



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

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

MAGAZINE

Vol.3 No.4

November 1988

Hi folks!

The winter months have been a very busy period for ultra races in Australia and we're glad to report that race directors are now sending us results and race reports fairly promptly after their races, which is great! Thankyou! We also need dates of your 1989 events for our calendar please, as well as any changes of contact persons.

I spent some time recently drawing up a rough chart of the various ultra races which we now have in Australia. If you look on page 5, you will see that we still have big gaps in the ultra programs in some states. In order to better provide for our members, and to save them expensive interstate travel costs, what we really need is for a few of you to take the initiative (like some of us have already done) and organise those races to fill the gaps.

For example, we need:

<u>100km. races</u> in	NSW, Q'ld, WA & Tas.
<u>24 Hour races</u> in	Tas & ACT
<u>50 Milers</u> in	WA, Tas & ACT
<u>Trail races</u> in	SA, Q'ld & WA
<u>12 Hour races</u> in	all states except Victoria and WA

Our committee has an extensive check list of items which would assist a prospective race director plus lapscore-sheet masters and certain equipment which would be available for race use. Please think about it as a job for YOURSELF. Although it's a lot of work, it's an extremely satisfying feeling to put on a good race. The runners certainly appreciate it and it's well worth the effort. Let us know if you're even vaguely interested and we'll give you more idea of what's involved.

Your editors attended the wedding of our most well-known female ultra champion recently - that of Cynthia Cameron. Cynthia holds just about every female Australian ultra record. She married Dave Herbert, her coach, who has whipped/coerced/cajoled her into all her successful runs in recent years. Would you believe they organised a 20km run from their home at 9am on wedding day, and Cynthia ran the final 5km in bridal veil, while Dave donned a formal white shirt and black bow tie, to go with his black running shorts. They looked great and almost stopped the traffic on several occasions. They were married in the garden by a celebrant at noon while the rest of us stood around in track suits and shorts. We wish them every happiness. This particular event definitely had the blessing of A.U.R.A. See Page 45 for photograph.

'Bye for now,

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CALENDAR

- * Nov 14-20 6 DAY TRACK RACE, Colac, Vic, 400 metres grass track, entry by invitation. Contact The Australian 6 Day Race Committee, P.O.Box 163, Colac 3250, Vic, phone (052)315442.
- * Dec 11 50 MILE ROAD RACE, Vic, Ballarat, C.H.A.S.E. Carnival, (Victorian 50 Mile Road Championship), 7am.start, \$20 entry. Entries to 115 Lydiard St. North Ballarat 3350 or phone Geoff Russell (053)34-7303.

1989

- * Jan 8 BOGONG TO HOTHAM, Vic, 60km mountain trail run, 6.15am start at Mountain Creek Picnic Ground, 3,000metre climb! Phone Russell Bulman, (03)431-1453
- * Feb.25-26 24 HOUR TRACK RACE, Coburg, Vic. 12 noon 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 545, King's Cross, 2011, NSW, phone (02)5237852 (h) or (02)232-8733 ext 238 (w).
- * Apr FRANKSTON TO PORTSEA ROAD RACE, Vic, 34 miler, contact Kon Butko, 66 Allison Road, Mt.Eliza 3930, phone (03)7871309
- * Apr SIX-DAY ULTRA TRIATHLON, SA, cycle, paddle, run, total distance 559.2km, starts Adelaide, contact Stirling Apex Club, P.O.31, Stirling 5152, phone (08)3885425.
- * May 18 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. 3587000
- * May 6 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.

CALENDAR

- * May 14 BANANA COAST ULTRA MARATHON, NSW, 85km, Coff's Harbour to Grafton, 5am start, contact Steel Beveridge, 20 Annawanna Road, Mullaway, 2456, NSW.
- * *Now in August* 24 HOUR TRACK RACE, NSW, Sydney Strider's' event, Hensley Athletic Field, Wentworth Avenue, Page wood, Sydney, 11 am start. Contact Charlie Lynn, c/o Westfield Run, P.O.Box871, Campbelltown 2560. phone (046)25-3231. Westfield trial.
- * May 27/28 12/ 24 HOUR TRACK RACE, WA, Perth, 1km grass track, McGillivray Oval, contact Tony Tripp, "Lakeview" Davies Road, Claremont, 6010, WA or Ross Parker (09)4017797
- * June 17 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 18 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. phone (08)387-2624
- * 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.
contact Kevin Cassidy, 4 Grandview Road, Preston, 3072, Vic, phone (03)478-3687. Entry forms enclosed with this newsletter.
- * Aug 100KM TRACK RACE AT Coburg, Vic, 400m.track, 7am start, \$15 entry,
- * Sep 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 545, King's Cross,NSW 2011 or phone (02)5237852 (h) or (02)232-8733 ext 238 (w).
- * Sept 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
- * Oct 5 - Oct 9 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 or Ross Parker (09)4017797 or Garry Clark (098)447190
- * Nov CAMPBELLTOWN CITY SIX DAY RACE for Australians only. 950 metre sealed track.
Contact John Shaw, 17 Buvelot Way, Claymore 2560 NSW. Phone (046)266694.

(T) = Track race (TR) = Trail race
(R) = Road race

N.S.W.

VIC

ACT

S.A.

W.A

Q'LD

TAS.

JANUARY		60 km (TR) Bogong to Hotham					Cradle Mountain (TR) 60km
FEBRUARY		24 Hour (T) Coburg					
MARCH	{ 46 km (TR) 6' Ft. Track Katoomba						
APRIL		34 Miles (R)		6 Day Triathlon			
MAY	1. Westfield (R) 2. 85 km (R) 3. 24 Hr (T)	12 Hour Rosebud (T)			24 Hr. (T)	8 Hour (T)	
JUNE		50 Mile (T) 50 Mile (R)				24 Hour (R)	
JULY	50 Mile (T) Bass Hill	12 Hour (T)		50 Mile (T)			
AUGUST		100 Km (T) Coburg					
SEPTEMBER	50 Mile (R) B'hurst 50 Mile (R)				Perth to Albany (R) 257 miles		
OCTOBER	Syd - W'gong 24 Hr (T) C'town.		100 km (T) Sri Chinnory Brindabella (TR) 50km	100 km (R) 24 Hr. (T)		50 Mile (R)	Launceston to Hobart (R) 200km
NOVEMBER	6 Day (T) C'town	6 Day (T) Colac					
DECEMBER		50 Mile (R) Ballarat					

1988 AURA COMMITTEE

A.U.R.A. 1988 COMMITTEE

PRESIDENT: Geoff Hook, 42 Swayfield Road, Mount Waverley, Vic. 3149. AH: (03) 288-9739 & BH: (03) 240 8022.

VICE PRESIDENT: Tony Rafferty, GPO Box 2106, Melbourne, Vic., 3001. AH: (03) 8426412.

SECRETARY: Dot Browne, 4 Victory Street, Mitcham, Vic., 3132. AH: (03) 874-2501.

ASSISTANT SECRETARY: June Kerr, 108 Eastfield Road, Croydon Sth., Vic., 3136. AH: (03) 723 4246 & BH: (03) 509 0644.

TREASURER: Klaus Schnibbe, 85 Sevenoaks Road, East Burwood, Vic., 3125. AH: (03) 232-5667.

ORDINARY MEMBER (VIC): Kevin Cassidy, 4 Grandview Road, Preston, Vic., 3072. AH: (03) 478-3687.

ORDINARY MEMBER (VIC): Dave Herbert, 3 Wilkes Street, Ferntree Gully, Vic., 3156. AH: (03) 758 0743

ORDINARY MEMBER (NSW): Chris Stephenson, P.O. Box 545, Kings Cross, N.S.W., 2011. AH: (02) 523-7852 & BH: (02) 232 8733 Ext. 238

ORDINARY MEMBER (NSW): Bob Marden, 5 Pamela Place, Kenthurst, N.S.W., 2154. AH: (02) 654-9271 & BH: (02) 269-6441.

ORDINARY MEMBER (ACT): Trevor Harris, 27 Perry Drive, Chapman, A.C.T., 2611. AH: (062) 88-4137 & BH: (062) 65-5806.

ORDINARY MEMBER (TAS): Mike March, 125 Summerleas Rd, Fern Tree, Tas., 7101. AH: (002) 39-1432.

ORDINARY MEMBER (SA): Andy Docherty, 30 Lepena Cres., Hallett Cove, S.A., 5158. AH: (08) 387-2624 & BH: (08) 353 9262

ORDINARY MEMBER (SA): Vacant

ORDINARY MEMBER (WA): Tony Tripp, Flat 100 Lakeview, Davies Road, Claremont, W.A., 6010. AH: (09) 401-7797.

ORDINARY MEMBER (QLD): Ian Javes, 7 Romanette Street, Mansfield, Qld., 4122, AH: (07) 343-6159.

ORDINARY MEMBER (NT): No Members.

OFFICIAL NON-COMMITTEE POSITIONS

International Liaison Officer.	Statistician.
Tony Rafferty - See Above.	Gerry Riley, 69 Cambridge Crescent, Werribee, Vic, 3030. AH: (03) 741-307
Newletter Editors.	Assistant Treasurer.
Dot Browne & Geoff Hook - See Above.	Dot Browne - See Above.

LETTERS TO THE EDITOR

Dear Dot and Geoff,

I read with interest the article in the August AURA Newsletter on Osteoarthritis and Exercise.

I suffer from osteoarthritis in the knee and ankle joints, but I started running as a pre-vet with the Veteran Athletic Club in 1983 after my third knee operation caused by osteoarthritis. Over the years, I have had four knee operations caused through this condition (2 cartilage removal operations and 2 knee scrape-outs, which is removal of bone fragments).

After my last cartilage operation in 1986, the specialist advised me to take up swimming, because it would help the knee joint to recover from the operation, and also help the osteoarthritis. He was certainly right! I am now off all medication, the joints do not stiffen up nearly as often as previously, and I was able to continue with my running and race-walking after a six-month recovery period. I might add that I have turned into a reasonable swimmer too!

I have actually stepped up to ultra marathoning this year too, doing a 12 hour ultra and a 50 miler. I might not be a fast runner, but at least I am out there doing it and enjoying every minute of it.

So, for anyone feeling apprehensive about taking part in athletics or any other sport, take my advice and DO IT, because it sure beats sitting around at home doing nothing. Plus you get to meet lots of interesting people.

Yours in running, Merrilyn Tait.



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.

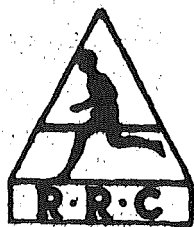
MAIL ORDERS, BULK ORDERS, UNIFORMS etc.

RING, WRITE OR DROP IN!!

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



"... ONE STEP AHEAD."



President:
RON HILL

ROAD RUNNERS CLUB

AN ASSOCIATION OF AMATEUR ROAD RUNNERS AFFILIATED TO THE
AMATEUR ATHLETIC ASSOCIATION, N.C.A.A., M.C.A.A.A., S.C.A.A.A.,
WELSH A.A.A., SURREY C.A.A.

Founder: ERNEST NEVILLE 1883 - 1972

Hon. General Secretary: DAVID R. CLARK, 2 Barncroft Way,
St. Albans, Herts. AL1 5QZ
Tel: 0727 67029

Hon. Treasurer: DON TURNER, 40 Rosedale Road, Stoneleigh,
Epsom, Surrey, KT17 2JH.
Tel: H 01-393 8950 B 01-798 7611

28th August, 1988

Chairman of Council:
JOHN C. LEGGE,
21 Station Road,
Digswell, Welwyn,
Herts. AL6 0DU
Tel: 043 871 6508

Australian Ultra Runners Association,
4 Victory Street,
Mitcham,
Victoria, 3132,
Australia.

Overseas Hon. Secretary and
Hon. Editor of Newsletter:
JOHN JEWELL,
296 Barkham Road,
Wokingham, RG1 1 4DA
Tel: 0734 780 306

Dear Dot,

You may wish to know that the Road Runners Club, the organisation for officially vetting and recording international ultradistance records and bests, have appointed John Foden the Co-Ordinator of the Milton Keynes 24 Hour Indoor Race.

Hon. Co-ordinator and
Hon. Registrar:
PETER GOODSELL,
10 Honeywood Road,
Colchester, CO3 3AS
Tel: 0206 574637

John is a successful athlete who has competed in the London to Brighton, six 100 kms races and is a medal winner from the World Veteran Games in New Zealand and Puerto Rico. He is, however, better known as the originator of the 157 mile Spartathlon in Greece.

Subscriptions
Hon. Secretary:
MIKE TOMLINS
56 Squires Lane,
London, N3 2AP
Tel: 01 349 0234

Hon. Statistician:
ANDY MILROY,
3 Bellefield Crescent,
Trowbridge,
Wilts. BA14 8SR
Tel: 02214 63809

The Milton Keynes course, at 969 yards, is probably the longest indoor course in the world. It is located within the enclosed shopping precinct of Britain's most modern city and is just north of London.

Hon. Secretary
Individual Standards:
NORMA CRESSY,
45 Denham Lane,
Chalfont St. Peter,
Bucks. SL9 0EP
Tel: 02407 5381

Trophies Hon. Secretary:
TONY SMITH
17 Cardigan Road,
Barnes, London SW13
Tel: 01 876 4760

The excellent conditions give great opportunities to break records. During the last race James Zarei to set World Best Indoor Performances of 3h 30m 51s for 30 miles and 3h 37m 58s for 50 kms. Eleanor Adams captured 8 Women's World Best Indoor Performances in addition to coming second overall with 141 miles 375 yards - itself a Woman's World Best. There were a host of Veteran and British Best Performances.

Sales Hon. Secretary and
Minutes Hon. Secretary:
DON BONSER,
76 Benhill Wood Road,
Sutton, Surrey, SM1 3SJ
Tel: 01 644 9742

The next race will be held on 18/19th February 1989. Whilst entry is by invitation sent to experienced athletes, John would like to hear from any overseas runners who may be in Britain at that time and wish to compete. Letters should include a summary of the athletes achievements over the last four years and be addressed to :-

Hon. Secretary
Publicity, Team Standards
& Local Representatives:
STUART HOLDSWORTH,
3 Malling Avenue,
Broughton Astley,
Leicester. LE9 6QS.
Tel: 0455 282936

J B Foden,
141 Davies Road,
West Bridgford,
Nottinghamshire,
NG2 5HZ.
Great Britain.

London-Brighton Race
Hon. Organiser:
JOHN DIXON
9 Lyncroft Gardens,
Ewell, Epsom, Surrey,
KT17 1UR
Tel: 01 393 3405

Yours Sincerely,

Ps 8 John says he is a

"non-returnable" Digger from

The Editor, A.U.R.A. Magazine.

Dear Madam,

It is my melancholy duty to have to inform you that the President of the above Association is not all he appears to be. My assertion derives from that episode at the Rosebud 12 Hour event, where I produced my photograph of Tony Tripp taking a bath.

Normally Mr.Hook displays somewhat less than minimum interest in Mr. Tripp (sometimes to Tony's chagrin), but on observing him naked, a look of unholy glee came over his face and he lunged for the photograph. I tried to defend Tony's image, but with a noticeable height and weight advantage, 'Gentleman Geoff' triumphed and was seen to place the said photograph in a pocket close to his heart and out of my reach.

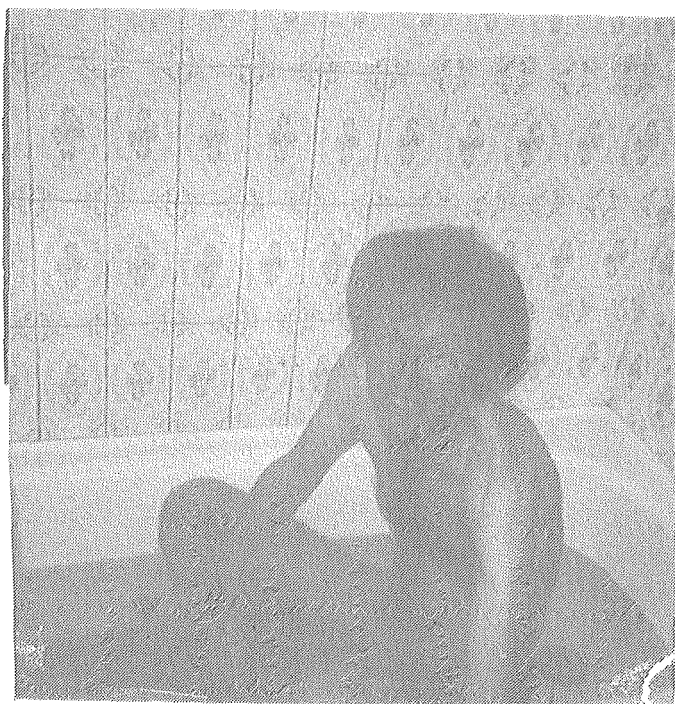
It comes as no surprise to me that the A.U.R.A. Magazine reproduction was a big blank. No doubt, there will be explanations offered, but the truth is that Mr.Hook was not prepared to share his vision of Tony starkers with the world at large and the readers of your magazine in particular.

Yours in exasperation,

Valerie (Dorian Wilde) Case

Ed.'s note: Your revelation has indeed shocked me. Never before did I realize that I was co-editing with a 'closet voyeur'. However, I have deviously managed to extract the said photograph from Mr.Hook's clutches by promising that I will arrange to have it blown up life-size so that he can 'come out of the cupboard' and hang it on the wall where he works.

Dot.



This is, in fact, the notorious photograph of the lovely Tony Tripp which we promised you as a centrefold in our May issue, but regretfully, ended up a big blank. We realise that you were all hanging out to see it, so we've tried to reproduce it again. It was certainly worth waiting for, wasn't it?

NEW ZEALAND ULTRA CALENDAR

1989

- | | |
|------|--|
| May | 24 Hour (John Drew Memorial) Run, Hagley Park, Christchurch. |
| June | 50 Mile B.H.Construction Tree to Sea (NZUA Championship) |

Hi Dot!

During the Big Apple Nissan 48 Hour Race, I had masseurs provided by the Melbourne School of Tactile therapies, to whom I am deeply grateful. I took out a subscription to their newsletter, and I recently received the enclosed brochure. The book "Running With the Whole Body" by Jack Heggie looks useful. Could you please bring it to the attention of AURA members.

I've just had a bright idea! Perhaps AURA could initiate a feedback column in the newsletter regarding good/bad services available to runners, be it courses available (such as those provided by the Melbourne School of Tactile Therapies), shoe reviews, good doctors (that won't tell you to "Stop running"), new food products, running tips etc.

Regards,

Stephen Foulkes.

Ed's note: Thanks Steve! We'd be quite happy to start this sort of a feedback column. It's a great idea.

Running With The Whole Body



by

Jack Heggie

\$19.95 per copy + \$4 postage

FOR:

- Serious Runners
- Weekend Joggers
- Football, Soccer, and Rugby Players
- All Sports Enthusiasts



You can learn to run better than you do now. You can learn to run better, farther, faster and smoother, and with a lot less effort and pain. And what's more, you can learn to do it in just a few hours — all by learning to use your *whole body* when you run. Not just your feet and legs, but also your hips, spine, shoulders, and even your head and eyes.

Jack Heggie, the author of the dynamic new running book, *Running With The Whole Body*, can show you how.

Jack has discovered a way to teach the fundamentals of good running, which you must know in order to run well, whether you are a weekend jogger or a serious 50-miles-per-week competitor. These fundamental movements are similar for all kinds of running — whether you are a sprinter, a marathon runner, a baseball player trying to beat the ball to first base, or a football player evading the opposing tacklers.

Jack uses the Feldenkrais Method of Awareness Through Movement* to teach improved running. These easy, gentle movement sequences produce a profound change in awareness, coordination and flexibility, and thereby unleash the latent power of the large muscles around the hips, spine, and shoulders. Class participants report faster, easier running, more wind, and improved enjoyment of running. Also, many chronic aches and pains, including "runner's knee," shin splints, sore ankles, and the like, are reduced or disappear entirely.

M.S.T.T. also offers

- Feldenkrais movement classes
- Massage classes - Sports, Relaxation and Oriental Massage.
- Introductory & advanced (certificate)
- MSTT Massage Clinic
- MSTT Shop - books, tapes, charts
- "Health Yourself" workshops.

Melbourne School of Tactile Therapies

10 Ellingworth Parade,

Box Hill 3128

Phone: (03) 890 5599

41 Garling St
Lane Cove
NSW 2066
30 Oct 1988

Dear Dot and Geoff,

I was interested to read the two opinions on computer lap-scoring by Stan Miskin and another (anonymous?) writer in AURA Newsletter's August edition. Stan's comments about the potential hazards of manual scoring are worthy of particular note, highlighting perennial problems of the old-fashioned method.

However, while I concede that computer lap-scoring has many advantages, and is obviously the way to go for the future, I hope we don't all go rushing in without proper planning of backup and emergency systems. I'm in the computer field myself, and have seen too many disasters owing to hastily-implemented systems with no thought for emergency procedures.

Perhaps the biggest question of all, and the most difficult to answer, is this: "WHAT HAPPENS IF THE POWER GOES OFF?". Even if the power is restored relatively quickly, there would be inevitable disruption to the race. In the early stages of a 24-Hour Track Race, with 40 entrants on a standard 400-metre track, a lap is recorded on average every 3 or 4 seconds. Even in the miserable graveyard hours, rock-bottom lap-scoring time, our experience at Sydney Striders has shown an average of one every 9 or 10 seconds. It is likely that hundreds of laps would go uncounted before power was restored.

Using the old-fashioned "3 P's" method (people, paper and pens), if the power disappears you still have all 3 P's on hand, and if you had the foresight to provide torches during the hours of darkness you could carry on with virtually no interruption. Messy, but perfectly feasible. If the same happens while using a computer, you probably no longer have a race at all.

Next question: "EVEN IF THE POWER IS RESTORED, HOW DO YOU KNOW YOUR FILES HAVE NOT BEEN CORRUPTED BY THE SUDDEN BLACK-OUT?". Even if your system contains a provision for regular back-up during the race, you would have to restore your system from the most recent back-up, thus probably losing some ground which you could never recover.

Question 3: "SUPPOSE THE POWER SUPPLY IS FINE, BUT YOUR HARDWARE PACKS UP?". Once again, unless you have doubled up on equipment, you probably no longer have a race; even if you have spare hardware to slot in, there would have to be a time-lag during which either the race stops or laps go uncounted. Your anonymous correspondent skims this problem when he/she writes, almost tautologously, "If it (the printer) malfunctions, the printout is faulty." Indeed it is! But what do you DO about it?

All the above comments have been addressing possible major disasters, but there are a heap of possible minor problems to which computer systems are no less liable than manual ones. For example: "HOW DO YOU CANCEL A LAP RECORDED IN ERROR?". Remember that while you're trying

to correct, or even detect, errors, you still have to keep "minding the shop", and your "shop" has 40 customers who won't wait until you're ready to serve them!

Plainly, I would have to see the system in action before making other more specific comments, but my only purpose in writing this letter is to make people aware of potential problems, and to THINK before putting all the lap-scoring eggs in the computer basket. I'm certainly not adopting a Neo-Luddite attitude and suggesting we put all the problems in the too-hard basket. But if we rush in without proper provision for the things that CAN go wrong, we will inevitably get the criticism that "this bloody new computer's stuffed up the whole show - we'd have been better off without it!". My friends and colleagues at Sydney Striders reckon I'm the most pedantic bastard on earth, but my "leave nothing to chance" philosophy usually pays off.

I really hope that a fool-proof computer lap-scoring system can be introduced in the not-too-distant future, although I admit to some regrets at abandoning the old system which tends to generate friendliness and atmosphere at track races. There is also something to be said for requiring runners to supply their own lap-scorers to prove their commitment and ability to put together a support-crew. That way, you don't get the ill-prepared ratbags who simply want to turn up and run without contributing anything to the organisation.

I've enclosed a document entitled "Notes on Timing and Lap-Scoring of a 24-Hour Track Race" which I have put together recently. I don't expect you to print it, as it's 5 pages, but you might be able to incorporate parts of it in whatever guidelines you yourselves are drawing up, or circulate it to any aspiring race director. It covers the non-computerised version of lap-scoring from go to whoa, and I reckon it covers just about all the angles.

Just a final word, not about computers, but about the Sydney Striders' 24-Hour Track Race. The 1988 event was my swansong as Race Director, and in 1989 Charlie Lynn (yes, he's a Strider!) will be applying his ample talents to that job. The date is as yet uncertain, but our regular May timeslot will have to change so as not to clash with the Westfield Run.

I'd just like to say a big thank-you to everyone who has been associated with our race over the last 3 years - organisers, sponsors, medicos, runners, support-crews, AURA too! It would be unfair of me to name names, but some people have put an enormous amount of work into building our race to its present stature. Thanks again for all your help, everyone, and I hope you can support us again in 1989 when we look forward to welcoming you all at Hensley.

Kind regards,

Steve Cornelius

Steve Cornelius
Race Director 1986-7-8
Sydney Striders' 24-Hour Track Race.

NOTES ON TIMING/LAP-SCORING OF A 24-HOUR TRACK RACE - BY STEVE CORNELIUS

1: FACILITIES FOR SCORERS.

- * Marquee for scorers is best situated outside the track, rather than inside - allows scorers to see the whole oval at all times. Marquee should be situated a few metres away from the running lanes, not right on top of the runners - this gives scorers a better view of the runners as they pass, and allows them to get a wider view without turning their heads through 180-degree angle.
- * Marquee size - allow 2 feet minimum width for each scorer. Marquee should provide shelter from rain, but have open front to allow verbal communication between scorers and runners.
- * Area in front of marquee and several metres either side must be cordoned off, so that scorers get uninterrupted view of whole track.
- * The scoring tent should not serve any other function. It should not double up as a medical or refreshment tent, and should not be a general "meeting-place". Other activities going on around the scoring tent, especially involving noise or conversation, tend to distract scorers' attention.
- * Lighting for the scoring tent should come from spotlights above and slightly behind the scorers. Remember that inadequate lighting will surely lead to recording errors.

2: THE LAP-SCORERS.

- * Each scorer can usually score for two runners comfortably. However, mistakes are sometimes made, such as crediting the wrong runner with a lap. For this reason, no scorer should be asked to score for more than two runners, unless one of his/her runners is off the track for an extended period. Recording for only one active runner can be boring and result in loss of concentration.
- * Opinions differ on whether scorers should be allowed to score for more than one hour at a time. This is probably best left to the discretion of the Timing Manager. Remember, however, that lap-scoring does require concentration at all times. A scorer should always have a fairly accurate idea of where his/her two runners are on the track at any time - if a scorer constantly displays surprise when his/her runners pass, then it's time to ask him/her to stand down!
- * During the first few hours of a 24-hour race (assuming a 400-metre track), runners will record, on average, about 25 laps per hour. The front-runners will be breaking 30 per hour. The runners will be wide-awake and providing plenty of feedback for their scorers. The scoring-tent will be a busy place, recording a completed lap every 3 or 4 seconds on average. There will be no danger of anyone falling asleep.
- * During the "graveyard" hours in the middle of the night, there will be a very different scene. Runners will be averaging 13 or 14 laps per hour, and only a few front-runners will be exceeding 20. The scoring-tent will only be recording a completed lap every 9 or 10 seconds. There will be a danger of scorers losing concentration owing to the long gaps between laps. Also, the runners are less likely to be communicating with the scorers. Timing Manager

should be aware of these differences.

- * Experience has shown that over 80 percent of recording errors are made at the time of change-over from one lap-scorer to another. For this reason it would probably be best if all lap-scorers did NOT change over at the same time. It would also be of benefit if scorers did not change over exactly on the hour - their attention should not be distracted from filling in the "hourly total" slips at that time.

3: TIMING/SCORING OFFICIALS.

- * Ideally, to do the job properly, there should be five officials on duty at any one time:
 - (a) "Timing Manager". Should have no specific task, so that he/she is free to oversee the general operation of the scoring and timing. Should be able to delegate responsibility for a few hours in the middle of the night, so that he/she is still fresh during the frantic final stages of the race. Should be armed with hand-held megaphone to communicate advice and information to lap-scorers.
 - (b) "Caller". Also armed with hand-held megaphone. Stands at start/finish line, calling chest-numbers as runners pass, and ensuring that each scorer acknowledges completed lap. Should repeat number until acknowledgment received from scorer. Obviously, this job cannot be done by the same person for 24 hours!
 - (c) "Trouble-Shooter". Stays in scoring tent, behind scorers. Attends to queries from scorers, adjudicates and corrects errors on scoring-sheets, ensures change-over between scorers goes smoothly. Investigates complaints from runners or their crews who think an error has been made (many crews keep their own score-sheets to help their runner judge the appropriate pace - trouble-shooter should sort out problem at once if crew's sheet differs from official sheet). Collects score-sheets as they are completed, giving each sheet a quick audit before filing it in a safe place. Removes score-sheets belonging to officially retired runners, and files them away. Assists Timing Manager in allocation of lap-scoring duties.
 - (d) "Scoreboard Operator". Every hour, this official should go through the following routine: (1) Five minutes before the hour, clean the score-board. Then check how many runners have officially retired from the race, and write out an hourly-report slip for each of them, showing the number of laps completed at the time of their retirement. (2) Exactly on the hour, collect hourly-report slips from all lap-scorers. (3) Count slips to ensure there is one for each runner (retired or not). (4) Quickly sort all slips into order, highest number of laps first. (5) Transpose information from sorted report-slips to the score-board on the track - at this stage, concentrate on placing the runners in correct order and writing only the number of laps. (6) File the report-slips in a safe place. (7) If time allows, take laps-to-kilometres conversion sheet and add kilometre totals to the score-board. Don't worry about this if time is pressing, or if the Timing Manager has other work for you to do. If the above procedure is adopted, the scoreboard can be completely updated within 10 minutes of each hour, providing runners with valuable feedback and encouragement. Runners who retire from the race should remain on the scoreboard, marked with an *

or the letter R. Their names will gradually drop down the board as others overtake their distances.

- (e) "Track Official". Responsible for timing runners at marathon, 50-mile and 100-mile points, and any other landmarks that are not an exact multiple of 400 metres. Should pay particular attention to leading runners, male and female, and be aware if they are likely to set records (world, Australasian, or national) at ANY distance, including those which do occur at the start/finish line. To comply with IAU guidelines for claiming records, this official will have to arrange for 3 STOPPED WATCHES (see IAU Guidelines section 6e). Times taken from a running watch cannot be considered. This is most important, as any runner whose record claim is subsequently turned down because of slack time-keeping won't be too pleased.

4: ORGANISATION ON THE TRACK.

- * Effective maximum number of runners on a 400-metre track is approximately 40. Numbers greater than 40 would cause difficulties in seeing chest-numbers owing to "bunching", and therefore inaccuracies in scoring.

- * Before the race, measure the following distances from the start/finish point, going ANTI-CLOCKWISE:

- (1) 67 metres (50-mile point if direction is anti-clockwise);
- (2) 133 metres (100-mile point if direction is anti-clockwise);
- (3) 200 metres (marathon, 3-marathons, 5-marathons, in either direction);
- (4) 267 metres (100-mile point if direction is clockwise);
- (5) 333 metres (50-mile point if direction is clockwise).

The marathon point is actually 5 metres too long, but in practice no-one objects to this, as it considerably simplifies timing of multiple-marathons. All even-numbered marathons are at the start/finish line, all odd-numbered ones are at the 200-metre mark (half-lap).

- * Landmark distances which are not multiples of 400 metres:

Marathon	=	42.200 km	=	105 laps + 200 metres;
50 miles	=	80.467 km	=	201 laps + 67 metres;
3 Marathons	=	126.600 km	=	316 laps + 200 metres;
100 miles	=	160.933 km	=	402 laps + 133 metres;
5 Marathons	=	211.000 km	=	527 laps + 200 metres;
150 miles	=	241.400 km	=	603 laps + 200 metres.

5: PAPERWORK.

- * Lap-score sheets should be clearly marked (BEFORE the race begins) with each runner's name and number in LARGE letters. Each clipboard should contain (1) personalised lap-score sheets up to 720 laps; (2) copy of "Instructions for Lap-Scorers"; (3) copy of "Rules of the Track"; (4) supply of hourly report-slips; (5) a pen.

6: CLOCKS AND WATCHES.

- * If possible, there should be TWO large digital clocks. One should be placed directly facing the lap-scorers' tent. The other should be placed at right angles to it, facing the runners.
- * Check the power-sources for both clocks. Ensure that any power-point used for clocks is not used for any other purpose. Stick tape over the switch in

the "ON" position, and a large notice threatening death to anyone who switches it off! Ensure that leads are not placed where anyone could trip over them and accidentally cut them off. Wrap all outdoor electrical connections with Gladwrap BEFORE the race (NOT after it starts raining!), and make sure the leads don't dangle into puddles of water.

- * Make sure you get an instruction book with the clocks, and learn how to re-set them from a particular time. Do this BEFORE the race!
- * You should have 4 or 5 official stop-watches, all capable of giving "split-times" (i.e. stopped times) while still running. Remember you will need 3 to do this if anyone sets a record. The large digital clocks are for information only, and are NOT the official race time-pieces. In addition, as many race officials as possible should start their own wrist stop-watches at the start.
- * You may have as many as ten or twelve people involved in starting the race: one to fire the gun, one to give a count-down on the P.A., two to start the digital clocks, 5 to start the official race watches, and a few others starting their own wrist-watches. Have a practice start, about an hour before the real start, to make sure everyone knows what they're supposed to do, and that all the time-pieces get started together.
- * Probably the best way to get the race started is to announce beforehand that the race will start RIGHT ON TIME. Set one wrist-watch by the telephone time on race morning, and use that for a countdown. If you wait until all the runners are ready, then start, your race will start late. On the other hand, if you give them plenty of notice that the race will start ON TIME, they'll all be there waiting for you! If they're not, start anyway!
- * As soon as the race has started, the official race stop-watches should be put in a safe but accessible place (Timing Manager's office?). They should only be brought out if anyone looks like setting a record, and at the end of the race.

7: WHAT HAPPENS IF THE POWER GOES OFF????

- * This question should be asked (and answered!) two weeks BEFORE the race, NOT two seconds after the power goes off.
- * If just one of the digital clocks fails, the other should be immediately moved in front of the lap-scorers' tent. In this case, runners will have to manage without a clock for a while (most of them have watches anyway).
- * If BOTH digital clocks fail, the race official who was calling the chest-numbers should immediately start calling the time (minutes and seconds only) instead. A call should be made only when a runner crosses the line. Lap-scorers should be immediately advised that chest-numbers will no longer be called out. If it is impossible to get either of the clocks going again, the time-calling will have to become a permanent feature, and lap-scorers will have to be that much more "on the ball".
- * If the lights go out in the scorers' tent during the night, each lap-scorer should have a torch close at hand. These should be checked 2 days BEFORE the race, and brought out onto the scorers' tables 1 hour BEFORE nightfall. All scorers should have their emergency torch in action within 3 seconds of the power-failure, and there is no way any laps should be missed because of this

eventuality. If the torches are still in a box, under a heap of other rubbish in the back of the tent, when the lights fail, you've blown it!

- * If ALL the lights go out, including track floodlights, priorities should be as follows: (1) have all lap-scorers got their torches in operation? (2) Has the caller started calling times instead of numbers? (3) Get one or two cars to shine their headlights up and down the main straight. (4) Fix the power supply to the tent. (5) Fix the power supply to the clocks. (6) Re-set the clocks. (7) Fix the power supply to the rest of the stadium.
- * Make sure all officials know what they are expected to do LONG BEFORE a power failure occurs!
- * Make sure you've got plenty of spare batteries for torches AND for megaphones, and that they aren't duds!

8: SCOREBOARD.

- * The correct position for the scoreboard is where the RUNNERS can see it without leaving the track. It should not be placed immediately in front of the scorers' tent. This would cause runners to loiter near the start/finish line and cause scoring inaccuracies.
- * For ease of updating, the scoreboard should be constructed so that each runner's name doesn't have to be re-written every hour. Wooden boards in slots, or plastic-covered cardboard with velcro, are ideal. (Velcro is expensive, however!). If your scoreboard official has to re-write the runners' names every hour, your scoreboard will be too out-of-date to be relevant.

9: RACE FINISH PROCEDURE.

- * The basic rule is this: anything that CAN be done BEFORE the finish, SHOULD be done. Score-sheets should be quickly checked as they are completed. Race certificates should be filled in with as many details as possible. Likely finishing positions should be noted down 30 minutes before, and quickly checked afterwards.
- * The finish should be done by countdown. Detail a team of volunteers to ensure that all remaining competitors are on the track, and that all have received a small sandbag or other object marked with their number, to drop on the track.
- * A team of 3 people should be waiting for the final gun, and should IMMEDIATELY start measuring the extra metres registered by each runner. 2 people hold the tape (note: NOT a wheel), the third writes distances.
- * Another team of 2 or 3 should collect remaining lap-score sheets and ensure that final laps have been entered correctly.

10: RESULTS PACKAGE.

- * The minimum results for a 24-Hour Race should be:
 - (1) Final listing showing name, position, age, state, total distance, and whether retired from race;
 - (2) Split times at marathon, 50k, 50 miles, 100k, 150k, 100 miles, 200k.

RACE REPORTS



AUSTRALIAN 6 DAY RACE

COLAC - NOVEMBER 14 - 20, 1988

SWISS 100KM RACE

BIENNE (SWITZERLAND) 100KM

By Claude Martin

In 30 years, it has never rained so much during the 100km race. It was so heavy that many of the 3,666 starters didn't finish the course. The race started at midnight, and continued through the early hours of the morning. The first to reach the marathon mark was Johannes Knupfer, who covered the distance in 2 hours 39 min., too fast to last the whole 100kms. He lost his lead at 60km. Schwerek of Germany and Hans Schnyder of Switzerland (last year's winner) both passed Knupfer and soon after, the Swiss runner went out on his own and never looked back, slowly increasing his lead. At the end, he was 5 minutes ahead of another Swiss, Engeler. At the presentations, the winner said that the weather conditions had been very hard, harder than the previous year. His time was slower than in 1987.

The first woman home was Brigit Lennarts, who at the age of 22 years, was running her first 100km. She is an excellent marathon runner, with a p.b. of 2 hours 38 min.30 sec. in 1986 and a fantastic 2 hours 49 min. when she was only 12 years old!

RESULTS:

MEN

1. Schnyder	Swiss	6 hr.57
2. Engeler	Swiss	7 hr.02 min.
3. Ostertag	Swiss	7 hr.06 min.
4. Schwerek	German	7 hr.07 min
5. Scheidegger	Swiss	7 hr.08 min.
6. Frick	Swiss	7 hr 10 min.
7. Kaminski	Swiss	7 hr .13 min
8. Mischler	Swiss	7 hr 14 min
9. Scigogki	Polish	7 hr 16 min
10. Inaven	Swiss	7 hr 20 min

WOMEN

1. Lennartz	German	8 hr.30 min
2. Brechbull	Swiss	8 hr 34 min
3. Philipin	German	9 hr 04 min
4. Shonholzer	Swiss	9 hr 34 min.
5. Staudeman	Swiss	9 hr 47 min
6. Jager	German	9 hr 56 min.
7. Birrer	Swiss	9 hr 58 min
8. Avemaria	German	10 hr 01 min
9. Jeanbourquin	Swiss	10 hr 08 min
10. Hug	Swiss	10 hr 08 min



HANS SCHNYDER

Un temps exceptionnel au vu des conditions.

ADELAIDE 50 MILER

ADELAIDE 50 MILE TRACK RACE.

by Andy Docherty

An Inaugural 50 Mile Track Race was held in Adelaide on Sunday 24th July commencing at 7a.m. with a cut off time of 9 hours - the race had the support of the S.A. Vets.

Fifteen out of the 17 entrants, including 4 women faced the Starter's gun on what at first appeared to be an ideal morning for running, except for a tricky gusty wind which didn't know from which direction to blow - it wasn't too bad at first, but it was to play havoc during the race. Don Parker, one of the S.A. Vets stalwart and prominent athletes started the race and from the gun it was apparent that at least two if not more of the runners, although novices over the distance, were going to give the South Australian record a bit of a Push.

Tony McCool, running without a vest led the field followed by Steve Dunn, at twentyone the youngest competitor in the race. Tony is an excellent runner who recently won the S. Australian Vets Marathon just outside the State Vets Championship time and twice set a new record for the Vets 10K. both on the track and on the road. Steve for all his youth has a good ultra-distance background, having competed in 24 Hour Races, the Inaugural 48 Hour Run in Melbourne and then shortly after that race, took part in the 6 Day Ultra-Trialthlon. Both these runners completed 37 laps in the first hour, followed by Roger Stuart with 32 and Don Cox with 31. Among the females Sue Worley with 28 laps led Helen O'Connor 27 laps and first time Ultra Runner Helen Barnes, looking good on 26 laps. The rest of the field was still close and looking relaxed and enjoying the experience.

By the second hour McCool with 73 laps was one lap clear of Dunn on 72 laps. Stuart was 8 laps further back with one lap on Don Cox who was on 62. Worley at this time on 58 laps was leading O'Connor on 52 and Barnes still there on 51. Kaven Dedman who had been battling a 'flu bug all week called it a day with 43 laps completed.

The Marathon was reached by McCool on 2.56.20 and by this time dunn had dropped back a little passing the marathon in 3.06.18, less than 15 minutes behind came Stuart and Don Cox following less than a minute behind him. Helen O'Connor who had passed Sue Worley at the 21 mile mark now passed the marathon in 4 hours 11 minutes. Helen Barnes was now in second place with her marathon time of 4.23.08 and Sue Worley following two minutes further back. Tony Ashwell had dropped out with a crook knee which he quite possibly should never have run with. Nevertheless he had covered 20½ miles in a time of 3 hours 12 minutes. Max Kitto with his 3.35.37 marathon was running steady and Graham Stenner whose previous 50 miler was on the road in Melbourne doing it casually in 3.52.21. Murray Cox, no relation to Don and whose running history was only two marathons, but whose ambition is the Sydney to Melbourne Race, passed his marathon in 3.56.33 and our old campaigner Ross Martin two minutes behind that. These were followed by Max Grixol who was now going beyond the marathon for the first time and Marilyn McCartney who always seems so relaxed when she must be suffering as much as anyone else.

McCool still held the lead at 50 K with a time of 3.42.03, but Dunn was still in there with a time of 3.55.33 and Don Cox closing the gap covering his 50K in 4.03.42 and Stuart a little more than 6 minutes behind in 4.10.10. Max Kitto was now coming into contention passing the 50K in 4.16.55 and Graham Stenner showing his steadiness and determination in passing the mark with 4.39.24 on the clock. Ross Martin less than 100% fit was next in 4.47.18, followed by Murray Cox in 4.54.28. Murray by now was beginning to learn what ultra running was about and although enjoying the experience was showing signs of suffering .

Helen O'Connor was still first among the women passing 50K in 5.07.22 and Sue Worley had regained second spot less than seven minutes adrift. Max Griguol followed in 5.24.22 then Helen Barnes 5.38.03 and Marilyn bringing up the rear with 6.04.56.

McCool was having problems from the 50K mark and was now walking and stopping and stretching to try and get over what was ailing him, but decided discretion was the better part of valour and dropped out after completing 34.3/4 miles, while still in the lead. Don Cox was the next to fall by the wayside completing 35.3/4 miles. Burning sensations in his foot and toes made it impossible to continue. His namesake, Murray Cox was in a whole lot of trouble but managed to struggle on for the time being.

Stephen Dunn doing 10 minute miles with sheer consistency carried on his merry way leaving Stuart and Kitto fighting it out for the second spot; Stuart with an ever decreasing edge until the 37th mile, when Kitto went ahead and then held on to end his race a good 6 minutes clear leaving Stuart to be satisfied with third spot. Graham Stenner took out fourth position followed by Ross Martin, then came Helen O'Connor 9 1/4 minutes ahead of Sue Worley who was the last of the field to complete the 50 miles.

Max Griguol almost made 47 miles when the gun went off to signal the end of the race with Helen Barnes almost completing 46 miles and Marilyn McCartney with a little over 45 miles. All three having hung in there for the full nine hours. Murray Cox having completed 45.3/4 miles just couldn't hang on and regretfully called it a day with just 39 minutes to go.

David Standeven, the top Ultra Distance Runner in South Australia presented the trophies, bringing this first ever 50 Mile Track event to a suitable conclusion. It was generally agreed that this would be held annually; that only 17 people entered could be attributed to a new release inadvertently saying the race was only for veterans and the short lead time from when it was first mooted that a 50 Mile Race would be held until the actual event. This was a learning experience for all of us and I would like to thank all of the people who helped make it the success it was and particularly Don Parker for the benefit of his experience and advice without which one or two holes may have appeared in the organisation and of course the S.A. Vets, without whose backing and support the event just could not have happened.

ADELAIDE 50 MILER

RESULTS

1. Stephen DUNN	6.47.48	
2. Max KITTO	7.15.34	
3. Roger STUART	7.21.29	
4. Graham STENNER	8.06.34	
5. Ross MARTIN	8.39.49	
6. Helen O'CONNOR	8.48.18	
7. Sue WORLEY	8.57.32	
8. Max GRIGUOL	9.00.00	ran 46 miles 1697yds.
9. Helen BARNES	9.00.00	ran 45 miles 1397 yds.
10. Murray COX	DNF	ran 45 miles 1320 yds.
11. Marilyn McCARTNEY	9.00.00	ran 45 miles 286 yds.
12. Don COX	DNF	ran 35 miles 1320 yds.
13. Tony McCOOL	DNF	ran 34 miles 1320 yds.
14. Tony ASHWELL	DNF	ran 20 miles 880 yds.
15. Kaven DEDMAN	DNF	ran 10 miles 1320 yds.

NEWS REPORT

New Delhi, Monday. A.A.P.

The Indian Government, in an effort to increase the population's fitness level decided to conduct their first ever marathon

After advertising and receiving 12,000 entries, they decided they would not be able to cater for that many entrants.

"Oh goodness gracious me", they said. "What shall we do?"

So they decided to restrict entries to runners with one arm only. But they still received 3,000 entries.

"Oh goodness gracious me. We cannot control that many people - that is too many. What shall we do?"

So they decided to restrict entries to those with one arm and one leg.

But they still received 2,000 entries.

"Oh goodness gracious me, that is still too many. What shall we do?"

So they decided to restrict entrants in the marathon to eunuchs only. And they got 500 entrants.

"Oh, that is very good. We can control 500 runners. But what shall we call our marathon with the 500 eunuch runners?"

They decided to call it the "Indian Knackerless 500".

Michael Hoare in New Delhi

'Ultrarunning' is a US magazine devoted exclusively to ultras. Although mainly orientated towards American events, it covers non-US events in its results and calendar. Issued six times a year, foreign subscriptions are: \$43 (air to Europe), \$49 (air elsewhere) and \$25 (surface foreign). Obtainable from: 'Ultrarunning', PO Box 481, Sunderland, Massachusetts 01054, USA.

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

Guidelines for the Conduct of Ultramarathon Events is an IAU publication written for organisers of ultra distance events. It includes rules for track and road and specific rules for competitions and records. Price: 50p (UK), £1.00 (overseas). Obtainable from the Editor.

June 1988

COBURG 100KM TRACK

THE TREVOR PETTIGROVE 100KM TRACK RACE

28th August, 1988

by Kevin Cassidy

This year's race carried the self appointed title of the Australian Championship and boasted the highest quality field in the 5 years of the event. As race organiser, I was glad to see the event get underway after several weeks of headaches and running around like a headless chook. As I was an entrant, the race direction on the day was handled by Harold Stevens.

At 7 a.m. in front of a hardy bunch of lapscorers, the Mayor of Coburg, Mr. Murray Gavin, fired the starter's gun and sent the 19 runners on their way. Graeme Woods and Peter Tutty were the pace setters with Bryan Smith not far behind, whilst the rest of us were content to run 2 minute laps. The only thing of interest in the first few hours was the "Visiting the Toilet" competition between Cynthia Cameron and Kevin Cassidy. I think Cynthia eventually won 12 to 11!!!

Graeme Woods passed the marathon in 2.43 and turned the event into a one horse race as Peter Tutty withdrew with stomach troubles. Graeme went on to win easily in 7.28 with other top performances from Bryan Smith and Tony Dietachmayer.

The most significant performance in this race was that by Sue Andrews from New Zealand. She not only won the female section but also set a new Australasian Record for both 50 miles (6.47) and 100 km (8.38). Sue's 100 km time was also the 5th best in the world. Sue is a world class athlete and has many friends and fans in Australia. Sue was shadowed for most of the race by Kevin Cassidy but managed to hold him off by 2 laps.

Other notable performances were by the Evergreen pair of Bill Beachamp and Greg "Truly Magnificent" Wishart, while Peter Gray ran the best race of his life to finish in (9.41). Tom Donovan ran the entire distance with a smile on his face whilst 2 Coburg club members in John Kaparelis and Arthur O'Keefe did well in their first ultra. Another highlight was the presence of 4 Queenslanders, all of whom performed well. Of the 19 starters, 12 recorded P.B.'s.

The presentations were made by the Mayor and Audrey Pettigrove in a rather cold and biting wind, after which most of the runners retired for a shower and a quiet drink whilst a trusty band of Coburg club members packed up all the gear. Eventually we all headed home, but Bryan Smith wasn't going far as his car wouldn't start. "That's what you get for owning a Ford Bloody Fairmont", he grumbled. However, a bit of R.A.C.V. intervention soon put things right.

No ultra run can go ahead without the help of volunteers and I must give a sincere thank you to the following people, Audrey and Hank Pettigrove, my parents, Kevin and Pauline Nippard, Harold Stevens, Cheryl O'Keefe, Lynley Thompson and Serena Henry.

Results:	Marathon	50KM	50 Mile	100KM Final
1. Graeme WOODS (Q'ld)	2.43.00	3.14.44	5.43.50	7.28.13
2. Bryan SMITH (Vic)	3.06.37	3.40.08	6.17.43	8.04.53
3. Tony DIETACHMAYER (Vic)	3.16.42	3.53.14	6.24.52	8.16.31
4. Max CARSON (Vic)	3.18.45	3.58.51	6.43.04	8.27.18
5. Neil McCABE (Q'ld)	3.12.15	3.47.48	6.40.13	8.31.47
6. Sue ANDREWS (NZ)	3.25.03	4.01.19	* 6.47.34	* 8.38.43
7. Kevin CASSIDY (Vic)	3.30.07	4.09.40	6.57.35	8.43.28
8. Bill BEAUCHAMP (Vic)	3.28.18	4.09.59	7.11.19	9.16.54
9. Greg WISHART (Vic)	3.09.34	3.51.38	7.25.46	9.32.13
10. Peter GRAY (Vic)	3.27.30	4.12.10	7.28.15	9.41.36
11. Cynthia CAMERON (Vic)	3.43.41	4.27.20	7.41.39	9.46.10
12. Tom DONOVAN (Vic)	3.49.39	4.33.22	7.52.27	9.57.31
13. Sally WOODS (Q'ld)	3.43.44	4.30.45	7.52.52	10.20.24
14. John KAPARELIS (Vic)	3.37.44	4.30.07	7.57.40	10.27.47

DNF Arthur O'KEEFE (Vic) ran 70.4km
 DNF Patrick PARSONS (Vic) ran 67.2km
 DNF Abdullah ELHAOLI (Vic) ran 64km

DNF Wendy CRISP (Q'ld) ran 53.6km
 DNF Peter TUTTY (NZ) ran 50km

50 Miler record smashed

Thompson lops 15 minutes off record

Sydney jogger and Australian record holder for 100km Martin Thompson smashed the previous record by 15 minutes when winning the Bathurst 50 Miler Ultra Marathon yesterday.

The former Victorian said that the race was held in ideal weather conditions which made it possible for runners to record the quicker times.

Thompson ran the 50 miles in a time of 6hours 13minutes 15seconds, some nine minutes ahead of his nearest rival Robert Herd of Trangie.

The previous record was set last year by three times winner of the event Max Bogenhuber of Sydney who ran 6hrs28min.

Bogenhuber finished third yesterday running a time of 7hrs 7min, over half an hour slower than his record the previous year.

The former record holder said he had not trained enough this year, but added that he could not have run as fast as Thompson anyway.

The event attracted 15 runners, starting outside Bathurst Courthouse before a gruelling journey which included a lap of Mount Panorama.

Runners then proceeded along Limekilns Road out around the 11 Mile Drive then along the Ophir Road to the Dunkeld Bridge.

They went along Hen and Chicken Lane to Perthville and then along to Gormans Hill Road then back to the Courthouse.

Bathurst 50 Miler race winner Martin Thompson is given a well-earned cup of tea by his aunty Muriel Wilson of Bentinck Street after taking 15 minutes off the race record yesterday.

After the event Thompson said he had competed in a lot of Ultra Marathons before but rated the Bathurst 50 Miler as one of the toughest and most gruelling events he has ever encountered.

"The hardest part of the course was the run along Prince Street at Perthville," he said.

"It was very hilly and as you would get to the top of one hill another would appear.

"I took it very easy at the start but 10kms into the race when I started the downhill run at Mt Panorama I started to get sore legs.

"I ran for about 65kms with this soreness but I was very happy with my performance," he said.

Thompson said depending on how sore his legs are in two weeks time he may return to take part in the Edgell Jog.

One of the most creditable performances besides the winner was by runner up Robert Herd who improved 22 minutes on his effort last year.

The first six placings are as follows:
 Martin Thompson (Sydney) 6hrs.13min.15sec 1; Robert Herd (Trangie) 6hrs.22min.42sec 2; Max Bogenhuber (Sydney) 7hrs.7min 3; Geoff Hook (Victoria) 7hrs.11min.40sec 4; Trevor Harris (ACT) 7hrs.37min.8sec 5; Bob Fickel (Sydney) 7hrs.38min.5sec 6.

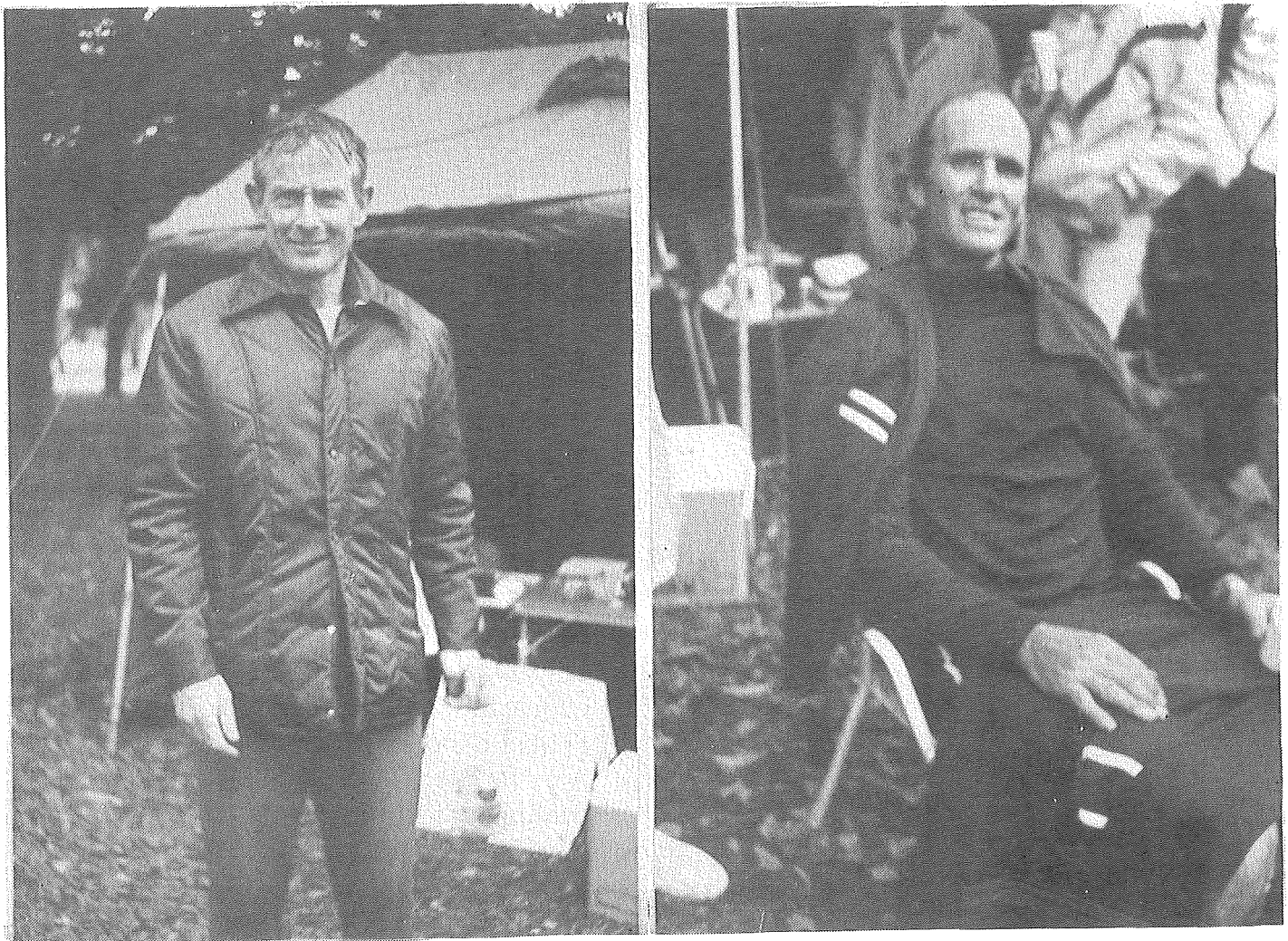
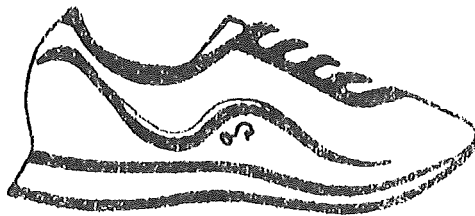


BATHURST 50 MILER

Sunday 4th September, 1988

RESULTS

1. Martin THOMPSON (Course record)	6.13.15	9. Mark FOLEY	8.57.10
2. Robert HERD	6.22.42	= 9. Ian HUTCHISON	8.57.10
3. Max BOGENHUBER	7.07.00	= 9. Chris STEPHENSON	8.57.10
4. Geoff HOOK	7.11.40	12. Georgina McCONNELL	9.18.20
5. Trevor HARRIS	7.37.08	13. Keith O'CONNELL	9.18.20
6. Bob FICKEL	7.38.05	14. David TAYLOR	9.28.34
7. Brian COLWELL	8.22.18	15. Ankles COLCOMBE	9.33.00
8. Steve GRANT	8.32.17	16. Derek QUINTO	DNF



Ron Campbell and Bill Beauchamp relax after completing the VMC 50 Mile Road Race at Princes Park, Carlton on Sunday 19th June 1988

This year's **Sydney to Wollongong 83km Ultra and Road Relay** took place on Sunday 18 September. The 55 'ultras' set off at 4.00 am from Sydney town hall in pleasantly cool weather, which changed to fairly persistent rain as the runners approached Wollongong later in the day. The relay teams, 53 this year, set off on the first of five stages (all approximately 16km) one hour later. Barry Inglis, Martin Thompson and Carl Barker were the early leaders and went through 10km in 37.37 with Jeff Hill (NZ) next in 38.30 and Owen Tolliday in 41.58 leading the rest.

The leading three stayed together until 24km where Carl Barker moved away going up the climb to Sutherland. His time at 25km was 1.36.01, with Barry Inglis, 1.36.14 and Martin Thompson, 1.36.44, both looking a bit ploddy. Jeff Hill was looking a threat in a very relaxed 1.37.02.

Carl was now trying to really trying to break away with Martin and Barry grimly hanging on and Jeff maintaining the gap of just over one minute behind Carl. By 45km Martin and Barry had been dropped by Jeff Hill who had closed the gap to Carl to 50 secs. He gained another 24 secs in the next 5km and took the lead at 51km. He was looking very confident, unlike Carl who was pale and heavy. The others were over four minutes behind and out of contention.

Jeff continued to move away. 60km in 4.01.30, up by 3 min 20 sec. 65km in 4.25.10, up by 5 min 20 sec. It looked like an easy victory with a possibility of a new course record.

However Carl Barker had other ideas. He'd been struggling but was determined to finish and was getting great support from his second, Fiona Kennedy from "The Fun Runner". He found himself coming good after a Mars Bar and Coke at 70km. He flew down the very steep drop into Wollongong from Mount Ousley and kept it up right to the finish to end up second by only 26 seconds. Jeff Hill was not really in any danger of being caught. He still had something in reserve, but he was amazed how close Carl had come.

Unfortunately in such an event it is impossible to monitor all the other runners as they become so spread out. There were many fine runs on the day and all the competitors who finished (50) must be congratulated for their courage and determination. Mention must be made of Helen Stanger, the first female who finished 19th overall in a new record of 7hrs 43min 36 sec.

RESULTS

INDIVIDUALS:

1. Jeff Hill	5-52-47	14. Tom Morrow	7-33-40
2. Carl Barker	5-53-13	15. Jimmy Mellan	7-37-09
3. Owen Tolliday	6-10-57	16. Mike ward	7-37-48
4. Roger Hardy	6-28-17	17. Stuart Dunn	7-42-18
5. Martin Thompson	6-37-11	18. Keith Jackson	7-42-33
6. Greg Love	6-41-39	19. Helen Stanger	(first female, race record)
7. Paul Kelleher	6-43-44		7-43-36
8. Frank Kelly	6-44-50	20. Tony Harber	7-49-24
9. Terry McIver	7-00-00	21. Cedric Sidebottom	7-51-27
10. Ian Rosengren	7-06-23	22. Robert Osborne	7-54-27
11. Sam Vella	7-08-14	23. Alex Payne	7-57-54
12. Richard Vallack	7-14-52	24. Grahame Firkin	7-58-19
13. Mark Haberecht	7-29-47	25. Dave Girvan	8-01-19
		26. Brian Colwell	8-14-38
		27. Les Davis	8-18-45
		28. Jean-Claude Morre	8-21-52

Results
cont'd
next page.

SYDNEY TO WOLLONGONG 83KM

Results continued

29. Jack Woodward	8-22-02			
30. Harry Clements	8-23-52	1st Male Overall:		Jeff Hill
31. Alan Staples	8-27-10	1st Female Overall		Helen Stanger
32. Ralph Bristow	8-32-40			
33. Chris Stephenson	8-33-39	Over 40. 1st male:		Martin Thompson
34. Peter Pike	8-42-36	2nd male:		Terry McIver
35. Ian Hutchinson	8-54-50	3rd male:		Cedric Sidebotom
36. Derek Bambrick	8-54-55			
37. Dave Taylor	8-57-23	Over 50 1st male:		Grahame Firkin
Kevin Mansell	8-57-23	2nd male		Dave Gurvan
Keith O'Connell	8-57-23			
40. Georgina McConnell	9-03-20			
(second female)				
41. Eduardo Vega	9-10-11			
42. Wanda Foley	9-12-07			
(third female)				
43. Grahame Kerruish	9-24-17	Over 60 1st male:		Jim Garvey
44. George Irwin	9-40-54			
45. Mark Gladwell	9-56-45	Over 40 1st female:		Georgina McConnell
Lucille Gladwell	9-56-45	2nd female:		Wanda Foley
Valerie Warren	9-56-45	3rd female:		Lucille Gladwell
48. Robyn Davis	10-29-02			
49. James Garvey	10-29-14	Over 50 1st female:		Valerie Warren
50. Peter Ford	11-05-12			



Bubble, bubble,
Toil and trouble.

Geoff Hook, el
Presidente of AURA
cooks up a storm
on the stove. Our
inquisitive secre-
tary, Dot Browne,
takes a peek into
the pot after hav-
ing done something
naughty on the
mountain.
(courtesy of
adidas)

410KM

September 29th, 1988

THE RAINBOWCOAST PERTH TO ALBANY ULTRA
MARATHON, AS SEEN THROUGH THE EYES OF AN
OBSESSIONAL RACE ORGANISOR AND DIRECTOR.

BY TONY TRIPP

Martin Luther King once said "I have a dream! I had a dream, Albany made it come true. It is to Garry Clark and his committee that I owe a debt I can never repay.

This is the classic tale of a man who refused to give up when nearly everyone said it was impossible to organise a multi-day event on the road in W.A. My reaction was one of outrage. It could be done, it shall be done because nothing is impossible. I believed somewhere in this state there was a person who saw my vision. I refused to be defeated by the elements of conservatism and apathy. In other words I knew I had a best seller on my hands.

We needed an event that would cater for the ordinary ultra runner who wanted to take a step upwards to multi-day events. As it was, one had to be invited to multi-day events or extremely talented to finish within a tight time limit. Nowhere in the World was there a race of this kind for an ordinary runner such as I.

A race between Perth & Albany seemed to fit the circumstances perfectly. A distance of 406 kms with a $4\frac{1}{2}$ day time limit. This generous time limit would be a World first in multi-day running. It would not put a great deal of strain upon the crews and officials; easy to monitor and would give the new runner to this distance a chance to finish. I also realised that a qualifying distance was required, 100 miles (160.9 kms) in 24 hours for those wishing to enter. At least then a runner would have some idea of what he or she was in for.

I had a plan, for you must always know where you are headed. After the first 24 hour in 1985 (I had to pay for the hiring of the track, Sports & Recreation provided tents and personnel: that is another story in itself), more 24 hours had to be organised as well as a 48 hour before the road event could take place. Ross Parker found sponsorship for our track races, Hi-Tec running shoes. Step by tiny step we advanced.

The Centurion Runners Club (now Association) organised individual 100 Mile events which we recognise but not A.U.R.A. This enabled us to bring to the surface new race organisers and directors, Ross Parker, John Ferris, Bronwyn Salter and Garry Clark. The future of ultra running in this state was thus assured.

Through these means we were able to work out any mistakes that we had made in our official track events and also to experiment. Naturally it kept ultra runners interested and attracted more runners when we had our official 24 hour event. We had get-togethers, parties and training runs.

So a tradition was born that any race we arrange at some stage we run in. Thus any mistakes we make we suffer along with everyone else during the event. This stops comments of a more negative kind, also we have first hand knowledge of how to rectify the error. If we are unable to run in the event we run in a corresponding race elsewhere.

Though we are strong in the running department in this country we are extremely weak in the organisation side. More people need to be involved. You cannot keep depending on the same few. If such a tiny bunch of ultra runners in W.A. can have a high proportion of organisers, is it not about time some of the other states followed suit? Ron Grant said at the Perth to Albany post race party that what you take out of the sport you should put back in.

After the first 24 Hour in 1985 I tried to get a road multi-day event going. The W.A Sports Federation who obtained the World Swimming Championships for 1991 to be held in Perth could not get me sponsorship, nor could a firm who specialises in this type of thing. All my contacts failed. At this stage it was my intention to have the race from Albany to Perth. Races like this often take years to get off the ground. At this stage Garry was involved in a vague way.

I asked Garry if Albany would be interested in sponsoring it. The answer given to him was "only if it finished in Albany". I thought about it and saw that the run into the town was safer than Perth, they would provide us with personnel. Country people, as is seen where the Colac six day event is concerned, get behind any event. Also it was against all logic, I liked that.

I saw more people would take an interest in the event and watch it. It would be a big event to a town that is the oldest inhabited place in W.A. Whereas in Perth it would be just one of many events with only a few spectators watching the finish. Also a point in its favour was that the wind was behind the runners.

Garry Clark and myself get on well, we are both highly imaginative, artistically inclined and like taking calculated risks. He has man-management ability because of his job. After explaining to him the overall plan, how a race like this is run he got a sponsor and a committee in Albany together.

The Rainbow Coast tourist bureau which promotes tourism in the Albany to Esperance region had the courage to sponsor us. They are a new body promoting a beautiful area.

We decided to be known as the friendly race, organised by ultra runners for ultra runners. The committee in Albany and the Centurion Runners Association in Perth got on well together. We made a good team. We each did our job, no arguments or ego trips. This sets the tone for the event. Once the Albany committee got the idea I left Garry alone unless advice was needed, they did much of the work.

As I believed and visualised, someone did believe in my goals. So the moral of this story is that if you believe enough in yourself and your aims, know what you are talking about, recognise the breaks when they come - you will succeed if what you want is realistic. One person can change things because they inspire others, you cannot do it alone. So when a person says to you "I am only one person what can I do, how can I change a particular situation", tell them otherwise. Use this story as a living example.

THE RACE:

We had two pre-race meetings and an on site demonstration using a van to explain to runners and crews what was required. Linda Parker and Joe Record were in charge of this. Crews and runners had already been sent a booklet on how to run and crew in such an event as this.

We do not undertake to find crews for W.A runners only for interstaters. Though most brought at least one crew member, some driving across to Perth. Each runner needs a campervan and a car plus four to five crew members.

At the meeting all crews were introduced to each other and their runner, though interstate runners had been encouraged to write or ring the crews they had been allocated. Most important that aspect of crewing.

The event started at the Burswood Casino overlooking the Swan River, Cars, vans and spectators were able to be in one area. The entrants had tea and cake plus media conferences before the Mayor of Perth sent the 17 runners

off. The weather was overcast and started to rain as it did throughout most of the event, most unseasonable for Perth. Shades of Melbourne! you should have been here last week the weather was glorious!

Graeme Woods was in the lead pack almost from the start with Mike Thompson, Joe Record, Ron Hill, Ross Parker and Trevor Harris, followed by Ron Grant. Then basically for the first part of the race it was Graeme Woods, followed by Mike Thompson and Joe Record. Mike dropped out at Williams after approximately 100 miles, George Audley started to catch up running every 20 minutes and walking three minutes. He closed in on Joe and passed him. Joe dropped out at 266 kms. At this stage a battle was going on between Ross Parker and Ron Hill.

Graeme kept his lead, George got to within 17 kms of him at one stage but could not catch him and so Woodsy finished to a crowded reception at the Albany City Hall. All runners were led into town by a police vehicle, crews running along side their runner. Ron and Ross's position changed right throughout the race, Ron winning that contest. Ross ran out a sore leg.

Trevor came up from the second pack. As runners dropped out the race was divided into two sections, Graeme to Ross, then Trevor to Dave Bird, this made it easy to monitor. He had run and walked the first six hours, rested one hour, thereafter after every four hours he rested an hour. He stated that when he got to within 100 kms from home he would speed up and so he did. He finished looking as though he had just been for a jog. He and Lorraine were going to Margaret River to surf so he said he didn't push himself.

This event proves that competing in the Sydney to Melbourne ultra helps but finishing is a bonus. The first five were all Sydney to Melbourne competitors. Also having an experienced person who had crewed in the Westfield event helped. Ron Hill had a couple of his usual crew, Linda Parker was in Ross's crew, Lorraine in Trevors crew, Wendy Chrisp in Graeme's crew and of course George had most of his usual crew, two of whom are prison officers. Some whit said that was just what George needed.

I had the misfortune to tell Interstaters and all and sundry that the event wasn't tough, had a few hills and was basically flat, in other words undulating.

Charlie Spare thought it was flat as well, looks different from a car he reckoned. 1½ days into the race he didn't say what he usually does 'never again'. This time it was 'you will see, I won't be back next year, I won't sign the dotted line! Later on he was smiling. Does it mean a leopard can change his spots?

Ron Hill, who must have been going through a bad patch, said it was the toughest race he has ever run in. Kept muttering about the hills. I couldn't believe it was tougher than the Sydney to Melbourne, no race is.

Ross Parker (three times finisher Sydney to Melbourne) explained it to me. He said you are running quicker because the race is shorter and the hills keep coming at you. He felt it was a testing course for those wanting to enter the Westfield race, so did the other four.

I consider the Sydney to Melbourne to be the jewel in our ultra crown as it were. It gets the most media coverage, has popularised ultra running throughout the country thus more ultra events are taking place. Without this event we could not be in the position we are today ultrawise. So Charlie Lynn I have kept my promise, we have created an event in W.A. that those considering running in the Sydney to Melbourne can test themselves out in.

Ron Grant retired from the race at approximately the 60 km mark with back trouble, two of his crew were given to Joe Record. Ron and Dell Grant (Qld) travelled

up and down the road helping everyone they could. Very nice people. He gave each entrant a copy of his book.

Those who had retired were Tony Rafferty (Vic) with leg trouble at about 103 kms, he didn't want to take any chances with it because he was running in Colac. Joe Record the same. Greg Hillier (Vic) had circulation trouble with his feet. Alan Croxford's quads stiffened and Garry Clark had other problems.

The other finishers were bunched together. There was 8 kms between the first and the last of the crowd. Most could see each other which helped them all mentally. They were constantly passing one another.

Jill Bower had seven in her crew and kept flinging latin names at me when I asked about various parts of her body that were sore. "You mean your ankle is bloody sore" I used to reply. To make matters worse she had a nurse who tried to explain by using technical and more Latin words. Thereafter when checking their log books I simply crept in and out of their van without saying too much. She seemed happy even when she was suffering. How does she do it? Ross Parker told me she is a very hard lady.

Dave (Dickie) Bird who has completed in all our 24 hour races but only managed to finish and complete the 100 miles this year, is an example to all ultra runners who feel they will never reach their goals. He finished the Perth to Albany and for most of the way had a smile on his face.

In the other ultra's his wife crews for him so when he is suffering he likes all his legs rubbed as it were. This race he had an all male crew including a chap who has completed a 100 miles within the time limit. They were always cracking jokes, this is how a crew should be. They kept pulling my leg about the flatness of the hills and where had the undulating road disappeared to. Yet what touched Dave most of all was a young lad that saw him running along the road, crossed two fields to cheer him on. Dave got his name and address and will be sending him a thank you card.

Because the event clashed with the Olympic we didn't think we would get much media coverage but we did, especially on the radio. Because of this cars passing tooted their horns and people waved. Near the finish cars were parked and people cheered on the runners.

The Women did well, two out of two finished. Trish Spain was one of the seven runners who broke the 100 miles in 24 hours and was not troubled throughout the race. Jill ran the last 30 kms at 10 kms an hour and cracked another joke at the finish.

After the runners had finished they were taken into the City Hall building and measured as they had been at the prerace meetings. From this data the medical people will come up with some specific exercises for ultra runners. Graeme Woods was impressed with this idea. Each year we will think of some medical test we can do on the runners.

It is about time ultra runners were medically tested. Ours is one of the most demanding sports and no one has really bothered much with us. But the amount of data that could be collected from us would be of tremendous value when added to other sporting details and statistics.

Brian Kennedy, better known as one of the organisers of the Bunbury Marathon and being new to ultra running only having completed in May the required 100 miles in 24 hours, said he would be back next year. This was just after he had finished and was being measured. He enjoyed himself is how he put it.

At the reception the Albany Mayoress who came back especially from Perth

for it gave a entertaining speech. The finishers of the race spoke too. Everyone seemed to like the event and Graeme Woods the winner said he would return next year.

So ends the tale of the inaugural Perth to Albany 406 kms Multi-day Road Race. A "fairly flat" race that somehow turned out a trifle hilly! An event that is now part of the Australian ultra calendar. I hope I have inspired some of you Interstaters to come and run in it. We are a friendly crowd here.

My thanks to all those who took part, especially those from interstate and their crews: much appreciated. I must also thank Dr Jeff Faulkner the race doctor, Peter Green (organiser Albany marathon) race director, masseur Tim Fry and media person Jim Macauley, plus Garry Clark and my committee, all ultra or marathon runners.

We did listen to the comments about the race made after the event by some of the participants, and next year we will incorporate the sound suggestions.

RESULTS

1. Graeme WOODS	2 days 6 hours 46 secs.
2. George AUDLEY	2 days 11 hours 29 min 14sec.
3. Ron HILL	2 days 21 hours 5 min 49sec.
4. Ross PARKER	3 days 2 hours 14min 44sec.
5. Trevor HARRIS	3 days 6 hours & 8 sec.
6. Brian KENNEDY	3 days 10 hours 49 min 37sec.
7. Trish SPAIN	3 days 11 hours 15 min 16sec.
8. Jill BOWER	3 days 13 hours 11 min 27sec.
9. Charlie SPARE	3 days 15 hours 9 min 43sec.
10. Dave BIRD	3 days 21 hours 46min 4 sec.

AFFILIATION WITH OTHER ATHLETIC ORGANISATIONS

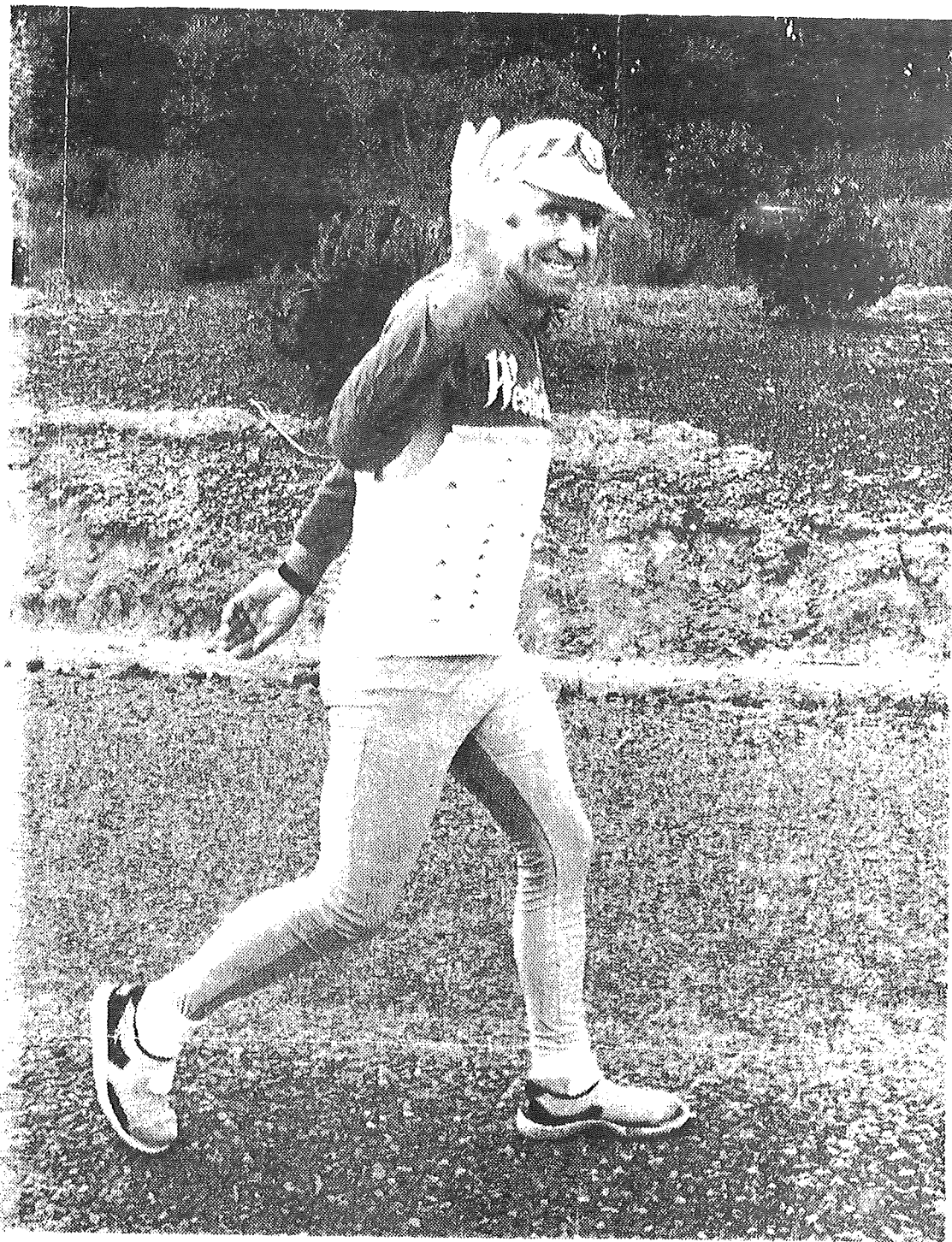
Earlier this year, the I.A.A.F. recognised the International Association of Ultrarunners (I.A.U.). A.U.R.A. is affiliated with the I.A.U., and to complete the relationship, we have made an approach to the Australian Athletic Union (A.A.U.) for affiliation. (The A.A.U. is affiliated with the international body, the I.A.A.F.) However, it seems that the A.A.U. may be setting conditions for affiliation that could be difficult to achieve. We will pursue this liason with an open mind.



BOOK REVIEWS

Comrades by Bruce Fordyce. Bruce Fordyce is the most successful runner ever to tackle the tough 90km Comrades marathon, with over seven successive wins under his belt. He has also won the Brighton on three successive occasions, and holds the fastest time for the road 50 miles. So, the man obviously knows a bit about racing over the 50 mile distance and training for such an event! In Comrades Bruce gives a picture of his own training, and also gives his view of how a runner should prepare for such an ultra as the Comrades. It is not often that a top ultrarunner actually gets to write such a book, and his ideas perhaps reveal why he has been successful. It is a worthwhile buy for anyone interested in ultra training. Price: R6.00. Obtainable from: Shalters Marketing, PO Box 109, Pietermaritzburg, 3200, South Africa.

Indian Running by Peter Nabokov. This book centres around a Tri-centennial Run held in 1980 from Taos, New Mexico to Second Mesa, Arizona. Interwoven in this account is a great deal of information about indian runners of the past from many tribes - Zuni, Hopi, Tarahumara amongst others, as well as reports on such activities as log running among Brazilian indians. The book is well researched and the references at the back of the book are detailed. The book is recommended to anyone interested in the general history of ultrarunning, and also anyone who is intrigued by the possibility of gaining some insights into a totally different ultrarunning culture from that of our own. Price: \$9.95. Obtainable from: Capra Press, PO Box 2068, Santa Barbara, California 93120, USA.



GRAEME Woods' victory run was made on a painful foot, and after over 2 days of continuous exertion.

HE had just run 407km. The sweat ran, his feet hurt and his body cried for sleep.

But Graeme Woods' mind was far away. To five weeks away, when he would try to set Australian and world record distances in a six-day race.

And to the time, next year or the year after, when crowds would cheer him by their thousands as he led the field across the finish line in the Sydney-to-Melbourne ultra-marathon.

These were the thoughts of Woods, a Queensland YMCA director who had just run and won the Rainbow Coast Perth-to-Al-

By ANDY VAN DYK

bany ultra-marathon in two days, six hours and 46 seconds . . . of a former New Zealander who began long-distance runs just 12 months ago and is now aiming to rank among the best in the world.

Woods, 42, broke into a gallop down Albany's main street on Saturday afternoon. Local runner George Audley reached the finish 5½ hours later and Ron Hill finished third another 9½ hours behind.

In traditional small-town spirit, the 3000 folks of Murgon, his home north-west of Brisbane,

raised the \$3000 he needed.

Woods was a marathon runner losing interest in the challenge and getting slower each race. So he decided to run farther.

In January he set an Australian record for a 48-hour race and in August won a 100km race in 7hrs 28min.

"Now I want to extend the 48-hour record to be among the top three in the world," he said.

"I want to win a Westfield (Sydney to Melbourne) and in five weeks there is a six-day race in which I'm confident of breaking the Australian record. Maybe I can also break Yannis Kourou's world record."

THE WEST AUSTRALIAN MONDAY OCTOBER 3 1988

Record dreams conquer pain

Queenslander wins ultra-marathon

By PETER BARBER

A WEARY Graeme Woods jogged into the Albany Town Council Courtyard on Saturday, 54 hours and 46 seconds after embarking on the Perth to Albany Ultra-marathon.

A small but vocal crowd awaited his arrival at approximately 4.30, some five hours ahead of his nearest challenger.

After slowing to a walk about 30km out of Albany with a suspected stress fracture, Woods was able to run the last leg with the aid of anti-inflammatory drugs.

Woods' injury would have put his participation in his next marathon in five weeks time at risk, but it turned out to be only inflammation.

Albanian Audley assumes the position of residential record holder, with the best time for a WA runner over that distance.

England-born Ron Hill was third across the line in 69 hours 5 min 49 sec, approximately five hours ahead of Ross Parker.

First woman

The first woman across the line was Australia's number two ultra-woman marathoner Trish Spain in a time of 83 hours 15 min and 16 sec, head of Jill Bower in eighth place overall in a time of 85 hours 11 min 27 sec.

Woods said at a press conference yesterday he believed the Perth to Albany had more potential than the popular Sydney to Melbourne, and was less dangerous.

"This is the friendliest race I've been in in 29 years of competitive running," he said.

"The race is within the limits of any serious runner and is a more realistic race."

Ron Hill took the adulation one step further, claiming the race was the greatest race ever in Australia and tougher than the Sydney to Melbourne, though not as long.

"The hills were the hardest part, I've never run a race like it," he said.

Though the physical effects of the race were still obvious at the press conference, few lasting injuries were sustained.

Shin splints

Charlie Spare however, entered the Town Council Courtyard at 1.10 am on Sunday morning with painful shin splints (a condition where the muscle fibres of the shin become inflamed).

Others met with difficulties they were unable to overcome.

One of the race favourites, Tony Rafferty dropped out of the race at Crossman, some 120km down the track, after knee problems.

Ron Grant left the road at the 58km mark with back problems, possibly sciatica.

Mike Thompson fell victim to a strained groin south of Williams and Gary Clark was removed from the race by the doctor at Arthur River after vomiting blood.

Clark is suspected of having a stomach ulcer.

Record gone

Joe Record went missing at Kojonup, although he is presumed to be in Perth.

However his support crew has failed to provide information to race organisers.

Out of 17 starters at the Burswood Island Resort at 10 am Thursday, 10 finished with Quinns Rock bus operator, Dave Bird bringing the race to an official close when he arrived in Albany at 7.46 am Monday morning.

His time was 93 hours 46 min and 4 sec.

The race has been acclaimed by competitors and organisers alike as a major success, and the beginning of something of a new era in WA marathon running.

Albany's own George Audley achieved a personal best and shaved an hour off his pre-race forecasted time of 60 hours.

Maturing

"My ultra-distance race is maturing," said Audley (53).

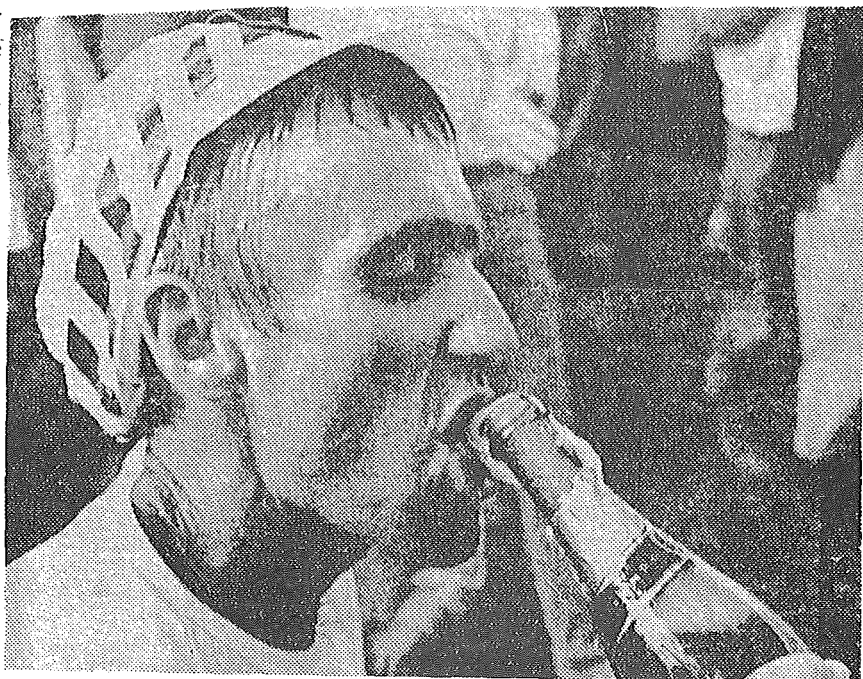
"This is my fifth multi-day, usually I'm looking for ways of having more rest but this time I could discipline myself to get on with the job."

ACT soldier Trevor Harris finished fifth with a time of 78 hours 8 seconds and said it was the crews which made the race.

"I'd also like to thank whoever put on the tailwind," he said.

The full times for the race were: 1) Graeme Woods (42) from Queensland — 54 hours 46 sec; 2) George

Audley (53) from Albany — 59 hours 29 min 14 sec; 3) Ron Hill (48) from Victoria — 69 hours 5 minutes 49 sec; 4) Ross Parker (45) from Perth — 74 hours 14 min 44 sec; 5) Trevor Harris (41) from ACT — 78 hours 8 sec; 6) Brian Kennedy (55) from Bunbury — 82 hours 49 min 37 sec; 7) Trish Spain (46) from Cottesloe — 83 hours 15 min 16 sec; 8) Jill Bower (50) from Esperance — 85 hours 11 min 27 sec; 9) Charlie Spare (49) from Coolbellup — 87 hours 9 min 43 sec; 10) Dave Bird (51) from Quinns Rock — 93 hours 46 min 4 sec.



VICTORY DRINK . . . ultra-marathon runner Graeme Woods celebrates with champagne after completing his run from Perth to Albany. Picture: ED SMIDT.

SRI CHINMOY 100-KM TRACK RACE, OCT. 1, 1988.

AUSTRALIAN INSTITUTE OF SPORT WARM-UP TRACK, CANBERRA by Prachar Stegemann

Rising early on race day, I tuned into a local radio station to catch the 5 am weather report. "Looks like being a great day to fly a kite!" quipped the weatherman. The die was cast: entrants in Canberra's first track ultra-marathon would have to contend with a runner's worst foe, wind, blustering at 30 - 40 km per hour for the entire day.

Like an ever-present ghost, it posed both a threat to those wanting to achieve personal and national records, and a challenge to those attempting an ultra for the first time. Ultra runners thrive in adversity however, and all runners met the challenge head-on (literally!) and gutsed it out to produce some very courageous and memorable performances. It was a classic case of "When the going gets tough, the tough get going!"

Guest of honour for the day was New Zealand's Sandy Barwick, entering her first race since a phenomenal performance in the Sri Chinmoy 1,000-mile IAU World Championship in NY in May, where she broke every world road record from 48- hours up to 1,000-miles, completing the distance in 14 days, 20:45:16. Following a month's recovery, Sandy had been training 140 miles a week and incorporating some speed work in preparation for this, her first 100-km race. Speaking in a radio interview the day before the event, Sandy said she would be happy to go under 9 hours and, depending on the conditions, might have a shot at the Australasian Record of 8:38:43 set a few weeks earlier by Sue Andrews.

Pushing hard into the wind down the home straight, Sandy maintained a record-breaking schedule for over 80 km. dropping back just slightly over the final section to finish a mere 3½ minutes outside the record in 8:42:22, placing 3rd overall. Sandy was delighted with her performance, which confirmed that her rigorous training schedule is paying dividends. Her next race is a 48-hour in England on November 5th, then after Christmas she enters a 200 mile per week build-up to next year's Westfield Sydney to Melbourne. Sandy was an inspiration to runners, organisers and helpers alike as we marvelled at her tenacity and one-pointed will, always maintaining a cheerful attitude in the face of extremely trying conditions.

Martin Thompson already holds the Australian record for the 100 km of 7:22:38, so he came to this race more intent on giving the 50-mile mark a shake. Despite a determined early bid (through the marathon in 2:54), Martin realised by 30 km that the buffeting winds were blowing his ambitions away, and settled into holding a steady pace. Having established a commanding early lead, Martin's victory was never in doubt and his finishing time of 7:41:46 gives him two of the five fastest times run by Australians over this distance. It was a gritty effort by Martin, confirming his position as one of the country's best performers over the middle distance ultras.

Second home was two-time NSW 24-hour champion, Frank Kelly, trying his hand at 100-km for the first time. "Leprechaun" entered the race as a training run for the Campbelltown 24-hour held the following weekend, so he wasn't out to bust his boiler. Nevertheless, his 8:12:43 puts him straight into the top 10 Australian listing. Frank's outgoing humour belies a very strong inner determination, and entrants in the next year's Westfield Sydney to Melbourne should be warned not to take the Irish first-timer too lightly!

The next three to finish were local Canberra runners, all well credentialed marathoners. Derek Quinto and Les Murphy ran the entire race together, and finished together in 9:49:57. Next home was veteran Stuart Reid, in 10:30:51. Members of the Canberra Vets were on hand to watch their heroes, and several reckoned they'd be taking up the ultra challenge in next year's event.

With a 12-hour cut-off time, the race's most exciting drama came in the final few minutes. Simon Potter, a newcomer to running from Victoria, had never run further than 14 miles in his life. He entered the race just to see how far he could go, slowly but surely clocking up the laps, sometimes running, sometimes walking. With most of the field finished and relaxing, Simon became the focus of attention for helpers, officials, and finished runners - would he make it? Tension mounted as Simon edged closer to 250 laps, but all the time the clock seemed to be ticking over faster than his weary legs could carry him. With ten minutes remaining, he had just 2 km to go, and finally settled the issue with a 90-second last lap, finishing the distance to the cheers of the crowd with just 17 seconds to spare!

The past year has really put Canberra on the ultra-running map, with the inauguration of one of the most spectacular bush races (the Brindabella Classic) and now the addition of a quality ultra track race. The Sri Chinmoy 100-km will now become an annual event, hopefully continuing to attract proven performers from interstate as well as enticing local marathoners (of which there are plenty) to test themselves over this gruelling distance.

For information on next year's race, contact Prachar Stegemann, 18 Brennan St. Hackett, ACT, 2602, Ph: (062) 480232.

SRI CHINMOY 100-KM TRACK RACE

RESULTS

	NO.	MARATHON	50KM	50 MILES	100KM	
MARTIN THOMPSON (NSW)	1	2:54:07	3:27:46	5:57:17	7:41:46	1st open men
FRANK KELLY (NSW)	2	3:12:08	3:49:42	6:31:44	8:12:43	2nd open men
SANDRA BARWICK (NZ)	F1	3:27:41	4:08:47	6:54:09	8:42:22	1st open women
DEREK QUINTO (ACT)	3	3:45:29	4:29:04	7:44:08	9:49:57	=3rd open men
LES MURPHY (ACT)	4	3:45:29	4:29:04	7:44:08	9:49:57	=3rd open men
STUART REID (ACT)+	V1	3:33:37	4:13:40	7:57:51	10:30:51	1st over 50 men
BRIAN COLWELL (NSW)	5	3:58:19	4:47:27	9:15:44	11:23:39	5th open men
SIMON POTTER (VIC)+	7	4:00:51	5:22:10	9:45:20	11:59:43	6th open men
SUE WORLEY (SA)	F2	4:38:12	5:32:07	9:32:08	92.8 km at 12 hours	
LEO FILIPPONE (VIC)	8	5:02:26	6:39:26	11:49:39	81.8 km at 12 hours	
KAVEN DEDMAN (SA)*	6	6:20:21	7:41:57	11:53:55	81.2 km at 12 hours	

* - started 1 hour and 34 minutes late

+ - denotes first ultra

THIS RACE WAS PROUDLY SPONSORED BY:



With Compliments



48 Frenchmans Road,
Randwick, 2031
Sydney, Australia
Telephone: 399 3893

Fred Howe
Margaret Howe



BIG APPLE NISSAN 24/48 HOUR RACE SCHEDULED FOR JANUARY 1989

Regretfully, we have to announce that this race will not be held in January 1989 due to problems associated with its organisation. However, we hope that it will be on the calendar again in 1990.

12th October, 1988.

CAMPBELLTOWN 24 HOUR TRACK

24 HOUR RACE REPORT

DAVE TAYLOR - RACE ORGANIZER

Dear Dot,

I am writing to thank everyone who supported our 24 hour race, from runners through to crew members, officials and little athletics (who ran a 24 hour canteen). I would like to congratulate Brian Smith, who is one of the finest ultra runners I have seen come along. If he wasn't preparing for Colac, he would have been capable of running around 250 clicks, and that's being conservative.

Congratulations to Georgie McConnell on breaking her NSW record. I hope Georgie and Brian spend their \$500.00 vouchers wisely (not on shoes of course).

Congratulations to Wanda who I feel always gives 100%. She ran a fine second and made Georgie earn every kilometer. A fantastic dual. Val Warren 54, ran 3rd in her first 24 hour run with 144, a top effort. Lou Gladwell a fine 4th first up. Graeme Fiskin keeps going from strength to strength with a striders record around 200 clicks. Bruce Donnelly 3rd around the 190.

Two performances that cannot be overlooked are Killer Mansell and Pat Farmer having already two days prior ran 100 plus 80 training then running 188 and 174 in the race fantastic.

Lindsay Phillips and Bruce Adams ran well after travelling from QLD.

Ralph Bristo and our local reporter who has never ran before (or trained) ran 56 kilometers just to see first hand what we suffer. Well I assure you he now knows.

A special thanks to Steve Cornelious, Charly Lynn, John Dangar and Dot Browne who all helped me with advice on my first attempt at organizing a race; and of course my race director John Shaw, who took the reins so I could run. A special thanks to Big Chris race manager Ian Hutchinson, Tim English and Margaret Markus our masseuriers who did a great job. I would also like to thank Bert Bliss who helped, the sponsors Lend Lease Campbelltown Mall, and anyone I have forgotten.

I feel the race was a great success and will be even bigger and better next year. I feel the runners' crews and officials made it the success it was. All crews will receive appreciation certificates through their runners.

THANK YOU.
DAVE TAYLOR.

LEND LEASE CAMPBELLTOWN MALL 24 HOUR TRACK RACE 8th and 9th October 1988

Mark Foley.

This was the inaugural staging of the event, and what a great debut it turned out to be! Race organisers John Shaw and Dave Taylor put together a well-organised race attracting excellent local support (the Advertiser newspaper, Campbelltown Shopping Mall) and generally looked after the runner's best interests.

The race was held at Bradbury Oval and a "village green" feeling was achieved with the support crews right on the edge of the track. The local support included the Little Athletics Association who provided a 24 hour sausage sizzle and canteen, with the "mobile" canteen in action (Mars Bars, chips and drinks in a billy-cart). Well-known masseur Jim English was in attendance throughout, with Westfield Run masseur Colin Berry making a Sunday morning appearance.

Co-Race Directors for the event were that well-known twosome: Big Chris Stephenson (NSW AURA Rep, Race Director Bathurst 50 Miler) and Ian Hutchison (Race Director 6 Foot Track Marathon, Manly 100 Miler). They kept a very accurate leader board; inspected each runner's food supplies; and Ian personally tested the sausage sandwiches on the hour.

The race featured a strong field including six Westfield Run finishers: Bryan Smith(VIC), Frank Pearson, Graham Wilkinson, Mark Gladwell (twice), Kevin Killer Mansell (twice), and Patrick Farmer. There were four ladies: Georgina McConnell (NSW record holder), Wanda Foley (former NSW record holder), Lou Gladwell(debut) and Val Warren(debut). The field featured seasoned campaigners like: Ernie Cattle, Dallas Earsman, Graham Firkin, Dave Taylor, Eduardo Vega, Graeme Townsend, plus up-and-comers like Keith O'Connell (189K PB), Keith Fisher (200K PB), Steve Grant (179K PB) and Frank Kelly (NSW record holder-PB 225K). Twelve runners were making their 24 Hour debut.

The race began at 11am on Saturday and the runners sweated their way through a hot, sunny afternoon. The expected cool of the evening was tempered by a stiff breeze which developed into fierce wind gusts, causing the runners to really battle through the night.

The early lead was shared by Lindsay "Stylemaster" Phillips(QLD), Bryan Smith and Frank Kelly. Lindsay's running style caused some comment but he was certainly putting in some quick laps. Frank Kelly was on target to break his record when he was forced to retire with a re-occurrence of a knee injury. Bryan continued to give an exhibition of great ultra-running and was never headed for first place. The womens race developed into the expected duel between Wanda and Georgina, while Val and Lou remained very close. Wanda had an eleven lap lead on Georgina until 4am when she took to her tent with exhaustion from battling the wind. When Wanda returned Georgina had built up a 9K lead which remained to the end. Val and Lou are friends and training partners and were very pleased to finish, Val with 144K and Lou with 130+K. Congratulations to both of them.

The race was on for second place with Graham Firkin steadily working his way up the leader board to take second place with 200+K, and setting a

new Sydney Striders distance record in the process. Graham has one of the best crews, ably led by his wife Barbara. Should his resolve waver, Barbara usually threatens divorce which does the trick as he knows he would be lost without her.

All the crews were friendly and supportive ,with few exceptions, giving encouragement to runners and other crews and faithfully lap scoring.

The race organisers worked tirelessly to provide amenities and supplies for all. The biggest provision were the POWERED SITES!! The joy of being able to boil a jug or work by electric light was indescribable.

All runners were presented with a trophy and race t-shirt, with first place male and female receiving a \$500 voucher from the shopping centre.

The Campbelltown Council, Lend Lease Shopping Centre and the Advertiser Newspaper got behind the event and ensured good local support. The experience of Dave Taylor and the organising ability of John Shaw were the obvious reasons for the success of the event. The choice of site gave the race an atmosphere that all agreed was special. There were two other special things: the effort of Col McDonald, a worker with the local paper who decided to "have a go", and walked and jogged 56 K; and the kids from Little Athletics who cheered the tired runners on Sunday morning. Charlie Lynn and Steve Cornelius(Syd.Striders 24 Hour Race Director) were at the event, and I'm sure they would agree that this new race is a welcome addition to the calendar.

LEND LEASE CAMPBELLTOWN MALL 24 HOUR MARATHON

FINAL RESULTS

		<u>LAPS</u>	<u>KM</u>				
1	B. SMITH	582	232.96	17	E. CATTLE	349	139.84
2	G. FIRKIN	504	201.79	18	N. JOHNSON	346	138.53
3	B. DONNELLY	495	198.14	19	K. FISHER	344	137.71
4	P. FARMER	470	188.18	20	L. GLAD	342	136.91
5	B. FICKEL	455	182.40	21	D. TAYLOR	322	128.90
6	S. GRANT	436	175.33	22	B. ADAMS	321	128.63
7	T. COLLINS	435	174.97	23	M. GLADWELL	306	122.51
8	K. MANSELL	434	173.75	24	D. EARSMAN	283	113.37
9 *	G. McCONNELL	432	172.91	25	G. WILKINSON	252	100.80
10	L. PHILLIPS	428	171.35	26	E. SMITH	251	100.
11	R. BRISTOW	420	168.14	27	G. TOWNSEND	231	9
12	R. CHANNELLS	414	165.84	28	R. DAVIS	224	90
13 *	W. FOLEY	407	163.10	29	F. KELLY	217	86.8
14	E. VEGA	389	155.70	30	K. O'CONNELL	174	69.60
15	V. WARREN	362	144.91	31	C. McDONALD	156	54.5
16	M. CONNOR	352	141.15	32	F. PEARSON	65	26.0

THE AGONY AND THE ECSTASY

24-HOUR
TRACK
RACE

OUR TOUGHEST RACE EVER!

Bradbury: Two State records were a fitting climax to 24 hours of agony and ecstasy on the weekend as the country's best ultra-marathon runners competed in Campbelltown's first 24-hour track race.

In some of the most inspiring performances seen in this district, 30 men and women battled sun and wind and their own tortured bodies in a race against each other and the clock.

The race was sponsored by Lend Lease Campbelltown Mall and the Macarthur Advertiser.

Four of the runners had completed the Sydney to Melbourne ultra-marathon, while Campbelltown's Dave Taylor, the race organiser, had run from Sydney to Melbourne and back for charity.

The race was started by Campbelltown Council public relations officer, John Leary, and runners were greeted at the end by Mayor Jim Kremmer and Deputy Mayor Arthur Hutchens.

The long distance runners proved they are a breed apart.

They are fiercely determined to beat their own personal best and to beat their competitors, but they do it in the friendliest way, helping and encouraging each other.

In the middle of their own pain, they encourage fellow runners to plug on.

There were some moments of real courage.

Norm Johnson came up from Victoria to use the race to qualify for the Sydney to Melbourne run and managed almost 140km, despite heart-breaking pain at times.

Frank Pearson, the 65-year-old who completed the Westfield run eating a meat pie, was forced to pull out after 26km through injury.

Frank Kelly, the former record holder, was forced out after carrying injury through 86km.

The Peruvian Vega had a smile as big as all Peru,

despite exhaustion after 155km.

Our own Dave Taylor finished the race with 129km in agony. You could slip a two-hoh bit in the crack in his knee and he carried that injury for at least 15 hours.

Winners of the men's and women's sections both broke the NSW records, even though strong winds buffeted them for half of the race.

In the women's section, Georgina McConnell broke her own record with a distance of 172.91km, after an enthralling tussle with former record holder Wanda Foley, who came second.

Lou Gladwell took home a Macarthur Advertiser encouragement trophy with her first-up 24-hour distance of 122.51 in trying circumstances.

Third for the women was Val Warren, with 144.91km.

Victorian Brian Smith broke the NSW record with a mighty performance of 232.96km.

Graeme Firkin, with a personal best of 201.79km, and Bruce Donnelly, with a first-up 24-hour distance of 198.14km, took out the minor placings.

Macarthur Advertiser journalist, Colin McDonald, accepted the other encouragement award after a courageous performance in completing the gruelling event without preparation (see back page).

Army runner Mark Conner took home the Macarthur Advertiser Challenge Shield, for competition between the army, police and Western Suburbs players.

The army was a tower of strength during the race and helped out with tents and other equipment.

The winners received trophies and cheques from Lend Lease Campbelltown Mall and all runners received a small trophy.

On Saturday night Bradbury Oval was a colourful sight as the tent city of crews and supporters surrounded the track with a circle of lights.

Even in the violent wind storms, runners,



GEORGINA McConnell and Brian Smith on the victory dias.

crews and officials were undaunted and atmosphere was one of fun and mateship.

As race director, John Shaw, said: "This is a beauty. I was worried for our first effort, but this has put Campbelltown on the running map and we'll go on to bigger and better things next year."

Centre manager at Campbelltown Mall, Kevin James, and marketing manager, Sue MacDonald, were delighted with the success of the event and pledged their continued support.

Mr James said Sue had devoted many hours to preparation for the race and the results made it all worthwhile.

"We now have a greater understanding of such an event and we'll make it even better next year."

Macarthur Advertiser editor, Brian Morgan, told the runners they were an inspiration not only to the young people of Macarthur, but to people in all walks of life.

He also pledged to continue support for the race next year.

Mayor Jim Kremmer welcomed runners and

crew to Campbelltown, congratulated them on the performances and invited them to return next year.

Race organiser, Dave Taylor, said John Westall, at Trophy Mart, and Chris Stode, of Shell Appin, had sponsored trophies.

He said the professionals of long distance running, Chris Stevenson and Ian Hutchinson, had ensured the race was a winner from the starting gun.

The runners had the last word: "We'll be back!"

DAVE Taylor ran well before a crippling injury to his knee.



ALL-conquering Brian Smith broke the NSW record with a massive 232.96km run in just 24 hours.

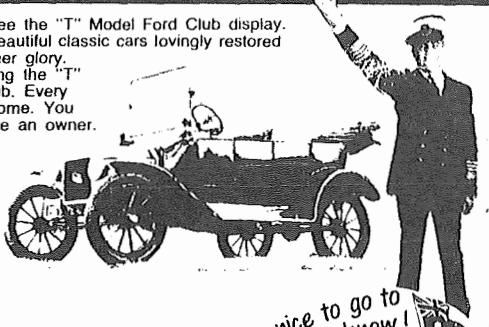
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Come in and see the "T" Model Ford Club display. Inspect these beautiful classic cars lovingly restored to all their former glory. Ask about joining the "T" Model Ford Club. Every enthusiast welcome. You don't have to be an owner.

VENUE:
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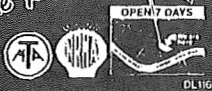
DATE:
Sunday,
16th October.

TIME:
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ST MARYS SPRING FAIR

Emerald Drive, Eaglevale

This Saturday
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9.00am-3.00pm

Last minute giveaway drawn 3pm.
You must be present.

Luxury weekend for two at the
Sands Resort Maroubra
Winner must claim price within 3 mins.

NAME

Col's performance just staggering

THE man with the Artie Beatson training regime, Colin "I'll be there when the whips are cracking" McDonald beat his personal best by 54.50km when he ran 54.52km in the 24-hour track run on the weekend.

McDonald, Kouros to his mates, is sports writer and sub-editor at the *Macarthur Advertiser* — and no-one can remember why the heck he entered the gruelling race in the first place, but it must have been for a bet.

He first rose to fame as a runner when he ran through Campbelltown with marathon man Dave Taylor as part of Dave's

crew in 1985.

Then it was discovered he got out of the escort vehicle at Mawson Park and had only run several hundred metres before panting to a halt at the back of Campbelltown Mall — but it was a personal best.

When McDonald entered the big race, he went into strict training, concentrating on food and drink.

He started on pies and beer, went through a spartan period of chicken, chips and Coke, and then toughened up with some severe Chinese concoctions.

Several witnesses saw his only training run, when he sort of trotted from the *Macarthur Advertiser* switchboard to his phone to get an important call.

There are also unconfirmed reports that he once hurried to the coffee machine.

He took the week off before the race to mentally prepare for the big one. He sat in the hammock thinking about it.

With his one confirmed training run behind him and a rugged diet to put on the extra pounds he might lose in the race, he arrived at the track on Saturday morning.

If you were there, McDonald was the one with a smoke hanging out of his mouth on the start-line.

His first three laps were at breakneck shuffle speed, when I was forced to intervene and tell him slow to a walk — after all, I had witnessed his training sessions each lunch time.

Within two hours he was confirming what others had known all along — that he was a fruit-cake.

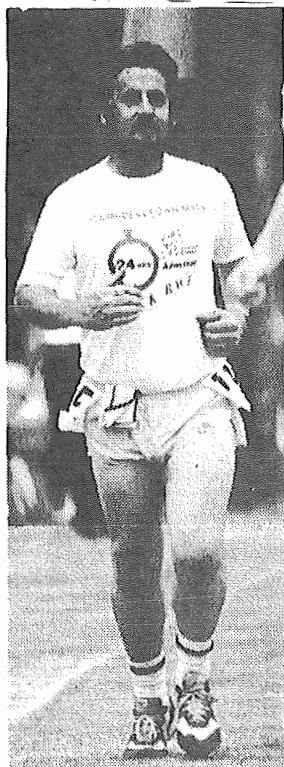
I couldn't bear to look anymore and went home, returning at 8.30pm.

I couldn't believe my eyes. McDonald was still on the track.

The wind was howling a gale, which was good, as long as it was at his back.

Someone told me he had walked for two hours on the one spot trying to push into the wind, until it died for a few minutes.

He had gone 36km and, after a quick survey of his condition, I told him to being a drongo and



Kouros McDonald

ADVERTISER Sport

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No. 57



MIDNIGHT: Every picture tells a story.

go home while he could.

"I'll just try to make the marathon (42km) and then I'll go home," he said.

I went home and returned on Sunday morning at 9.30.

McDonald, after a few hours in the tent and just 2½ hours sleep, was back on the track.

It was a pitiful sight.

Atmospheric pressure on his frail, emaciated body had shrunk him to about 3'6" of wizened up, hobbling agony.

Throughout the run he kept assuring me he was taking plenty of fluids and officials said the only thing that kept him going was the beer at the end of each lap.

But he stuck it out, longer than half a dozen of the more fancied runners, and clocked up a staggering 55km. And I mean staggering.

"If only someone had put an arrow through that Greek bloke that ran the first marathon, all this wouldn't have happened," he wheezed.

He is believed to have clinically died three times at the presentation ceremony until the family finally dragged him home.

Next day he was back at work in the finest performance since Lazarus.

Footnote: The Macarthur Advertiser received an anonymous call on Monday evening from a "funeral parlour" asking if Colin McDonald's body was ready yet.

LAUNCESTON TO HOBART 200KM

The inaugural Launceston to Hobart Ultra Marathon was successfully staged open the 15th to 16th October. Dick Tout set a record that will be hard to better. Even though there was a tail wind for a lot of the way, there were big hills, the last 20km being quite horrific.

Writing this one week after the event the legs are still rubbery, having a tendency to suddenly give way without warning!

Personally, the race was very rewarding. Keep smiling. All the very best from Tasmania.

Mike March

RESULTS

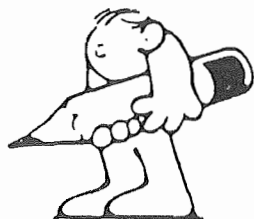
Place	Name	Time(Marathon)	Time(Finish)
1	R. Tout	2-44-27	16-43-02
2	J. Breit	3-00-16	18-49-35
3	M. March	3-44-09	19-25-10
4	A. Law	3-10-46	22-57-27
5	R. Nash	3-38-56	28-05-40
6	M. Maddock	4-30-22	28-08-10
7	S. Harrex	4-45-42	31-33-30
8	S. Foulkes	4-56-13	Exhaustion
9	T. Dietachmayer	5-31-08	Exhaustion
10	A. Lucas	4-11-01	Exhaustion
11	H. Fehlandt	3-59-52	Exhaustion
12	T. Benvon	4-10-54	Knee Injury
13	A. Ryder	3-18-05	Exhaustion
14	K. Binder	3:47:05	Stomach Pains
15	T. Wing	3:08:27	Exhaustion
16	I. Lilburn	D.N.F.	Low Sugar Level



The loneliness of a long distance runner. Victorian John Breit trudges his way along the Midlands Highway on his way to second place in the Launceston to Hobart ultramarathon over the weekend.

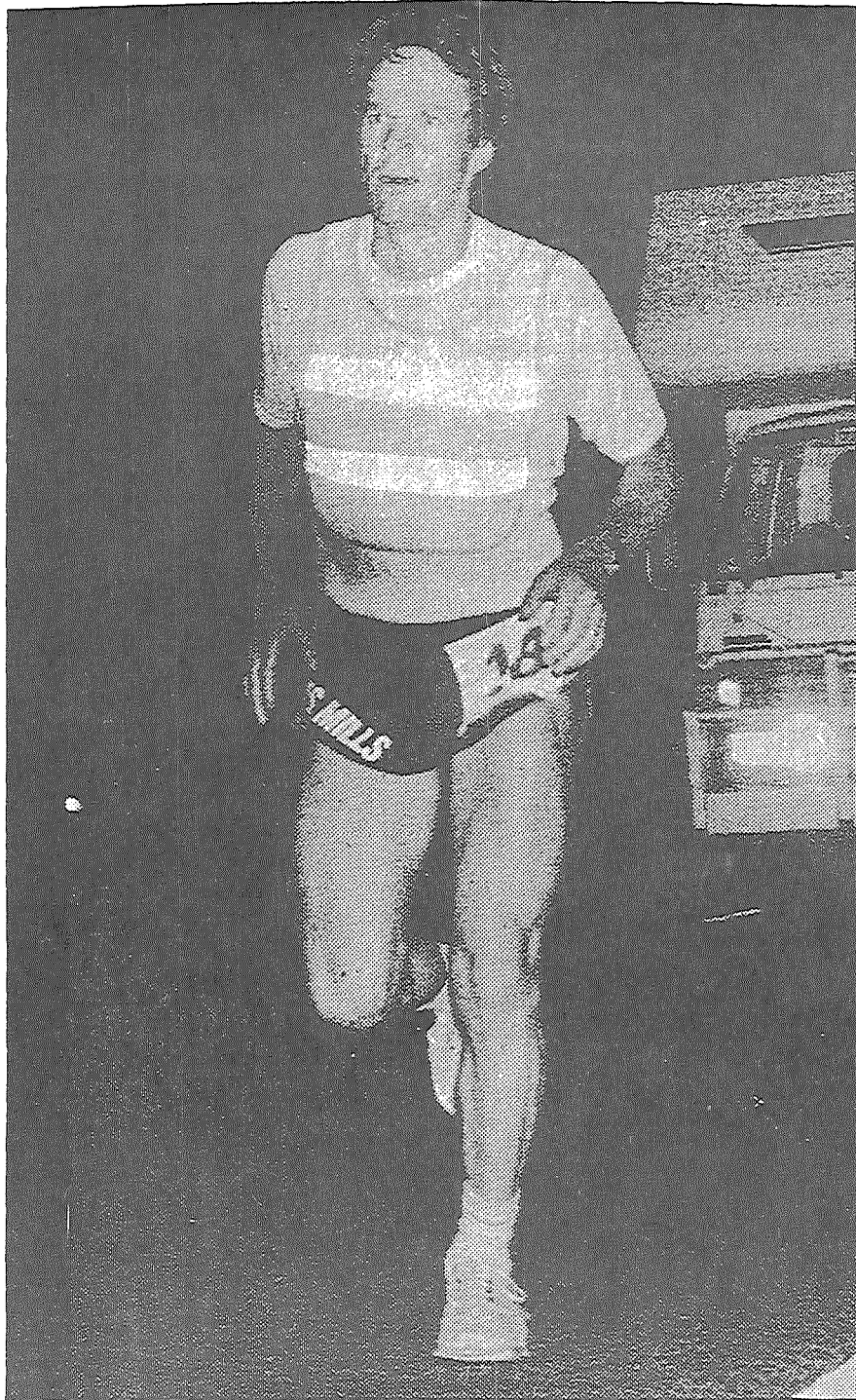
ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



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

Please dispatch to the Editor.

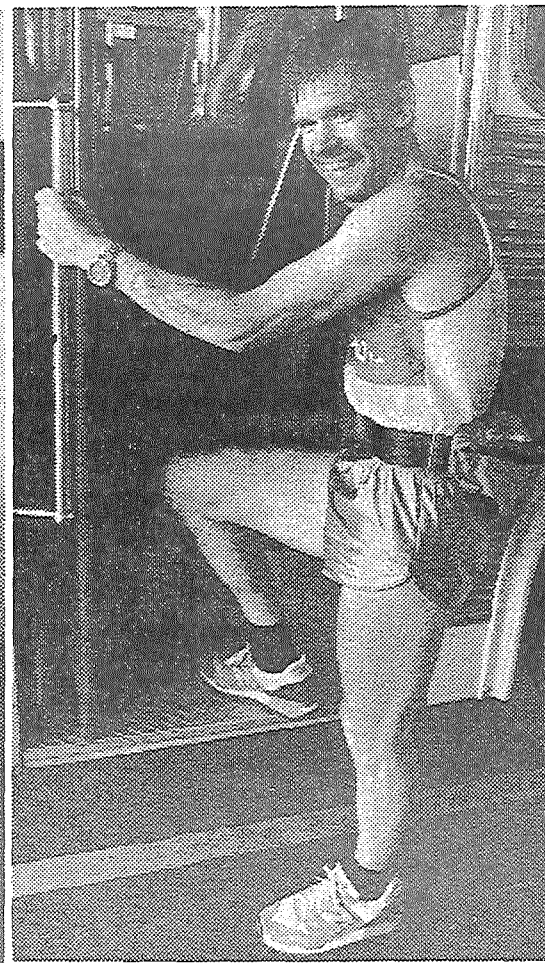


New Zealander Dick Tout on his way to blitzing the field in the inaugural Shell Ultra-marathon from Launceston to Hobart.



The strain shows on the face of the first Tasmanian to finish, Mike March, who was third overall in the gruelling 200km run.

In the long run Mike gets a ticket to ride



By JOHN BRIGGS

MIKE MARCH doesn't care if people think he's mad — he freely admits to being a running fool.

"Sure, we're all a bit mad — there are 20 others just like me," he says of his fellow starters in next week's 200-kilometre Shell Ultra Launceston to Hobart race.

Finding time to talk to the 45-year-old isn't easy — he spends more time on the road than most of us do in bed.

March thinks nothing of a jog to Campbell Town and trotting to Oatlands is commonplace.

He crawls out of his bed at Ferntree about 2.30am, wearing only running gear, and heads North, has breakfast at Kempton if the shops are open, lunches at Oatlands, but is never still for long.

The aptly-named March would run even farther, but he has a bus to catch. Yes, after 14 hours on the road our hero flags down a Redline coach for the trip home.

Why doesn't he do it in reverse and trot back home after the bus trip North?

"I prefer it this way. It's more of a challenge and makes me conquer

some of the mental barriers," he says, without the trace of a smile.

His busman's holidays are becoming so regular the drivers are getting to know him.

"I usually try to find a seat up the back and the other passengers move well away when I take off my shoes."

Having a sense of humour helps for the ultra-marathon runners, who face hours of lonely miles with only the mind for company.

"You learn to be a great thinker out on the road — let's face it, there's not much else to do."

One of the things he'll be thinking about this week is the \$5,000 prizemoney for first across the line in Hobart.

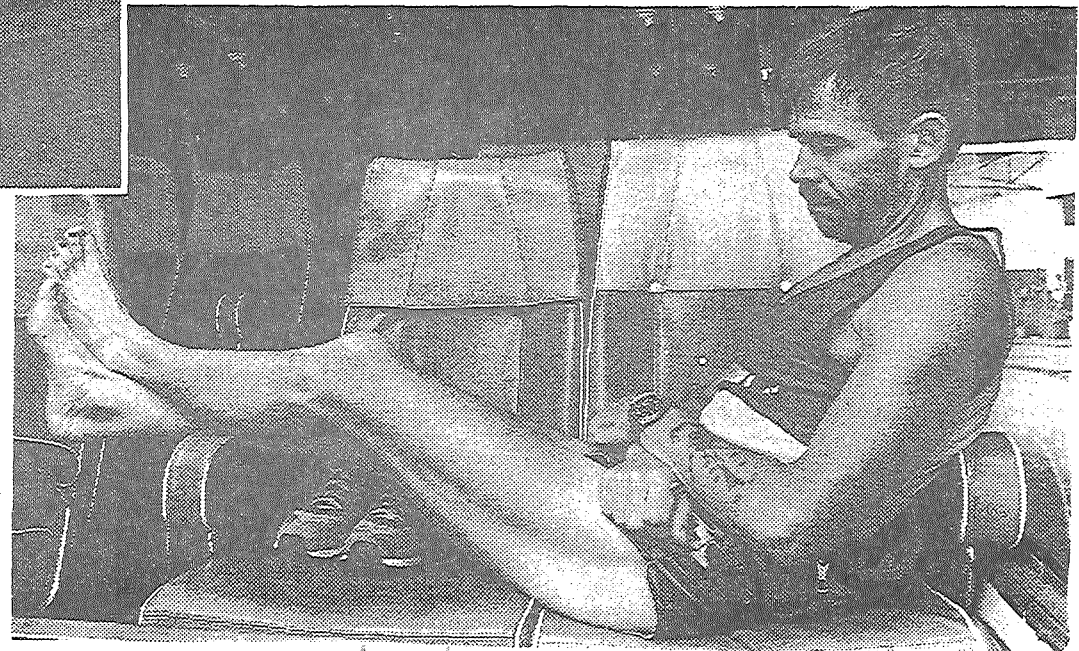
"It won't be easy — there are some of the best runners in the world competing, but I'll give them a run for their money — I couldn't be fitter and I'm mentally prepared."

March, who was seventh in the Australian 24-hour title in Adelaide two years ago, says you have to have a goal and stick to it. He has no plans to stop on the road from Launceston and will eat and drink on the run.

And when the bus comes past, he'll be waving the driver on.

Show me the way to go home . . . Mike March feels the pain at the end of his jog to Campbell Town, left, but then it's all smiles as he boards the bus and takes it easy on the long trip back to Hobart.

Pictures: RAOUL KOCHANOWSKI.



Tout blitzes the field in speedy ultra-marathon

"The Mercury" 17/10/88

By JOHN BRIGGS

NEW ZEALANDER Dick Tout made a one-horse race of the inaugural Shell Ultra-marathon which finished in Hobart early yesterday.

Tout, 40, the best credentialled "ultra" runner in the field, scorched down the Midland Highway, finishing the 200km race in a sensational 16h43m2s to collar the \$5,000 first prize cheque.

The ease of Tout's win in such fast time robbed the finish of the 200km race from Launceston of much glamour, as the Kiwi running machine lobbed at the Hobart docks about dawn and was asleep in his hotel room when the minor placegetters hit town.

Tout later emerged from his hotel to check out Wrest Point Casino and then attend the presentation ceremony to declare his only worry was a sore foot.

"I also had some stomach trouble in the last part of the race, or I might have been much quicker," said Tout.

The Kiwi deliberately set out fast, breaking the field up with a speedy first marathon time of 2h44m.

"It's a great race and I hope to come back next year and run even faster," said Tout, who has a best marathon time of 2h32m.

"I like setting the pace early and this was one of my better runs."

Victorian John Breit arrived nearly two hours behind the winner to record his best ever performance in an ultra race.

Breit has completed more than a dozen marathons, but his only previous claim to fame was finishing this year's Westfield Sydney to Melbourne run in 22nd place.

He was pleased with his run, although a trifle frustrated at losing his way in the last two kilometres, when he became separated from his support vehicle.

After an extra lap around the wharf area, Breit rested his legs on the steps of the Sheraton Hotel and expressed pleasure, but pain at doing an extra 500m on top of the official distance.

Tasmanian Mike March was third, just 43 minutes behind Breit, in a tremendous performance, with another three hours transpiring before a second Tasmanian, Andrew Law, appeared.

Law's support crew were delighted with his effort, as the 29-year-old Moonah runner is a virtual novice at the ultra game and had only a 95km Ross to Richmond run this year to his credit.

Tout led all the way and put a big space between himself and Breit mid-race, moving nearly 20km clear at Kempton.

At that stage even Tout's support crew members were surprised at how well their man was moving and he ran strongly over the final 20km for an early shower.

The wintry weather took its toll on the field and several runners were out of business before the half-way point.

The only others to finish within the 30-hour time limit were local Mike Maddock and Victorian Rob Nash, who finished close together, while 60-year-old Tasmanian Stan Harrex was still on the road late yesterday determined to finish, but certain to miss the official cut.

The attrition rate was high, with many feeling the pinch in the first half and only six finishers making the cut-off.

The \$5,000 teams' section was won by Talays, ahead of Devonport Hash Harriers, Newstead Harriers and the Budget team.

Race promoter David Osborne was pleased with the inaugural event and confident it would be staged again next year.



A shot of Cynthia Cameron and Dave Herbert in their running/wedding gear, fresh from a 20km run.

ADVERTISEMENTS

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

The 1989 Westfield Run between Sydney and Melbourne is scheduled to start from Westfield PARRAMATTA on Thursday May 18th, and will conclude at Westfield MONCASTER on Friday May 26th, 1989. The course will remain unchanged from 1988 with the minor exception that it will be routed through towns along the way.

Charlie Lynn, Race Director is still seeking officials and support crew members for one of the sponsored competitors. He states that he prefers officials who have a commitment to personal fitness, who do not smoke and who are prepared to abstain from alcohol during the period of the event. If you are interested and think that you have the necessary attributes, complete the form below and mail to Charlie Lynn, c/- the above address immediately!

OFFICIAL/SUPPORT CREW REGISTRATION FORM

PERSONAL PARTICULARS

SURNAME

FIRST NAME

ADDRESS

TELEPHONE() (Home) () (Work)

DATE OF BIRTH PLACE OF BIRTH AGE

OCCUPATION

DRIVERS LICENCE NO TYPE/CLASS

NEXT OF KIN DETAILS

SURNAME FIRST NAME

TELEPHONE () (Home) () (Work)

CLOTHING SIZE

(Circle One) XS S M L XL XXL

COMMENT:

SHOE SIZE:

I prefer to work as an Official/Support Crew Member. Delete One.

I am available to work in either capacity if required to do so.

Signed

Date

OUR 1000 MILE WORLD CHAMPION

Write the vision and make it plain
upon tables, that he may run that readeth
this. Book of Habakkuk

It is difficult to adequately praise
the Sandy Barwick ultra-marathon.
When physical reserves were nearly gone
her inner strength continues to amaze.
We saw achilles tendonitis raise
the question whether she would carry on,
but failure she refused to dwell upon
and cut the record down by two whole days.
No onlooker at Queens could help be moved
as onward through the lines of Elms she pressed
and raised a large New Zealand flag unfurled.
Her run at Flushing Meadows now has proved
amongst some mighty runners she's the best
at ultra-marathons in all the world!

Peter London

This describes in a nutshell the whole enthralling saga of the physical effort and associated problems experienced by this incredible lady, who re-wrote the record book on six occasions. Someone said that she had served a prison sentence of 1000 years, the only visiting rights granted being when she was allowed away from the track to receive medical treatment.

On arrival in New York the Tuesday before, she was met by Richard Dillicar who put her in the care of one of the Sri Chinmoy girls at her apartment. Living conditions within this group slanted towards traditional Japanese style, with shoes left outside the door and mattress on the floor on which to lay your head. Sandy being a true Kiwi took it all in her stride.

Wednesday's schedule included a 6 mile run in the rain, and Press Conference at the New York Road Runners Club rooms where she gave an interview for the Australian Television network. The New Zealand Consulate was represented, and Judy Lessing, New Zealand's New York based correspondent, who became Sandy's mother figure, with daily telephone calls and personal visits to the track with her daughter. Another peep into the Sri Chinmoy lifestyle included a meditation session

and an introduction to Prasad (blessed food) comprising biscuits, honey cake, potato chips and fruit.

Thursday was a free day which Sandy used for shopping. A radio head-set which was essential during the run, was purchased, and a visit to the track to suss out her tent site and meet the squirrels. A pre-race dinner was held that evening at the Sri Chinmoy Vegetarian Restaurant, which was enjoyed by one and all and a grand opportunity to meet and get to know everyone involved.

With the race due to start the next day it was time for thoughts to be turned to the task ahead, which seemed daunting and bewildering. She had trained conscientiously and felt she was in good form, but did not know what sort of performance she could put up. Dick Tout had advised her that she would get fitter as the race progressed and this would or could carry her through. She planned to run for 4-4½ hours (30 miles) with a 10-15 minute break every 2 hours, most of the time, to take in food, but while walking. This consisted of rice cakes or fruit (water melon), and a non sugar drink called Polycose which was made up for her every 24 hours. At 4-4½ hours a half hour break was to be taken, which hopefully was around a meal time. Main meals consisted of rice, vegetables, pasta, sweet potato, and fattening desserts like rice pudding. Breakfast consisted of cereals (cornflakes) with fresh strawberries, but she mainly stuck to carbohydrates, French toast and peanut butter.

A special tent was set up as a drink station. They had fresh spring water as opposed to tap water, plus other types of drinks like Coca Cola.

The kitchen closed down from midnight until 6 a.m. daily. Instead a table was set up outside with bread, grape jelly, chocolate, biscuits and hot soup. Around breakfast time, with all the delectable cooking smells, it was an incentive to cram in the miles before the break. Unfortunately when it was hot, Sandy could not face any more pasta, but preferred a salad roll. Salad rolls were prepared with lettuce, cabbage, grated cheese, bean sprouts, carrot and tomatoes, and thick potato soup.

8-7
Now bid me run, and I will
strive with things impossible

Julius Caesar

And now the saga of the 'Ancient Ultra-Marathoner' was about to unfold. Race day dawned to an expectant and eager participant. With a 12 noon start, Sandy was picked up at 9.30 a.m. in plenty of time to get her bearings and take part in the pre-race ceremony. Count down, and they were off, altogether for the first four laps. The event was staged on a one mile loop in Flushing Meadows Corona Park. Three races in one, 700 miles, 1000 miles and 1300 miles. Save to say, no one this time ran the 1300 miles. Pace kept at 8-8.30 minute miles until Yiannis Kouros took off and everyone settled down to their own pace and race strategy. As the readers will be aware, Kouros became the winner overall and made race history.

Sandy covered 100 miles that day and had a very good massage and managed her first really good sleep since arriving, despite the aeroplanes overhead, which, strangely enough, one got used to as time went on.

With the first dream that comes
with the first sleep, I run, I run

Alice Meynell

Second day was uneventful and covered 74 miles, although as expected legs were a bit tired.

Third day she felt tremendous. Being a weekend there was much activity in the surrounding parks, but it was "Muggers Night Out" and Sandy could easily have come to grief had there not been guards posted at strategic points around the course. This was also the first night of the electrical storm. Thunder and lightning which could have been dangerous. No need to have a shower because the rain did the job. Despite all the unplanned excitement she still managed 76 miles.

Faith, I ran when I saw others run

Henry V Pt. 1

Fourth day Not a good day, but still covered 70 miles. Like "hitting the wall" in a marathon somewhat. It did not worry her though. In her own words "The monsters are here and they

are not going to beat me!".

Fifth day also uneventful and covered 70 miles.

For the race is run by one and one,
And never by two and two

Kipling

Sixth day she was feeling great and began to get to know the runners very well. She ran with the great Kouros, and Malcolm Campbell the English runner told her she was going to break the 6 day world record. He was going to ring England and get the exact details on the record. The record was 420 miles and a few yards. It was so hot at this stage, that Sandy's body had started to swell. She was told that as soon as she had broken the record, she should come off. She needed to do 421 miles to beat the record. She was not the only runner to suffer with the heat. Most had fluid retention. Sandy was off the track for 6 hours, because they had to completely ice her body. She did also sleep and came out of it very well. She did 461 miles for the six days which was 40 miles over Christine Barratt's 6 day road record. That was a real buzz and set up the whole race for her. She received many telegrams. 63 miles was her total for the day, which made her happy, since she had many miles up her sleeve. She was on target.

Seventh day Clocked up 66 miles and there was some rain. Weather started to cool down.

Eighth day She went through a bad patch clocking 55 miles for the day. Achilles tendon really started to hurt. She needed someone to look at it. Dr. Martin was brought in and he came to the track especially to see her and another girl. He strapped her foot with a plaster cast, and this worked very well. A bed was made ready for her and every time she stopped she was massaged and iced. She made friends with the helpers, and felt that this was what ultra-distance running was all about, with everyone being part of a big family, all striving towards the same goal.

Nay, if you can get it you shall get it with running

King Lear

Ninth day This was when the 'mental' part started, because

she knew she had an injury. She had now covered 700 miles and had to do 60 miles a day at least from now on to get through in 16 days. Everything was going to plan.

Tenth day was difficult since the injury was creeping up the back of her leg. She had to see Dr. Martin again. He promised to be back at the track as soon as possible, and finally arrived about 11.45 p.m. She kept running until he arrived. Despite the problems 60 miles covered for the day.

Eleventh day Dr. Martin was attending her and he refused to give her an injection since it would only give her 16 hours of pain free running, and would rupture the tendon. The plaster was becoming too slack so he redid it, and off she went again. There was definitely pain, but she was coping mentally to get through it. Her body felt strong and she was comforted with the support given by everyone including her friends and family back home. Her tent was full of flowers and telegrams, which spurred her on. She also had her private session of tears. However, despite all, 60 miles were covered that day.

Twelfth day She ran a lot with Michel Careau from Canada. He said running with her stopped him from being lazy! At that stage, three of them were racing neck and neck, namely Michel, Sandy and Richard Brown from England. She stopped for 2 hours for medical attention and worried herself sick because she was losing a lot of time, but she was still within her schedule. 60 miles covered that day.

Still as they run they look behind,
they hear a voice in every wind,
and snatch a fearful joy

Gray

Thirteenth day She was really in a lot of pain and was ready to throw in the towel. It was even reported that she was going to give up. Jessie Riley, a walker from Florida in his first multi-day race, stuck with her for 20 miles until his time was up at 1 p.m. They were moving at 9 minute mile pace which spurred her on, and the fact that he could hear the music on her headphone made her smile. During that 20 miles Jessie did the fastest mile of his career. Everybody was cheering, joking, and laughing, and it livened up the whole camp.

Unfortunately she had to consult with Dr. Martin again, and she was given permission to leave the track and attend at his consulting rooms. There she had a whirlpool bathe, where she promptly fell asleep. She was with Dr. Martin for 2½ hours, whereupon he replastered her leg, and off she went back to the track "a new person". She had covered at this stage, 885 miles and was adamant on finishing on the Saturday morning, or she was not going to finish at all! She went through the day feeling very tired, and covered only 55 miles. Five miles more and she would never have made it. She decided that she would have to do it all during the night. She would sleep for 3 hours and not stop until Saturday morning. She was too tired to eat and her body was completely drained. Interestingly, she had the second best sleep on the run for those three hours and had to be woken up. She said to herself 'Right, this is it. No more breaks except for massage and icing!'

From thirteen days onwards, they had turned the medical section into Sandy's Quarters, with heaters and massage table, and three people in attendance to work on her - one for icing and two for massaging. They pinned a notice on the door "Sandy's Quarters" and "Sandy's asleep - no noise around this area". V.I.P. treatment, of that there was no doubt.

Why dost thou run so many mile about

Richard III

She worked out how many miles she had to do, and as everything was going to schedule, she knew she was going to finish fairly early the next morning. Also she knew that Alan and the kids would be arriving and as it happened they were there at 7.30 a.m. They were standing where the timekeepers were, since they were not allowed to come near her. The organisers were strict about pacing especially when world records were at stake! At 998 miles she went and cleaned herself up, since she did not want the family to see her the way she was. She had not had a shower for two days.

On the last night she was really scared and there were

only four runners left in. Each mile loop was a long way round at this stage. Michael Careau had only the day before been mugged and had been really hurt, whereupon the Police were called in. It was pouring with rain and the guards were huddled in their cars as if asleep. A young helper on a three-wheeler with an umbrella kept an eye on her and provided help when necessary.

So the end was near, and after freshening up and with a red, white and blue ribbon in her hair, she battled on. With two laps to go the Television people arrived and there was great excitement throughout the camp. She could not wait to finish. Coming up the straight for the last time, she saw Brett carrying a New Zealand flag, which she took, and Kirsty and Brett both held the finishing tape. Relief, and she said "no more pain", but there was a lot more pain. To pour more fat on the fire, she was told that she had to run two more miles to claim the record of having run further than any other woman.

So the incredible journey of the 'ancient ultra-marathoner' had come to an end, and she could not believe that she had done it. There was nothing left in her muscles, despite the fact that she had crammed as much food as she could into her body, and even cramming her pockets with junk food. She lost a lot of weight during the last day, and at the end they brought her lots and lots of icecream and chocolate cake.

After the race, as can be imagined, her sleeping habits were all of a turmoil, and she found it more comfortable sleeping on the floor with her feet up the door. She attended three luncheons after the race, and had the good fortune to meet our Minister of External Affairs, Russell Marshall, Congressman Gary Ackerman, Ted Corbitt, the father of American distance running, and Borough Commissioner William Cook, among other people.

Sandy said "I could not have done any of this without Dick Tout's support and schedules. His trust and belief in me has been the biggest thing. He said that I would have my bad days but I would get stronger during the race. It is all with his knowledge that I am learning so much. I have to thank him for what I have done."

Sandy also said "I have to thank Takapuna Harriers for all their support, following and friendship, and I am very proud to be a member of Takapuna Harriers."

ONE OR TWO FUNNY POINTS DURING THE RACE

2 a.m. in the morning, Sandy started off on this really slow mile. She completed one loop and started to go around again, but she was so tired. She sat down on a park bench, and fell sound asleep. Richard Dillicar started to worry after a while, because he could not see her anywhere, so he got on a three-wheeler to try and find her. When he found her, on this park bench, in dreamland, he woke her up and ordered her back to the start for a rest, where she slept another half hour.

She listened to so many songs on her headphones, and two became special favourites. 'Endless Summer Night' and 'Pink Cadillac'. She ended up knowing the words backwards.

The squirrels would rummage around in the garbage tins. She always made sure they had plenty to eat.

Many thanks to Gary Regtein for forwarding the above article by Robyn Hames, which first appeared in the Takapuna Harrier Club newsletter.

TEAR ALONG THE DOTTED LINE

Roger Alcoms book covering 25 years of New Zealand Ultrarunning from 1962 - 1987.

\$20.00 (Includes P/P) to Ultrasport, Crystal Plaza, Christchurch.

A LETTER TO ROB (NASH),

FROM ROSEMARY (NASH)

I think that this is what I will call my second attempt at journalism.

At our house when I have asked for various jobs to be done for weeks on end I usually resort to saying "Do you want me to write you a letter?". So maybe this is it, the things I can never say to you or the feelings inside I find hard to express.

We have just returned from the inaugural Launceston to Hobart road race, our first road race. Only veterans of two track races, we felt the time had come to try one on the road.

The initial organization was no problem. We worked hard for sponsors and finally raised enough money to go. The crew were ready, willing and able, and the kids were farmed out. But then a snag. The dog. In my last letter I mentioned my Mum, always there to help. Until it comes to the dog. The dog came with us to the Coburg 24 hour in February, but a trip to the Apple Isle would be too much for her, and Mum still hates her as much as ever. So Rob's sister stepped in and took on four kids, five dogs and four cats for the four days. And so we all went to Tassie, Rob to run and the five crew.

The run had its teething problems, but I don't want to dwell on that, but must thank David Osborne the organiser for his tremendous help and support in the problems that arose.

Rob had been having physio every day for nearly three weeks before the run for what he classed as a sore knee. Actually for the medicos it was a badly strained iliotibial band injury running the entire length of the thigh. We hoped the treatment would see him through, as it was causing problems at the 25km mark. And it did do better this time. It broke down at the 60km mark.

The first massage of many was on, and off he went again. The scenery we had been told was terrific, I suppose it was if you could take your eyes off his heels for five minutes. But the rest of the trip was one of pain. Once again the crew were a tower of strength.

After the Coburg run I was on a high, after Tasmania I sank to the pits. I suppose others feel that way. I can't comment for the rest of the crew. These are my feelings. Mile upon mile of hill after hill. one 16km long, and I could see him inverting his foot to compensate for the pain in his leg. Massage after massage just to keep him on the road. I was feeling every step with him. He should have stopped, retired, he shouldn't have started.

But he did start and he did finish, in incredible pain. No tears at the finishing line this time, only anger at whom I don't know, why I don't know.

I'm sorry Rob, I called you a quitter, a defeatist, when the going got really got tough. I told you if you came near the van again you would be pulled out (and that was with 30km to go). Maybe I was taking my pain out on you, maybe it was my way of kicking you on. Maybe a wife shouldn't be on the crew. You sprinted the last 15km when another runner was sneaking up too close for comfort.

And yet at the finish line you said to me, "Don't tell anyone I walked 60km. It's too embarrassing."

You don't know it, but on my way to work on the day after we came home, the tears came. Not your tears of embarrassment but tears of pride. Pride in what you did achieve. You came fifth out of a field of 18, half of whom pulled out. You ran your aim of the magical 200km, and you did it in the cut-off time. Only six finished in the cut-off time. I know you wanted to do better, but given the injuries you ran with to finish fifth, to finish at all was a great achievement, and nothing to be ashamed of.

Hold your head up and have pride in yourself and your own achievement and be proud of yourself as I am of you and you will soar.

I admire you and respect you in all you have done and will be there to support you as long as you want me.

Rosemary

Those who read my article on 400 metre track in the last issue know my feelings on the subject, so I will not repeat them. However to illustrate my arguments further I have included an article from our local paper on the 'London to Brighton' 53 mile road race.

What right does the A.A.A have to interfere with an ultra distance event? In my opinion none. As I explained before, the R.R.C England who organises the 'London to Brighton' is tied in with the A.A.A and therefore dominates ultra running in England and therefore elsewhere.

The International body of Ultra Distance runners believes that politics should pay no part in our sport. That ultra runners should be allowed to run where ever they wish. Therefore it is my opinion that a complaint should be made to the R.R.C about the banning of two Botswanian runners from competing in the 'London to Brighton'.

Thus you can see the difficulties we will face if ultra running becomes part of the Olympic Games. I believe if it happens it should not be held on a track, or for ever more we will be forced to run on those dreadful 400 metre tracks. A road race is the answer.

The A.A cannot and does not interfere with the running of ordinary marathons because they are held on the road, often organised by marathon clubs or private concerns. Please think hard about this subject, don't rush headlong into it and be careful of the A.A.

It is my opinion that athletic associations should not involve themselves with us, nor have they the right to dictate to ultra organisers what they can and cannot do as has happened where the London to Brighton is concerned.

UK BANS TWO ATHLETES

LONDON: Two Botswanian runners have been banned from competing in the London to Brighton road race on Sunday, Britain's Amateur Athletic Association (AAA) confirmed here today.

Charles Khudube and Elias Morope are considered ineligible because they have broken International Amateur Athletics Federation (IAAF) rules by running in South Africa.

AAA general secretary Mike Farrell insisted they would not be allowed to take part, even though the two runners have already arrived in Britain.

"We have evidence they have raced in South Africa and there is no way they are going to run," he said.

"I have sent a telex to Botswana telling the athletics authorities there they cannot run. They both ran in the London to Brighton race last year because Botswana claimed they were eligible, but this was clearly not the case.

"I have reported Botswana to the IAAF."

CONGRATULATIONS SANDRA BARWICK

Sandra Barwick, a top female ultra runner from New Zealand, recently advised us of her achievements in finishing 1st lady (3rd overall) in the Sri Chinmoy 1000 mile World Championship, which started on 20th May, 1988 at Flushing Meadows, New York.

48 hours	Women's World Best Road Performance	174 miles
6 days	Women's World Best Road Performance	461 miles
1000 km	Women's World Best Road Performance	8 days + 10:03:37
700 miles	Women's World Best Road Performance	9 days + 21:08:07
1500 km	Women's World Best Road Performance	13 days + 20:04:20
1000 miles	Women's World Best Road Performance	14 days + 20:45:16

What a great effort!! Well done Sandy!!

SYDNEY STRIDERS 24 HOUR TRACK RACE

28-29 MAY 1988

by Lorraine and Trevor Harris

On the weekend of 28/29 May, Trevor and I travelled to the Hensley Athletic Field to watch and help out at the Sydney Striders 24 Hour Track Race. Trevor had recovered from the Westfield Run (a torn quadracep muscle forced him to withdraw at 765kms) but was still recuperating from an operation to his wrist, (a legacy from his motor bike accident in 1986).

It would be a "first time" for both of us. The first time Trevor has been crewing rather than participating in an ultra run and the first time I have crewed for anyone other than Trevor.

The experience was most rewarding and enjoyable for both of us and I am sure will all build towards a wealth of knowledge, experience and ideas to draw on in all our future ultras.

On arrival at Hensley Field, (actually surviving the rigors of Sydney traffic) we reported to Steve Cornelius for our tasks. Steve advised that Mary Young was in need of a 'runner' for Cliff; Sue and Peter Andrews were in need of a cook. I bet you can guess who opted for what task?

Sue and Peter Andrews had arrived from New Zealand just for the run and were heading back home again at 2pm on the Sunday. Steve did a great job organizing all the basic necessities and Peter's main requirement was for someone to cook while he attended to all of Sue's other needs.

As ultra runners and their crews know, the requirement is not really for cordon bleu creations, but good plain fare, hot and quick (and I can manage that)

After being accustomed to cooking and catering for Trevor's whims on his runs I was surprised at how "plain" Sue had her boiled potatoes, rice and pasta (with no additions at all). I was used to adding a little of this, a little of that in an endeavour to tempt a jaded appetite.

Sue has a very strong, fluid running style and looked certain to better her 202kms covered in the Victoria 24hour Run in February 1988 - where she placed second overall.

I quickly began to 'feel' for Sue - her frustrations at the appearance of a blister for no apparent reason just one and a half hours into the run. The time lost in dressing the blister, the time lost in changing clothes following sudden fierce showers and watching those precious minutes tick by without any addition to the lap board.

Despite spending a total of at least 4 hours off the track for medical attention to the very painful blister Sue clocked up an astounding 192kms. Without that blister problem Sue would have blitzed the field and I feel would have given Frank Kelly (the winner with 225 kms) some fierce competition for first place.

Every runner is different and has individual liquid and food requirements. I was surprised at the small amount of liquid and foods that Cliff consumed during the 24 hours. The main reason that Cliff always covers the distances he does in a 24 hour run is because he just keeps moving forward. He only sat down once to change his shoes (after heavy rain) and had a couple of massages - every other minute he was moving forward.

To have crewed for Cliff and Mary I would have to say has been one of the highlights of my running career so far. I learned several lessons during the run and will put them into practice during my future runs, thanks Cliff.

The weather for the run (apart from a couple of sudden fierce downpours) was ideal for an ultra. The night was of course cool/cold but at least the wind was not as bitter as last year. The myriad of lights from the enormous new Westfield Shopping Centre across the road were a bright note in the long night hours.

Nick Read (ACT) and Gary Regtien (NZ) set out at a blistering pace, Nick was aiming to better his 208km first place in the Victorian 24hr Championships in February 1988. However both Nick and Gary were to pay the price later retiring injured at 104 kms and 119 kms respectively.

John Champness, Cliff and Graeme Townsend set a very constant pace throughout the whole 24 hours. John is to be congratulated on placing second and cracking the magical 200km barrier. Cliffie showed he was well and truly still a force to be reckoned with (196kms) and Graham, although tiring towards the end put in a credible performance for third place (196kms).

All the ladies kept up the side. Four of the fairer sex started the run and four finished. Sue, Georgina, Wanda and Val showed the guys what class and determination is all about, well done ladies.

The Kelly contingent were very enthusiastically proud of their countryman for the whole time and their pure unbridled pride and joy at the end of the race was a pleasure to see. Frank even found the energy to dance a brisk Irish Jig to the accompaniment of the piano accordion.

Once again full marks to Steve Cornelius and his dedicated band of helpers who provided every possible need for an ultra runner for the whole 24 hours. We are looking forward to participating again next year - but this time ON THE TRACK.

If I had my life to live over again

If I had my life to live over, I'd dare to make more mistakes next time.

I'd relax. I'd limber up. I would be sillier than I have this time.

I would take fewer things seriously.

I would take more chances. I would take more trips.

I would climb more mountains and swim more rivers.

I would eat more ice cream and less beans. I would perhaps have more actual troubles, but I'd have fewer imaginary ones.

You see, I am one of those people who live sensibly and sanely, hour after hour, day after day. Oh, I've had my

moments, and if I had it to do over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day.

I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat and a parachute. If I had my life over, I would start barefoot earlier in the spring and I would stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds.

I would pick more daisies.

***By Nadine Stalr, 85 years old
Louisville, Kentucky.***

A DEDICATION TO ALL MARATHON 'WIDOWS'

ALAN PEACOCK

I think there is a good chance that future medical opinion will support the hypothesis that "heavy training kills brain cells". There's an equal probability that runners, like their alcoholic peers, will continue on regardless; so I thought I'd better quickly send in a copy of the poem printed below, before I erase that part of my memory in my next run!

Each year at 6 a.m. on 31 May, the Comrades Marathon (which is actually about 90 kms), is run between Durban and Pietermaritzburg in South Africa; it changes direction each year, with the run up to Maritzburg being the slower distance. Since the first race in 1921 no-one has won more times than Bruce Fordyce - he has won every single year since 1981 - eight times in a row! Eleven thousand runners entered this year's race, which is a few more than our fifty-miler!! It all goes to show that, like in other religions, runners follow the most common ideas of the country in which they live. 42.2 kms just happens to be most common here in Australia. After watching the 24-Hour Race in June, I'm bound to conclude that ultra-running is both a religion and an uncommon pastime. The lap-scorers' tent was like a temple, the computer an altar, etc, etc. (There's an opening here for someone with imagination to knock out another poem!).

A year's gone by - the place looks worse,
This Comrades thing's a ruddy curse.
Nothing around the house gets done;
And all you seem to do is RUN.

The jungle lawn has got so high
I cannot see the cars go by.
Gee, cool it Cookie, it's all laid on
As soon as we've finished the marathon.

The mower's dead, it's rusted red.
Covered with cobwebs in the shed.
Hang, Sweetie, man, with machines I'm real cunning;
It's just that right now I'm so busy running.

Windows broken by the score,
Even an earthquake couldn't bring more.
Ag, Snookie, I promise I'll fix every one
Just as soon as the big race is done.

The walls are peeling just like slums,
Everyone must think we're bums.
Don't worry, lovey, I've ordered the paint
I didn't tell you - I thought you'd faint.

The loo's kaput, the light don't work;
Enough to drive a wife beserk.
I know, my lovely, these jobs I face,
But can't they wait till after the race?

My broken car you also shirk,
I've got to hitch or walk to work.
Gee, darling, to fix it I can't wait,
But - well, just one more run with my mate.

The kids demand: "Gee Mom, where's Pop?"
"We don't see him no more - does he live at the shop?"
That's something, my angel, I'll soon put right
On Wednesday with the Comrades out of sight.

My parents wonder what it's about -
Why don't I pack and just walk out?
Ag, my treasure, please don't make jokes,
The thing to do is ignore your folks.

At work they ask where is the fun
When you marry a guy - who does nothing but run?
My darling you simply just tell them this;
Comrades training is serious.

If you can't beat them, then join 'em I say,
And you must agree it's the sensible way.
Right now in our lounge there a whole mob of the boys
All planning the Washie* and all its joys.

(* The Washie is a 160 km road race)

Reprinted from the 'South African Runner'.

CHOLESTEROL REVISITED

DR. PETER DENT

(This article is a follow-on from Peter's previous discussion on the topic of Cholesterol printed in our September 1987, Newsletter).

Control of our cholesterol has been not much of a worry to us until recently, when we were informed that we had some risk of developing Coronary Artery Disease if our level was above 4.7 mmol/l. This awesome statistic came from the U.S. Multiple Risk Factor Intervention Trial with results published in November 1985, and it has changed our whole way of thinking of cholesterol, and its significance in treatment, ever since.

I stated in my previous article on cholesterol levels last September, that people with what we previously believed had 'LOW' cholesterol, could develop coronary artery disease, and the lower level was said to be 4.7. Now, once the shock of this settled, we realised that the risk was exponential and therefore the risk of getting the disease of Atherosclerosis was increased as your cholesterol total became higher. What we, as Doctors, now realise is that it is very rare indeed to see a person take a coronary whose cholesterol is 4.5; but, it is not unusual to see a patient with definite Ischaemic Heart Disease whose cholesterol reading is 5.6. It is very common to see coronaries when cholesterol is 8-9 or 10.

The United States National Institute of Health gave a consensus motion "to encourage reduction of the blood cholesterol to approximately 4.7 mmol/l for adults under the age of 30, and to approximately 5.2 mmol/l for individuals aged 30 or older". What these figures mean to us is that there are now many more of our patients that we have to give advice to about how to reduce their cholesterol; also, there are many more people who may need help from drugs. There are two main types currently in use in Australia -

1. Ion Exchange Resin e.g. Questran and Colestid;
2. Cholesterol Mobilisers from tissue such as Nicotinic Acid.

Reprinted from QMRRC Newsletter, September, 1988.

Cholestyramine acts by stimulating and increasing the normal physiological response of the liver of its action of clearance of LDL from the plasma. This is done by the resin binding in the gut to bile acids, and so prevents re-absorption of bile salts. This in turn stimulates the conversion of hepatic cholesterol to bile acids. Specific receptors on liver cell surfaces are activated to recognise LDL in the plasma and remove this cholesterol from plasma. So, the action of Questran results in lowering of LDL and a correspondingly small increase in HDL.

Nicotinic Acid is a vitamin, acts as a co-enzyme, and is essential in various metabolic pathways and also has an action of increasing perfusion of organs; these mechanisms are thought to be responsible for its cholesterol-lowering effect. The two drugs are often used in combination.

A further word about the terms LDL and HDL. These are really lipoproteins which actually carry cholesterol in blood. LDL is said to be an atherogenic lipo-protein, and usually it carries about 75% of the Total cholesterol, while HDL is said to be an anti-atherogenic lipo-protein and usually carries about 25% of Serum cholesterol. We are still not sure of the ideal figures for these cholesterol, but broadly we would like to see a low Total cholesterol of 4.5 mmol/l, a high HDL cholesterol of 2.1 mmol/l and a moderate LDL cholesterol of 2.4 mmol/l. Common readings in the sedentary public may be - Total 6.5 mmol/l; HDL 1.0 mmol/l and LDL 5.5 mmol/l; these figures would indicate a high degree of risk, whilst the former would be a very low risk.

You should now be able to compare your own readings, and gauge what your lifestyle over the years has done. If not to your liking, what can we do about them and so increase the safety of your running? Let's consider the three fractions separately, assuming that you are NON smokers, consume alcohol moderately, and are going to keep running regularly -

1. HDL : If you are not happy with your HDL, you must definitely NOT smoke, and you must continue running. Exercise stands out as being the most potent elevator of HDL and marathon runners as a group have amongst the highest levels in our community, as do other sports involving high aerobics activity, i.e. that exercise that utilises O_2 . It has been noted also, that consistent daily alcohol drinkers often have quite good levels of HDL, but this treatment is not recommended. In point of fact, the amount per day necessary is

probably equivalent to one beer per day, and therefore would not interest you. There appears to be some hope in future for drug therapy to cause a rise in HDL.

2. LDL : Subtract your HDL cholesterol from your Total reading. The amount of this cholesterol is the crucial factor in causing Atheroma or Arterial Wall Degeneration, allied of course, with the amount of HDL (or good), cholesterol to prevent the process. There is an inverse relationship. LDL is reduced by drugs, as we have seen, by exercise (a metabolic effect), and most importantly, by a change of diet. This change of diet involves basically reducing the amount of all fats in your diet, particularly saturated fats. Also important is to achieve a balance of diet, and not substitute things which may make the diet unbalanced.

3. TOTAL CHOLESTEROL : This is the real figure we now work on medically, because without a doubt the statistics indicate that if your Total cholesterol is below 4.7 you are pretty safe, and if it rises above 4.7 you are starting to enter the Trouble Zone. The treatment is quite simple - a change of diet, and how you change it will depend on how high your reading of cholesterol is.

THE PRINCIPLES ARE:

Reduce the amount of fats and oils in your diet. Don't forget that there are two main types - saturated and unsaturated. The former occur mainly in meats, poultry and dairy products, and the latter are in vegetables. It is essential to reduce the saturated fats in a proportional amount to how high your cholesterol is. If the reading was 10, I would certainly be looking at a total Pritikin regime for a time, and constant medical supervision.

If the reading was like most of us, between 5 and 6, I would adopt the following measures :

No bacon, ham, sausages, lamb, roasts. Only 4 oz red meat per week - grilled.
Chicken should be skinned before cooking. Veal is good.
Lean Pork is acceptable. Eat more fish.
Have two days a week when utilise only vegetables, wholemeal Pasta or Brown rice dishes and NO meats. Drink only Skim milk.
Eat only skim milk cheese, ie. Low fat e.g. Cottage, Riccotta, Cotto, Lo Chol.

Use low fat Yoghurt. Butter milk can be a substitute for cream in recipes.
Limit eggs to 1 - 2 per week. Watch out for eggs in processed food.
Limit white sugar and white flour biscuits and cakes.
Increase fibre by using wholemeal breads, good cereals (e.g. porridge), wholemeal pastas and brown rice. Eat more vegetables - steamed.
Eat fruit with every meal: dried fruits can be used for snacks.

There - isn't that easy? But I'll bet you won't find it easy in practice not to buy white flour, oils, lots of nuts, take-aways, exotic dishes at restaurants with lashings of creamy sauces and other unmentionables. It is a learning process - to learn what to buy, how much of each you can eat, adapting to different tastes (who can ever forget their first taste of low-fat block cheese?), and slowly getting into new habits of eating, of scanning a menu and unerringly picking out your diet from what is offered.

I would recommend a re-check in three to six months, as some of us have to be stricter than others in fat reduction to get a drop in cholesterol - but we should all see results, unless we are too damn old to change, or our running speed is reduced to a crawling pace.

This brings me to the unfortunate few who have familial hyper-cholesterolaemia, and these people should be able to be recognised medically and would be eminently suitable for drug therapy, as well as diet and exercise.

In the future there are exciting possibilities, including a new drug which has few side effects and does cause a healthy rise in HDL, and increased use of portable machines in the Doctor's surgery which use capillary blood to give a total cholesterol reading, and therefore a prick of a finger is all that is needed. Ideally then, we can measure your cholesterol as often as we measure your blood pressure.

In general practice, the relationship of diet to disease is by far the most time-consuming, but may yet prove to be the most rewarding, but I think the revolution will take another twenty years. Our new levels of cholesterol may then be expected to be 2. something, as they may have been when we were seventeen or twenty. I don't think our cholesterol can get too low, so if we stick to a balanced diet with some fat plus moderate protein and plenty of complex carbohydrates, we can survive for the next twenty years and keep running!

FOREFOOT INJURIES:

Easing The Load

by Keith Pollock

In this article on the forefoot, we have finally reached the area where the majority of obvious foot problems are evidenced. Many of these are purely localised, but others are the result of biomechanical imbalances occurring elsewhere in the body that manifest themselves in the foot as this surface comes in contact with the ground.

In running an "injury" is not necessarily an ankle reconstruction or a crushed foot as in other sports; it could be a bone in the foot that's bruised or a tendon that's strained from running because no body is structurally perfect -- try running big kilometres to find that out!

Most things in life are a trade off and running is no different, you can either stay at home and have comfortable feet or you can go out and develop firmer muscles, healthier complexion, increased energy and a more accommodating disposition.

Many of the injuries I will be discussing could be termed injuries of excellence. Unfortunately they are common injuries seen by health professionals and often termed injuries of ignorance.

The amount of time the front of the foot is loadbearing will vary depending basically by the speed you are running. In middle to long distance training or racing 25 per cent of the total time the foot is in contact with the ground is used on the forefoot, this percentage increases consistent with an increase in speed. The peak vertical forces however, will be slightly less than the forces occurring on the heels if the foot is functioning normally, but the shearing force will be greater.

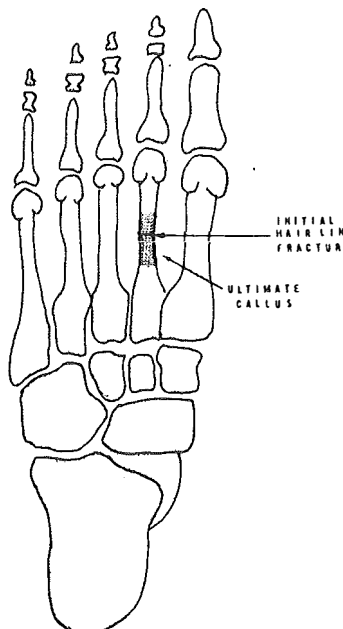
I have listed the more common forefoot injuries treated by a sports podiatrist and outlined some approaches that can be taken to achieve a resolution to the problem.

Stress fractures of the metatarsals:

I received a call some time ago from Neil, a 46 year old marathoner who had nearly completed his preparation for the Veterans Games in Rome earlier this year. Neil had a 2:20 pb to his name some years ago but could still run an honest 2:30.

I was a little surprised to hear him relate the symptoms over the 'phone; nothing sounded abnormal, his distance had not increased significantly, no change in the terrain and his general health was good.

Neil came in the following day for a preliminary diagnosis and I had an opportunity to review his footwear. He had in fact worn out his favourite training shoes, the midsole



A stress fracture of the second metatarsal. Pain while running soon becomes evident.

had long since stopped providing the cushioning so necessary in preventing this injury.

In reviewing some of the causes why runners succumb to stress injuries I would suggest:

1. Footwear that provides no shock absorbing qualities (footwear that has done 700km or more),

Reprinted from
"Australian Runner"
magazine.

2. Rapid increase in distance not allowing the bones to adapt quickly in strength,
3. Significantly overweight,
4. A sudden change from soft to hard running surface,
5. Inadequate diet or hormonal imbalance and poor foot structure.

Stress fractures are insidious -- often you are not aware that anything is amiss. The injury could first become apparent when cooled down. Sometimes a little swelling and redness is evident and usually very tender when pressing right on the fracture. Pain is sometimes felt when flexing the toes. Stress fractures can occur on any metatarsal, but the second, third and fourth are the most common.

The initial treatment is the obvious -- stop running, apply ice and preferably immobilize the foot as much as possible. I sometimes modify the inlay in the shoe to rest the fractured metatarsal during the next six weeks of healing.

This injury cannot be confirmed by normal (immediate) x-ray. Women should avoid high heeled dress footwear following the injury. Confirmation will come some two or three weeks later when nature forms bone callus around the fractured site.

Sesamoid fracture:

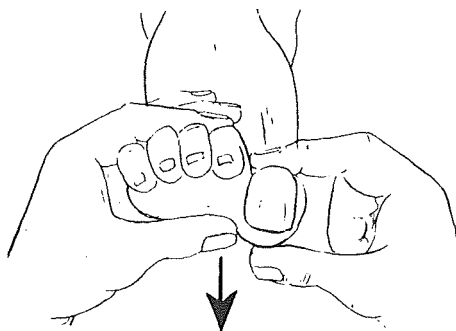
I recently saw Paul, a 36 year old runner training for his first Big M Melbourne Marathon. His program was progressing well until three weeks prior to this visit he noticed pain toward the end of his long run, under the ball of the big toe.

The following week the symptoms began to appear much earlier in the run and get progressively worse until he decided to seek professional advice.

During my examination I noted that Paul had an extremely high arched (pes cavus) foot

type, a very unyielding structure that characteristically is a poor absorber of shock. The other interesting fact was that this painful joint was lower to the ground than the other metatarsals.

It is what podiatrist would term a plantar flexed first metatarsal segment. In other words it did not have a normal range of movement to allow the body to use the other four metatarsal joints to assist when propelling off the next step.



A first toe restricted in its range of movement.

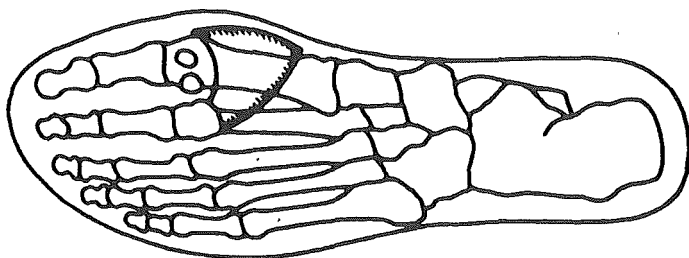
Biomechanically, Paul's first metatarsal had been accepting load and shock too early in the midstance phase and bearing the major load right through to "toe off". It was little wonder that the joint was very sensitive.

Usually there are two sesamoid bones under each big toe joint, pea like in shape and whose primary action is to protect the first metatarsal bone and act biomechanically as a fulcrum when walking or running.

If running continues through pain the chance of a sesamoid fracture becomes a real possibility.

Paul required a solution that would not only achieve a relatively quick result but he was looking for some long term solution and preventative advice.

In these cases where the injury is essentially caused by an unstable genetic foot type I would suggest orthotic therapy that takes into account all the structural abnormality that caused Paul's initial problem. Incorporated in the orthotic would be a principal that could alleviate mild pain simply by adding felt and elevating the shaft of the metatarsal to delay the contact time and reduce the peak forces.



Some padding to alleviate pain under the first metatarsal.

This principal could also be used on the existing removable inlay in the shoe.

Importantly it should be remembered that the front of your feet should be used as a spring not a landing platform; many people adopt habits of running on the balls of their feet, this should be corrected.

Other runners have balanced feet but very bony prominent joints that just need protecting.

Whatever the reason for the pain, like most injuries, best results are achieved with early treatment and the first principal of successful treatment is diagnosis. If there is no bone damage a diagnosis of sesamoiditis is most likely. This is an inflammatory response to excessive and prolonged pressure requiring a very similar approach in treatment to that of the fracture. However depending on the effectiveness of any treatment the recovery time will be very much shorter. Physiotherapy should be employed to assist in reducing inflammation.

Morton's Neuritis:

This is a problem that tends to creep up or runners. The early signs of impending pain are hardly detectable and quickly dismissed, however as the months and often years roll by the signals become quite clear; what initially was a slight ache becomes a throbbing pain apparent on every step.

This pain is caused from an entrapment of squeezing of the metatarsal bones against the interdigital (toe) nerve as the nerve passes through its journey to the end of the toe.

Patients often relate the earlier signs as "pins and needles" in the toes, particularly the fourth and third. This is often the disconcerting picture with nerve pains in that the site of pain does not necessarily relate to the cause, rather the effect.

This condition is found more often in middle aged female runners. These feet have been subjected to footwear with restricted room at the toes over many years and it is interesting to note that relief is not achieved by taking weight off them, but rather by removing the shoes, massaging and manipulating the foot.

Mere rest does not afford relief. Tenderness will be felt by applying pressure between the metatarsals, both from the top and sole of the foot.

The objective of the treatment is to provide more space for the nerve between the metatarsals, thus reducing the pressure applied to the nerve by the protective sheath surrounding it.

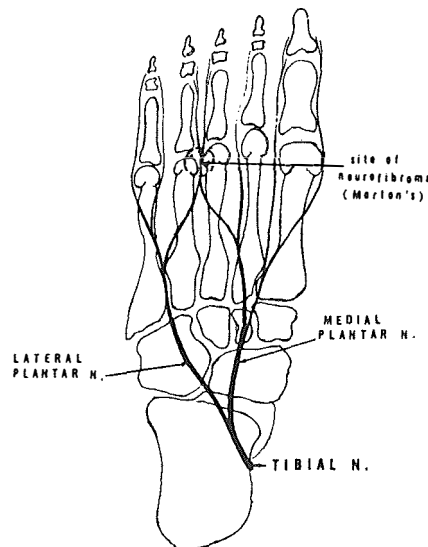
The initial treatment could be either an anti-inflammatory injection into the site of pain, this relieves the pressure by reducing the inflammation or making a temporary inlay that elevates and separates the offending joint spaces.

Patients should expect quick and effective

improvement from either or both of these measures.

If, as is sometimes the case, no improvement is attained, the possibility of a neuroma must be considered. This is a fibrous benign growth as a result of long term abuse and pressure. In these cases the previously mentioned treatments will provide relief but not a resolution and surgery is needed.

The important message with Morton's Neuritis, or for that matter any nerve pains, is to seek treatment early and avoid tight shoes.



The site of Morton's Neuritis. The early feeling is like "pins and needles".

Big toe pain

Two conditions known as hallux rigidus (rigid big toe) or hallux limitus (limited range of motion of the big toe) are not uncommon with mature runners.

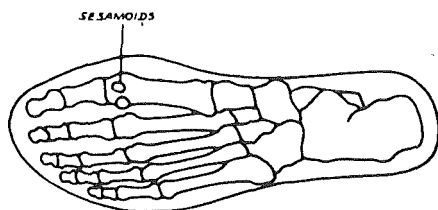
The big toe needs to bend upwards just before the foot leaves the ground. Those runners who have very little or no movement available at this joint often attempt to change their running style or persevere with considerable pain.

Joint changes of this nature occur over many years and may be caused from a direct blow, congenital factors, a short first metatarsal, muscular imbalance, or pronated feet, causing extra load to be taken along the inside of the foot and onto the big toe joint.

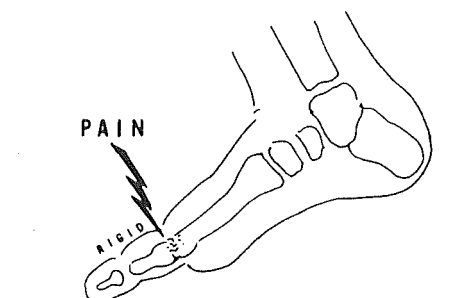
The first test is to move the toe up and down to find any grating or loss of normal movement, remembering that the toe should move equally in both directions. If this movement causes pain, the treatment should be to lift the big toe off the ground, protecting the joint from constant pounding and reducing the arc that the big toe would normally use.

This can be achieved by having a boot-maker place a strip of hard rubber on the sole of the shoe just behind the ball of the foot, about 5mm thick and 15mm wide.

Alternatively, and generally more effective is for the podiatrist to attach a build up to the removable insole within the shoe. In feet



Where to place the hard rubber on the sole of the shoe to lift the big toe.

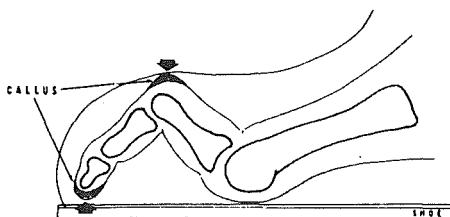


that "roll in" or pronate excessively, orthotic therapy may be considered to change the direction of load before it arrives at the troublesome joint.

Hammer toes:

These are toes that are bent. Often they can be held straight but without assistance they will rest in a bent position.

This deformity is generally the result of wearing short shoes or having a high arched foot. Initially the toe appears flexible, however with time, changes occur to the joint surfaces that eventually result in very rigid



Hammer toe. Bent toes that lead to blistering after a long run.

bent toes causing blistering both on the top of the toe and at the end, particularly following long runs on warm days.

Essentially the type of treatment depends upon the runners tolerance to wearing pads and shields whilst running. Some of my patients have no difficulty wearing a silicone shield when walking, but find difficulty when running due to the potential for further aggravation even from the silicone shield.

Possibly the most crude, but often effective method to reduce pressure from the tops of the toes is to cut the shoe where it has the potential to rub.

It reminds me of Cliff Young's approach to foot comfort on the Sydney to Melbourne runs. Cliff's principle for comfortable feet -- "first cut the shoes". Razor blades or scissors were the preferred tools and the longer the

split the better; a sight that should not be viewed by any self respecting footwear executives!

A simple method worth trying, to reduce the pressure from the tips of the toes, is to cut the removable inlay immediately behind the indentation left by the pressure of the toes or alternatively, add a crest under the hollow of the toes to elevate the tips.

It is often difficult and frustrating in making your own adjustments to the footwear for toe problems; if that is your experience consult your sports podiatrist.

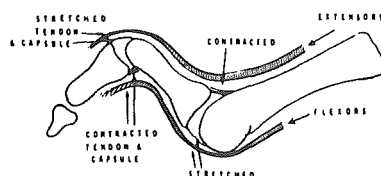
Toe nail problems

Like most pains, only those that have experienced the anguish of seeing their nails turn black following a run can recall the sustained painful throb associated with this injury.

It is usually the result of wearing an ill fitting shoe, either too short, or too wide and thus allowing the foot to slide down to the end of the shoe causing the nail to repeatedly jam against the end, or alternatively the shoe is adequate in overall length but the toe box of the shoe is too shallow.

Through repeated jamming of the nail base, (which is richly supplied by blood) haemorrhages cause pressure in the space between the nail and the skin. Effective treatment is prompt treatment, within 12 hours of injury and sooner if the nail is to be saved.

If the nail is black right to the front of the nail, boil a razor blade for 15 minutes and cut the skin under the nail. Make a small slit of two millimetres to release the pressure and gently press from the top of the nail to ensure as much debris as possible has been removed. This is *never* to be done if you are a diabetic or have any circulatory problems.



Wash the area with salt water, apply an antiseptic and cover with gauze and tape for two to three days. If the toe is black at the nail base a hot metal object like the tip of a paper clip can be applied directly to the nail. However if the stomach is weak or for some reason your sober my advice, see a podiatrist who, with the aid of a high speed drill, can resolve the problem without pain.

Thick nails can also be painful, usually the result of past injury by either dropping a heavy object on the toe or from wearing short footwear over many years until ultimately the nail root is permanently damaged. Self help treatment consists of rubbing the top of the nail with a nail file periodically to reduce the thickness. Podiatry care would use the same principle and painlessly reduce the nail with a high speed drill.

Ingrowing nails

Nearly all ingrowing toe nail problems are self inflicted, caused from cutting too far down the side of the nail or (horrors) by picking the nail until it crumbles at the side. Small sharp pieces of nail, still attached to the main body of the nail move forward with normal nail growth and commence to bite into the end of the toe tissue.

Trouble is first evident when wearing a tight shoe, or bed clothes placing pressure on the nail. Shortly the toe will be sore to touch, a reddish appearance will be evident or pus present along the side of the nail. For all the above stages of pain you need professional treatment and preventative advice.

Correctly cut nails are those that are cut short, but straight, without V's or curves in the corners.

Blisters

Blisters are the most common of all foot problems and arise from the separation of the top layers of skin due to friction or pressure. When the separation occurs, fluid enters the cavity -- this could be clear fluid or with blood. Blisters are caused by something that is rubbing -- either shoes that are too wide, too short, too narrow or even abrasive socks.

The first sign of a problem is generally a "hot spot" or burning feeling. At this point, attention should be paid to the cause and remedied. If the blister has already formed, is small and activity causing the injury is not repeated, allow the blister to heal without treatment.

If it is large or painful, cleanse the area and carefully penetrate the blister with a sterile needle (boiling for 15 minutes) and remove the fluid by applying controlled pressure. Apply an antiseptic over the whole blister (e.g. Betadine solution or Savlon Dry) and cover for two to three days, re-dressing daily.

Desirable socks should be made of natural fibres to absorb perspiration -- e.g. cotton or wool or a combination, nylon should be avoided. A number of runners go without socks, however this does not work for all feet.

Other assistance can be gained from covering the feet in vaseline, or powdering and the inclusion of Spenco insoles to absorb friction and shearing stresses.

These three articles over the past four issues have provided but an outline to some of the injuries of excellence that effect us as runners. Many of the injuries are avoidable within realistic training programs and good footwear. In attempting to prevent further insult to the body and frustration to the mind the following advice is offered:

1. First time runners, whether adolescent or mature age would benefit from an assessment by the health professional team prior to taking up running,
2. and secondly, early awareness and treatment of pain means a shortened recovery time.

Good Running.

A U R A
MEMBERSHIP RENEWAL 1989

Subscriptions fall due on 1st January, 1989. All members would greatly assist our administration by renewing their subscriptions promptly, preferably right away.

All members must admit our Magazine gives great value for such a low subscription rate. We cannot afford to continue sending it to unfinancial members. Therefore, members not financial after our 1st issue for 1989 will not receive subsequent copies.

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AUSTRALIA.

DRINKING TO YOUR SUCCESS IN SPORT

by Louise Burke B.Sc.(Nut), Dip.Diet.
Sports Dietitian

In sports competition athletes aim to produce their best performance on the court, field, track or course. As well as training correctly to allow this, sports trainers, coaches and participants should also think about the factors that can cause fatigue in exercise. By thinking ahead of such factors, you may be able to prevent their occurrence, or like a marathon runner and his famous "wall", an athlete can postpone the time that it will hit.

The most important "fatigue factor" across the range of sports played in Australia is dehydration. The fluid balance of the athlete's body is crucial for temperature regulation, and is often threatened in sports that are played in hot environments over a long duration of time. In extremes of temperature and length of competition, athletes can lose enormous amounts of body fluid as sweat.

In fact on average an athlete can lose 1.5 litres of sweat per hour of activity while in hot conditions this amount can double. If a 70kg athlete lost 1.5 litres of fluid this would reduce

overall body weight by about 2%. The same fluid loss in a 55kg person would result in approximately 3% reduction in body weight.

As shown in Table 1, the effect of reducing body fluid is first to cause a deterioration in performance, then as the degree of dehydration becomes greater, health and then life become threatened. Most people are aware of checking water levels in their cars, and take precautions to prevent their cars overheating on long trips. And although situations where top level athletes have succumbed to the distress of heat exhaustion have been well publicised in recent years, a lot of sportsmen still take the attitude "it could never happen to me".

An aggressive approach to maintaining fluid balance during exercise will reduce the incidence of heat accidents, but at a wider level should help sportsmen to perform as close to their optimum levels as possible.

On average your stomach can empty about 600-1000 ml of fluid per hour,

which sets the limit on how much fluid you can replace during exercise. (Remember that nutrients are absorbed into the body from the small intestine, but that this is regulated by the rate that food and fluid empty from the stomach into the small intestine). Since in extreme temperatures you can sweat at over twice this rate, it is apparent in severe conditions you will never be able to completely match fluid loss, and that some degree of dehydration will have to occur. Think of situations such as centre court at Wimbledon where the finals matches can drag out over 4 hours in 40 degree Celsius heat; the Ironman Triathlon in Hawaii where competitors ride through lava deserts where the road temperature is nearly 50 degrees; the cricketer who has to bat or field all day (as David Boon did recently); or even the pre-season football run conducted sometimes in 35-40° temperatures with some very unfit individuals; motor car drivers also face great thermal stress lasting hours. Your task as a sports trainer is to ensure that the level of dehydration is minim-

(Cont. overleaf)

(Cont. from Page 1)

ised, by hydrating participants to a plan. Thirst is not going to be a good guide in these situations. Athletes need to act far ahead of feeling thirsty.

An aggressive plan of hydration involves:

1. PREPARATION BEFORE THE EVENT

The athlete should aim to begin his/her competitive event well hydrated, especially if the sport is played in a hot environment and/or will last more than 30 minutes. This means having plenty of fluid in the pre-event meal, two-three hours prior to the start, and another 250 ml in the last half hour. For endurance situations such as marathons, triathlons, and other sporting events that will last over two hours, this preparation should be extended to the day before the event. Where carbohydrate loading is undertaken, "fluid loading" is part of the preparation, with the aim of making sure that your urine is "clear and copious".

2. DRINKING DURING THE EVENT

Athletes should aim to begin drinking early, taking in small amounts at frequent intervals. The level of intake that is comfortable will vary, but by experimenting athletes should find how much they can tolerate. Most people should be able to manage 150-250 ml every 15-30 minutes depending on the heat stress involved (ie. the need for fluid replacement) and the practical aspects or logistics of obtaining fluid during the event. This might mean having a drink between quarters or halves in ball games, between games or sets in racquet sports, or at aid stations every 3-5km in a running event. In severe

conditions you should aim to achieve your maximum tolerated intake, possibly a litre of fluid an hour. The role of the trainer is very important in making sure that drinks are available and that players are reminded to make use of them.

3. REHYDRATION AFTER THE EVENT

Since some degree of dehydration will have occurred despite aggressive fluid intake during the event, after the event an athlete should give priority to fully replacing fluid losses. This is especially important in situations such as tournaments where the sportsman will be competing again in a short period, and recovery is essential. Consumption of alcohol should be treated carefully since the diuretic properties of alcohol can further promote dehydration.

Now that we have established when and how much to drink, the question remains: What to drink?

Before the answer becomes clear, other factors that may limit sporting performance should be identified. As the duration of continuous exercise increases beyond 1.5 to 2 hours, then the next limiting factor becomes carbohydrate — through the possible depletion of muscle glycogen stores and/or lowering of blood glucose (hypoglycemia). Thus the supplying of carbohydrate during an event, through the addition of carbohydrate to the fluid consumed, can overcome a number of the limiting factors to good performance.

In events shorter than this such as a game of netball or a 5km fun run, carbohydrate should not normally be a

limiting factor, and therefore water is adequate as the hydrating fluid. (Of course, there may be no disadvantages to using some carbohydrate-containing fluids in this situation. In fact, they may not provide a benefit directly, but they may encourage sportspeople to drink because they simply taste nice).

In longer events, a carbohydrate-containing fluid that can provide both fluid and carbohydrate successfully should be used. The problem that arises in trying to meet both physiological needs at once, is due to the limiting rate of stomach emptying. For as a solution begins to contain a larger number of particles in it (whether sugars or electrolytes) the rate of stomach emptying is slowed. For carbohydrate to provide a significant contribution to energy utilisation during exercise, it needs to be supplied at 50-60g per hour (or 50-60 g in a litre of fluid consumed in an hour = 5-6% carbohydrate solution). Yet studies show that when glucose or sugar particles are about 2-3% in solution this retards the rate of stomach emptying.

So while traditional sugar or glucose drinks such as Staminade and Gatorade (5% carbohydrate) or fruit juices and soft drinks (10% carbohydrate) can provide enough carbohydrate, they may cause problems with stomach emptying. Yet if they are diluted down to the 2-3% level, they will not be able to supply an aggressive amount of carbohydrate.

A recent solution to this dilemma involves the use of the glucose polymer. This compound is a small collection of glucose units joined together (up to 10-12 units in the case of Maximum). Joined together they appear as a smaller number of individual particles than if they were single glucose particles. Thus they do not retard stomach emptying as significantly, yet break up quickly in the small intestine to be absorbed. Studies suggest that a level of 7% glucose polymers can empty from the stomach equally as well as water.

Maximum is a new Australian product that allows sportspeople to meet both fluid and carbohydrate needs during exercise. When made up at full strength, it provides 70 g of carbohydrate per litre, which should meet exercise requirements, if drunk at frequent intervals in 150-250 ml amounts. Other considerations in its formulation include a subtle, pleasant taste that would allow athletes in ultra-endurance events to drink litres of it over many hours without feeling nauseous. A low level of electrolytes has been included, although the latest information suggests that it is not necessary to replace these during most sports. However in ultra-endurance sports lasting over 8 hours in extreme heat it may be necessary for some people to replace sodium to avoid salt depletion (hyponatremia).

So while Maximum has been tailored for endurance events, it also provides a pleasant drink for shorter events that will not interfere with water replacement needs. It may also be of use in the preparation and rehydration stages of sports events where athletes require to fill or replace muscle carbohydrate stores, as well as look after their fluid needs.

TABLE 1
EFFECTS OF DEHYDRATION

% OF BODY WEIGHT LOST AS FLUID	SYMPTOMS
2%	thirst, discomfort, loss of appetite
3%	reduced urine output hemoconcentration
4%	reduced physical performance, sleepiness, nausea, impatience
5%	heat exhaustion becomes evident, difficulty in concentration
6%	impaired temperature regulation, increased pulse and respiratory rate
8%	dizziness, hallucinations weakness, mental confusion
10%	spastic muscles, delirium, renal insufficiency . . . heat stroke . . . coma . . . death

HEAT ACCLIMATIZATION

by Dr Warren Payne, Senior Lecturer, Department of Physical Education and Recreation, Ballarat College of Advanced Education

Excessive body heat retention is one of the most debilitating and even potentially lethal factor confronting both the recreational and competitive athlete. It is the combination of the deceptably slow onset and inability of many athletes to recognise the preliminary warning signs of heat illness that results in many of the heat injuries observed.

Mechanisms available to combat heat injury involve both prevention and, if required, treatment. One of the most effective preventative mechanisms available to the athletic trainer is the advocacy of careful heat acclimatization for all athletes participating in a stressful thermal environment. The remainder of this article will address the theory and practice of acclimatization in the athletic training environment.

HOW IS BODY TEMPERATURE NORMALLY CONTROLLED?

The temperature of the body (generally referred to as core temperature) is normally maintained at 37°C and is regulated within very small limits by the temperature regulating centre of the brain. The maintenance of a constant body temperature mandates that the body have mechanisms available to it for defence against hostile (hot and cold) external environments along with the ability to release appropriate amounts of internally generated heat.

The release of internally generated heat is achieved through a combination of four processes: radiation, conduction, convection and evaporation. Radiant heat is lost to the environment in the form of electromagnetic heat waves. Heat will be lost from the body through radiation so long as the temperature of the skin is higher than the adjacent environment. Conduction of heat involves the direct transfer of heat from one object to another. The amount of heat lost through conduction is proportional to both the thermal gradient and thermal properties of the surrounding environment. For example the difference in the thermal properties of water and air results in up to 23 times more heat being conducted from the body in water than air at the same temperature. Convective heat loss is via the release of heat previously conducted to the adjacent air or water being exchanged for cooler air/water. If convection does not occur the air/water acts as an insulator or barrier to heat exchange. Evaporation is where heat is transferred to the environment as the water on the skin is vaporized. As the sweat evaporates the skin is cooled and in turn the blood coursing through the skin can release its heat. The effectiveness of evaporation is governed by the humidity of the environment surrounding the skin. In a humid environment the surrounding air is less able to absorb water thereby making the evaporative process less efficient and heat release is retarded. It is important to realize that it is the humidity of the environment immediately adjacent to the skin that is of importance in governing evaporative efficiency. For example an individual exercising in an

impermeable suit on a day of low humidity will nevertheless be confronted with an environment that contains a high and hazardous degree of humidity. The importance of these mechanisms to the athlete is illustrated by the fact that the amount of heat generated within the body during exercise is up to twenty times greater than normally generated at rest.

When an athlete exercises in cool to moderate air temperatures there tends to be little difficulty in releasing adequate amounts of heat through a combination of all four dissipation methods. Satisfactory release of body heat occurs so long as the difference between the external environment and the body is large. That is, a favourable gradient for heat release must exist. When the external environment becomes hotter than the skin, the gradient for release is decreased and may be turned around so that the body begins to absorb heat. Under these conditions evaporation becomes the sole form available for heat release from the body. The athlete who exercises in the heat without a well developed capacity to release body heat through evaporation will experience a dramatic rise in body temperature. Such an increase will initially affect performance by the person experiencing the sensation of "heavy" limbs, followed by fatigue, dizziness, nausea and ultimately collapse. One can, therefore, appreciate the necessity for the body to be able to maximize its capacity to release heat via evaporation.

ACCLIMATIZATION

Acclimatization to exercising in the heat is evidenced by some marked physiological and performance changes. Before outlining the regimen to be followed in order to acclimatize, it is appropriate to discuss the physiological background to the overall process. The major physiological adaptations observed as a result of heat acclimatization are outlined in Table 1. The most important factors that contribute to the enhanced exercise capacity following acclimatization are an increased sweating rate and an increased plasma volume. That is to say, the athlete is not only able to sweat more and, assuming

the humidity is not too high, capable of releasing more heat through evaporative cooling; he/she now possesses a greater amount of fluid within the body (extracellular fluid or plasma volume) available to be used as sweat.

Despite the increased capacity to sweat as a result of acclimatization, the increased rate of sweating experienced by the athlete demands that fluid before, during and after both training and competition be maximised. The composition of the fluid injected by the acclimatized athlete is of interest. Sweat normally contains more water relative to electrolytes (salts) than exists within the body. Sweat is said to be "hypotonic". As a person sweats the concentration of salts in the body actually increases. Acclimatization actually enables the body to conserve more salt — that is the sweat becomes diluted. One should now appreciate that the most appropriate fluid to be injected by the acclimatized athlete is unsalted water.

Another major adaptation that is readily observable as a result of acclimatization is a marked reduction in the athlete's heart rate when exercising in the heat. The reduced heart rate is thought to be in response to the body being able to maintain a larger venous return as a result of less blood being trapped near the skin. The reduction in heart rate can be used by the athletic trainer, coach and athlete to track the acclimatization process. Additionally, the decreased exercising heart rate adds greatly to the safety margin available to athletes who have known heart disease or probably more importantly as yet undiagnosed heart disease.

The process of acclimatization in itself is quite simple. The athlete should be advised to exercise in an environment which resembles as closely as possible that which is to be experienced during competition. It is important to take both the actual temperature and humidity into account. For an athlete who is able to comfortably run for 60-70 minutes, the first acclimatization session should last for 15-20 minutes and be of moderate intensity. Where possible the athlete's clothing should be light and loose fitting in order to

(Cont. overleaf)

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TABLE 1

CHANGES OBSERVED CONSEQUENT TO ACCLIMATIZATION

(from Haymes)

INCREASE	DECREASE
Capacity for work	Core temperature
Evaporated sweat	Fatigue
Extracellular fluid volume	Heart rate
Onset of sweat	NaCl in sweat
Plasma volume	Skin temperature
Stroke volume	Skin and core temperature at onset
Sweat output	
Wetted body surface	
Work output	

HEAT AND THE ATHLETE

by Matthew G. Reid, National Sports Trainers Coordinator

It is that time of the year again! Winter's sports have begun their pre-season training and as usual the heat is still here. Exercising or competing in the heat has severe dangers for any athlete who does not participate with caution.

Of course, heat does not only come from the environment. It should be remembered by all trainers that approximately 75% of the total energy output of an athlete is released as heat. Thus the body must find avenues of releasing this heat or face a potentially life threatening situation.

Humans try to keep their body temperature constant by balancing the heat produced with heat loss. There are four avenues of heat loss:

- (1) Radiation: we lose heat when our body temperature is hotter than the surrounding environment
- (2) Conduction: heat is lost when we are in direct contact with something which is cooler than our body
- (3) Convection: where cool fluids such as in a swimming pool flow over the body
- (4) Evaporation: where sweat or other fluids are evaporated from the skin and lungs effectively cooling the body. This allows the heat to be more readily transferred from the heat to the environment. Evaporation is by far the most effective form of heat loss.

As can be seen by these methods of heat loss, when exercising in a hot environment the athlete is restricted in the avenues available to him to maintain a stable body temperature.

maximize evaporative cooling. Finally, the athlete should be encouraged to drink as much water as possible before, during and after the training runs. Generally, the majority of the physiological adaptations occur within 5-8 days of acclimatization training and therefore the athlete can expect to be completing near full scale workouts after one week of exercising every day in the heat. Distance runners, for example, will maximize the acclimatization response by exercising in the heat during the latter portion of week one and on into week two for at least 90-120 minutes per day.

It is worth noting that the trained adult athlete will acclimatize faster than the somewhat less fit one — (5-8 days versus 12-14 days). Children on the other hand are thought to respond to training in the heat more slowly than the adult. More over, children tend to run an added risk of heat injury by generally being less able to recognise the signs and symptoms of heat injury than adults. In case you are wondering whether the same degree of acclimatization can be achieved by resting in a

Therefore evaporation is quite often the only method available for the body to lose heat. However when the humidity and temperature are relatively high with no breeze, it is difficult for evaporation to occur. Thus the sweat seems to just drip off without any cooling effect.

The athlete who exercises in a hot, humid and still environment is more vulnerable to heat illness which results from a greater heat production than heat loss. If the body's control mechanisms cannot maintain a stable temperature then the following disorders may arise:

1. Heat Cramps
2. Heat Exhaustion
3. Heat Stroke

Table 1 opposite outlines the signs, symptoms and management of these conditions as stated by the St John Ambulance Association in their manual "Australian First Aid". It should be remembered that Heat Stroke is a life threatening situation.

Whilst it is important for the Sports Trainer to be able to assess and effectively manage any degree of heat illness it is more important for him to prevent them from occurring. The following factors should be considered in the prevention of Heat Illness:

1. Weather

Do not allow athletes to exercise intensively in environmental conditions that are not conducive to heat loss. These conditions include

- a. hot days
- b. high humidity

- c. little wind
- d. high solar radiation

2. Acclimatization

Athletes take approximately 5-8 days to acclimatize to hot weather. When exercising they should take regular breaks and gradually increase the intensity and duration of training throughout the acclimatization phase. Trainers and coaches should keep in mind that during this period sweat production increases and begins earlier and the heart rate decreases.

3. Clothing

The athlete's clothes should be light weight as well as loose fitting leaving as much body surface exposed as possible. They should also be light in colour in order to reflect the sun.

4. Fluid Replacement

Fluid replacement is of the utmost importance in the prevention of heat illness. Fluids should be ingested before, during and after the event.

Athletes should also be educated as to the dehydration effect of alcohol when consumed prior to an event or on the previous evening.

Extra caution should also be taken with children and the elderly (as their control mechanisms are not as effective as the general population), the ill, obese and unfit.

Thus while heat illness can be a potentially life threatening situation its prevention is simple if athletes are educated about these few preventative measures.

hot environment (eg. sauna), the answer is no. Basically in order to acclimatize for competition in the heat you need to exercise in the heat. The need to train in the environment that will be encountered on race or match day is an important point to be remembered by athletes such as early morning joggers and teams that train after work. People frequently train in the cool of the day as it is more pleasant than exercising in the afternoon heat. No one can argue with this, however two to three runs a week in the heat need to be undertaken in order to ensure adequate heat acclimatization. From a safety perspective, it is very important that both the recreational and competitive athlete realize that acclimatization takes time and the intensity of training needs to be reduced during the initial days. An additional factor of relevance is the time required for the beneficial effects of acclimatization to be lost. It is generally acknowledged that the benefits of acclimatization are lost after two to three weeks absence from exercising in the heat. It has become quite a common practice for athletes who are required to travel from a southern hemisphere winter to the northern sum-

mer to undergo planned acclimatization prior to the departure. Such a practice has proven to be quite advantageous in that the athlete finds that he/she is able to adapt to the new environment more easily and can approach the final days of pre-event preparation with more confidence than may otherwise have been the case. If such facilities are not available then it is wise for the athletes to allow a minimum of 5-7 days for heat acclimatization and provide as much fluid as possible when both training and competing.

In summary, the process of acclimatization takes 5-8 days to occur, and has dramatic effect on lowering the body temperature during exercise by increasing the ability to release heat via evaporation.

Suggested Reading

1. Haymes, E.M. and C.L. Wells. Environment and human performance. Champaign, Ill. Human Kinetics 1986.
2. McArdle, W.D., F.I. Katch and V.L. Katch. Exercise physiology: energy, nutrition and human performance (2nd ed.) Philadelphia: Lea and Febiger, 1986.

Heat cramps	Symptoms	Signs	Management
	<ul style="list-style-type: none"> • painful muscle cramps of the limbs and abdomen, either while resting or exercising • nausea • tiredness, dizziness or weakness 	<ul style="list-style-type: none"> • contraction and shortening of the affected muscles; this commonly affects several groups of muscles simultaneously • muscle twitching • vomiting • moist cool skin 	<ul style="list-style-type: none"> • remove the casualty to a cool place, if possible • have the casualty lie down • replace lost fluid and body salt by giving water or lemonade to which is added glucose and ½ teaspoon of salt per litre; a commercial preparation may be used; if the casualty is nauseated encourage slow drinking • apply ice packs to the cramped muscles • gently stretch the muscles, but do not massage painful muscles • warn the casualty that further exertion and exposure in the hot environment may lead to heat exhaustion and that he should rest or work in a cooler area and/or at a less physically demanding task
Heat exhaustion	Symptoms	Signs	Management
	<ul style="list-style-type: none"> • feeling hot, exhausted and weak, with a general feeling of being unwell, often accompanied by headache • thirst • fatigue • nausea • loss of appetite • giddiness and faintness • stomach and muscle cramps • shortness of breath • muscular weakness • lack of coordination 	<ul style="list-style-type: none"> • pale, cool and clammy skin • profuse sweating • rapid breathing and pulse • possibly, confusion or irritability 	<ul style="list-style-type: none"> • move the casualty to a cool place with circulating air, and lay him down • loosen any tight clothing that the casualty is wearing, and remove any unnecessary garments • sponge the body down with cold water, but do not overcool • replace lost fluid and body salt (as for management of heat cramps) • seek medical aid if the casualty: <ul style="list-style-type: none"> — vomits and cannot keep fluid down — does not recover promptly • treat cramps as previously outlined
Heat stroke	Symptoms	Signs	Management
	<ul style="list-style-type: none"> • headache • nausea • dizziness • visual disturbances 	<ul style="list-style-type: none"> • often, irritability or mental confusion; possibly aggression • altered mental state, which may progress to seizures and unconsciousness • a rise in body temperature to 40°C or more • a strong pounding and rapid pulse • vomiting • skin flushed, and usually dry 	<ul style="list-style-type: none"> • DRABC • if unconscious place the casualty in the coma position • remove the casualty to a cool place • loosen any tight clothing that the casualty is wearing, and remove any unnecessary garments • douse the casualty's body with cold water or, alternatively, carefully rub crushed ice and water over the casualty's body • apply cold packs or ice to the areas of large blood vessels, such as the neck, groin and armpits, to accelerate cooling • if possible, cover the casualty's body with a wet sheet and fan him to increase air circulation • continue these measures until the body feels cold to the touch, then stop cooling • seek medical aid urgently • when the casualty is fully conscious give fluids, for example water or lemonade to which is added glucose and salt (as for management of heat cramps); a commercial preparation may be used

TABLE 1: SIGNS, SYMPTOMS AND MANAGEMENT OF HEAT ILLNESS

How a fun run destroyed a man's body

ON 27 February, Mark Dorrity set off on what he expected to be an easy eight-kilometre fun run in Wagga, southern New South Wales. But near the finishing line the fit 28-year-old collapsed, his body destroyed. In less than an hour his thigh muscles had overheated, liquefied and died. One leg has since had to be amputated at the buttock because of gangrene.

Before Mark collapsed, his kidneys failed because the dying muscles had released toxic proteins into his blood, which thickened to a molasses-like consistency. Every organ in his body was affected. He suffered brain damage. His lungs could not function unaided. His buttock and hamstring

By SUE-ELLEN O'GRADY,
Sydney

muscles also liquefied, but not as severely as his thigh muscles.

Mark's heart stopped at least once. When it started again it hammered away at 150 beats a minute compared with its normal beat of 70. He was on a dialysis machine for eight weeks, and in a coma for three months. When he regained consciousness he could not walk or talk.

Even now, five months later, Mark cannot turn over or get out of bed unaided. He faces months of intensive rehabilitation.

The devastating damage to Mark Dorrity's body was caused by heat exhaustion and dehydration resulting in a rare condition known as rhabdomyolysis, the extreme result of what every runner and athlete knows as muscle fatigue.

The director of research at the Sports Medicine Institute, Dr Tony Miller, said the condition usually affected runners taking on more than they were used to in training.

"Rhabdomyolysis is pretty unusual," he said. "It's caused by overuse of large muscle groups in bad conditions. To avoid it, you need to keep well-hydrated during a race, and to compete at the level at which you train. You should drink enough fluid the day

before an event to make sure your urine is pale in color, not dark."

Mark Dorrity's is the most severe case of rhabdomyolysis recorded in NSW, and probably in Australia, say doctors at St Vincent's Hospital, where he has been treated since early March. A specialist there said his body had overheated to 42.8 degrees. "When someone has a temperature that high, they are delirious," he said. "They ignore the body's warnings to stop."

Mark Dorrity was no weekend jogger. When he graduated from the University of NSW with an honors degree in science in 1984, he won a Blue for athletics. He moved to Melbourne to work as a wool exporter, and ran four kilometres through the Botanical Gardens every day. As well, he swam a

kilometre three times a week. He had minimal body fat.

He travelled to Wagga in February with a group of friends, all planning to compete in a local event. When the temperature rose to 42 degrees, the locals cancelled the run. But Mark and his friends, deceived by the dry heat, decided to hold their own race.

He drank several glasses of water before beginning to run, but none during the race. That, say doctors, proved to be his near-fatal mistake.

How does he feel now? "I'm very lucky to be alive," he says. "I know that. I'm a medical miracle. And it's a warning to other runners to be extremely careful."

— Sydney Morning Herald

First, see whether

to exercise

EXERCISE is now accepted as part of a healthy lifestyle. However, plunging into exercise can harm you. A medical check-up is the first step before taking up any exercise or vigorous sport. Your GP will tell you about fitness levels and whether or not it is safe to begin exercising.

Start exercising slowly — running 10 times around the local oval is not a good way to begin. Many of us talk about getting fit without understanding what fitness means. There are two main measures of fitness — endurance and strength.

Endurance is simply how long you can exercise without falling in a heap. Signs of good endurance include a slow pulse rate, lower blood pressure and efficient heart-lung functions. It centres on your heart's ability to pump sufficient oxygen-rich blood around to the muscles.

A fit person will lift his pulse rate only slowly during exercise whereas ours may shoot up. In fact a fit person's pulse rate after exercising may only be slightly higher than ours is normally.

Fitness strength is muscle capacity. This does not mean building those bulging shapes we see on television. Muscles develop strength with exercise so it is easy to run, jump and play your favorite sport without ending up sore and sorry.

If you want to measure how fit you are, there are some standard fitness tests worth trying. One is called the Cooper's 12-minute run (see table right). Simply stated it looks at how far you can run comfortably in 12 minutes. For instance, women between the ages of 30 and 40 covering less than 1.3 kilometres in 12 minutes have very poor fitness. Between two and 2.5 kilometres is considered good while more than 2.5 kilometres is excellent.

For men between 30 and 40 less than 1.5 kilometres is very poor. Between 2.2 and 2.6 kilometres is good while more than 2.6 is excellent.

Naturally you would not attempt this test without first checking with your doctor. Any exercise routine has some basic rules for avoiding injuries. Warming up first is vital. The reason you should warm up is to increase muscle temperature and send more blood and oxygen to the muscles. Cold muscles can tear from sudden stretching.

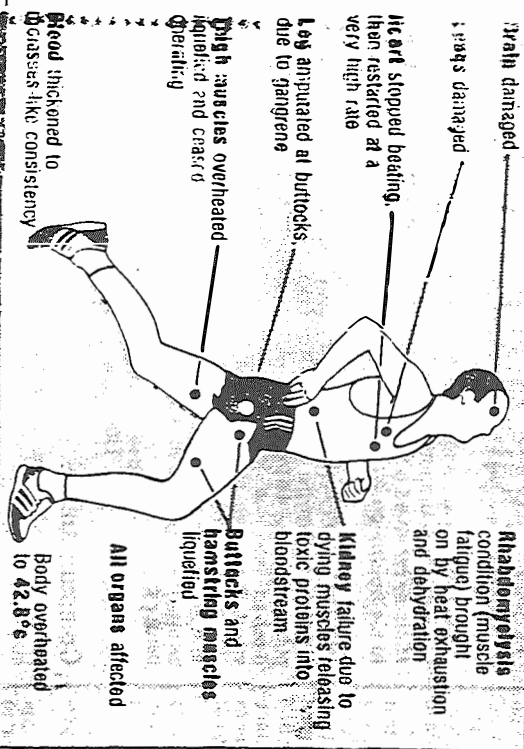
Five to 10 minutes is a good warm-up time with many experts recommending jogging as a warm-up routine.

MEN				
Fitness category	Age	Under 30	30-39	40-49
Very poor		< 1.61	< 1.53	< 1.37
Poor		1.61-2.00	1.53-1.84	1.37-1.67
Fair		2.01-2.40	1.85-2.24	1.68-2.08
Good		2.41-2.80	2.25-2.65	2.09-2.48
Excellent		2.81+	2.65+	2.49+

WOMEN				
Fitness category	Age	Under 30	30-39	40-49
Very poor		< 1.53	< 1.37	< 1.21
Poor		1.53-1.84	1.37-1.68	1.21-1.52
Fair		1.85-2.16	1.69-2.00	1.53-1.84
Good		2.17-2.64	2.01-2.48	1.85-2.32
Excellent		2.65+	2.49+	2.33+

Distance in kilometres covered in 12 minutes.

HEAT CAN REALLY HURT



Slow down, you'll kill yourself

By JOHN LETHLEAN

"SLOW down dodo, you're miles ahead," a mate shouted in vain to runner Mark Dorrity.

But the warning came too late. Within moments the fun run was over. Mark staggered to a halt and slumped to the ground.

His body had melted down. The fit 28-year-old had suffered the most extreme form of heat stroke known to doctors, rhabdomyolysis, a condition so rare that experts believe it to be Australia's first case.

Yesterday friend and colleague Jonathan Lillie, told of the last moments of the Wagga run that took Mark's left leg and left him with minor brain damage.

"By about the five km mark, Mark was well ahead — maybe 300 yards — and running strongly, at a big pace," Lillie, who was following in a car, said.

"It was probably about the 6 km mark we started to call out 'slow down, you're miles ahead, just pace yourself.'"

But his mate kept forging ahead.

The two friends had gone to Wagga for an annual wool trade get-together. Part of the weekend was an 8 km race round Lake Albert, and Mark, a former state athletics representative with a university Blue for running, was favorite.

With the temperature at 42 degrees, the 2 pm start was postponed until 5.30 pm.

"It was about the 6½ km mark that I noticed Mark's gait changing and he started to slump when he was running. He started to look a little bit staggered."

"I called out to him 'slow down Dodo, you're miles ahead. I called out a few times, so did the other guys."

But Mark kept running and did not appear to heed the warnings.

"He was a determined sort of a bloke — not the sort who would acknowledge. He was running a race, and it didn't matter if it was a social event."

"Probably Mark took it a little too seriously, but who am I to say? I don't know his limitations as a runner... and it seems he didn't either."

Delirious, Mark ignored his body's warnings to stop and at a branch in the road he took the wrong turning.

"He must have registered he'd gone the wrong way. He sort of looked at us as if to say, 'what way?' and then he staggered and fell."

"We jumped out of the car and grabbed him. He tried to get up again and he fell to the ground."

Lillie and his friends tried to give him a drink.

"He spoke a few words at that stage but he was totally exhausted and hyperventilating. His pulse was racing and then his eyes rolled back in his head and you could see the whites of his eyes."

"When he collapsed, you couldn't really understand him because he was so bugged. Then he went into sort of a coma and we spunged him down," Lillie said.

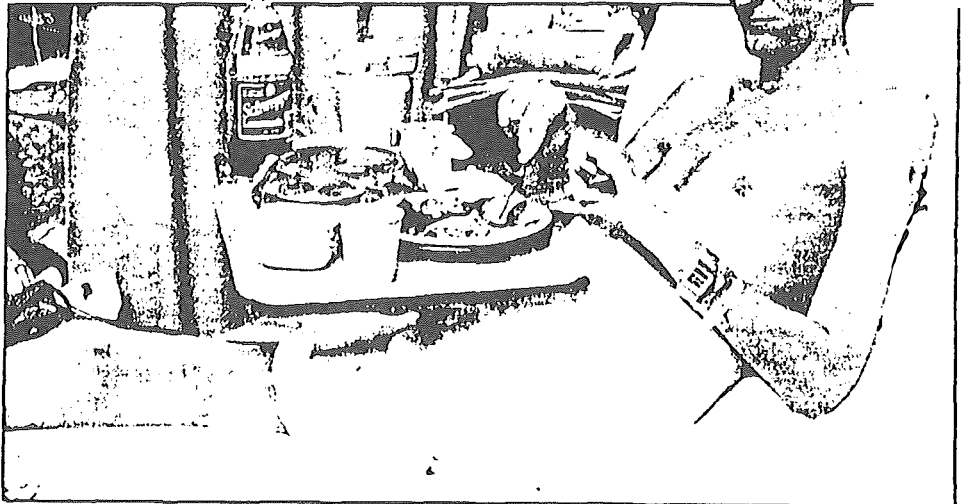
"We put him in my car and took him to hospital. His eyes were open and he was just sitting making really fast breathing and moaning sounds."

His pulse was racing and then his eyes rolled back in his head and you could just see the whites of his eyes

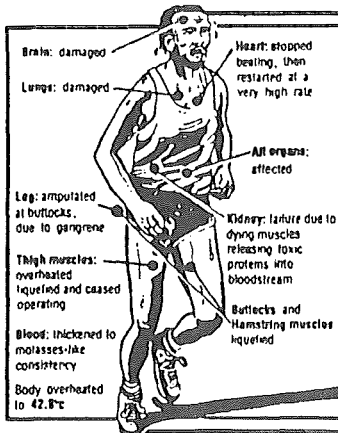
Lillie thought it was heat exhaustion and that Mark would eventually come right.

But Mark's blood had coagulated and thickened, like pea soup said one doctor (damaging several major organs). The young Sydney-sider's heart stopped beating, and his lungs were injured.

He was in a coma for 3½ months on a dialysis machine for two months



Mark Dorrity "I don't have any idea what happened, how far I'd run"



A DOCTOR says the strange case of "Meltdown Mark" is a stark warning to amateur runners on the dangers of extreme dehydration.

The Victorian branch president of the Australian Sports Medicine Foundation, Dr Peter Larkins, said two thirds of medical problems in running were heat-related.

And keen amateurs were most at risk from mind overriding body.

Runner Mark Dorrity's mistakes were covering more than twice the distance of his normal training run; running when it was too hot and too little to drink before and during the race.

Dr Larkins said it was the first case of rhabdomyolysis he had heard of in Australia. The "end-stage", where muscle tissue broke down and the blood coagulated, was the final, killing, complication of heat stroke.

He said that from what he knew of the case, Mark could have died from the blood clotting. But different people had different tolerances. Some people died with a body temperature of 42 deg while others recovered from higher body temperatures.

However, acute renal (kidney) failure could

Doctor warns: runners beware

happen at quite low body temperatures, he said.

Dr Larkins said US athlete Alberto Salazar broke down after a 10 km road race and was given the last rites.

But Salazar recovered and set a new world marathon record.

Dr Larkins, former Montreal Olympic steeplechase runner, said he had seen people break down with body temperatures of 41 deg, yet others had recovered with temperatures of more than 43.

He said there were three extremes of heat-related stress. Heat strain, heat exhaustion and then heat stroke.

Rhabdomyolysis was an acute manifestation of heat stroke, he said.

Dr Larkins said it was uncertain which toxins contributed most to the coagulation. He said the medical profession understood what happened under heat conditions, but was not certain why.

and needed a tracheotomy to breathe.

His left leg had to be amputated at the buttock after he contracted gangrene where the thigh muscle had died.

After 5½ months in Sydney's St. Vincent's Hospital, Mark is still extremely weak, gaunt, and his speech has been affected by the minor brain damage that occurred when the blood thickened.

His overheated thigh, hamstring and buttock muscles went to liquid — dissolving — releasing toxic protein into his blood stream. And this caused his kidneys to fail.

Mark said from his hospital bed yesterday he was much better than when he came out of the coma.

"I have to have an artificial limb attached but they can't see any problem eventually to me being able to walk around."

"I think there will be a chance of going back to work, but I don't know when."

Mark said it was frightening to wake after so long in a coma and to realise so much time had passed.

"Initially you feel some sort of — not bitterness — but ask yourself why

you did it, but you come to terms very quickly with that."

Mark was aware of the problems of dehydration but had no idea it could hit so suddenly or with such devastation.

While he can't remember the race, he says that being fit was the problem.

He used to run four km a day swim most mornings, and had completed several triathlons.

"If I wasn't as fit, I wouldn't have run as far as what I did," Mark said.

"I can't remember it being that hot. It seemed fairly normal."

Worry

"The doctors have learned quite a lot from their experience with me," he said.

"The problem of dehydration is not well understood. Most athletes wouldn't worry too much. I wouldn't imagine, about dehydration to the extent that it happened to me."

"If I'd had water, the dehydration wouldn't have been so severe, because it really was a dehydration problem."

"I must have lost a lot of water. I don't have any idea what happened, how far I'd run."



★ "Your Brenda looks good at 400 metres. But then she always did look good from a distance."

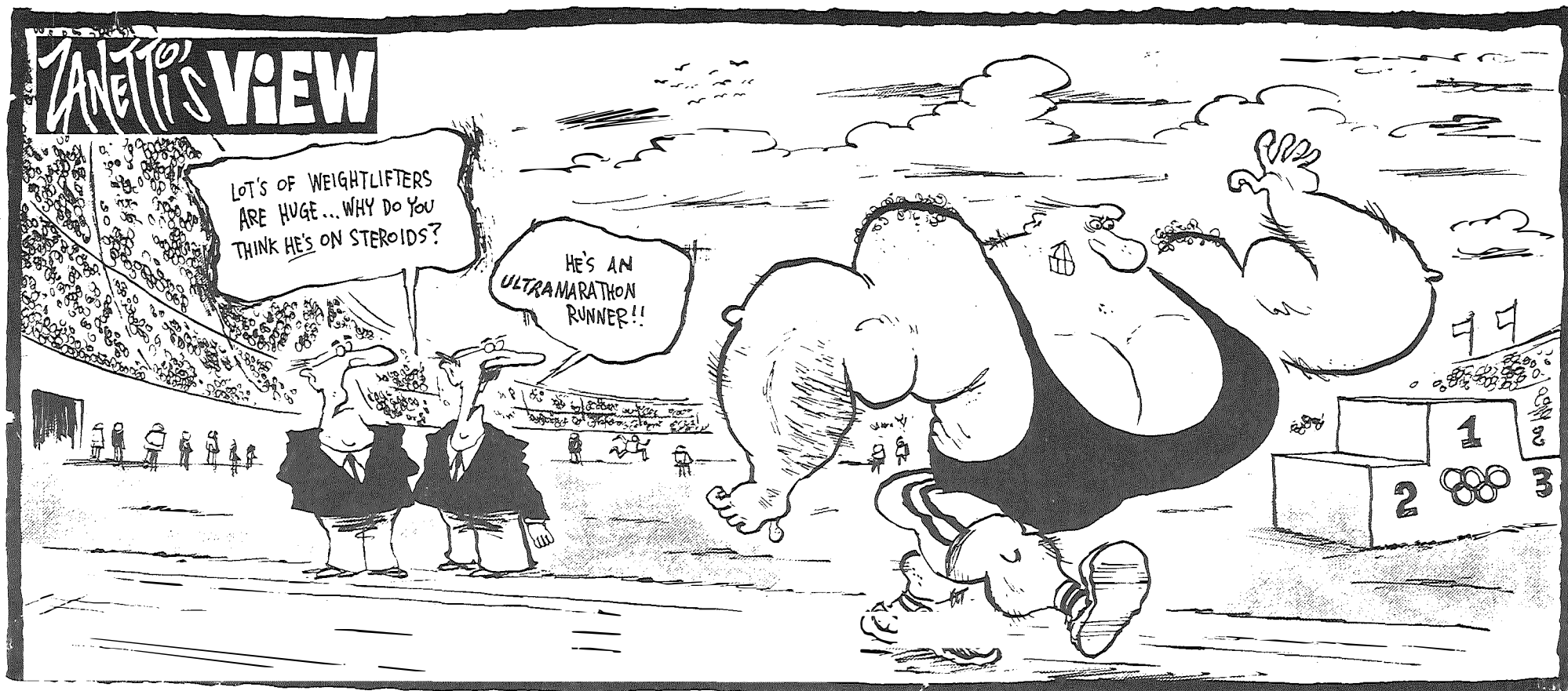
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There's the rub

Massage goes hand in hand with better running

Growing numbers of runners, especially elite athletes, use sports massage for healing, injury prevention and even training. Available at most of last year's major running events, sports massage also helped many Olympic athletes as they competed in the '84 Games. And most importantly for any runner seeking a performance boost, Jack Meagher, known as the founding father of sports massage, claims that it can provide a 20 per cent racing edge.

Even though Meagher, a sports massage therapist for 37 years, has no conclusive scientific evidence to back his belief, a wide variety of runners whose performances speak for themselves testify to the benefits of massage. Mary Slaney, Ingrid Kristiansen, Joan Benoit and Alberto Salazar swear by this hands-on treatment. Francie Larrieu Smith says that sports massage helped heal a pulled hip muscle, allowing her to run to victory at last June's L'eggs 10K.

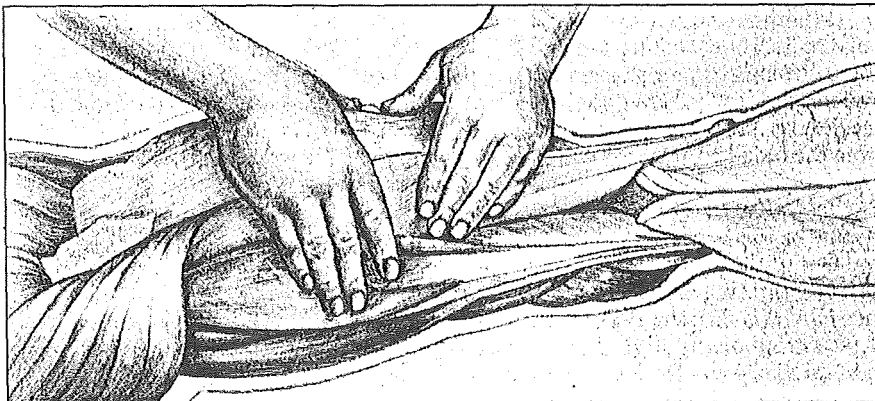
Clare St. Arnaud, 47, of Tucson, Arizona, includes sports massage in his triathlon training. In last October's Ironman he dropped 45 minutes from his previous PR, due in part, he says, to his massage sessions. "It reduces tightness from heavy training," he says, echoing a common reaction. "Sports massage made my training more efficient and improved my flexibility."

In light of glowing claims and testimony, what's the real story behind sports massage? It's important to understand how massage works and what it can do for you as a runner.

What is sports massage?

According to Toni Gallagher, co-director of the Desert Institute of Healing Arts in Tucson, Arizona, and a member of the American Massage Therapy Association (AMTA) certification committee, sports massage has three goals. It is designed to improve performance, prevent injury and speed healing if an injury is incurred.

Sports massage differs from conventional massage in several ways. The goal of traditional massage is to loosen tight muscles for overall relaxation. Sports massage, however, is more therapeutic. A sports massage therapist, who uses more compression than a traditional practitioner, works on specific muscles. In the end, sport massage also



■ Sports massage uses hard compression to attack specific trouble spots.

leads to a state of general relaxation.

Massage is useful before and after a race. It works to increase circulation and dilate blood vessels, thus clearing away toxins in the muscles. Massage also makes muscles more pliable and increases their range of motion. Relaxed and loosened, muscles are less likely to sustain pulls, sprains or tears. In the repair of torn muscle, clinical studies have found that massage both quickens healing and promotes normal growth of new muscle tissues.

Massage your way to better running

When used for training purposes, a full body massage tracks down stress points and identifies potential trouble areas. "Sports massage searches out stress points and clears them by increasing circulation to the spot to reduce spasm and muscle hypersensitivity," says Carol Kresge, director of Take Care for Health, a massage therapy clinic. "This gives the athlete freer movement because it reduces resistance within the muscle."

For a runner who runs at least one road race a month, most therapists recommend one massage per week and more for those who race from week to week. Benny Vaughn, assistant trainer at the University of Florida, puts the runners he works with on a massage schedule. He suggests massage at a specific point during weekly training, such as between a heavy workout and a long, steady distance day.

Along with a massage during training, the pre-event massage is also important to runners. It works to warm, stretch, cleanse and stimulate

the muscle groups that are stressed most during a race.

According to Meagher, it works this way: After a certain point in competition, the runner begins to tire and his or her muscles tighten. At this point, speed and strength begin to fade. But, says Meagher, the pre-event massage extends the time during which the muscle stays relaxed, giving the runner that much more time before fading.

Getting your hands on a pro

With only eleven states regulating massage therapy, an AMTA-certified sports massage therapist is a runner's safest choice. "A good massage therapist is something of a detective. He or she may be able to trace a tightness in the quads, for example, to a compensating injury in the gluteus area," says Toni Gallagher. "But the therapist is not a diagnostician. Serious injuries should be seen by a doctor."

Depending on where you live and your therapist's rate structure, you'll have to pay from \$15 to \$50 for an hour-long session. There are ways to get around the cost. Therapeutic massage prescribed by a physician may be covered by your insurance. Sometimes, the local "Y," which may offer inexpensive yet sound massage therapy, can be your best bet. Also, if you live near a massage school, you may be able to get free treatment by participating in a student practicum.

FINISH

Arthur Newton. (articles sent by Tony Tripp)

I had the great privilege of being taught certain skills in ultra running by pupils of Arthur Newton. I knew the great 'Ballington'. Jackie Mekler, Wally Hayward and Geraldine Watson, the first woman ever to complete 100 miles in 24 hours were all members of the Centurion Runners Club in South Africa. Geraldine taught me at school. It was she who introduced me to the wonders of our great sport. I have never forgotten these wonderful people.

I have included articles I have kept all these years on that great event the 'Comrades Marathon'. I think it is tragic that it may become forgotten just what South Africa and the 'Comrades' has meant to the ultra world. Without that race and Arthur Newton, road running as we know it could not exist. The techniques originated in South Africa, not America, England or elsewhere. What is considered new today, we used years ago.

Arthur Newton and the Comrades Marathon

A tribute to a Great Athlete - by Vernon Jones.

At a social gathering not many months ago conversation drifted from one topic to another and finally came round to Natal's famous Comrades Marathon. Inevitably, the name of Arthur Newton was mentioned. Much to my surprise, a young man asked, quite seriously, "Who is Newton?" I was taken aback, because he had run the Comrades in 1968, but he confessed he had never heard of Newton. He further admitted he had never seen a Comrades programme, much less read one, and that he had never read an article on the Comrades in any magazine or newspaper! This young fellow was born and educated in Durban and was proud of his Comrades medal, yet he was completely insensitive to the history and traditions of the famous event. This incident, though trivial in itself did however remind me that 45 years have passed since Newton's Comrades hey-day, and that means there could well be competitors today whose fathers were not born when Newton's name was a household word in Natal. "Who was Newton?" my young friend asked. I shall try and answer the question, for him and for others like him.

Arthur Francis Hamilton Newton was born at Weston-Super-Mare in Somersetshire, on 20th May, 1883 and died at Hillingdon Hospital in Middlesex on 7th September, 1959. He came to South Africa in the early 1900's and lived here until 1925, when he went to Rhodesia. In 1929 he turned professional and spent two years in the U.S.A. before returning to the land of his birth. In a varied career in South Africa, he was a schoolmaster at the old Blenheim College at Maritzburg, a private tutor to the sons of a well known Natal family, and a farmer in the Harding district of Southern Natal. He was a fine pianist, was fond of good literature and was a philatelist of note. His Zulu name, "Mantabeni" (Master of Mountains) identified him as a mountaineer and he was a pioneer motor cyclist when machines were primitive and temperamental and roads virtually non-existent. But he achieved his greatest fame as an athlete, both by his extraordinary performances and by his revolutionary and original thinking on long distance training. He was truly one of the Giants of Twentieth Century athletics.

By his phenomenal running, Newton "made" the Comrades and was its first great personality: without him the event would not have survived for long. This quiet and modest man, wearing a large X and number 77 on his

vest, captured the public imagination in Natal in an unprecedented manner. He was not interested in prizes and gave them to deserving causes and institutions. He won most of his races by large margins and invariably lit his pipe or a cigar soon after the race had ended.

It is, perhaps, not easy for runners of the present day to imagine any one upsetting official arrangements by winning the Comrades nearly two hours ahead of the scheduled time, but that is what Newton achieved in 1923. His times were ridiculed in England and were dismissed as being "impossible." The answer to that attitude was the organisation of an officially controlled attempt on the record for fifty miles, the run being done in 1923 from Maritzburg to Inchanga and back on the rough, untarred and hilly road of the Comrades course. He recorded the (then) astonishing time of 5 hours 53 minutes and was presented with a specially struck gold medal to commemorate the feat. At this stage of his career, the forty-year-old Newton had been running a mere eighteen months. Still unconvinced, the British experts wanted nothing less than visual proof of the new South African superathlete, so in 1924 Newton was sent to run in a specially organised race from London to Brighton. With insufficient time to recover his best form after the sea voyage of three weeks, he did not give of his best, but he reduced the record by a large margin to 5 hours 53 minutes 42 seconds. When the London to Brighton race was resuscitated about 25 years later, the magnificent trophy was named in his honour.

No athlete in history has made such a sensational impact on his chosen event, although it is true that in the long distances the scope for improvement was exceptional. His great advance on anything previously accomplished was due entirely to his own original thinking, to painstaking experimentation and to hard work. Long distance runners of today will not easily comprehend a situation where experts took the view that Newton's lemonade/sugar/salt drink would seriously harm him but this actually happened during his London to Brighton run in 1924, when they refused to give it to him!

After his retirement, Newton published the first of his four books which he called, simply, "Running." In it, he expounded his new approach to long distance training. Without going into detail, his radical training innovations included (1) eat what you like, (2) run greater distance at reduced speed, thus training and not s/training, (3) take extra salt in warm weather, (4) train six days a week, (5) cut out regular massage, (6) run flat foot above the standard marathon distance, and, (7) the value of mental training. He has since had several imitators and his new (in 1922) methods have been adapted to distances as short as the mile with conspicuous success (e.g. Cerutti with his great Australian milers, Landy, Elliott, et al.).

In his foreword to the book "Running", W.G. George, who held the world record for the mile for something like twenty years, wrote: "This is the best, most comprehensive and knowledgeable book on training and running that has yet appeared. In 1924 I stated that Arthur Newton was the most wonderful long distance runner I had ever seen. . . . It may be centuries before his records are surpassed or even equalled." Reviewing the book, the Manchester Guardian stated that it had been written by ". . . in his own specialised line, the greatest runner in history," while the Observer (London) recorded that "Newton ranks as one of the marvels of all time." Such was his reputation, that for years after his retirement few, if any, Comrades runners seriously thought of challenging his times, even on the vastly improved tarred road that was used from 1931 onwards. When Bill Cochrane won his first Comrades in 1935, he was less than six minutes outside Newton's record in the 1925 event. Bill's time of 6 hours 30 minutes 3 seconds was hailed in banner headlines as "magnificent" and "sensational" and he was the first to demonstrate that Newton's times were not unbeatable. Newton, in fact, always maintained that they left much room for improvement: he had run the down Comrades course in a special race in July, 1925 in 6 hours 12 minutes.

Such, then, was the stature of the man who "made" the Comrades.

As a generous sportsman, always so willing to assist others, Newton was unique. Nothing pleased him more than to help other runners to beat, or attempt to beat, his own hard-won records, and this was especially the case if the runners happened to be South Africans. Ballington, Hayward, Mekler and Walsh all enjoyed the enthusiastic assistance of Newton on their record breaking runs in England, the last three being his guests at his home in Middlesex. Indeed, his home at 9 Cottingham Chase, Ruislip Manor, was for years a "Mecca" for long distance runners (and others) from all over England and, for that matter, the world. His front door was always open on the rare occasions when he had to leave the house at week-ends, he left a note on the door, telling callers to help themselves to tea and cake. Often at week-ends the house was crowded and in the talk that flowed, Newton sat quietly in the background, modest and reticent as always. Towards the end of his life he was greatly handicapped by deteriorating sight and in his last couple of years he was virtually blind.

Newton returned briefly to South Africa in 1956 as the guest of the Marathon Runners' Club and he made a sentimental journey around the country he loved above all others. Much to his embarrassment, he found himself the Guest of Honour at innumerable functions, of which the Durban Civic Luncheon was a highlight, and the Comrades of 1956 was identified with his name as a special tribute to him. He planted a tree at Harding on his 73rd birthday and the local townsfolk later erected a handsome granite stone to commemorate the event. By a remarkable coincidence the tree has been cared for since the day it was planted by a Zulu named Dhlamini, who worked for Newton fifty years ago as a herd boy on his farm "Lovat" in Umzimkulwana valley. Often, when passing through Harding, I have sought out Dhlamini to give him a tip ostensibly from "Mantabeni" for caring for his tree.

At different times Arthur Francis Hamilton Newton held both 'up' and 'down' Comrades Marathon records, the London to

Brighton record, the world 50 and 100 mile records and the world 24-hour endurance record. It was said that Greatheart, as Newton was sometimes called, was made famous by the Comrades Marathon. It is equally true to say that he made the Comrades Marathon famous.

Newton, a farmer from Harding, Natal, began his marathon career at the age of 39 when he entered for and easily won the 1922 Comrades Marathon. At that time Newton was experiencing trouble on his farm which was in an area which the Government declared to be 'black'. When negotiations with the Government for compensation failed, Newton adopted marathon running to bring his name and plight before the public, but all to no avail. In the process, however, Newton brought marathon training and running to such a fine scientific pitch that he dominated his athletic era. He ran six Comrades Marathons and won five. Newton's only defeat was at the hands of his one great rival, H. J. Phillips, who beat Newton in 1926 when Newton, insufficiently prepared for the race, travelled down from Bulawayo, to which point he had recently emigrated.

In 1923 Newton arrived so early at the winning post at the old Durban Lords Ground that he almost finished unheralded and, what is more important, with his winning time unrecorded. Newton's characteristic, effortless shuffle and his familiar number 77, became a byword in Natal, while the training methods which he devised (and later propounded in his books) have undoubtedly influenced present-day middle- and long-distance athletics.

Newton's mantle was taken over by Hardy Ballington, of Durban, who won five of his seven 'Comrades'. In the other two, Ballington was fourth, in his novice year, and later in 1935 second to his great rival and friend Bill Cochrane. Like his great mentor Ballington held at different times the 'up' record, the London-Brighton record, and the world's 50- and 100-mile records. Ballington, who won the unpleasantly wet 1933 race, was then 20, and as such was one of the youngest winners in the history of the race. He was a Comrades Marathon force to be reckoned with from 1932 until 1947.

The only unbeaten multiple winner of the race and, at 45, its oldest winner, was Wally Hayward, of Johannesburg. Hayward was only 21 when he scraped home in the 1930 Marathon to win by half a minute. Twenty years later he entered for his second Comrades Marathon and won again. He repeated his successes in 1951, 1953 and 1954 and, in between, found time to represent South Africa in the Olympic Marathon and to gather in all the records which Arthur Newton once held. Hayward was the first competitor to beat six hours in the Comrades Marathon.

The fourth of the really great Comrades Marathon runners is Jackie Mekler, also of Johannesburg. Mekler, who won in 1958, 1960, 1963, and 1964, established new records for both the 'up' and 'down' races, as well as that of the London-Brighton event. He also held the world 50-mile record. Unlike the powerful-running Ballington and Hayward, Mekler's forte was his long-striding action in the track athlete mould. And unlike all his predecessors Mekler had to withstand the challenges of visiting overseas stars.

The Founders Trophy for the oldest competitor to finish has of late become the especial prerogative of 65-year-old near-blind Ian Jardine, who has thus far captured the trophy 11 times. Jardine has such bad eyesight that he has to be guided throughout the race by a 'lead-dog' competitor, originally John Woods, and subsequently by a number of other fine sportsmen.

Prominent sportsmen from other fields have competed. One never forgets that legendary character and great rugby star, Bill Payn, who in 1922 reputedly consumed *en route* a large breakfast of bacon and eggs, curried chicken, numerous oranges and a quart of beer.

Women? Yes, there have been several unofficial women competitors, notably Miss Frances Hayward who finished 30th in 1923, and Miss Geraldine Watson, a Durban schoolteacher, who competed three times in the early 1930's and beat many male competitors. She also successfully competed in a special 100-mile road race in Durban in 1934. Miss Watson has continued her interest in the race and regularly donated a small trophy to the last competitor to finish the course in the set time. Mrs. Mavis Hutchinson beat 60 men in the 1965 race, but her 18-year-old son Jesse finished 1½ hours before her to take the prize for the youngest 1965 competitor to finish. Husband, and father, Ernest Hutchinson also competed, but retired *en route*.

There are, of course, other non-mechanical means of travelling between Natal's two principal cities. Sportsmen have long dreamed of canoeing down the Umsindusi and Umgeni rivers to the coast. This has now become a reality in the shape of an annual canoe marathon, some of whose competitors make it a 'double' by also essaying the journey on foot in the Comrades Marathon.

In the 1930's non-Whites staged their own inter-city marathon, called the Suncrush Marathon, the best time being that of G. Murugasen, who won in 1939 in 6 hours 40 minutes. Since the war non-Whites have competed unofficially with the Whites and, having acquitted themselves well, leave little doubt that their successors could threaten the best times of the Whites. One remembers that in more than forty years White competitors have only managed to reduce the 'down' record by half an hour, despite the tarring and ironing-out of the road and the fiercer competition of modern races.

(NON WHITES ARE NOW ALLOWED TO COMPETE OFFICIALLY. THEY HAVE PROVEN THEMSELVES TO BE BETTER THAN THEIR WHITE FRIENDS.)

Maritzburg is 2,200 feet above sea-level, but, with the steep undulations of the route, athletes essaying the 'up' journey climb more than twice that altitude. By the same token there is a good two thousand feet of climbing in the 'down' run. When building the new fast national highway which now links the two cities, the Roads Department was careful to eliminate the steep, winding

Polly Shorts, Huntleys, Westermeyers, Cowies and Botha's hills, and the picturesque but testing Inchanga bank. Happily for Comrades men they retained for local service the old roads incorporating these hills which still are a feature of Comrades Marathons. Nevertheless there have always been some, not appreciable, changes to the overall route and distance of the Comrades Marathon.

Hills of a mile or more are many. One begins to climb them within minutes of the start. They get steeper and longer as the race progresses. From the historic 45th cutting made at the top of Black Hill by the old British 45th Regiment of Foot one sees in the distant Cowies Hill, the prodigious shape of things to come. Fields Hill rises nearly five hundred feet over its two miles of steady climbing. Between the two hills lies Pinetown and the last of the heavy coastal atmosphere.

Just as steep as these two hills are Botha's Hill, Inchanga and the infamous Polly Shorts, the latter being the last straw that breaks the camel's back. Imagine having to surmount this mammoth obstacle after 50 miles of running! At the foot of the mile-long hill the venom of the steepness is cunningly concealed by the snaking of the road, first to the left and then to the right. But have no illusions for, as the road straightens out, one sees stretching ahead, and up, nearly half a mile of the grimmest climbing imaginable. Gradually, inexorably the top of the straight is reached but, alas, not the top of the hill for the road, still climbing, winds to the right and then to the left before the crest is reached and, prize of surprises, Maritzburg can be seen spread out in the valley below.

When sexagenarian Edgar Marie presented himself in 1949 to his young doctor for the medical examination requested by the organizers, the rugby-playing doctor was so impressed that he decided to compete, too — and finished last, exhausted and nearly an hour after his elderly 'patient'.

Little could dreamer Vic Clapham have visualized, when he founded the Comrades Marathon in 1921, that two, three and four hundred aspiring athletes would in later years crowd the start of his brainchild race. Yet by the mid-1960's that has been the response.

Clapham had long felt that if infantrymen could get used to forced marches over big distances trained athletes would have little difficulty in running the 54 miles from Pietermaritzburg to Durban. When he returned from the East African campaign of the First World War, Clapham, brushing aside the doubts and jeers of his critics, forged ahead with his plans to found the great race which, thanks to his persistent efforts and organizing ability, has become a traditional and annual feature of the Natal winter season and the South African athletic calendar.

As its name denotes, the Marathon was instituted by the Comrades of World War I, an association later to be called the South African Legion of the British Empire Service League. The first competitors were mainly ex-infantrymen. In 1931 the Moths of the Gunga Din Shellhole donated one of the main trophies of the race — that for the team with the best results of the day. The resuscitation of the fortunes of the race in the late 1940's was due to the efforts of the ex-soldiers of the Second World War. It is fitting that the spirit of comradeship continues to permeate the whole atmosphere of the Comrades Marathon.

And so in Maritzburg on Empire Day, 24 May 1921, thirty-four of the forty-eight competitors who entered for the first Comrades Marathon lined up shortly after dawn to await the Mayor's starting pistol and, thus, to bring into reality a mammoth race that had hitherto been only a visionary's dream. In 1922 nearly three times that number faced the starter for the more difficult 'up' race to Maritzburg — in odd-numbered years the race is run from Natal's capital city down to the coast; in even-dated years it is run up from Durban to Maritzburg.

FROM THE COMRADES MARATHON STORY (1921-1966) - BY MORRIS ALEXANDER

1987 WORLD RANKING LISTS - 24 HOUR EVENTS

24 HOURS TRACK (MEN) - 23 PERFORMERS

m	y	km		Born		
146	627/235.538	James Zarei	IRN/UK	(44)	(1)	Arcueil 10/11 Oct
146	547/235.465	Owen Tolliday	AUS	()	(1)	Queensland 5/6 Sep
145	1047/234.313	David Standeven	AUS	()	(1)	Adelaide 3/4 Oct
144	217/231.944	Gilbert Mainix	FRA	(35)	(1)	Surgeres 8/9 May
142	754/229.217	Jean-Pierre Delhotal	FRA	()	(2)	Arcueil 10/11 Oct
141	1477/228.268	Paul Bream	UK	(44)	(1)	Solihull 12/13 Jul
141	717/227.574	Barry Brooks	AUS	(40)	(1)	Melbourne 28Feb/1Mar
141	186/227.088	Bryan Smith	AUS	()	(1)	Adelaide 3/4 Oct
139	1422/225.000	Hanz Ports	FRG	(51)	(1)	Izegem 4/5 Jul
139	1260/224.851	Max Courtillon	FRA	(27)	(1)	Montfort 30/31 May
139	428/224.091	Gary Regtien	NZL	()	(1)	Auckland 22/23 Aug
137	269/220.726	Chuck Ferguson	USA	()	(1)	Santa Rosa 28/29 Mar
136	076/218.940	Mike Hernandez	USA	()	(1)	Hayward 22/23 Aug
134	1550/217.070	Ian Javes	AUS	()	(2)	Melbourne 28 Feb
134	415/216.031	Terry Edmondson	UK	(45)	(1)	Hull 23/24 May
134	227/215.859	Steven Till	UK	(57)	(2)	Solihull 12/13 Jul
132	1576/213.875	Bill Beauchamp	AUS	()	(3)	Melbourne 28Feb/1Mar
132	1255/213.580	Al Howie	UK/CAN	(45)	(1)	Ottawa 30/31 May
132	455/212.850	Christian Neauport	FRA	()	(3)	Arcueil 10/11 Oct
132	137/212.559	Graeme Wood	AUS	()	(2)	Queensland 5/6 Sep
131	1364/212.071	Leo Marquez	USA	()	(1)	Santa Ana 29 May
131	160/210.970	Mark Dorion	USA	()	(2)	Ottawa 30/31 May
130	000/209.214	Lary Webster	USA	()	(1)	Olympia 15/16 May

24 HOUR TRACK (WOMEN) - 8 PERFORMERS

133	824/214.797	Angela Mertens	BEL	(41)	(2)	Izegem 4/5 Jul
129	1054/208.569	Marianne Savage	UK	(49)	(1)	Solihull 12/13 Jul
125	885/201.977	Toni Belaustegui	USA	()	(1)	Hayward 22/23 Aug
122	922/197.183	Mary Hanudel	USA	(60)	(1)	Ottawa 30/31 May
116	1499/188.054	Nancy Crawford	USA	()	(1)	Santa Rosa 15/16 May
113	052/181.903	Judy Milgram	USA	()	(1)	Hayward 22/23 Aug
112	528/180.729	Barbara Macleod	CAN	()	(1)	Burlington 22/23 Aug
112	167/180.400	Eleanor Adams	UK	(47)	(1)	Colac 16/17 Nov

24 HOUR ROAD (MEN) - 50 PERFORMERS/53 PERFORMANCES

171	1105/276.209	Wolfgang Schwerk	FRG	(55)	(1)	Koln 8/9 May
170	580/274.119	Hanz-Martin Erdmann	FRG	(39)	(2)	Koln 8/9 May
158	1421/255.576	Jacky Frick	SWZ	(42)	(1)	Biel 10/11 Oct
158	598/254.823	Paul Bream	UK	(44)	(1)	Bray 30/31 May
157	364/253.000	Alain Le Polotec	FRA	()	(1)	Niort 14/15 Nov
156	974/251.949	Ronald Teunisse	HOL	()	(1)	Apeldoorn 29/30 May
156	006/251.063	Terry Edmondson	UK	(45)	(1)	Chorley 29/30 Aug
155	476/249.884	Otto Seidl	CS	(53)	(1)	Plzen 30/31 May
153	1670/247.757	Clemens Schewe	FRG	(51)	(1)	Morlenbach 12 Sep
153	1660/247.748	Patrick Macke	UK	(55)	(2)	Plzen 30/31 May
153	1599/247.692	Joseph Tudo	FRA	(35)	(1)	d'Eppeville 30 May
151	445/243.418	Karl-Heinz Springer	FRG	(47)	(2)	Morlenbach 12 Sep
151	283/243.270	Laszlo Simon	HUN	(58)	(3)	Koln 8/9 May
150	511/241.869	Helmut Schieke	FRG	(39)	(4)	Koln 8/9 May
150	000/241.401	Yiannis Kouros	GRE	(56)	(1)	Queens NY 5/6 Jun
149	1594/241.250	Henri Thibet	FRA	()	(2)	Niort 14/15 Nov
148	784/238.900	Patrick Ligerot	FRA	(52)	(3)	Niort 14/15 Nov
147	1577/238.016	Waldermar Rettig	FRG	()	(3)	Morlenbach 12 Sep

147	656/237.174	Springer - 2 -		(2)	Apeldoorn	29/30 May
146	1245/236.103	Hanz Ports	FRG	(51) (5)	Koln	8/9 May
146	1187/236.050	Daniel Decemme	FRA	() (4)	Niort	14/15 Nov
145	517/233.828	Aribert Hannapel	SWZ	(40) (2)	Biel	10/11 Oct
142	1242/229.663	Frick - 2 -		(3)	Apeldoorn	29/30 May
142	1228/229.650	Bernard Goudeau	FRA	() (5)	Niort	14/15 Nov
142	000/228.526	Kouros - 2 -		(1)	Westport	11 Jul
141	1722/228.493	Istvan Sipos	HUN	(59) (6)	Koln	8/9 May
139	1138/224.740	Vaclav Bednat	CS	(50) (3)	Plzen	30/31 May
138	465/222.515	Ron Derbersaques	BEL	() (1)	Huesden	17/18 Oct
138	059/222.144	Siegfried Lobner	CS	(40) (4)	Plzen	30/31 May
137	787/221.200	Jean Taris	FRA	() (6)	Niort	14/15 Nov
137	678/221.100	Tony Lenagan	UK	(44) (2)	Brav	30/31 May
137	030/220.508	Martin Daykin	UK	(47) (5)	Plzen	30/31 May
136	1344/220.100	Bertil Jarlaker	SWE	(36) (7)	Niort	14/15 Nov
136	1234/220.000	Marcel Giraud	FRA	() (8)	Niort	14/15 Nov
136	526/219.352	Erno Kis-kisrally	HUN	(58) (7)	Koln	8/9 May
134	428/216.044	Jurgen Galster	FRG	(50) (8)	Koln	8/9 May
134	380/216.000	Daniel Arnould	FRA	() (9)	Niort	14/15 Nov
134	091/215.736	Eric Perret-Gentil	SWZ	(50) (2)	Heusden	17/18 Oct
134	086/215.731	William Verdonck	BEL	() (2)	Heusden	17/18 Oct
134	010/215.661	Anthony Cooper	UK	() (2)	Chorley	28/29 Aug
133	1284/215.216	Dave Cooper	UK	(34) (2)	Feltham	23/24 May
133	727/214.708	Horst Preisler	FRG	(35) (4)	Biel	10/11 Oct
133	482/214.483	James Zarei	IRN/UK	(44) (3)	Bray	30/31 May
132	1549/213.850	Pierre Russias	FRA	() (10)	Niort	14/15 Nov
131	1406/212.110	Rudolf Nussbaum	FRG	(45) (4)	Apeldoorn	29/30 May
131	1012/211.750	Fred Piron	FRA	() (11)	Niort	14/15 Nov
131	1012/211.750	Jean-Gilles Boussiquet	FRA	(44) (12)	Niort	14/15 Nov
131	914/211.660	Patrick Colle	BEL	() (3)	Heusden	17/18 Oct
131	658/211.426	Martin Trinks	GDR	() (6)	Plzen	30/31 May
131	235/211.039	Rolf-Karl Kern	FRG	() (4)	Morlenbach	12 Sep
131	146/210.958	Auguste Lespinas	FRA	() (1)	Montauban	16/17 May
130	367/209.551	Fritz Marquard	FRG	(36) (9)	Koln	8/9 May
130	000/209.214	Don Jewell	USA	() (1)	Queens, NY	3/4 May

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

143	527/230.618	Hilary Walker	UK	(53) (1)	Feltham	23/24 May
127	545/205.800	Paulette Echevarne	FRA	() (1)	Niort	14/15 Nov
124	000/199.558	Silvia Andonie	MEX	() (1)	Houston	14/15 Feb
123	571/198.472	Riet Horber	SWZ	(38) (1)	Biel	10/11 Oct
123	156/198.092	Angela Mertens	BEL	(41) (1)	Heusden	17/18 Oct
119	222/191.715	Renate Nierkens	FRG	(44) (1)	Morlenbach	12 Sep
118	1043/190.856	Sandra Brown	UK	(49) (1)	Chorley	29/30 Aug
118	922/190.746	Nierkens - 2 -			Apeldoorn	29/30 May
115	421/185.459	Pippa Davis	UK	() (1)	Queens, NY	3/4 May
114	1024/184.402	Christel Vollmershausen	FRG	(33) (1)	Koln	8/9 May
114	721/184.125	Horber - 2 -			Morlenbach	12 Sep
113	638/182.440	Francoise Lamothe	FRA	(23) (1)	Montauban	16/17 May
112	1365/181.495	Vollmerhausen -2-		(2)	Huesden	17/18 Oct
112	487/180.692	Bozena Zatecka	CS	(46) (1)	Plzen	30/31 May

24 HOUR INDOOR (MEN)

146	1276/236.131	James Zarei	IRN/UK	(44) (1)	Milton Keynes	14/15 Feb
143	288/230.400	Gilbert Mainix	FRA	(35) (1)	La Rochelle	1/2 Oct
136	594/219.414	Bryan Mist	NZL	(49) (2)	Milton Keynes	14/15 Feb
135	151/217.400	Patrick Simmonet	FRA	() (2)	La Rochelle	1/2 Oct
130	920/210.057	Gordon Bentley	UK	(38) (3)	Milton Keynes	14/15 Feb

24 HOUR INDOOR (WOMEN)

141	375/227.261	Eleanor Adams	UK	(47)	(1)	Milton Keynes	14/15Feb
122	1437/197.654	Hilary Walker	UK	(47)	(2)	Milton Keynes	14/15Feb
115	1557/186.499	Arlette Touchard	FRA	(41)	(3)	Milton Keynes	14/15Feb

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AUSTRALIAN 12HR RANKINGS

OCTOBER 1988.

1. George Perdon	46	V	156.005Km	Olympic P. Melb.	23May1970
2. Bryan Smith		V	137.438Km	Box Hill	16Jul1988
3. Peter Tutty	23	V	131.391Km	Box Hill	16Jul1988
4. Keith Fisher	22	V	130.000Km	Auckland NZ	22/23Aug1987
5. Len Loveless		V	128.120Km	Rosebud V	7May1988
6. John Briet	31	V	127.929Km	Box Hill	16Jul1988
7. Peter Armistead	40	V	126.921Km	Rosebud V	7Mar1987
8. Frank Kelly	34	NSW	126.800Km	Hensley 24Hr	28/29May1988
9. Anyce K Melham	30	NSW	124.000Km	Hensley 24Hr	28/29May1988
10. Ron Hill	48	V	122.711Km	Rosebud V	7May1988
11. Michael Brice		V	121.165Km	Rosebud V	7May1988
12. Greg Wishart	50	V	121.031Km	Box Hill	16Jul1988
13. Tony Dietachmayer		V	119.915Km	Rosebud V	7May1988
14. Max Carson		V	116.430Km	Rosebud V	7May1988
15. David Yeaman		V	116.419Km	Rosebud V	7Mar1987
16. Graeme Townsend	30	NSW	114.400Km	Hensley 24Hr	28/29May1988
17. Reg Williams	37	V	113.971Km	Rosebud V	7May1988
18. Gerry Riley	56	V	113.532Km	Rosebud V	7Mar1987
19. Howard Ross	42	V	113.531Km	Rosebud V	7Mar1987
20. Tony Tripp	41	WA	112.582Km	Box Hill	16Jul1988
21. Klaus Schnibbe	44	V	112.553Km	Rosebud V	7May1988
22. Nobby Young	41	NSW	110.800Km	Hensley 24Hr	28/29May1988
23. John Champness	47	V	109.600Km	Hensley 24Hr	28/29May1988
24. Tom Donovan		V	108.909Km	Rosebud V	7Mar1987
25. Rod Martin	45	NSW	108.800Km	Hensley 24Hr	28/29May1988
26. Peter Gray		V	108.444Km	Box Hill	16Jul1988
27. Paul Every	23	NSW	108.400Km	Hensley 24Hr	28/29May1988
28. Robert Channells	43	NSW	108.000Km	Woolgoolga	2Apr1986
29. Chris Le Dieu		V	107.550Km	Rosebud V	7Mar1987
30. Terry Cox		V	106.894Km	Rosebud V	7May1988
31. Bill Beauchamp	32	V	106.418Km	Rosebud V	7May1988
32. David Brown	30	NSW	106.000Km	Hensley 24Hr	28/29May1988
33. Rick Jenkins			105.737Km	Box Hill	16Jul1988
34. Stan Miskin	61	V	105.524Km	Rosebud V	7Mar1987
35. Nick Read	36	ACT	104.400Km	Hensley 24Hr	28/29May1988
36. Ray Ellis		V	104.199Km	Box Hill	16Jul1988
37. Keith O'Connell	49	NSW	104.000Km	Hensley 24Hr	28/29May1988
38. Max Bogenhuber	46	NSW	103.600Km	Hensley 24Hr	28/29May1988
39. Ken Hough	42	V	103.397Km	Rosebud V	7Mar1987
40. Graham Firkin	50	NSW	102.400Km	Hensley 24Hr	28/29May1988
41. Ralph Bristow		V	101.778Km	Rosebud V	7May1988
42. Tony Rafferty	49	V	101.611Km	Box Hill	16Jul1988
43. Trevor Harris	40	ACT	100.562Km	Rosebud V	7Mar1987
44. Graham Stenner	43	SA	100.400Km	Hensley 24Hr	28/29May1988
45. Patrick Parsons		V	100.145Km	Rosebud V	7May1988
46. Geoff Hain	39	NSW	100.000Km	Woolgoolga	2Apr1986
47. Stephen Foulkes	34	V	98.309Km	Box Hill	16Jul1988
48. Ray Carroll		V	97.966Km	Rosebud V	7May1988
49. Stephen Grant	30	NSW	95.600Km	Hensley 24Hr	28/29May1988
50. Eduardo Vega	47	NSW	95.600Km	Hensley 24Hr	28/29May1988
51. Kevin Cassidy	27	V	95.200Km	Hensley 24Hr	28/29May1988
52. Phillip Barnes		V	94.092Km	Rosebud V	7May1988
53. Phillip Clarke	36	NSW	94.000Km	Hensley 24Hr	28/29May1988
54. Vic Walmsley		V	93.990Km	Rosebud V	7Mar1987
55. Bob Fickel	36	NSW	93.600Km	Hensley 24Hr	28/29May1988
56. Greg Hillier	32	V	92.965Km	Rosebud V	7May1988

12HOUR TRACK RANKINGS OCTOBER 88*(cont.)

57. Ernie Cattle	38 NSW 91.600Km	Hensley 24Hr	28/29May1988
58. Barry Callanan	V 91.199Km	Rosebud V	7May1988
59. Alan Staples	38 NSW 90.800Km	Hensley 24Hr	28/29May1988
60. Colin Stevens	V 90.690Km	Rosebud V	7Mar1987
61. Peter Manning	35 NSW 90.400Km	Hensley 24Hr	28/29May1988
62. Steel Beveridge	35 NSW 90.000Km	Woolgoolga	2Apr1986
63. Brian Tailsford	40 NSW 90.000Km	Hensley 24Hr	28/29May1988
64. Dallas Earsman	60 NSW 89.200Km	Hensley 24Hr	28/29May1988
65. Creece Syred	16 NSW 88.000Km	Hensley 24Hr	28/29May1988
66. Michael Marden	V 86.393Km	Rosebud V	7May1988
67. Norm Johnson	V 85.512Km	Rosebud V	7May1988
68. Mathew Kaley	20 NSW 84.800Km	Hensley V	28/29May1988
69. Leo Filippone	80.191Km	Box Hill	16Jul1988
70. Dave Taylor	36 NSW 80.000Km	Hensley 24Hr	28/29May1988
71. Ken Marden	V 79.180Km	Rosebud V	7May1988
72. Terry Cox	51 V 75.057Km	Rosebud V	7May1988
73. Graham Kerruish	49 NSW 74.800Km	Hensley 24Hr	28/29May1988
74. Maurice Taylor	40 NSW 72.000Km	Hensley 24Hr	28/29May1988
75. Gary Collins	27 NSW 69.200Km	Hensley 24Hr	28/29May1988
76. Heath Enguix	16 NSW 67.200Km	Hensley 24Hr	28/29May1988
77. Wal McGorie	57 NSW 52.000Km	Hensley 24Hr	28/29May1988

WOMEN.

1. Dawn Parris	34 V 106.292Km	Rosebud V	7Mar1987
2. Georgina McConnell	44 NSW 99.200Km	Hensley 24Hr	28/29May1988
3. Kim Talbot	95.460Km	Box Hill	16Jul1988
4. Wanda Foley	42 NSW 94.000Km	Hensley 24Hr	28/29May1988
5. Sandra Kerr	V 90.566Km	Rosebud V	7May1988
6. Valerie Case	51 V 86.697Km	Box Hill.	16Jul1988
7. Merrilyn Tait	V 85.512Km	Rosebud V	7May1988
8. Donve Cadman	V 71.709Km	Box Hill	16Jul1988
9. Maureen Riley	57 V 61.539Km	Rosebud V	7May1988
10. Ali Zwynenburg	V 56.784Km	Rosebud V	7May1988
11. Lydia Ann Cox	V 55.550Km	Rosebud V	7May1988

Ages stated are for the day of the event.

Where possible, would race directors please include 12hour splits in their results.

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

STOP PRESS!!

OWEN TOLLIDAY CREATES HISTORY!!

In the 24 Hour Australian Track Championship organised by the Sri Chinmoy Marathon Team in Adelaide on October 29/30, Owen Tolliday from Queensland, put in a sensational performance to smash the existing Australian and Australasian 24 Hour Track record when he ran 253.063km in 24 Hours! Richard Tout (NZ) (247.216km) formally held the Australasian record, and Brian Bloomer (Vic) (242.598km) formally held the Australian record. He also broke David Standeven's 200km Australian record of 18hrs.56min.04s. when he passed the 200km mark in 18hrs.16min.44s. Richard Tout still holds the Australasian record for 200km with his 18hrs.11min 51s. Owen also created a new 250km record when he passed this distance in 23hrs.29min 33s. No Australian or New Zealander has ever run over 250km in 24 hours before. What a performance! Congratulations Owen from all of us in A.U.R.A. Proud of you mate!

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