



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

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

MAGAZINE

Vol.4 No.1

March 1989

Hello Fellow Members,

The first issue of our Magazine for 1989 sees a renewed surge of interest in ultra running in this country. This is largely due to the Westfield Sydney to Melbourne Run. So many runners want to qualify for a start.

Malcolm Campbell, President of the International Association of Ultrarunners, says in a letter to the American Magazine "Ultrarunning" (reprinted in this issue) "Australia probably has the greatest depth of multi-day talent in the world, and one of the reasons for the high standard there, is the existence of the Westfield Run". Such praise indeed! Probably the only reason we don't record equivalent times in 'shorter' races/ultras to those produced overseas, is that none of our sub 2.20 marathon runners have yet been tempted to run our 50km, 100km and 50 mile races.

For those who read "The Sun" newspaper here in Melbourne, cartoonist Jeff Hook has been thrilling readers for decades by hiding a "hook" in his cartoons. Once he forgot to put the hook in and drove everyone crazy looking for the non-existent symbol. I can't draw cartoons, but I've commenced two hooks in each issue of our Magazine - a 'left hook' and a 'right hook'. This was started with the previous issue, Vol.3 No.4. Too bad if I ever forget to put them in and drive you crazy looking for the symbols that are not there.

In issue Vol.3 No.4, we published a table of gaps in various ultra distance races in all states. This has produced a fantastic response from Queensland. Ian Javes has added 7 races to their Queensland calendar, called the Queensland Ultra Series, to cover a broad spectrum of events. Many thanks for your response!

Things are also moving in other states. Big Chris in NSW has been putting in a fine effort to attract new members and has succeeded in closing the gap on the mighty Vics. Current state-by-state breakdown is: Vic:144, NSW:122, Qld:27, SA:26, O'seas:14, ACT:11, WA:11, Tas:8, Total 363. It's great to see such interest in AURA and to receive all the positive and encouraging comments with membership renewals, about our Magazine.

Yes, it's that time of the year again! For those who have not renewed their membership for 1989, this will be the last magazine that will be sent until you do renew. See inside for renewal information. Any donations to AURA will be gratefully received and used to maintain our high standard mag.

Notable achievements in other states comprise Andy Docherty (our SA rep.), who changed the Adelaide to Victor Harbour from 90km to 100km. and introduced a new 50 mile track race; Mike March (our Tas.rep) who helped to found the 200km road race from Launceston to Hobart and Tony Tripp (our WA rep.) who inaugurated the 406km Perth to Albany race.

Special thanks to Col Browne for his tremendous help in preparations for this magazine. Col operates the Macintosh computer, which is of great assistance to many functions within AURA.

'Bye for now,

Jeff Hook.

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CALENDAR

1989

- * 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)874-2501 for entry forms. Westfield trial.
- * Mar 5 **50KM TRACK RACE**, Parramatta, NSW, 6am start, 500m. grass track, P.H.Jeffery Reserve, Barton Park, N. Parramatta, contact Margaret & Neil Fowler, (045)71-2017. See Race Advert.
- * Mar 18 **BLUE MOUNTAINS SIX FOOT 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)981-5324 for entry forms.
- * Apr 1 **FRANKSTON TO PORTSEA ROAD RACE**, Vic, 34 miler, contact Kon Butko, 66 Allison Road, Mt.Eliza, 3930, phone (03)787-1309. 7am start, cnr. Davey St. & Nepean H'way. Own support needed.
- * Apr **SIX DAY ULTRA TRIATHLON**, SA, cycle, paddle, run, total distance 559.2km, starts Adelaide, contact Stirling Apex Club, P. O. Box 31, Stirling, 5152, NSW, phone (08)388-5425.
- * Apr 15 **12 HOUR (DUSK TO DAWN) ROAD RUN**, Caboolture, Qld. 6pm start, \$10. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Qld., 4510, ph (071)95-4334.
- * May 18 **WESTFIELD SYDNEY TO MELBOURNE RUN**, Parramatta, NSW to Doncaster Vic, 1015km, contact Charlie Lynn, c/o Westfield Run, P.O.Box 871, Campbelltown, NSW, 2560, phone (046)25-3231.
- * May **8 HOUR TRACK RACE**, Qld, Q.M.R.R.C., Q.E.11 Stadium, Brisbane, 400m track, 8am start, contact Andy Semple, Queensland Marathon and Road Runners' Club, P.O.Box 192, Everton Park, 4053, Qld.
- * May 6 **12 HOUR TRACK RACE**, Rosebud, Vic, Olympic Park, 400m grass track, Percy Cerutti Memorial Race, 8am start, entry forms from Brian Jones (059)86-8640, P.O.Box 450, Rosebud, 3939, Vic.
- * May 14 **BANANA COAST ULTRA MARATHON**, NSW, 85km, Coff's Harbour to Grafton, 5am start, contact Steel Beveridge, 20 Arrawarra Road, Mullaway, 2456, NSW.
- * May 20 **100KM ROAD RUN**, Caboolture, Qld. 6am start, 12 hour limit, \$10. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld. 4510, ph (071)95-4334.
- * 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)401-7797

- * June 17 **50 MILE TRACK RACE**, (Australian Championship), Vic, at Box Hill, 400m track, 8am start, contact Geoff Hook, 42 Swayfield Road, Mount Waverley, 3149, or phone (03)288-9739.
- * June 18 **50 MILE ROAD RACE**, at Carlton, Vic, 8am start, 25 x 2mile circuits of Princes Park. Contact Geoff Hook, 42 Swayfield Road, Mount Waverley, or phone (03)288-9739.
- * June 30/July 2 **24 HOUR ROAD RACE**, Caboolture, Qld. 8am start. June 30 (48hr) \$40, July 1 (24hr) \$30., contact Ian Javes, 7 Romanette Street, Mansfield, Brisbane, Qld., 4122, phone (07)343-6159.
- * July 15 **SRI CHINMOY 12 HOUR TRACK RACE**, at Box Hill, Vic, 400m track, 7am start, \$27 entry, contact Kishore Cunningham, Flat 5/2a Fenwick Street, Kew, 3101, phone (03)861-8981.
- * July **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 Crescent, Hallett Cove, SA, 5158, phone (08)387-2624.
- * July **50 MILE TRACK RACE**, at Bass Hill, Sydney, NSW, 6.30am start, \$10 entry, contact Gavin Beahan, 122 Flinders Road, Georges Hall, NSW, 2198.
- * Aug 19/20 **24 HOUR TRACK RACE - WORLD CHAMPIONSHIP**, Olympic Park, Melbourne, see next issue for further details.
- * Aug 26/27 **24 HOUR TRACK RACE**, NSW, Sydney Striders event, Hensley Athletic Field, Wentworth Avenue, Pagewood, Sydney, 11am start. Contact Charlie Lynn, Suite 3, 67 Jacaranda Ave., Bradbury, NSW 2560, ph. (046)28-4820, \$50. Westfield trial.
- * Aug **100KM TRACK RACE**, at Coburg, Vic, 400m track, 7am start, \$15 entry, contact Kevin Cassidy, 4 Grandview Road, Preston, 3072, Vic, phone (03)478-3687.
- * Sep **CRYSTAL WATERS TRAIL RUN**, 50 - 60km, near Maleny, Conondale Range, Qld. 6am start, 9hr limit, \$15. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld., 4510, ph (071)95-4334.
- * Sep 3 **SYDNEY TO WOLLONGONG**, NSW, 82km mile road race & relay, contact Fred Howe, c/o Tallays - The Runners' Shop, 48 Frenchman's Road, Randwick, NSW, 2031, phone (02)399-3893
- * Sep 16 **100KM ROAD RACE**, at Bathurst, NSW, 6am start at the Courthouse, Russell Street, Bathurst, time limit 11 hours, contact Big Chris Stephenson, G.P.O.Box 1041, Sydney, 2001, or phone (02)523-7852 (h) or (02)232-8733 ext 238(w).
- * 4 Sep 17 **MUNDARING TO YORK ROAD RACE**, WA, 64.36km (40miles), 6.15am start at Mundaring Shire Offices, conducted by the West Australian Marathon Club. Phone Jeff Joyce, (09)447-8545

- * Oct 5-9 **RAINBOW COAST ULTRA MARATHON**, Perth to Albany, WA, 406km road race, 4.5 day limit, contact Garry Clark phone (098)44-7190 (h), or Tony Tripp, "Lakeview", Davies Road, Claremont, Perth, or Ross Parker phone (09)401-7797.
- * Oct **SRI CHINMOY 100KM TRACK RACE**, Sydney.
- * Oct **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE**, contact Distance Runners Club of South Australia, P.O.Box 102, Goodwood, SA, 5034.
- * Oct 15 **50 MILE ROAD RUN**, University of Queensland, St. Lucia, 5km circuit, midnight start, \$10. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld, 4510, ph (071)95-4334.
- * Oct 15 **LAUNCESTON TO HOBART 200KM ROAD RACE**, Tas, 7EX/HT Shell Ultra Marathon, starts Launceston post office, finishes Hobart post office. 30 hour limit. Contact David Osborne, 65 Amy Road, Launceston, Tas, 7250.
- * Oct 28/29 **CAMPBELLTOWN CITY 24 HOUR TRACK RACE**, Bradbury Oval, Campbelltown, for Australians only, \$30 entry, cash prizes, 400m grass track, overnight parking & camping prior to race, good amenities, heated pool and spa next to track. Contact John Shaw, 17 Buvelot Way, Claymore, NSW, 2560, phone (046)26-6694. See Race Advert.
- * Oct 28/29 **SRI CHINMOY 24 HOUR TRACK RACE**, SA, (Australian Championship) Adelaide Harriers track, Adelaide, 7am start, \$50 entry, contact Prabuddha Nicol, P.O.Box 554, North Adelaide, 5006, phone (08)239-0690 or (08)344-8537.
- * Oct **A.C.F. BRINDABELLA CLASSIC**, ACT, approx 50km trail run over the Brindabella mountains, just south of Canberra. Contact John Stanhope, 52 Sharwood crescent, Evatt, ACT, 2617, phone (062)58-3181 or Barry Moore in Melbourne (03)233-6529.
- * Nov 4 **RAINBOW TRAIL RUN**, QLD, (beach and forest trails), 50 - 60km, Rainbow Beach, Cooloola Sands, 5am start, 9hr limit, \$15.
- * Nov **6 DAY TRACK RACE**, Colac, Vic, 400 metre grass track, entry by invitation. Contact The Australian Six Day Race Committee, P.O. Box 163, Colac 3250, Vic, phone (052)31-5442.
- * Nov 19-25 **CAMPBELLTOWN CITY SIX DAY TRACK RACE**, for Australians only. 400m grass track. 10am start 19/11/89, \$120 entry, prize money 1st, 2nd, 3rd, M & F. Contact John Shaw, 17 Buvelot Way, Claymore, NSW, 2560, phone (046)26-6694. See Race Advert.
- * Dec **50 MILE ROAD RACE**, Ballarat, Vic, C.H.A.S.E. Carnival, (Victorian 50 Mile Road Championship), 7am start, \$20 entry. Entries to 115 Lydiard Street, North Ballarat, 3350, or phone Geoff Russell (053)34-7303.

1990

- * Jan 7 **BOGONG TO HOTHAM**, Vic, 60km mountain trail run, 6.15am start at Mountain Creek Picnic Ground. 3,000 metre climb! Phone Russell Bulman, (03)431-1453
- * Jan **24/48 HOUR TRACK RACE**, Vic, Aberfeldie, 400m track, 12 noon start, contact Kevin Cassidy, 4 Grandview Road, Preston, 3072, phone (03)478-3687.
- * Jan **UMINA 200KM RACE**, NSW near Gosford, Umina Oval, 7.5km circuits, grass and sealed bike track, 30hr cut-off, 9am start, \$35 entry. Contact David Brown, RMB 7983, Gosford, NSW 2250.
- * Feb **CRADLE MOUNTAIN TRAIL RUN**, Tas, 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of park, approx 85-90km of tough mountain trail running with lots of bogs! Contact Richard Pickup, P.O.Box 946 Launceston, Tas, 7250, phone (003)95-4294.
- * Feb **50 MILE TRACK RACE**, Caboolture, Qld., 4pm start, 9hr limit, \$10. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld, 4510, ph (071)95-4334.



A U R A

MEMBERSHIP RENEWAL FOR 1989

Membership fees for this year were due on 1/1/89. If you haven't already renewed your membership, please do so as soon as possible. The fee is still very low.

Our costs in producing this Magazine have jumped enormously and consequently we will move at our next AGM for a substantial increase in our fees. However, we cannot implement any increase until 1990. If you consider you are receiving good value from AURA, an additional donation will greatly help our finances. All donations will be acknowledged in this Magazine unless we are specifically instructed otherwise.

Membership fees for 1989 are:- \$10 within Australia

	NZ	ASIA	USA	EUROPE
Sea Mail (up to 7 weeks delivery)	\$13.00	\$13.00	\$16.00	\$16.00
Air Mail (up to 1 week delivery)	\$16.00	\$21.00	\$26.00	\$28.00

All prices are in Australian dollars and the higher overseas rates are necessary to cover the higher postage costs associated with our Magazine.

This 1st issue of our Magazine is being sent to all registered members. Future issues of this Magazine will not be sent unless we receive your renewal fees. We therefore urge your prompt renewal NOW.

FORTHCOMING 1989 A.G.M.

CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 3rd Annual General Meeting in June, at which a new Committee of Management must be elected.

Nominations for elected Committee positions will close on 26th May 1989. Positions open for nomination and election by all members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistance Secretary, Treasurer. For the sake of reasonable management of committee meetings, filling these positions are open only to members living in or near Melbourne, except the position of President. The position of President is open to all A.U.R.A. members however, the person so nominated must undertake to personally guarantee to attend all Committee and General Meetings of the Association (sickness and illness excepted) at no cost to the Association, otherwise the nomination is invalid. All meetings will be held in Melbourne.

Positions open for nomination and election by members of Victoria only are for 2 Ordinary Members of Committee (maximum entitlement).

Ordinary members (representatives) from other states or territories are appointed by the incoming committee however, any member may nominate themselves for consideration.

Positions available are:

N.S.W. entitlement	: 2 Ordinary Members of Committee	} Note: You do not need a formal nomination for these positions, you only need to indicate your willingness to stand.
Q.L.D. entitlement	: 2 Ordinary Members of Committee	
S.A. entitlement	: 2 Ordinary Members of Committee	
W.A. entitlement	: 2 Ordinary Member of Committee	
ACT entitlement	: 2 Ordinary Member of Committee	
TAS entitlement	: 1 Ordinary Member of Committee	

Retiring Committee members may stand again for their old or new positions.

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the secretary by the 26th May, 1989.

In summary then, if you are interested, we require from you by 26th May 1989 the following:

1. Your nominations for the elected positions of the Committee of Management;
2. If you are an Interstate or Territorian member, whether you wish to be considered for the position of appointed representative; and
3. If you have any general business.

Example of Form of Nomination

I nominate, being a member of
A.U.R.A., for the position of
to be decided at the Annual General Meeting of the Association to be held in 1989.

Name of ProposerSignature Date

Name of SecunderSignature Date

Nominee's acceptance signature Date 7

AURA 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) 842-6412.

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, G.P.O. Box 1041, Sydney, N.S.W., 2001. 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) 741-3071
Newletter Editors.	Assistant Treasurer.
Dot Browne & Geoff Hook - See Above.	Dot Browne - See Above.

LETTERS TO THE EDITOR

Burwood, Vic.

Dear Geoff,

I would like to show my appreciation per the AURA magazine for all the help I received during the Australian 6 Day Race at Colac, having arrived without any support crew. To you Geoff, many thanks for your support. I can assure you that when you arrived on the Wednesday, it was a big relief to me, as you know the problems I had with two members helping me. Also, the help from the Bryan Smith team was much appreciated by myself.

To Raymond Carroll and his team of masseurs, a magnificent effort to organise a masseur for every runner. To me, this was one of the big pluses of the race. They kept most runners free of injury for the entire race.

Special thanks goes to my masseuse, Kim Talbot, for keeping my old legs in such good shape for the entire run. It showed the value of massage. It is the first time I haven't had leg problems during and after a six day event. I was most grateful, Kim for how you looked after me, far in excess of your duties as a masseuse, your encouraging and supportive attitude helped me to once again reach my goal of over 500 miles. It was a pleasure to have you as a member of my crew.

Yours faithfully,



GEORGE PERDON

Sri Chinmoy Centre, ACT

Dear Dot & Geoff,

I have just been informed by the Institute of Sport, that their warm-up track will not be available at the time we wanted to use it for our 100km. track race in 1989. This is because the Bruce Stadium is being dug up and converted to a venue for rugby league football, and what is now the warm-up track will be re-furbished, and a stadium built, to turn it into an international-standard athletics stadium. That's bad news for us, because it means that when the work is completed, the cost of hiring the "new" venue will be totally prohibitive anyway.

Taking all this into consideration and the lack of a suitable alternative venue in Canberra, we are proposing to re-locate our 100km track race to Sydney, at a time and venue yet to be decided.

We regret the short-lived life of the event here in Canberra, but feel sure that the event will flourish in the coming years in its new location. We'll keep you and your readers posted on further developments.

With kind regards,



PRACHAR STEGEMANN

+++++

5 Lovely Valley Rd,
Flagstaff Hill 5159

To the Editor,

The AURA newsletters have been a great source of encouragement and information to all long distance runners, especially to the beginners. I lent my past copies to my friend Carolyn Benson, who ran in the Sri Chinmoy Race, which was the first time she had gone beyond 50kmn. She reached 126kms. and received the ladies' 3rd trophy.

Well done AURA and well done Carolyn! Thankyou to the Sri Chinmoy organisation who did a wonderful job.

P.S. Carolyn is now a member of AURA.

EILEEN LUSH

Eileen Lush

Dear Runners,

I have in the best interest, changed the six day course back to a 400metre track, because our six day race course was very hard. Whatever the runners run, you can add 50kms. on, and apparently, the rules of running stink. A man breaks an Australian record on a 950m. killer course and gets told it would not be recognised. What a joke! So we have to run it on a 400metres track so it will be recognised.

D. Taylor

DAVE TAYLOR (Race Director)
Campbelltown 6 Day Race

Reply from Geoff Hook:

I'm very sorry you were upset at the conclusion of your race, Dave. From all reports I have heard, it was a great race with excellent results, and was well enjoyed by all competitors. What more can a race organiser ask for? You are to be congratulated on your fine efforts.

It was a pity you didn't inquire what constitutes a record before your race, which would have saved your upset later. Please refer to AURA magazine, Vol. 3 No. 2 Page 64 for the differences in terminology.

Technically, your race was classified as a road race (whether road or not, the distance of 950metres is the deciding factor here) and, as such, you can claim a Best Performance. This will be duly noted by our statistician, Gerry Riley.

ULRICH KAMM

Dipl.-Ing.

Fiedlerstraße 1 a

8000 München 71

☎ 089 / 791 33 03

Munchen 4/12/88

Dear Dot,

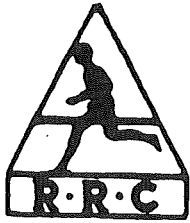
Just a short notice. re. AURA magazine, November '88, page 18. The 100km race in Bienne (Switzerland) starts, not a midnight, but at 10 p.m. It is not a track race, as mentioned in the Contents. It is a few kilometres trail and the rest is half asphalt and half unpaved roadss - one big lap. This year, 3,666 runners started and 2627 reached the finish line in the maximum time of 24 hours. I did it 17 times already.

Yours sincerely,

Ulrich Kamm

10 Thanks Ulrich!

We can't believe they'd get THAT number of starters in a 100km race!



ROAD RUNNERS CLUB

AN ASSOCIATION OF AMATEUR ROAD RUNNERS

J B Foden,
141 Davies Road,
West Bridgford,
Nottingham,
NG2 5HZ,
Phone (0602)816892

Dear

Geoff

1st January, 1989.

In the United Kingdom of Great Britain and Northern Ireland the Road Runners Club has been the organisation that monitors ultra distance running. Indeed the Club has been internationally accepted for many years as the authority for ratifying world records and bests for all distances beyond 30kms.

Recently ultra distance running has enjoyed an increase in popularity. The Council of the Road Runners Club felt the time was ripe to set up an Ultra Distance Running Committee to provide :-

1. A formal channel of communication between United Kingdom ultra distance runners and the governing athletic associations, and vice versa.
2. An organisation in the United Kingdom that other national and international associations can refer to on ultra running matters.
3. A forum for discussion between United Kingdom ultra distance athletes, race organisers, officials and sponsors.
4. A medium for overcoming the increasing fixture congestion.

The Chairman is Dr Hilary Walker. She has set several ultra distance World Records and was recently the outright winner of the Blackpool 48 Hours Race. The Secretary is Wing Commander John Foden. He originated the Spartathlon and is now the race director of the Milton Keynes Indoor 24 Hours Race and the National 100 Kms Championships.

Would you please address correspondence to the Secretary.

Yours Sincerely,

John

(John Foden)

John Foden
Secretary
Ultra Distance Running
Committee
Road Runners Club, UK

Readers (i.e. ultrarunners, families of or friends) who plan to visit north Queensland are invited to make contact with the refugee from Victoria who now lives in Townsville: Val Case, P.O. Box 2330 TOWNSVILLE 4810. work phone number (for direct contact): (077) 819495, I can provide local information, possibly accommodation or use of vehicle in exchange for news or gossip about the ultrarunning scene !

INVITATION FROM VAL CASE!!

Val Case

25 Fortune Esplanade,
Caboolture, 4510.
Ph (071) 954334

Dear Dot,

I have enclosed a copy of the programme for the Queensland Ultra Series for 1989. This will fill in the gaps in the chart you published in the previous newsletter. Note my change of address. If the series is successful in 1989 then perhaps we could include a 1000km or 6 day race in 1990.

To encourage Queensland runners who are used to shorter runs to try an ultra run I have written an article on Ultra Running to be published in the Queensland Marathon and Road Runners Club newsletter. You may feel it is worthwhile publishing it in A.U.R.A.. A donation is enclosed to assist you in keeping your informative newsletter going. I also enclose my membership fees for 1989.

Ron Grant is out of retirement and commences an attempt on William Gale's 1877 record of 1.5 miles (2.4km) in each hour of a thousand consecutive hours (6 weeks) at the Caboolture Sports Reserve on 18th January, 1989. Ron will need to run or walk 2.5km every hour for 1000 consecutive hours if he is to be successful.

I am hoping to incorporate a state teams trophy into our 24-48 hour race. Perhaps it could be awarded on the basis of adding up the distances covered by one runner in the 48 hour event and two runners in the 24 hour event. If the other states feel they have a team to take on the Queensland Ultra Runners, then they are welcome to try. At this stage it is intended to make our trail runs consist of three consecutive loops of 15-20 kilometres. This will allow compulsory medical checks at the end of each loop. It is hoped that it may encourage some ordinary runners to try just one or two loops (at a reduced fee) with the view to eventually encouraging them to attempt a complete ultra event.

Finally I would like to comment on the use of 400 metre tracks. Certainly a small circuit is easier for organisers to control and observe the runners for a medical purpose, but I do not agree with the obsession that some runners seem to have for conducting ultra events on standard 400 metre athletic tracks for the purpose of setting records. I have found that most athletics clubs guard their tracks jealously and throw their hands up in horror when asked if ultra runners might be allowed to run around them for 24 hours or longer. The variety of surfaces (grass, cinders, synthetic) means that there is no consistency amongst records set on 400 metre tracks, so why not use whatever track, trail, path or road that is available at minimum cost and forget about this obsession for setting records that will be recognised by the I.A.U.. In the first three runs at Caboolture we will be trialling three different circuits. 1) a 400 metre grass track (so that the athletic club can see what damage we do). 2) a 700 metre (approx.) concrete path around an artificial lake. 3) a 730 metre circuit (partly bitumen, decomposed granite, and grass). This will allow us to decide which should be used for our 24-48 hour run. Certainly the bigger the circuit the more competitors one can allow.

Regards to all Ultra Runners

Ian Javes

Ian Javes

Queensland Ultra Series Director.

Dear Dot,

I wish to propose that AURA adopt a special recognition certificate for ultrarunners that complete more than 200km in a 24 hour race.

Such a certificate should be designed by a commercial artist, be printed on high quality paper and be serially numbered.

To be eligible, competitors must run on a 400m track certified by AURA. This will give AURA some control over the quality of 24 hour events to be conducted around the country.

For your consideration.

Regards mate,

Charlie Lynn

Charlie Lynn,
RACE DIRECTOR - WESTFIELD 1989 RUN

Editor's note:
Thanks Charlie for
your suggestion. We've
referred it to the
AURA Committee.

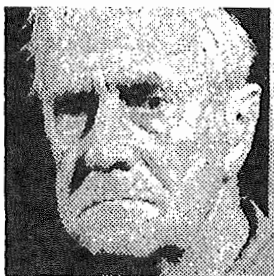
Running jibe angers Rafferty

NOBEL Prize-winning author Patrick White has run into trouble with veteran ultra-marathon man Tony Rafferty.

Rafferty has raced to the defence of fellow athletes after White's highly-publicised attack on running.

In a recent university lecture, the 76-year-old author rebuked Australians for being a society in perpetual motion, in fear of sitting still in case they came across reality.

"Patrick White is a great man, who I admire. But to be honest I was surprised by



★ WHITE

what he said," Rafferty said.

He pointed out that the Sydney-to-Melbourne run is the toughest race on Earth.

"It is soul destroying and torturous. You have got to



★ RAFFERTY

be very, very strong mentally for six or seven days.

"This is where Patrick White has it wrong, because how on earth could you go through all this pain if you weren't facing reality?" he said.

Rafferty is still one of Australia's top athletes, despite turning 50 next April.

He is the only man to have finished in all six Sydney to Melbourne races and is vice-president of the Australian Ultra Runners Association.

"You don't have to sit still to come across reality. Surely there is nothing closer to reality than the haunting sight of a dingo at the top of a sand dune in the searing heat of the Simpson Desert," he said.

"I do a lot of my deepest thinking when I am running and work out my whole day."

Patrick White finds it sitting still, runners get it on the road

from T. Rafferty

On behalf of athletes in general and ultra-distance runners in particular I would like to comment on the statement by Patrick White last week at La Trobe University.

He said that the Australian population was a society in perpetual motion, running from Sydney to Surf and Sydney to Melbourne in the fear of sitting still in case we meet reality.

Some of my most spiritual moments have been realised while running the highways and trundling the hot desert sands. I am faced with reality in ultra-distance races when pushing my body through physical and mental

barriers, served up by the tyranny of distance.

I get closer to God when running in the company of swirling hot ash from bushfires, choking dust storms and cold driving rain.

I was in tune with the infinite when I witnessed the penetrating stare of a dingo as I struggled to the top of a Simpson Desert sand dune in searing heat. And again when a curious, solitary, American eagle hovered only metres overhead in the depth of Death Valley.

The patient, prodding, running process, the sound of two feet tapping the earth, the rhythm of heavy breathing as I tread the un-

forgiving kilometres is my route to self-discovery — not sitting still.

The stirring sounds of Bach, Beethoven and Bartok assist me on my way to that fleeting moment when I touch the spirit.

Alan Marshall told me to stretch up and reach out. Percy Cerutti said: Strive for the impossible.

Our society would be a healthier one if we made a habit of perpetual motion.

Yes, sitting still is important, but not before movement. Man was a runner before he was a thinker.

THE AGE 1989 Tony Rafferty, East Doncaster.

RACE REPORTS

BATHURST_50_MILER

4th Sept 1988

by Big Chris Stephenson ,Race Director

Sixteen runners fronted up to Bathurst Courthouse on a brisk country Sunday morning to collect their race numbers for the 5th Bathurst 50 Miler road race. We got away by 7.00 o'clock, with our merry crews following in their vehicles.

First part of the run takes in a lap of the Mt Panorama race circuit which has commanding views of the entire rural area. The sun was just breaking through over Bathurst with morning mist about - a magic sight. We ran back into Bathurst and then onto a large circuit around Bathurst's outer environs and country roads.

Martin Thompson had taken an early lead and maintained this pace comfortably, although he confided to me before the race that he had driven over the course the day before and remarked on its toughness. Old favourites of this race were running - Robert Herd; Max Bogenhuber (twice winner); Geoff Hook (el Presidentie of AURA); Trevor Harris (Westfield); and our token woman Georgina McConnell.

Max was not having his best day and was getting a sore neck looking around to see how close Hooky was getting. Mark Foley was running in his first ultra after years seconding his dear wife Wanda (who was looking after him this time), Ian Hutchison and I were tagging along with Mark for the day.

Along the way there are two country pubs where one's crew and runner can take partake in a lemon squash and a packet of chips, it is amazing what these can do for one's blood sugar levels. The drinks were icy cold - a welcome relief on the every increasing heat of the day, but up and onwards with the run.

The last sections of the event are taxing on the mind and body and the slight country wind behind us now we start to heat up with the afternoon sun. We run along Prince St (mostly dirt road) which has its own characteristic roller coaster ride through the hills, quad and hamstring are tested on every hill. The last section of dirt we run along was the original motorbike race course which takes you back into town with the continual sight of Bathurst in front of you and a reassuring view of how much further you have to run.

Martin Thompson blitzed the field and course record with 6.13.15 and commented again on the demand the course has on the body and mind. We all finished up at the Bathurst RSL for presentation of goblets and the compulsory exchange of stories over a couple of beers.

Next year's event will be 100 kilometres in length (the 1985 centenary course) which takes in the mighty Mt Rankin !!! It shall be held on the Saturday of the weekend the Edgell Jog is run (that's on the Sunday) which is normally on the 3rd or 4th Sunday in September.

If you are interested and want some forward information of the course map and accommodation details please send me a SAE anytime.

Next year being the sixth year the event has run all runners who have completed six Bathurst events will receive a silver platter to host their six liqueur goblets (with past times engraved on the platter. It is a classic event, a challenging course and a great weekend, please come and join us.

BATHURST 50 MILER RESULTS

Sunday 4th September 1988

1	Martin Thompson	6.13.15	Course Rec
2	Robert Herd	6.22.42	
3	Max Bogenhuber	7.07.00	
4	Geoff Hook	7.11.40	
5	Trevor Harris	7.37.08	
6	Bob Fickel	7.38.05	
7	Brian Colwell	8.22.18	
8	Steve Grant	8.32.17	
9	Mark Foley	8.57.10	
9	Ian Hutchison	8.57.10	
9	Chris Stephenson	8.57.10	
12	Georgina McConnell (F)	9.05.05	
13	Keith O'Connell	9.18.20	
14	David Taylor	9.28.34	
15	Ankels Colcombe	9.33.00	
16	Derek Quinto	d.n.f.	

RAINBOW COAST ULTRA-MARATHON

406KM

HELD BETWEEN PERTH AND ALBANY

FINAL RESULTS 29/9/88

1. Graeme Woods - 2 days 6 hours and 46 seconds
2. George Audley - 2 days 11 hours 29 minutes and 14 seconds
3. Ron Hill - 2 days 21 hours 5 minutes and 49 seconds
4. Ross Parker - 3 days 2 hours 14 minutes and 44 seconds
5. Trevor Harris - 3 days 6 hours and 8 seconds
6. Brian Kennedy - 3 days 10 hours 49 minutes and 37 seconds
7. Trish Spain - 3 days 11 hours 15 minutes and 16 seconds
8. Jill Bower - 3 days 13 hours 11 minutes and 27 seconds
9. Charlie Spare - 3 days 15 hours 9 minutes and 43 seconds
10. Dave Bird - 3 days 21 hours 46 minutes and 4 seconds

Sri Chinmoy 100km Track Race

BRUCE STADIUM, CANBERRA 1 OCTOBER, 1988

Globetrotting Ultra Marathoner, Martin Thompson, 42, from Hornsby, NSW, conquered the bitterly cold and windy conditions to circumnavigate 250 laps of the Bruce Warrn Up Stadium, Canberra, to easily win the Sri Chinmoy 100km Track Race, on Saturday, 1st October.

Thompson maintained a relentless pace throughout the event, after going through the 42 km mark, in an astonishing 2.53.

Gradually pulling away from expatriot Irishman, Frank Kelly, 34, also from NSW, Thompson went on to win in great style, in 7.41.46.

Eleven starters braved the unfavourable conditions, all intent on getting inside the crucial 12 hour cut off, however despite gallant performances by each competitor, only seven succeeded on the day.

A magnificently even paced race by 39 year old New Zealander, Sandy Barwick, showed just why she currently holds a string of World and National Ultra records.

Her brilliant time - in the conditions - of 8.42.22, was a mere four minutes outside the Australasia record.

Results:

1. M. Thompson	42	NSW	7.41.46
2. F. Kelly	34	NSW	8.12.43
3. S. Barwick	39	NZ	8.42.22
4. D. Quinto	41	ACT	9.49.57
5. L. Murphy	36	ACT	9.49.57
6. S. Reid	54	ACT	10.31.00
7. B. Colwell	39	NSW	11.23.39
8. S. Potter	25		11.59.43

Other Finishers:

Kaven Dedham	41	SA	82km
Susan Worley	41	SA	93km
Leo Filippone	34		82km

This article was reproduced from the December 1988 issue of "The Veteran Athlete".
Thanks to editor, Mike Hall.

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Q.M.R.R.C. 50 MILES ROAD RUN

The Ninth Annual University 50 Miles Road Run was conducted on 2 October 1988 on the 5 km road circuit at the University of Queensland at St Lucia. This year it was organised by the Queensland Marathon and Road Runners Club.

Twenty-three runners faced the starter at 1 a.m., and it soon was obvious that Owen Tolliday would try to lead all the way. After 5 km he had a 40 second lead from Bob Hunter, former record-holder and four-time winner, and Peter Spehr who was attempting the distance for the first time. The next group, another 20 seconds away, consisted of Graham Medill, Neil McCabe, Tony Kleiner and Walter Sorgel .

Owen Tolliday continued to lead - at 10 km he was 1.20 ahead of Bob Hunter and Peter Spehr, but in the next 20 km this was reduced to 17 seconds and it looked as if a battle was on, especially as over the next 15 km Peter Spehr left Bob Hunter and got as close as 5 seconds to Owen Tolliday, but Peter withdrew soon after he passed the marathon mark (average 5 km - 21.24) and Owen continued to run superbly with only his last three laps over 22 minutes to win comfortably in 5.44.29 - a new Course Record by 8½ minutes; his average overall 5 km time was 21.25.

As Bob Hunter had withdrawn at 60 km (average 5 km laps of 22.31), Neil McCabe at 30 km, and Tony Kleiner at 35 km, it was left to last year's winner Graham Medill to take second in 6.20.22 and Alan Peacock, who last year ran well in a 24-hour run, to come third in 6.28.27.

Robyn Wallace again won the Women's race in 7.28.12 from Jan Collins in her first 50-miles in 8.47.04.

Twelve runners finally finished, and we say to them, congratulations, and to the others, thanks for starting.

ANDREW SEMPLE
RACE DIRECTOR

RESULTS - Q.M.R.R.C. 50-MILES RUN

			MARATHON TIME
1	Owen TOLLIDAY	5.44.29 (New Record)	2.58.00
2	Graham MEDILL	6.20.22	3.07.00
3	Alan PEACOCK	6.26.27	3.18.00
4	Sandy BUCHAN	6.37.05	3.22.00
5	Ian JAVES	6.39.44	3.28.00
6	Walter SORGEL	6.50.44	3.15.00
7	Julius KELLER	7.23.44	3.50.00
8	Robyn WALLACE	7.28.12 1st Woman	3.44.00
9	Bob BURNS	7.42.34	3.54.00
10	Ken YARWOOD	8.08.28	4.01.00
11	Jan COLLINS	8.47.04 2nd Woman	4.34.00
12	David HOLLERAN	9.39.00	4.33.00

OTHER MARATHON TIMES WERE -

Peter SPEHR	2.59.00
Bob HUNTER	3.01.00
Bob HARWOOD	3.33.00
Reg CAMPBELL	4.16.00
John PETERSEN	5.00.00

Article and results reproduced from the Q.M.R.R.C. Newsletter. Thankyou!

100 KM

BIEL-BIENNE

Organisation 100 km-Lauf Postfach 437 CH-2501 Biel

24 HOUR TRACK RACE - CAMPBELLTOWN

LEND LEASE CAMPBELLTOWN MALL 24 HOUR TRACK RACE

8th October 1988 by Big Chris Stephenson

As race manager for the event, I would like to share my impressions of the race with you. I think that Mark Foley's race report and the Campbelltown Advertiser's report adequately document the blow by blow description.

All 24 hour runs are events in the terms of experiences and experiences consists of runners and their friends and a place. This place is a grass cricket field with an amenities block, lights at night and power for all crews. Three quarters of the field has trees as a natural barrier which nestled the event into a very cosy feeling.

The track is only three lanes wide, one fast lane - two slow lanes with the lap scoring tent right on the edge of the third lane, a wink of the eye was all that was needed between lap scorer and runner. Tent city, (the crews) were also right on the third lane and looking after their runner was a very easy job.

Dave Taylor and John Shaw did a mighty job with the organising of the event and the Campbelltown Mall Promotion Staff of Kevin James and Sue McDonnell who supplied logistic support and resources.

The event had that great 24 hour magic through the night and having it in Campbelltown gave it a great town identity that contributes to a track ultra. I personally think that a good level grass track, circular in form is the ideal ultra track, we have found in Sydney that runners have "pulled up" well from the Manly 100 Miler which was very similar in surface and shape. Athletic tracks, although they have two straights they have comparatively two sharp turns and an extra 5 lanes that are not needed. Their most desirable features are they are official in measurement and their supporting amenities block. If other AURA members have views on this subject please write to AURA FORUM.

The Campbelltown Council are to top soil the track for next year's event and level out a couple of hot spots, so the track will even better to run PB's on next time.

The best time for me at a 24 hour track run is the hours just before dawn to the greeting of the morning sun - a new day - the coming through the night - the rebirth. Runners pick up and move again, there are still many hours to run, but the runners can see the finish in their mind.

It is when goals are realised and big efforts are called upon mind and body, the decision can be only made by the runner - if you want it - it is there for you to take.

All your hard work
hard lonely hours running, lonely hours inside your mind running
thinking
dreaming

The runners' eyes reveal all.

" To achieve great things we must live as though we are never
going to die "

: Vauvenargues 1746

81 LEND LEASE CAMPBELLTOWN MALL 24 HOUR TRACK RACE
8TH OCTOBER 1988 - BRADBURY NO 2 OVAL CAMPBELLTOWN - 400 METRE GRASS TRACK

RUNNER	MARATHON	50 MILES	100 KM	150 KM	100 MILES	200 KM	FINAL KM
1 BRYAN SMITH	3.13.33	6.34.00	8.25.19	13.51.39	14.58.10	19.52.16	232.960
2 GRAHAM FIRKIN	4.34.03	9.05.20	11.26.23	17.53.05	19.13.58	23.44.24	201.792
3 BRUCE DONNELLY	4.03.53	7.57.20	10.13.24	16.13.53	18.16.02	*	198.140
4 PAT FARMER	4.32.20	8.52.22	11.23.42	19.22.18	20.24.20	*	188.180
5 BOB FICKEL	4.41.06	9.34.08	11.57.42	20.19.41	21.34.46	*	182.160
6 STEVE GRANT	4.42.39	9.51.36	12.48.37	20.32.35	22.13.45	*	174.725
7 TONY COLLINS	4.18.10	9.01.30	11.51.10	20.54.15	22.35.18	*	174.390
8 KEVIN MANSELL	4.35.21	8.55.28	11.06.13	20.45.14	22.36.58	*	173.750
9 GEORGY McCONNELL	4.34.25	9.45.08	12.19.14	20.25.16	22.20.47	*	172.910
10 LINSAY PHILLIPS	3.43.44	8.17.25	11.27.27	19.56.46	22.44.32	*	171.350
11 RALF BRISTOE	4.53.37	10.41.06	13.44.20	21.05.29	22.49.03	*	168.140
12 ROB CHANNELS	3.47.58	8.27.20	10.54.43	20.26.58	22.09.08	*	165.800
13 WANDA FOLEY	4.50.25	9.49.37	12.36.39	22.04.57	23.39.59	*	163.100
14 EDVARDO VEGA	4.23.48	10.15.45	14.29.26	23.10.35	*	*	155.700
15 VAL WARREN	5.49.42	11.32.49	14.55.59	*	*	*	144.910
16 MICK CONNOR	4.15.31	10.31.11	14.35.50	*	*	*	141.150
17 ERNIE CATTLE	4.09.22	10.47.00	13.45.04	*	*	*	139.840
18 NORM JOHNSON	4.47.42	13.30.16	17.02.28	*	*	*	138.530
19 KEITH FISHER	4.43.35	9.22.07	19.19.55	*	*	*	137.710
20 LOUISE GALDWELL	5.45.35	11.25.24	14.38.37	*	*	*	136.910
21 DAVE TAYLOR	5.04.27	15.11.45	19.24.30	*	*	*	128.900
22 BRIAN ADAMS	4.23.43	10.49.00	19.45.49	*	*	*	128.630
23 MARK GLADWELL	5.45.33	13.44.24	19.49.19	*	*	*	122.510
24 DALLAS EARSMAN	4.30.30	10.57.36	21.05.28	*	*	*	113.370
25 GRAEME WILKINSON	3.57.58	12.16.24	12.16.24	*	*	*	100.800
26 ERROL SMITH	4.26.47	10.18.43	13.08.16	*	*	*	100.400
27 GRAEME TOWNSEND	3.54.01	8.23.05	*	*	*	*	92.400
28 ROBYN DAVIES	7.24.34	21.40.51	*	*	*	*	89.600
29 FRANK KELLY	3.37.01	7.15.57	*	*	*	*	86.800
30 KEITH O'CONNELL	4.33.08	*	*	*	*	*	69.600
31 COLIN McDONALD	11.49.35	*	*	*	*	*	54.520
32 FRANK PEARSON	*	*	*	*	*	*	26.000

The marathon, 50 miles and 100 miles times denote an approximate time based on the appropriate portion of the previous or subsequent lap time difference. These times will differ from the true figures by only a few seconds.

LEND LEASE CAMPBELLTOWN MALL 24 HOUR TRACK RACE
8TH OCTOBER 1988 - BRADBURY NO 2 OVAL CAMPBELLTOWN - 400 METRE GRASS TRACK

		HOURLY LAP COUNT - CUMULATIVE																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	FINAL		
1	BRYAN SMITH	32	65	98	127	156	184	211	238	260	286	309	335	351	379	403	421	442	467	480	503	525	539	562	582	400	
2	GRAHAM FIRKIN	23	46	69	92	116	138	160	181	199	220	241	260	281	300	320	340	356	377	397	420	441	463	483	504	480	
3	BRUCE DONNELLY	26	55	82	104	128	151	176	202	224	241	268	289	313	333	345	369	386	398	412	430	445	463	479	495	350	
4	PAT FARMER	23	45	68	92	116	138	160	184	204	223	242	261	277	298	310	310	321	339	365	391	417	435	452	470	450	
5	BOB FICKEL	24	48	69	89	112	130	153	175	188	210	229	250	256	274	290	299	316	326	348	367	390	411	430	455	400	
6	STEVE GRANT	26	49	70	90	110	132	151	167	184	203	223	237	251	271	286	304	319	334	348	365	382	401	416	436	130	
7	TONY COLLINS	25	52	75	100	121	145	163	184	201	221	235	252	264	281	291	299	310	328	343	359	377	394	415	435	980	
8	KEVIN MANSELL	25	48	71	95	118	139	161	184	203	227	247	267	268	269	287	303	319	337	351	363	378	392	410	434	375	
9	GEORGY McCONNELL	25	48	70	92	114	134	154	171	188	205	224	243	250	262	280	299	318	333	350	367	383	396	411	432	275	
10	LINSAY PHILLIPS	34	62	90	109	134	159	183	197	219	231	244	258	281	285	302	316	322	338	360	376	394	396	407	428	375	
11	RALF BRISTOE	23	45	63	85	107	121	142	157	178	189	208	228	242	254	274	292	305	325	335	355	373	387	403	420	350	
12	ROB CHANNELS	28	56	83	110	133	153	168	192	212	232	251	272	287	305	313	331	336	338	353	367	386	400	403	414	600	
13	WANDA FOLEY	24	47	67	86	108	128	147	167	187	203	222	239	257	272	286	304	313	323	328	344	359	374	388	407	600	
14	EDVARDO VEGA	26	50	73	98	119	139	160	168	186	195	213	219	238	244	253	265	277	283	306	328	343	354	371	389	250	
15	VAL WARREN	19	38	57	75	91	109	128	146	164	175	192	207	222	235	250	250	250	264	282	300	318	331	347	362	275	
16	MICK CONNOR	29	55	77	101	123	139	156	171	179	185	209	214	222	240	250	252	265	278	292	306	315	325	339	352	125	
17	ERNIE CATTLE	32	60	83	102	115	134	151	166	182	186	205	227	237	250	254	270	281	288	292	309	320	336	339	349	600	
18	NORM JOHNSON	25	49	72	91	108	123	129	143	159	165	178	190	193	209	222	233	248	254	269	285	294	310	327	346	325	
19	KEITH FISHER	24	49	75	87	112	136	150	171	192	205	208	208	208	208	208	215	220	220	243	266	286	300	321	344	275	
20	LOUISE GLADWELL	19	38	57	75	91	109	128	146	163	177	194	210	227	240	250	250	252	265	278	294	305	319	330	342	275	
21	DAVE TAYLOR	24	47	66	84	103	120	133	144	158	161	172	183	184	184	198	206	219	234	244	259	269	287	305	322	250	
22	BRIAN ADAMS	27	53	72	96	117	133	154	171	179	189	204	211	218	218	218	218	222	238	246	254	269	280	301	321	525	
23	MARK GLADWELL	19	38	57	75	91	109	128	140	140	142	159	174	190	205	214	214	216	228	235	253	267	281	294	306	275	
24	DALLAS EARSMAN	26	50	73	94	113	128	144	157	172	184	201	211	221	225	225	225	225	225	225	235	248	257	265	283	425	
25	GRAEME WILKINSON	27	56	81	106	128	149	172	184	209	217	233	246	252	RET	*	*	*	*	*	*	*	*	*	*	252	000
26	ERROL SMITH	25	50	73	96	115	133	144	164	182	200	214	232	247	251	RET	*	*	*	*	*	*	*	*	*	251	000
27	GRAEME TOWNSEND	31	60	84	107	130	153	174	193	211	231	RET	*	*	*	*	*	*	*	*	*	*	*	*	*	231	400
28	ROBYN DAVIES	21	39	56	71	85	99	99	114	124	132	140	140	140	140	145	152	161	168	176	184	195	204	212	221	000	
29	FRANK KELLY	28	59	87	116	144	171	194	217	RET	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	217	000
30	KEITH O'CONNELL	26	51	74	95	111	123	141	153	153	163	168	174	RET	*	*	*	*	*	*	*	*	*	*	*	174	000
31	COLIN McDONALD	12	25	37	45	57	66	73	76	82	89	95	106	106	106	106	106	106	106	106	108	114	121	128	136	000	
32	FRANK PEARSON	24	47	65	RET	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	65	000

LEND LEASE CAMPBELLTOWN MALL 24 HOUR TRACK RACE
8TH OCTOBER 1988 BRADBURY NO 2 OVAL CAMPBELLTOWN - 400 METRE GRASS TRACK

		HOURLY LAP COUNT - INDIVIDUAL																							
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1	BRYAN SMITH	32	33	33	29	29	28	27	27	22	26	23	26	16	28	24	18	21	25	13	23	22	14	23	20.400
2	GRAHAM FIRKIN	23	23	23	23	24	22	22	21	18	21	21	19	21	19	20	20	16	21	20	23	21	22	20	21.480
3	BRUCE DONNELLY	26	29	27	22	24	23	25	26	22	17	27	21	24	20	12	24	17	12	14	18	15	18	16	16.350
4	PAT FARMER	23	22	23	24	24	22	22	24	20	19	19	19	16	21	12	0	11	18	26	26	26	19	16	18.450
5	BOB FICKEL	24	24	21	20	23	18	23	22	13	22	19	21	6	18	16	9	17	10	22	19	23	21	19	25.400
6	STEVE GRANT	26	23	21	20	20	22	19	16	17	19	20	14	14	20	15	18	15	15	14	17	17	19	15	20.130
7	TONY COLLINS	25	27	23	25	21	24	18	21	17	20	14	17	12	17	10	6	11	18	15	16	18	17	21	20.980
8	KEVIN MANSELL	25	23	23	24	23	21	22	23	19	24	20	20	1	1	18	16	16	18	14	12	15	14	18	24.375
9	GEORGY McCONNELL	25	23	22	22	22	20	20	17	17	17	19	19	7	12	18	19	19	15	17	17	16	13	15	21.275
10	LINSAY PHILLIPS	34	28	28	19	25	25	24	14	22	12	13	14	23	4	17	14	6	16	22	16	18	2	11	21.375
11	RALF BRISTOE	23	22	18	22	22	14	21	15	21	11	19	20	14	12	20	18	13	20	10	20	18	14	16	17.350
12	ROB CHANNELS	28	28	27	27	23	20	15	24	20	20	19	21	15	18	8	18	5	2	15	14	19	14	3	11.600
13	WANDA FOLEY	24	23	20	19	22	20	19	20	20	16	19	17	18	15	14	18	9	10	5	16	15	15	14	19.600
14	EDVARDO VEGA	26	24	23	25	21	20	21	8	18	9	18	6	19	6	9	12	12	6	23	22	15	11	17	18.250
15	VAL WARREN	19	19	19	18	16	18	19	18	18	11	17	15	15	13	15	0	0	14	18	18	18	13	16	15.275
16	MICK CONNOR	29	26	22	24	22	16	17	15	8	16	14	5	8	18	10	2	13	13	14	14	9	10	14	13.125
17	ERNIE CATTLE	32	28	23	19	13	19	17	15	16	14	9	22	10	13	4	16	11	7	4	17	11	16	3	10.600
18	NORM JOHNSON	25	24	23	19	17	15	6	14	16	6	13	12	3	16	13	11	15	6	15	16	9	16	17	19.325
19	KEITH FISHER	24	25	26	12	25	24	14	21	21	13	3	0	0	0	0	7	5	0	23	23	20	14	21	23.275
20	LOUISE GLADWELL	19	19	19	18	16	18	19	18	17	14	17	16	17	13	10	0	2	13	13	16	11	14	11	12.275
21	DAVE TAYLOR	24	23	19	18	19	17	13	11	14	3	11	11	1	0	14	8	13	15	10	15	10	18	18	17.250
22	BRIAN ADAMS	27	26	19	24	21	16	21	17	8	10	15	7	7	0	0	0	4	16	8	8	15	11	21	20.525
23	MARK GLADWELL	19	19	19	18	16	18	19	12	0	2	17	15	16	15	9	0	2	12	7	18	14	14	13	12.275
24	DALLAS EARSMAN	26	24	23	21	19	15	16	13	15	12	17	10	10	4	0	0	0	0	0	10	13	9	8	18.425
25	GRAEME WILKINSON	27	29	25	25	22	21	23	22	15	8	16	13	6	*	*	*	*	*	*	*	*	*	*	*
26	ERROL SMITH	25	25	23	23	19	18	11	20	18	18	14	18	15	4	*	*	*	*	*	*	*	*	*	*
27	GRAEME TOWNSEND	31	29	24	23	23	23	21	19	18	20	*	*	*	*	*	*	*	*	*	*	*	*	*	*
28	ROBYN DAVIES	21	18	17	15	14	14	0	15	10	8	8	0	0	0	5	7	9	7	8	8	11	9	8	12.000
29	FRANK KELLY	28	31	28	29	28	27	23	23	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
30	KEITH O'CONNELL	26	25	23	21	16	12	18	12	0	0	10	5	6	0	*	*	*	*	*	*	*	*	*	*
31	COLIN McDONALD	12	13	12	8	12	9	7	3	6	7	6	11	0	0	0	0	0	0	0	2	6	7	7	8.000
32	FRANK PEARSON	24	23	18	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

**1988 Adelaide
- Victor Harbor
Ultra**

A small field of seven contested this year's annual Adelaide

**to Victor Harbor,
100km Ultra, on Sun-
day, 9th October.**

The magnificent course renowned for its scenic route through picturesque farmland of the Adelaide Hills and a tough 10 kilometre section along the cliff top overlooking the

ocean, proved once again a daunting task for all but runaway leader, pre-vet David Standeven, who went on to win in a very creditable 7 hrs. 47 mins. 9 secs.

Reproduced from
"The Veteran
Athlete"

South Australian Veteran, Peter Kitschke finished 4th in 10.15.41, while the S.A. Vets women's team, consisting of Sue Worley (W40), Sonia Simpson (W55), Imelda Carson (W35) and Mary Rhodes (W40) combined to finish in 8.51.14.

Results:

- Results:
- | | |
|-------------------------|----------|
| 1. David Standeven | 7.47.9 |
| 2. Bob Taggart | 8.36.33 |
| 3. Chas. Coombes | 9.19.38 |
| 4. Peter Kitschke | 10.15.41 |
| 5. Peter Gray | 10.48.31 |
| 6. Murray Cox | 11.26.55 |
| Ross Martin (75km) . | DNF |

RESULTS FOR THE ADELAIDE TO VICTOR HARBOR 100 K EVENT OF 9TH OCTOBER, 1988

First, congratulations to all those who took part in the event, the Ultra Marathon entrants and their helpers, and the 4 by 25 K relay teams.

It is a very demanding event, in terms of effort on the part of the runners, and of time and support on the part of the helpers, and the Distance Runners Club extends its thanks to all of you for your support. The Club stages this event for the small, but very dedicated group of ultra distance runners in South Australia (and, with great appreciation, for all visitors from inter-state), in order that they may have the opportunity to gain experience in long distance road runs.

RESULTS FOR THE THE 100 K ULTRA MARATHON

David Standeven	7 hr 47 min 9 sec
Bob Taggart	8 hr 36 min 33 sec
Charlie Coombs	9 hr 19 min 38 sec
Peter Kitschke	10 hr 15 min 41 sec
Peter Gray	10 hr 48 min 31 sec
Murray Cox	11 hr 26 min 55 sec

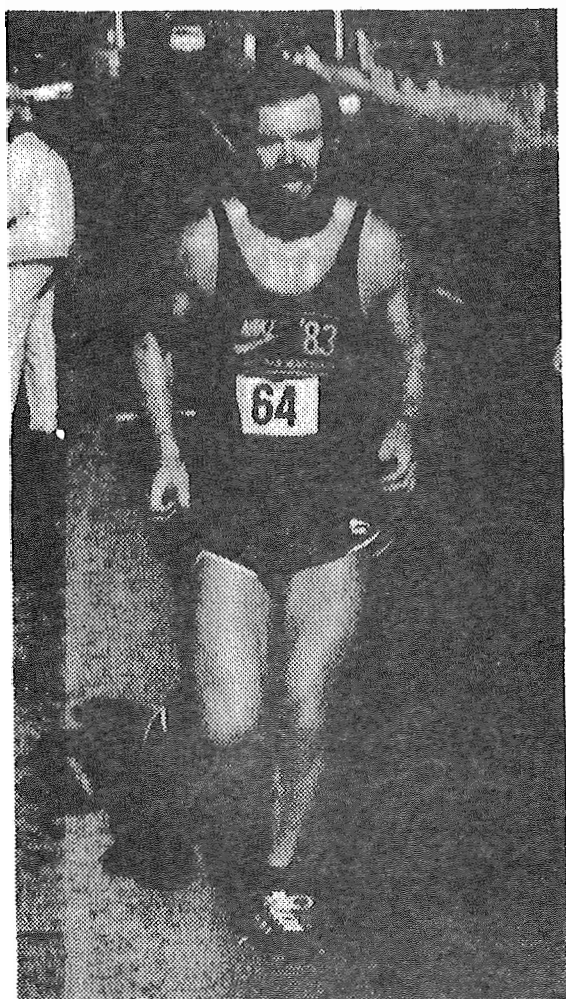
Ross Martin and Paul Tracey both had to withdraw, because of influenza (Ross) and injured foot (Paul)

Ross and Peter are regular entrants in this event, (Ross in every one) and David, Bob and Charlie have done it before (Bob won it twice), and I think David has now won it twice. Peter (from Geelong), Paul (from Broken Hill) and Murray are very welcome first time entrants. The new 100 kilometre distance will, it is hoped, tempt other ultra distance runners to the event in the future.

Entrants split times were:-

	David Standeven	Bob Taggart	Charlie Coombs	Peter Kitschke	Peter Grey	Murray Cox	Paul Tracey	Ross Martin
5K	21-04	19-05	21-00	21-30	21-30	24-35	23-42	24-18
10 K	18-58	22-55	22-32	21-00	21-01	27-12	24-38	27-42
15 K	20-06	23-00	24-49	23-00	26-00	33-00	26-33	27-00
20 K	27-18	22-00	25-01	25-00	26-00	30-00	26-37	30-00
25 K	20-35	23-00	26-12	25-30	28-00	33-34	25-00	32-00
30 K	19-51	20-00	25-00	24-30	28-00	32-05	36-00	30-30
35 K	20-02	20-00	25-00	24-30	29-00	31-49	27-11	31-00
40 K	19-54	21-00	25-48	26-00	33-00	27-28	27-49	34-10
45 K	21-05	26-00	28-36	34-30	33-00	31-24	30-49	39-10
50 K	22-20	24-00	27-34	33-30	33-00	33-02	27-10	36-55
55 K	24-20	28-00	28-12	35-00	37-00	46-40	40-40	51-15
60 K	22-15	30-00	30-18	37-00	38-00	29-23	26-37	
65 K	28-17	36-00	33-17	35-00	37-00	48-18	31-35	
70 K	25-52	30-00	32-53	45-00	36-00	38-07	31-00	
75 K	26-29	28-00	29-42	33-00	39-00	34-07	37-38	
80 K	31-02	27-00	32-18	37-00	39-00	36-25	25-30	
85 K	23-32	27-00	31-45	34-00	37-00	40-18		
90 K	25-15	31-00	29-15	33-00	39-00	36-50		
95 K	25-36	34-00	29-37	33-00	34-00	36-50		
100K	24-07	24-00	29-01	36-00	34-00	36-50		

LAUNCESTON— HOBART ULTRA MARATHON



Tasmania's redoubtable Mike March (above) on his way to 3rd place in the Launceston-Hobart Ultra Marathon, on the 15/16 October, this year.

(Photo Jim Burr).

Sixteen starters lined up for the inaugural 200 km 7EX/7HT Shell Ultra Marathon from Launceston to Hobart, on 15/16 October 1988, with a time limit of thirty hours.

Among them were four Tasmanian Veterans, Mike March (M45), Stan Harrex (M60), Mike Maddock (M40) and Hardy Fehlandt (M40). The latter unfortunately had to withdraw at the half way mark.

The other three however, all distinguished themselves with heroic individual performances.

Wily ultra campaigner Mike March, 45, whose previous best was a creditable 7th, in last year's Australian 24hr titles, in Adelaide, covered himself in glory as he finished just 43 minutes be-

hind runner up 29 yr old John Breit, from Victoria, in 19 hrs 26 mins.

Mike Maddock (M40) chalked up his greatest walking achievement since taking up the sport in 1986 by completing the entire distance in 29 hrs 34 mins, while the incredible Stan Harrex (M60) showed amazing grit and determination to finish just 90 minutes beyond the cut-off point in 31 hrs, 30 mins.

Harrex was determined to cover the distance, and succeeded against all odds, despite a knee injury which forced him to virtually walk the last 150 kms!

from "The Veteran Athlete" - Dec'88

RUNNER'S WORLD □ NOVEMBER 1988

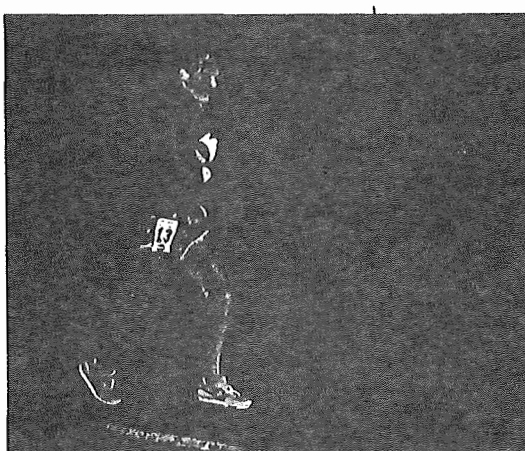
ULTRARUNNING LAW OF AVERAGES

If you've ever considered entering an ultradistance run but feared you weren't cut out for the task, consider the findings of John Holland, Ph.D., director of the Health and Fitness Program of National Defense University in Washington, D.C. Despite the small number of megamilers tested (15), the "average" results of Dr. Holland's study prove intriguing.

Contrary to popular opinion, Dr. Holland notes that ultrarunners don't train all day, every day or at breakneck speed. The study reveals that the average ultrarunner is 43.4 years old and runs 56.5 miles per week at an average

pace of 8.5 minutes per mile. The group averaged 6.3 years of running experience and six ultradistance races (per person) in the last year. Surprisingly few suffered injuries: Despite a group average of 1.07 injuries, more than half the group (eight) reported no problems at all.

Finally, although this study focused on averages, Dr. Holland notes that the runners showed a wide diversity in body type. Some were lean and lanky, others were big and burly. But physiology and numbers aside, Dr. Holland calls the ultrarunners "pretty average."—Paula Lee Potts



Night life: Despite what you've heard, ultrarunners are "average" people.



RACE REPORT AND RESULTS.

Thanks to Averil West

Blood in the urine, blisters the size of 50 cent coins, tendon and bone damage - are all just run-of-the-mill hazards for ultramarathoners. So why would anyone be mad enough to risk this physical injury for the dubious privilege of running 160km in one day. Ask Nelson's "Marathon Man" Don Mitchell for the answer. He successfully resumed his ultra running career on Saturday by winning the Round the Mountains event in Waiouru. Selecting a 3.00am start option proved a correct decision as Mitchell footed the initial pre-dawn 30 kilometres in the company of the bulk of the Women's relay compositions in pleasant weather conditions. Passing the equivalent of a marathon distance (42.195km) in 3 hours 21 minutes he looked good pacing himself towards a sub 14 hour finishing time. However between Rangipo and The Chateau conditions changed; the wind turned straight into his face and in an effort to keep his body temperature up Mitchell donned parka and leggings as he bravely battled not only the elements but also the terrain of the severe hill section dreaded by all runners. 96km (60 miles) passed in just under 8 1/2 hours when the sun decided to make its appearance to begin the spring thaw way out there in the Nation's wilderness. A change of clothing and liberal coating of sunblock along with litres of water helped Mitchell fight the heat but the final 40 kms was an ordeal. Five hours was needed for this section, the last 16 kms dragging out for 2 hours, but the spontaneous reception along the final stretch into Waiouru Army Camp for the gutsy Nelsonian made it all worthwhile as he crossed the line in 15 hours, 39 minutes and 14 seconds. A raptuous standing ovation from the 3,000 runners and supporters at the post-race function was a fitting reward for a truly gritty performance. He now returns to his favourite training tracks to continue his build-up for next year's Sydney to Melbourne 1016 km event.

RESULTS

1. Don Mitchell, Nelson, 15hrs 39mins 14s
 2. John Lewis, Auckland, 16.25.29.
 3. Dave Sutcliffe, Thames, 20.09.33.
 4. Trevor Harris, Australia, 21.09.51.
 5. Tim Norton, Linton, 21.46.14.
- (3 withdrawals)

SRI CHINMOY 24 HOUR RACE RESULTS 1988

NAME	FINAL DISTANCE IN Kms	50km	50mile	100km	150km	100mile	200km	150mile	250km	300km	200mile
1. Owen Tolliday	Qld. 253.063 KM <small>AUSTRALASIAN RECORD</small>	3:46:02	6:23:23	8:15:24	13:23:17	14:28:18	18:16:44 <small>AUSTRALIAN RECORD</small>	22:32:54	23:29:33 <small>AUSTRALASIAN RECORD</small>	FIRST AUSTRALASIAN RUNNER TO SURPASS THE 250KM BARRIER.	
2. Bob Taggart	S.A. 206.849	4:10:01	7:04:06	9:03:07	15:47:48	16:59:22	22:50:01				
3. Roger Stuart	S.A. 188.060	4:33:06	8:23:07	10:48:57	17:14:02	18:47:13					
4. Graham Townsend	NSW 185.101	4:23:18	7:57:26	10:30:21	18:09:17	20:27:01					
5. Michael Bryce	vic. 184.699	4:18:52	7:45:13	10:15:41	17:35:30	19:35:35					
6. Gerry Riley	vic. 182.247	4:52:25	8:31:27	10:58:14	19:07:30	20:43:30					
7. Guy Schubert	S.A. 176.579	5:17:12	9:48:48	12:41:04	21:14:45	22:30:25					
8. Ross Martin	S.A. 176.431	5:27:48	9:35:44	12:36:31	19:58:52	22:10:50					
9. Cliff Young	vic. 175.330	7:32:45	11:14:09	13:56:10	20:55:01	22:28:05					
10. Graham Stenner	S.A. 172.164	5:02:27	9:50:20	12:30:51	21:06:26	22:43:40					
11. Murray Cox	S.A. 170.595	5:05:31	8:57:30	12:10:27	20:30:25	22:25:54					
F1. 12. Cheryl Standeven	S.A. 168.584	5:06:10	9:00:57	12:29:15	21:22:43	22:44:40	13 RUNNERS OVER 100 MILES				
13. Stan Miskin	vic/Qld. 167.117	6:21:15	10:40:15	13:28:12	21:13:06	22:59:48					
14. John Champness	vic. 148.486	5:35:43	9:27:46	12:58:05							
F2. 15. Sue Worley	S.A. 147.170	6:20:53	11:15:29	15:19:00							
16. Dick Crotty	S.A. 141.671	7:03:33	12:13:20	16:04:42							
17. Kaven Dedman	S.A. 130.367	6:15:21	11:34:28	14:55:05							
F3. 18. Carolyn Benson	S.A. 126.164	8:11:46	14:22:16	18:27:12							
19. Robert Byrth	S.A. 122.508	6:06:38	11:47:13	16:48:50							
20. Peter Garlick	S.A. 121.509	5:51:19	10:58:28	14:46:32							
21. Max Griguol	S.A. 119.292	5:26:01	11:53:04	16:08:20							
22. Ian Javes	Qld. 112.252	4:20:11	7:19:49	9:28:12							
23. Stuart Currie	Qld. 104.607	5:25:45	9:28:44	12:18:24							
24. Tony Rafferty	vic. 91.330	5:13:45	9:52:39								
TEAM 1 (Adel Harriers) S.A.	329.526	3:03:31	4:59:22	6:16:16	9:41:08	10:24:50	13:15:11	16:27:33	17:09:41	21:42:59	23:25:04
23 TEAM 2 (Tony's Wimps) S.A. (3 member teams)	289.766	3:29:40	5:44:47	7:16:02	11:13:55	12:08:37	15:27:45	19:30:27	20:16:25		

Stan Miskin walked for the whole 24 hrs and becomes only the 4th Australian to have both run and walked over 100 miles in 24 hours.
Well done Stan!

* CONGRATULATIONS TO OWEN TOLLIDAY FOR *
SUCH A MAGNIFICENT RUN.

WELL DONE TO CHERYL STANDEVEN FOR A GREAT EFFORT FOR HER FIRST 24 HOUR RUN.

AND THANKYOU TO EVERY ENTRANT WHO MADE IT SUCH A MEMORABLE EVENT!

MAY THE NEW YEAR BRING YOU PROSPERITY AND ENTHUSIASM TO REACH YOUR NEW GOALS.

from the Sri Chinmoy Centre.

* THE 1989 SRI CHINMOY RUN WILL BE HELD ON THE WEEKEND *
OF THE 28TH & 29TH OCTOBER. SEE YOU THERE!

Campbelltown Aussie 6 Day Race

RACE DIRECTOR

J. SHAW

17 BUVELOT WAY

CLAYMORE N.S.W. 2559.

TELEPHONE 046 26 6094

RACE ORGANISER

D. TAYLOR

23 WINTON ROAD

APPIN N.S.W. 2560.

TELEPHONE 046 26 6094

CAMPBELLTOWN FISHER'S GHOST 6-DAY RACE 1988

REPORT BY DAVE TAYLOR

Just a report on the all Aussie 6 Day Race. Well, there is no doubt this was the toughest six-day course around. I'm sure all runners will agree. They all said it was harder than the Sydney to Melbourne, however there were some outstanding performances with Kev "Killer" Mansell who carried on his Westfield run form with a fine Australian record. Even so, he had a good battle with Wilko, Graeme Wilkinson, that is.

The battle for 3rd was a good one between Eduardo Vega and myself. Having given Eduardo 79 kilometers start, with not long to go, I decided not to stop in the last 48 hours, in which I closed the gap to some 17 kilometers, holding 4th.

There was for the first time a father and son team, Terry Cox Senior and Junior. Terry Junior showed he will be letting his Dad hang his shoes up some day and taking over. He put quite a gutsy effort in. Our mate Dallas Earsman put in a holiday effort. He had a bad injury coming into the race, which would have stopped most runners, but said he would finish which he did, however I must say I thought ultra runners were tough. 90% are, 10% are whimps.

I thought it funny from one particular runner whom has completed the Sydney to Melbourne, winging how hard it was, and he won't be back. I suggest he sticks to the Sydney to Surf or lawn bowls.

One of the gutsiest efforts I ever witnessed was by Tony Collins who had shin splints on day 1. He ran with 4 pounds of ice and packing around his leg for 6 days, running 639km, a truly super effort, and raising over \$3000 for charity.

Mark Gladwell who is getting back into training used the race for a hit out and battled on well. The battle between the two girls was a good one early, between Wanda Foley and Sally Woods. Wanda ran a perfect race, she always looked comfortable and she had a great crew. She looked at the finish like she did at the start, and is going a long way in ultra running.

Sally ran a fine race. She hurt her knees in the early part and had been for most of the time only able to walk, and her effort was enormous under the circumstances.

Ian Javes and Graeme Woods helped out during the event, and their experience was invaluable. Graeme Woods would have to be one of the best coaches around. He lifted my performance along with Wilkos through good guidance, and I'm pleased that I am going along with Graeme Wilkinson to be coached by him. His attitude towards people is just first class and his experience invaluable.

I would like to thank all helpers, crews and officials. We had our problems but at least we are off the ground and will improve next year. We now have our all Australian 6 Day Race, up the Aussies!

FISHERS GHOST AUSTRALIAN SIX DAY RACE. 6TH-12TH NOV. 1988 (CAMPBELLTOWN, N.S.W.)

by Mark Foley

The race was designed to lift the profile of the sport in NSW and to give multi day experience to resident ultra runners. As well as attracting a field of 17, the race also lured major sponsors from the local business community and The Macarthur Advertiser paper ensured a high press profile. The race was an official event within the Fishers Ghost Week Festival celebrations.

Four runners withdrew at the last minute leaving 13 to face the 10am start(11 men, 2 women) which followed the Fishers Ghost Fun Run, so a good crowd were there including NSW AURA rep. Big Chris Stephenson and Charlie Lynn, with the Mayor firing the gun.

The course was a testing 950m road circuit incorporating grass, bitumen and footpath, with a long uphill and a short sharp downhill. The support crews vans were handily placed on the edge of the track along the main straight with the lap-scoring tent. Power was available to all, so luxuries like hot water and lights were available.

QLD's Graham Woods led the field through the first day with 196kms followed by Graeme Wilkinson with 176kms, and Kevin Mansell with 161kms. Wanda Foley led Sally Woods (Graham's wife) by 120kms to 115kms.

Drama hit the race on day two with Graham Woods' withdrawal. He felt he wasn't 100% and would not do justice to the event which is fair enough. He has had a big 1988 already, and definitely doesn't need to prove his ability.

Ian Javes also pulled out, after 124kms, with a foot injury similar to the one he incurred in this year's Westfield Run. That painful experience dictated discretion this time. Both Graham and Ian remained to assist all the runners throughout the event.

Tony Collins developed a shin splint after day one but was quite calm about it and filled a large sock with ice, strapped it to his leg and kept running. He beat frostbite by continuing to run rather than walk. We weighed the sock and found that he ran for five days with a 4lb handicap strapped to his leg (and went through lots of ice). Tony had great motivation- he was raising money for Childrens Cancer Research, so he wrung out as many K's as possible. He also managed media interviews and generally displayed a sunny disposition.

Days three, four and five settled down to hard slogging and the weather remained mainly overcast and cool, with occasional hot sunny breaks. Most of the runners took advantage of the adjacent swimming centre and the sight of tired runners lounging in the heated wading pool was wonderful. The officials also organised 24 hour hot showers from the oval's amenities block.

The carnival next to the track was a noisy distraction, and some yahoos were present but race officials John Shaw and Ian Taylor tactfully averted any disturbances. The inebriated few usually became fascinated with the concept of the race and gave encouragement to the runners.

The officials worked tirelessly to police the course, monitor lap scoring, organise the masseurs, provide supplies to tired crews and even kept an eye on the toilet paper in the many portaloos.

Graeme Wilkinson was now in the lead but Kevin Mansell was tailing like a shark, and hit the lead after some intense duelling. He kept this lead and put in big days right to the finish.

Behind these two, Eduardo Vega and Dave Taylor waged war for third place with Eduardo running 152kms on the first day. Eduardo went on to set a PB distance for himself and always had a cheerful smile. Dave paced himself well throughout (considering the organisational things he had done) and put in 153kms on the last day to finish just 17K behind Eduardo.

Mark Gladwell ran a steady race (his first outing since finishing the '88 Westfield Run) to secure 5th place. We told him there would be a "fat test" at the finish but the joke was on us as he shed 5 unwanted kgs during the event. Tony Collins and his ice-bag finished 6th, with the shin splint going into remission on some days and the swelling not getting much chance to develop.

Wanda Foley ran well for her multi-day debut to finish in 7th place. She has run four 24 hour races in eighteen months (av. 161kms) but didn't know what to expect here so her plan was to aim for 100K days. She pulled up with plenty to spare, running 50K during the following week, so it's safe to say she will go harder now that it's not an unknown quantity.

Sally Woods encountered a serious knee problem which hampered her efforts but she was determined to finish her debut 6 day race. She has previously won the women's section of the 6 Day Ultra Triathlon and demonstrated her toughness throughout this event. She even celebrated her birthday on day two with ice cream cake and Wanda gave her some flowers.

Terry Cox Jr and Snr battled various problems but refused to give up. Cox Snr put in 103kms on day six to finish in 8th spot, with sense of humour intact. Cox Jr finished his debut multi-day with battered feet but can say that he toughed it out, and now he really knows what dad goes through. Is this the first father and son combination in this type of event?

Dallas Earsman set himself a realistic daily total based on his current level of fitness. This plan ensured that he finished in reasonable shape, and even told a few jokes with the occasional dance routine. His pleasant outlook was an example to all and typical of the camaraderie of the event.

The race had a constant stream of visitors including: curious Sydney ultra-runners taking notes for next year; the local running club which staged their weekly race from the site; commuters who checked daily race positions as they came and went to the railway station; and even local primary kids who came with their teacher (one of Wanda's daughters) to cheer. Wanda also had daily visits from "rent-a-crowd", a group of her Western Districts Joggers club mates which numbered up to thirty at any time. Many people appeared to have no homes to go to.

A crowd of around 200 people gathered for the 10am Saturday finish, and the atmosphere was emotional as crews and runners enjoyed the relief of

no more running. The last hours were exciting as Kevin Mansell raced through 900kms, Wanda broke the 600k barrier, and Dave Taylor closed the gap with Eduardo.

The presentation was held at nearby Campbelltown Mall before a large crowd of shoppers with the Mayor doing the honours. The tired band of finishers all gathered on stage for a rousing and well-earned reception from the crowd.

The race was successful in lifting the public's awareness of ultra running in N.S.W, as well as fulfilling the objective of looking after the runners and their crews. The local council and the business community immediately committed funds to next year's event, which will revert to a 400m track, so the race can only grow from this point.

Organisers John Shaw and Dave Taylor will be looking forward to expressions of interest from Aussie ultra-runners for next year's event.

	DAY 1	2	3	4	5	6	
MANSELL	161-5	122	144	143	152	180	902.500
WILKINSON	176	112.1	116	118	111	122.487	755.587
VEGA	152	111	115	116	96	132.010	722.010
TAYLOR	123	87.5	111	97.5	133	153.0126	705.0126
GLADWELL	137	102	96	104	108	109.50	656.500
COLLINS	148	98	114	80	107	92.120	639.120
FOLEY W (F)	120	108	103	86	100.450	101.5628	619.0128
COX (SNR)	124	48.5	97	79	54	103	505.500
WOODS S (F)	115	85	64	60	45	86.4895	455.4895
COX (JNR)	119	44	73	70	56	78.850	440.850
EARSMAN	97	67	67	61	50	50.750	392.750
WOODS	195.7	14.250	-	-	-	-	209.950
JAVES	124.5	-	-	-	-	-	124.500

POEM

from the Tasmanian Vets Newsletter

As you splash along the track,
 Eyes alert and ears pinned back,
 You might have seen those queer shaped turds,
 And thought, if not expressed in words,
 The stress of such a defecation
 Baffles ones imagination.
 But it's not done to entertain us,
 The wombat has an oblong anus.
 So if your slumber is disturbed
 By cries and screams, don't be perturbed.
 Eyes closed, teeth clenched and racked with pain -
 A wombat's gone and crapped again.

Talays Runners The Shop

RANDWICK
399 3893



"... ONE STEP AHEAD."

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

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(02) 399 3893

1988 Colac International 6 Day Ultra

Australian Veterans again figures prominently in the Annual Colac International 6 Day Ultra Marathon, from 14-20 November, 1988.

Fresh from his recent Sydney to Melbourne Westfield success earlier this year, Ballarat's indefatigable Brian Smith, 45, established himself as Australia's leading veteran ultra distance runner with a magnificent last day split of 154 kilometres, to finish in third place behind International stars Gilbert Mainix, FRA (outright winner) and Dusan Mravljje, Yugoslavia (runner up).

Smith amassed a total

distance of 906.4 kilometres, just 57 kilometres behind Mainix.

Evergreen ultra marathoners, George Perdon, 67, took 7th place, ahead of many younger rivals, covering 808 kilometres, and Australia's top ultra female, Cynthia Cameron, 46 - a gallant runner-up to Britain's World champion, Eleanor Adams - notched up new National marks for 48 hrs (and 6 days) on her way to a total of 738 kilometres.

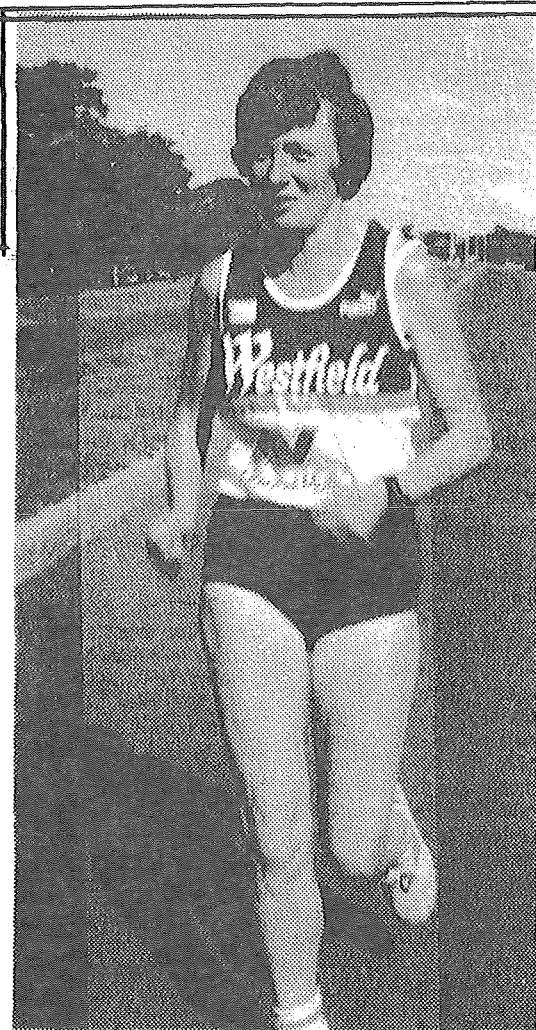
The diminutive Cameron showed great courage and determination after a conservative start, by clocking a magnificent 138.8 kms on the final day - further than both Mainix and Mravljje, and excelled by only two other competitors.

Cameron, a former Westfield winner (1987), who now holds every Australian female ultra record, recently married her mentor and coach Dave Herbert. She plans to retire

from multi day events and concentrate on shorter ultra's in the future.

Performances in the Six Day event were even more remarkable in view of the inclement weather conditions which ranged from thunder storms, hail, gale force winds and temperatures fluctuating between 10° and 30° on some days!

"The Veteran Athlete" - Dec '88



Cynthia Cameron, 46, (above), gallant runner up to Britain's Eleanor Adams in the recent Colac 6 Day Ultra Marathon.

1988 COLAC ULTRA MARATHON

DAY 1 6

TIME 1357

LAST UPDATE 14.00

POS	NAME	NO		DAY1	DAY2	DAY3	DAY4	DAY5	DAY6
1	MAINIX	9	LAPS	526	385	381	391	381	334
TOTAL	963.20		KMS	210.40	154.00	152.40	156.40	156.40	133.60
			MLS	130.74	95.69	94.70	97.18	97.18	83.02
2	MRAVJLE	10	LAPS	570	334	362	291	388	341
TOTAL	914.40		KMS	228.00	133.60	144.80	116.40	155.20	136.40
			MLS	141.67	83.02	89.97	72.33	96.44	84.75
3	SMITH	15	LAPS	553	403	325	357	243	305
TOTAL	906.40		KMS	221.20	161.20	130.00	142.80	97.20	154.00
			MLS	137.45	100.16	80.78	88.73	60.40	85.69
4	STANDEVEN	14	LAPS	533	343	321	329	309	315
TOTAL	860.00		KMS	213.20	137.20	128.40	131.60	123.60	126.00
			MLS	132.48	85.25	79.78	81.77	76.80	78.28
5	ZABALO	17	LAPS	510	392	346	350	284	205
TOTAL	834.80		KMS	204.00	156.80	138.40	140.00	113.60	82.00
			MLS	126.76	97.43	86.00	86.99	70.59	50.85
6	HACKE	8	LAPS	520	324	297	295	280	331
TOTAL	818.80		KMS	203.00	129.60	118.80	118.00	112.00	132.40
			MLS	129.25	80.53	73.82	73.32	69.59	82.27
7	PERDON	11	LAPS	406	334	318	336	335	291
TOTAL	808.00		KMS	162.40	133.60	127.20	134.40	134.00	116.40
			MLS	100.91	83.02	79.04	83.51	83.26	72.33
8	ADAMS	1	LAPS	475	338	303	308	212	242
TOTAL	751.20		KMS	190.00	135.20	121.20	123.20	84.80	96.80
			MLS	118.06	84.01	75.31	76.55	52.69	60.15
9	RAFFERTY	12	LAPS	406	283	269	298	282	315
TOTAL	741.20		KMS	162.40	113.20	107.60	119.20	112.80	126.00
			MLS	100.91	70.34	66.86	74.07	70.09	78.29
10	FARMER	5	LAPS	434	263	267	260	266	359
TOTAL	739.60		KMS	173.60	105.20	106.80	104.00	106.40	143.60
			MLS	107.87	65.37	66.36	64.62	66.11	89.23
11	CAMERON	4	LAPS	363	290	306	256	283	347
TOTAL	738.00		KMS	145.20	116.00	122.40	102.40	113.20	138.80
			MLS	90.22	72.08	76.06	63.63	70.34	86.25
12	FISHER	6	LAPS	395	321	261	196	330	328
TOTAL	732.40		KMS	158.00	128.40	104.40	78.40	132.00	131.20
			MLS	98.18	79.78	64.87	48.72	82.02	81.52
13	ANDREWS	2	LAPS	395	313	277	265	266	237
TOTAL	701.20		KMS	158.00	125.20	110.80	106.00	106.40	84.80
			MLS	98.18	77.80	68.85	65.87	66.11	58.91
14	YOUNG	16	LAPS	392	282	305	219	202	276
TOTAL	670.40		KMS	156.80	112.80	122.00	87.60	80.80	110.40
			MLS	97.43	70.09	75.81	54.43	50.21	68.60
15	AUDLEY	3	LAPS	400	300	224	273	233	223
TOTAL	661.20		KMS	160.00	120.00	89.60	109.20	93.20	88.20
			MLS	93.42	74.56	55.67	67.85	57.81	55.43
16	RECORD	13	LAPS	536	339	291	207	51	34
TOTAL	583.20		KMS	214.40	135.60	116.40	82.80	20.40	13.60
			MLS	133.22	84.26	72.33	51.45	12.68	8.45
17	HANUDEL	7	LAPS	0	0	0	0	0	0
TOTAL	0.00		KMS	0.00	0.00	0.00	0.00	0.00	0.00
			MLS	0.00	0.00	0.00	0.00	0.00	0.00



French ultra-marathon runner Ramon Zabalo takes time off from the rigors of pounding the Memorial Square to enjoy a massage from Eastern School of Tactile Therapies students, Peter and Paul. Sue Mawson is part of Zabalo's crew and is watching closely as he rests.



Pat Farmer always has time for a smile and a wave while running around the course. Offering some advice during Wednesday afternoon was coach, Bill Carlson, who has had trouble adapting to the cooler climate of Victoria after the warmth of Sydney.



Photographs reproduced from the "Colac Herald", Friday 18th November 1988.



Gilbert Mainix



Cliff Young inadvertently provided some lighthearted relief when the elastic in his waterproof pants broke and he was concerned they were going to finish around his ankles.

But Ray Carroll came to the rescue with a trusty piece of string and Cliff was back into the thick of things.



Australia's best chances appear to lie in the hands of this man — Bryan Smith. Looking more like a ski patroller than an ultramarathon runner, he was leading until the early hours of Thursday morning.



C.H.A.S.E. CARNIVAL, DECEMBER 11TH, 1988

McCain FOOD 50 MILE ULTRA MARATHON

(Report from Bill McLennan and Geoff Russell)

The fourth staging of the C.H.A.S.E. Carnival was moved this year from August to December the 11th, 1988 to try and escape minus and zero degree temperatures that has plagued the carnival in previous years. It was a great improvement, as runners only had to contend with some wind and occasional drizzle, as they continually lapped the course.

The organisers, Wendouree Athletic Club, who conduct the event to raise funds for the Ballarat Children's Homes and Family Services must be doing the right thing in their organisation and conducting of the event, as there were a large number of entries again this year in the C.H.A.S.E. Carnival. The name C.H.A.S.E., incidentally, stands for Central Highlands Athletic Special Endurance which each year includes the running of the Ultra Marathon starting at 7.00am over 50 laps each of one mile, then at 8.00am the Marathon of 1 lap of 5.227km and a further 6 laps of 6.153km around Lake Wendouree for the total Marathon Distance of 42.195km. The next events at 10.00am were the 6km and 12km Fun Runs thus catering for runners over four various distances, all running in close proximity to each other at the same time, and all finishing in approximately the same place, without interfering in any way with another event.

Evergreen, Cliff Young, and Olympian, Stephen Moneghetti, again helped the Carnival greatly in their willingness to participate in publicity, together with support from the Ballarat City Council and their Municipal Recreation Officer, Digby Jessop, and the sponsors - McCain Foods, Ballarat Community Credit Union, Bendix Mintex Pty.Ltd., Eclipse Motors Pty.Ltd., Victorian Savings and Loan Society, S.J. Weir Pty.Ltd., and B. & E. Trevena & Son, whose financial input greatly helped the day along, with all the runners whose presence made for a very good and competitive competition.

Thanks is also extended to a select group of Ultra Runners who have supported this event every year in Peter Gray, Greg Wishart, "Big" Chris Stephenson, Cliff Young and Bill Beauchamp. In addition we welcomed the "travellers" - Owen Tolliday from Queensland, Chris Stephenson and Paul Every from Sydney, Andrew Lucas from Hobart and Joe Record all the way from Perth, W.A., along with many from Melbourne, Geelong, Colac and places in between, and the many local entrants which guaranteed the success of the event, in whatever weather nature sent along to test their fitness and endurance.

The change of date from the cold month of August to the hopefully more milder December (although we did not have the perfect day) meant overall better weather, and made for a good day as 33 of the 36 who entered Ultra Marathon, faced the starters gun. The first lap was a pretty congested affair as runners tried to settle into some sort of organised race pace, a pace that would keep them in touch with the leaders but more importantly a pace that would see them through to the finish and hopefully a win, or at the very least a PB. The clock showed just over 6.00 minutes had elapsed when the first group went by the lap callers point, to be recorded on the computer, and 9.07 minutes saw the last runner through, and the serious part had begun as the 2nd lap was now a reality with only 49 more times round to go to the finish. Ron Campbell reeled off a 12m.28s. time

for his completed 2nd lap followed by Owen Tolliday in 13m.05s. and Joe Record in 13m.32s. then as the clock moved into the 13m.40s. bracket Jeff Smith, Ray Ramelli, Peter Gray, Chris Stephenson, Greg Wishart and George Yanna went through keeping a good eye on the leaders. At the 5 mile mark Ron Campbell had moved out to a 49 second lead over Owen Tolliday, Greg Wishart 2m.28s. further back holding down 3rd. place and only 5 seconds ahead of Ray Ramelli. By the 10 mile mark Owen Tolliday was through in 1h.05m.39s. over 4 minutes ahead of Ramelli with Campbell next through nearly 2m.00s. astern ahead of Wishart then Stephenson, as Joe Record started to drop back and keep Geoff Vissers, Jeff Smith, George Yanna, Andrew Lucas and Barry Brooks company as they all went through between 1h.14m.29 seconds and 1h.14m.51 seconds.

Lap 20, and approaching half way mark, Ron Campbell's time of 2h.10m.51s. saw him hanging onto a 15 second advantage over Owen Tolliday and Ray Ramelli a clear 3rd. place with a time of 2h.18m.09s. nearly 4 minutes ahead of Barry Brooks now firmly entrenched in 4th place after Joe Record withdrew after 17 miles. After lap 26 the "no more thats it" rate began to climb as first Len Loveless's body decided it was time to call it a day after 27 laps in 3h.21m.03s, David Taylor - 31 laps in 5h.14m.27s. and earlier time of 3h.47m.52s. and 32 laps completed Peter Whittaker, then Claude Martin fell by the wayside after completing 26 laps after running for 3h.54m.34s. dropping a few laps on the field before retiring, and Kevin Cassidy 35 laps in the time of 4h.36m.39s. Lap 41 and only Owen Tolliday completed that lap under 5 hours with a 4h.41m.10s. time recorded against his name, with Barry Brooks and Ron Campbell both going through in 5h.12m.29s. over 31 minutes behind Tolliday and Ray Ramelli 6 minutes further back. Brooks and Campbell continued to record the same time up to the 44 mile mark but by the 45 mile mark Brooks time of 5h.46m.41s. showed a 25 minute lead over his running companion Campbell though it was 27 minutes still in arrears of Tolliday who had to make his own pace and judgement on the rest of the field for now quite some distance. The main aim now after this distance, when most of the hard work had been done was not fall into one of the many traps that frequently catch out the tired and the ambitious.

Lap 50, with the 50 miles completed showed a time of 5h.54m.01s. and Owen Tolliday was a most worthy winner of the Ultra Marathon and the Cliff Young Perpetual Trophy to add to his successes. Barry Brooks was second, a long way in time and distance behind the leader but must have felt some success by now holding off Ray Ramelli with a time of 6h.29m.08s. to Ramelli's 6h.41m.54s.

Many entrants recorded PB's and others like Greg Wishart beat his 1987 time by 10 minutes and Peter Gray took a massive 49 minutes off his 1987 time. The job accomplished, they rested as the tail enders continued to the finish, as Cliff Young finishing in 22nd place after 8h.43m.54s. continued to lap back near the tail enders. Sandra Kerr, the lone, only woman, finished in 25th place after being on the road for 9h.38m.46s. was greeted by a round of applause from her handlers and co-runners alike on her courageous effort, to take out the women's section, a feat that will take a few caring days for her feet and body to acknowledge.

Cliff's all set for ultra-marathon



Ultra-marathoner Cliff Young explains the benefits of soda water to Ballarat marathon runner Steve Moneghetti.

STOP PRESS - NEW 24 HOUR RECORD

A new Australian and Australasian record was set recently in Dot's 24 (VVACI 24hr Track Race) at Coburg on 25-26/2/89. Mike March from Tasmania, in only his 3rd ultra race, smashed the previous record recently set by Owen Tolliday in Adelaide in November 1988. Owen's mark of 253+km (1st Australian to surpass 250km) was reached by Mike with nearly 3/4 hr of race time remaining. What a fantastic effort Mike! Heartiest congratulations from all of us in AURA. Report and full results in next issue.

MEN

- | | |
|--------------------|-----------|
| 1. Mike March | 260.099km |
| 2. David Standeven | 242.605km |
| 3. John Breit | 238.102km |
| 4. Keith Fisher | 232.207km |

WOMEN

- | | |
|-----------------|-----------|
| 1. Kim Talbot | 168.493km |
| 2. Sandra Kerr | 161.604km |
| 3. Marilyn Tait | 154.708km |

10 runners over 200km; additional 14 runners over 100 miles; 50 starters, 40 finishers.

A few bottles of soda water will be veteran ultra-marathoner Cliff Young's secret weapon when he runs in the Central Highlands Athletic Special Endurance event on December 11.

Young said at yesterday's official launch of the CHASE event that he had been having problems with indigestion and severe stomach pains in some of his recent races.

"I got a bit crook in the guts in a race in Adelaide last weekend but I just drank some soda water, had a nice big burp and ended up going like a tram to the finish. I'll be taking a semi-trailer load to the Colac six-day event later this year," the Beech Forest potato farmer said.

He said his recent form had been "reasonable" with a fourth in a 24-hour race in Sydney and ninth placing from 23 runners in the Adelaide event.

Young praised organisers of the event which raises money for Ballarat Children's Homes and Family Services.

"I make it up here every year. It's

a good cause and it's great to be able to give the kids a hand," he said.

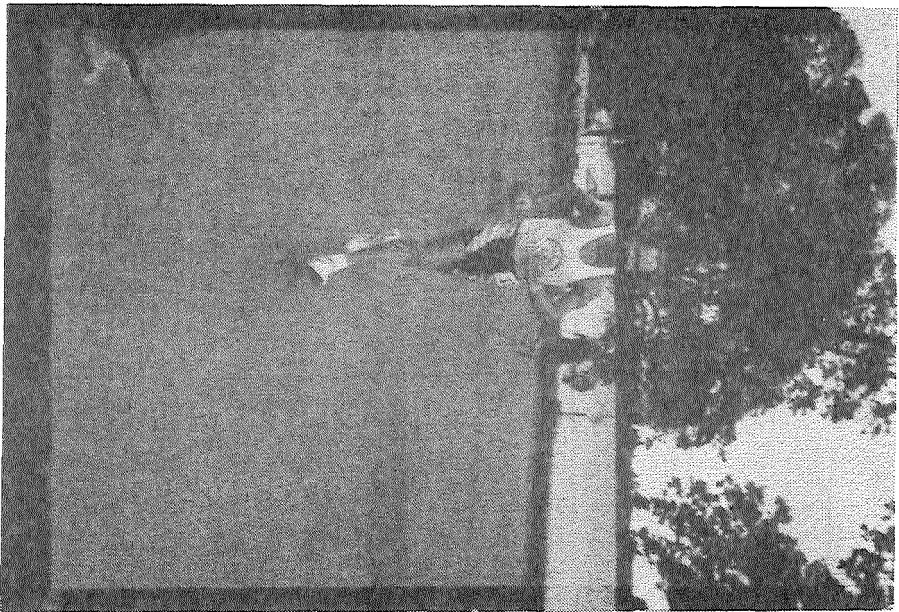
Ballarat's Steve Moneghetti launched the event and said he would probably jog one of the courses.

"If I'm in Ballarat I like to pop up there. It's the least you can do and the ultra-marathon runners need all the support they can get," he said.

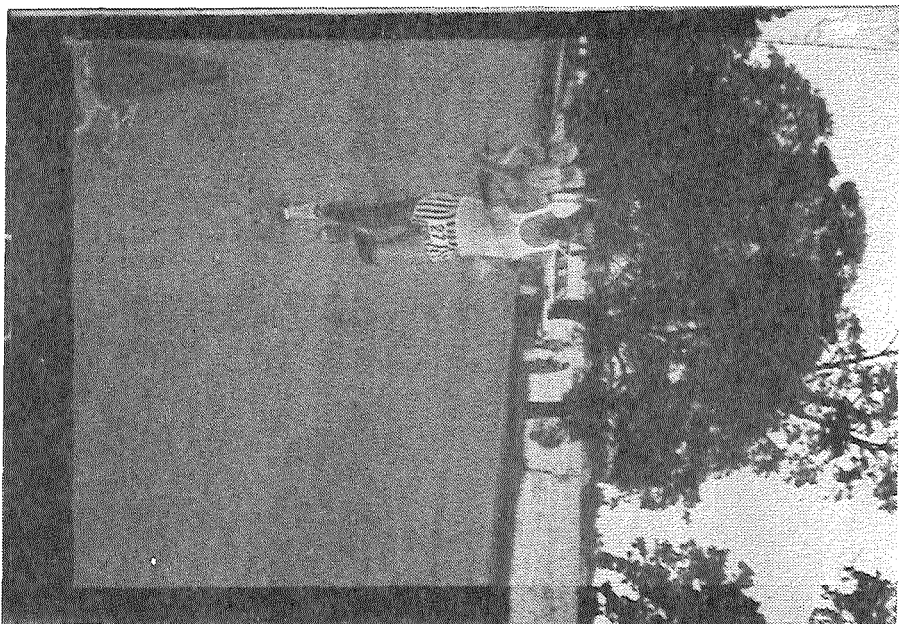
The CHASE event, which is organised by Wendouree Athletic Club, consists of three sections, an 80 km ultra marathon, a 42 km marathon 12 and six km funruns.

Two former winners of the 80 km event, Laurie Brimacombe and Ray Ramelli, will compete again this year but winner of the marathon section for the last three years, Rob Wallis, is a doubtful starter.

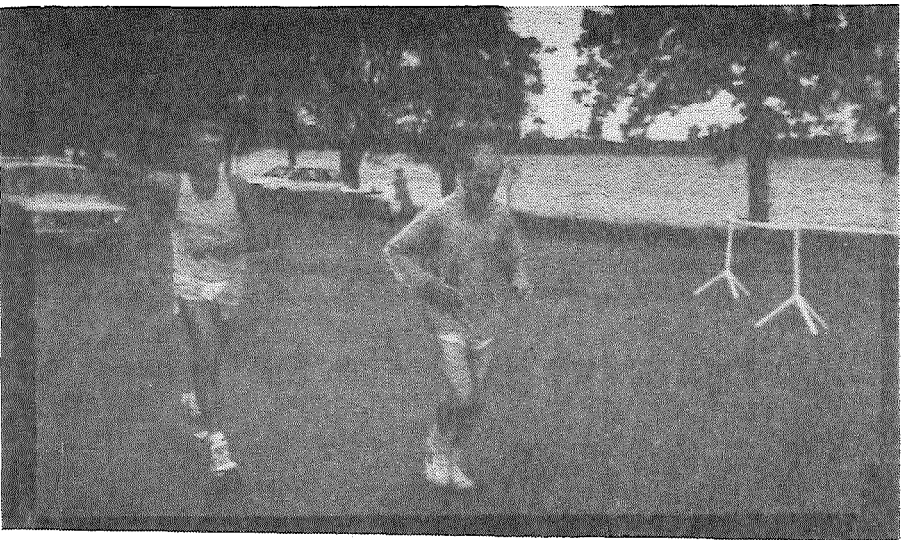
Chairman of the event's organising committee Geoff Russell said he had been happy with the large number of entries already received from Victoria and Interstate.



Looking larger than life, The Phantom, alias Big Chris, showing fine style in the Ballarat 50. (Billy, How's ye daughter, Beauchamp in his stand-up football singlet, is in the background.)



Kevin Cassidy, ex lawn mower, now fireman protecting his hands with boxing gloves and exhibiting his fast running style in the Ballarat 50.



Eventual race winner (and current 24 hour track champion) Owen Tolliday (left) seen passing Barry (Tortoise) Brooks because the latter appears to be imbibing and we all know that reduces performance. Nevertheless, Barry (a previous winner of this race) finished a creditable 2nd.



A tough battler, Andrew Lucas (middle) looking pleased with himself. Ken Hough (right) looking relaxed. Third runner unknown.

Ultra-marathoner faces big test at carnival

Ballarat ultra-marathoner Barry Brookes faces his biggest test this Sunday since being sidelined by serious injury when he tackled the CHASE 80km ultra-marathon.

Brookes, who contested this year's gruelling Sydney to Melbourne race, suffered a dislodged right kneecap and underwent surgery after his aborted Sydney to Melbourne attempt.

Since then, Brookes has been limited to short club races, but Sunday will be his big test to see whether he can again become competitive as an ultra-marathoner.

He covered 752km of the Sydney to Melbourne torture test before pulling out and his rehabilitation has been patient and slow.

"I took two months off and I was walking fairly quickly after the operation, but running took a bit longer," Brookes said.

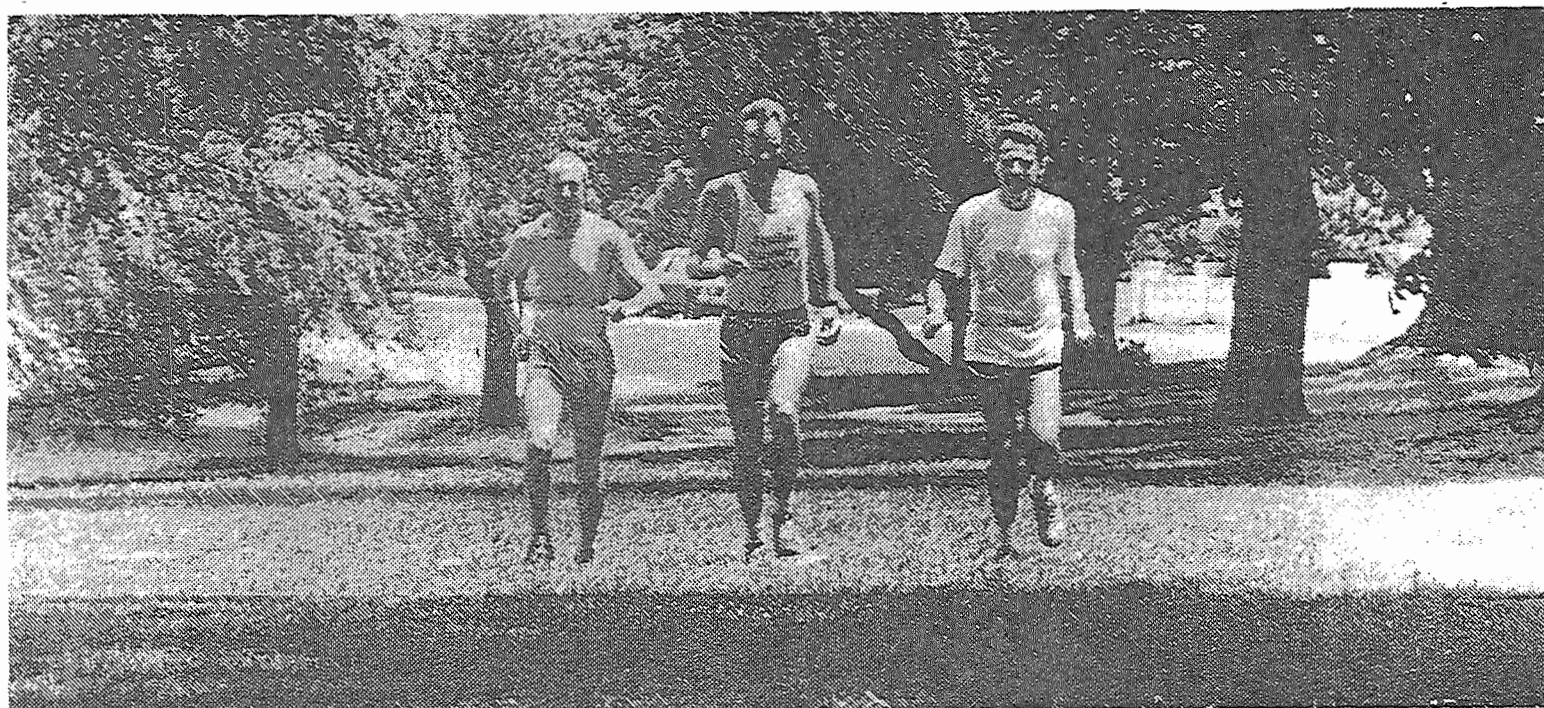
Brookes is using the CHASE ultra-marathon to gauge his fitness and his now-repaired knee as to whether it will stand up to the strain of competition.

The thought of challenging for the winner's prize has not even entered Brookes' mind although former winner Laurie Brimacombe is the man he believes should be watched.

"I think it will be a great race and if Brimacombe is in form, he could possibly break the record," Brookes said.

"If I run 6.30-6.45 and pull-up in reasonable condition, I'll be happy.

"I just want to get through the race, but I haven't done enough



Tuning-up for Sunday's CHASE Carnival are, from left, ultra-marathoners Barry Brookes, Len Loveless and marathoner Robert Gray. to be competitive."

Another local runner in the gruelling race, consisting of 50 laps of a one-mile track at Lake Wendouree, will be Len Loveless, a 12-hour race specialist.

Loveless won the recent Rosebud 12-hour race, extending the race record with his effort of 128km, and he is ranked fifth nationally for the half-day races.

The 80km race is a bit shorter than what he is used to, but he

will be looking to stay with the leaders for as long as he can.

"This race is a bit shorter and a bit quicker and you usually find someone will go out quickly, but they usually come back to you," Loveless said.

"It is a hard race to forecast, though, and a lot depends on if it gets hot or cold like last year."

Loveless is predicting a seven-minute mile pace for the race, which would result in a 5.50 finish time for the winner,

which would be outside the course record of 5.33.59 set by Brimacombe in 1985.

Brimacombe, a Queenslander, will most likely start favorite for the race, but another Ballarat runner, Peter Whittaker, who won the race last year, will be eager to successfully defend his title.

Another ultra-marathoner certain to attract the attention of the crowd will be Sydney to Melbourne winner and Austra-

lian legend, Cliff Young.

Young is coming off the recent Colac six-day race, but is expected to be up among the front runners for the 80km race.

The ultra-marathon is part of the CHASE Carnival which also includes a marathon and two fun runs to be held simultaneously.

The ultra-marathon starts at 7am, the marathon at 8am and the 12km and 6km fun runs at 10am.

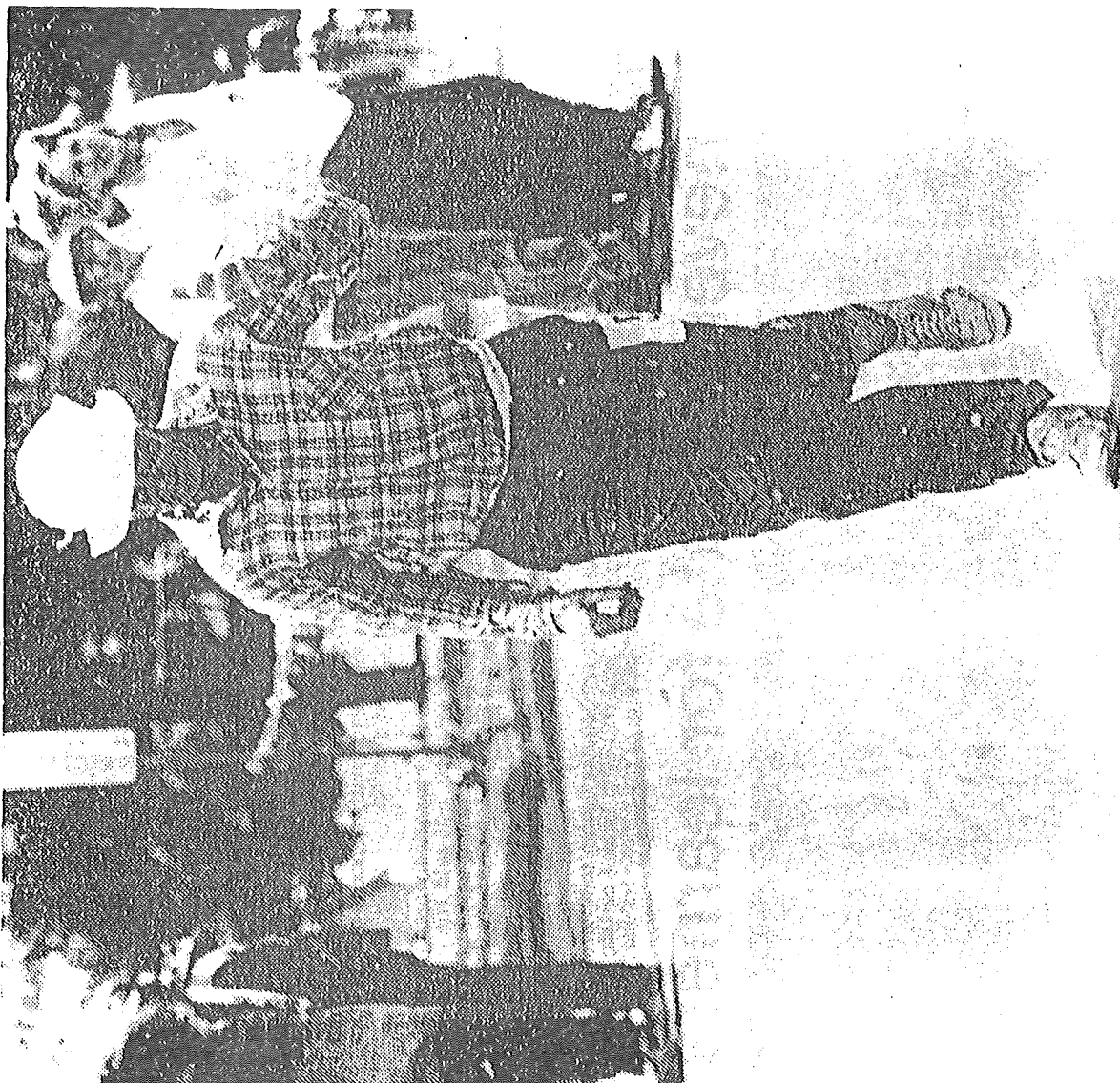
McCain's ULTRA MARATHON - 50 MILES

RESULTS

	<i>Race No.</i>			<i>Race No</i>	
1. OWEN TOLLIDAY	2	5.54.01	14. ANDREW LUCAS	36	7.39.06
2. BARRY BROOKS	7	6.29.08	15. COL JERRAM	30	7.41.41
3. RAY RAMELLI	3	6.41.54	16. KEN HOUGH	25	7.47.49
4. JEFF SMITH	17	6.43.08	17. ALAN CARLTON	16	8.00.08
5. RAY DWYER	35	6.49.52	18. MICK VARKER	37	8.10.41
6. PETER GRAY	13	6.53.37	19. GEORGE YANNA	18	8.22.39
7. CHRIS STEPHENSON	15	6.59.36	20. PAUL EVERY	32	8.29.35
8. RON CAMPBELL	8	7.04.31	21. ROGER WEINSTEIN	10	8.29.56
9. BRINKLEY HEPBURN	28	7.17.33	22. CLIFF YOUNG	5	8.43.54
10. BILL BEAUCHAMP	9	7.18.52	23. GRAEME ROBERTSON	20	8.53.46
11. GREG WISHART	21	7.23.59	24. JOHN KAPARELIS	29	9.05.29
12. GEOFF VISSERS	33	7.24.16	25. SANDRA KERR	23	9.38.46
13. ROBERT CLARIDGE	31	7.30.48			

dnf KEVIN CASSIDY	27	4.36.39	(35 miles)
dnf PETER WHITTAKER	4	3.47.52	(32 miles)
dnf DAVID TAYLOR	22	5.14.27	(31 miles)
dnf LEN LOVELESS	6	3.21.03	(27 miles)
dnf CLAUDE MARTIN	14	3.54.34	(26 miles)
dnf JOE RECORD	34	2.14.19	(17 miles)
dnf GRAEME HUGGINS	19	0.06.50	(1 mile)

Cliff takes part in marathon



Ultra marathon runner Cliff Young participated in yesterday's ultra marathon at Lake Wendouree. Cliff's running has become well known since his win the Westfield Sydney to Melbourne marathon. His unique shuffle and his pants, measled with holes, are easily recognisable.

BOGONG TO HOTHAM RUN
8 January 1989

Former British Fell running champion Jonathan Broxap was first to finish in the 5th Bogong to Hotham run on 8 January 1989. It was a sunny and rather warm day which probably contributed to the fact that only five of the 23 starters went all the way to Hotham. Others to finish were ultra-marathon runners Geoff Hook, Greg Wishart and Peter Logan and 58 year old Max Scherlietner, a veteran of seventeen Mt Bogong Conquestathons.

It was quite a brisk morning as the runners, friends and family assembled at Mountain Creek Picnic Ground for last minute instructions. After being warned about the possibilities of snakes, dehydration, sun-stroke and getting lost, nobody succumbed to any of these hazards although there would have been some very sore muscles the next day.

Several runners set out only to run the first half of the race which includes the ascent of Mt Bogong and must be one of the hilliest 20 miles in Australia. Peter Mitchell set a new record time of just over 3 1/2 hours for this section. Also breaking the four hour mark were Tony Zerbst, Stephen Miller, Robin Rishworth and Michael Walters.

Tony Zerbst, having completed the run, left to cycle to Mongan's Bridge from where he was going kayaking on the Kiewa. There's nothing like a full day's activities! Robin Rishworth and Alan Davis are the only ones to have started in all five of these runs - Alan did his best time to Watchbed Creek and I think Robin's was his slowest. Jim Ingham, who had a serious achilles tendon injury just over a year ago, also recorded his best time to half-way.

After the energy-sapping climb up Staircase Spur to the top of Mt Bogong, it must have been a relief to run along the high ridge with expansive views of the Victorian Alps. Cleve Cole Memorial Hut was being renovated and extended and the workers must have wondered about the steady stream of runners passing. Alan Cichero and Ken Mitchelhill were "on duty" near Madison's Hut site to make sure everyone found the turn off to the T spur. As usual, the steep descent down T spur to the Big River crossing was tricky, especially where burnt out sections made the track hard to follow. Climbing Duane spur is usually remembered as the hardest section. Most of the runners were glad to stop for a rest at the top near Roper's Hut turnoff where Prue Dobbin lurked with a supply of jelly beans and drinks. The next 9km was across undulating snow-grass plains along the road to the half way point at Watchbed Creek. On the roadside there, good use was made of the ample supply of watermelon, grapes and oranges. An enthusiastic group of supporters greeted the runners, especially fellow members of the Ultra Runners Association.

The alpine pole line has been re-routed from about 1km before the half way point, so it is possible that from next year, the route will follow the pole line to Langfords Gap and the half way point will be there. This will add about an extra 1km to the first section.

Michael Walters was first to set out on the second half of the run 4 hours 7 minutes after the start. However, he was back within the hour after feeling ill before Cope saddle. Jon Broxap set out on the second half accompanied by Philip Barnes from Bright. They were soon overtaken by Geoff Hook who built up an eight minute lead by pole 333, but Jon and Phil pushed hard up Swindler's Spur, passed Geoff and reached the summit of Mt Hotham 9 hours 10 minutes after the start. Geoff Hook was next 13 minutes later and 5 minutes after him was Greg Wishart who recorded the fastest second half of the course - a truly gutsy effort.

Max Scherlietner fulfilled his promise as reported in the Albury-Wodonga Border Mail and finished the 60km taking 9 hours 45. Four minutes later Peter Logan, encouraged by his wife Joan, jogged the last hill to the top. Pat Pelly welcomed the exhausted runners at the summit with lemon drinks, biscuits and fruit.

When asked if they would tackle the run again, few were ready to commit themselves right then, but I'm sure some will be back. Maybe next year there could be the first female entrant? Who knows.

My thanks go to the people who helped out with transport on the day and other important jobs; especially Ken Mitchelhill, Alan Cichero, Prue Dobbin, Madeleine Sevier and Pat Pelly.



Russell Bulman
Roof Top Runners

PS: Next year's run will be on 7 January.

Rooftop Runners Bogong to Hotham Run
8 January 1989

RESULTS

60km (Mountain Creek to Mt Hotham)

1.	Jonathan Broxap	9.10.10
2.	Geoff Hook	9.23.35
3.	Greg Wishart	9.28.45
4.	Max Scherlietner	9.45.19
5.	Peter Logan	9.49.01

Times to 32km (Mountain Creek to Watchbed Creek)

1.	Peter Mitchell	3.30.53	13.	Rob Caldwell	4.50.05
2.	Tony Zerbst	3.37.07	14.	Leigh Privett	4.51.35
3.	Stephen Miller	3.53.08	15.	Peter Logan	4.56.26*
4.	Robin Rishworth	3.55.29	16.	Bob Sayers	4.58.16
5.	Michael Walters	3.59.44**	17.	Mick Whiteoak	4.59.10
6.	Alan Davis	4.19.20	18.	Greg Wishart	5.00.24*
7.	Jim Ingham	4.25.51	19.	Dave Osborn	5.08.50
8.	David Innes	4.30.42	20.	John Aujard	5.05.50
9.	Davin Hopper	4.34.04	21.	Peter Moore	5.20.20
10.	Jonathan Broxap	4.35.00*	22.	Barry Moore	5.39.05
11.	Geoff Hook	4.38.36*	23.	Keith Crowle	6.05.00
12.	Max Scherlietner	4.47.02*			

* Continued on to finish

** Continued on to the finish but retired at Cope Saddle

HISTORY OF THE BOGONG TO HOTHAM EVENT

In the days when technology didn't count for very much, a lone skier, Charles Derrick, attempted a marathon ski trek from Mountain Creek to Mt. Hotham. An arduous journey at the best of times. An impossible one in a blizzard.

In September 1965, Charles Derrick set out in a late winter burst of foul weather using equipment that lacks the sophistication of modern day technology. His endurance and tenacity were supreme as he kept skiing through horrendous gales, fighting fatigue.

Graeme Wheeler, in his book "Walk The Timeless Land", poignantly writes, "He had pushed almost thirty miles of terrain beneath his skis, had gained and dropped over 9000 feet. Within a mile and a half of his objective the weather had pounded him to a halt, frozen, exhausted."

A cairn now marks the spot close to Mt. Hotham where Charles Derrick perished.

BOGONG TO HOTHAM

8/1/89

By Geoff Hook

Which is tougher, Bogong to Hotham or Cradle Mountain? The answer may be subjective between various runners but any comparison of the 2 races should be under the one criterion, i.e. equal conditions, like extreme or mild weather.

Race day dawned clear and bright with only a few wispy clouds. It promised To be a long hot day.

During the final anti-climatic minutes before race start, organizer Russell Bulman was giving brief course details to those unfamiliar with the trail. I was distracted by someone when the question was asked, "How many intend going right through to the finish.". When I asked for the question to be repeated, "friend" Peter Logan said, "Don't worry, just put your hand up". So with 7 or 8 hands up, I didn't realize that only a few of us were intending to go beyond the 1/2 way check point. (There were 23 starters.)

We were sent on our way at 6.20 a.m. but 2 runners held back, Peter Mitchell to start 10 minutes behind and Robin Rishworth a further 5 minutes behind Peter. They did this because they wanted to run hard to 1/2 way only and wanted to see other runners for part of the way by running through the field. This is fine for them but I still hold to a previously expressed opinion that a race starts at 1 point in time and should include all competitors (e.g. Yiannis Kouros's start in the previous Westfield Sydney to Melbourne). In my opinion, Peter and Robin should not have been given corrected times into Watchbed Creek. That they delay their start is up to them.

I was confused by the hot early pace, 2km of undulating 4-wheel drive track, put me somewhere near the back with many runners disappearing from sight. Only later did I realize that most of those up ahead were only intending to go 1/2 way and the rest of us were pacing ourselves for the whole of the tough 60km.

Five stream crossings were encountered in this initial 2km, serviced by small foot bridges off to one side. Most runners would have wasted a few inconsequential seconds using the foot bridges with only the foolhardy fast runners ploughing straight through the water.

The narrow staircase spur track turns off the 4-wheel drive track and over a distance of only 6km rises about 1400m to the top of Mt. Bogong. This section really spread the runners (walkers?) out much further. It was tough going and we were all continuously drenched in sweat. Peter Mitchell runs past before I am 1/2 way up and I offer a few words of encouragement. Peter has the energy for a brief reply. A little later, Robin flashes by and to similar words of encouragement, replies that he is already well down on his expectations. (Robin has previously run the staircase spur in under 1 hour).

I pass a couple of competitors up the staircase spur but it is probably at the expense of much needed energy for later in the race. Bivouac hut, 1/2 way up, is a welcome sight with cool tank water available.

I made it to the top of Mount Bogong in 1 hr 30min., much faster than I had hoped. Across the top of the Bogong ridge, the running looked easy but the legs were rubbery and the trail was narrow, rocky and twisting. I was out on my own with about 1/2km to the runner in front as well as the one behind.

Just below the tree line emerges Cleve Cole hut with many puzzled bushwalkers caught in the middle of their breakfast by these crazy runners zipping through. Onwards for the long haul down "T" spur to Big River with the steepness of the track increasing as well as its twisting nature and the number of fallen saplings and trees across its path. Such a hazard to run with cramping muscles.

Half way down "T" spur I encounter 2 women bushwalkers with enormous packs on their backs. One asks what is going on and I explain the race briefly. The other groans and replies that it has taken them 3 days to get from Mt. Hotham to where we now are, and we were intending to do it in less than 1 day, as well as already having come over the top of Mt. Bogong (the highest mountain in Victoria). I left them with dazed expressions on their faces and continued my stumbling gait down to Big River.

I passed a couple of runners who took a while to find the chain crossing and one, Jim Ingham, was later surprised to find me in front of him as we struggled up Duane Spur. I started to slow at this point so that when the Bogong High Plains were achieved, my running speed was only moderate over the undulating terrain. Duane Spur is probably only about 600m of climbing but it was a very welcome sight to encounter the 1st aid station at Roper's Hut. Water and jelly beans on one edge of the high plains, would I be feeling OK at the other edge?

The 2nd and major aid station was Watchbed Creek, 32km into the race. I had to run hard into this check point because I was expecting many friends there, and I wasn't disappointed as their cheers were uplifting. Many tired and wrecked looking bodies were strewn on both sides of the track (those not going on). They kept telling me the 2nd half is the easier. which it is theoretically, but with tired and cramping muscles, it takes on the opposite meaning.

To my surprise, I was told I was 4th out of Watchbed Creek (3rd actually because a friend running with Jonathan Broxap had only started at Watchbed Creek). Michael Walters was way out in front but unbeknown to me he pulled out after a further 8km with stomach problems.

Food at Watchbed Creek gave me renewed energy so that I passed the 2 runners ahead by the Cope Hut turnoff. I was excited at the thought of being in 2nd position (actually I was leading at this point), and opened a sizable gap on Jonathan and friend. The beautiful scenery across the high plains was ignored as I struggled against myself and the hot merciless sun.

Through the pole 333 checkpoint which I thought was just a bushwalker offering oranges and water to the runners so I wasn't informed as to my position. At this point I was slowing drastically and sensed the pair behind were starting to close the gap. I made it to the edge of the high plains and was looking forward to dropping down below the tree line for some shade. I also begged some bread from a lovely pair of bushwalkers to try and raise my flagging energy level. To no avail, my energy level was past the point of recovery and I struggled the last 12km. Only a long rest would recuperate my depleted body.

Down to the Cobungra River was an exercise in preventing severe cramps in leg muscles. My pace for the final 900m odd climb to Mt. Hotham was painfully slow so that Jonathan and friend looked like a steam train by comparison as they passed me going up Swindler's Spur. I spent a large portion of my remaining race time looking behind to see who next would pass.

Close to the end, I was greeted by my very sweet friend Joan Logan who was anxiously waiting for her husband Peter, somewhere behind me. Joan had undertaken the 3 hour torturous drive from Watchbed Creek to Mount Hotham just to encourage us in. What a beautiful sight she was, as well as the summit of Mt. Hotham just behind her.

Can you imagine the elation at touching the trig point on Mt. Hotham? If you can't, you'll have to do the race yourself!

Which is tougher? I've now run both in fairly difficult conditions and in my opinion, Cradle is tougher, but Bogong to Hotham is very close behind in toughness.

Thanks to Russell Bulman and his helpers for a great race well organized, supported and executed. I'm proud to be able to call myself a Roof Top Runner.

ADVERTISING SPACE AVAILABLE

ADVERTISING SPACE AVAILABLE

Advertising rates are a steal in this highly-esteemed, prestigious publication. Where else could you target up to 800 people in a dedicated sport at such low cost?

ADVERTISING RATES:	¼ page	\$15.00 per issue
	½ page	\$30.00 per issue
	full page	\$60.00 per issue

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

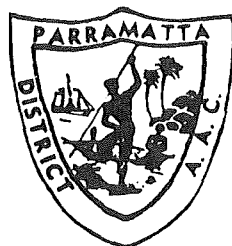
Clear copy, having good contrast must be supplied by the advertiser. Payment to be forwarded with the advertisement.

RACE ADVERTISEMENTS are FREE!!

These must be restricted to ONE page, or less.

FREE POSTAGE SERVICE for entry forms for any ultra race in Australia. If sufficient entry forms are sent to us, we'll include them in our next issue. Current circulation is approximately 400.

RACE ADVERTISEMENTS



PARRAMATTA DISTRICT AMATEUR ATHLETIC CLUB

AFFILIATED WITH THE N.S.W. A.A.A.

Presents

THE PARRAMATTA 50KM TRACK RUN

SUNDAY MARCH 5th. STARTING TIME 6.00AM.

BARTON PARK, NORTH PARRAMATTA (CNR BARTON & GLADSTONE ST)

ENTRY FORM

NAME.....AGE.....

ADDRESS.....

1. I, the undersigned, in consideration and as a condition of acceptance of my entry in the Parramatta 50KM Track Championship for myself, executors and administrators hereby waive all or any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.
2. I will undertake to provide a second/lap scorer to assist me with feeding and keeping record of my progress if necessary.

SIGNED BY ENTRANT..... DATE.....

ENTRY FEE- \$10 (This fee includes drink, fruit and light refreshments to be supplied to competitors and support crew during and at the completion of the run.)

POST ENTRIES TO:- MRS MARGARET FOWLER (Secretary)

10 GREGORY STREET

NORTH RICHMOND 2754

PHONE- 045 712017

All finishers will receive a ribbon with details of time and place.

1989

Conducted by

QUEENSLAND ULTRA RUNNING TEAM

A Division of the Q.M.R.R.C.

SUMMARY OF RULES AND CONDITIONS

The following is a summary of the Rules and Conditions applying to your entry into the Queensland Ultra Series. Full race instructions for runners and support crews will be mailed to entrants prior to the race. Entries for the 24 and 48 Hour Runs and the Trail Runs will close two weeks prior to the start of the events, but other events may be entered up to an hour before the start.

- 1) ELIGIBILITY: The races are open to all runners over the age of 18, amateur and professional but the Organisers may specify any minimum requirements (medical, personal, athletic, etc.), which they see fit, and they reserve the right to reject any application. A full refund of the entry fee will be made to any runner whose entry is rejected.
- 2) ACCEPTANCE: All entrants must agree to abide the Race Rules as laid down by the Organisers.
- 3) EXPENSES: Neither the Organisers nor any Sponsors will meet any Runner's expenses, whether for travelling, accommodation, support crew, food or drinks.
- 4) RACE RULES:
- a) The course must be covered entirely on foot.
 - b) Pacing is not allowed.
 - c) No artificial aids or drugs may be used, except specific prescription drugs for medical conditions, and only by prior arrangement with the Organisers.
 - d) Each competitor must have a support crew. Interstate runners may be exempted from this rule, but only by prior arrangement with the Organisers.
 - e) Each competitor will be expected to supply someone from their crew to lapscore for part of the event at least, when the event is conducted over a circuit. (Events 1, 2, 3 and 6)
 - f) Competitors are expected to supply food and drink for themselves and their crew, although the Organisers may provide limited catering during some of the events.
 - g) Photographs taken during the races by Press, Organisers or Sponsors may be used for publicity as they desire.
 - h) The Organisers make adequate space available for support crews to erect tents and/or park vehicles close to the circuit. Competitors are expected to ensure their support crews have adequate shelter and sleeping space.
 - i) Race numbers issued shall be worn at all times, and are to be placed in a position easily visible to officials and lapscores.

j) Runners must enter and leave the circuit at the same point in an event where a circuit is used. Lapscorers should be notified when the runner enters or leaves the circuit.

k) The Race Director may order the withdrawal of any competitor at any time for breach of rules, or for health reasons, in co-operation with the race Doctor.

1) Competitors may arrange their own sponsorship for the events, but if the event is sponsored by someone arranged by the organiser and part of the sponsorship involves the wearing of a T shirt with the sponsors logo, then the Organiser will specify that such a T shirt should be worn for a part of the event to be specified by the Organisers.

m) It should be noted that the two Trail Runs set down in the series will be carried out over fairly rugged terrain. Runners with any doubts as to their ability to handle these conditions are advised not to enter.

ENTRY FORM 1989

Please read the attached Information Sheets and the Summary of Rules and Conditions before filling in the Entry Form. Read and sign the declaration, and mail with the 3-page Entry Forms and attach your cheque/money order, to -

THE QUEENSLAND MARATHON & ROAD RUNNERS CLUB

I. JAVES

25 Fortune Esp,
Caboolture, 4510.

Ph (071)954334

[illegible]

ADDRESS: NUMBER AND STREET

SUBURB OR TOWN _____ POST CODE _____

DATE OF BIRTH SEX - M or F TELEPHONE - HOME TELEPHONE - WORK

Event: _____

P.T.O....

PRESENTED BY THE QUEENSLAND MARATHON & ROAD RUNNERS CLUB

If there is insufficient space in any of these sections, please attach an extra sheet. We would like to know as much about you and your running as possible! But don't worry if you have to leave a few blanks - this race is for ultra novices as well! Please don't send race certificates, press clippings or trophies.

What is your best performance in each of the following (where applicable):

	Name of Event	When	Time/Distance
Any 42.2 km Marathon			
Any 50-Miler			
Any 100 km Race			
Any 24-Hour Race			
Any "Iron-man" triathlon (3.8k swim, 180k bike, 42k run)			

Please list here any other previous ultramarathon experience (races only, not solo runs). Include triathlons or any multi-sport activity that includes running:

Name of Event	Distance	Time	Date	Position

Please provide a brief description of yourself for release to the media. What do you do for a living? Or maybe you've given up your job in order to train? Have you ever won any sporting competitions? What do you like doing when you're NOT running? What are your ambitions, running or otherwise? If not born in Australia, where do you come from? Throw in anything which might interest the media, e.g. your longest distance ever run in a race; your training schedule - how far, how fast? Do you include speedwork, fartlek, intervals, or is there anything you do in training which others might think "unusual"?

DECLARATION

- I have read the race rules and conditions attached to this entry form, and agree to abide by the rules and conditions.
- My medical condition is satisfactory for the purpose of participation in the ultra event for which I have entered, and I have trained fully for the event.
- I understand that the Organisers may reject my entry for any reason, and that cheque/ money order/cash will be returned to me if this is the case.
- I understand that if I notify the Organisers at their postal address of 25 Fortune Esp, Caboolture, 4510, of my withdrawal from the race at least 7 days before the event, my entry fee will be refunded to me in full.
- I hereby declare that neither I nor my support crew will in any way hold the Organisers or Sponsors responsible for any injury, illness or accident to my or their persons, or loss of property, or death, resulting from my participation in the event for which I have entered.
- I enclose a cheque / money order for _____, made payable to :
' The Queensland Marathon and Road Runners Club '
- Photographs taken during the race by Press, Organisers or Sponsors may be used for publicity as they desire.

SIGNED _____ DATE _____

YOUR T - SHIRT SIZE: (Circle one) 14 16 18 20 22

EXTRA T-SHIRTS (State quantity and size)

.....

NOTE The above order form for T shirts only applies to some of the events in the series (notably the 24 and 48 Hour Runs) and extra T-shirts will cost \$12.



ULTRA

MARATHON

1989



406KM
HELD BETWEEN PERTH AND ALBANY

Billed as Australia's most friendly Race this event is designed to give the most experienced ultra runners a good hard course or for the less experienced runners a race that has proved to be within their capacities with a cut off time of 4¹/₂ days.

The 1989 Race will be held from 5th to 9th October and has the added attraction of prize money for major placing's.

The Race Committee congratulates all runners in the 1988 event and looks forward to a very successful 1989 Race.

FOR INFORMATION. PACKAGE CONTACT:



GARRY CLARK.

Secretary

CENTURION RUNNERS CLUB

PO BOX 154

ALBANY 6330 Phn 098-447190

6L

A NEW CHALLENGE.....

by Ken Walters

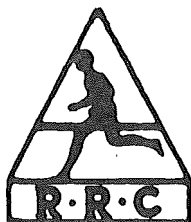
The ALPINE TRACK - Warburton to Walhalla on Saturday & Sunday 15th & 16th April, 1989. Come and jog/walk it, with a view to tackling the Warburton to Canberra trail run around Christmas time. You would need to attend an organisational meeting in April (date and place notified by Ken Walters).

The Four Wheel Drive Club has agreed to be the back-up team.

This is NOT a race, but a challenge, and an attempt by us to get a Victorian trail race off the ground. This time, you can run/jog/walk it or whatever to check out the suitability of the course/trail. We need a variety of abilities.

It would involve covering approximately 50km on the Saturday 15th April, camping overnight, with gear carried by the Four Wheel Drive Club, then tackling another 50km on the Sunday 16th April.

If you are at all interested, contact Ken Walters, (03)754 2156. (AURA member)



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.
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Tel: 0727 67029

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

J. B. FODEN
141 DAVIES ROAD
WEST BRIDGFORD
NOTTINGHAMSHIRE
NG2 5HZ
TEL. 0602-816892

Dear Geoff,

30/1/89

Would you care to mention our R.R.C. first National 100km. race in your newsletter please. (Details are below) If any Australian ultra-distance runner wants a holiday in Europe, competing in our National Championship would make their trip worthwhile.

Yours sincerely,

John Foden

P.S. Did you know Bendigo was named after a prize-fighter who lived in Nottingham? A little bit of trivia for your readers.

NATIONAL U.K. 100KM CHAMPIONSHIPS - SUNDAY 7TH MAY 1989 - at HOLME
PIERREPONT on the eastern edge of NOTTINGHAM at the NATIONAL WATER SPORTS CENTRE
COURSE: 5kms. loop of private traffic-free road
ENTRY FEE: £5.50. Entries to: John C. Legge, 21 Station Road, Digswell, Welwyn.
Herts. AL6 0DU.

Copies of entry form obtainable from Dot Browne, 4 Victory Street, Mitcham 3132.

24 HOUR RACE - SRI CHINMOY EVENT - SWITZERLAND - 6TH & 7TH MAY 1989
Entry form available from Dot Browne.

AUSSIE 6 DAY RACE - CAMPBELLTOWN

RACE DIRECTOR J. SHAW (046) 26-6694)
ORGANISER D. TAYLOR (046) 311 479) Contact either of these
23 Winton Road) race organisers if you
Appin 2560 NSW) are interested in entering.

ENTRY \$120.00 Prize Money Male Female 1st 2nd 3rd

START Sunday 19 November 1989 10:00 am

FINISH Saturday 25 November 1989 10:00 am

TRACK 400 MT GRASS Computer Lap Scoring

VENUE Bradbury Oval Campbelltown near MacDonalds

CANTEEN 6 days

PHYSIO

HEATED Pool and spa

24 Hour Medical Centre

POWER For vans and tents

SHOWERS TOILETS SHOPS LAUNDRO-MAT

RULES

1. No Pacing
2. Runner must supply own crew
3. Computer Lap Scoring
4. Runners walking must move to lane 3
5. Runners must inform when off track
6. For Australian Runners only living in Australia for at least a 2 year period.

CALL FOR LOGO SUGGESTIONS

The logo suggestions have dried up!

Our search for a suitable logo for AURA is still open.

We have received many suggestions, some good and others of unknown classification. We currently don't have enough examples from which to make a choice. How about some more suggestions?

We haven't received 1 abstract suggestion yet. Surely there must be many ideas out there. How about contemplating during your next long run?

ARTICLES

Letter from Peter A.C.Ford

6 Oxford Street,
Mittagong 2575
12th February, 1989

Dear Dot,

I would like to take this opportunity to pay tribute to one of the unsung heroes of ultramarathon running, in Robyn Davis of Oak Flats (NSW).

On January 20th this year, Robyn overcame tremendous odds and displayed great courage in completing a 178km. run for charity on the south coast of New South Wales.

Moved by the death of his father-in-law from cancer, he went on to raise over \$2,000 for the oncology unit of the Wollongong Hospital, and in doing so, touched the hearts of many supporters.

In my humble opinion, this was an outstanding effort and certainly deserves national recognition.

I have enclosed a clipping from The Advertiser to further demonstrate the magnitude of Robyn's fine contribution to ultrarunning.

Best regards,

Peter A.C. Ford

Peter A.C.Ford

THE ADVERTISER, Wednesday, December 7, 1988

Father-in-law's death sparks run

The death of his father-in-law last month from cancer has spurred an Oak Flats long distance runner to combine his hobby with an opportunity to do something for others.

Robyn Davis, who has been running for more than 10 years but seriously for only the last three, plans a 178 km run from his home in Oak Flats to Batemans Bay in January to raise money for the oncology ward at Wollongong Hospital.

"My father-in-law Frank Jankowiak had been in and out of hospital during the last 12 months and for at least the last six months of his life I saw him suffering very much," Robyn said.

"I don't think anyone should have to go through that and I thought if I could do something to raise money it may save someone else at least some of the trauma of cancer.

"And I didn't want to think of him having died for nothing," he said.

Mr Jankowiak was well known in the district having worked at Mt Keira and Mt Kembla mines before taking a job at Avon Colliery where he worked for 10 years before his retirement two years ago.

Robyn, who is counting on support from his family, plans to leave his home at midnight on January 20 and expects to

arrive in Batemans Bay about two days later.

"I'm not out to break any records but I won't be dawdling either because I want to raise as much money as I can," he said.

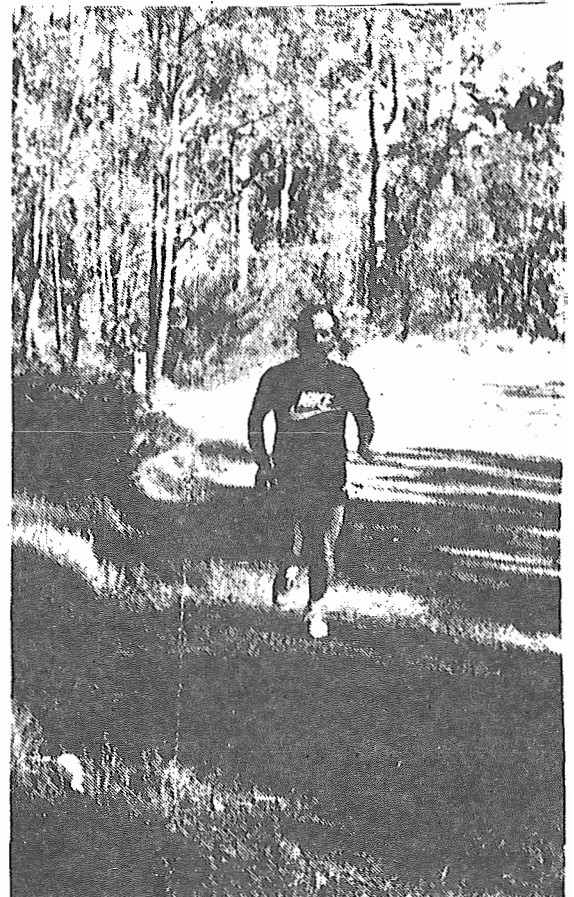
He already has secured some sponsors and is looking for more and plans to collect on his way down the coast.

Keen on fitness, Robyn swims, rides a bike and works out at a gymnasium every day and runs at least 30 kms, a distance he is planning to increase as departure date draws nearer.

He has already competed in the Sydney to Wollongong run last September (during which he raised money for Oak Flats Bushfire Brigade) and a month later the 24-hour track run at Campbelltown.

Donations or sponsorship offers for his latest venture may be sent to Robyn at Flat 2/49 The Boulevard, Oak Flats.

● PICTURE: Long distance runner Robyn Davis of Oak Flats is pictured training for a 178 km run to Batemans Bay to raise money for the oncology ward at Wollongong Hospital.



3rd November 1988

Dear Dot,

I thought you may like to use this article in your next issue of AURA if it isn't too late.

The run culminated in a two-fold success, having collected a total of almost \$2,000 for the Spastic Centres of S.A., and as a personal achievement for myself, covering the 350km (very hilly terrain) in a total of 57½ hours, which was some 2½ hours ahead of the planned schedule time.

I must take this opportunity to convey a big thankyou to my support crew, especially my wife Liz, who worked tirelessly throughout, tending to my every need and who gave me that moral support that a runner needs to keep him going when feeling low.

Yours in sport,

Graham

130 Park Terrace,
Salisbury S.A. 5108

GRAHAM STENNER

Raising money for Spastic Centres of S.A.

Graham Stenner, 43 from Salisbury, is running in an ultra marathon in an endeavour to raise funds for Spastic Centres of South Australia Incorporated.

His motivation is to assist children and adults with Cerebral Palsy and achieve the distance of 342 kms.

This distance will take him from Woodville through the following towns: Salisbury, Gawler, Tarlee, Riverton, Saddleworth, Burra, Clare, Blyth, Balaklava, Mallala, Two Wells and Woodville.

He will arrive in Clare at 4.00 p.m. on Saturday, September 24.

Graham was involved with coaching soccer under 16's and was a player himself until the age of 40.

Those willing to support Graham may make donations to: Miss Australia Quest entrants Vanessa Pearce (Burra) and Lindy Nitschke (Clare) or Natalie Searle (Spastic Centres of South Australia, 98 Woodville Road, Woodville).



1000 HOUR CHALLENGE

On pages 75 and 76 of this Magazine, there is an article by Ian Javes on Ron Grant's current attempt at the world 1000 hour record(?)

In this exercise, a runner nominates to cover a nominated distance in each and every consecutive hour for 1000 hours. Any failure to complete the distance in any 1 hour invalidates the attempt. Ron has nominated 2.5km as his distance.

Ron will probably be finished his attempt by the time this issue reaches you, but already there is a challenge out from our ACT representative, Trevor Harris. Trevor plans to commence his attempt on 25th April and has nominated his distance as 2.6km.

Good luck Trevor!

MISCELLANEOUS ARTICLES

EDITOR'S PREAMBLE TO: - THE SIEGFRIED BAUER ARTICLE

Siggy Bauer wrote an article concerning ultrarunning and his non-inclusion in the 1988 1000 mile world championship. Copies of his article were sent to AURA from several different sources but after the 1st page, the tone of the article was quite clear. There was no need to finish reading the article and it was decided that such negative criticisms and sour grape attitudes were not suitable for publication in our Magazine.

Siggy's article was published in the American Magazine "Ultrarunning", but still we resisted publishing the drivel. Naturally the article in "Ultrarunning" elicited many responses, mostly vitriolic, especially the 1st one by race director Tarak Kauff.

It's amazing that the people who winge and complain the most are those who do nothing for the sport. Let Siggy organize and direct an ultra race for others, for him to see what hard work it is and then let him receive criticism from a disgruntled elitist runner and watch him cope with that. The great Emil Zatopek is still revered today for what he puts back into the sport and the help and encouragement he gives to all athletes irrespective of ability. Siggy's negative criticisms makes us want to forget him as soon as possible.

Siggy ran some great races years ago, but what has he done lately. He's either pulled out with lame excuses (good ultrarunners are renown for gutsing it through to the finish no matter what the handicap) or been beaten by very ordinary runners. Is Siggy over the hill? Probably. Therefore, it means that Siggy is in no position to pontificate to the rest of the ultrarunning world how it should conduct its championships.

Siggy's article is now reproduced in our Magazine on the basis that it is balanced by the replies to "Ultrarunning". Aura members can form their own opinion.

Multi-Day Ultras — All That Glitters Is Not Gold

"Ultrarunning" June '88 Vol. 8 No. 2

by Siegfried Bauer

Siggy Bauer is well known as a long-time world-class ultrarunner in multi-day events — his 1,000-mile time of 12½ days ranks behind only Stu Mittleman's world record. He is also well known for speaking his mind and taking a stand, even if this leads to friction with organizational bodies. Here he gives a few of his opinions on the current state of multi-day racing.

For many runners, and nonrunners too, the idea of a 1,000-mile world championship race would stimulate thoughts about a supreme effort and the glory of overcoming a severe challenge. For the sport of ultrarunning, a bone-fide 1,000-mile world championship would be a golden opportunity to demonstrate its true athletic value.

An event over this distance is to be staged, and has been dubbed as the inaugural 1,000-mile World Championship. However, the Sri Chinmoy race is far from being bona fide, nor is it a golden opportunity. I not only do not want to run in this event, but I also will not recognize it as being a world championship. I also question the authority of the body that bestowed the sanctioning of this event. Furthermore, I object to a situation in which a guru-worshipping cult promotes itself by using ultrarunning as a vehicle to create a favorable public image.

The term "world championship" is far from being justified and is also grossly misleading. To have a true 1,000-mile world championship, there has to be a field that is athletically presentable, based on a standard of having a 1,000-mile time under 14 days, with a top class of athletes who have run the distance in around 12 days, and even under. Runners who have at least three six-day per-

formances of 500 miles can certainly be included to challenge the established thousand-milers. However, in a 1,000-mile world championship there has to be a sound base of 1,000-mile runners. A basic standard of a sub-14-day time is very generous, and has to be insisted on in order to give ultrarunning athletic creditability. Without this, ultrarunning will be seen as a farce or burlesque-type event, which is unlikely to attract the necessary sponsorship and financial backing needed to keep qualified ultrarunners in the sport.

I would not object to a limited addition of runners who have distinguished themselves in the early pioneering days of modern-day ultrarunning and who have run distances of 1,000 miles and more at a time when few were doing it, even if they did not meet the 14-day standard. The Australian

runners Tony Rafferty and George Purdon are two examples who have made valuable contributions to the pioneering of the sport. So may have one or two others. Nevertheless, the bulk of the field in a world championship must consist of sub-14-day thousand-milers joined by some top six-day runners.

The Sri Chinmoy race does not meet this essential criterion. Most entrants are not qualified to be called international athletes. Some of them do not even look like athletes. A world championship is not the place for them to be. Since these people represent a large portion of the field, the event will cause ultrarunning to be regarded not as a sport, but as a cheap burlesque in which nonathletic people walk and talk. The couple of world-class runners would do very little to convince anyone that the whole thing is not just a farce. At its best it would develop into a one-man or one-woman show. There is not one single world-class 1,000-mile runner in this race. Yet I was asked "to compete in what should be the finest 1,000-mile field ever assembled." Sure, one or two world-class six-day runners have been invited, and I have no doubt that they are capable of running a world-class 1,000-mile time, but before the six-day runners are included in a 1,000-mile world championship there have to be some world-class 1,000-mile runners included. I received my invitation only two months prior to the event. Only by chance did I find out that there was to be such an event, when I received a New Year's card from my friend Gerard Stenger, in which he said he hoped to see me at the 1,000-mile world championship in New York. Needless to say, I wondered about the date, venue, organizers, and so on, and most of all why I was not informed, consulted, or invited.

I don't want to "get on my high horse," but anyone who is familiar with the history and development of ultrarunning will agree that I have played a substantial part, not only in the pioneering of ultrarunning, but also in setting a high standard right from the beginning in the early to mid-1970s. This standard was later surpassed. Yiannis Kouros, a decade later, has moved it a step forward — a normal and natural development. My first 1,000-mile race was across South Africa: I came in first by a very small margin ahead of the great and remarkable John Ball; my time was 12 days, 21 hours. I bettered this time twice in later races. Only Stu Mittleman has beaten me over this distance, and he will assure anyone that my defeat was honorable. To exclude me from information, consultation, and invitation when a 1,000-mile world championship is proclaimed seems to be very strange, to say the least. One cannot help but think that the very existence of this race was meant to be kept secret from me by the Sri Chinmoy race organization.

No doubt, this situation came to the attention of some IAU (International Association of Ultrarunners) members, and I must give credit to the generous offer from the northeast United States section of the IAU to undertake the responsibility of obtaining my air fare from New Zealand to New York. That this offer only reached me two months before the race is definitely no fault whatever of the IAU. I sincerely appreciate the effort. However, I feel that because of the self-assumed title of "world championship," I have to stay out of the event so that my participation does not appear to legitimize it.

Setting ideals and principles aside (I am often accused of being an impractical idealist), my reasons are, in reality, entirely prac-

tical. Without an athletically acceptable standard, ultrarunning will always be unable to attract ongoing financial sponsorship. Without ongoing financial sponsorship, qualified ultrarunners are unable to stay in the game to present an athletically acceptable standard in order to attract ongoing financial sponsorship.... It is a vicious cycle. One would think that ultrarunners have the stamina to hang in, to run, to sacrifice, and to wait and break this cycle. A fairly reasonable assumption. I have hung in for 14 years, during which I won and lost races, and contributed toward a positive image of ultrarunning. Success, in the form of ongoing sponsorship, product endorsement contracts, and so on, came close but did not materialize. The reason for this was not bad luck or lack of quality but for what I call the "cuckoo syndrome."

During my 14 years of promoting ultrarunning, I have seen many promising ultrarunners come and go. Some good ones stayed in the sport for one or two years, had some excellent performances, and left because of work or family commitments. I do not blame them for leaving and, looking back, their decisions were perhaps wise. I stayed on, hoping for better times to come. Eventually, a few more runners came on the scene and stayed on longer than the usual one or two years. Things seemed to pick up and the elusive breakthrough was just around the corner. I still believe that ultrarunning would have made this breakthrough if the cuckoo syndrome had not struck.

I am not using the word "cuckoo" to endorse the popular opinion that ultrarunners are mad. On the contrary, most are normal and I have even met some who are quite intelligent. I'm using this term to refer to the bird who lays its eggs in the nest of some other species; the cuckoo's offspring will soon outgrow those of the host, pushing them out of the nest.

By using this parable I will try to explain what has happened in ultrarunning. The pioneers of the sport built a nest by laying the groundwork and setting a high standard. Then came the cuckoo, in the form of the walking and talking exhibitionists who jumped onto the bandwagon (or into the nest). These walking and talking exhibitionists soon outgrow the pioneers and qualified ultrarunners, not by having more strength or necessarily more body weight (although one of the walkie-talkies, who is rather burly, walked and talked 1,000 miles in nearly 16 days and was credited with a "world record" — this happened 12 years after I ran the distance in 12 days, 21 hours), but mainly by sheer numbers. These walkie-talkies outnumber the qualified ultrarunners by a very large margin. They undermine the qualified ultrarunners by taking the place of a qualified runner if the runner makes a stand for better conditions. The walkie-talkies do not insist on better conditions, but are using ultra events as a shortcut to fame. Clever race directors take advantage of the situation by allowing great numbers of walkie-talkies into events in order to get the show on the road and to force qualified runners to "toe the line" or have their place taken by people who do not look like runners.

These walkie-talkies are even prepared

to pay a considerable amount of money in order to gain the limelight. A typical case is the Westfield race in Australia, where this year a field of 43 was set loose to cover the 631-mile distance from Sydney to Melbourne on very busy highways. The organizers advertised for "blokes and mates" to enter the show and raise their individual expenses of approximately \$6,000 by organizing book swaps and tea dances. Westfield gets the lion's share of the multi-million dollars' worth of publicity, and they pay only very little toward the cost of the event. Most of the costs are met by the entrants or their sponsors and co-sponsors solicited by Westfield. The money that Westfield claims as their contribution is in fact from their clients who lease space in the Westfield shopping centers. Most of the 43 starters were mediocre runners, grossly underqualified for the task. To let them loose on the busy highways is irresponsible because they endanger not only themselves but also the traveling public (one runner was seriously injured this year and a member of the traveling public lost his life in an accident in the 1986 Westfield race).

In order to facilitate an athletic image, Westfield sponsors a sprinkling of qualified and semi-qualified runners. These runners contribute in no small way toward the downfall of ultrarunning. It is a situation in which Westfield is the master who waves a bone and the runners, like hungry dogs, jump for it. For 30 pieces of silver they are willing to pursue their short-term goals and, in the process, sacrifice the advancement of ultrarunning. They sit on the fence and, together with the walkie-talkies, they represent the cuckoo who pushes the runners out of ultrarunning. Fine runners like Donna Hudson and Jean-Gilles Boussiquet seem to have given up the sport. Stu Mittleman, Ramon Zabalo, and I are on the verge of being pushed out. Tony Rafferty expressed to me his intention to quit the game in the near future. Who cares? Certainly not the walkie-talkies or fence-sitters. By pushing us out, could it be that they may soil their own nest? Only time will tell. My personal opinion is that if this trend continues, the days of multi-day racing are numbered.

In the meantime, the show goes on. In this year's Westfield race the organizers had included a 12-hour late start by Kouros in order "to make the event interesting to the public." Originally a 24-hour start behind the field was planned. Seven months before the race, I replied to my invitation that I would not run unless Kouros started with the rest of the field. That was seven months before the race. Yet, at the pre-race press conference, several runners suddenly exclaimed that the race was turning into a farce. They

had come a long way, they said, and had spent a lot of time and money in preparation. They did not want to be merely rabbits, but wanted to race Kouros on equal terms. Suddenly they became noble heroes. Why didn't they make their stand seven months earlier, as I had? Did they perhaps feel comfortable with Kouros starting 24 hours behind, but start worrying when the handicap was reduced to 12 hours for fear that they had little chance of staying ahead of him for long? Whatever their reasons, and despite their fe-

rocious protests, they all started and the race went on.

The financial problems and difficulties and sacrifices of an international-class ultra-runner are generally not really understood. If

I ran the Sri Chinmoy 1,000-Mile race, the air fare is only a very small portion of my costs. I would have to take time off work for a minimum of five weeks (two weeks for acclimatization to the northern hemisphere, two weeks for running the race, and a week for the ceremonies, recovery, and return travel). The loss of five weeks' wages is also only a part of the overall costs. My bills in New Zealand have to be paid and there would be incidental expenses in New York. Such a setup might appeal to someone for whom this would be the trip of a lifetime. However, when such a situation occurs repeatedly over a span of 14 years, things look different. This is where the real costs are hidden. They materialize in several different forms. Being unpopular at work for taking excessive time off to compete is only the start of it. Promotions are generally given to someone who is "reliable" and will not take extra time away from work. Then there is the problem of job security. Someone who is considered unreliable, takes excessive time off, and is not promoted ends up being unemployed. And then such a person will have

difficulties finding work, let alone suitable work.

The real costs are certainly larger than most people realize; these costs also have a significant impact on the personal life of the ultra athlete. Why did I put up with such a difficult situation for 14 years? I will not give you too noble an answer by saying that I had high ideals and that I sacrificed, suffered, and jeopardized my livelihood for the love of the sport; this is not so. I simply did it because I believed things would get better. I had sound reasons to justify my beliefs. That the cuckoo syndrome in the form of walkie-talkies changed the course of multi-day running is history.

How did other runners cope? A small minority were in a favorable position by having suitable employment where they could take time off, even getting paid while they were running. Others were self-employed and could take time off whenever they wanted. Some traveled at their own expense to an event where the race director gave them a place in the field that became vacant because another runner made demands for a fair financial deal or running ethics.

The Sri Chinmoy 1,000-Mile "World Championship" does not carry any prize money; runners are not promoting a commercial product, but rather the public image of a guru and his cult. Sri Chinmoy has groups of totally devoted disciples in several states in the United States, and a strong following in Germany, Switzerland, England, France, Sweden, Canada, some Latin America countries, Japan, Australia, and even a small group in New Zealand. It is fair to say that he has an international, devoted and mind-submitted following. This may sound crazy for some, great for others, or harmless fun for still others. Several disciples are professional people: doctors, lawyers, profes-

sors, teachers, real estate agents, business people, artists, and famous musicians and athletes. It sounds very much as if everything is well above-board and highly respectable. Who could possibly fool such intelligent and well-educated people. That is what I thought. I nearly swallowed the whole thing, hook, line, and sinker. Much later I realized that there are similar cults all over the world, and that the so-called "intelligent and educated" people fall for this sort of movement much more easily than the "common" people such as farmers, laborers, or artisans. Perhaps the intelligent people are really weak or comparatively unbalanced in a spiritual sense, and need someone to guide them. This puts them up for grabs to any Pied Piper who comes along.

The disciples I've met were extremely nice and friendly. I felt at ease with them and really enjoyed their company and hospitality. I ran in the Sri Chinmoy 1,000-mile race in 1986 and was thrilled by how the disciples cheered and supported me. Stu Mittleman won the race and broke my record. This did not upset me at all. I was so impressed by what I saw and experienced. I also found out that Sri Chinmoy gives weekly meditation sessions at the United Nations. "Wow!" I thought, "He sure is a big shot, getting into the U.N." I also noticed that a substantial number of his disciples worked in various departments in the U.N. I even stumbled across a case where a female disciple was about to change employment because the guru told her to work in the U.N. Later I noticed cases in which the guru told disciples, who were far from being qualified or trained, to run in very long ultras. He told them that they could do it if they put their minds to it. They obeyed and got injured. We all know what happens in some cults when followers blindly obey the commands of their leader. We are horrified when we hear about such bizarre actions, and ask, "How can people become so obedient?"

People who join the Sri Chinmoy cult are usually attracted by his highly groomed public image, which is fostered by "peace concerts" and free "meditation" sessions. He is surrounded by clean-cut, clean dressed, well-disciplined males and sweetly smiling, sari-wearing females, who do not smoke, do not drink, and have no sex (the joy of being in the Guru's presence is far greater than the pleasures of the "lower vital"). Sri Chinmoy offers to show the way to "peace of mind through meditation." This is a very attractive offer and there is a large market for it. I certainly believe in the value of meditation, but what Sri Chinmoy teaches is not true meditation, by aiming to take control of one's own mind, but rather surrender of one's mind to him. This is accomplished, in part, by an emphasis on the need to meditate on his photograph.

Another way Sri Chinmoy's public image is promoted is via ultrarunning. As multi-day racing was going into a decline, Sri Chinmoy came to the "rescue." No one wanted to promote multi-day racing. Sri Chinmoy took advantage of this vacancy and his well-disciplined and friendly disciples organized the best races. Nothing new or surprising. History is full of situations in which totalitarian and charismatic leaders

impressed people by what they did for sport and youth movements. It does not matter if they are fascists, communists, or others. They always put on the "best" races, rallies, and festivals. In 1987, the Sri Chinmoy Marathon Team organized a so-called Peace Relay around the world. This was done at great cost, as much double-backing of support vehicles was needed to get this relay around the globe. The fuel costs alone must have amounted to a fortune. This venture was labelled as a "peace run."

In my opinion, it was a public relations exercise for Sri Chinmoy, one which resulted in a lack of funds being available for the 1,300-mile race in which I was to race against an international field. My name was used in the PR material for the race. My letters went unanswered for several months. Eventually, I found out that my fare would not be paid, and therefore I was unable to run in this event. As it turned out, there was no international-class field: no one finished the distance, the "winner" took over 14 days to cover 1,000 miles. They credited him with a "world record" for 2,000 km in the pathetic time of 17 days and 18 hours. He was also credited with a world record for the "longest distance covered in regular competition." Similar "world and national records" were set by several women who walked and talked and were anything but international athletes. It was a sickening farce, but the Sri Chinmoy propaganda machine presented this disgusting spectacle as one full of "world records" and described the exhibitionists as "pioneers."

Anyone familiar with multi-day running knows who the pioneers were. I was one of them, and I suggest that ultrarunning move away from Sri Chinmoy's influence. I also question the authority of the IAU to sanction this world championship. This was not done in consultation with qualified 1,000-mile runners; the IAU consists basically of self-appointed persons who, in turn, appointed, or tried to appoint, qualified runners to various positions. Sure, ultrarunning would benefit by organizing itself and it is not necessary that the top runners take on the administrative tasks, but the qualified ultrarunners have to be the ones who elect or appoint the people who administer the policies. I had planned to call for the formation of such a group after an international-class race at which enough qualified runners were present. However, the boys got together after a low-key event when the men were not present; they formed this IAU and took it upon themselves to represent and control ultrarunning. They let the genie out of the bottle by "sanctioning" the Sri Chinmoy 1,000-mile "world championship." I wonder if they can get him back into his bottle.

We can't all be heroes, because somebody has to sit on the kerb and clap as they go by.

— Will Rogers

The Editors of "Ultrarunning" (July/Aug '88, Vol 8, No.3) in their editorial called "Chatter", wrote a preamble to the strong responses to the Siggy Bauer article. The "Chatter" and the "responses" are reproduced here.

Chatter

There has been a vociferous response to our publication in the June issue of Siggy Bauer's diatribe against the current state of multi-day running and the IAU 1,000-mile championship hosted by the Sri Chinmoy Marathon Team. Several of the well-reasoned responses are included in this issue. Perhaps the best response is that of Kourou, who spoke with his feet by running a new world record of ten and a half days. Running 100 miles in 24 hours is not easy. Doing that sort of pace for ten days is incredible. But

even more important is that the race was put on in impeccable fashion by the Sri Chinmoy Marathon Team. The performances of both Kourou and the SCMT in recent years are such that we take them for granted. But that should not lessen our appreciation of their spectacular achievements in ultrarunning and ultra-race-directing, respectively.

We were, however, distressed at the charges of unprofessional and irresponsible journalism made against us for our publication of Siggy's views. Parts of his article were dull and self-serving. But other parts raised interesting points, and we felt that our readers would be interested in his opinions. The responses, in both their content and number, shed a lot of light on the issues he

raised. We chose not to censor Bauer's views by rejecting his article. Giving him, or anyone else, a forum does *not* imply our endorsement of their opinions. Any other interpretation would mean only that the editors censor all authors who express opinions with which they differ.

Finally, we must point out that the multi-day aspect of our sport is of interest to only a small percentage of our readers. So why is it that Bauer's article drew such a large response while our request regarding trail difficulty rankings has so far elicited only eight responses? Come on, you trail runners, let us know your opinions (see June issue's Chatter).

Stan, Peter, and Fred

Multi-Day Racing — Strong Responses to Siggy Bauer

Siegfried Bauer's mean-spirited attack on the Sri Chinmoy Marathon Team provides innumerable opportunities for us to expose his true motives, but since we, at least, are concerned with *facts*, let me begin with the facts about the standard of participation at the 1,000-mile championship. Siggy says, "To have a true 1,000-mile world championship, there has to be a field that is athletically presentable... The Sri Chinmoy race does not meet this essential criterion. Most entrants are not qualified to be called international athletes."

The world's top-ranked 1,000-milers are, in order, Stu Mittleman, Bauer, John Ball, Trishul Cherns, Alan Fairbrother, Marty Sprengelmeyer, Dan Coffey, Tony Rafferty, Michel Careau, John Dowling, Don Choi, Emile Laharraque, and Malcolm Campbell. Cherns and Sprengelmeyer took part in the concurrent 1300-mile race; Coffey, Careau, Dowling, Choi, Laharraque, and Campbell were in the 1,000-mile. Fairbrother and Rafferty had planned to run, but did not start. Ball, being from South Africa, was the only one who was not invited. And of course, Kourou, the greatest ultrarunner of all time, was there, and he shattered Mittleman's 1986 world record. Sandy Barwick, whom Siggy probably would not have allowed in the event, set a new world record for women.

There you have it: the best in the world at the distance. With his head in the sand, Siggy may "not recognize it as being a world championship." But the rest of the world is more than satisfied.

Bauer's appalling disregard of these facts should alone serve to discredit his whining tirade. Indeed, for people who know the Sri Chinmoy Marathon Team, Siggy's piece is not even worth a reply. But for those who do not know us, it is an injustice to let this kind of tantrum pass for truth. So let's be thorough and take up his self-centered, embittered grievances one by one.

I admit that I delayed in replying to Siggy's written query about the 1987 race.

But, Siggy, to say that you *didn't know* about the longest race in the world? You ran it in 1986. Don't you read *Ultrarunning*? Don't you talk to other runners? In 1987 we were not in a position to pay for Siggy's flight. But I had never promised Siggy that we would pay his air fare a second time. In 1987 I said we would be glad to have him and we would waive his entry fee and cover his expenses in New York. Shortly after that I received a few nasty letters from Siggy about Sri Chinmoy and the 1987 Sri Chinmoy Peace Run. Somehow I had no desire to have him back in 1988. And, to my knowledge, Siggy has not even run a quality race since 1986. We did not use his name in our PR material for the race, except to mention his performance in the 1986 event.

The "self-promoting guru-worshipping cult," as Siggy terms the SCMT, has demonstrably done as much for ultrarunning as any organization in the world, as countless unsolicited comments from runners themselves will attest. When one does things well, it naturally creates a favorable public image. We do everything in our power to facilitate optimal performances by all, and runners who participate in our races benefit tangibly from our concern and care. As far as our philosophy is concerned, no runner need have any belief or even interest in our spiritual principles, but all runners will gain from *our* adherence to those principles. Anyway, this subject is entirely out of line for Siggy's commentary — and, indeed, for discussion in a sports magazine. Siggy's religious or spiritual intolerance has no bearing on the technical standard of our race.

Furthermore, far from riding the crest of the running boom, the SCMT has been promoting distance running since the early days of the current running era. Among Sri Chinmoy's students are some of the longest-running marathon enthusiasts in the U.S. I have been running for 18 years, and it was my idea to establish the SCMT back in 1977 and to stage races for the public. We had our first ultra to celebrate Sri Chinmoy's birth-

day in 1977 and have been putting on ultras ever since. We also have the oldest triathlon on the east coast. Running and ultrarunning are totally natural to us as expressions of our philosophy of self-transcendence and dedicated service to others. Countless individuals of all standards of performance have benefited from our races. If Siggy finds fault with groups that try to enhance their public image by promoting running, perhaps he should turn his attention to corporate sponsors. What do they have to do with running? Nothing, except to look good by supporting it. And they have *money*. That's another hot topic, and obviously Siggy's obsession. I'll return to it later.

Now, why was Siggy not consulted about putting on this race? In fact, Siggy has been telling me for three years what kind of standard we should have on our races. I have always insisted that our events be thoroughly democratic. Siggy's views are painfully elitist, as is evident from his writing. We believe that running is for everyone. Sports history is full of stories of total unknowns who burst onto the scene with world records. But yet, records aren't everything. *Everyone* who runs ultras is breaking new ground in his or her own life as well as improving the standard of fitness, sportsmanship, and self-improvement for the world at large. We urge people to run, to try to do their best, and to have fun. No one with any pretensions to sportsmanship can dare to say that someone who is doing his or her best detracts from the achievement of a world-class runner. Talk about elitism, fascism, and Aryan supremacy, Siegfried! Take a look in the mirror and see who's guilty!

Siggy says that people who don't "look like athletes" shouldn't be allowed to run! World-class events are "not the place for them to be"! Doesn't that sound like a philosophy that did a lot of damage fifty years ago?

Ranting against the IAU, Siggy again displays his elitism when he speaks of them as "boys" who broke away from the "men." The IAU is doing much for ultrarunning; Siggy is doing nothing. For Siggy to claim that his presence would "legitimize" the world championship is an outrageous display of egotism. The sanctioning by TAC and the IAU are more than enough. No indi-

vidual runner legitimizes an event.

Now, to the issue of money. Siggy talks about ultrarunners "attracting financial sponsorship." One of the tenets of the SCMT is that we do not accept, let alone seek, financial sponsorship. Siggy calls himself an "impractical idealist," but that term applies more to the SCMT. We promote sports for the sake of sports. We provide financial support for our own events through internal fundraising. True, we sell some T-shirts at our races and we charge entry fees (rock-bottom). But it is by reaching into *our own pockets* that we put on events like the 1,000-mile. Occasionally, we may pay a runner's air fare, at our own discretion, as warranted by exceptional circumstances. Often we provide accommodation, food, and hospitality for runners from other countries who arrive in New York early or stay on after our races. Don't forget, Siggy, you were on the receiving end for quite a while! We try to emulate Sri Chinmoy's generous spirit in as many ways as possible. We often waive entry fees for participants, knowing that they have travelled at their own expense. But we are not responsible for Bauer or any other runner earning a living. Financial backing is out of our domain. And just as the participants make sacrifices for the sake of the sport, so do we. Countless work-hours, work-days, and work-weeks are sacrificed by SCMT members for a race such as the 700-1000-1300-miler, which requires 18 days of round-the-clock support. So, runners and helpers alike are in the same financial bind. But we don't have to lean in the direction of anyone's wallet, and we can concentrate exclusively on the needs of the runners. The purity of our sport remains unblemished. That's something that appeals to everybody, judging by the overwhelmingly enthusiastic reactions of people who run our races.

Siegfried's obsession with the intelligence (or lack thereof) of others and their friendliness (real or false) points to a serious problem with his own self-image. He admits that he was "thrilled" by the treatment he received from us at the 1986 1,000-miler. Now (having learned that he would not get our financial support) he feels that our smiling and friendly demeanor is all false. How long can one fake a smile? How long can one pretend to be nice and helpful and all that, without *really being* that way? The facade would crack, just as Siggy's has. He has shown himself to be a greedy and bitter man. And far from simply smiling, shiny-faced, sweet people, we are people of strong principle who are prepared to defend what we believe. I consider myself to be pretty tough-minded, and not readily susceptible to brainwashing and all the other rubbish Siggy accuses us of. If Siggy doesn't like what he sees in us, perhaps it's because he doesn't see any goodness in himself.

Siggy is obviously interested in ultrarunning for the possibility of his own financial gain. He is probably dissatisfied with his job as a sewage worker at a mental hospital — understandable, but then water seeks its own level. He toughed it out in ultras with the hope that things would get better financially. They haven't, and Siggy is a bitter man, while other runners are achieving great things for the joy of the sport.

The "walkie-talkie" issue again illustrates Siggy's intolerance. Whether people walk or talk or turn somersaults while completing 1,000 miles has no bearing on their time. Many of the great ultrarunning pioneers were walkers, and this did not detract from their performances.

Of Sri Chinmoy's path, Siggy says, "I nearly swallowed the whole thing." Now, because he is venturing into this private area, I think that entitles me to do the same. The fact is, Siggy was on the verge of becoming a changed man when he spent time with Sri Chinmoy and his students after the 1986 1,000-mile. In fact, on his own, he attended *many* meditation sessions with Sri Chinmoy. When Sri Chinmoy invited visitors to come to the stage and meditate with him at our weekly public meditations, Siggy came up many times. He sat in front of Sri Chinmoy with folded hands and — perhaps he hates to admit it — a shining face. People felt a new friendliness and openness in him. He responded to Sri Chinmoy's generous, loving, and peaceful spirit — the spirit that inspires us in all our races. But then the almighty dollar regained its control and that was the end of that.

As for mindless disciples obeying the command to run and getting injured, that is nonsense. Sri Chinmoy has lovingly encouraged and inspired his students to run, to their great benefit. I am one of those. With his encouragement, which kept me going even when my own faith was low, I ran 9,000 miles through all 50 states. In fact, there are some stellar performers emerging from our midst, people who might never have *thought* of running if Sri Chinmoy had not inspired them. Among these are several who did extremely well in this year's 700-miler.

Now, Siggy's bitterness did not begin or end with the *Ultrarunning* article. He made far-reaching attempts to gain support for his vicious views and to spread his poisonous and bitter attitude. I have learned that he provided Mittleman, Campbell, Coffey, Kouros, and other with pre-publication copies of his article. The reaction was disgust. When I asked Kouros after his 1,000-mile triumph whether he had seen Siggy's article in *Ultrarunning*, he was shocked. At first he did not believe it was printed. "Why did they print that? If anybody says anything, will they print it?" Many other runners approached me with similar expressions of disgust and indignation.

If "the genie gets put back in the bottle" and the SCMT stops putting on races, there will be a lot of unhappy runners. Perhaps Bauer would rub his hands with glee. But it's not going to happen, no matter how much one bitter individual rants and raves. You can rest assured of that, ultrarunners.

Tarak Kauff
Jamaica, N.Y.

I feel compelled to respond to Siegfried Bauer's article on multi-day running in the June issue. Having read this rambling diatribe several times, I feel it might have been more aptly titled: "The World According to Siggy — Everyone Is Wrong Except Me."

As an ultrarunner myself, as race director of the Arlington Town Day Race and the Sri Chinmoy 12 Hour Race in Boston, as a

student of Sri Chinmoy for the last eleven years, and as a free-thinking businessman who has full control of his own mind, I feel qualified to respond to Bauer's article.

I take obvious exception to his references to the Sri Chinmoy Organization as being a "cult" and using ultrarunning as a vehicle to promote the image of Sri Chinmoy. I certainly don't feel I'm a member of a cult, or that I've surrendered control of my mind to anyone or anything. I do believe that the Sri Chinmoy Marathon Team is exceptionally good at organizing and staging ultradistance races and if that promotes the image of its founder, then well and good. If the Boy Scouts of America were to organize an ultra and do an excellent job, I wouldn't see it as a recruiting exercise.

The major point that Bauer overlooks and therefore fails to mention is that when the Sri Chinmoy Marathon Team organizes an ultra, that is exactly what we do, and we do it to the best of our ability. We finance it partially out of runners' fees and mostly out of our own pockets. We seek no commercial promotion; we offer no prize money. What we offer is a well-organized race, one that is manned by enthusiastic counters and staffed by trained medical crews. All our volunteer support crews and lap-counters are runners and most have experienced the joy and pain of ultradistance — we know the attention ultrarunners require and we willingly and untiringly give that support and encouragement in order to provide the right atmosphere, one conducive to bringing out their best performance no matter what their level, world-class to "walkie-talkie."

And that's what we do when we put on a race. There is no proselytizing; there is no promotion of philosophy or lifestyle. On race day the runner is the important person. Here are some excerpts from letters I have received: "I found the organization, support crew, and treatment of the runners to be excellent once again...and feel comfortable that a Sri-Chinmoy-sponsored race is a sure bet...Thank you again." [Dave Pettee] "Thank you for your undivided help...and for organizing a class event. The scorers' encouragement was something for me to behold." [Al Prawda] "Thanks again for an extremely well organized and motivating track race. It's always a delight to do the Arlington 12 Hour." [Marcy Schwam]. The Sri Chinmoy Marathon Team's standards are well known throughout the running community and are generally acknowledged in a fashion similar to the above unsolicited letters.

As for the financial hardships of supporting oneself in the sport, I can only say that it comes with the territory. Bauer states that "Success, in the form of ongoing sponsorship, product endorsement contracts, and so on, came close but did not materialize." Are we not now coming to the heart of the problem? Doesn't everyone know there is no money in ultrarunning, even at the top? Surely, whatever motivates ultrarunners to drive here and fly there in order to run around a track for 24 hours or longer can be many things, but it is not money. Was Siggy really hanging in there "for 14 years...hoping for better times to come"? I doubt another 14 years will see much change re-

garding this issue. Ultrarunning is not a viable professional sport in purely monetary terms, even for those who are the best. We have ultrarunning mailmen, ultrarunning bus drivers, ultra artists, ultra poets, ultra store managers. We all have to struggle as we finely balance the desire to run these events with the need to pay the bills.

In his article we see Bauer blaming an event, an organizing team, a sanctioning committee, a sponsored race, a missed promotion, loss of wages, walkie-talkies, and the cuckoo syndrome. Who is the cuckoo here? Whatever happened to the notion of a champion gracefully stepping down and giving back to the sport in which he triumphed? Can such things be measured only in monetary terms? This is not why we enter the sport and it is not a good reason to leave it.

Finally, there are a few more inaccuracies I'd like to address. Siegfried Bauer has run several Sri Chinmoy ultras and has been the recipient of the attention and support I've already mentioned. Outside of that, and of his own choosing, he pursued with interest the philosophy and lifestyle offered by Sri Chinmoy — and later found that it wasn't for him, which is fine. But I happened to be one of those artisans who he claims is less susceptible to "falling for this sort of movement." I am also reasonably intelligent, and don't feel "really weak or comparatively unbalanced in a spiritual sense."

It is true that several of Sri Chinmoy's students, myself included, have been encouraged by him to run ultras, and from that encouragement we have seen two Australians, one Japanese, and one Canadian achieve national records at various distances. Some get injured — we all get injured. We rest, recover, and run again, as do all ultrarunners.

Sri Chinmoy races are not the problem here. The IAU that was formed without Bauer is not the problem. The problem is money, ego, and cuckoos.

Yes, Siggy Bauer was a pioneer in ultrarunning. And yes, as a runner he is world-class. I'm disappointed, however, that his recent contribution to the pages of *Ultrarunning* does not aspire to a similar status.

Ultimately, the runners will decide. The Sri Chinmoy Marathon Team will continue to provide quality races from marathons to 1300 miles as a service both to individual runners and to the sport of ultrarunning itself.

Kripan Snell-Doyle
Arlington, Mass.

Three cheers for Siegfried Bauer's comments in the June issue. They were not only right on the mark, but long overdue.

A strong, unbiased ruling body is essential to the growth and health of any sport. Boxing, with its multiple titles and governing bodies, is just one example of a sport that loses credibility due to conflicts and self-interest.

Thanks again for having the courage to publish Bauer's words.

Dave Cavall
Buffalo, N.Y.

Siegfried Bauer's best competitive performance was in 1983 when he completed 1,000 miles in 12½ days, a world record. In the early 1980s ultrarunning was becoming more popular and there was an attempt by Bauer to enlist a small number of outstanding runners into an organized group. They listened politely but went their own ways, preferring to look for their own sponsorship opportunities. Perhaps they recognized a philosophy they disagreed with, or perhaps they saw that it was too early to make extreme demands of organizers in a sport that was still developing.

In 1986 a crisis in Bauer's career occurred when Stu Mittleman set a new 1,000-mile world record. In that race, organized by the Sri Chinmoy Marathon Team, Bauer finished second, some 25 hours behind. His time was actually quite good, but severe damage had been done to his ego. Sponsors had not exactly been beating a path to his door, and the loss of his record wasn't going to help matters. The leading prize-money race became the Sydney-to-Melbourne, and by 1987 Bauer realized that he was unlikely to finish high enough up in the field to share in the prize money. In a manner that has become fairly predictable, he began to criticize the organization in such a way that potential sponsors became reluctant to invest their money in him. Kouros dominated the Westfield run, but the New Zealand press were now writing enthusiastically about their rising star, Richard Tout, who finished third in the 1987 race and seemed destined to improve.

About this time Bauer was reported to be disillusioned with ultrarunning and in the Colac Six-Day at the end of 1987 his behavior reached an all-time low. He ran the first day, or the better part of it, without shoes, as some sort of protest against a sponsor who had had enough of him. By deliberately putting himself out of contention he had in fact committed the acts he maintained were objectionable in his article: he had made an exhibition of himself and deprived a qualified runner of a place in the field.

In 1988 Bauer was again vociferous concerning the Westfield Run. He was resentful that Tout had been praised by the press for objecting to the 12-hour handicap given Kouros. Tout ran a great race, to finish second behind Kouros, and was now being labelled as New Zealand's greatest ultramarathoner. The race itself was a great success and many runners given no chance by Bauer were magnificent. Positions 4–8 were all filled by Australians, who beat a number of established stars. Australia probably has the greatest depth of multi-day talent in the world, and one of the reasons for the high standard there is the existence of the Westfield Run.

Bauer's depression reached manic proportions when he learned that a New Zealand housewife intended to run in the 1,000-mile world championship. Sandy Barwick is coached by Richard Tout and considerable interest had been aroused by her entry.

It is difficult to comment on Bauer's situation. It is naturally very sad to learn of the hardships suffered and described so graphically in his article, but his position is

not really so very different from any other runner who competes regularly. And in fact Bauer does not appear to have competed very much at all during the past two years. He is in some respects a victim of his own ideology. He invented the myth of the elite group of runners and now finds that judged by his own high standards he is no longer part of that group. To avoid confirmation of the situation he avoids competition by transparent displays of histrionics. It really is quite sad because the fact is that by anyone else's standards he is a very good runner.

The 1,000-mile championship was a great success and the three runners who completed the distance within the 15-day limit were outstanding. Kouros and Barwick, of course, set new world records. The attention from the media was considerable. The three finishers were a credit to their sport and history will remember them as such. How Bauer will be remembered is not so certain.

Malcolm Campbell
Grantham, England

The letter from Bauer is sure to provoke some spirited response. My own reaction (as Pete Riegel, mediocre ultrarunner, not Chairman, RRTC) was as follows.

I found myself agreeing with much of what he had to say, but I was greatly put off by the bitter tone of it. He unfortunately clouded what could have been a fine article with his recurring references to the poor, ignored "pioneers" of the sport, and how we of today are failing to pay them proper homage. Someone who has been running as long as I have, but faster, does not make me wish to genuflect. All these "pioneers" have done is to run fast. I respect that, but it hardly qualifies them to run the sport. One does that by working on the sidelines and becoming socially integrated with others who do the same. Bitching alone doesn't accomplish much.

He criticizes the IAU as a self-appointed group, which it is. Can he name a group that did not start out that way? During its early formation IAU made a big effort to solicit help from the ultrarunning community. Perhaps Bauer should have mentioned the offers of help he sent to them. He planned to form such an organization himself, but somehow didn't get around to it because "the boys" cut him off at the pass. Sounds like sour grapes.

He doesn't like the Sri Chinmoy Marathon Team's motives for putting on all the fine races they've done, imputing this to dark reasons involving mind control and guruism. Fine. I'd ask him to find some other race sponsor who wants to put on races out of simple love for runners, with no thought of promoting the sponsor's goals. We should be grateful to anyone for putting on a good race, regardless of their reasons. Everybody has motives for what they do.

The Westfield race receives a lot of his criticism. The fact that the stud runners got support while the spear-carriers didn't seems to bother him. Hell, that's a regular feature of every big-time race in the world! To his credit he voted with his feet and stayed away from a race he didn't like. Then he spoiled it

with his moaning about the presence of all those unqualified "walkie-talkies."

I share some of his feelings about people who come to a race and make a conscious effort to show off with funny costumes and bizarre antics. At the same time I find some of them going faster than I can go. Walking and talking is done by people who have the breath to spare because they simply can't last the distance if they adopt any faster gait. Should they adopt a decorous attitude, and try to emulate the serious posture of the "real" runners, in order not to detract from the dignity of the event? I agree that the presence of these people detracts from a sense of athletic excellence. On the other hand, I myself am a frequent walker, as are most of the people in any ultra field. Does my presence (I walk but don't talk) add or subtract from the event? I can't answer that except to say that without the mediocre legions there simply would not be enough people to justify having a race at all. If all the world-class 1000 milers were gathered together for a race, the field would be so tiny as to be unnoticeable.

It's easy to knock something someone else has done. Should a race be called a "championship"? Who knows? Why not, if it suits the race organizer? Who is harmed? Is anybody really fooled if the "championship" has a lame field? As far as I know, none of the official governing bodies has taken an interest in ultrarunning. IAU is just beginning. TAC has had some national championship races in the US, and IAAF may soon take an interest as well.

Bauer overestimates the importance of our small corner of the running sport, and of his own position within it. He may be a fast runner, but does this give him the right to some special consideration? He seems expert on what people should have done (consult with him, invite him to races), but offers little advice as to how things might be done better.

Bauer's observations about the effect of emphasizing running over pursuit of one's real-life career are correct. Few supervisors

value a worker whose mind is not on his job. It's pretty naive to expect an employer to be understanding about this. The runner has to make the choice. If he prefers to run he should view it as a proper expression of how he wants to live, and to accept the consequences without grumbling. Nobody forces us to run, and if we should be fortunate enough to be able to run faster than the rest, should we expect anybody to care?

Bauer chose to run, and he did it well. Now he seems to feel that he and several other world-class people are being pushed out of the sport. I suggest other reasons may exist, such as natural burnout from top-class competition at something so arduous and demanding of one's time. Any ultrarunner who expects to enjoy champion status, or money, is simply in the wrong line of work. Do it for fun! Nobody is being forced from the game. The races are there. Come if you like, stay away if you don't. Opportunities abound.

I have directed a couple of small ultras myself, and it never crossed my mind to make an effort to provide travel money or prize money. I knew we'd get a field without it, from the people who simply enjoyed the running. Without money, I knew our winning times would be slower, but we'd have a winner anyway. It can be disappointing for a runner to put in the trouble to get himself or herself to a race, only to be beaten by an imported superstar. Why burden those who choose to run for the joy of it with the presence of people who are paid to come to the race? The superstars are welcome at our races, just as everyone else is. But they will have to get there on their own.

There's an unfortu-

nate tendency, since money entered the game, for good runners to take the view that they have a right to be paid, and a right to expect travel money. Well, I disagree. If they're lucky enough to excel at some sport that TV cares about, the big bucks may come, and I'm happy for anybody

that fortunate. One hears about the injustice of a rock star or basketball player making more than the President. Is a runner any different? What does a runner contribute to the general good? If he gets big money it's because he's seen as a form of entertainment and a source of profit to someone. When a performer's act gets repetitive, his following declines and he stops making the big money. Are we perhaps overrating the entertainment value of running?

An entertainer who wants to make money seeks something that people will pay to see him do. You can put just as much talent into a dog act as into rock music, but who cares?

If Bauer's wish were to be granted, and somehow somebody found a selfless sponsor to promote a truly elite race, with invitations to all the world-class folks, of course including him, and no advertising or gimmicks, the result would still be the same — the general public would ignore it. We're not alone — most small sports are ignored.

Should we let this bother us? Of course not. Most readers of *Ultrarunning* are people of modest talent who run for complex reasons. Most do not care whether the world notices what they do. Our modest shot at glory comes from reading *Ultrarunning* and seeing our names in a list. Anything beyond that should be thought of as gravy. As far as value to others is concerned, we're a dog act. We must look within ourselves for our rewards, and not expect a fickle and indifferent public to see us as special.

Peter Riegel
Columbus, Ohio

Ultrarunning 1988: The Woes of Our Sport

"Ultrarunning" (July/August 1988, Vol 8 No. 3)

by Dan Brannen

Okay, folks, listen up. This is it. This is the article that's going to draw out all the bad blood, explain away all the misunderstandings and problems, bring us back to simpler and happier times, and tie the drawstring around our little bag of joy, self-discovery, camaraderie, brotherhood, and achievement.

Yeah, don't I wish...

Has anyone else noticed the decidedly negative tone creeping into the articles and letters of this magazine? In the last two issues we have had prominent complaints about Yiannis Kourou's 12-hour handicap in the Sydney-to-Melbourne race, pacing by

noncompetitors in a very competitive trail race, TAC's ban against South African athletes and anyone who runs with them, and, last but not least, a tirade by the once-legendary Siggy Bauer against more people, organizations, and theories than I can count.

I shudder at the thought of writing on here, because my dual role as TAC Ultrarunning Subcommittee Chairman and IAU Secretary-General makes it imperative that I make a statement about the state of the sport, with specific reference to the issues above — yet that statement will not solve the problems, will not satisfy many of the complainers, and probably will add a few names to the list of folks who don't like my opinions.

One thing I can do, though, is separate

facts from opinions. And one thing I can safely say is that ultrarunners — particularly most of those who are doing the loudest complaining — aren't very big on facts. Long hours at a relatively mild pace out on the open road seem to offer an excellent breeding ground for opinions. And your average ultrarunner seems to believe that ultrarunning is an arena in which all opinions can float around in perfect harmony. That is, ultrarunning is generally viewed as whatever any ultrarunner wants it to be. It is the perfect poem: it is all things to all people...until along comes the unfortunate realization that ultrarunning is not a parallel universe. Yes, sad to say, it exists within the context of a world in which some folks are blessed with great physical ability while others are handicapped, some folks starve while others prosper, and some people even do terrible things to others. Ultrarunning is just one of many athletic endeavors that have to fit themselves into this world. And ultrarunning is now discovering that along with its Joan Samuelsons and Bill Rodgerses, it is capable of

having its own Billy Martins and John McEnroes.

Now to the facts. Facts will at least tell us how the "real world" operates and show us how ultrarunning can fit into it. From that, ultrarunners can decide whether they want to fit into it at all. Some will, some won't. So the question before ultrarunning (and before all ultrarunners) is whether it wants to have enough of an identity to form itself into some sort of formal organization so that it can fit into the real world. If not, fine...but then don't expect ultras ever to be anything more than fun runs in which each runner meets only his or her personal challenge every time out. Once you start talking about accurate courses and meaningful times and money and records, then you've got no choice: you have to accept formal organization. If you don't want formal organization, then you'd better be prepared to accept with open arms the phenomenon of a Stan Cottrell who still, to this very day, even after being exposed as a fraud, procures more sponsorship funds and support services for "ultra" runs than all U.S. ultramarathons combined. If you take the everybody-does-what-they-want approach, then the Stan Cottrells will be tripping over each other year after year. Think about it.

Now, let's just assume that 51% of all ultrarunners decide to choose formal organization over chaos. The other 49% can just go do what they want, producing the inevitable haphazardly organized events on dubious courses with "record" claims galore, which their organized counterparts will deal with as their formal system dictates. What's the next step? Well, the real world holds itself together through complex but very powerful governmental and legal systems that have a tremendous amount of control (even in free societies) over people. Organized athletics is no different.

In 1978 the U.S. government decided to do something about the confusion and corruption in the administration of amateur sports in the U.S. It passed the Amateur Sports Act, creating The Athletics Congress of the USA (TAC/USA) and charging it with governing Track & Field, Racewalking, and Long Distance Running. On the international level, the International Amateur Athletic Federation (IAAF) was already in place as the authority to which TAC and all of its counterparts in other countries answer when it comes to *international* issues in these sports.

"Long Distance Running" does not stop at the marathon. "Ultrarunning" is not defined as a separate sport that should go out and get its own national and international governing bodies. Ultrarunning is a natural part of Long Distance Running. Hence, ultrarunning is logically the province of the IAAF and it is *legally* (by Federal law) the province of TAC in the U.S. (By contrast, the sport of triathloning is *not* the province of the IAAF or TAC and over the last five years that sport has suffered the growing pains attendant upon the formation of international and national governing bodies.)

If ultrarunners went off on their own and formed their own national and international governing bodies (which, believe me, they don't have the time, the energy, or the

funds to do), they'd probably just be ignored *until* they acquired some economic or political power (e.g., if they got an economic base in excess of six figures and directed it towards a "world championship"). Then the appropriate national and international governing bodies would have them in the palms of their hands and could *legally* do what they wished with them.

In the formal organization of ultrarunning, two things have been happening:

United States. TAC basically said to the U.S. ultra community: "Our system is one of self-governance. You ultrarunners get together, figure out what you want, and then come on into TAC and use the organizational structure that we already have in place to govern yourselves. The only thing you can't do is rewrite rules for ultras that flagrantly fly in the face of those that we have for distance running in general." Hence was formed the Ultrarunning Subcommittee and (and in theory at least) ultrarunning in the U.S. is now governed by TAC with the advice and counsel of the Ultrarunning Subcommittee. TAC is an extremely complex, sprawling organization of myriad committees, staffed by volunteers, that must work together and interface like various strands of a giant tapestry. Hence there is sometimes a great deal of bureaucracy — turf wars, power-mongering, politicking — involved in effecting major changes. Anybody out there got a better system?

International. The International Association of Ultrarunners (IAU) formed itself from a handful of concerned ultrarunners in order to bring some semblance of order to such issues as: recognition of performances, conduct of ultramarathons, scheduling of events, measurement of courses (and therefore meaningful comparison of performances), efficiency of international communication, and so on. Quite frankly, I'm amazed at how successful it has been in improving these areas. The IAU has been a major factor in the creation of a sense of international community among ultra events and runners.

From the beginning, the IAU made it clear that it was *not* an international governing body, knowing full well that international *governance* is strictly the province of the IAAF. The IAU took the following attitude: "We will compile and disseminate event conduct guidelines, an international calendar, and performance lists on a regular basis. We have *no* authority to approve records, to judge grievances, or to legislate formal rules, so we won't do any of that. But if your race or performance deviates substantially from the sense of fair competition contained in our guidelines, then we won't list your performance and we won't include your event in our calendar. Runners can approve or ignore us as they wish. We are simply an information service."

When the issue of ultra world championships came up, the IAU took the following position. World Championships should do two things. First, they should highlight the elite athletes, the shining stars of the sport. Second, they should be as representative as possible on a global scale. Then the IAU put out the word to ultra directors: If you secure a sufficient budget to make a fair contribution to these two criteria, then we

will give you our endorsement as a World Championship. Of course, our endorsement carries only so much weight as the general public gives it — but we think that if any organization is in a position to endorse world ultra championships, it is us. If someone wants to make a public claim against our authority to issue such an endorsement, fine: let him put his argument up against our record. If you come to us in good faith and have what it takes to get our endorsement, then we will grant you the right to call your event the IAU World Championship. If the IAU is sufficiently respected, then that will mean something to you, to the athletes, to the press, and to the running community at large. If the IAU is shown to be disreputable, then the title won't mean much and directors will stop seeking it.

Apparently IAU endorsement has come to acquire some value, as the mayor and entire town council of Santander, Spain, along with much of the commercial sector, as well as the president of the Spanish national governing body for athletics, have been jumping through hoops over the last year to get it. The result so far shows signs of being an ultramarathon unlike any ever conducted anywhere.

Suddenly over the last few years National Ultrarunning Organizations (NUOs) have been cropping up. An NUO in the U.S. would be redundant, because TAC takes its commission seriously. But many other national governing bodies have been saying to ultrarunners: "We really can't be bothered overseeing ultras. Go ahead and form your own separate organization, and you have our permission." Legitimate NUOs now exist in West Germany, France, New Zealand, and Australia. A few have approached the IAU for formal affiliation — at which time the IAU took a step back and said to itself, "This could easily go from affiliation to governance; we'd better check with the IAAF." Whereupon a formal proposal was made by the IAU to the IAAF. Basically, the IAU said: "We know you don't have the time or the energy to pay close attention to ultras, so we'll do it for you. We'll be an extra hand for you to reach out to the international ultra community, and we will represent the spirit of your rules to ultras through the NUOs. Governing power is still yours. We don't want it. It's all we can do just to keep the information going out on a regular basis. But we want your blessing, because we really are working in good faith and we don't want you coming back at us some day and accusing us of stepping on your turf. And by the way, here is how we endorse our World Championships. Will you approve them, too?"

The resultant state of affairs is that the IAU has been accepted as an affiliated organization to the IAAF, and the IAU 100 Km World Championship in Santander in September, 1988, has received the official endorsement of the IAAF.

Summary

These, then, are the facts. Let the opinions fly, but remember that there is a mechanism for allowing opinions to change the system in TAC. Remember also that when opinions clash, it is the facts (bolstered by a

legal system with an overwhelming political/economic base) that will provide the answers.

Now, on to the issues that are troubling the readers of *Ultrarunning* :

South Africa

In the May issue, Robinson and Strom lash out at TAC (among others) for its ban against South African races and others. The former claimed that TAC is guilty of "discrimination" and "chickening out" on the issue, and the latter goes so far as to say that TAC "is like a cancer" and should be kept out of ultras. Well, when the baby is dirty you can either give him a bath or throw him out the window. Since I believe that without national governance ultrarunning would be in a sorry state, and that without TAC there would be no national governance of ultrarunning, it follows that I believe that TAC should not be kept out of ultras. If I'm lucky, at least 51% of American ultrarunners will agree with me.

At the same time, I have no hesitation in saying that the South African ban makes the baby dirty. I'm opposed to it (I have yet to find an ultrarunner — or any runner — who isn't), and as long as it is in effect I serve TAC with mixed emotions. It's easy to throw the baby out the window. The challenge is to figure out how to get the baby clean.

The trouble is that the ban is not TAC's. It was put into place over a decade ago by the IAAF. The TAC bylaws (a legal document by which TAC must conduct itself, according to federal law) require TAC to abide by the eligibility rules of the IAAF. And the IAAF says that until apartheid is ended, the South African National Federation is on suspension, as is every citizen of South Africa who wishes to compete internationally, as is anyone from any other country who competes in South Africa or with any South African. There are exceptions, but they are rare and the legal process for discerning them is complex.

Now, whether the IAAF's unilateral ban is itself legal (either by the laws of any one country in which it is enforced or by the IAAF's own constitution) is, as they say, another whole can of worms. I won't even begin to tackle that one here; watch for a special editorial on this question in the September issue of *Running Times*). But until this issue is decided by a test case in the U.S. courts, TAC has no choice but to abide by and enforce the ban. Those of us who really want to solve the problem have two choices: One, search for loopholes to allow the innocent, victimized South African runners to run abroad; or two, put pressure on the IAAF representatives within TAC to work for change within the IAAF. Then again, you can just throw the baby out the window — thereby, I suppose, gaining a sense of moral rectitude, as if you've done something productive for the poor South African runners.

Pacing

This one is a much easier issue. In the June issue of *Ultrarunning*, top trail runners Skip Hamilton and Bob Bunnell engage in a

dialogue (dispute?) over the use of pacers in ultras. Finally, in a chance to focus some light on this strange aberration of allowing pacers in trail races — which, since trail running is in some parts almost synonymous with ultrarunning, has in large part carried over into a practice of allowing pacers in all ultras, including road and even track races!

Arguing whether or not pacers really do provide an unfair advantage to the runners who use them misses the point entirely. You might as well argue whether hot weather provides advantages to certain runners. The fact is that hot weather definitely provides an advantage to those who are physiologically suited to cope with it, and pacers definitely provide an advantage to those who psychologically depend on them to lift their spirits and thereby cover the distance faster than someone near them who doesn't have a pacer. Whether or not hot weather favors certain runners, there's not a damn thing race directors can do about it. Legislate what is in your control not what isn't. You can't dictate the weather, but you sure can tell race participants what not to do.

The argument is often made that in long trail ultras pacers are a medical necessity. Despite Frank Shorter's stressing of this point on national TV during NBC's coverage of the Leadville 100 Mile, I still don't buy it. If you have 50 runners out on a trail course, you have 50 potential medical cases to worry about. If you allow them all to have pacers, you have 100 medical cases to worry about (of the events that have qualifying standards for participants, how many have standards for pacers? I have heard of cases where pacers got into trouble.) Not to mention twice as many runners cluttering the course. Better to rearrange your human resources and station those 50 people out on the course at frequent intervals to be ready to deal with any borderline medical cases who slog by.

All of the arguments that Skip Hamilton makes against the use of pacers are patently valid. Yet he and Bunnell both wax philosophical over the question, and even Skip himself holds out for the use of pacers in 100-mile races and by mid- and back-of-the-pack runners in all races. I've seen runners dueling it out for 82nd place in an 85-person field. Why should the guy with a pacer who beats his unpaced foe for 82nd not be subject to the same charge as the paced winner who prevails over the unpaced runnerup?

Folks, we've got to decide whether our ultras are races or social fun runs. Fairness in competition isn't about attitude, it's about behavior. And it is a very hard thing to come by — especially in modern American ultrarunning, where economic means to a large extent influence one's chances of success. The TAC Rulebook is a compilation of years and years of study on how exactly to come by fairness in competition. One of its fundamental rules (one of the fundamental rules of footracing dating back to the Victorian era), is that pacing by persons "not entered in the competition" is not allowed. It is not a race director's decision whether or not to abide by the no-pacing rule. And if the director has acquired a TAC sanction for his

race, he has signed a contract saying that he will abide by and enforce it!

Illegal pacing is at epidemic proportions on the U.S. ultra scene, and many runners are so used to it that they have become blind to the unfair nature of their competitions. With national TV coverage, prize money, and major corporate sponsorship at ultrarunning's fingertips (actually, some of each is already with us), this pacing issue is suddenly going to get very ugly (it had already become controversial with ABC's now-discontinued coverage of WS, resulting in a rule change at that event to clarify and limit the role of pacers). Somebody is going to file a protest in a major event, and the event will likely have a TAC sanction (for insurance purposes, if nothing else: it's the cheapest and most effective insurance a race director can get). Protests always fall to the rulebook, and the guy with the pacer is going to be dead in the water.

I hereby call on ALL ultra directors to come back into the fold on this pacing issue. It's unnecessary, unfair, and risky (no, the insurance that comes with your TAC sanction won't cover you if a pacer gets seriously hurt).

Westfield and the Sydney-to-Melbourne race

The outrage expressed by a few runners over Kourou's 12-hour handicap, and their alleged subsequent boycott, is as amusing as it is puzzling. Handicap races, in which runners of superior credentials give a head start to those less gifted, are as old as footracing itself. In fact, there have been periods in the history of British and American running in which handicap races were a major, featured part of the competitive scene. There is still provision for them in the TAC rulebook. From the historical standpoint of "sanctity of competition," the complainers don't have a leg to stand on.

But what is more interesting is their inability to see that Westfield, the shopping mall developers who sponsor and conduct the race, needed the handicap aspect to maintain and increase spectator and media interest in the event. I'm reminded here of a recent conversation in which a prominent road race promoter lectured a triathlete on the greediness and business-sense immaturity of some triathletes. His point was that road racers have by now learned that there are some concessions that must be made (timing of events for TV, appearances at press conferences, etc.) in order for the influx of marketing/advertising dollars to continue in the sport. He felt that triathletes were too high-strung, that they hadn't settled on a give-and-take balance yet.

Well, the same can surely be said about ultrarunners. Over the last few years I've marvelled at the phenomenon of Westfield-bashing that goes on before and after the Sydney-Melbourne race each year. I've seen ultrarunners, who otherwise would be happy to have a cabin to sleep in, complain loudly that the free hotel provided them by Westfield for two weeks wasn't posh enough and that they weren't allowed unlimited room service.

Listen to the right conversations any

given year and you would swear that Westfield is involved in a sinister plot to exploit ultrarunners. Westfield is no saint. It has made administrative mistakes with the event, and has then publicly admitted so and corrected its ways. Meanwhile, it is an average big business conducting average big business.

There are basically two things that make the event a marketing/publicity success: one, the substantial Greek community of Melbourne, and two, Cliff Young. Young, who at the age of 61 won the race in its first year over such luminaries as Siggy Bauer, is a national folk hero in Australia. A good 50% of those who pay attention to the race

don't give a damn about anyone in it except him. The fact that he now runs at the back of the pack and can no longer go the distance doesn't seem to bother them. Kourou's handicap start gave the Greeks something to get excited about, and the Aussies are always excited about Young. The pure athletic accomplishment of the top runners has very little to do with the marketing success of a running event. As long as a handicap, and the keeping of a slogger like Young in the event tickles the fancy of the public and the media without seriously compromising the fairness of the competition, let 'em have it! Yet complainers such as Bauer would dictate to Westfield that they should eliminate

the very elements that make the event a success for them.

Westfield doesn't put the race on for love of the sport. It gets a good bang for its buck, much as John Hancock does with the Boston Marathon. It's just that Westfield has discovered that ultrarunners come a lot cheaper than marathoners. It's a simple business case of what the market will bear, and the complainers would do well to heed the old saws, "Beggars can't be choosers," and "Don't look a gift horse in the mouth." In the meantime, Westfield continues to put more money into the pockets of ultrarunners and provide more major publicity to ultrarunning than all the rest of the world's ultras combined. Let's keep things in perspective.

24 Hours... A Run by John Vonhof

The thin white lines are unending: straight gives way to curve, curve to straight, straight, curve, straight, curve, the cycle continues...seemingly forever. The surface of the tartan track is smooth and monotonous, each approaching yard the same as the one just past, one of 440, then beginning again...400+ times. The people, their faces, the field, the markers, the status board, the aid tables, all the other elements of my 24-hour world...become memorized, silent and unchanging. Sounds, although heard, are not retained, save the dull tick of the Chronomix clock...and the soft strike of my shoes. Movements, although seen, are not remembered, save the changing numbers on the Chronomix face...hours, minutes, seconds.

400+ times you search out that one special face...your lap counter...waiting for the nod, the raised hand, some word of encouragement, some form of acknowledgement from this vital person...that this lap is counted, one more toward your goal...toward 100 miles. This person is a part of you, that remembers and tells you...when to walk, when to run, if your pace is consistent, how far you have come...and have yet to go, you, yourself, cannot remember...your lap counter remembers for you...thanks.

Thoughts...24 straight hours...time to think, thinking in phrases, one liners, circles, sometimes remembering, mostly forgetting...sometimes, a lot of times, just drawing a blank. Recurring thoughts? Many come and go...this fundraiser — each lap benefits others, the challenges: physical and mental...which is the hardest? what is my body capable of? how hard? how fast? how long? a new personal record? will my mind overrule a tired body? satisfaction, a first 24 hour, a first 100 miler; the physical feelings: general and specific...overall, feeling good, would love ice cream, baked potato with...but reality dictates a banana; specific: seem to go through stages, tired legs, sore feet,

tightness, family, friends, job. There is a lot to think about, and yet sometimes there is nothing...nothing is sometimes easier.

Again you stretch forth your hand...to grasp...the water/ERG bottle, banana, cookie, some form of nourishment...hoping for energy, when you have none left. Your handlers care for you...replenish you...thanks.

Another lap and it's time for a short break, ten minutes in each two-hour period...squeeze the Skin-lube tube coating my feet, slide searching fingers along the skin...are the blisters bigger? new ones? reach for new socks. My mind queries the body...chafing? binding? warm? cold? a change of shorts? shirt? shoes? I ease my tired body from the chair, catch the eye of my lap counter...my eyes say "back on the track."

Spectators, the ever-present cheering force; they too care for us...a wave, a shout of encouragement, a smile, sometimes understanding our motives, sometimes not, but without them there is a void...for coming by, for staying with us, thanks.

Time seems different...24 hours...lived to the fullest in the sport you love, all the time in training, in preparation...is over, we began at 0:00:00 — fresh and eager; at 24:00:00 we will stop — empty, tired and hurting, in between, time moves...the Chronomix records every second, each lap. The sun moves across the sky, giving warmth, sometimes too much, shadows lengthen, coolness sets in. Eight hours have quickly gone by, we've kept moving, time's been constant, thoughts consistent. The sun sets, and colors the sky, now the long hours begin, the moon rises...a pretty, full moon...your night's companion, soon, midnight, still ten long hours left, the hardest, in the cold quiet darkness, in our small tent city, the crews are silent, time goes by slower now, and still you circle,

another lap, and another. It's strange, while some sleep, with few running, time seems to stand still — it's a feeling, this is my time to talk to God...in the quiet. But the numbers on the clock continue to flip over, time is moving on...the sky lightens, joyfully I share in the sunrise, the warmth and light give renewal, thanks, Lord, for your gift of beauty. Each 24 hour day can be lived but once, this is my way to live this day to the fullest.

Another bond of caring has grown...22 runners, encircling an oval track, seemingly captive to the thin white lines...we run, walk, eat, drink, living together...sharing our goals, humor, hurts...our love of running. For a few, records are possible, the rest of us hope for PRs. Lap by lap, through the hours, we learn each other's footsteps, rhythms and patterns. During the long, dark, cold night, our number dwindles, overcome with fatigue, we become a patched-up team...blisters, cramps, leg or stomach problems; some, with taped feet, are resigned to walk, enduring to the end, others are sleeping, and a few are forced to withdraw...the efforts of the medical team have given us a few more hours...thanks. We runners all began fresh, carbo-loaded, now are depleted, empty, running on adrenaline, so close to the end, to 100 miles, to 24 hours...we have touched each other, have a new respect for each other, we needed...and have supported each other...thanks.

The Chronomix says it all... 23:57:29, it has recorded time, now we reach inside, elated...one last lap, run on hurting, pained feet, forget the cramping muscles, grit our teeth, try to hold form, this lap's for us. Hear the song "Winners" over the PA system, runners, lap counters, handlers, spectators, we all savor this moment together. Past the Chronomix again, 23:59:36, tape marks the final yards; 50, 60, 70, 80...the whistle blows, we stop...scattered around the track, 24:00:00. Success survival, a rich experience, for me, 24 hours, 103 miles and 105 yards...bent over, hands on knees, I give thanks.

The thin white lines, the track with its magnetism, which has held us in its grasp, now releases us ...our world of 24 hours is over, but never forgotten.

Redwood Empire 24 Hour Run
March 17-18, 1984

From the South: Understanding Ultra-English

by Gary Cantrell

As one makes the transition from runner to ultrarunner, a hurdle that must be cleared is the language barrier. There is the problem of comprehending an unfamiliar terminology and also the problem of avoiding inappropriate responses to unfamiliar phrases.

During the course of an ultra there are a number of things that the runner is certain to hear. Most of these statements raise more questions than they answer.

By the end of your first pre-race dinner you'll be asking yourself, "Why are any of these runners here?" Everyone you talk to will be "overtrained," "undertrained," "raced out," sporting a variety of "injuries," or all of the above. What you are hearing is not actually lying, just the honorable ultra tradition known as *sandbagging*. Unless you want to appear a rank novice, you should never, repeat never, admit that you've honed yourself to a fine edge for the upcoming run. If you have been knocking out 100-mile weeks for the last six months, you are "overtrained." If you've done the 100-mile weeks, but most of it has come during a weekly 60-miler, you are "undertrained." You can even enhance the undertrained claim by referring frequently to all the three- and five-mile days (between the unmentioned 60-milers). If you don't have any part of your training to deprecate, but you have done another ultra or marathon in the past six months (even an easy tuneup run) you are "raced out." As a last resort (or in addition to your other complaints) you can always fall back on a "sore knee," "possible stress fracture," or some reference to any other body part that has ever been sore. Alternatively, mention "stomach problems" if you occasionally belch or fart while running.

Once the race begins, the problem is not what to say, but how to respond. Everyone you see, runner and spectator alike, is either going to say, "Looking good," or "Keep it up." We are all used to the meaningless, "How are you . . . Fine" of everyday conversation. However, what do you say when your hair is a matted wad, your mouth is caked with dried saliva, your cheeks are caked with salt, you're tilted 45° sideways from exhaustion, your legs are black from knee to foot, and someone tells you that you

are "Looking good!"? I prefer to have prepared a collection of snappy comebacks (and people ask what we think about during training) such as "You're lying," "What would constitute looking bad," "you probably say that to everyone who spent the night in a dumpster," "Oh yeah, how about a kiss then," or the classic, "You mean I feel this bad for nothing?" By the way, my responses are copyrighted so you'll have to think up your own.

If you are racing a single loop or point-to-point course, there comes a time when the miles are about 300% longer than normal and it seems the end will never come. This is when helpful bystanders tell you things like, "Only a mile to go!" Don't start your sprint until you carefully evaluate the source. Otherwise you may run like hell for an hour and have the same good Samaritan tell you "Only a half-mile to the end." Just because someone uses a precise figure is no indication that he or she actually has a precise idea of how much distance is left.

Race descriptions are another source of confusion for newcomers. This confusion is complicated by the unnatural practice of many new race directors: describing their courses accurately. The key to understanding real course descriptions is to recognize the buzzwords. "Track" means track, and a track is a track is a track. You're safe on those. "Certified" means not only that the distance is correct, but also that the run is over terrain mild enough to be accurately measured. "Relatively," on the other hand, is a big danger sign. Relative to what? Wasatch Front is relatively flat (relative to a mountain climb); Old Dominion has relatively comfortable weather (relative to the Burmese Jungle in July). Another favorite is "scenic," a sort of magician's trick to divert your attention from how you get to the scenery. High mountain passes are scenic. Summits are even more scenic. Problem is, there's not going to be a helicopter dropping you off up there. Nay, nay, that job goes to the old feet, and we all know that feet can't take a joke. Other descriptions, rather than diverting your attention from the main course, try to make it sound more palatable. "Fast downhill" probably means a trail that would demand intense concentration from a mountain goat. "Gently rolling" courses will likely gently steamroll you into a fine paste.

After you've mastered the buzzwords, you can learn to judge a course description by the age of the race. At the first edition, most RDs feel morally bound to give as fair a warning as possible. After a few years go by, the same RD figures he owes both himself and the regulars a treat. What better treat than watching a first-timer's hair stand on end when he realizes just what "gently rolling" meant?

Now that we've covered the important stuff, there are a few more odds and ends to complete the novice's introduction to ultrapeak.

"Vaseline and dirt" — This will be the standard condiment for all the meals you eat during a race. Try to fight it if you like, but

this is one of those inescapable realities of ultrarunning.

"Vaseline and duct tape" — These form the all-purpose medical kit used by old-timers (particularly in the south). Just remember to be certain which applies to your problem. Duct tape is a jewel for repairing blistered feet; Vaseline can prevent chafing between your thighs, which, untreated, can lead to pain that can bring even the most masochistic runner to his or her knees.

"Black toes" — This is the stage between finishing the race and having your toenails fall off. Toenail replacement takes six to nine months.

"Toe box" — The part of your shoes you chop off when you get tired of black toes.

"Lap" — A multi-purpose term applying only to track or multiple-loop courses. (a) The completion of one circuit. (b) What the leader just did every time he goes by you; a common experience during the first hour of a track run with Ray Krolewicz. Especially painful when it's done by the next runner in front of you on a two-loop course. (c) The place you take rest breaks if you take a handler to a multiday and only bring one chair.

"Aid" — Fluids provided by the race, primarily a brand you can't drink, in a flavor you can't stand, mixed either too weak to taste or too strong to keep down.

Finally, "Finished" — What you better hope the race is before you are.

See you at the races . . .

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THIS
SPACE
FOR
RENT

Sandra Barwick — Super Multi-Day Runner

"Ultrarunning"
September 1988
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by Mallika Henry

Ultrarunning: How did you start your running career?

Sandra Barwick: I was inspired to start running in 1981 when I went to watch a large marathon in New Zealand. I thought that everybody doing it was incredible. So I went straight home and bought a pair of shoes and started running. My training wasn't very good — about 40 miles a week. I did a 3:36 marathon and didn't really improve much after that — my times went from 3:36 to 3:21. I did 13 marathons up until two years ago, but I got sick of running marathon after marathon. I wanted something different. The ultrarunners from my club thought I'd be good at ultras and gave me a training program aimed at a 24-hour. And now, exactly two years later, I finished the 1,000-mile. It really gave me a thrill.

Right before that first 24-hour I was really scared, so I took a self-hypnosis course to learn to relax and make my mind cope with running for so long. In the race I broke four New Zealand records and the Australasian 24-hour record.

Then I started training for Westfield's Sydney-to-Melbourne race. I ran a 70-km race and finished second. Then I did a tough, hilly 100-mile run around three mountains. I won that, and felt confident about Westfield.

UR: How did you find multi-day racing?

SB: I just loved it. Everybody said that it was one of the hardest races, the ultimate challenge. But every day was just wonderful.

UR: Did you have a plan for the 1,000-mile?

SB: Yes, but it got blown apart when I developed achilles tendinitis. I was able to catch up, though, and was quite happy with my time since I had planned on taking 15 or 16 days. I had traumatic edema too, but was well taken care of by Dr. Martin. My legs had to be elevated, right from the hips, every time I stopped. My bed was incredible. They would do all these wonderful things to me while I fell asleep, and then I'd wake up and they'd have me completely iced.

UR: You say you took up self-hypnosis to relax, but does it also help with your concentration?

SB: Definitely. I wish I had done hypnosis while I was in school! It's just relaxation and focusing on one thing at a time. If I'm running I focus on the white line. I just completely relax the whole body.

UR: That's the same angle Yiannis uses. He says he's not the best runner in the world,

but he gets the best results because he knows how to make his mind and body work together.

SB: Well, he's a lot faster.

UR: You seem very goal-oriented.

SB: If I want to do something I become determined, very determined. Even when I say I can't go in, underneath I really don't mean it. I probably want sympathy.

UR: Were there times you felt that way in the 1,000-mile?

SB: Yes, two days before the end. At times I really thought that my body wouldn't go any further, which was frustrating me, because I wanted to go on.

UR: You're successful at surviving on very little rest. You couldn't have trained for that.

SB: Actually, I have trained for that. At home I trained by running 100 km, and then coping with a family: cooking, washing, ironing. That's all part of the training. I'd start at 4:00 a.m. so that I'd be home with my children by 3:00 in the afternoon.

Essentially, I did a multi-day in my training. I'd do 100 km one day, then spend time with the children, preparing meals and so on. Then I'd go to bed and get up at 4:00 a.m. again and do 80 km, and so on. I had to prove to my husband I could do it. Dick Tout, my coach, said it wasn't necessary, but he knew I was determined to prove it to my husband. My coach had all the faith in the world in me. But I don't think he can believe I did this. He actually said on the phone the other day that he thinks he'll have to come next year.

UR: Did you do sports as a child?

SB: My mother was a very good sportswoman, and I'm sad that she's not here to see what I've done. She was a top New Zealand runner. I used to do a lot of gymnastics. Now I do weights for an hour or two at least five days a week — light weights, ten pounds at most. And I do an aerobics class every day.

UR: What's your best 10 km?

SB: I never do shorter races. But we have national road relays every year, and I've run those, generally doing 10 km in the 41- or 42-minute range. I'm always training at longer distances, so that's not a good event for me. But I love the relay championships. When we win, it's wonderful.

UR: Can you describe your sched-

ule?

SB: Monday's generally a recovery day after the weekend. Tuesday I'll do a hilly run on the golf course, marathon distance. Wednesday I spend lunchtime with my coach, two or three hours on the grass; that's my speed-work. Thursday it's back to the golf course, 21-26 miles. Friday is just a road run, 10 miles. Saturday it's back to the golf course. I generally do 150 miles a week, never under 100 miles.

UR: What was the greatest source of joy for you at this race?

SB: As soon as I arrived, everybody made me feel at home. I have made so many friends and have been treated so well; I've been spoiled rotten. What girl wouldn't enjoy that?

UR: The race seems to be a lonely ordeal.

SB: I think that as the days went on the runners got closer and closer.

UR: Your concentration seemed so intense that you didn't seem aware of the other people.

SB: I just love to concentrate on what I'm doing — that's my biggest joy, to concentrate and keep going and going. Some nights I'd forget how many laps I'd done. I had to be careful not to go out too fast.

When I had to deal with that injury I concentrated to get out of the pain. When I was too tired to concentrate I thought I couldn't go on. That's when I decided to fin-



Sandra Barwick at the IAU 1,000-Mile World Championship in May.

ish Saturday morning. I could not hold on another day with the pain; I was getting too tired. If I had not finished then, I don't know what would have happened.

UR: At what point did the world record come into the picture?

SB: I hadn't set my mind on it. It just happened.

UR: One of the most inspiring things to the other women was your total lack of fear about your overall pace and the distance.

SB: I ran at a pace that felt comfortable. In a multi-day it doesn't matter too much because you can rest any time. I intended to start with a four-hour marathon. Also, I knew before starting that day two would be the worst, that after that I would get fitter and fitter, and the stiffness would disappear. That comes from the experience of the Westfield multi-day — you learn so much.

UR: Did it hurt you to do the two races so close together?

SB: I don't think it helped.

UR: Yet the top three in the 1,000-mile, you, Michel Careau, and Kouros, had all done Westfield.

SB: We certainly were fit. It might have been the reason I developed the achilles problem, but you never really know.

UR: What was the most difficult point?

SB: When the 700-milers finished. Then I was the only woman left. That's when I was really pleased to be getting near the end.

UR: You inspired them tremendously.

SB: I think everybody helps everybody else. I was really inspired by Yiannis. It was just a delight to see him running on the same course, and actually run with him.

UR: You didn't find the one-mile loop tedious?

SB: No. I thought that was going to be hard, but it wasn't. Take it all day by day.

UR: Do you plan on doing this again?

SB: I said no, but I'm changing my mind. I think I will come back.

UR: What's your next goal?

SB: First, to do a fast marathon at the end of August. Then I've been invited to a 4 $\frac{1}{2}$ -day race and a 200 km race in Australia. And a 48-hour in England is quite tempting.

UR: Are you friendly with Eleanor Adams?

SB: I met her once, at Sydney-to-Melbourne. She was really lovely. She asked me what my best six-day was. I said, "I haven't done one." Then she asked about my best 48-hour. "I haven't done one of those," I replied. "You must have done a 24-hour," she said, to which I replied, "Yes, one." "And you're going to do the Sydney-to-Melbourne?" "Yes." Eleanor said, "Well, God help you!" And I replied, "I hope He does!"

WORLD BESTS SET IN TWO OCEANS MARATHON

This report is based partly on information supplied by South African IAU Representative, Norrie Williamson, who has been a major force in the movement towards the taking of intermediate times in ultra races in South Africa. Until quite recently, it was not the practise in South Africa to take split times at 30 miles etc, and since the vast majority of their ultras were held on non-standard distance courses - 53km, 56km, 90km etc - the true abilities of their ultra performers were hard to assess. Despite the recent progress, the taking of such splits is still not universal in South Africa

When Thompson Magawana set a world 50km road best of 2:47:04 in the 1987 Two Oceans race, he did so despite a very laid back start. After a leisurely pitstop at 13km that left him some 500 metres off the lead, he eventually rejoined the leaders before unleashing a devastating finish. The Two Oceans is, in fact, a 56km race, so his world best was a split time taken en route. This year a prize of a R38,000 Jetta car was on offer to anyone breaking Magawana's record for the race (3:05:30 set in 1987). Magawana himself was in good shape, running an easy 2:14:45 marathon on 27th February.

When the 1986 Two Oceans started there was no hanging around this time. Thompson Magawana's times at 30 miles and 50km were sensational - 2:37:31* and 2:43:38*, with a finish time of 3:03:44. Behind these world bests there were some impressive times - Miltas Tshabalala ran 2:53:29 for 50km; Mark Page 2:55:25 and Meshack Radebe 2:56:20. Monica Drogenmoller improved on Marcy Schwam's world 30 mile best with 3:13:50* just ahead of Liz Eglington (2:14:44) who was also inside the old mark. Drogenmoller and Eglington were timed at 3:21:01 and 3:22:00 respectively for 50km. The Two Oceans is not a downhill course. The start is just above sea level but the 30 mile and 50km points are just

about on the highest parts of the course and come just after runners have climbed over Chapman's Peak and up to the crest of Constantia Nek.

So who is Thompson Magawana? He was born on the 23rd March 1959 and currently works in the mining industry (as do most of South Africa's top black distance runners). A typical distance runner in build, he is 1.70 metres/5' 7" tall and weighs 56kg/123lb. At the age of 21 he won the South African marathon championships in 2:12:50. This was to remain his marathon best until 1985 when he clocked 2:10:39 on the Port Elizabeth course (this course has a drop of 149 metres in elevation from start to finish). In 1986, he ran 2:48:58 in the J.S.E. 50km (which is basically downhill) so his Two Oceans run the following year was not a great surprise. What was surprising was that his 2:47:04 took so little out of him - he was able to record a 2:12:35 marathon a fortnight later! Bearing in mind his tardy start and swift recovery in 1987, his great new world bests were perhaps predictable. He has confirmed how vulnerable the shorter ultra records are to fast marathon runners.

Monica Drogenmoller, who set the new 30 mile best, has a marathon best of 2:40:08 set this year, and her other road bests include a 15km in 52:55 and a half marathon in 75:26. She stands 1.67 metres/5' 6" tall and weighs 55kg/121lb. Two weeks after Magawana's bests were set, Philimon Mogashane broke the Bergville to Ladysmith course record, recording 2:56:05 for the 53km. It has to be noted that the last 3kms are downhill, so he was probably running around 3 minutes per km at that point, which would give him a time around Magawana's previous best. The Bergville to Ladysmith race is at an altitude of above 3300 feet which means that he also had that to contend with as well.

* These marks are subject to verification of the course measurement.

U L T R A R U N N I N G

Madness , Masochism or Magic - by Ian Javes

Ultra running, contrary to popular belief, is not a new sport. It has been practised for centuries. Pheidippides, who is associated with the marathon, was actually an ultra runner since he ran about 200 kilometres over rugged mountain trails from Athens to Sparta in a futile attempt to procure military aid for the famous battle of Marathon in 490 B.C..

Captain Barclay was a noted 'strong man' of the early 19th century and was the first to attempt a thousand miles in a thousand hours i.e. one mile at the start of each hour for a thousand hours. This was later updated by William Gale who covered 1.5 miles (2.4km) at the start of each hour for a thousand hours. Ron Grant is to attempt to lift this to 2.5 km per hour for a thousand hours at the Caboolture Sports Reserve, commencing on January 18.

In the period from 1874 to 1888 twenty-four hour races and six day races were all the rage in U.S.A. and Great Britain. Athletes such as Weston, O'Leary, Rowell, Fitzgerald and Littlewood regularly covered distances of over 500 miles (800km) in six day races. These athletes were referred to as 'pedestrians' and some (Weston and O'Leary) walked the whole of the time. Eventually walking was replaced by a 'go as you please' style which meant running was allowed. George Littlewood covered just over 623 miles (1002 km) in such a race in 1888. The marks set by 'pedestrians' of this era have only been surpassed by Kourou and other top ultra runners in recent years and these modern runners have the benefit of much higher quality footwear.

'Pedestrianism' seems to have lost its popularity in the early part of the twentieth century, perhaps due to the introduction of the modern olympics and the rise in popularity of events from 100 metres to the marathon. The advent of the motor car may also have been a contributing factor in the downgrading of such 'pedestrian' events.

The popular myth is that ultra runners are madmen or the lunatic fringe of running. I argue that the opposite is the case. Man evolved physically to suit a hunting-gathering lifestyle where great distances were covered on foot as with the Australian aborigines before European settlement. Man's body is therefore better adapted to long distance events at a controlled relaxed pace rather than the frantic pace of marathons and shorter events or the sedentary lifestyle of many people of this era. As mentioned previously the modern olympics have popularised shorter events and the motor car has mentally attuned people to limiting the amount of walking they do. I recall my father recounting to me that early in the twentieth century my paternal grandfather, Albert Javes, who was an immigrant from England, took regular long walks. Each morning he would walk his dogs from Kangaroo Point in Brisbane to Whites Hill and return (about 15km). He then walked to work in the city and the Story Bridge did not exist at that time. On weekends he frequently walked from Kangaroo Point to a family farm at Morayfield (60-70 km). Of course this was at a time when motor vehicles were not common and the roads were poor, so one either hoofed it or rode a horse.

Ultra runners are not by nature masochists, with an unusual capacity for suffering. There may be a few who have the 'all-or-nothing', 'blood-and-guts' or 'never-say-die' attitude but these people usually do not last in the sport. They often injure themselves so seriously or develop such a psychological barrier that they leave the sport. It is the wise competitor who quits with the onset of serious discomfort or pain. It is best to be patient and wait for the day when one is better prepared. I have found many marathoners and fun runners are more likely to push themselves to extremes in order to obtain that often elusive P.B..

Ultra running does not take any great superhuman effort and massive training programme. One does need to consider the following:

- 1) Develop a positive attitude. You will only be successful in an ultra run if you convince yourself that you can succeed.
- 2) Develop a relaxed style of running with less knee lift and pumping action of the arms. Your pace will be slower the further the distance to be covered. Only the very best of ultra runners would commence a 24 hour run for example,

at a pace greater than 5 minutes per kilometre. To develop this relaxed style one does need to undertake a long run of 50-60 once a week or fortnightly.

3) Develop the habit of eating and drinking while running at a relaxed pace. In a marathon one can just get by on stored glucose. For distances greater than the marathon one needs to keep one's energy supply topped up. Input of food and fluid has to match the output of energy and fluid. This is one of the most important points in ultra running. If you deplete yourself of your energy supply or water you will lose considerable time in allowing your body to recover. Foods eaten during a run should be of the type that form part of your normal diet with the emphasis on carbohydrates. Some runners do use energy supplements such as Polycose, but you should experiment with these in training runs to ensure that you know what concentrations to use.

4) Experiment with footwear in your long runs to ensure that you have shoes and socks that will allow you to cover long distances without developing blisters early in the event. Also find out how blisters can be treated at an early stage- prevention is better than cure. Toes may need to be cut out of shoes in order to prevent the forming of blood blisters under the toenails. I took 8 pairs of shoes along on the Westfield Sydney-Melbourne Run and three of these had the toes removed. Having a number of pairs of shoes allows one to change them frequently in wet conditions.

5) Do plenty of stretching exercises. You may need to consult with a physio-therapist who practises sports medicine to obtain stretching exercises to be performed before and after training runs and during longer ultra races.

Many people have the impression that ultra running is boring but I believe the opposite is the case. In marathons and shorter races competitors are generally running close to their anaerobic threshold, so that conversation with other runners is limited. This is not so in ultra runs. In shorter runs, the only decisions one is faced with is when to take a drink or a sponge. In ultra run one is constantly faced with a multitude of decisions. Do I need to take some food soon? Should I change my footwear? Will I walk for a short period? Will a short break for a massage or stretching be beneficial? Should I stop for a shower and a change of clothes?

TYPES OF ULTRA RUNS

Ultra runs may be conducted on short flat circuits, on roads or on rugged trails. Some events may be distance events e.g. 50km, 50mls, 100km, 100mls, 1000km, 1000mls. Other events are conducted on a time basis e.g. 12hrs, 24hrs, 48hrs and 6 days. The latter type of event allows all competitors to finish at the same time and is easier for organizers.

A fifty mile event is probably as different from a 24 hour run as a 400 metre run is from a 5000 metre. Thus it is not usual that an ultra runner will excel over the whole range of ultra events. It is my impression that with a few adjustment a good marathoner can also excel in runs up to about 100 kilometres, but few excel beyond this distance.

In conclusion I would say that ultra running is not madness or masochism but magic because it is much more interesting than shorter runs and you learn so much more about your body and its capacity for prolonged exercise. When I was trying to run marathons in under three hours, I constantly had back problems, blisters and sore feet and legs. These problems are non-existent or greatly reduced since changing to ultra running (except for the Westfield Run with its hilly terrain and bad road camber).

So why not try an ultra run? If you are not a runner you may wish to be a spectator or even an official or runners handler. I will promise you that you will meet some very interesting people. Check the Queensland Ultra Series programme for 1989.

Acknowledgement: Much of the information and history mentioned here was obtained by reading the book ' Ultramarathoning ' by Tom Osler and Ed Dodd.

Muscle Cramps — Painful, but Usually Preventable

It has been suggested that the major factors that limit our ability to perform prolonged, exhaustive exercise are: (1) water and salt loss in sweat, (2) hypothermia, and (3) depletion of glycogen stores. One of the consequences of excessive water loss and a common occurrence during prolonged exercise is muscle cramps.

Muscle cramps are painful, involuntary contractions of muscles. They are caused by dehydration, electrolyte imbalance, or ischemia (inadequate blood supply to the muscle). Cramps may occur during exposure to severe hot or cold temperatures, and/or during periods of over-exercise and injury — all familiar conditions for ultrarunners.

The most familiar types of muscle cramps are those related to prolonged exercise in a hot environment. Without adequate fluid replacement, the body becomes dehydrated. In extreme cases, an increase in body temperature may cause the loss of 4–6 pounds of water in one hour. Cramps may also be caused by an electrolyte imbalance between potassium and sodium. These electrolytes are responsible for generating electrical activity involved in muscle contraction and for restoring the resting state of the muscle. Without these electrolytes your muscles may have difficulty returning to a resting state and will remain in a constant state of contraction.

Muscle cramps may also occur during periods of extended activity even with adequate hydration. The precise cause of this type of cramping is unclear.

For immediate relief of a muscle

cramp, apply a sustained, forceful stretch to the cramped muscle either by yourself or with the assistance of another person. The stretching will activate sensitive nerve endings in the tendon of the muscle which will inhibit further muscle contractions. Drinking a solution of one teaspoon of salt to one quart of water may also help to reverse the cramp.

Prevention of muscle cramps involves insuring adequate fluids and a normal salt diet prior to periods of excessive sweating. Diets should be adjusted to include bananas, oranges, and fresh vegetables that contain high concentrations of electrolytes.

During ultramarathons, it is important to begin taking fluids *before* one becomes thirsty. The thirst mechanism is inadequate as an indicator for the need for fluids. It has been recommended that water consumption should be eight ounces per twenty minutes of activity. As a rule, one pint of water needs to be replaced per pound of fluid lost. Due to the importance of electrolytes, in ultras, it would be wise to drink solutions that contain electrolytes. Due to individual differences, everyone should experiment with various types of solutions prior to competition.

The volume of sweat production will vary significantly according to the external environment and the intensity and duration of the activity. If, during competition, we make adequate fluid ingestion a priority, the chances of developing painful muscle cramps will be reduced.

Rich Zawacki, P.T

PERFECT PACE TRAINING

DR. ANDREW SEMPLE

(Reprinted from
QMRRC Newsletter Dec'8

In the November 1985 edition of Runner's World, is an article on Perfect Pace, which attempts to quantify training according to one's 10 km ability, which could prove of greater value to runners than the quarter-, half- or three-quarter-paced advice in some of Lydiard's tables.

Exercise physiologists generally agree that there are three ways to improve running performance —

- (i) you can increase your maximum oxygen uptake or Max VO_2 or M.O.
- (ii) you can extend the point at which your muscle efficiency falls off significantly (your anaerobic threshold or A.T.)
- (iii) you can improve your endurance or running economy or R.E.

The most effective training takes direct aim at one of three factors. Jogging around town for 30 minutes or so daily will improve your condition, but there are better ways of training specifically.

Your Max VO_2 is the greatest amount of oxygen your muscles can utilise while you're exercising as hard as you can. Note that Max VO_2 is not just the amount of oxygen that your heart and lungs can provide; as you train, your leg muscles become more efficient at burning the available oxygen through better enzyme exchanges. Good runners have Max VO_2 's as measured in the lab, of up to 85. A simpler method of understanding Max VO_2 is to correlate a 10 km time with a Max VO_2 running pace which is the pace that you could hold for an 11-minute race. However, except when racing, don't try to hold this pace for longer than 5 minutes. This is the ideal pace at which to do repetition work 3 – 6 x 800 metres or 10 – 12 x 400 metres. Have a two to three minute recovery jog between intervals.

The idea behind this kind of interval training is that you can safely go up to, or beyond, your maximum capacity of 11 minutes of M.O. running, because the recovery jogging gives you regular rests. Adaptation without exhaustion is the foundation of all training programs.

Many runners think interval training means speed-work, but remember, running too fast leads to fatigue and breakdown. Running at your M.O. pace - it's not slow running, but rather controlled speed - raises your maximum oxygen uptake, which improves performance potential.

Anaerobic threshold is one of the more confusing topics in exercise physiology and training. Runners with high Max VO_2 tend to produce the fastest running times; but some runners, such as Derek Clayton and Frank Shorter, had relatively low Max VO_2 's for elite athletes. Yet their anaerobic thresholds were so high they could run marathons at 85% of their Max VO_2 's, while other athletes could only maintain levels of 75% - 80%. To improve anaerobic threshold is to train at your A.T. pace, which is 85% of your Max VO_2 pace.

Your weekly schedule should include an A.T. workout in which you cover three to six miles at your A.T. pace - this could be done with three repetitions of one-and-a-half to two miles with a jog in between.

The third section of training (.R.E), does not improve anything specifically, but rather works on the whole body - cardiovascular, biomechanical, biochemical and psychological - in a generalised way.

So we do Max VO_2 running and A.T. running for one day each per week, which leaves five days for R.E. running. Some runners run too fast on these days, and so do not get the recovery that is needed. The secret to easy running is to find the slowest pace that will still provide all the aerobic benefits you want.

How slowly can you run and still be training? This is at about 65% of your Max VO_2 pace. If this seems too slow, run at 70% to 80% pace if this is done without excessive strain.

Additional pointers to training are -

1. Pace training - 100 or 200 metre repetitions

2. Racing - a race of 5 kms counts as an M.O. run
3. Pulse rate can give an indication of the effort involved -

Max. pulse is 220 - age, and this is your M.O. pulse.

A.T. pulse is 85% of M.O. pulse.

R.E. pulse is 65% of M.O. pulse.

AGE	M.O.	A.T.	R.E.
20	200	170	130
30	190	161	124
40	180	153	117
50	170	145	111
60	160	136	104

4. Alternative training such as cycling can be done on one of your R.E. days, but not an M.O. day
5. If you have trouble running, have a rest day, and don't return to an M.O. or A.T. day until the R.E. days are again comfortable.

10 Kms Time Minutes	M.O. Pace		A.T. Pace		R.E. Pace	
	Per Mile	(Kms)	Per Mile	(Kms)	Per Mile	(Kms)
30	4.33	(2.50)	5.12	(3.14)	6.27	(4.01)
32	4.51	(3.00)	5.31	(3.26)	6.52	(4.16)
34	5.07	(3.11)	5.51	(3.38)	7.17	(4.32)
36	5.25	(3.22)	6.11	(3.51)	7.41	(4.47)
38	5.41	(3.32)	6.31	(4.03)	8.05	(5.01)
40	5.59	(3.43)	6.50	(4.15)	8.29	(5.16)
42	6.16	(3.54)	7.10	(4.27)	8.52	(5.31)
44	6.33	(4.04)	7.29	(4.39)	9.16	(5.46)

EVERYONE CAN ACHIEVE
"PERFECT PACE" IF THEY
ONLY TRY HARD ENOUGH!

MASSAGE THERAPY FOR TODAY'S ATHLETE

W. CLARK

The massage I will discuss in this article is a combination of therapeutic and sports massage, including transverse friction, compression and deep tissue massage.

It is well known that massage can :

- (i) prevent muscular and tendonous injuries
- (ii) reduce the strain and discomfort of training
- (iii) help cure chronic injuries
- (iv) help heal acute injuries so that the scar formation has full flexibility and strength
- (v) help restore lost mobility
- (vi) restore muscular function
- (vii) lengthen the athlete's career.

Most of my own experience with distance runners indicates areas of excessive load, that being the hamstring and quadricep group, calf of achilles tendon and associated lower back problems. It makes good sense that to reduce lower back problems occurring, providing that the athlete has already been through the avenues of technique training schedules and correct footwear useage, that the major group of muscles, that is the hamstrings remain elastic, stretched and flexible. The origins of attachment of these being the iliac spine, which has its articulation with the sacrum and the lumbar vertebrae.

Hamstrings have a close relationship with the sciatic nerve. A restricted hamstring will have an effect on the pelvis, often resulting in a posterior rotation of one hip. Gluteal contraction and restriction may contribute to lumbar pain or sciatica. Periformis is a major external rotator of the leg and attaches to the sacrum and the femur. It is in close proximity to the sciatic nerve as it passes through the sciatic notch. Many runners have a restricted periformis, resulting in referred pain. Quadricep muscle groups attach anteriorly to the pelvis. They extend the knee and flex

the thigh. Contractures of the quadriceps will often result in an anterior rotation of the hip. Other problems associated with the tightness of the quadriceps are tracking abnormalities of the knee and patella groove.

Massage, particularly friction massage, rolls and stretches your muscles in a manner that nothing else can imitate. These strokes cross the fibres at a ninety-degrees angle and allow the fibres to stretch and separate. This builds hyperaemia (capillary diation), and stops the formation of adhesions within the myofibril.

Massage produces hyperaemia, which increases blood flow and aids to milk waste products from muscular tissue. The philosophy of loosening muscular fibres is that fibres allowed to act freely and independently, afford the athlete optimum power and fluidity. Optimum power can only be reached if every muscle fibre can relax as well as contract.

Over the years of applying regular massage to top athletes, it is seen that the muscles become accustomed to the deep movements and the pain threshold increases. Athletes I have worked with, who have had previous back problems have been able to maintain performance and improve pain-free.

Massage can be seen only as a part of an athlete's complete routine. Stretching is another integral part which keeps the muscles and ligaments elastic, and makes them less susceptible to injury. 'Stretching up' should be accompanied by 'stretching cool down', to retain flexibility and to allow muscle pumps to slowly stabilise.

If consulting a therapist for massage, ensure that they are fully trained in these techniques I have described.

Good luck and good running!

(Mr. Clark A.S.T.A, Q.A.M.T., A.T.M.S. holds Diplomas in Chinese Massage, Therapeutic Massage, Structural Balancing, Sports Injuries Management and Sports Massage)

(Reprinted from Q.M.R.R.C. Newsletter, December 1988)

TRAINING FOR ULTRAS.

Adapting principles of training to ultra-distance running is a fascinating concept. Most of the ideas expressed here have been taken from "A Scientific Approach to Distance Running".

Principle 1) Specificity: In order that training be effective, it has to resemble as closely as possible, the event for which you are aiming. In this case, Dot's 24 Hour Track Race next March.

Principle 2) Overload: Working over and above what is required of your muscles, cardiovascular system, etc. will make your body overcompensate, and so become stronger.

Principle 3) Adaptation During Recovery: The training effect occurs on recovery periods between hard training efforts.

Taking all of the above into account, here is the programme I am currently using to win the Victorian 24 Hour Championships next March.

Mapping out the programme:

- 1) The programme is specific, allowing a gradual and cautious build-up to 200 km. per day. Although this is indeed very specific, it has been decided to incorporate 3 easier days per week of $\frac{1}{2}$ distance work, i.e. 100 km. to allow for recovery. Re. principle 3 - adaptation during recovery.
- 2) To satisfy principle 2 - overload - 2 days of overdistance work is incorporated to make the body stronger by overcompensation.

The formula finally decided on, and dictated by scientific guidelines is:

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
240 Km. LSD	100 Km. Recovery jog.	200 Km. Race pace.	Day Off Full recovery.	150 Km. Windsprints & Fartlek.	200 Km. LSD	200 Km. Hills

This gives 2 days race pace, 2 days Long-Slow Distance, 1 speed work-out and 2 days for recovery.

Enthusiastic and eager to put into practice the above, I have launched into this programme fully expecting drastic changes to my body.

Surprisingly the first few days were quite painful, with extremely sore muscles. Was this cause for concern? Had I bitten off more than I could chew? It was all quite mystifying until a principle of training, long forgotten, was remembered. THERE IS NO GAIN WITHOUT PAIN. What joy, what relief! The muscles were simply adjusting to the new stress. The programme was working.

One of the main problems being encountered is excessive tiredness. When the going gets tough the tough get going. Tiredness is just a normal reaction and is no excuse for cutting down on training. At any given time you are either getting stronger or are sliding backwards (The rolling stone principle). Cutting the work load is not the answer.

Deciding that visualisation techniques might work, these have recently been incorporated into the programme. The relaxation phase is still a problem, as the tendency is to fall asleep.

I visualise running like a deer, fresh and eager in the race. David Standeven, Bryan Smith and other contenders are passed lap after lap. Dot and Geoff are urging me to go for the record. "Australian?" I ask, "No, the world!" After these sessions enthusiasm is restored.

In conclusion, there are so many facets to running excellence, great determination is required to bring about an optimal performance. Lesser runners may say the training outlined may be overdoing it. We will see. There are still nearly 20 weeks to go to the Victorian Championships. As a final polish, the last six weeks will emphasise Lydiard Hill Springing plus three full days of tapering before the event.

I look forward to seeing you there,

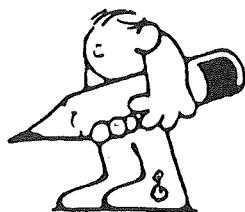
Your Tasmanian rep.

Mike March.

PS: For those doubting Thomases may I quote Arthur in his book "Run, The Lydiard Way." p.56, "Running is without question the best exercise for runners and, provided we watch the degree of effort, we can't really do too much of it."

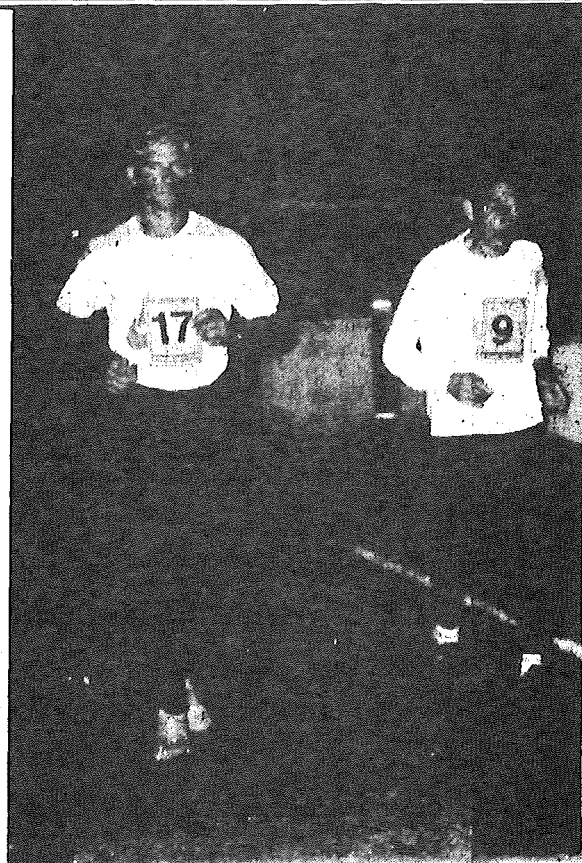
ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



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

Please dispatch to the Editor.



The two Frenchmen, Gilbert Mainix (the current leader) and Ramon Zabalo, running side by side on Thursday morning in their quest to be the Australian Six Day Race champion.

One of our overseas members from Germany, Ulrich Kamm, sent us his experiences as he walked the tough American trail race, the Leadville 100 miles. We don't understand why intending entrants should write to Ulrich when they can contact the Leadville 100 organizers direct. Anyway, many thanks for your interesting account, Ulrich. - Ed.

"The Race Across the Sky"

My legs are heavy as lead, many runners move forward only step by step and finally drop to the ground near the Aid Station at an altitude of about 3600 m. I only fill my bottle with "Max" - an energy drink - and go on climbing slowly towards Hope Pass, 3850 m. A helicopter with a film team is circling above my head. Fortunately, the thunderstorm that has been threatening for some time does not approach any longer. At last I reach the pass, but then have to descend on a steep path to Winfield, the turning point of the 100 mile race.

This race is often called "the hardest footrace in the USA", or "the race across the sky". Its official name is "Leadville Bud Light Trail 100" - the name of a sponsor being included in this term. It was founded when, a few years ago, the last mine in this town at an altitude of 3000 m was closed. At that time nearly everybody of the 4000 inhabitants was unemployed. The race is one of the measures taken to render the region popular in order to attract tourists.

4500 m difference in elevation in the Rocky Mountains must be overcome - remember, in an air permanently poor in oxygen, at an altitude between 3000 and nearly 4000 m! In addition there is an extremely low atmospheric humidity of only about 10%. If you don't drink every few 100 meters, you parch to such a degree that your performance decreases quite rapidly.

"Will you make it? Will you reach the finish?" a film crew taking a 90 minute movie of the race, asks me. I think of the long way up to Hope Pass, I think of all the other trails across further mountains - mind you, at dusk. Many runners finish here, being too exhausted to climb again more than 2000 m.

"Yes, of course I'll make it", I say, stand up again after a ten minutes' break and start walking. Everybody was sceptical from the very beginning whether I would succeed. Probably nobody has ever achieved this race, which takes place the sixth time, below the limit of 30 hours by "only" walking. Each of the 11 check points has its "cut-off time" - whoever is above that, is to be disqualified. At the moment I am 40 minutes below this time limit. But, according to my schedule, I have to cover 800 m up to Hope Pass at a speed of 5 km per hour. In case I keep the schedule given by myself, I'll reach Leadville 12 minutes before finishing time. Will this tiny reserve be sufficient?

I steadily move uphill, across the forest that extends to an altitude of nearly 3500 m. On my way I pass other participants. Again and again I see the good fellowship among the runners. Everybody tries to say something encouraging. Often it is only "you are looking great", hardly to be understood because of the speaker's fatigue. The path is growing steeper, I can see the pass. My pulse is doing 160, I have to breathe vehemently. Many of the 269 participants have stayed here for weeks on end in order to acclimatize. It is said again and again that the elevation is the greatest problem of this run. My rather exhausting tour across the National Parks of the USA at a temperature of mostly 40 degrees (centigrade) certainly was not an optimal acclimatization.

But then I have made it! First, the trail goes down across sand and gravel into the darkening forest. I am walking as quickly as the ground allows it. Before it is completely dark, I want to be in the valley, because this trail would take a lot of time at darkness. In a "belt", a girdle with a bag and two bottle fixtures around my waist, I have a torch and some clothes. Often the evening thunderstorms around the pass bring snow and hail. Finally I have to cross a creek and a rough meadow track - then the lights of Twin Lakes, the next Aid Station, are to be seen. According to my schedule I have gained 50 minutes.

At these refreshment stations, mostly in big tents, arrival and start are recorded, there are medical attention, toilets, facilities to lie down, all sorts of food you can imagine and, at night, warm stoves. Besides, your weight, pulse and blood-pressure are taken. On the day before the start, after a thorough body check, every competitor had received a sealed wrist-band with the personal data.

Now those are being compared. In case the discrepancies are too great, the doctor who also judges your general condition, prescribes rest or even removes you from the race. I once again eat some soup, put on my panty hose, and say good-bye to Traudl, my wife. She is always moving from one station to the next, sometimes walking a short distance with me. Before she meets me she prepares the items I have taken down in a list, e.g. clothes, glasses and a torch for the night. Nearly every runner has a whole crew for these tasks. In addition, more than half of the runners do the second part of the race with a pacer, which is only allowed after Winfield.

Once again I have to climb - more than one hour. At many places little fluorescent rods show the direction. The trail is narrow - stones, roots, from time to time a rivulet. At road forks I look for marking strips fixed to the trees. I pass a group. The ups and downs seem to be endless. My bottle is empty - the brooks here are said to be full of bacteria. At last I descend, in a steep way. Another half an hour, and the next Aid Station - Half Moon - is to be seen. Into the tent: report, refill my bottle, some soup, sit down five minutes near a warm stove, give notice of my leaving, and on I go. The next medical check will not be before km 126. I am still ahead of my schedule. Half an hour later Traudl comes to meet me. She again brings me a drinking bottle, we walk together a short time - talk makes me forget fatigue and pains a little bit. Then she goes on to the next Aid Station. A gravel road stretches endlessly. I try to distract myself, regard the mountains in the moonlight, calculate my speed and interruptions that are necessary, listen to my stomach, touch the wounds at my feet. Even this stage passes. About a hundred meters from the Fish Hatchery everybody is welcomed and accompanied to the tent by a girl. Report, check weight, blood-pressure, pulse; a notice "bathroom" points to the temporary toilet.

It is a few minutes past two in the morning, when I start walking again; yesterday at 4 a.m. I started the race. The first and the second reached the finish shortly after 10 p.m.. Yet I have still to make 35 km and the last bigger climb - with several counter-climbs 500 m to the Sugarloaf Pass at 3370 m. I am still optimistic to reach Leadville before 10 a.m.. It seems that my preparations for this race were the right ones.

In March and April I had done the 100 km at Mülhausen / France and at Montagnana / Italy. Then I had fulfilled a wish that I had cherished for a long time: At the "Continental Centurion" at St. Oedenrode / Holland, a performance for walkers only with a time limit of 24 hours for 100 miles, my finishing time was 23:15 hours. Three weeks later Biel / Switzerland followed, with 100 km during pouring rain, at 13:26 hours. My achievement at Hirtenberg / Austria was rather depressing: As I suffered from stomach trouble, I had to take pains with really finishing the 100 km. Yet the "Sri Chinmoy 12 hour walk" at München in July had finally shown an upward trend, with 89 km.

Shortly after crossing the pass there is disillusion, and the goal seems to remove: an extremely stony, narrow and slippery path causes my legs, which are rather heavy and stiff, to move in a very slow manner. I am thirsty and don't have anything to drink. With this extraordinarily dry air this fact shows its effect at once: in a very weak condition I stumble along the endless pass far too slowly. I had wished to be at May Queen, the last Aid Station, much earlier. The day breaks slowly. When finally I stagger into the tent, I find out that I have lost 40 minutes with this stage. Thus there are only 4 hours for the 20 km to the finish line. That seems to be much - there is a rather slippery path with constant ups and downs ahead. My stomach is not in a good condition. But after another hour of painful creeping the stimulating endorphines come alive. I shall make it, this race I have dreamt of for two long years, I shall reach the finish, I walk more quickly, all exhaustion vanishes. Tears of joy and fatigue roll down. Traudl comes to meet me. She rejoices with me; she, too, has hardly slept for two nights, she has performed a great deed. Another 8 km of asphalt road, permanently uphill. 8 km per hour - I hope I hold out to the end! Another 5 km of climbing, I outpace others, my legs grow lighter and lighter, the home stretch, television cameras, a red carpet, the tape, loud cheers, delirious with joy!

Television approaches, asks me about my impressions. "This was my greatest race so far. I enjoyed it phantastically." I say. - 29:03:54 hours is my achievement; that means I am placed 105th. Traudl is glad that I am still so well, all suffering is forgotten. We are waiting for one hour until the end of the race. 135 of 269 runners reach the goal. That is better than last year, when it rained uninterruptedly and even snowed on the passes.

At 12 o'clock the prize-distribution takes place in a big hall. As for the opening ceremony, a big buffet has been arranged. There is superabundant food - besides, free beer from Sponsor Bud Light. About 1000 people celebrate the end of a great event. For everybody there are many prizes. And then we have to take leave. "See you next year?!" - If only it were not so far away !

For everybody who wants to take part in the "race across the sky", here is my address: Ulrich Kamm, Fiedlerstrasse 1a, 8000 München 71, West-Germany.

A NOTE ABOUT MATERIAL YOU SEND IN.....

Thankyou to all those members who have been so diligent in sending in material to us. Your race reports, results, newspaper clippings, letters to the editor etc. have all been great. It's helping to make our magazine a much more co-operative effort. Just three points to note though.....

1. Please send ORIGINAL newspaper articles. Photocopies do not print well.
2. No highlighter on any material please. It stuffs up the printing process.
3. Send a duplicate copy of race results to our club statistician, Gerry Riley, (address in the rankings). Otherwise your runners' performances will not feature in the Australian rankings.
4. We could do with more photographs of you all, preferably taken at races. (but not necessarily, remember our sensational shot of Tony Tripp taken in the bath!) They will be returned of course!

Chaos at Colac ultra-marathon.

By

Tony Rafferty.

A drunk teenager threw a dead rabbit on to the running track in front of veteran athlete, Cliff Young. The youth and 20 followers shouted abuse as Young climbed through the rope barriers lining the track.

"Mary take me home," he shouted to his wife. "I've had enough."

Loutish behavior intimidated most of the 16 runners during the last 24 hours of the 1988 Australian 6 day race at Colac's Memorial Square, in Victoria, last November.

A 20 year old man tried to burn the arms of the runners with a cigarette butt. The rowdy group and their ringleader rushed him, stripped him naked, and threw his clothes to the wind. They tied his hands and feet with rope. The man struggled and swore. He was lifted, carried 50 metres, and dumped in the centre of Memorial Square in view of everyone.

Sydney entrant, 28 year old Pat Farmer, ran off the track to help. With a knife he borrowed from a spectator, he cut the rope and wrapped him in a blanket. Farmer said later that the man was so drunk, he didn't know what happened.

West Australian competitor, Joe Record, race winner in 1987, lost interest in the ultra-marathon after the drunks arrived. With intense eyes and thick lenses, he yelled at the 6 lap-counters, "I hate this place." And trundled on - in last place.

A lone drunk staggered towards the runners and fell to his knees, clutching a stubbie of beer. He crawled on to the track. "Keep it goin' mate," he said repeatedly as the runners passed. A short time later he walked across Murray Street into the path of a car. It dragged him 20 metres along the road. He was taken to hospital by ambulance in a serious condition.

Five women arrived at 3am. They sat on a picnic bench under the branches of an elm tree. Taking turns, they gulped sherry from a flagon.

"Go back to France," one of them shouted at Ramon Zabalo.

George Slater, the race referee, told the women to leave. His instruction was greeted with a constant stream of four-letter words.

The cat and the possum, who played hide and seek on the trunk of the elm tree, on previous nights, were not to be seen.

When the sun came up on the final morning, broken glass and beer cans littered a section of the grass, tree-lined track; sleeping bodies carpeted the square; a dog darted here and there searching for foodscraps; a young man leaned against a tree - and snored.

Women's world champion, English competitor, Eleanor Adams, said to a group of early morning shoppers, "I've raced all over the world and I've never seen anything like this. The race will die if it doesn't stop. The runners won't compete."

Gilbert Mainix, 56 year old Frenchman and current world champion, won the race with a total of 963.2 kilometres. Second place was Dusan Mravjle from Yugoslavia with 914.4 kilometres and Victorian Bryan Smith took third position with 906.4 kilometres.

The presentation ceremony took place at 3pm, an hour after the race finished, on Sunday 20th November. About 2000 people cheered each competitor on to the stage, as they were introduced by television personality, Rob Gaylard. He asked Bryan Smith how he felt. "I'm tired, sore and happy, but it was a lot different than I had expected," Smith said.

A week later, the secretary of the Australian 6 day race committee, John Fetherston, said that a member of the Colac police department would be invited to serve on the committee for the 1989 race. He promised the runners that bad crowd behavior would not be tolerated any more.

THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU

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

Ian Javes	\$100 (wow!)	Bob Harwood	\$ 10
Colac 6 Day C'tee	\$100 (wow!)	Owen Tolliday	\$ 2
Derek Bambrick	\$ 10	Shaun Scanlon	\$ 10
Val Case	\$ 15	Bill Beauchamp	\$ 10
Dick Crotty	\$ 5	Dave Taylor	\$ 10
Mike March	\$ 10	Barry Callanan	\$ 2
George Perdon	\$ 10		

Dear Dot,

I have enclosed the article from "Athletics Weekly" on Captain Barclay's 1000 miles in 1000 consecutive hours which inspired Ron Grant to attempt such an event. Some newspaper clippings are also included.

Apparently Ron wrote to Andy Milroy regarding the event and was informed that one William Gale had updated this event to 1.5 miles (2.4km) per hour for a thousand consecutive hours in 1877. It would appear that Gale completed the 2.4km at the start of each hour, but since little was written about his attempt Ron decided to attempt 2.5km per hour for 1000 consecutive hours with the distance to be covered at any time within the hour as was the case with Captain Barclay. Andy Semple (the official course measurer for the Q.A.A.) and myself measured out six different courses in and around the Caboolture Sports Reserve. The six are necessary because some are not lit at night; some are adversely effected by wet weather and some are not suitable when a large number of people are running with Ron.

Ron admits that he is more of an adventurer than a competitive ultra runner and this event allows money to be raised for charity (Camp Quality for children with cancer) as well giving some much needed publicity to Queensland ultra runners. The latter, hopefully, will allow the Queensland Ultra Runners to obtain sponsorship for its Ultra Series.

For each 2.5 kilometres run there must be at least one person to accompany Ron to see that he completes the course. These people must not assist Ron other than to watch for stray dogs or traffic which could hinder his progress. Another person stays at the start to record the start and finish times for each run and sign the log book. The log book is also signed by one person accompanying Ron.

So far (after 10 days) Ron has adapted fairly well to sleeping for short periods only, although he admits that it takes some effort to get moving in the runs between midnight and dawn. One aspect that pleases me about the event is to see children and adults who have, in many cases, not undertaken much exercise for ages, turning up in the evening and on the weekend to run with Ron. The event will probably do more for the fitness of the people of Caboolture than any Life Be In It campaign.

Regards,

Ian Javes

Ian Javes



THERE are no prizes for guessing who is about to jog around Caboolture for 1000 hours.

Tomorrow, the Caboolture bread vendor who set the 10,000km jogging record when he ran around Australia in 1983, Ron Grant, *pictured left, receiving a foot massage from wife Dell*, will begin his attempt to break a 112-year-old world record.

The 45-year-old Grant will attempt to jog 2.5km every single hour for 41 days.

He has made six 2.5km tracks around Caboolture's Centenary Lakes for the attempt, which totals 2500km — 90km further than William Gale's 1877 record.

"The distance is no problem, it's just that 'every single hour' factor," Ron said.

Other attempts at the record have included one man who went crazy and shot himself, one woman who collapsed and died, and one man whose support crew beat him.

This record attempt marks Ron's return from his 1986 retirement.

'Little people' stay with Ron



1000 HOUR WORLD RECORD RUN



JANUARY 18th - MARCH 1st 1989

CABOOLTURE SPORTSGROUNDS, MORAYFIELD ROAD, CABOOLTURE

In 1877 an Englishman - William Gale - set a new world record when he walked 2414 kilometres in 1000 hours (2.414 kms per hour).

Ron Grant, the Caboolture based ultra marathon runner will tackle this 1000 hours endurance record by extending his strength and stamina beyond that of his 19th century counterpart.

Foregoing sleep and rest for almost six weeks as he walks, jogs or runs 2.5 klm every hour for 1000 consecutive hours, Ron Grant will encounter tiredness and fatigue as his greatest enemy.

Under the rules and conditions of this run he can complete the 2.5 klm at any time within each hour, but cannot cover any more or less distance in that hour. The longest possible sleep period at any time will be less than 60 minutes.

Even for Ron Grant who is mentioned in the Guinness Book of Records for his 13383 klm run around Australia in 1983, and well known for his gruelling crossing of the Simpson Desert in summer, this event will place incredible demands on his body and mind. Careful monitoring of Ron's condition is of paramount importance throughout the event, as the lack of sleep and rest could result in disorientation.

STATISTICS ON THE RUN

Venue: Caboolture Sports Ground, Morayfield Road, Caboolture

Starting at 2.00 pm Wednesday, January 18th - Ron Grant will run 2.5 klm every hour for 1000 consecutive hours.

Finishing on Wednesday March 1st, covering 41 days and 16 hours, approximately 1.5 marathons would have been completed each day.

Total kilometres covered will be 2500 klm.

No sleep periods are allowed except that obtained in the remainder of each hour.

Six various 2.5 klm courses will be followed all starting and finishing in a fixed position.

No assistance can be provided during the course of the 2.5 klm run.

CHILDREN have provided the most company for ultra-marathon runner Ron Grant on the lonely first leg of his "endurance nightmare" as he tries to run 2400km in six weeks.

The same small band of "little people" has been on hand every day since the run started last week to support the hometown hero.

But with school starting, Grant's loyal followers will be restricted to afternoon appearances.

The relaxing atmosphere of the Caboolture Sports Centre is not the most likely venue for an attempt on the world's longest-standing endurance record.

The ultra-marathon runner has to cover a minimum 2.5km an hour, 24 hours a day, for the next five weeks.

Queenslanders have long been aware of Ron Grant's persistence.

In an atmosphere reminiscent of Expo 1988, Ron Grant set about rewriting the record books.

As this story goes to print, the quietly spoken Caboolture baker will have entered day seven of his 42 day "journey to hell".

Asked on the eve of his greatest challenge why he should attempt such a run where the physical

and mental effects on the modern runner were unknown, Grant answered simply: "There is no one alive today who has attempted this".

Sleep was always going to be a major concern for the Grant camp.

At this stage Australia's super runner is managing a maximum three-and-a-half hours sleep each 12 hour period.

Dell Grant said her husband was looking as fresh as when he started.

"We were more worried about Ron being able to adjust to the stop/start conditions than the actual daily distance," Dell said.

"Ron's doing it quite comfortably at the moment."

Dell said Ron's toughest times had been the 2.30am and 4.30am wake-up calls.

RUNNER BEWARE

by R.A.K.Ledingham

On Friday afternoon 9 December 1988 I collapsed whilst on a short training run with my 16 year old son Robert. This in itself was serious enough, but in addition, I fell on my face, sustained concussion and spent several hours in hospital for observations. How could this have occurred?

I am 41 years of age, have been running consistently for some five years and have completed 10 marathons with a P.B. of 2.52:56. Some two and one half weeks earlier I completed the South Melbourne marathon under humid conditions in 2.59:35 so I was in a recovery phase of easy running and low mileage.

I collapsed because I did not run sensibly nor did I heed long-standing, sensible advice or listen to my body.

Not only was I in a marathon recovery period but the day prior to the training run, I had resigned from my work place to take up new employment. At my farewell that afternoon I had quite a number of drinks mainly white wine and champagne. Later that evening we had a house guest and I again had several red and white wines as well as champagne.

The next day, the day of my collapse, was warm (about 27 degrees) and very humid. My son and I left for the run at about 2 o'clock in the after noon which was the warmest part of the day - being daylight savings time. We had been running at a modest pace (about 5 min/km) for about 15 minutes along Mullum Mullum Creek, Ringwood when I became dizzy and tripped, falling to the ground. I broke my fall by using my arms.

We walked for a short period whilst I recovered until I started running again heading for home.

I took only a few steps before I completely passed out and can remember nothing until I came to, lying on the ground with several people huddled over me. I had no idea how long I had been unconscious, where I was, what day it was nor did I recognize my son.

I had apparently fallen on my face, cutting my tongue badly, sustaining concussion and abrasions to my face. My son Robert had turned my head to one side and ensured that I was still breathing prior to fetching immediate assistance and an ambulance.

I was taken to the Maroondah hospital still feeling very dizzy, disoriented and sore, where I was placed under general observation and had a blood test done. My blood sugar level was very low. Following the test results, when I answered the doctors' questions, they confirmed that I had collapsed as a result of general dehydration and a very low blood sugar count brought about by excessive alcohol consumption the previous evening, and the warm, very humid conditions of the day.

Me - an experienced distance runner, so I thought - I had broken common sense rules and then flaunted my ignorance by not listening to my body when the first signs of a problem developed.

If you drink alcohol, do so sensibly and be prepared to forego a training for a day to allow dispersement of the alcohol and to allow blood sugar levels to return to normal. Even one month later I still suffer from a sore neck and groin muscles as a result of the fall.

The lesson for all - **BE WARNED** - the consumption of high level alcohol drinks such as champagnes and wines coupled with warm, humid conditions and running **DO NOT MIX**.

NOTE: The fitter you are the easier it is to ignore the warning signs your body readily provides.

CONQUERING DEATH VALLEY

By Steve Klein

from RUNNING MAGAZINE, June 1988

Death Valley is one of nature's dirty tricks. It is situated 200 miles north-east of Las Vegas, on the northern edge of the Mohave desert, an arid, barren expanse which supports little life of any kind. The valley, now designated a national monument by a country hungry for history, is surrounded by mountain ranges on either side and falls below sea-level in places. The air is trapped by the hills and, during the day, there is no respite from the sun's merciless rays.

Naturally the idea of running through Death Valley, in the middle of the day when temperatures can reach 130F, had to appeal to someone, and it did, to 24-year-old Briton, Gary Shopland, whose job as a lifeguard in Eastbourne belies his adventurous spirit. In the past few years he has run across the Andes mountains in South America and cycled through the Pyrenees.

He had no medical back-up when he attempted the Andes run, however, and ended up in hospital suffering from heat exposure. "I had no-one to tell me to be careful," explained Shopland.

So for the Death Valley run he enlisted the help of two sports scientists - a physiologist and a psychologist - and a paramedic from the Chelsea School of Human Movement, based at Brighton Polytechnic in Sussex. Before they left for the United States, Shopland underwent three months of specialized training along with his support team, who are all keen runners themselves. They ran over 100mpw along the nearby South Downs. Training up and down the grassy hills improved Shopland's strength and economy of movement - speed was not a vital factor.

Perhaps the most useful specific training was the six weeks of endurance sessions in an environmental chamber at the polytechnic. Here they tried to reproduce the temperature range and humidity of Death Valley, so that Shopland would become acclimatized while exercise physiologist Dr. Jo Doust measured the effects of dehydration and weight loss. These results enabled him to calculate how much water Shopland would need to consume and also to plan his high-carbohydrate diet.

The biggest problem facing Shopland was how to dissipate the heat generated by his body during running. The ambient temperature was such that he could not radiate heat, and the little wind available was so hot that he could not lose heat by convection either, leaving evaporation of sweat as the only means of heat loss. Dr. Doust devised a strict regime which required Shopland to drink more than 20 pints of iced water, carbonated beverages and isotonic salt solutions a day. Through the hottest part of the day, he would need a constant supply of bottles containing iced water.

The run started in Las Vegas, on the steps of the Caesar's Palace casino. The run was a gamble after all - there was only so much the scientists could prepare for. The plan involved a 200-mile acclimatisation run across the Nevada desert before entering the north end of Death Valley at the quaintly named Scotty's Castle. Shopland would then run south along the 146-mile length of the valley before returning to Las Vegas. Dr. Doust, sports psychologist Steve Bull, and paramedic Chris Kidd would travel close behind in an air-conditioned motorhome, keeping Shopland supplied with drinks, monitoring his physical and mental condition and looking after any other problems which arose such as the national park police fretting over their large vehicle travelling at 5mph.

The acclimatization run also allowed the team to settle into a routine. Each day Shopland ran for four 45-minute sessions with lengthy breaks in between for rest and refreshment. At the end of each session he was weighed to ensure that the high-energy diet and supply of drinks was keeping his weight close to 12st 2lb. Shopland "trained" his body to sweat two litres per hour and he lost only 6lb throughout the whole run.

As Shopland entered Death Valley, extra precautions against the sun became necessary. He had been running in shorts and singlet, wearing a white Foreign Legionnaire style of desert hat. Now he changed into a one-piece white cotton suit which reflected the sun's rays while allowing air to circulate around his body. He wore anti-glare sunglasses and rubbed sun-blocking cream over areas of exposed skin around his nose, lips, neck and ears. With places bearing names like Furnace Creek, Funeral Peak, Dante's View and Deadman Pass - legacies of the 19th century settlers who had tried to pass through Death Valley thinking it might be a short cut to the promised land of California - these precautions were not just to add drama for the BBC-TV crew following them. The programme made by the team was broadcast as part of the QED series in February.

Each day Shopland was checked over, physically by Kidd who kept some particularly nasty blisters at bay, and mentally by Bull. It was Bull's job to motivate Shopland, who finished each day in a progressively worse state, stiffness and sore feet making him a sad sight hobbling about when he was not actually out running.

Shopland admits that there were times when he needed a shoulder to cry on. "I broke down twice - once just before I attempted Death Valley and the second time when I had only a few days' running left. I couldn't hold back my feelings and just wept at the side of the road.

"Steve helped get me back on the road again. He was someone I could talk to and confide in - I needed a person who could understand my feelings.

"I found the hardest session to run was the third because the sun was at its hottest and that really got at me - I began to feel physically drained - but only for a short time. My body had time to recuperate and cool down after the end of each session and to get ready for the next one.

"There was a lot of pain but it was the kind of pain I could shrug off easily by setting myself goals. I didn't have any problems with my knees or shins during the run which surprised me and my feet only bothered me when I got blisters. Chris treated these very effectively and they soon cleared up. Looking back, I know the run was possibly one of the most exhausting things I will ever do.

"I also suffered from nosebleeds caused by the intense dry heat and stifling dust but I had been warned that nosebleeds were perfectly natural in the circumstances."

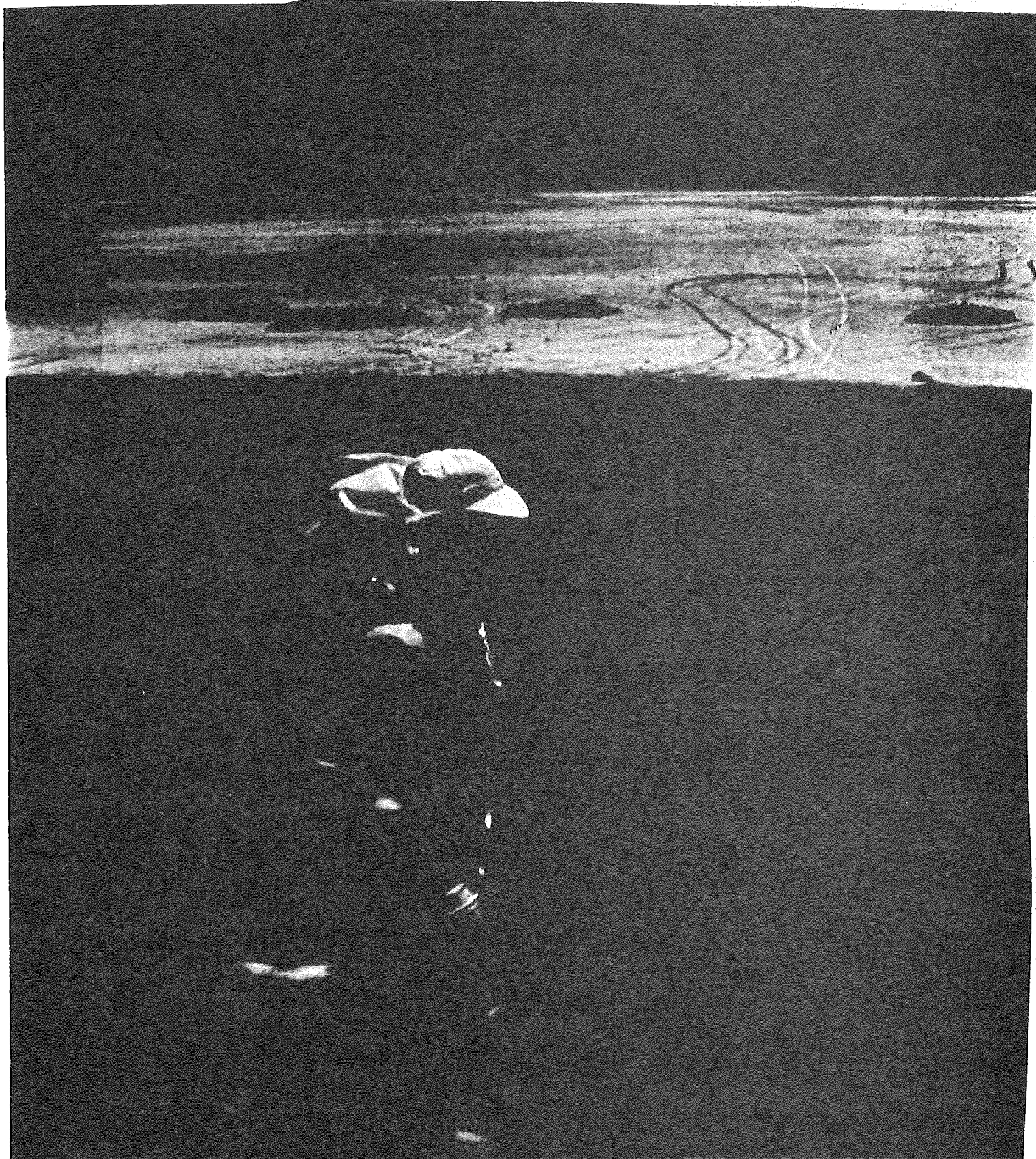
Shopland also believes that he could have run further than the gruelling 501 miles that he had just completed. "I felt, at the end of the run, that I could have gone further - my body was in a good state physically - but I had reached my goal and that was that. At no time, during or at the end of the run, did I feel a physical wreck."

The stress Shopland felt he was under, and the pain and fatigue, made communication with him sometimes difficult. The constant checks and psychological chats began to annoy him. "I felt like the subject of an experiment," he said. This is denied by Bull. "Our aim was to help him complete the course and the data we did collect - and there wasn't much - was a bonus.

Shopland completed his run in 19 days, one day ahead of schedule. The back-up team occasionally let him run a bit further than originally intended, partly to build in a margin for delay and partly to keep his spirits high.

For the team there was the reward of putting into practice their theoretical knowledge usually confined to the lecture theatre and the laboratory. Said Bull: "The trend in sport today is for athletes to have a whole support team rather than just one individual looking after them and Shopland's run demonstrated how well this can work."

So, for the man who lived up to the song lyrics of "Mad Dogs and Englishmen", an extraordinary challenge is over but new ones are always just around the corner.



A DAY ON THE RUN

by Stan Miskin
November 1983

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Mr. P. Farmer
35 Boronia Street,
GRANVILLE NSW 2142

19th December, 1988

Mr. T. Rafferty
G.P.O Box 2106,
MELBOURNE VIC. 3001

Dear Tony,

Since the Australian Six Day Race in Colac in November, I have had some time on my hands, time to reflect on the comments made by the spectators of the race. In particular a comment I heard from three separate groups. That comment being "Keep going your a legend Tony".

"A LEGEND"

Since I returned to Sydney I have been searching through the files, to see what feats you have accomplished in which to justify such an outlandish comment.

I see that you were the first person to run through the hell of Death Valley in the middle of summer. Also that you have travelled the globe competing in various ultra marathons representing Australia, with your most successful races being over 1000 kilometres. In particular your achievements in the 1000 mile races.

One thing that caught my eye was that you still hold the Australian track record for 1000 miles in a time of 14 days 16 hours 15 minutes and 11 seconds. I find it hard to believe that no Australian has yet challenged this record and been successful.

As you know I am a young Australian Ultra Marathon runner who is working his way to the top. I believe in myself and my ability to break your 1000 mile record. One thing I lack is publicity, an important factor in ultrarunning when you realise the great amount of money it takes to fund record breaking attempts.

The reason for writing this letter is to challenge you "Tony Rafferty" to a 1000 mile track race at a venue yet to be decided, in the month of August, 1989.

I would like to prove to the public that young people have the stamina and the mental discipline to win ultra marathons and break records.

Whether you accept this challenge or not will in my eyes determine if you are the "Legend" that some members of the public believe you to be, or just prove that you are passed the stage of taking on younger competitors in a one on one 1000 mile event.

Eagerly awaiting your reply,

82.


(YOUNG) PAT FARMER

Young Sydney athlete challenges
Tony Rafferty
to a 1000 mile track race.

Veteran ultra-distance runner, Tony Rafferty, has accepted a challenge from Sydney landscape gardener, Pat Farmer, to a 1609 kilometre (1000 mile) race.

The endurance event starts at Everly Park running track, Granville, NSW, on Tuesday 1st August.

Farmer, 26, one of Australia's youngest ultra-distance runners, said, "I will win, and I'll break Rafferty's 1000 mile Australian record."

Tony Rafferty who turns 50 in April, is ranked number 9 in the world and number 1 in Australia over the distance. He said, "Farmer will need more than a fit body. A tenacious mental attitude is required to complete 4024 laps of a 400 metre track. The 1000 mile race is slow torture. At times he will question his sanity."

Pat Farmer placed 10th in the Australian international race at Colac, last November. He was 2 kilometres behind Rafferty. He took 15th spot in last year's Westfield Sydney to Melbourne classic. He has 5 years ultra running experience.

Rafferty, a motivation speaker and freelance journalist, is the first man to run from Sydney to Melbourne. He has covered more than 120,000 kilometres, along highways, through deserts and in track races, in 20 years of ultra-distance running. He won England's international 1000 mile road race in Hull, in 1986. His time - 14 days 16 hours 45 minutes 11 seconds - broke the British and Australian best times.

The contest in Farmer's home town will be the second 1000 mile track race this century. English runner, Malcolm Campbell, established the world track record - 15 days 20 hours 55 minutes 11 seconds - at Gateshead, England, in 1985.

The match race will attract interest throughout the country and good media coverage is expected.

Expressions of interest in sponsorship can be directed to :-
Pat Farmer (02) 6825263 or Tony Rafferty (03) 8426412.

The Granville Rotaract club is considering the race to be one of its major projects for 1989.

BEST WISHES TO CYNTHIA HERBERT

Cynthia suffered from an encounter with a car whilst out training recently. She has a cracked vertebrae and so won't be able to run for quite a while. Unfortunately she is forced to miss the VVACI 24 hour race this February, at a time when she is probably running as well as in past years.

For those who don't know Cynthia, she holds all the Australian records from 50 miles to 6 days.

Best wishes for a speedy recovery and rapid return to form Cynthia, from all of us in AURA.

"SHUFFLIN' FOR THE SALVOS"

Cliffy joined forces with Westfield once again to help promote the Salvation Army Christmas Food Appeal.

Cliffy helped launch the Wollongong Appeal and later took on a run in Sydney from Westfield Parramatta Shoppingtown, 35km to the Salvation Army Crisis Centre in Sydney. A truck followed Cliff on his run, which took 3 hours, 50 minutes. The Sydney media covered the event with TV, radio and press covering the whole of the run, which was a great success, with lots of donations while Cliff ran.

Cliff had two well known "joggers" on his run. Sydney Strider, Nobby Young and Westfield Run Race Director, Charlie Lynn. "They had trouble keeping up with me," laughed Cliff.

Cliff, at 66 years of young age, is still very fit and still loves his running. Cliff has just competed in the annual Colac six day run, finishing 14th out of a field of 16, clocking up 670 km in the six days.

Cliff Young came to national prominence in 1983 when he won the first Sydney to Melbourne Westfield Run. Since then he has competed in four other Westfield Runs, completing the distance twice. In 1988, Officials accepted his retirement. Cliff is requesting permission to compete in the Westfield Run again.

(Photograph opposite shows our hero, Cliffy Young)

Avoiding Achilles injuries

Our panel of medical experts give advice on your running aches and pains

Q I have been receiving treatment for an Achilles tendon injury for the last two weeks, and have just started to hobble around on my leg. Could you please advise me on how to get back into training and how to avoid a recurrence of this painful complaint?

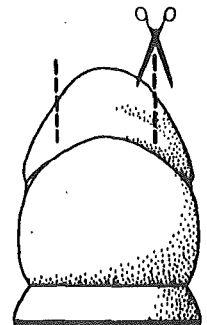
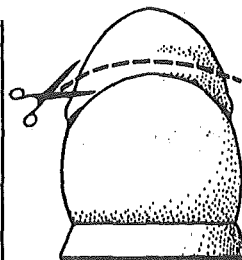
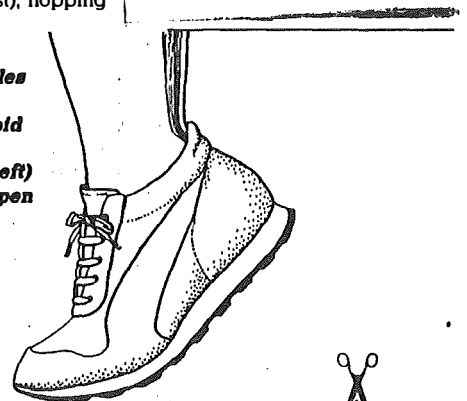
A It is important to recover strength in your calf, first by doing toe-pointing movements, without a load, then gradually adding in a resistance, such as a belt which you pull against your foot, or a leg press machine. As the strength returns, you can gradually walk more normally. You can gently stretch the calf and Achilles, putting the injured leg behind the uninjured leg, with your foot flat on the floor.

and skipping.

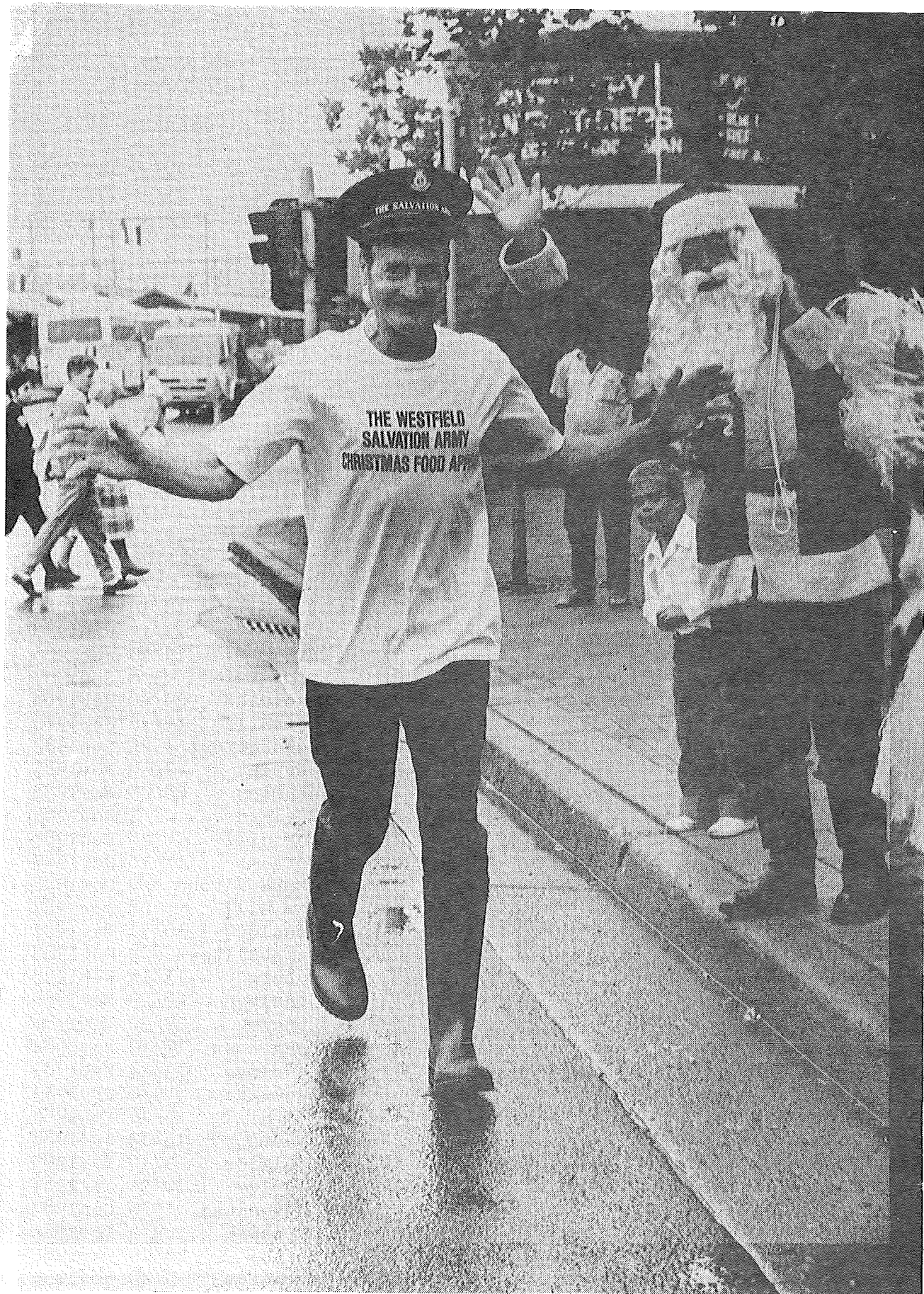
As you are receiving treatment, presumably physiotherapy, you will probably find that your rehabilitation follows these broad outlines. You should always ask your doctor or physiotherapist if you are unsure about what you should be doing. You should not run until the leg is completely sound. Running with an unbalanced leg will inevitably lead to further injuries or re-injury. When you use your trainers again, whether for exercises or running, do remember to cut down the backs (to roughly 2in above the sole) so that there is no friction against the Achilles (see diagram below).

The strengthening process progresses through increasing weight-resisted exercises, followed by weight-bearing exercises such as balancing on the injured leg; wobble board work; standing and going up and down on your toes; doing the toe-raises standing with your heel over the edge of a step; then jogging, running (possibly on a mini-trampoline at first), hopping

(Right) The heel tab presses on the Achilles tendon which may cause injury - to avoid this cut off the tab completely (bottom left) or slit the heel tab open (bottom right)



Acknowledgement to "The Runner" magazine



The indomitable Cliff Young in his traditional gumboots being heartily supported by a traditional Father Christmas.

Cliffy was giving support to the Westfield "Salvation Army" Christmas Food Appeal in 1988.

AUSTRALIAN 24 HOUR TRACK RANKINGS as at January 1989

1. Owen Tolliday	37 Qld	253.063Km	Adelaide	29/30	Oct1988
2. Brian Bloomer	45 V	242.598Km	Box Hill	15/16	Feb1986
3. Cliff Young	63 V	235.969Km	Adelaide	9/10	Nov1985
4. Ashley Parcell	30 Qld	234.959Km	Hensley	23/24	Feb1985
5. David Standeven	35 SA	234.313Km	Adelaide	4/5	Oct1987
6. Bryan Smith	V	232.960Km	Campbelltown	8/9	Oct1988
7. Geoff Molloy	40 V	232.400Km	Box Hill	2/3	Feb1985
8. Joe Record	38 WA	230.092Km	Crystal P.		Oct1979
9. Barry Brooks	46 V	227.574Km	Box Hill	28	Feb1987
10. Frank Kelly	34 NSW	225.275Km	Hensley	28/29	May1988
11. Geoff Kirkman	35 SA	220.560Km	Adelaide	9/10	Nov1985
12. George Audley	51 WA	219.361Km	Perth	18/19	Oct1986
13. Ian Javes	44 QLD	217.070Km	Box Hill	28	Feb1987
14. Bill Beauchamp	41 V	213.875Km	Box Hill	28	Feb1987
15. Charles Lynn	40 NSW	213.839Km	Adelaide	9/10	Nov1985
16. Graeme Woods	40 QLD	212.559Km	Qld. Uni	5/6	Sep1987
17. Bob Bruner	47 V	211.584Km	Box Hill	15/16	Feb1986
18. Alan Croxford	43 WA	210.934Km	Perth	18/19	Oct1986
19. Gerry Riley	56 V	210.272Km	Adelaide	1/2	Nov1986
20. Jack McKellar	45 V	208.915Km	Box Hill	15/16	Feb1986
21. Nick Read	36 ACT	208.859Km	Coburg	13/14	Feb1988
22. John Bell	41 V	208.450Km	Box Hill	15/16	Feb1986
23. Alan Peacock	27 QLD	207.410Km	QLD. Uni	5/6	Sep1987
24. Bob Taggart	42 SA	206.849Km	Adelaide	29/30	Oct1988
25. Howard Ross	40 V	205.634Km	Box Hill	15/16	Feb1986
26. James Sheridan	27 SA	205.426Km	Connecticut	25	Sep1982
27. Graeme Wilkinson	40 NSW	204.716Km	Hensley	29/30	Nov1986
28. John Champness	47 V	202.934Km	Hensley	28/29	May1988
29. Anyce Melham	29 NSW	202.862Km	Adelaide	1/2	Nov1986
30. Maurice Taylor	38 NSW	202.666Km	Box Hill	28	Feb1987
31. Alan Devine	WA	202.000Km	Perth	17/18	Oct1987
32. Graham Firkin	51 NSW	201.790Km	Campbelltown	8/9	Oct1988
33. Barry Allen	30 V	200.776Km	Box Hill	28	Feb1987
34. Dan Gray	40 NSW	198.571Km	Hensley	30/31	May1987
35. Bruce Donnelly	30 QLD	198.140Km	Campbelltown	8/9	Oct1988
36. Robert Nash	37 V	197.778Km	Coburg	13/14	Feb1988
37. Graeme Townsend	30 NSW	196.770Km	Hensley	28/29	May1988
38. Ron Hill	46 V	196.715Km	Hensley	29/30	Nov1986
39. Alistaire McManus	34	196.662Km	Hong Kong	17/18	Nov1984
40. Keith Swift	43 NSW	196.400Km	Hensley	23/24	Feb1985
41. Alan Fox	SA	196.340Km	Adelaide	5/6	Nov1983
42. Greg Wishart	47 V	195.550Km	Box Hill	15/16	Feb1986
43. Ronald Smith	43 V	195.382Km	Coburg	13/14	Feb1988
44. Ross Martin	56 SA	194.695Km	Adelaide	9/10	Nov1985
45. Bob Marden	34 NSW	194.562Km	Hensley	30/31	May1987
46. Bruce Cook	31 ACT	194.258Km	Queensland	5/6	Sep1987
47. Michael Whiteoak	39 V	193.030Km	Adelaide	3/4	Nov1984
48. Mike Thompson	40 WA	192.376Km	Perth	28/29	May1988
49. Klaus Schnibbe	42 V	191.890Km	Adelaide	9/10	Nov1985
50. Peter Milne	32 V	191.634Km	Coburg	13/14	Feb1988
51. Chilla Nasmyth	NSW	191.008Km	Hensley	29/30	Nov1986
52. Andrew McCombe	SA	190.138Km	Adelaide	3/4	Nov1986
53. Ross Parker	WA	190.000Km	Perth 48Hr	16/18	Oct1987
54. Roger Stuart	43 SA	189.962Km	Adelaide	1/2	Nov1986
55. John Benozze	57 V	189.052Km	Coburg	13/14	Feb1988
56. Keith O'Connell	49 NSW	188.957Km	Hensley	28/29	May1988

57. Geoff Hook	42 V	188.704Km	Adelaide	1/2	Nov1986
58. Pat Farmer	26 NSW	188.180Km	Campbelltown	8/9	Oct1988
59. Chris Stephenson	29 NSW	187.631Km	Box Hill	15/16	Feb1986
60. Terry Cox	49 V	187.359Km	Hensley	29/30	Nov1986
61. Stan Miskin	59 V	187.104Km	Adelaide	3/4	Nov1984
62. Bob Hunter	QLD	186.979Km	Olympic P	19	Sep1970
63. Kevin Mansell	NSW	186.140Km	Hensley	29/30	Nov1986
64. Keith Fisher	22 V	186.000Km	Perth 48Hr	16/18	Oct1987
65. Ken Murray	48 NSW	185.445Km	Hensley	23/24	Feb1985
66. George Perdon	46 V	185.175Km	Olympic P.	19	Sep1970
67. Michael Bryce	V	184.699Km	Adelaide	29/30	Oct1988
68. Ian Taylor	35 NSW	184.456Km	Hensley	30/31	May1987
69. Tony Dietachmayer	24 V	184.000Km	Coburg	13/14	Feb1988
70. Kevin Cassidy	26 V	183.695Km	Hensley	30/31	May1987
71. Graham Stenner	43 SA	183.682Km	Hensley	28/29	May1988
72. David Yeaman	51 V	183.514Km	Coburg	13/14	Feb1988
73. Mike March	TAS	182.565Km	Adelaide	4/5	Oct1987
74. Bob Fickel	36 NSW	182.400Km	Campbelltown	8/9	Oct1988
75. Dave Taylor	34 NSW	182.047Km	Box Hill	15/16	Feb1986
76. Frank Pearson	NSW	181.621Km	Hensley	23/24	Feb1985
77. Trevor Harris	40 ACT	181.390Km	Queensland	5/6	Sep1987
78. Rod Martin	45 NSW	181.387Km	Hensley	28/29	May1988
79. Ian Partington	WA	181.261Km	Perth	12/13	Oct1985
80. Terry Pickard	28 QLD	181.232Km	Qld.Uni.	5/6	Sep1987
81. David Brown	30 NSW	181.081Km	Hensley	28/29	May1988
82. Max Kitto	41 SA	180.649Km	Adelaide	4/5	Oct1987
83. Roy Sutcliffe	SA	180.517Km	Adelaide	13/14	Nov1982
84. Tony McCool	SA	180.482Km	Adelaide	9/10	Nov1985
85. Stephen Grant	29 NSW	179.898Km	Coburg	13/14	Feb1988
86. Peter Logan	36 V	179.679Km	Adelaide	5/6	Nov1983
87. Frank Biviano	42 V	179.006Km	Adelaide	1/2	Nov1986
88. Guy Schubert	36 SA	177.652Km	Adelaide	1/2	Nov1986
89. Peter Tutty	22 V	177.470Km	Auckland	22/23	Aug1987
90. Howard Neville		177.027Km	Chemsley Wd.	UK 9	Jul1983
91. Tony Tribo	41 WA	177.027Km	Coburg	13/14	Feb1988
92. Peter Pfister	45 V	176.725Km	Box Hill	2/3	Feb1985
93. Gordon McKeown	61 V	176.421Km	Adelaide	3/4	Nov1984
94. Tony Rafferty	46 V	176.400Km	Colac 6Day	24	Feb1986
95. Ray Ramelli	40 V	175.756Km	Box Hill	15/16	Feb1986
96. Joe Gobel	45 V	175.518Km	Box Hill	15/16	Feb1986
97. Max Bogenhuber	46 NSW	175.321Km	Hensley	28/29	May1988
98. Eduardo Vega	NSW	175.226Km	Hensley	30/31	May1987
99. Tony Collins	41 NSW	174.970Km	Campbelltown	8/9	Oct1988
100. Bert Oostdam	WA	174.836Km	Perth	28/29	May1988
101. Peter Richardson	22 V	174.109Km	Hensley	30/31	May1987
102. Peter Schultz	SA	174.080Km	Adelaide	13/14	Nov1982
103. Tony Ashwell	50 SA	172.640Km	Adelaide	1/2	Nov1986
104. Lyndsay Phillips	33 QLD	171.350Km	Campbelltown	8/9	Oct1988
105. Ian Hutchinson	40 NSW	171.200Km	Hensley	19/20	Jul1986
106. Colin Donald	29 V	170.842Km	Box Hill	28	Feb1987
107. Don Spenser	48 SA	170.616Km	Adelaide	3/4	Nov1984
108. Murray Cox	SA	170.595Km	Adelaide	29/30	Oct1988
109. John Sinclair	45 SA	170.549Km	Queensland	5/6	Sep1987
110. Bill Gutteridge	56 SA	168.311Km	Adelaide	1/2	Nov1986
111. Ralph Bristow	V	168.140Km	Campbelltown	8/9	Oct1988
112. Ray Ellis	57 V	168.038Km	Coburg	13/14	Feb1988

113. Jim Turnbull	51	WA	167.969Km	Perth	28/29	May1988
114. Keith Marshall	59	V	167.903Km	Box Hill	15/16	Feb1986
115. Graham Kerruish	48	NSW	167.612Km	Coburg	13/14	Feb1988
116. David Bird		WA	167.293Km	Perth	28/29	May1988
117. Gary Clark	39	WA	167.113Km	Perth	18/19	Oct1986
118. Paul Every	23	NSW	166.919Km	Hensley	28/29	May1988
119. Gerry Hart	46	V	166.870Km	Box Hill	2/3	Feb1985
120. Peter Gray	23	V	166.466Km	Coburg	13/14	Feb1988
121. Paul Woodhouse	25	NSW	166.417Km	Hensley	30/31	May1987
122. Robert Byrth	37	SA	166.234Km	Adelaide	9/10	Nov1985
123. Robert Channells		NSW	165.840Km	Campbelltown	8/9	Oct1988
124. Reg Williams	32	V	165.642Km	Box Hill	4/5	Feb1984
125. Claude Martin	52	V	165.498Km	Aberfeldie	24/25	Jan1988
126. David Waldeck	38	SA	164.306Km	Adelaide	3/4	Nov1984
127. Brian Kennedy		WA	164.116Km	Perth	28/29	May1988
128. Mark Gladwell		NSW	163.956Km	Hensley	29/30	Nov1986
129. Phillip Clarke	36	NSW	163.766Km	Hensley	28/29	May1988
130. Bill Taylor		WA	163.692Km	Perth	18/19	Oct1986
131. Peter Vernon	32	V	163.200Km	Box Hill	28	Feb1987
132. Andrew Lucas	22	SA	163.063Km	Coburg	13/14	Feb1988
133. Charlie Spare	47	WA	163.000Km	Perth	18/19	Oct1986
134. John Haynes		SA	162.812Km	Adelaide	5/6	Nov1983
135. Stan McCarthy	39	SA	162.667Km	Adelaide	3/4	Nov1984
136. Andy Docherty	55	SA	162.241Km	Adelaide	1/2	Nov1986
137. Peter King		WA	162.097Km	Perth	17/18	Oct1987
138. John Bird		WA	162.000Km	Perth	28/29	May1988
139. Phil Lear	39	V	161.600Km	Box Hill	4/5	Feb1984
140. Alan Staples	37	NSW	161.600Km	Hensley	19/20	Jul1986
141. Greg Coulter	32	SA	161.336Km	Adelaide	1/2	Nov1986
142. Bill Harrison	42	V	161.091Km	Box Hill	2/3	Feb1985
143. Bill Grinberg	35	V	161.010Km	Box Hill	2/3	Feb1985
144. Kevin Hamilton		WA	160.934Km	Perth	12/13	Oct1985
145. Morris Warren		WA	160.934Km	Perth	12/13	Oct1985
146. Barry Heupell		WA	160.934Km	Perth	12/13	Oct1985
147. Mathew Kaley	20	NSW	158.529Km	Hensley	28/29	May1988
148. Peter Manning	34	NSW	157.960Km	Hensley	30/31	May1987
149. Kon Butko		V	154.418Km	Box Hill	15/16	Feb1986
150. Norm Martin		SA	154.164Km	Adelaide	13/14	Nov1982
151. Trevor Richter		SA	153.900Km	Box Hill	2/3	Feb1985
152. Keith Jackson	36	NSW	153.795Km	Hensley	30/31	May1987
153. Gary Collins	26	NSW	153.600Km	Hensley	29/30	Nov1986
154. Derek Jory	39	QLD	153.298Km	Qld. Uni.	5/6	Sep1987
155. Chris Woolgar	42	V	153.112Km	Box Hill	15/16	Feb1986
156. Walter Smith		SA	152.771Km	Adelaide	3/4	Nov1984
157. Gordon Burrowes	51	V	152.213Km	Box Hill	28	Feb1987
158. Dick Crotty	54	SA	151.693Km	Adelaide	3/4	Oct1987
159. Ernie Cattle	37	NSW	151.655Km	Hensley	30/31	May1987
160. Brian Colwell	37	NSW	151.400Km	Hensley	30/31	May1987
161. Gordon Fry	44	SA	150.134Km	Adelaide	5/6	Nov1983
162. Stephen Foulkes	33	V	149.428Km	Adelaide	1/2	Nov1986
163. Leif Nichelsson	45	V	149.204Km	Box Hill	28	Feb1987
164. Stuart Currie	40	QLD	148.962Km	Qld. Uni.	5/6	Sep1987
165. Barry Patterson	35	V	148.512Km	Adelaide	3/4	Nov1984
166. Alex Matthew	45	SA	148.291Km	Adelaide	5/6	Nov1983
167. Bruce Cook	46	V	146.880Km	Box Hill	2/3	Feb1985
168. Peter Armistead	41	V	146.603Km	Coburg	13/14	Feb1988
169. John Peterson	71	QLD	144.523Km	Qld. Uni.	5/6	Sep1987

170. Bill Miller	34	NSW	143.600Km	Hensley	30/31	May1987
171. Graeme Dunlop	27	V	142.887Km	Adelaide	9/10	Nov1985
172. Stan Latchford		WA	142.205Km	Perth	17/18	Oct1987
173. M. Connor			141.150Km	Campbelltown	8/9	Oct1988
174. Dave Scott	40	WA	141.000Km	Perth 48Hr	16/18	Oct1987
175. Kevin Foreman		SA	140.419Km	Adelaide	5/6	Nov1983
176. Marcus Bruer		SA	140.104Km	Adelaide	4/5	Oct1987
177. Peter Ryan	36	V	140.083Km	Adelaide	3/4	Nov1984
178. Stephen Dunn	21	SA	139.684Km	Adelaide	4/5	Oct1987
179. Dallas Earsman	59	NSW	138.936Km	Qld. Uni.	5/6	Sep1987
180. Graham Venus	43	SA	138.553Km	Adelaide	9/10	Nov1985
181. Norm Johnson		V	138.530Km	Campbelltown	8/9	Oct1988
182. Greg Hillier		SA	137.654Km	Adelaide	4/5	Oct1987
183. Colin Walsh		WA	137.601Km	Perth	17/18	Oct1987
184. Nick Bazzica	27	SA	137.378Km	Adelaide	3/4	Nov1984
185. Mark Byrnes		NSW	137.200Km	Hensley	23/24	Feb1985
186. Kerry Hartnett	52	V	136.000Km	Box Hill	28	Feb1987
187. Brian Tailsford	40	NSW	135.885Km	Hensley	28/29	May1988
188. Jean-Claude Morre	31	SA	135.191Km	Coburg	13/14	Feb1988
189. Max Barnes	63	SA	134.437Km	Adelaide	3/4	Nov1984
190. Alan Oliver		NSW	134.173Km	Hensley	23/24	Feb1985
191. Wayne Ward	32	NSW	133.770Km	Hensley	30/31	May1987
192. Ray Carroll	37	V	133.333Km	Coburg	13/14	Feb1988
193. Alan Tyson		WA	132.545Km	Perth	12/13	Oct1985
194. Jonathon Smith		SA	132.395Km	Adelaide	3/4	Nov1984
195. Ken Hough	42	V	131.307Km	Box Hill	28	Feb1987
196. Peter Worley		SA	130.502Km	Adelaide	4/5	Oct1987
197. Kaven Dedman	41	SA	130.367Km	Adelaide	29/30	Oct1988
198. Jeff Down	28	V	130.122Km	Box Hill	15/16	Feb1986
199. Colin Leman		WA	130.000Km	Perth	12/13	Oct1985
200. Michael Patterson		V	128.178Km	Adelaide	4/5	Oct1987

WOMEN.

1. Cynthia Herbert	44	V	200.615Km	Adelaide	1/2	Nov1986
2. Trish Spain	46	WA	182.000Km	Perth	28/29	May1988
3. Margaret Smith	49	V	177.600Km	Box Hill	2/3	Feb1985
4. Georgina McConnell	45	NSW	172.910Km	Campbelltown	8/9	Oct1988
5. Dell Grant	33	QLD	172.001Km	Qld. Uni.	5/6	Sep1987
6. Helen O'Connor	35	SA	171.426Km	Adelaide	1/2	Nov1986
7. Cheryl Standeven		SA	168.584Km	Adelaide	29/30	Oct1988
8. Wanda Foley	42	NSW	165.055Km	Coburg	13/14	Feb1988
9. Sue Worley	39	SA	164.568Km	Adelaide	1/2	Nov1986
10. Geraldine Riley	22	V	164.412Km	Box Hill	15/16	Feb1986
11. Jill Bower		WA	163.461Km	Perth	12/13	Oct1985
12. Bronwyn Salter	40	WA	161.462Km	Perth	28/29	May1988
13. Kay Haarsma		SA	161.053Km	Adelaide	13/14	Nov1982
14. Valerie Case	51	V	151.255Km	Hensley	28/29	May1988
15. Marilyn McCarthy	37	SA	147.777Km	Adelaide	1/2	Nov1986
16. Val Warren			144.910Km	Campbelltown	8/9	Oct1988
17. Louis Gladwell			136.910Km	Campbelltown	8/9	Oct1988
18. Colleen Milbourne	40	WA	133.937Km	Perth	28/29	May1988
19. Mary Young	24	V	132.895Km	Box Hill	2/3	Feb1985
20. Eileen Lush	39	SA	131.566Km	Adelaide	4/5	Oct1987
21. Carolyn Benson		SA	126.164Km	Adelaide	29/30	Oct1988
22. Leonie Gordon	40	SA	124.455Km	Adelaide	3/4	Nov1984
23. Patty Bruner	46	V	110.601Km	Adelaide	5/6	Nov1983
24. Elaine Gutterres	49	SA	103.690Km	Adelaide	9/10	Nov1985
25. Caroline Vaughan	34	NSW	92.800Km	Box Hill	2/3	Feb1985

AUSTRALIAN 48 HOUR TRACK RANKINGS

as at February 1989

1. Bryan Smith	V	382.400Km	Colac 6Day	Nov1988
2. Graeme Woods	Qld	367.838Km	Aberfeldie	23Jan1988
3. David Standeven	36 SA	350.400Km	Colac 6Day	Nov1988
4. Bill Beauchamp	43 V	347.547Km	Aberfeldie	23Jan1988
5. Joe Record	45 WA	345.200Km	Colac 6Day	16Nov1987
6. George Audley	52 WA	335.000Km	Perth	16Oct1987
7. Ron Hill	47 V	330.134Km	Aberfeldie	23Jan1988
8. Keith Fisher	22 V	324.834Km	Perth	16Oct1987
9. George Perdon	63 V	318.800Km	Colac 6Day	16Nov1987
10. Brian Bloomer	45 V	316.400Km	Colac 6Day	24Feb1986
11. Barry Brooks	47 V	315.645Km	Aberfeldie	23Jan1988
12. Cliffe Young	62 V	312.000Km	Colac 6Day	26Nov1984
13. Bob Bruner	49 V	311.205Km	Perth	16Oct1987
14. Tony Rafferty	48 V	301.200Km	Colac 6Day	24Feb1986
15. Ross Parker	38 WA	300.950Km	Perth	16Oct1987
16. Gerry Riley	56 V	295.600Km	Colac 6Day	24Feb1986
17. John Breit	V	293.966Km	Aberfeldie	23Jan1988
18. Greg Wishart	49 V	290.983Km	Aberfeldie	23Jan1988
19. Patrick Farmer	26 NSW	278.800Km	Colac 6Day	Nov1988
20. John Champness	46 V	277.234Km	Aberfeldie	23Jan1988
21. Garry Clark	WA	273.442Km	Perth	16Oct1987
22. Alan Croxford	WA	271.735Km	Perth	16Oct1987
23. Peter Richardson	23 V	268.109Km	Aberfeldie	23Jan1988
24. Bob Marden	33 NSW	256.000Km	Colac 6Day	24Feb1986
25. Geoff Hook	41 V	249.600Km	Colac 6Day	24Feb1986
26. Stan Miskin	62 Qld	241.317Km	Aberfeldie	23Jan1988
27. Dave Scott	WA	233.742Km	Perth	16Oct1987
28. Mike Thompson	WA	231.000Km	Perth	16Oct1987
29. Stephen Dunn	SA	219.612Km	Aberfeldie	23Jan1988
30. Greg Hillier	SA	216.117Km	Aberfeldie	23Jan1988
31. James Hume	V	214.508Km	Aberfeldie	23Jan1988
32. Peter Pfister	46 V	203.200Km	Cola 6Day	24Feb1986

WOMEN

1. Cynthia Herbert	V	261.200Km	Colac 6Day	Nov1988
2. Eileen Lush	40 SA	238.224Km	Aberfeldie	23Jan1988

Australian 6Day Track Rankings (February 1989)

1. Bryan Smith	V	906.400Km	Colac	Nov1988
2. Joe Record	46 WA	890.800Km	Colac	16Nov1987
3. David Standeven	36 SA	860.000Km	Colac	Nov1988
4. George Perdon	60 V	841.600Km	Colac	26Nov1984
5. George Audley	WA	805.200Km	Colac	16Nov1987
6. Brian Bloomer	45 V	763.600Km	Colac	24Feb1986
7. Cliff Young	62 V	749.600Km	Colac	26Nov1984
8. Tony Rafferty	47 V	747.000Km	La Rochelle	29Sep1986
9. Gerry Riley	57 V	741.200Km	Colac	16Nov1987
10. Patrick Farmer	NSW	739.600Km	Colac	Nov1988
11. Keith Fisher	V	732.400Km	Colac	Nov1988
12. James Sheridan	27 SA	662.500Km	Manhattan	4Jul1983
13. Geoff Hook	43 V	606.800Km	Colac	16Nov1987
14. Bob Marden	33 NSW	604.800Km	Colac	24Feb1986
15. Peter Pfister	46 V	474.400Km	Colac	24Feb1986
16. Bob Bruner	47 V	181.856Km	California	30Mar1985

Women. 1. Cynthia Herbert	V	738.000	Colac	Nov1988
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AUSTRALIAN 24 HOUR ROAD RANKINGS

1. Graham Medill	40 Qld	209.604km	25/26 Jun 1988
2. Keith Fisher	23 Qld	200.400km	" "
3. Neil McCabe	34 Qld	184.423km	" "
4. Stuart Currie	41 Qld	174.908km	" "
5. John Peterson	71 Qld	163.559km	" "
6. Maurice Taylor	40 NSW	163.122km	" "
7. Lindsay Phillips	22 Qld	148.613km	" "
8. David Holleran	32 Qld	144.007km	" "
9. Ray Carroll	41 V	143.707km	" "
10. Graeme Ramsden	42 Qld	131.423km	" "
11. Joel Gourlay	29 Qld	129.810km	" "
12. Ian Henry	25 Qld	128.400km	" "
13. Charlie Wakefield	34 V	123.694km	" "
14. Tony Collins	41 NSW	112.203km	" "
15. Dave Taylor	36 NSW	105.600km	" "
16. Mel Henry	30 Qld	103.200km	" "

WOMEN

1. Robyn Wallace	30 Qld	163.334km	" "
2. Wendy Chrisp	24 Qld	118.761km	" "

Ages are as on the day of the event.

Cynthia Herbert (nee Cameron) was missed from the top of the 12 Hour rankings in the previous issue of A.U.R.A. This has now been corrected. (sorry Cynthia)

If your name has been missed from the rankings, check that your race director has forwarded the race results to AURA or myself.

Corrections and omissions to Gerry Riley, 69 Cambridge Cres. Werribee. 3030.
03 7413071.

V.V.A.C.I. 24 HOUR RACE

VICTORIAN CHAMPIONSHIP 1989

As this issue goes to the printers, Dot's V.V.A.C.I. 24 HOUR TRACK RACE which incorporates the Victorian Championship and the 1989 Westfield trial for Victoria looks like being a great event. We have 50 starters with another half dozen on the waiting list. Seeded runners include: Cliff Young, David Standeven, Joe Record, Barry Brooks, Billy Beauchamp and even our infamous elPresidente, Geoff Hook. Big Chris is also coming down for a run. Hookie's slightly ahead of him on the rankings, so he's out for the kill.

Good luck to all the runners, thanks to Westfield for their sponsorship, and we'll give you the results next issue.

MEMBERSHIP APPLICATION

A.U.R.A.

Application for Membership of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

I,
(Full Name of Applicant)

of
(Address)

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

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED.

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

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

I, a member of the Association
(Name)

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

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

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

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

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

Current Membership fee for 1989...

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

Please circle desired rate:

~~\$10.00~~ within Aust;

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Air Mail (up to 1 week delivery)

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Send application and money to:

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