Andrew Semple is Brisbane's Joe Henderson or Chris Wardlaw, and he is truly Brisbane's running Guru.

(EDITOR'S NOTE: Andrew was overwhelmed by this event, and it is a mark of his professionalism that he maintained his composure over his emotions, while he remarked to me, "I am not worthy of all this". I know he would like to convey his thanks to all those involved in the occasion. Equally, I am sure that those who attended would offer their congratulations to Peter Healy for a wonderful venue, superb food, and the sincerity of his task as M.C.)

(Reprinted from Q.M.R.R.C. News)

On being an ultra race director

By Tony Tripp.

I am delighted to see that there are new events being added to the Australian ultra race calendar. This means that there are new race directors taking on an awesome responsibility, especially where multi-day events are concerned. It is to them that this article is primarily directed. Also to those who might like to organise an ultra without too much fore-thought and realize it is more difficult than they once thought.

My experience in organising ultras goes back to 1968 in South Africa, the home of ultra running. I learnt my craft through the strict Athletic Association club system of the time. I therefore come from the discipline of amateur athletics. I was taken under the wing of my then clubs President when it was only a tiny body. It eventually became for a while the strongest club in that country. I was also a member then of the R.R.C England and the New Zealand running Association.

I do not think in terms of West Australian running, but of ultra running interstate and worldwide. This is why I travel to Melbourne, to learn, to get known and meet the best distance runners in the World, also learn the strengths and weaknesses in each event as a mental exercise.

I believe ultra distance organising to be an exact science and therefore you must approach it in a professional manner. You must be in love with organising, having the same fanaticism about it that most ultra runners have about their activity. You should have goals and aims, know where you are going and listen to everyone you can. As runners love talking about their sport, so should you love to talk to another interested organiser about their experiences.

Enjoy the achievements of the runners and seeing the expressions of joy on their faces when they achieve their goals. You gain friendships and meet people you would not normally do. But most of all you have this sense of satisfaction of creating a living theater, a jigsaw puzzle that becomes a complete picture.

Be as one track minded as a Sydney to Melbourne runner can be. Nothing should stop you reaching your goal, nothing is impossible, simply find a way around the problem. Really there are only solutions no problems. You must be enthusiastic. If you believe in what you are doing everyone else will. You must want to achieve the aim of putting on a race against all odds so that you can almost taste it. You have to have a hungry attitude.

The challenges are the same as completing an ultra race, except you need certain qualities that set you apart from being a competitor. You must be able to put others before yourself and have a sense of responsibility. Do not be self centered, be able to take advice from others and be tactful. But most importantly be able to control your temper because at times you get asked some monumentally stupid questions. You must be able to accept rudeness as part of the job. Confrontation with runners is useless. Be decisive for the buck stops with you. If you are wrong admit it, don't be pigheaded and believe you are always right.

Politeness goes a long way. Try to place yourself in the other persons shoes. Learn to be consistent and trustworthy. Try if possible to keep your entrants in the picture, never string a line, rather tell the truth if you are able. Though you cannot always please everyone, human nature being what it is someone will moan. Never under any circumstances underestimate the entrants, treat them with the respect they deserve.

Always have a committee behind you, never be a one person band. Be able to delegate. A good organiser should be able to walk away from the event and

it should be able to be run just as well as when you were in control. No one should make him or herself indispensable. Therefore do not be an organiser because of the power you think it gives you, power corrupts and the people you are organising the event for suffer. Only inadequacy in yourself and your perceived failure in everyday life could bring a lust for power.

It is far better if you come from a background of man management. That is to say you have been in control of people where your job is concerned. You don't have to be an ultra runner, you can come from a background of fun, track or marathon running and organisation, or have been on a committee in another sport. You can soon pick up ultra distance organising.

But I think to go into ultra organisation without any prior experience is silly. It has been done before, but experienced people have propped up the person concerned. Already well known race directors have had to stop an ultra from being a failure, a non event as it were by taking over at the last moment. Hopefully this situation never will happen again.

Let us nip this problem in the bud, deal with it in the early stages of this association before it gets out of hand. That is why I have spoken out, because I consider it so important. I hope this article will inspire debate upon this subject.

I believe budding race directors should go through a self imposed unofficial apprenticeship. Crew in ultra running events, watch and learn, help out behind the scenes on the day, later on get on a race organising committee and be actively involved under the direction of experienced personnel.

Visit races in your own state and interstate, make yourself known to runners and organisers alike. Be friendly and open about what you are doing and why. Most race directors will when they have a spare moment be of some help to you. Ask how they go about things, draw up plans of the event you are visiting and write down notes. Use it later on to see if you can pick out the races strengths and weaknesses, then see how you would have rectified it.

Remember it is easy to criticise in a negative manner, so always have a positive suggestion on how to improve the event. Never do this during or just after the event. Wait for a brief period and send your suggestions by letter to the race director. They like to hear from you in order to improve their event.

You never stop learning no matter how good you are rated as a race director or think you are. Never be satisfied, always improve your race. Runners will soon tell you anyway these days. Before because there were too few ultras around the world they said nothing.

Understand sponsorship, the needs of the company and how best to promote them, that is why they are putting money into your event. I always try to give them value for their money they have put into my event. Sometimes you may have to make a decision about how far a sponsor should be involved in the event. Try therefore to find the right balance between the runner and sponsor.

How much control do I think a sponsor should have over a race? None! I believe that you are bound to promote their product in the best way possible and that they can have a say in that, but they must not interfere with the running of the race. They must not try and change dates and starting times to suit themselves at the expense of the entrants.

It is advisable to have a knowledge of the media and be able to write out news releases and speak on radio and T.V. In other words be a public relations officer as well. One way to learn is to become friendly with a media person,

for example a sports reporter interested in running. They will give you a few tips.

The presentation of your proposal to the sponsor is most important. The more professional it is the more impressed the sponsor will be. You must realise that companies have proposals put to them each day, so yours must stand out. Try to have your proposal typed out professionally and placed in a neat plastic cover.

What should your proposal contain? Details of the event, what it is about, where, the date, how many runners you expect and whom. A brief history of ultra running in Australia and overseas, benefits to the sponsor in promoting their product in an unusual way, where they can place their logo's, that they can use their name in conjunction with the race, details of what their money would be used for and how much you need. Item by item. Newspaper cuttings of the prior event. If none, the type of coverage other ultras have obtained in the newspapers. Place the photocopies of the race reports in the back of your proposal to the sponsor. Also if possible include a video of a prior event, or a copy of T.V news coverage of another ultra. This would give the sponsor an idea of the type of coverage they would receive and what ultras are about. Do this for main and subsidiary sponsors.

To obtain sponsorship is a long process. You must be tolerant, polite and long suffering. Having a tough hide helps in this regard. Remember it is not only what you know and how you present yourself and the product you are selling that counts, its whom you know. A vast array of contacts in various sporting bodies, the business world, town councils, police and government should be built up over a period of time as well.

Be able to do everyone else's job, or at least have some understanding of it so you can immediately pick up a mistake. Give the committee your overall plan, each person their particular jobs but don't stand over them.

Also take into account Murphys law which states, if anything will go wrong it will. Therefore to cover yourself think of the worst that can happen in different situations, so if it does you can cope with it and make some provision for it. Expect the unexpected. Therefore be able to think very fast on your feet in a difficult situation.

For example, in a track ultra what happens if there is a power failure, the lights around the track go out-what do you do? It storms, electric lightning and hail, the crew and lap scorers tents are blown away midway through an event, there is no cover, the track is flooded, what do you do? You think it can't happen? Become a race director and see.

You thought life was meant to be easy. This is the way in which to see and learn about human beings under stress. See how you cope with highly trained runners, they've looked forward to the race, trained nearly everyday, their wives and husbands may not be happy because of the amount of training they have put in, taking time away from them. Nervous, strung like a tennis racket, you the hot shot race director make a glorious mess of the event. If you were a runner how would you feel.

Ask yourself before you take on such a huge undertaking, am I suited to this type of responsibility and do I enjoy it. Am I a patient person, do I crack up under pressure. Do I like human beings and am I by nature adventurous, then if the answer is yes, one more question needs to be asked, do I care enough? If you pass then you can begin to be a race director.

Organising an event is not easy, it seems so, because the better you become at it to those not in the know the easier it seems to be. Its like a very good actor, he makes his craft seem so simple. Simplicity is the answer. Always

make it simple, the more complicated you make it, the less you really understand organising. You must have a plan, build up from a base over a number of years, then you gradually launch out from that point.

I think it is important that a race director (stage director) has the ability to choose the right person for a particular job. Therefore he needs to have an insight into human behaviour and be able to communicate his wishes simply. Remember you are not only all things to all people, but have to be a social worker, psychiatrist, father or mother figure and a sense of humour that can override all situations. So you want to be a race director!

Tony Tripp has agreed to be Race Director of the 24/48 HOUR BIG APPLE NISSAN RACE at Aberfeldie, Victoria on 28th-30th January, 1989 which Stephen Foulkes started last January. However he needs other ultra runners who are prepared to assist him and learn the ropes of race directorship. Please contact him at "Lakeview", Davies Road, Claremont, Perth, W.A. if you are interested.

Seeing Stephen Foulkes has done such a good job in getting this race started, we want to make sure it stays on the calendar. Don't be afraid to indicate your interest.

The following article was spotted by a nervous would-be sufferer; the editors of this newsletter neither confirm or deny the content but feel it might be of interest to those who missed it in the Press.

Osteoarthritis and exercise

"The notion that wear and tear causes osteoarthritis is one of the great myths of this condition," says the University of Vermont's Dr John H. Bland.

To make his point, Dr Bland says that even whales suffer from osteoarthritis, and there's certainly not a lot of jarring activity inherent in a whale's buoyant lifestyle.

So what DOES cause this ever-prevalent and potentially very painful disease?

Osteoarthritis is caused by a failure of the lubricating mechanisms of a joint to regenerate themselves.

In a healthy joint, the padding (cartilage) be-

tween bones remains adequate to keep bones at peace with themselves, but in a joint plagued by osteoarthritis, cartilage degenerates to the point of allowing bones to interact disruptively.

Bones do not wear down in response to this unnatural friction, however: they INCREASE in size. The eventual result is immobility and additional cartilage destruction as joints simply become too "crowded" for their own good.

Inflammation of surrounding tissue can result, contributing to this crowding even more.

Only in a joint already seriously diseased with osteoarthritis is exercise potentially damaging. Dr

Bland emphasises. In the normal joint, regular physical activity is needed to keep cartilage healthy.

Exercise creates a pumping action within cartilage that facilitates the flow of molecular material necessary for keeping cartilage strong. Even in joints already stricken with osteoarthritis, there is evidence that gentle, non-weight-bearing exercise such as swimming can help reverse osteoarthritic damage.

"Exercise and activity have a major role in the maintenance of cartilage," Dr Bland says. "When combined with properly timed rest periods — say an hour of lying down after three or

four hours of activity — exercise initiates the pumping action need to bring cartilage the nutrients it needs for repair."

Exercise also can keep muscles strong enough to protect joints from undue shock in the first place, Dr Bland says. Strong thigh muscles, for example, help protect knees from undue trauma. Healthy joints and healthy muscles go hand in hand.

Osteoarthritis, if anything, is a disease of too little activity rather than too much, Dr Bland says. Studies of high-mileage runners show no increase in osteoarthritis. The knee cartilage of avid runners tends to be healthier than non-runners, in fact.

If exercise bothers a particular joint, it's probably because the joint is in some way abnormal from a structural standpoint, Dr Bland says.

So the reputation that exercise has as an osteoarthritis antagonist is a false one, Dr Bland says.

False, too, is the notion that the disease always progresses in a downhill fashion.

"Evidence for reversibility is becoming increasingly impressive. The management of osteoarthritis will surely be different in the future, and we have cause for optimism," Dr Bland recently told the American "Executive Health Report."

— Universal Press

SHOULD WE CHANGE THE 400 metre/440 yd
ULTRA TRACK? by Tony Tripp

The athletic association felt uncomfortable with road races, especially the marathon. They knew next to nothing about ultra running. Road runners broke away years ago from the A.A and formed their own marathon clubs to have more control over their destiny.

I remember the days in South Africa, though road runners were more numerous than their track counterparts and kept track athletes going financially, they had few votes. The road runners were dictated to by the A.A. This happened in this country years ago.

At the moment ultra running is influenced by the road runners club, England (R.R.C.). They are a respectable body who do an excellent job, especially their hard working statistician who is in the same position for the I.A.U. This body (R.R.C) has influenced the newly formed international Association of ultra runners (I.A.U). The R.R.C obtained its basic code from the A.A and still does.

The subtle differences are these. The R.R.C was forced to stop South Africans from running in the London to Brighton by the A.A England. A few years ago, the organiser decided he disagreed with this ruling and allowed South Africans to enter and I think they won it. Those in the race, mainly Englishmen were threatened with disqualification by the A.A from running in other English events. The entrants had to write letters of apology to this august body. Mind you the London to Brighton is an ultra of 53 miles, I know I ran in it in 1969.

The (I.A.U) does not stop anyone from running anywhere. It is left up to the individuals conscience. Thus I will not run in South Africa, the trendy thing to do these days because I disagree with their policies. However, I would not try and stop anyone else doing so.

The R.R.C was founded in 1952 especially to organise a road race for the Festival of Britain. It was not disbanded and allowed A.A club members to run in road races officially. Thus from that time onwards the R.R.C took on the role of recognising national and World ultra records.

I know the background, because years ago I corresponded with one of the founders of the R.R.C when I was setting up the Centurion Runners Club. He was of great help to me. They recognised a 100 mile world record set by Dave Box, in a race I organised in Durban, Natal, South Africa in 1970. We had officials from our local A.A union down at the track the entire time, in case the World record was smashed and it could be ratified.

Is it not time that we broke away from the indirect influence of the A.A which we ultra runners have followed blindly all these years without questioning it. Rules from another era when distance running was unpopular and the A.A reigned supreme.

At the World Vets Games held in Melbourne early December a race directors meeting was held. It was not connected in anyway with A.U.R.A and its thoughts are in no way binding and carry no weight as we did not represent the rank and file of A.U.R.A. Race directors and observers from all over the country were at the meeting.

When the question of tracks were brought up, Alan Fairbrother a famous English multi-day ultra runner, explained in detail about athletic tracks, their differences, how they are measured and why 440 yds was the distance chosen. It was because it was the size of the average village green (400 metres now)

Some of us decided when it was possible we would try and hold our events on larger tracks, grass or road etc. W.A and Queensland have already done this. Now I come to the point. Thank God!

Basically only those national and World records set on athletic tracks are officially recognised. Those set on a 200 metre, 1 km and mile tracks or road come under a different category. These runners are accepted in the rankings, but the true World champion would be the person who set it in an event on a 440 yd/400 metre track. Why don't we just have two categories, road and track of any distance. Sensible rules would govern this change.

As it is now, for the sake of uniformity where track ultras are concerned we are forced onto the old fashioned athletic tracks. I am aware of the fact that there are events sometimes held on larger tracks overseas, but they are not encouraged, nor the norm. What would happen if ultra track running were to become popular in the Western countries, race directors would be in trouble.

There are many arguments against my case, I've heard them all. They don't make sense to me anymore. Make no mistake they sound logical until you question them. One of the best is that an athletic track is a known quantity, you can check. How would you know if a track measured out in some dim and distant country were correct?

I believe now is the time for all ultra distant bodies to sit down and discuss this important issue. We need a new code governing not only ultra tracks but the sport in general, not those copied from other bodies who have a vested interest.

To illustrate my point further, if the first Victorian 48 hour had not been held in January of this year, at least 20 runners would not have been accepted to run in the Coburg 24 hour held in Feb. Some of these runners did well. So you could say 60 people would have wanted to run. In any other year we may have lost these new ultra runners to the sport. Why? Because a 400 meter track can only hold 40 runners and that is too much.

I hope in the distant future, A.U.R.A accepts the proposal put forward by many of the race directors at the meeting at the World Vets games, that we try and hold our events on larger tracks. We would recognise our own records and the rest of the World would follow us. What do you think?



Left to Right:

Tony Tripp, Kevin Cassidy and Val Case, taken at the 50 Mile Track Race presentations, June. 1988.

HANSARD CLIPPINGS
26/5/88

House of Representatives

Mr SNOWDON (Northern Territory) (1.30)—Firstly, let me say how pleased I am to have this opportunity to speak for probably the last time in this House during a grievance debate. The matter I wish to address this afternoon is one which I first mentioned to this House on 19 April this year. It is in relation to a money-raising effort by the Royal Australian Air Force (RAAF) personnel from Darwin and Edinburgh. I am pleased that the Minister for Defence Science and Personnel (Mrs Kelly) is at the table this afternoon because I would like to applaud the efforts of these RAAF personnel. They set out to contribute towards the raising of \$1.5m for the provision of an aircraft for the Royal Flying Doctor Service, that aircraft to be based in Alice Springs which, as honourable members will know, is my home.

The run was sponsored by K-Mart which assisted in the publicity for the run and the effort to raise these funds. The RAAF contingent—the two teams, one from Edinburgh and one from Darwin—had as its organiser and public relations person, Tony Rafferty. Tony Rafferty, as you will know, Mr Deputy Speaker, is the current holder of the international 1,000-mile record—British and Australian—and was the first man to run from Sydney to Melbourne and across the Nullarbor Plain. He was also the first man to run across the Australian continent, from Fremantle to Surfers Paradise, a distance of some 5,931 kilometres.

The objective of these runners from both Edinburgh and RAAF Base, Darwin was to run from Darwin to Adelaide, a distance of some 3,051 kilometres, in nine days. There were 20 runners and 15 ground support staff. I am happy to say that they succeeded in their endeavours and I would like to pay special tribute to Squadron Leader Owen Hammond from Darwin who, as the Minister knows, is a very dedicated member of the RAAF personnel and is very highly thought of, not only in the RAAF community but also in the wider community within Darwin.

The Darwin personnel who were in fact running in this effort were Flying Officer Gary Adrian, Flight Sergeant John Carr, Sergeant Bob Rhorig, Corporal Bone, Corporal Air, LAC Wright and Corporal Sullivan. The team from Edinburgh had a similar number of runners and each team included a woman runner. The woman runner from Darwin was Lisa Downes and there was another woman, Sharon Noyes. Unfortunately, Sharon sustained an injury during the course of the relay and was unable to complete it. The lady from Edinburgh was Corporal Wilson, who ran in this relay from Darwin to Adelaide.

Mr Braithwaite—Why did you not run?

Mr SNOWDON—The honourable member asked why I did not run.

Mr Braithwaite—No. I was asking the Minister at the table.

Mr SNOWDON—I ran in her stead. I was thinking of the Minister while I was jogging. The runners left the Casuarina shopping centre at 12 noon on 11 May and arrived in Adelaide at 12 noon on 20 May. For the benefit of the honourable member for Dawson, I inform him that they arrived in Alice Springs on Sunday 15 May and it is there that I joined one of the runners to run a few kilometres through Alice Springs, in an effort to publicise their endeavours.

I am happy to say that the runners are now world champions. The two teams ran—10 each from Darwin and Edinburgh—and, as I suggested earlier, there was a woman in each team—the total distance, as I have said, of over 3,000 kilometres. In fact, they had to add 150 or so kilometres because they were running ahead of time and they needed to arrive in Adelaide for publicity purposes at 12 noon. It necessitated their running, I believe, an extra 150 or so kilometres.

The highlight perhaps of the effort is that they averaged around 3 minutes 53 seconds per kilometre for every kilometre which easily broke the previous world record of 4 minutes 12 seconds. The total amount raised for the Royal Flying Doctor Service in this relay is as yet unknown and the RAAF runners are travelling back to Darwin today and are collecting on the way. However, \$70,000 has definitely been raised with the possibility of at least another \$10,000 on top. Of course, Mr Deputy Speaker, when one takes into account that for every dollar they raise there is a dollar contribution from the Commonwealth, this will mean a total of somewhere in the vicinity of \$160,000 which has been raised directly as a result of the efforts of these RAAF runners.

The runners are expected back at the RAAF base at Darwin this afternoon at 4.15 where there is expected to be a large welcome. I do not want to take much more of the House's time other than to say that this demonstrates, I believe, the commitment of armed service personnel to the community interests. I know from the words of Royal Flying Doctor Service officers in Alice Springs that the efforts of the RAAF Base, Darwin and Edinburgh are highly regarded and I would anticipate that the profile of the RAAF community in Darwin has been raised quite significantly in terms of the contribution they are making, not only to the Darwin community but also to the Northern Territory community generally.

I know, as the honourable Minister at the table will testify, that the contribution they are prepared to make is enormous. Indeed, our discussions with RAAF members and Navy and Army service personnel in the Top End have shown that they are prepared to make a long term commitment to remote North Australia. They want to make it their home; they want to make a contribution; and this is a demonstration of the type of contribution they are prepared to make. It is an enormous sacrifice, a personal sacrifice. I spoke to Owen Hammond prior to the run when the Minister was in fact at RAAF Base, Darwin and he said to me that he was having to run as part of his preparation about 130 or 140 kilometres a week and he was getting pretty tired of it. He was looking forward to the rest that he could enjoy at the end of the relay. I wish him well and I am sure that he will have his feet up for the next few weeks and perhaps will gain a few ounces as well.

I know at first hand that the runners all enjoyed the assistance—the stimulus, if you like—of a touch of the amber fluid at the end of each evening during the course of their run. I am sure that this afternoon when they are celebrating in Darwin they will recall the relaxation that they enjoyed then, but they will enjoy it much more now that the run is finished.

A unique experience is the only way I can describe an adventure in May this year. I was engaged as media representative for the Macquarie Radio network, 5 DN in Adelaide, to send reports for the world record relay attempt by the Royal Australian Air Force from Darwin to Adelaide.

To be on the 'other side' of the microphone was a pleasant change and opened my eyes to the difficulties of radio broadcasting in the outback of the world's biggest island.

I wasn't short of news.

Twenty runners ran 5 kilometre legs down the centre of Australia along the Stuart Highway, a total distance of 3300 kilometres to the K Mart store in Port Adelaide.

K-Mart sponsored the event.

South of Darwin, a wild pig attacked the escort vehicle travelling only 20m. behind the runner. Three lunging headbutts burst the radiator, already damaged by a kangaroo. I jumped from the media car and searched frantically for large stones to ward off the animal. Snorting furiously, he charged towards me as I ran the fastest 100 metres of my life back to the relative safety of the media car. The angry beast proceeded to ram the door, denting it in 4 places before running off into the scrub. One new radiator and 3 hours of panel-beating was required when we reached Katherine.

Running south and the picturesque and breathtaking Katherine Gorge behind us, Squadron Leader Owen Hammond ran a very fast 5 kilometres when a wandering, stubborn buffalo with slimy mud dripping from its torso, chased him 200 metres along the highway and up a tree.

Fog, Fire and Hot Ash

A number of grass fires in the area created dense smoke and caused breathing difficulties and gusty winds and swirling hot ash made running conditions uncomfortable. Strong head winds, a dust storm and the steamy hot bitumen road slowed the runners as they approached Tennant Creek. Late one evening, Flying Officer Leon Schutz stepped on a large, metre long, brown snake, basking in the heat of the roadside. Without striking, it scuttled off into the spinifex bush as Leon increased his pace somewhat.

When the runners passed the John Flynn Memorial, built to honour the founder of the Royal Flying Doctor Service, they had averaged less than 4 minutes per kilometre, which was more than 10 seconds better than the record holders, the Melbourne Fire Brigade, when they ran around Australia.

We were 'locked up' for the night in the Tennant Creek Police Station. Sergeant Trevor Bell and Constable Mark Foley insisted we share their comfortable premises overnight. Compared to the sleeping bag and a starlit sky as our roof, on the previous evenings, it was luxury accommodation.

Clad with a notebook and a torch, at 5am, I approached an unlit telephone box across the road, to present one of my many radio reports for the day. Suddenly, I was airborne. I crashed head-first into the box, smashing two glass panels. I had tripped over two sleeping aboriginals. The report for the early morning news was censored as the swear words from one of the women came over loud and clear, not to mention the dull thuds of her fists striking my back. The studio broadcasters had a laugh at my expense. Later that morning, I had the pleasant task of speaking to 40 full blood aboriginal children during a school lesson.

In road temperatures of 48 degrees celsius, the runners continued in world record time towards Alice Springs.

Strange Lights and a Swaggie

A large frustrated bull made running difficult for Aircraft Woman Sharon Noyes and her escort crew when it stood defiantly, refusing to budge from the centre of the highway. A speeding 50metre long roadtrain bluffed the animal and it sauntered off the road and into the bush.

The R.A.A.F. team celebrated the 60th Anniversary of the Royal Flying Doctor Service when they ran into Alice Springs to a resounding welcome from a large enthusiastic crowd. They had raised \$70,000 towards a new aircraft for the Flying Doctor.

Conditions changed dramatically as the runners headed south, when persistent rain made roadside conditions muddy. The result was heavy shoes, wet socks and blisters.

One morning, dense fog and a bogged escort vehicle greeted the runners. Ten athletes flexed their tired muscles, attempting to push the vehicle on to high ground. Thirty minutes later, they succeeded.

Not far from Australia's opal capital, Cooper Pedy, the pain of the bitumen, sun-burnt legs and atrocious weather conditions were forgotten, when a wrinkled and ravished outback swagman told his story of life in the bush, in exchange for a hearty breakfast. They listened and laughed as the 71 year old bearded nomad related events of his life, and survival in the world's most arid continent.

South of the opal town and late at night, the weather-beaten runners reported to me what they described as 'a bright green, circular, fluorescent glow' hovering 20 metres high in the bush. Nurse Lisa Dowling and a frightened Sharon Noyes said it was 'weird and eerie'. After a minute, the light soared high in the sky and disappeared. The Squadron Leader who witnessed the phenomenon, in true air-force fashion, commented, "It was not a U.F.O. It was an Unidentified Aerial Sighting and easily explained."

At great speed, I returned alone to the isolated spot, a long way from Marla, and with a torch and a long stick, I probed and searched the prickly scrub under a moonless, clouded sky. In the company of a curious kangaroo and the howl of a dingo, I found nothing. At the time of writing, I have yet to receive a satisfactory explanation from the Squadron Leader.

Entering Port Augusta, a flying bottle narrowly missed physical training instructor, Graeme Air, as he plodded through deep puddles, the result of a thunderstorm a few hours before. No one was hurt. The culprit ran away and Graeme assisted the team with a fast 5 kilometre leg towards the world record and entry into the Guinness Book of Records.

One thousand jubilant people welcomed the runners at Port Adelaide when Diana Wilson completed the final leg to record a total average of 3 minutes 56 seconds per kilometre to break the Melbourne Fire Brigade's best time of 4 minutes 12 secs.

The footsore R.A.A.F. runners relaxed at a barbecue, listed to jazz music and related their experiences to friends about a relay run that won't be forgotten.

Tony Rafferty.

Ed.'s note: Thanks Tony for a fascinating account!

Marathon Race Management Pty. Ltd.
P.O. Box 871,
Campbelltown, 2560
Australia.
Office Address:
100 William Street, Sydney 2011



Telephone: (046) 25-3231
(02) 358-7600
Telex: 25567
Fax: (02) 358-6422

GOOD NEWS REGARDING THE WESTFIELD SYDNEY TO MELBOURNE RUN!!

IT'S DEFINITELY ON AGAIN IN 1989 AND THE STARTING DATE WILL BE A LITTLE LATER

- MAY 11TH, 1989. FURTHER INFORMATION CAN BE OBTAINED FROM RACE DIRECTOR:

CHARLIE LYNN, C/- ABOVE ADDRESS.

Ultra running has much to offer in terms of both achievement and self-confidence, but it can also be very depressing. I had trained for several months for the Sydney Striders' 24 Hour Race, and I was certain I would crack 200km. However, as things turned out, the whole episode was not meant to be.

Two days before we are due to leave Melbourne, I am hit with a bad dose of 'flu and I almost pull out. (I should have!) But by the day we intended leaving, I am feeling a bit better, so I hook the camper onto my ute and we hit the road. Problem No.1 occurs at Gundagai when the battery packs up. The N.R.M.A. comes to the rescue and I am advised not to stop the engine until I get a new battery. Fine, I say, and off we go. Not long after, problem No.2 occurs when we run out of petrol (and a flat battery as well). We are stuck on the Hume Highway as the night gets later and the trucks get more dangerous. Two hours later, a kind-hearted soul gives us a lift into Jugiong where the N.R.M.A. (once again) comes to the rescue with a new battery and a tank of petrol. We have an overnight stop in a truck parking bay and arrive in Sydney the following day. I still feel sick but am hoping that a good night's sleep will do me some good.

The next day is race day, and the morning sees me feeling pretty good. The race starts and all is well until the night air arrives. I start to feel very wonky and am unable to consume any food or drink. Eventually, a trip to the toilet sees me almost pass out. Problem No.3 (and the worst one) occurs, when after only 9 hours, I withdraw from the race. I am so depressed, I almost cry. I feel that I have let down those who came to assist me - Serena Henry, Neil Tatt, Ray Radford and Marion and Gary Ward. At the presentations, I am so disappointed that I am unable to watch the proceedings.

As we leave Sydney, Serena suggests that I need some "happy food" to cheer me up so in Goulburn, I walk into McDonalds for the first time in 3 years and feast on French fries and chocolate sundaes. All this does, is make me feel sicker. We hit the highway again, and as I try to sleep in the top bunk, I wonder, What else could possibly go wrong?. Well 10 minutes later, on the lone dark road, problem No.4 occurs when a rear tyre blows out. Oh well, no point whingeing. We will just have to put the spare on. Problem No.5 now occurs when the jack breaks. By this stage, I have had more than I can stand, and I am feeling a pubic hair on a toilet seat (just waiting for someone to piss me off!), so I blow my top and throw a tantrum that would make John McEnroe look like a choirboy. It didn't solve anything, but it sure made me feel better. Eventually, we get the jack into some sort of working order and we hit the road again, arriving back in Melbourne at 4am.

A Balance Sheet of the trip is as follows:

| | |
|---------------------|------------------|
| Petrol | \$300 |
| New tyres | \$412 |
| New battery | \$ 94 |
| Temper | Badly frayed |
| Confidence | Almost shattered |
| Time spend training | - Totally wasted |

Is ultra-running really worth it? I'm having serious doubts. Perhaps I should take up lawn bowls.

ACCOMMODATION IN AUSTRIA!!

Herbert Glantschnig is an Austrian member of A.U.R.A. and he competes in many ultra runs in Europe. He has kindly invited any Australian Ultra Runners who may be visiting Europe to stay with him in Austria. His address is:

Tiroler Str.34
A-9800 Spittal/Drau
Austria.

Make sure you contact him as he is quite a character and a very keen runner.

A Breed Apart,
by Tony Tripp

Ultra running is a journey into the psyche of yourself. It is an adventure into the unknown for there is always uncertainty. Through this you learn to deal with the present, developing strength of character, will and the ability to think positively. This you can apply to everyday life. You learn to cope with tragedy as well as appreciate beauty.

The essence of beauty can be obtained by taking a risk, jumping in the deep end and sink or swim. Thus when your back is against the wall your reality is heightened, your sense of living and its surroundings are enhanced.

This activity is not about conformity, but individualism, the ability to live within yourself when struggling alone on the road in an event, yet enjoying your own company. You keep returning to drink at the fountain of an ultra running event to replenish your inner strength.

The idea of most sports is to reinforce the competitive aspect in society. Winning is all important, losing is seen to mean failure. Inadequacy is the result. These attitudes start at school and sport is its main form of indoctrination. The excuse given is that team work is important in communication with your fellow humans and the World at large. I see it basically as a way not to learn how to take responsibility for your actions, passing the buck and letting others make decisions for yourself. Thus most sport as it is defined is passive war. It encourages shallowness, images made of dust, wealth and personalities built on one's position in society, not on personal development.

Ultra running is not about losing, it is about responsibility to yourself and having a positive self image, of seeing the truth about you. It is because it is an activity that has depth and not instant gratification that it is dismissed lightly by the general public. It is sometimes misunderstood by some of the runners themselves who get caught up in the corporate idea of life, competing. They have missed the point and in my opinion may not gain too much from this sport.

We use the symbols of places and records, prizes and all the traditional attitudes outwardly to be more acceptable to the World at large, to encourage others to take part in this grand journey. Thus it is promoted in an understandable manner. Do not be misled by the husk, but find the hidden fire, it is waiting to be grasped in both hands. See beneath the smoke screen.

I thought I would write the introduction to my race report differently, not the usual opening, the sun was shining or raining bit. It is an opinion I hope which will make the reader think about this sport. Think about why they participate.

On the 28th-29th May at Mc Gillivray oval, Perth on a 1 km grass track the Hi-Tec 24 hour took place. It was divided into a walking and running section.

This year it was a battle of the W.A vets, Mike Thompson, Trish Spain and Alan Croxford. Mike was never headed from the start, he even had time to come off for a 1½ hour sleep when reaching 100 miles. Alan was always half an hour behind running comfortably waiting to pounce, then at 119 kms he went through the 'horrors', becoming depressed, detached, lost concentration and resolve. It happens to us all between midnight and five 'O clock in the morning. Most times we hang on, sometimes we drop out which Alan did.

Trish Spain was in with a chance but not both ring about niceties such as winning she ran against herself and a certain goal. She is the unknown

Woman in ultra distance running in Australia. She is ranked no 2 Woman in the country and has completed 100 miles four times in a row, winning the ladies section everytime, 161 kms 1985, 177 kms 1986, 176 kms and 182 kms 1988. She is a quiet and modest person, disliking any fuss made about her.

Jim Turnbull and George Audley are now the 2nd and 3rd men in the country to have completed the 'double'. That is to say walked and run over 100 miles within 24 hours in separate events. Claude Martin was the first. There are only very few people who have achieved this unique feat in the world.

We include a walking event in the Perth 24 hour as we are inspired by the fact that Jim, George and Bronwyn Salter come from a walking background and have represented their state in this activity. We are on extremely good terms with the walking fraternity.

Dave Bird after his fourth attempt to complete 100 miles within 24 hours finally did. So some of you who wish to obtain this goal and have not yet done so, don't give up.

Charlie Spare known for his retirement plans at the end of a race; 'never again, never' which in ultra terms means that you will be back next time, had a great excuse this time. He told all and sundry on the track that he was merely having a training run, he didn't want to ruin himself for the Perth to Albany ultra marathon. None of us could use that excuse because all the crews of the runners heard it.

When I tripped over in front of my crew and lay there, all the response I got from them was 'good try Tony you deserve an Oscar. Wait until the T.V cameras are here and do it again!'

Our next events: _

Perth to Albany 257 mile ultra marathon with a 4½ day time limit. Start Barrack St Jetty, 10 am, Perth. To qualify you must have completed 100 miles within 24 hours. c/o race directors Tony Tripp, flat 100, Lakeview, 34 Davies Rd, Claremont 6010, W.A. Garry Clark ph 098-447190.

Hi-Tec 12/24 hour walking and running race, 27th and 28th May 1989, Mc Gillivray oval, Perth on a 1 km grass track, starting noon. Race director Tony Tripp. Contact Ross Parker 4017797.



Member, Kerry Hartnett sent us this unusual photograph, taken at the finish of the Boston Marathon, which he ran this year. Some super-dedicated runner (or official) had chosen "26 miles 385 yards" for his registration plate!

ASMF CHILDREN IN SPORTS POLICY DISTANCE RUNNING

Children in Sport was one of the main sub themes of the 23rd FIMS World Congress. This article describes the ASMF's policy on children in sport, particularly in relation to long distance running and cricket fast bowlers. Ed

In the absence of definitive scientific evidence relating to the detrimental effects on children training for, and competing in, distance running events, and the wide range of maturity levels for any given age, it seems prudent to recommend conservative guidelines based upon potential, but currently unverified risk factors. The following guidelines therefore, should be viewed in that context. The Committee believes that they represent a compromise between current practice, and what might be considered as ideal, and may be modified in the light of future research findings.

Recommended Maximum Competitive distances:

| Age | Distance |
|----------------|------------|
| Under 12 years | 5ks |
| 15 years | 10ks |
| 15-16 years | ½ marathon |
| 16-18 years | 30ks |
| 18+ | marathon |

Recommended maximum training distances: 3 x Competition distance. Children known to be physically immature for their age should be limited to the maximum recommended distance for the age group below their own.

Further considerations and rationale:

1. Notwithstanding the recommendations, ASMF supports the following statement endorsed by the American Academy of Pediatrics in 1982 which reads, long-distance competitive running events primarily designed for adults are not recommended for children prior to physical maturation. Under no circumstances should a full marathon be attempted by immature youths (less than Tanner stage 5, sexual maturity rating). After pubertal development is complete, guidelines for adult distance running are appropriate. The considerable benefits which accrue from regular aerobic activity must be weighed against the possible harmful effects of intensive training and competition on children. It should be understood that children do not need to run long distances to achieve an aerobic training effect.
2. Effects on the Musculo-Skeletal System: Particularly during periods of rapid growth, children are most vulnerable to musculo-skeletal injuries and disorders. Repetitive stress and resulting overuse syndrome may in the long term lead to musculo-skeletal dysfunction. The effect of minor deviations which would normally cause few problems are magnified when running long distances, especially on hard surfaces.

It is recommended therefore, that --

1. All children should have a musculo-

skeletal assessment before embarking upon a training/competition programme of long distance running.

2. That regular long periods of running on hard surfaces be avoided.
3. Physiological Considerations: Apart from low economy of locomotion, there do not seem to be any underlying physiological factors which would preclude children from running long distances.

Children, however, are different from adults and when compared with adults are disadvantaged by a faster stride rate and poor tolerance to heat stress. It is recommended therefore, that:

1. Children should not be encouraged to participate in competitions designed for adults.
2. Weather conditions should be cool.
3. Children should be taught about ingestion of fluids before and during a race/training session.
4. Appropriate clothing should be worn.
5. Sociological Considerations: There is a danger that the time required for training/competition in distance running, may preclude a child from enjoying a wide range of social experiences. Study, mixing with other children, developing other skills etc. are important in normal growth and development. The Committee believes that the time devoted to running long distances should be kept in perspective.

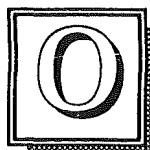
(Reprinted from "Sport Health", official Gazette of Australian Sports Medicine Federation Vol.6 No.1, 1988)

We have reprinted this article because some race directors of ultra races in Australia have allowed teenage children under the age of 18 years to run in their ultra events. This concerns us. This article may help to explain some of our concerns in the matter.



This photograph was one which was peerly reproduced in our last issue. It shows Stan Miskin in the foreground at the Big Apple Nissan 48 Hour Run at Aberfeldie last January.

A HISTORY OF THE 1,000 MILE RACE

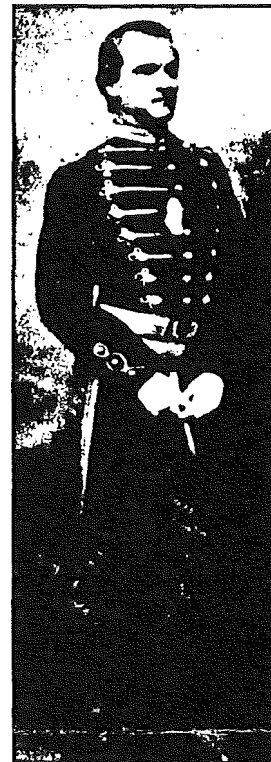


OVER TWO CENTURIES AGO, in the grip of a cold English winter, a Birmingham pedestrian named George Guest wagered he could cover 1,000 miles within 28 days. He succeeded, finishing his walk that February 1758 with 5 hours to spare. So began that transcendent challenge to body, mind and spirit known as the 1,000 Mile Race.

Fifty years later, while Napoleon and his troops were marching across Europe, pedestrians such as Stokes, Jones, Eaton, Crisp and Wilson were testing their mettle in 1,000 mile races all over England. The average duration for the event was just under 20 days. In November 1816, at Hull, England, George Wilson covered the distance in 17 days, 23 hours, 19 minutes and 10 seconds (17+23:19:10). Next year Daniel Crisp walked 1,134 miles in 21 days.

A year later, Crisp completed 1,037 miles in 16+23:08, despite the flooding of the Thames which forced him to wade knee-deep in water for many hours. Crisp's mark lasted for sixty years, until 1877 when Edward Payson Weston, America's great Six Day Race pioneer, carved the 1,000 mile time down to 16+15:41, at the Newcastle-Upon-Tyne Cricket Ground. Although Weston bettered the existing record by only 7 1/2 hours, he had the satisfaction of seeing it last throughout the remainder of his life.

Weston's record wasn't officially broken until almost a century later, when the Mazda Marathon took place between two of South Africa's most distant cities, Pretoria and Capetown. Four athletes began the event, which eventually narrowed to a duel between New Zealand's Siggy Bauer and South Africa's John Ball. Bauer claimed the final victory (12+21:46:30), reaching Capetown approximately three hours ahead of Ball. Both men had taken over three days off Weston's long-standing world mark.



| DAY 11 | | |
|--------|------------|------|
| 1 | STANLEY | 1000 |
| 2 | JOHN RAPER | 928 |
| 3 | JOHN RAPER | 894 |
| 4 | JOHN RAPER | 837 |
| 5 | JOHN RAPER | 816 |
| 6 | JOHN RAPER | 766 |
| 7 | JOHN RAPER | 648 |

The 1,000 Mile Race went back to sleep for another eight years, until the small Australian country town of Colac decided to stage its own. The 1983 Colac 1,000 Mile Race turned into a duel between Siggy Bauer and the transcontinental journeyman Tony Rafferty. Rafferty led for the first 600 miles, then withdrew. Bauer went on alone, eventually setting a new world best of 12+12:36:20.

This century's third 1,000 Mile Race was organized by the Sri Chinmoy Marathon Team in May 1985 in Queens, New York. San Francisco's Don Choi emerged the winner from a field of twelve, in 15+6:24. He was followed three hours later by Canadian 6 day hour record holder Trishul Cherns. Frenchman Emile Laharraque was the third and last entrant to complete the distance within the allotted 16 day span. Later in 1985, at Britain's Gateshead International Track Race, England's Malcolm Campbell ran away with a world best for 1,000 miles on the track (15+20:55:11).

1986 saw the SCMT's second 1,000 mile event, staged on the same one mile loop in Flushing Meadows-Corona Park. This time there were thirteen starters and a cut off time of 15 days. During the first week Siggy Bauer led the field. Then New York's Stu Mittleman stole the lead and never relinquished it, becoming the new 1,000 mile world record holder. His finishing time of 11+20:30:50 made him the first and only person to have covered this distance in under twelve days! Next to finish was Siggy Bauer, recording his second best 1,000 mile performance (12+22:35:53). He was followed by Trishul Cherns (13+07:50:45), Alan Fairbrother (13+22:48:08) and Dan Coffey (14+23:41:20).

The next 1,000 Mile Race took place in Hull, England, where Tony Rafferty set both the Australian and British bests (14+16:45:11). John Dowling (57 years old, England) wasn't far behind, establishing a highly respectable world walking record: 14+23:41:20. During May 15-31, 1987, Malcolm Campbell raced the world's top female ultradistance runner, Eleanor Adams, in a 1,000 mile stage race lasting 17 days. Ms. Adams averaged 59 miles per day, setting a women's 1,000 mile world record of 16+23:09.

In 1987 the SCMT introduced the 1,300 Mile Race, encompassing separate 700 mile and 1,000 mile races. This "Ultra Trio" took place along a new course in Flushing Meadow Park and attracted a combined total of 24 runners. Although nobody completed their respective distances before the pre-set cutoffs, a number of world and national records were achieved en route. Marty Sprengelmeyer set world records for 1,100 miles, 1,200 miles and 2,000 kilometers. Izumi Yamamoto ran 1,000 kilometers faster than any woman in a certified race and established new Japanese women's records for 48 hours, 5 days and 6 days. Sulochana Kallai broke her own world record for women over 50 in 1,000 kilometers. Michel Careau established the Canadian Masters record for 1,000 miles, making him holder of every Canadian Masters record from 24 hours up. Antana Locs established Canadian women's 48 hour, 6 day and 1,000 kilometer marks and broke the existing Canadian women's 5 day record. Arlette Touchard established a French women's record for 1,000 kilometers. Yiannis Kouros, considered by many to be history's greatest ultradistance runner, completed 150 miles on Day 1 before keeping a hospital appointment the following day to undergo arthroscopic knee surgery!

This year, with a deeper field almost doubling anything ever assembled, the Sri Chinmoy 1,300/1,000/700 Mile Race promises once again to alter the ultradistance record books.



STATISTICS

1,000 Mile World Rankings

| PSTN | NAME | AGE | NTNLTY | Time | Race |
|------|--|-----|--------|---------------|---------|
| 1. | Stu Mittleman | 34 | USA | 11+20:36:50 | NY86 |
| | (World Record, USA Record) | | | | |
| 2. | Siggy Bauer | 41 | NZ | 12+12:36:20 | Colac |
| | (New Zealand Record, World Masters Record) | | | | |
| 3. | John Ball | | SAfr | 13:01:00Prtra | 75* |
| | (South African Record. *Course measured by car odometer) | | | | |
| 4. | Trishul Cherns | 29 | CAN | 13+07:50:45 | NY86 |
| | (Canadian Record) | | | | |
| 5. | Alan Fairbrother | 49 | GB | 13+22:48:08 | NY86 |
| | (British Record) | | | | |
| 6. | Marty Sprengelmeyer | 40 | USA | 14+04:45:44 | NY87 |
| | (USA Masters Record) | | | | |
| 7. | Dan Coffey | 54 | GB | 14+10:44:50 | NY86 |
| | (World Veterans Record) | | | | |
| 8. | Tony Rafferty | 47 | AUS | 14+16:45:11 | Hull |
| | (Australian Record) | | | | |
| 9. | Michel Careau | 46 | CAN | 14+18:54:57 | NY87 |
| | (Canadian Masters Record) | | | | |
| 10. | John Dowling | 57 | IRLND | 14+23:41:20 | Hull |
| | (World Over 55 Record, Overall World Racewalking Record) | | | | |
| 11. | Don Choi | 36 | USA | 15+06:24:43 | NY85 |
| 12. | Emile Laharraque | 38 | FR | 15+17:58:30 | NY85 |
| | (French Record) | | | | |
| 13. | Malcolm Campbell | 50 | GB | 15+21:07:43 | Gtehd |
| | (World Track Record) | | | | |
| 14. | Edward Payson Weston | | GB | 16+15:41:00 | Eng1877 |
| 1. | Eleanor Adams | | GB | 16+22:51:___ | Eng87 |
| | (World Record for Women) | | | | |

ADDITIONAL WORLD RANKINGS

| | | | | |
|--------------|-------------------------|-------------------|----------------|----------|
| 1,300 miles: | William Gale, | GB, | 21+16:00:00 | ENG1880, |
| 2,000 km: | Marty Sprengelmeyer, 40 | USA, | 17+17:59:27 | NY87 |
| 1,200 miles: | Marty Sprengelmeyer, 40 | USA, | 17+5:16:38 | NY87 |
| 1,100 miles: | Marty Sprengelmeyer, 40 | USA, | 15+19:31:47 | NY87 |
| 1,500 km: | Stu Mittleman, 34 | USA | 10+23:58:46 | NY86 |
| | John Dowling | IRLD (rcewlkg) | 13+23:33:53 | ENG |
| | Eleanor Adams | GB | 16+01:19:___ | ENG87 |
| 1,000 km: | Stu Mittleman, 34 | USA | 7+7:44:46 | NY86 |
| | John Dowling | IRLD (rcewlkg) | 9+06:51:21 | ENG |
| | Eleanor Adams, | GB | 7+17:58:56 | AUS86 |
| 700 miles: | Stu Mittleman, 34 | USA | 8+4:44:31 | NY86 |
| | John Dowling | IRLD (rcewlkg) | 10+12:44:31 | ENG |
| | Eleanor Adams | GB | 12+01:06:___ | ENG87 |
| 6 Days | Yiannis Kourous | GR | 658 mi 1150 yd | |
| | John Dowling, | IRLND (rcewlking) | 462.41 mi | ENG |
| | Eleanor Adams | GB | 521 mi 362 yd | |
| 5 Days | Yiannis Kourous | GR | 561 mi 1266 yd | |
| | John Dowling | IRLND (rcewlkng) | 378.41 mi | ENG |
| | Eleanor Adams | GB | 448 mi 233 yd | |

Longest distance ever run in a certified race:

Marty Sprengelmeyer USA: 1,250 miles in 18 days NY87
(Statistics courtesy of International Association of Ultrarunners, *Ultrarunning* magazine, SCMT.)

THE LONG MARCH

Quentin Chester

(Reprinted from "WILD" magazine - April/May/June, 1987.

• AFTER A LEISURELY BREAKFAST, A LONE WALKER set out in drizzling rain on the track across the Gloucester Tops in northern New South Wales. Wearing only running shorts and a light Gore-Tex jacket, he carried a day pack with spare clothes, a few snacks, a headlamp, and an initial supply of 22 maps. Just over ten days later Peter Treseder emerged at Walhalla, and the end of Victoria's Alpine Track. He had traversed eight National Parks and covered just over 1,400 kilometres through dripping rainforests, sandstone escarpments, snow drifts, and river gorges.

The 'ultimate tiger walk' was the culmination of 12 months of meticulous planning and training. From the outset, Peter was committed to travelling as much as possible through wild country. 'But I had a lot of trouble keeping away from man-made things—even the so-called wilderness parks are criss-crossed with fire roads. The experience of the walk really brought home to me the fact that we haven't got that much free scrub or wilderness left out there.'

His early pace was blistering. Peter averaged nine to ten kilometres an hour across the Barrington Tops, down the Mt Royal Range, and into Wollemi National Park. 'I had been warned about the atrocious scrub there and, sure enough, it was very thick. It was also raining heavily. To protect himself as he hurtles through dense undergrowth, Peter usually wears gloves, a jacket, overpants and gaiters. For those eye-level branches he has the advantage of wearing glasses.

Travelling at such a pace has its rewards. 'People say that you don't see as much when you're running. In fact you see more in the way of animal life. You'll come screaming round a corner or over a rock and the animals are still sitting there—baby possums, echidnas, kangaroos. Not all encounters are benign. 'On the first day I was clambering over a log and, as I stepped over, I was bitten on the old fella by a snake. I didn't see it till it bit me. At the time it was very serious, but I was about 70% sure the snake was non-poisonous. It is funny to look back—there I was with my pants around my ankles and an elastic bandage out, in the pouring rain, and in thick scrub, but then I thought "this is ridiculous", so I just packed up and kept going!'

Peter had planned to push himself to reach his first food dump, at Kanangra Walls. After running hard for 48 hours without a break, tiredness set in. (The wimp! Editor) The pace dropped to two kilometres an hour, and his judgement began to falter. Descending a gully he slipped and injured a leg. Crossing the Colo River, which is normally knee-deep, but due to heavy rain was waist-deep, he was washed 200 metres downstream. 'I was so tired it didn't seem to worry me that much. It's a strange, horrible feeling—as though everything inside you has been sapped out. I was mentally very tired. All I had in my mind was to get to Kanangra Walls and stop, not for sleep, but to meet someone and get a really good meal going.'

Peter's diet on the run consisted of nuts, fruit, and assorted chocolate and muesli bars. Soon after meeting Keith Maxwell, Robert Pallin, and me at Kanangra's Coal Seam Cave, Peter eagerly prepared his first meal in two days. Out of the food we had carried in, Peter fried up two potatoes, six sausages, and several rashers of bacon. This pan of 'tiger fuel' was washed down by a litre of Coke! I was relieved that Peter's schedule allowed him a full night to sleep off this banquet.

We had also brought a fresh library of maps. At dawn next morning Peter set off back down the

ridge, bound for the Budawangs and beyond. His route took him down the Wollondilly River, through Tallong, and across the Shoalhaven River into the Ettrema Wilderness. Heavy rain was again falling. He could have crossed the whole of the Ettrema on fire roads, but chose to follow the bushwalking routes. By the time he reached Dungeon Canyon it was pitch black, and the river level was high. 'I found I had to jump into quite large pools. The main problem was keeping my head-torch dry. In the final stages of the Budawangs the scrub was extremely thick. 'A tangled, wet mess—it was almost easier to get on your hands and knees and crawl through the stuff.'

For Peter the challenge of tiger walking involves pushing the limits of his bushwalking skills as much as running hard against the clock. The sheer scope of this walk was a hurdle in itself. 'What surprised me was just how much country I was covering. You could climb to the top of a peak like the Castle in the Budawangs, and as far as you could see to the north was where you had just come from, and as far as you could see to the south, and further, was where you had to go. It was mind boggling to think of the distances involved.'

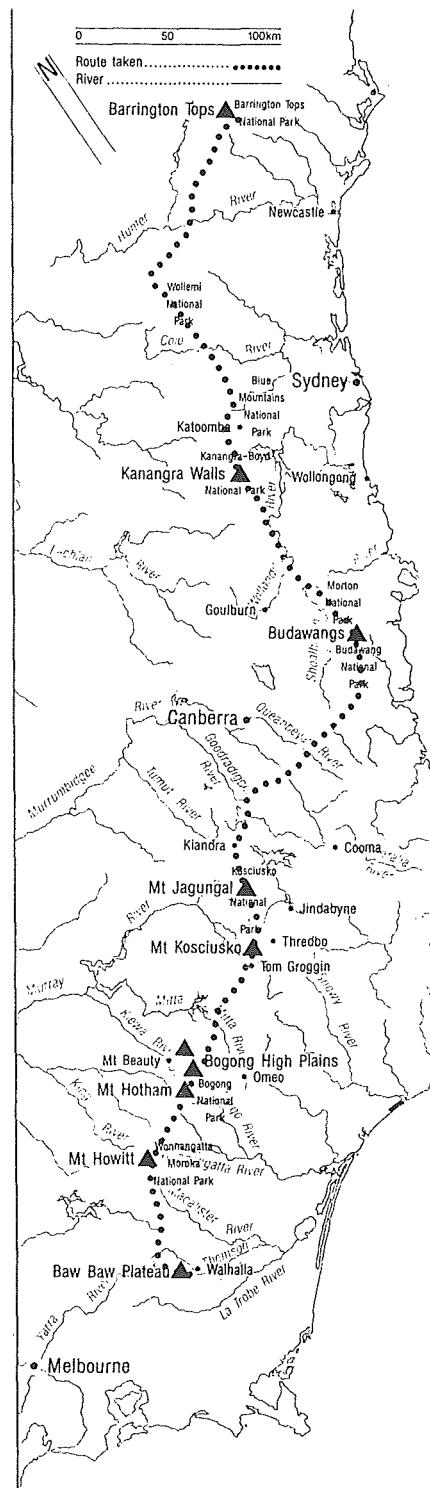
Leaving the Budawangs, Peter headed across mixed terrain—farming country and scrubby ranges—to Michelago and his second night's sleep. The next day, after crossing the Brindabellas and climbing some of their major peaks, he dropped down into Kiandra. It was a turning point for the trip. 'I almost dropped out, I was feeling so dead. I decided to have a feed and a good rest.' He spent that night and all the next day at McKays Hut, recuperating and thinking. 'I actually got sunburnt from lying out near the hut.' He had picked up his snow shoes and another wad of maps at Sawyers Hut. After his time in the sun he decided to cover all the New South Wales high country through to Tom Groggin that night. There was continuous snow on the Main Range, but he had made the same journey on snow shoes only a few weeks earlier.

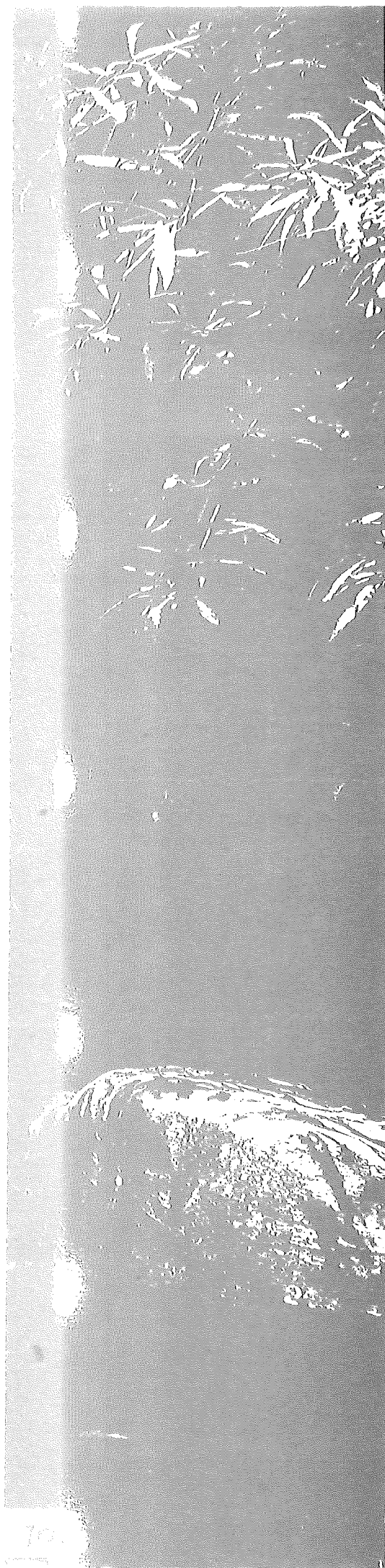
Crossing into Victoria the weather once again deteriorated. 'The Alpine Track was a bit of a shock to navigation. Because it was a marked track I let my guard down a bit. The signs are sometimes a kilometre or two apart and there are fire roads all over the place. So I would be running along the track with tall scrub all around and suddenly strike an intersection with no natural reference points.' On the Bogong High Plains Peter could follow snow poles but he was met by sheet rain, and a bone-chilling wind, with only occasional views of Mt Feathertop through the heavy cloud. 'That would be one section I would like to go back to.' Miserable conditions prevailed to the end, dampening Peter's appreciation of the Crosscut Saw, Mt Howitt, and the Baw Baw Plateau.

On this final leg, with more regular sleep, mental alertness was less of a problem but Peter was physically worn out. 'My knees were giving up on me and I had a lot of trouble going downhill. Everything was very tender and sore.' Arriving at the end of the Alpine Track, he stumbled upon a school excursion. 'I don't think they quite understood what I'd done—no one seemed to know where the Barrington Tops are.'

Quentin Chester (see Contributors in Wild no 3) is an active bushwalker, climber and ski tourer. Originally from South Australia, he now works in Sydney for the chain of Paddy Pallin specialist outdoor shops, and is an outdoor education instructor.

Barrington Tops to Walhalla





● PETER TRESEDER IS A BUSHWALKER with a difference—he has a penchant for running against the clock, against the elements, and against fatigue through some of the most rugged wilderness areas of Australia. One of his recent exploits was an ambitious marathon through the full length of the Blue Mountains. He started at Widden Cutting on the Goulburn River in the northernmost part of Wollemi National Park and finished on the Wombeyan Caves Road near Mittagong. The distance—a mere 330 kilometres, the time—just on 86 hours.

His route was via Mt Corricudgy, Colo River, Wollangambe River, Mt Irvine, Grose River, Megalong, Cocks River, Mt Cloudmaker, Kanangra Walls, Yerranderie, and Wollondilly River. It involved total ascents of 9,150 metres and descents of 5,450 metres. Memorable incidents included being drenched to the skin for the first day and night, climbing a spectacular pass out of the Wollangambe Gorge, having a meal cooked by friends who met him in the Megalong valley, snatching a few hours of fitful sleep on three occasions, and nearly pulling out from exhaustion near Kanangra Walls. In the end he was glad he kept going.

This run was a tribute to Myles Dunphy who, years earlier, proposed the Greater Blue Mountains National Park. 'I remember I was in Paddy Pallin's shop one night and I saw an old gentleman there. He was just standing in a corner fiddling with something. I knew who he was but it seemed really odd that everybody who was in the shop or likely to come there, and who owed so much to this frail little guy, did not know who he was. It irked me.'

Left and page 31, Peter Treseder finding his way through dissected Hawkesbury sandstone—his favourite terrain. **Above,** Treseder preparing for another marathon. All photos Hueneker

The idea of running through the Australian bush started in the 1930s with a group of very fast Sydney-based bushwalkers. They were Max Gentle, Gordon Smith, Hilma Galliot, Alex Colley, Jack Debert, Bill McCosker, David Stead, Dot English (later Butler), and Len Scotland; they were known as 'tiger walkers'. The term 'tiger walking' was recently resurrected by the Three Peaks Outdoor Society of which Peter is a leading light.

A now-legendary tiger walk is the Three Peaks trip from Katoomba and back via Cocks River, Mt Cloudmaker, Mt Paralyzer, Mt Guouogang and Narrow Neck. Early times over this rugged and largely untracked course with three elevation differences of 800 metres were in the vicinity of 18 hours. Names that pop out of the record books include Ray Jerrems, Warwick Daniels, John Fantini, Meg McKone (the first woman to do it in two days), and brothers Dave and Chris Cosgrove. Then came Peter Treseder with 16 hours 30 minutes in July 1982, and 15 hours 11 minutes in August 1985.

The dissected sandstone country of the Blue Mountains and the Sydney area is Treseder's 'back yard', and after many bushwalks, searches and rescues all over it, he knows it well. This has facilitated numerous other records, including Katoomba to Mittagong in 15 hours 26 minutes, Jenolan Caves to Katoomba in 6 hours 48 minutes, the Blue Gum Yo Yo, including up and down six major look-outs, in 8 hours 6 minutes, Otford to Bundeena in 2 hours 5 minutes, and Berowra to Pennant Hills, by the Benowie Track, in 1 hour 57 minutes. In January 1986 he slipped, scrambled, and splashed through six Kanangra canyons in 37 hours 30 minutes (see *Wild* no 20).

The imprints of Peter's distinctive long stride have also been spied in the Cradle

Mountain-Lake St Clair National Park and in the Snowy Mountains. In December 1981 he ran from Waldheim Chalet to Cynthia Bay via the summits of Cradle Mountain, Barn Bluff, and Mt Ossa in 11 hours 5 minutes. The first jog from Perisher to Kiandra came in February 1984 with a record time of 7 hours 52 minutes.

The run over this classic route was first undertaken by a small number of people in the 1960s. By the 1980s it had become a relatively popular thing to do. It started with Kore Grunnsund, Otto Pinkas, and Ross Martin, all better known as champion cross country skiers, and continued with people like Jim Bosworth, Ray Jerrems, and Peter McTackett. Jim Box completed the run in 8 hours 15 minutes. During Peter Treseder's first run he also broke the long-standing ski record of Robbie Kilpinen. Robbie took 8 hours 11 minutes in the 'big snow' year of 1964. The route has inspired many more attempts to ski it than to run it, but it was not until September 1985 that David Hislop poled and skated across in a seemingly unbeatable 6 hours 18 minutes. The distance is about 70 kilometres, making his average speed about 11 kilometres an hour over untracked and unmarked snow.

Skiing over long distances is considerably faster than running, and it appeared that Hislop's time would stand for a long time. Treseder, however, had other ideas, and could hardly wait for the snow to melt. In November 1985 he ran the route in 6 hours 10 minutes. A time of under 6 hours was within his grasp. What makes this hare run?

Quiet and unassuming, Treseder is of medium, rangy build, with a background in Scouting that goes back to the age of seven when he started as a Cub. His nickname in the Fifth Pennant Hills Venturer Unit is 'Goanna'. He works as a loans officer at the Ryde branch of the Commonwealth Bank, and often runs home to Wahroonga via areas of bushland in the Lane Cove River valley.

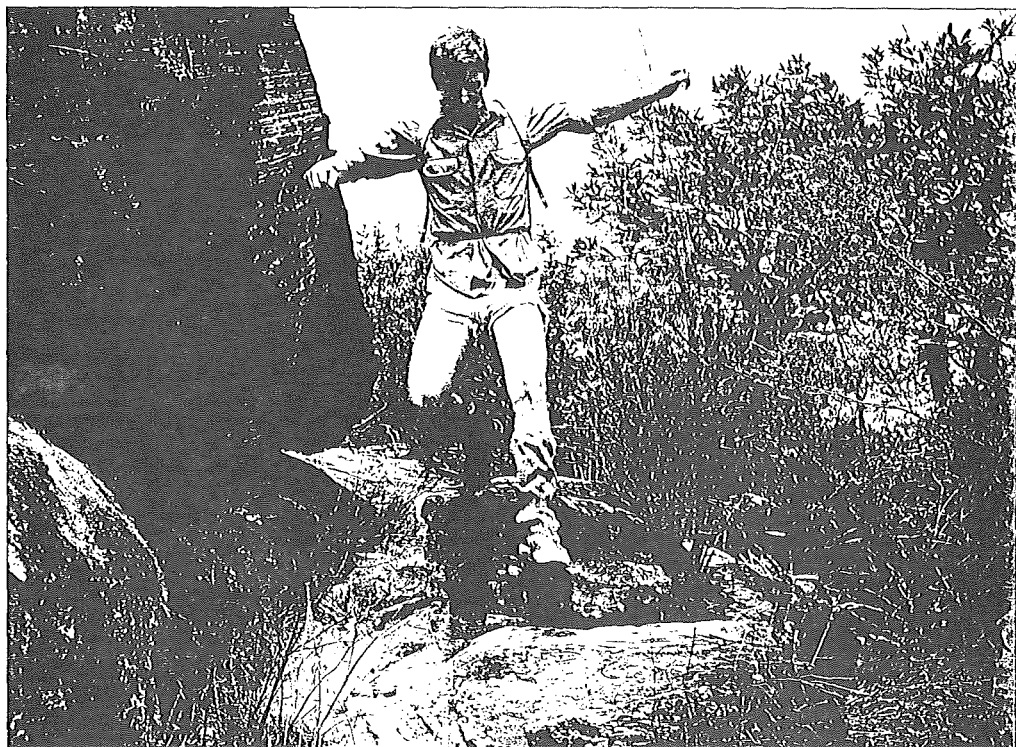
Treseder's approach to tiger walking is very much an individual philosophy. 'I tend to look at it as a guy climbing a mountain by himself—it's a personal challenge. The last thing I'd like to see are races organized like athletics meetings with lots of people lined up, a starters gun, and large-scale back-up. No, a tiger walker has to be able to navigate and look after himself.'

'I've always got a pack on, a small pack with a waist strap. I've got a duvet, long underwear, and a complete set of oilskins—so if the worst comes to the worst I can just go and sit under a tree all night. I've usually got a bivvy bag too, it keeps my clothes dry in the pack. For food I might have a couple of oranges which I dispose of pretty quickly, some bars of chocolate, and some jelly beans. I used to take little glucose tablets but found they weren't too good.'

I asked Treseder about the route he followed on the Perisher-to-Kiandra run.

'There's only one way you can come out to Kiandra and that's down the Tabletop Fire Track. From Perisher you head for Munyang and the Schlink Pass Road. It's the middle area, from Schlink across to Tabletop, that's the question. Gungahen is one of the rough, slow sections because of the scrub. Then you head down the right side of Valentine River but not quite on the top of the Brassy Mountains. You make for the fire road that comes past Cesjacks. Then we discovered, by careful looking at

The journey will start at Mt McKenzie on the Barrington Tops and, after a succession of parks including Wollemi, Blue Mountains, Budawang, Kosciusko, Bogong and Wonnangatta-Moroka, ends at the historic town of Walhalla. Where feasible he will follow traditional bushwalking routes rather than fire roads. In Victoria he will be on the well-marked Alpine Track. The total distance is over 1,400 kilometres with a cumulative rise of 51,890 metres (23 Kosciuskos stacked on



the map, a small link road that led off the fire road just past Cesjack's and went across to the Grey Mare Road. It's on the eastern side of Spencers Peak.'

One of the secrets of his success at tiger walking, the hardest marathon of all, is to keep going without stopping. 'My idea of a rest is to keep walking—I don't actually sit down and stop—that way I'm still covering ground at the same time. A lot of guys stop for 20 minutes and have a bite of lunch. But you lose 20 minutes. I may not be as fast on my feet, but I make up time by not having those breaks.'

'The worst thing that can happen is getting sick. It's psychologically very draining to be out in the middle of nowhere and feeling like you're going to croak any minute. If you sprain an ankle you can deal with that, you can hobble along. Being sick is the worst.'

What about kudos and recognition? 'I must admit it is nice, but I'd much rather sit back in a cafe, for instance, and overhear people talk about my feats without letting them know that I'm the person who's done them.'

When this article was in preparation, Treseder was planning to attempt the ultimate tiger walk, a fast and continuous traverse of the major National Parks of New South Wales and Victoria.

top of each other) and a fall of 50,910 metres.

Like all his other efforts, it will be a solo trip with little fuss and minimum back-up. There will be three pre-established food and map dumps, including one at Sawyers Hut near Kiandra. Here he will pick up a warm sleeping bag for the freezing high tops. The route goes across 63 topographic maps, all of which have to be carried for at least part of the trip. Treseder's aim is to cover 120 kilometres between daybreak and sunset every day and to bivvy out at night. Whenever he is close to civilization—a rare event—he will telephone a contact person in Sydney. This will segment the route in case a search is needed.

After this effort there seems to be nothing else to do, or does there? Knowing Treseder and his intense drive for personal challenge and excellence, I doubt if he will sit still for very long. Will we see a 700 kilometre trip in South Australia's arid Flinders Ranges, or an epic from the McPherson Ranges to Wilsons Promontory? They are not impossible. ●

Klaus Hueneke (see Contributors in Wild no 5) has been walking and ski touring Australia's high country for almost 30 years. A noted wilderness photographer and historian, he is author of the forthcoming book, *Kiandra to Kosciusko*, in which some of the journeys mentioned in this article are more fully described.

INJURIES IN RUNNING

Thigh strains

The Thigh

The anatomy of the thigh is considerably simpler than other parts of the legs, such as the knee. The central supporting structure is of course, the thigh bone or femur. This is a strong tubular bone which does not usually cause runners much trouble, being only a source of pain in pathological conditions when expert medical advice is essential. Surrounding this structure is a tube of muscles (Diag. 1), the quadriceps anteriorly, hamstring muscles posteriorly and adductors medially.

Quadriceps muscle gains most of its origin from the femur itself, the intermedialis being closely applied to the bone itself. The fourth part of the quadriceps muscle (rectus femoris) takes its origin from above the hip joint — hence the quadriceps muscle can both flex the hip and straighten the knee, (Diag 2).

The hamstring muscles at the back of the thigh all take origin from the pelvis and run down to the shin bone. This group can therefore extend the hip backwards and flex the knee. The adductors all arise from the the pelvis and are inserted into the femur at various levels. The main artery to the leg (femoral artery) runs in a groove between the adductors and the quadriceps, being covered only by a strap like muscle (sartorius).

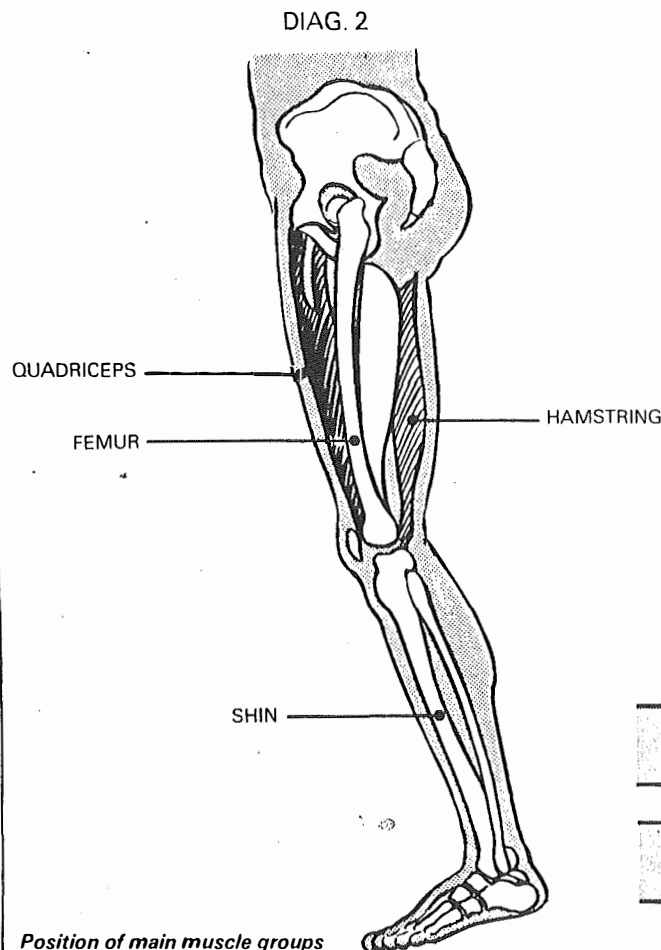
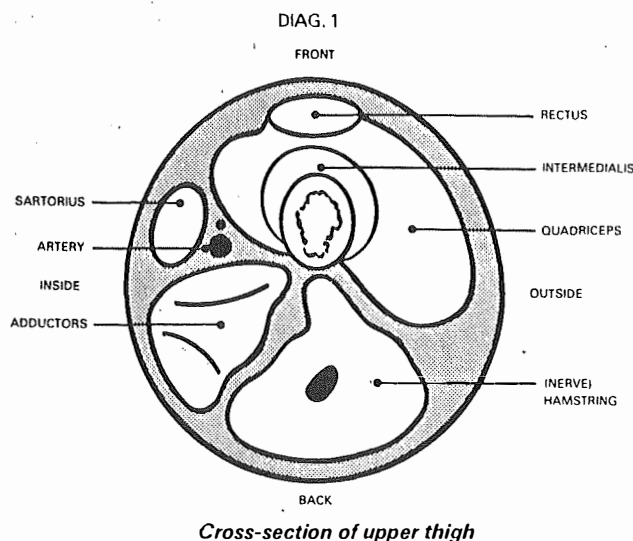
The anatomy of the muscles themselves vary; some have a single central tendon, some a side tendon, some several tendons; these all work in a similar manner. Each muscle fibre has layers of protein segments which overlap (Diag. 3) when the muscle is activated. This process requires energy which is produced by a chemical reaction involving carbohydrate and oxygen. Both blood supply and the efficiency of this reaction are increased by training.

Problems

By far the commonest problems in this region are muscle strains, pulls and occasionally even muscle ruptures. All are produced by misuse of muscles in one way or another.

The muscle may be stretched too much resulting in a muscle pull, or used too much, resulting in swelling and muscle stiffness. If a few fibres of a muscle are ruptured, bleeding occurs which may track straight to the surface or run some distance under the

Muscle strains in the thigh region can be sudden ruptures or gradually developing aches. James Daley examines problems in this area.



skin before becoming visible as a bruise. Tenderness is therefore more useful in localising the sight of the problem. Just occasionally the entire muscle ruptures and a gap can be felt in it. (The sartorius is particularly prone to this).

Muscle strains and pulls can occur anywhere in the muscle.

Hamstring strains can produce pain at either attachment or within the belly. Stretching the muscle exacerbates the pain, tenderness localises the problem which usually results from poor co-ordination or muscle stiffness.

Adductor muscle strains are usually present with pain and tenderness over the inner thigh, precipitated by over-use of the muscle in hill running or running on slippery surfaces.

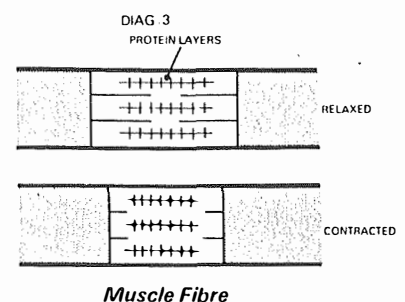
Quadriceps muscle strains are commonly sited in the mid-portion of the muscle, presenting with pain, tenderness and often bruising. Symptoms are exacerbated by activities which increase tension within the muscle on stairs, hills and resistance exercises.

Prevention

All muscles of the lower limb function best if warmed up and stretched before runs. This increases the blood supply to the muscle and reduces inappropriate muscle contraction. Pre-season training should be aimed at gaining full muscle length, particularly the hamstrings.

Treatment

Once symptoms appear, rest the muscle group. Anti-inflammatory drugs are very useful over a four to five day period. If symptoms settle, gently re-introduce muscle stretching exercises. If pain recurs seek the help of your physiotherapist as massage and ultra-sound will aid recovery. Very occasionally surgery is necessary. Supporting the limb with strapping during re-introduction of activity is often useful.



TRACK 1988

24Hour Records.

MEN.

World. Yiannis Kouros. 283.600Km.

Australian. Brian Bloomer. 242.598Km

Australasian. Richard Tout. 247.216^{Km}.

200Km Records

World. Yiannis Kouros. 15-11-10

Australian. David Standeven. 18-56-04

Australasian. Richard Tout. 18-11-51

100Mile

World. Don Richie. 11-30-51

Australian. George Perdon. 12-25-09

Australasian. George Perdon. 12-25-09.

100Km

World. Don Richie. 6-10-20.

Australian. Martin Thompson. 7-22-38

Australasian. Richard Tout. 7-07-36.

50Mile

World. Don Richie. 4-51-49

Australian. Bruce Cook. 5-35-32

Australasian. Roger Alcorn 5-22-29

50Km

World. Jeff Norman.(GB) 2-48-06

Australian. Bill Clingan 3-10-46

Australasian. Jeff Julian 2-54-44

WOMEN

Eleanor Adams. 222.800Km

Cynthia Cameron. 200.615Km.

Sue Andrews 202.890Km

Eleanor Adams. 20-09-27.

Cynthia Cameron. 23-56-10.

Sue Andrews 23-42-27

Eleanor Adams. 15-25-46.

Cynthia Cameron. 18-11-37.

Sue Andrews 17-42-19

Monika Kuno(WG) 8-01-01

Cynthia Cameron 9-15-26

Sue Andrews. 8-46-11.

Leslie Watson. 6-20-42

Cynthia Cameron. 6-52-42

Cynthia Cameron. 6-52-42

Ann Franklin(GB)2-50-53

Cynthia Cameron 4-13-09

Sue Andrews 4-00-54

AUSTRALIAN RANKINGS

Australian 24 Hour Track Rankings on the following two pages.

AUSTRALIAN 24Hr RANKINGS. (TRACK) MAY1988.
(TOP 100 ONLY. AGES ARE AS ON THE DAY OF EVENT)

| | | | | | |
|-----------------------|----|-----|-----------|-------------|--------------|
| 1. Brian Bloomer | 45 | V | 242.598Km | Box Hill | 15/16Feb1986 |
| 2. Cliff Young | 63 | V | 235.969Km | Adelaide | 9/10Nov1985 |
| 3. Owen Tolliday | 37 | QLD | 235.465Km | Queensland | 5/6Sep1987 |
| 4. Ashley Parcell | 30 | QLD | 234.959Km | Hensley | 23/24Feb1985 |
| 5. David Standeven | 35 | SA | 234.313Km | Adelaide | 4/5Oct1987 |
| 6. Geoff Molloy | 40 | V | 232.400Km | Box Hill | 2/3Feb1985 |
| 7. Joe Record | 38 | WA | 230.029Km | Crystal P. | Oct1979 |
| 8. Barry Brooks | 46 | V | 227.574Km | Box Hill | 28Feb1987 |
| 9. Bryan Smith | 43 | V | 227.088Km | Adelaide | 4/5Oct1987 |
| 10. Geoff Kirkman | 35 | SA | 220.560Km | Adelaide | 9/10Nov1985 |
| 11. George Audley | 51 | WA | 219.361Km | Perth | 18/19Oct1986 |
| 12. Ian Javes | 44 | QLD | 217.070Km | Box Hill | 28Feb1987 |
| 13. Bill Beauchamp | 41 | V | 213.875Km | Box Hill | 28Feb1987 |
| 14. Charlie Lynn | 40 | NSW | 213.839Km | Adelaide | 9/10Nov1985 |
| 15. Graeme Woods | 40 | QLD | 212.559Km | Queensland | 5/6Sep1987 |
| 16. Frank Kelly | 33 | NSW | 212.407Km | Hensley | 30/31May1987 |
| 17. Bob Bruner | 47 | V | 211.584Km | Box Hill | 15/16Feb1986 |
| 18. Alan Croxford | 43 | WA | 210.934Km | Perth | 18/19Oct1986 |
| 19. Gerry Riley | 56 | V | 210.272Km | Adelaide | 1/2Nov1986 |
| 20. Jack McKellar | 45 | V | 208.915Km | Box Hill | 15/16Feb1986 |
| 21. Nick Read | 36 | ACT | 208.859Km | Coburg | 13/14Feb1988 |
| 22. John Bell | 41 | V | 208.450Km | Box Hill | 15/16Feb1986 |
| 23. Alan Peacock | 27 | QLD | 207.410Km | Queensland | 5/6Sep1987 |
| 24. Howard Ross | 40 | V | 205.634Km | Box Hill | 15/16Feb1986 |
| 25. James Sheridan | 27 | SA | 205.426Km | Connecticut | 25Sep1982 |
| 26. Graeme Wilkinson | 40 | NSW | 204.716Km | Hensley | 29/30Nov1986 |
| 27. Anyce Melham | 29 | NSW | 202.862Km | Adelaide | 2/2Nov1986 |
| 28. Maurice Taylor | 38 | NSW | 202.666Km | Box Hill | 28Feb1987 |
| 29. Alan Devine | | WA | 202.000Km | Perth | 17/18Oct1987 |
| 30. Barry Allen | 30 | V | 200.776Km | Box Hill | 28Feb1987 |
| 31. Dan Gray | 40 | NSW | 198.571Km | Hensley | 30/31May1987 |
| 32. Robert Nash | 37 | V | 197.778Km | Coburg | 13/14Feb1988 |
| 33. Ron Hill | 46 | V | 196.715Km | Hensley | 29/30Nov1986 |
| 34. Alistair McManus | 34 | | 196.662Km | Hong Kong | 17/18Nov1984 |
| 35. Keith Swift | 43 | NSW | 196.400Km | Hensley | 23/24Feb1985 |
| 36. Alan Fox | | SA | 196.340Km | Adelaide | 5/6Nov1983 |
| 37. Greg Wishart | 47 | V | 195.550Km | Box Hill | 15/16Feb1986 |
| 38. Ronald Smith | 43 | V | 195.382Km | Coburg | 13/14Feb1988 |
| 39. Ross Martin | 56 | SA | 194.695Km | Adelaide | 9/10Nov1985 |
| 40. Bob Marden | 34 | NSW | 194.562Km | Hensley | 30/31May1987 |
| 41. Bruce Cook | 31 | ACT | 194.258Km | Queensland | 5/6Sep1987 |
| 42. Michael Whiteoak | 39 | V | 193.030Km | Adelaide | 3/4Nov1984 |
| 43. John Champness | 44 | V | 193.005Km | Box Hill | 15/16Feb1986 |
| 44. Klaus Schnibbe | 42 | V | 191.890Km | Adelaide | 9/10Nov1985 |
| 45. Peter Milne | 32 | V | 191.634Km | Coburg | 13/14Feb1988 |
| 46. Chilla Nasmyth | | NSW | 191.008Km | Hensley | 29/30Nov1986 |
| 47. Andrew McCombe | | SA | 190.138Km | Adelaide | 3/4Nov1986 |
| 48. Roger Stuart | 43 | SA | 189.962Km | Adelaide | 1/2Nov1986 |
| 49. John Bencze | 57 | V | 189.052Km | Coburg | 13/14Feb1988 |
| 50. Geoff Hook | 42 | V | 188.704Km | Adelaide | 1/2Nov1986 |
| 51. Chris Stephenson | 29 | NSW | 187.631Km | Box Hill | 15/16Feb1986 |
| 52. Terry Cox | 49 | V | 187.359Km | Hensley | 29/30Nov1986 |
| 53. Stan Miskin | 59 | V | 187.104Km | Adelaide | 3/4Nov1984 |
| 54. Bob Hunter | | QLD | 186.979Km | Olympic P. | 19Sep1970 |
| 55. Kevin Mansell | | NSW | 186.140Km | Hensley | 29/30Nov1986 |
| 56. Keith Fisher | 22 | V | 186.000Km | Perth 48Hr. | 16/18Oct1987 |
| 57. Ken Murray | 48 | NSW | 185.445Km | Hensley | 23/24Feb1985 |
| 58. George Perdon | 46 | V | 185.175Km | Olympic P. | 19Sep1970 |
| 59. Ian Taylor | 35 | NSW | 184.456Km | Hensley | 30/31May1987 |
| 60. Tony Dietachmayer | 24 | V | 184.000Km | Coburg | 13/14Feb1988 |

24Hr RANKINGS (TRACK) CONT.

| | | |
|----------------------|--------|-----------|
| 61. Kevin Cassidy | 26 V | 183.095Km |
| 62. David Yeaman | 51 V | 183.514Km |
| 63. Mike Marsh | TAS | 182.565Km |
| 64. Dave Taylor | 34 NSW | 182.047Km |
| 65. Frank Pearson | NSW | 181.621Km |
| 66. Trevor Harris | 40 ACT | 181.390Km |
| 67. Ian Partington | WA | 181.261Km |
| 68. Terry Pickard | 28 QLD | 181.232Km |
| 69. Max Kitto | 41 SA | 180.649Km |
| 70. Roy Sutcliffe | SA | 180.517Km |
| 71. Tony Cool | SA | 180.482Km |
| 72. Stephen Grant | 29 NSW | 179.898Km |
| 73. Peter Logan | 36 V | 179.679Km |
| 74. Frank Biviano | 42 V | 179.006Km |
| 75. Guy Schubert | 36 SA | 177.652Km |
| 76. Peter Tutty | 22 NSW | 177.470Km |
| 77. Howard Neville | | 177.027Km |
| 78. Tony Tripp | 41 WA | 177.027Km |
| 79. Pat Farmer | 25 NSW | 177.002Km |
| 80. Peter Pfister | 45 V | 176.725Km |
| 81. Gordon McKeown | 61 V | 176.421Km |
| 82. Tony Rafferty | 46 V | 176.400Km |
| 83. Ray Ramelli | 40 V | 175.756Km |
| 84. Joe Gobel | 45 V | 175.518Km |
| 85. Eduardo Vega | NSW | 175.226Km |
| 86. Peter Richardson | 22 V | 174.109Km |
| 87. Peter Schultz | SA | 174.080Km |
| 88. Max Bogenhuber | 44 NSW | 173.617Km |
| 89. Tony Ashwell | 50 SA | 172.640Km |
| 90. Ian Hutchinson | 40 NSW | 171.200Km |
| 91. Colin Donald | 29 V | 170.842Km |
| 92. Don Spenser | 48 SA | 170.616Km |
| 93. John Sinclair | 45 SA | 170.549Km |
| 94. Graham Stenner | 43 SA | 169.231Km |
| 95. Ray Ellis | 57 V | 168.038Km |
| 96. Bill Gutteridge | 56 SA | 168.311Km |
| 97. Keith Marshall | 59 V | 167.903Km |
| 98. Graham Kerruish | 48 NSW | 167.612Km |
| 99. Gary Clark | 39 WA | 167.113Km |
| 100. Gerry Hart | 46 V | 166.870Km |

| | |
|----------------|--------------|
| Hensley | 30/31May1987 |
| Coburg | 13/14Feb1988 |
| Adelaide | 4/5Oct1987 |
| Box Hill | 15/16Feb1986 |
| Hensley | 23/24Feb1985 |
| Queensland | 5/6Sep1987 |
| Perth | 12/13Oct1985 |
| Queensland | 5/6Sep1987 |
| Adelaide | 4/5Oct1987 |
| Adelaide | 13/14Nov1982 |
| Adelaide | 9/10Nov1985 |
| Coburg | 13/14Feb1988 |
| Adelaide | 5/6Nov1983 |
| Adelaide | 1/2Nov1986 |
| Adelaide | 1/2Nov1986 |
| Auckland NZ | 22/23Aug1987 |
| Chemsley Wd Uk | 9Jul1983 |
| Coburg | 13/14Feb1988 |
| Queensland | 5/6Sep1987 |
| Box Hill | 2/3Feb1985 |
| Adelaide | 3/4Nov1984 |
| Colac 6day | 24Feb1986 |
| Box Hill | 15/16Feb1986 |
| Box Hill | 15/16Feb1986 |
| Hensley | 30/31May1987 |
| Hensley | 30/31May1987 |
| Adelaide | 13/14Nov1982 |
| Box Hill | 28Feb1987 |
| Adelaide | 1/2Nov1986 |
| Hensley | 19/20Jul1986 |
| Box Hill | 28Feb1987 |
| Adelaide | 3/4Nov1984 |
| Queensland | 5/6Sep1987 |
| Coburg | 13/14Feb1988 |
| Coburg | 13/14Feb1988 |
| Adelaide | 1/2Nov1986 |
| Box Hill | 15/16Feb1986 |
| Coburg | 13/14Feb1988 |
| Perth | 18/19Oct1986 |
| Box Hill | 2/3Feb1985 |

WOMEN. (ALL)

| | | |
|----------------------|--------|-----------|
| 1. Cynthia Cameron | 44 V | 200.615Km |
| 2. Trish Spain | 44 WA | 177.658Km |
| 3. Margaret Smith | 49 V | 177.600Km |
| 4. Dell Grant | 33 QLD | 172.001Km |
| 5. Helen O'Connor | 35 SA | 171.426Km |
| 6. Wanda Foley | 42 NSW | 165.055Km |
| 7. Sue Worley | 39 SA | 164.568Km |
| 8. Geraldine Riley | 22 V | 164.412Km |
| 9. Jill Bower | WA | 163.461Km |
| 10. Kay Haarsma | SA | 161.053Km |
| 11. Bronwyn Salter | WA | 161.000Km |
| 12. Marilyn McCarthy | 37 SA | 147.777Km |
| 13. Valerie Case | V | 139.996Km |
| 14. Mary Young | 24 V | 132.895Km |
| 15. Eileen Lush | 39 SA | 131.566Km |
| 16. Leonie Gordon | 40 SA | 124.455Km |
| 17. Patty Bruner | 46 V | 110.601Km |
| 18. Elaine Gutierrez | 49 SA | 103.690Km |
| 19. Caroline Vaughan | 34 NSW | 92.800Km |

| | |
|------------|--------------|
| Adelaide | 1/2Nov1986 |
| Perth | 18/19Oct1986 |
| Box Hill | 2/3Feb1985 |
| Queensland | 5/6Sep1987 |
| Adelaide | 1/2Nov1986 |
| Coburg | 13/14Feb1988 |
| Adelaide | 1/2Nov1986 |
| Box Hill | 15/16Feb1986 |
| Perth | 12/13Oct1985 |
| Adelaide | 13/14Nov1982 |
| Perth | 18/19Oct1986 |
| Adelaide | 1/2Nov1986 |
| Aberfeldie | 24/25 |
| Box Hill | 2/3 |
| Adelaide | 4/5 |
| Adelaide | 3/4 |
| Adelaide | 5/6 |
| Adelaide | 9/10 |
| Box Hill | 2/3 |

MEMBERSHIP APPLICATION

A.U.R.A.

Application for Membership of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

I,
(Full Name of Applicant)

of
(Address)

..... desire to become a member of
(Occupation)

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED.

In the event of my admission as a member, I agree to be bound by the rules of the Association for the time being in force.

.....
(Signature of Applicant) (Date)

I, a member of the Association
(Name)

nominate the applicant, who is personally known to me, for membership of the Association.

.....
(Signature of Proposer) (Date)

I, a member of the Association, second
(Name)

the nomination of the applicant, who is personally known to me, for membership of the Association.

.....
(Signature of Seconder) (Date)

Current Membership fee for 1988...

(Which includes a surcharge for postage of our Newsletter to overseas ports).
(Prices in Australia Dollars).

Please circle desired rate:

~~\$10.00~~ within Aust;

| N.Z. | Asia | U.S.A. | Europe |
|------|------|--------|--------|
|------|------|--------|--------|

| | | | | |
|-----------------------------------|--------------------|--------------------|--------------------|--------------------|
| Sea Mail (up to 7 weeks delivery) | \$12.00 | \$12.00 | \$15.00 | \$15.00 |
|-----------------------------------|--------------------|--------------------|--------------------|--------------------|

| | | | | |
|----------------------------------|--------------------|--------------------|--------------------|--------------------|
| Air Mail (up to 1 week delivery) | \$15.00 | \$20.00 | \$25.00 | \$27.00 |
|----------------------------------|--------------------|--------------------|--------------------|--------------------|

Send application and money to:

Dot Browne, 4 Victory Street, Mitcham, Victoria, 3132, Australia.