



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

(Incorporated in Victoria)

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

MAGAZINE

Vol.4 No.2

May 1989

Hi folks!

Thankyou so much for your support in so many ways. Your letters, articles, race results, photographs, donations etc. have all been great. They certainly help to keep our enthusiasm going. Race organisers, don't forget to send results to Gerry Riley also, for his rankings.

What an incredible couple of months it's been on the Australian ultra scene! Our Tassie members have added another five ultra races to their program and our established races are becoming more professional and better organised each time they're held. We seem to be learning from each other.

Congratulations to Mike March from Tasmania, who amazed everyone with his Australasian 24 Hour Record of 260.099km in the Vic.Vets. Coburg race in February.

And then another fantastic performance by David Standeven, in being first over the line in the Westfield Run. His hard battle with Mike March in Mike's record-breaking race must have given him the stamina he needed to stay ahead of Kouros all the way. What a race! We were all nervous wrecks worrying about him being passed on the final day.

We were thrilled that so many of our members survived the cut-off points along the route to finish within the required time. It's a great event and has certainly captured the interest of the general public. We hope all our competitors are recovering well and are enjoying a well-earned rest. We hope to have a special supplement in our next issue, which will give you the full Westfield results and race report. But if you were involved in the event either as a competitor or a handler, we'd love to receive some personal articles giving your point of view of the race.

'Bye for now and take care. And thanks for helping to make this one of the most unique athletic clubs in Australia.

Regards,

Dot Browne

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CALENDAR

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- June 11 **50 KM ROAD RACE**, Lauderdale, Tasmania, \$2 entry. Free nosh-up at the Lauderdale Tavern after the race. Contact Talays Running Shop ph.(002)34:9945 or Mike March ph. (002)39:1432
- June 17 **VMC 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 **HOBART TO CYGNET ROAD RACE**, Tasmania, 54km, 7am start, from talays Running Shop, Liverpool Street. \$5 entry (includes Tee shirt). Contact Talays phone (002)34:9945
- June 18 **VMC 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 23 **ROSS TO RICHMOND ROAD RACE**, Tasmania, 94km, between the two oldest bridges in Australia, 7am start. Need support vehicle and helper. Contact Talays Running Shop phone (002)34:9945
- June 30/July 2 **48/24 HOUR ROAD RACE**, Caboolture, Qld. 8am start. June 30 (48hr) \$40, July1(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 Coburg, Vic, 400m track, 7am start, \$27 entry, contact Kishore Cunningham, c/o Purity's Strength Indomitable, 631 Burwood Road Auburn, phone (03)882:5476 (BH).
- July 16 **50 MILE TRACK RACE**, at Adelaide, SA, 440 yard cinder track, 7am start,(Adelaide Harriers track, South Terrace). For entry application form contact: Don Parker, 26 Cynthia Street, Para Hills, 5096, phone (08)264-8963
- July 23 **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 12 **12 HOUR TRACK RACE**, St.Leonards, Tasmania, 5am start. Contact Dave Osborne, 65 Amy Street, Launceston phone (003)43:1315(w), (003)44:3200(h)
- Aug 19/20 **24 HOUR TRACK RACE - WORLD CHAMPIONSHIP**, Olympic Park, Melbourne. *Details uncertain. Contact Ray Carroll (03) 562.3312 (W) or (03) 819 6690 (H)*
- ~~Sept 2/3 **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).

- Sep 3 **SYDNEY TO WOLLONGONG, NSW, 82km** road race & relay, contact Fred Howe, c/o Tallays - The Runners' Shop, 48 Frenchman's Road, Randwick, NSW, 2031, phone (02)399-3893
- Sept 10 **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 3 **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 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).
- 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.
- Sep 24 **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE**, Tasmania, 64km, (Australia's (the world's?) southernmost ultra race). Course takes in the length of Bruny Island. Support vehicle and helper required. Contact Mike March, phone (002)39:1432 or Talay's Running Shop, phone (002)34:9945.
- 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 7 **SRI CHINMOY 100KM TRACK RACE**, Sydney Athletic Field, 400m track, 7am start, \$35 entry, contact Animesh Harrington, P.O.Box B10, Boronia Park, 2111, NSW, phone (02)816-5613.
- Oct 8 **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 21 **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, phone (003)43-1315 (w) or (003)44-3200 (h).

- Oct 28/29 **CAMPBELLTOWN CITY 24 HOUR TRACK RACE**, Bradbury Oval, Campbelltown, \$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.
- Oct 28/29 **SRI CHINMOY 24 HOUR TRACK RACE**, SA, (Australian Championship) Adelaide Harriers track, Adelaide, SA. 7am start, \$50 entry, contact Prabuddha Nicol, P.O.Box 554, North Adelaide, 5006, phone (08)239-0690 or (08)344-8537.
- Oct 22 **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. *Contact - Ian Javes. 25 Fortune Esplanade, Caboolture 4510 (071)954334*
- Nov 13-19 **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**, 400m grass track. 10am start \$120 entry, prize money 1st, 2nd, 3rd, M & F. Contact John Shaw, 17 Buvelot Way, Claymore, NSW, 2560, phone (046)26-6694.
- 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, 400m track, 12 noon start, race to be confirmed.
- 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 3 **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.
- Mar 10/11 **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 **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.
- Mar 24 **BLUE MOUNTAINS SIX FOOT TRACK MARATHON**, NSW, 46km, mountain trail run, 10am start from Katoomba to Jenolan Caves. Contact Ian Hutchison, P.O.Box 65, Leuna, NSW, phone (02)669-4715**(BH)** for entry forms.
- Apr **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 **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 **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, 54 Armstrong Road, McCrae 3938 Vic.
- May **BANANA COAST ULTRA MARATHON**, NSW, 85km, Coff's Harbour to Grafton, 5am start, contact Steel Beveridge, 20 Arrawarra Road, Mullaway, 2456, NSW.
- May **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 **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 **12/24 HOUR TRACK RACE**, WA, Perth, 1km grass track, McGillvray Oval, contact Tony Tripp, "Lakeview", Davies Road, Claremont, 6010, WA, or Ross Parker, (09)401-7797

ULTRA EVENTS

	N.S.W.	VIC	ACT	S.A.	W.A	Q'LD	TAS.
JANUARY	200 km (R) Umina	60 km (TR) Bogong to Hotham					Cradle Mountain (TR) 60 km
FEBRUARY						50 Mile (T)	
MARCH	50 km (T) 46 km (TR) 6' Ft. Track Katoomba	24 Hour (T) Coburg					
APRIL		34 Miler (R)		6 Day Triathlon		12 Hour (R)	
MAY	Westfield (R) 85 km (R)	12 Hour Rosebud (T)			24 Hr. (T) 12 Hr. (T)	100 km (R)	
JUNE		50 Mile (T) 50 Mile (R)				24 Hour (R) 48 Hour (R)	54 km (R) 50 km (R)
JULY	50 Mile (T) Bass Hill	12 Hour (T)		50 Mile (T)			94 km (R)
AUGUST		100 km (T) 24 Hr. (T)					12 Hour (T)
SEPTEMBER	24 Hour (T) 50 Mile (R) B'hurst 50 Mile (R)				40 Miler (R) Perth to Albany (R) 257 miles	50-60 km (TR) Crystal Waters.	64 km (R)
OCTOBER	Syd - Wgong 24 Hr (T) 100 km (T)		50 km (TR) Brindabella Classic	100 km (R) 24 Hr. (T) Sri Chinmoy.		50 Mile (R)	Launceston to Hobart (R) 200 km
NOVEMBER	6 Day (T) C'town	6 Day (T) Colac	(TR) 50 km			50-60 km (TR) Rainbow Bch.	
DECEMBER		50 Mile (R) Ballarat					

* (T) = TRACK RACE

(R) = ROAD RACE

* (TR) = TRAIL RACE



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29th May, 1989

Dear Member,

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Australian Ultra Runners' Association Inc. will be held at the clubrooms of the Box Hill Athletic Club, Hagenauer Reserve, Barwon Street, Box Hill, Victoria on Saturday 17th June, 1989 at 6.00 p.m.

Business to be transacted at this meeting comprises:

- a) to confirm the minutes of the previous AGM held on 18th June 1988;
- b) to receive from the Committee, reports upon the transactions of the Association since the previous AGM;
- c) to elect officers of the Association and the Ordinary Members of Committee, and
- d) to receive and consider the statement to be submitted by the Association in accordance with Section 30(3) of the Associations Incorporation Act.

GENERAL BUSINESS: THE FOLLOWING MOTION HAS BEEN PUT FORWARD BY THE COMMITTEE OF MANAGEMENT OF THE ASSOCIATION:- "THE MEMBERSHIP FEE OF THE ASSOCIATION BE INCREASED TO \$20-00 PER ANNUM, COMMENCING 1/1/1990". PROXY VOTES ON THIS MOTION MUST BE IN THE HANDS OF THE SECRETARY BEFORE THE MEETING.

Elections will only be required if we receive more nominations than positions vacant. In this case, you will be notified in time to submit a proxy voting form.

The time, date and place of the A.G.M. is chosen to coincide with a planned social get-together of all those associated with either or both VMC 50 mile races. This way we will be honoured with the presence of at least a few interstate members who will be here for one of those races. A.G.M.s can be uninteresting occasions so this one will be kept short, however it would be nice to have as many members attending as possible to show you care about AURA. Some refreshments will be provided by the Association, however it would be appreciated if you could bring a plate of food to share and something to drink.

AURA has had another fantastic year and has continued to grow enormously in strength. Our Newsletter is frequently receiving praise from many quarters and members are most enthusiastic about what we are doing and the direction in which we are heading. There is still a lot to be done and your committee has worked hard during the past year. Please support us by attending our AGM if you can.

May the spirit of AURA be with you.

GEOFF HOOK
PRESIDENT

LETTERS TO THE EDITOR

Dear Geoff,

Like a lot of ultra runners, I've a secret hobby (well, not really a secret). I knit. It started as an exercise for my finger which had an argument with a bench power saw. You were asking for logos. Well on the back of my jumper, I've knitted a runner with A.U.R.A. running through it. On the front is a list of the Big Three 6 Day races. Last year, three runners entered those Big Three fun runs - Tony Tafferty, Joe Record and myself. I was the only one to finish all three, which prompts a little article for the magazine.

POST ULTRA DEPRESSION

During 1988, I competed in 4 ultras plus a couple of marathons, the ultras being the Sydney to Melbourne (March), Perth Hi-Tec 24 hour race walk (May) - 164kms in 24hours, Perth to Albany (September) - 407kms. and Colac 6-Day Race (November).

The 24 hour race walk was the hardest but the Colac 6 Day saw me suffer my first bad blister. I spent 5 days with a blister that made me limp for 3 weeks after the event. I am now running 150-170kms. a week in preparation for Perth Hi-Tec 24 Hour in May. But here comes the problem and I would like to know if any other ultra runners have had the same. I just seem to sit in front of the TV at night and I can't seem to move myself. I have dozens of letters to write but I don't. I have an idea it could be my Colac failure - 661kms, or perhaps it could be the length of time between runs. Six months is a long time between the Colac 6 Day in November and the Hi-Tec 24 Hour at the end of May. If any body has any ideas, I'd be pleased to hear them.

Regards,

George Audley.

Dear Dot,

Once again I must congratulate you and the people who compile AURA for an excellent magazine. I find it both interesting and informative as well as providing a great deal of encouragement for someone trying to break into the field of ultrarunning, like myself.

Coming from a state where ultrarunning is trying to find a footing, it is pleasing to find a comprehensive calendar of up-coming ultra events, their location and time of the year.

After reading the latest AURA magazine, I feel that I must comment on the article by Siggy Bauer.

Having left New Zealand only two years ago, and until that time living in the same town as Siggy, I found him to be a great motivating force, someone who inspired me to train and do my best, although I did not know him personally. It was Siggy who paved my way towards the ultra-marathon circuit. Therefore, while I agree with Mr. Bauer that there must be a certain degree of professionalism in any sport, I feel that he must also recognise the role of the "walkers and talkers". If it were not for these people, there would be no on-going interest in the sport of ultra-running and neither would there be any rising stars.

In any sport, the pioneers must give way to up and coming athletes, and all must be given the chance to compete. It appears that Mr. Bauer appears to have forgotten that he too had to start somewhere. He has had his moments of glory in the past, and now he must accept that others in the field of ultra-running deserve some recognition. It is sad but true that in any sport, once the spotlight shifts from you, you are a name in the past, and now he must accept that others in the field of ultra-running deserve some recognition. It is true that in any sport, once the spotlight shifts from you, you are a name in the past, pioneer or not.

As Mr Bauer berates not being invited to one race, perhaps he could reflect upon the achievements of Sandy Barwick. Two years ago, she ran her first 24 Hour Race, followed by a Westfield Run, and then a successful record-breaking attempt on the women's 1,000 mile title. Quite an impressive record, I'm sure you'll agree, but according to Mr Bauer's scale of achievement, Sandy should never have been invited to the race. Surely, Mr Bauer, actions speak much louder than words or statistics.

A final word in closing to Mr. Bauer, and to all the walkers and talkers like myself:

"Far better it is to dare mighty things, to win glorious triumphs even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that knows not victory or defeat." Teddy Roosevelt.

Yours in running,

Ian Lilburn

Ian Lilburn

Dear Dot,

I want to comment on Ian Javes's letter in the previous magazine (Vol. 4 No. 1) regarding the use of 400 metre tracks.

Firstly, the A.U.R.A. committee is currently looking at definitions and standards that will resolve this question for all concerned.

There are 3 types of races; track, trail and road. Records can only be set on tracks because the shape, size and distance can be reproduced within close tolerances the world over. Therefore records so set can be compared. I know distances can be accurately measured but the shape is important here. It is far easier to race 400m in a straight line than 1 lap of the track. Consequently it is less demanding to race on a 1km loop course than a 400 metre track. It would be unfair to allow records to be claimed on any type of course. The effect of running the bend on a 400m track will be the same the world over. The type of running surface may affect some competitors in ultra events but it would be impractical to require only 1 type of surface for record purposes. Competitors are at liberty to seek out the surface that will assist them to the best result if they believe it has a significant effect.

Records can only be set on 400 metre or 440 yard tracks. Trail races are usually point-to-point events and the geographical location defines the achievement. Best performances are obtained in road races which allow a degree of uncertainty in comparing results.

I understand Ian's problem where Track Management Committees refuse to allow ultra events on their precious tracks. Some geographical locations do not even have reasonable access to tracks. For these, and other reasons, the A.U.R.A. committee is seriously considering a category of non-standard tracks. Definitions would be strict for these kinds of tracks, but reasonable licence on shape and distance will greatly assist people like Ian to conduct ultra events and still be able to claim records. I cannot agree to loop courses of 700 metres because the curvature effect would be significant. Any distance between 350 and 450 metres should be a realistic spread as well as a great help to race organizers.

One final word. Despite what Ian says, it is important that our records are recognisable by the I.A.U. (and the I.A.A.F.) so we have to tread carefully here. It is easy to do your own thing, but if we are isolated from the mainstream because of it, we would be the losers.

The A.U.R.A. rules, definitions and standards will be made public via this Magazine when they have been decided.

Kind regards,



GEOFF HOOK

19th April 1987

Dear Dot and Geoff,

This letter is really a form of market research. A small group of Tasmanian Ultra Runners have got together and have been discussing the idea of holding an Australian 24 Hours Teams Event, with maybe four runners from each state competing, three to count. Highest combined mileage wins. It is envisaged that the race will be held under strict A.U.R.A. guidelines and subsidised travel for all interstate teams as sponsorship allows.

Before the idea goes any further, we would welcome feedback from interested parties, in particular, interstate runners who would be interested in forming a team. The event would, as far as possible, be timed so as not to clash with known races. Any ideas etc. can be sent to me at 125 Summerleas Road, Fern Tree, Tasmania 7054.

Yours aye,

Mike March

Dear Dot and Geoff,

I thought the readers of AURA Newsletter might be interested to learn just how tough the "Peds" of the 1880's had to be.

In a 6 day race run from April 28th - May 3rd, 1884 the coaches of Patrick Fitzgerald decided to cut incisions in his thigh muscles to loosen up his legs in order that he be able to stay ahead of Charles Rowell. Could you please clarify the official AURA policy on this practice? Would this constitute an unfair advantage? (Editors' comment: No Mike, we don't consider this practice an unfair advantage because we are contemplating surgery on your feet half way through your next 24 hour race). When the going gets tough the tough get going. In 1888 the "Sheffield Blond" George Littlewood had an interesting 6 day race. I quote:

"It was on the second day of the race that the first blister appeared. It was smack on the ball of Littlewood's right foot, the one that hit the ground hardest on his 100-mile-a-day pace. He altered his stride. There were four more days to go in the race.

The second blister grew the next day. It was on the ball of his left foot. The blister on the right foot was getting raw.

On the third day his right hip swelled up with rheumatism.

The fifth and sixth days were the worst. The blisters burst. Blood gushed against raw flesh as Littlewood ran. The skin on his little toes on both feet had swollen and burst away from the skeleton beneath. The flesh flapped in pools of blood, and the bones chafed against Littlewood's shoes.

He ran on, ignoring his handlers's pleas that he cease. He had the lead. He meant to hold it. He ran on.

Then the six days were up, and George Littlewood could stop running. He had won, and his prize money was nearly four thousand dollars."

Whilst on the subject of "Georges", I'd like to congratulate George Perdon on his run in the Colac 6 Day Race. It's good to see the "youngsters" of the sport being kept honest by our "mature" athletes. I also notice that George still holds the Australian 12 Hour record from 1970! Nearly 20 years.

I know George won't remember me, but he and John Toleman were partly responsible in introducing me to running and teaching some of us the same way of training in the early days of the Professional Cross Country Club (P.C.C.C.). We used to judge the worth of a workout by how much pain we were able to tolerate! Without the steadying influence of guys like George, I would have left the sport many years ago.

All the best from Tasmania,

Mike March

Dear Dot,

March 8, 1989.

I would like to take this opportunity to say a few words on the 24 Hour run, Coburg, 25-26th February. You are to be congratulated on the successful staging of the event, and the sport has a lot to be thankful for, for all those people who worked so hard behind the scenes. Thank you lapscorers for giving up your time to do such an essential job. Thank you to all those runners and spectators who offered encouragement and support towards the end of the event.

It was a tough race with many fine performances, surely one of the strongest fields yet gathered for a 24 hr. race in Australia. The number of runners over 100 miles and 200 kms. shows how much the sport has progressed.

Both my friend Mike Maddock and I had a ball, and were made to feel welcome from the time we lobbed on Hooky's doorstep the Friday before the race. We were delighted to find that Mainland and Tasmanian "Humour" were quite compatible, and were amazed that so many people tolerated my mad mate's jokes and carryings-on. I usually have to apologise for him but this trip it was unnecessary. Thank you. Kind regards from both of us. We look forward to seeing you all again soon.

Mike March

2/3/89

Dear Dot and Colin (Browne),

Just a short note to thank you both very much for all the hard work you both did before, during and I'm sure after the 24 Hour Run at Coburg. I would also like to thank all the other runners, crews, lapscorers and behind-the-scenes people, both on and off the track, for their help and support throughout, especially Geoff Hook. "Thanks Geoff".

A very special thanks goes of course to my own lapscorer, Anne, who also helped me with my training, and her husband Ray Callaghan, who kept me on the track both mentally and physically, and to my great crew who were fantastic and have already booked for next year!! My husband Tom says insanity rules me, as as I really enjoyed the run and I am looking forward to my next ultra.

Warm regards,
Yours sincerely,

Sandy Kerr

Sandy Kerr

(This photograph shows Sandy and Tom Kerr after the Budget Marathon 1988)



Dear Dot,

You gave me more credit than I am worth in the last Aura magazine. I cannot accept any credit at all for the 100km Adelaide to Victor Harbour run. The Distance Runners' Club of South Australia did all the work and did a magnificent job. The route now is truly a scenic run and Des Paul, Paul and Glynis Boyce assisted by Maxie Barnes in the measuring, did all the work. These people, all runners themselves (apart from Max) are not ultra runners. They do a wonderful job and put in a tremendous amount of time and effort on behalf of the whole long-distance and ultra fraternity.

Next, I support the athletic world's ban on performing in South Africa. I believe that action such as this will bring closer the day when all athletes regardless of colour or creed, will be able to participate freely in any country of the world and that human beings will be accorded the dignity to live like human beings.

Lastly, if no-one else is offering, I will carry on being the S.A. Rep. for A.U.R.A.

Keep up the good work. I reckon you are doing a terrific job.

Andy Docherty.

Andy Docherty

Dear Dot,

I received my receipt and AURA magazine a few days ago and I really am surprised that my application for membership appears to have been accepted. I hope that is right? But the reason why I am surprised is because I'm a crutch and caliper runner. I am 56 years old with bone and muscle damage and brain damage. I'm partially deaf in one ear and sometimes a twelve or thirteen foot wide footpath is not wide enough for me to walk along, even with the crutch and caliper! Most times I'm pretty good though.

I am soon to go for medical classification and grading to "Les Autres Sports Association". At the moment it appears that I may be an LA4 - ambulant with aides category. It is my ambition to take on the record of a very young one-legged Canadian runner who did 4,600km of a 5,700km run across Canada a few years ago. I hope to build up my strength and to start in Kingaroy, to Brisbane, Sydney to Melbourne via the roof then Adelaide, across the Nullarbor to Perth. I hope to start by my 60th birthday in 1993 and hope to finish 35 weeks or 8 months later.

Dot, I wish to attempt my first official ultra on 24/25th August, during Disability Awareness Week in 1989, to be run in aid of Cindy Vermalen, who is being sponsored by National Australia Bank of Kingaroy in the Queen of Hearts Quest for the Heart Foundation of Australia and I am inviting yourself and all runners including disabled ones to take part. They can ring me at 6pm any night of the week on 071-622815.

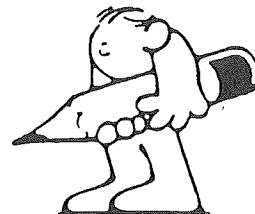
Just one last word. I use a mixture of a "Cliff Young shuffle" and a snow ski stroke and enclosed is a photograph of me completing my first marathon at my third attempt, The Toowoomba Chronicle Marathon in 1988. The desperate run! My back-up man with special drinks and food was Grahame Medill, my coach is Neil McCabe of Murgon. My physio lady is Fran Hutton of Wondai. Time taken to run the Chronicle was 6 hours 53 mins 53 s. with a bike helmet on!

Barry Stewart

(Ed's note: Gutsy effort Barry! We're delighted to have you in our AURA and wish you every success in your first ultra. Let us know how you go.)

ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



Any articles will be considered.

Cartoons, photographs, reports or thoughts!

Please dispatch to the Editor.

(Left) This photograph shows our mate Barry Stewart completing his first marathon (at his third attempt) in 6hrs.53min.53s. Great!



RACE ADVERTISEMENTS

VMC
MELBOURNE INC.



50 MILERS

EVENT: VMC / HI-TEC 50 MILE TRACK RACE
(Australian Championship Event)

DATE: 17th June, 1989

STARTING TIME: 8 a.m.

LOCATION: Box Hill Athletic Track,
Barwon Street,
BOX HILL,
VICTORIA.

DISTANCE: 50 Miles

CONTACT PERSON: Geoff Hook Ph (03) 288-9739 (H)

ADDRESS: 42 Swayfield Road,
MOUNT WAVERLEY. 3149.
VICTORIA.

ENTRIES CLOSE: 26th May, 1989

EVENT: VMC / HI-TEC 50 MILE ROAD RACE

DATE: 18th June, 1989

STARTING TIME: 8 a.m.

LOCATION: Princes Park,
Royal Parade (Tramstop 22),
MELBOURNE.

DISTANCE: 50 Miles

CONTACT PERSON: Geoff Hook Ph (03) 288-9739

ADDRESS: 42 Swayfield Road,
MOUNT WAVERLEY. 3149.
VICTORIA.

ENTRIES CLOSE: 26th May, 1989



MEDIA RELEASE
16TH MAY 1989

STATISTICAL INFORMATION

START: Thursday 18th May, 1989
11.00 a.m.
Westfield Shoppingtown Liverpool - Sydney.

FINISH: Westfield Shoppingtown Doncaster - Melbourne.

DISTANCE: 1011 km's

ROUTE TOWNS: Sydney, Goulburn, Canberra, Cooma, Orbost, Lakes Entrance, Bairnsdale, Sale, Traralgon, Morwell, Moe, Pakenham, Dandenong, Melbourne.

PRIZE MONEY:

Total Purse	\$50,000
First:	\$25,000
Second:	\$10,000
Third:	\$ 5,000
Fourth:	\$ 3,000
Fifth to Tenth:	\$ 1,000 each
Australian Teams	
Ultra Championship	\$ 1,000

THE FIELD:

Total	34
Australians	26
Internationals	8

Youngest Terry Cox Jnr. 23 (Previous youngest to finish Patrick Farmer 25 in 1988)

Oldest Cliff Young 67 (Previous oldest to finish Frank Pearson NSW 66 in 1986)

Average Age 40.5 years

PREVIOUS WINNERS:

1983: Cliff Young, 61, VIC. Syd - Melb 875km
Time: 5 days 15 hours 4 mins (Av speed 6.04km/h)
Winning margin 10 hours/59.6km.
Starters 11 finished 6 (54%)

1984: Geoff Molloy, 42, VIC. Melb - Syd 857km
Time: 6 days 4 hours 2 mins (Av speed 5.91km/h)
Winning margin 2 hours/11.7km.
Starters 20 finished 9 (45%)

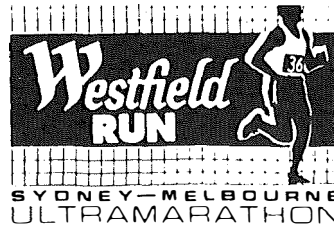
1985: Yiannis Kouros, 29, Greece. Syd - Melb 960km
Time: 5 days 5 hours 2 mins (Av speed 7.68km/h)
Winning margin 24 hours 39 mins/158.4km.
Starters 27 finished 11. (40.7%)

1986: Dusan Mravlje, 33, Yugoslavia. Syd - Melb 1005km
Time: 6 days 12 hours 30 mins (Av speed 6.04km/h)
Winning margin 16 hours 15 mins/94.1km.
Starters 24 finished 9 (37.5%)

1987: Yiannis Kouros, 31, Greece. Syd - Melb 1060km
Time: 5 days 14 hours 47 mins (Av speed 7.9km)
Winning margin 26 hours 34 mins/175km.
Starters 26 finished 16 (61.5%)

1988: Yiannis Kouros, 32, Greece. Syd - Melb 1015km
Time: 5 days 19 hours 14 mins (Av speed 7.3km)
Winning margin 16 hours 4 mins
Starters 43 finished 23 (53.5%)
(12 hour delayed start)

... News on the '89 ...



FOR FURTHER INFORMATION
PHONE: DAVID DOUGLAS
BH: (02) 358 7653
AH: (02) 660 1550
FAX: (02) 358 7690

AUSTRALIAN TEAMS ULTRA CHAMPIONSHIPS ANNOUNCED

A SALUTE TO TONY RAFFERTY

MEDIA RELEASE 16TH MAY, 1989

For the first time in the history of the Westfield Run, 1989 will see the inclusion of an Australian Team Championship.

"We have been wanting to include a State Team event for some time, but with ultrarunning still in its infancy this is the first year we have had more than one runner representing a majority of the States of Australia," said Westfield Run's David Douglas.

This year Victoria, N.S.W., Queensland, Western Australia and South Australia will do battle for Victory in the Australian Teams Ultra Championship.

The best performances of the first two runners from each state will be added together and the best performance will win. At the end of the 1011km event the State whose two runners completed the journey in the least amount of time will be winners.

Obviously if any State does not have a minimum of two runners competing due to withdrawal of runners from the Westfield Run, that team is eliminated from the team event.

Through weight of numbers Victoria and N.S.W. are good chances, but officials close to the event are putting Queensland, S.A. and W.A. as most fancied.

The winners receive a sash and share \$1,000.

TRIBUTE TO THE PIONEER OF ULTRA RUNNERS

Organisers of the Westfield Run have decided each year to have the sash for this Australian Team Ultra Championship named after an Australian runner whose performances have helped pioneer ultra running in this country.

This year the salute is to TONY RAFFERTY one of Australia's best known Ultra Runners. Tony turned 50 last month and is affectionately referred to as the father of the Westfield Run having first run Sydney to Melbourne in 1972. He has now completed the journey an amazing 15 times. He is now the only person to have started in all seven Westfield Runs.

In 1973 he ran across Australia from Freemantle to Surfers Paradise a distance of 5,931km. Among many other firsts and great runs in 1979 Tony crossed USA's Death Valley - a phenomenal achievement. He has represented Australia overseas many times.

The winning team in the Australian Team Ultra Championships will receive their Tony Rafferty Sash and cheque, presented by Tony himself on Friday 26th May at Westfield Shoppingtown Doncaster.

'89 WESTFIELD RUN SEES SOME CHANGES

1989 sees the running of the Seventh Sydney to Melbourne WESTFIELD RUN, which has gained world wide acknowledgement as the World's Greatest Footrace. It is the longest, toughest and richest point to point ultra marathon in the World.

This unique event has once again drawn top competitors from all over Australia and the World. At this stage 34 competitors including 8 (eight) internationals will start.

AVOIDING THE HEAT!

The WESTFIELD RUN '89 will begin on 18th May, 1989 at 11.00 a.m. "We have moved the race later into the year due to the changing weather patterns," says Chris Bates, Westfield Executive in charge of the Run. "Last year's event saw over 5 days of the Run held in temperatures well in excess of 30 degrees. These are not temperatures conducive to good ultra running. It also had a very disastrous effect on our northern hemisphere athletes who arrived straight from their winter," he added.

NEW START

Another major change is that the WESTFIELD RUN will now start from Westfield Shoppingtown Liverpool instead of the traditional start at the Parramatta Shoppingtown.

"N.S.W. Police have been concerned at the traffic problems and safety conditions for runners in the Parramatta to Liverpool stretch in the past years, particularly Woodville Road and Liverpool Road," said Chris Bates.

"In a race like the Westfield, where we use public roads, we always work closely with the police. We originally considered a controlled start for the Parramatta to Liverpool stretch but have decided on a Liverpool start. We still maintain a 1,000+ km event. To coincide with the start of the Run, Macquarie Street Liverpool will be closed and a one day festival is planned. It will be a great spectacle and a great send off for the runners," Mr. Bates said.

WHERE HAVE ALL THE WOMEN GONE?

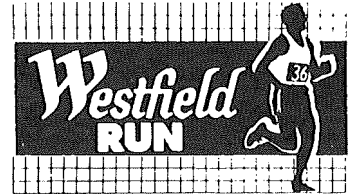
A decision was made this year to cancel the Women's section of the race. "We had no application from Australian Women," commented Race Director Charlie Lynn. "Although this angered some of the international women, we were not going to put in the section for overseas runners to run, collect the prize money and fly back home. Women's running in Australia would not benefit. There were no Australian women last year and only one the year before. Australian women have not yet come to terms with the event and its distance and are frightened by it." He added, "although there is no women's section women may compete in the Run for the overall prizes".

THE GUMBOOT AWARD

A special trophy has been struck for the first Australian to finish. The award, in the shape of a gumboot, was designed by trophy makers Geoff Hamilton and Barry Higgins and is hand carved out of wood. The trophy will understandably be called the Cliff Young Trophy.

WESTFIELD RUN ORGANISERS JUBILANT
AS IAAF LIFTS SUSPENSION ON YIANNIS KOUROS

MEDIA RELEASE: 15th May 1989



The World's Greatest Footrace, the Sydney to Melbourne Westfield Run will now have the World's Greatest Runner Yiannis Kouros in the field for this year's event.

In a message received in Sydney on Sunday 14th May from SEGAS, the controlling body of Athletics in Greece, SEGAS advised they will now "FORM A JUDICIAL COMMISSION TO INVESTIGATE YIANNIS KOUROS' PARTICIPATION IN SOUTH AFRICA ON 2ND FEBRUARY, 1989. THIS JUDICIAL COMMISSION WILL MEET IN ONE MONTHS TIME AND UNTIL THEN NO SUSPENSION WILL BE IMPOSED UPON THE ATHLETE IN QUESTION. ANY SANCTION DECIDED UPON BY THE JUDICIAL COMMISSION WILL BE ENFORCED FROM THE DATE OF THE MEETING OF THIS JUDICIAL COMMISSION." The message is signed S. Molyvas, President SEGAS.

This statement automatically means the IAAF (International Amateur Athletics Federation) suspension is lifted.

Yiannis Kouros had competed in the Standard Bank 100km event at Stellenbosch on 2nd February 1989. Yiannis later revealed he had staged his own protest against apartheid while in South Africa and on arrival in Australia publicly condemned Apartheid.

The IAAF in their communique received by Westfield on 6th May, 1989 stated "Yiannis Kouros of Greece intends to run in the Westfield Sydney to Melbourne Ultra Marathon. Please be informed that Kouros is definitely not eligible having competed in South Africa in the Comrades Marathon within the last few weeks."

After receiving the IAAF ruling organisers of the Westfield Run Charlie Lynn and David Douglas believed an IAAF suspension put on Kouros on May 6th, in lieu of action by SEGAS, was incorrect and that Kouros had been unfairly treated.

Lynn and Douglas compiled all the facts at hand and made representation to the Australian Amateur Athletic Union, the United Nations Association of Australia and the Australian Anti Apartheid Movement.

"We were delighted with the reception we received. Each organisation saw the merit of our submission and assured us of their support," said David Douglas.

Meanwhile Charlie Lynn also sent the submission to the IAU (International Association of Ultra Runners) in New York, seeking their support. "The IAU want to become affiliated with the IAAF in an endeavour to get an ultra event included in the Olympics. So we wanted them to know what we were doing and help us present our case to the IAAF," said Lynn.

"It's been a busy week but it's been worth it," said Douglas.

Yiannis Kouros is happy he can now run in the Westfield Run and confident of the outcome of the Judicial Commission with SEGAS, an organisation that despite the outstanding athletic performance and records of Kouros have never recognised him.

The Westfield Run starts on Thursday 18th May, 1989 at 11.00am from Westfield Liverpool Shoppingtowns.



1 Charlie Lynn, Tiannis Kouros and David Douglas at the media conference for the signing of the United Nations Pledge.

WESTFIELD RUN 1989

THE FIELD

AS AT 16TH MAY, '89

RACE NAME NO.	AGE	OCCUPATION	HOMETOWN	STATE/COUNTRY
1 *BREIT John(F)	31	Sales Rep.	MOE	VIC, AUSTRALIA
2 CASSIDY Kevin	28	Fireman	PRESTON	VIC, AUSTRALIA
3 *CATTLE Ernie	39	Swim/Pool S'visor	HOLBROOK	NSW, AUSTRALIA
4 *COLLINS Tony	41	Dentist	NORAH HEAD	NSW, AUSTRALIA
5 ** COX Terry(F)	52	Salvation Army	ROSEBUD	VIC, AUSTRALIA
6 COX Terry JNR	23	Unemployed	ROSEBUD	VIC, AUSTRALIA
7 **FARMER Patrick(F)	26	Landscape Gardener	GRANVILLE	NSW, AUSTRALIA
8 *FIRKIN Graham	51	Blacksmith	DHARRUK	NSW, AUSTRALIA
9 **GLADWELL Mark(FF)	41	Bus Driver	NORTH ROCKS	NSW, AUSTRALIA
10 **HILL Ron(FF)	48	Tractor Operator	DROMANA	VIC, AUSTRALIA
11 KELLY Frank	35	Bricklayer/Runner	MARRICKVILLE	NSW, AUSTRALIA
12 ***KOUROS Yiannis(FFF)	33	Sportsground S/vis	TRIPOLIS	GREECE
13 *LARSSON Rune(F)	32	P.E. Teacher	TROLLHATTON	SWEDEN
14 **MANSELL Kevin(FF)	38	Technician	CABRAMATTA	NSW, AUSTRALIA
16 MITCHELL Don	41	Timber Worker	NELSON	NSW ZEALAND
17 ***MRAVLJE Dusan(FF)	36	Engineer	KRANJ SLOVANIA	YUGOSLAVIA
18 ****PARKER Ross (FFF)	40	Clerk	CRAIGIE	W.A., AUSTRALIA
19 *****RAFFERTY Tony(FFFF)	50	Runner	YARRAVILLE	VIC, AUSTRALIA
20 *****RECORD Joe(FF)	48	Athlete	STONEVILLE	W.A. AUSTRALIA
21 *SMITH Bryan	45	Lines Officer	MELTON	VIC, AUSTRALIA
22 *SPRENGELMEYER Marty(F)	42	Computer Programmer	DAVANPORT	IOWA, USA
23 **STANDEVEN David(FF)	36	Storeman	CHRISTIE DOWNS	S.A. AUSTRALIA
24 STENNER Graham	44	Production Planner	SALISBURY	S.A. AUSTRALIA
25 *TAKAISAI Tomoya	47	Professional Singer	KYOTO	JAPAN
26 ***TAYLOR David	37	Labourer	APPIN	NSW, AUSTRALIA
27 *TAYLOR Maurice	40	Bereavment Counsellor	CAMPSIE	NSW, AUSTRALIA
28 *TOLLIDAY Owen(F)	39	Surveyor	BUDERIM	QLD, AUSTRALIA
29 **TOUT Richard(FF)	41	Sports Store Owner	AUCKLAND	NEW ZEALAND
30 *TOWNSEND Graeme	31	PE Teacher	MITTAGONG	NSW, AUSTRALIA
31 *VEGA Euardo	48	Fitter NSW	BONNYRIGG	NSW, AUSTRALIA
32 WADO Norio	34	Hotel Manager	TOKYO	JAPAN
33 WISHART Greg	50	Surgical Supplier	W. St KILDA	VIC, AUSTRALIA
34 *WOODS Graeme(F)	42	Runner	MURGON	QLD, AUSTRALIA
35 *****YOUNG Cliff (FFF)	67	Professional Runner	KAWARREN	VIC, AUSTRALIA

* Designates the number of Westfield Runs the athlete has competed.

F Designates the number of Westfield Runs the athlete has finished.

ESTMATED ARRIVALS

The following chart lists the ETA of the first runner into the main towns along the route of the '89 Westfield Run.

These times are based on the performance of Richard Tout in last year's Westfield Run.

CITY/TOWN	DISTANCE	ETA FIRST COMPETITOR
Liverpool		11.00am 18 May
Mittagong	78	7.00pm 18 May
Marulan	132	11.00pm 18 May
Goulburn	163	2.30am 19 May
Collector	196	5.30am 19 May
Canberra	255	1.00pm 19 May
Michelago	309	11.30pm 20 May
Bredbo	337	3.00am 20 May
Cooma	343	7.00pm 20 May
Nimmitabel	409	1.00pm 20 May
Bombala	462	9.00pm 20 May
Cann River	552	12 Noon 21 May
Orbost	630	10.00pm 21 May
Nowa Nowa	665	2.00am 22 May
Lakes Entrance	689	11.30am 22 May
Bairnsdale	725	8.00pm 22 May
Stratford	778	4.00am 23 May
Sale	795	6.00am 23 May
Rosedale	812	10.30am 23 May
Traralgon	845	2.00pm 23 May
Morwell	857	4.00pm 23 May
Moe	873	6.00pm 23 May
Trafalgar	885	8.00pm 23 May
Warragul	908	11.00pm 23 May
Drouin	916	11.30pm 23 May
Packenham	955	6.00am 24 May
Hallam	975	9.00am 24 May
Dandenong	982	10.00am 24 May
Doncaster	1011	1.00pm 24 May

Q.M.R.R.C. ULTRA DIVISION - PROGRAM 1989

15 Apr	Caboolture	12-hour Run (Dusk to Dawn)	6 p.m.
20 May	Caboolture	100 Km Run (12 hour limit)	6 a.m.
30 Jun)	Caboolture	48 hr Run	8 a.m. - 48 hr
2 Jul }	Caboolture	24 hr Run	8 a.m. - 24 hr
3 Sep	Near Maleny Conondale Ra.	Crystal Waters Run (Mountain trails 50 - 60 Kms) 9hr limit.	6 a.m.
15 Oct	University St. Lucia	50 mile Road Run	Midnight
Nov	Rainbow Bch Cooloola Sands	Rainbow Trail Run (Beach and Forest trails - 50 km to 60 km, 5 a.m. 9 hour limit)	

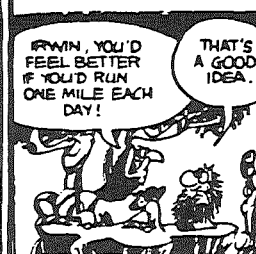
Points will be awarded on the basis of 20, 15, 12, 9, 7, 5, 4, 3, 2 and 1 for the first ten placings in each event. Winners of the series will receive trophies and possible prizemoney, depending on sponsorship obtained.

Contestants in each event will be awarded Gold, Silver and Bronze medallions, depending on the standard achieved.

Entry Fees : Events - 15 April, 20 May and 15 October - \$10
Events - 30 June and 2 July - \$40 and \$30
Events - 3 September and November - \$15

CONTACTS : Ian Javes - Ultra Series Director
25 Fortune Esp
CABOOLTURE. QLD. 4510 Telephone: (071) 95 4334

Ron and Dell Grant
53 Valley Drive
CABOOLTURE QLD. 4510 Telephone: (071) 95 2138



ESCAPE THE SOUTHERN WINTER * COME TO SUNNY QUEENSLAND

Q.M.R.R.C. - ULTRA DIVISION

24-48 HOUR RUNS

JUNE 30 - JULY 2, 1989

CABOOLTURE SPORTS CENTRE

48 HOUR TRACK RUN : Starts 8am June 30 (The only one in Australia for 1989)

24 HOUR TRACK/ROAD RUN : Starts 8am July 1 (Could be track or road depending on combined numbers. If entries for the 48 Hour Track Run are large, it will be a road run with a circuit of approximately 750m)

MEDALLIONS (Gold, Silver, Bronze). For standards achieved.

TROPHIES - Under 30, 30-40, 40-50, 50-60, 60-70, Over 70.

RON GRANT TEAM TROPHY - (? one in 24 hour & one in 48 hour)

COST: 24HR - \$30 ; 48HR - \$40

CONTACTS:

Ian Javes
25 Fortune Esp
Caboolture
QLD 4510
PH (071)954334

Ron & Dell Grant
53 Valley Dr
Caboolture
QLD 4510
PH (071)954138

1st PRIZE : 24 HOUR RACE
1st PRIZE : 48 HOUR RACE
Interstate Return
Airline Ticket!

start 6am.
Lobatse

SUNDAY
9 JULY 1989

Write to Dot Browne:

4 Victory Street,
Mitcham 3132

for entry information!

BOTSWANA INTERNATIONAL 72km ULTRA MARATHON

africa's second
longest ultra

finish
Gaborone

record: 4:42:02 T. Tullett(uk)

BANKSTOWN SPORTS NSW 50 MILE TRACK CHAMPIONSHIP

SUNDAY 23rd JULY 1989 The Crest Athletic Oval McClean St. Bass Hill

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

ENTRY FEE. \$12 payable on day from 6.30 a.m. T-shirt to all entrants

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

CERTIFICATE. All finishers.

canteen in operation

Applications to:

Gavin Beahan,
122 Flinders Road,
Georges Hall 2198 NSW

Name:..... Age:.....

Address:.....

STATISTICS. Previous 50 milers..... Best time.....

Where.....

Previous Marathons..... Best time.

Where.....

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

Signed..... Date.....



The Six Foot Track Marathon

START : 10.00am Saturday 24th MARCH 1990.

COURSE : "The Explorer's Marked Tree" Katoomba along the original
Six Foot Track to Caves House, Jenolan Caves.

TIME LIMIT : 8 Hours

AWARDS : WINNER - Perpetual Trophy donated by
The Blue Mountains ECHO Newspaper.
- Silver Plate
- Holiday Package in the Blue Mountains

: ALL FINISHERS - Medallions and Certificates.

: RUNNERS WHO HAVE COMPLETED 6 SIX FOOT TRACK MARATHONS - Buckle

ENTRY FEE : \$40.00

Payable to Six Foot Track Marathon
P.O. BOX 65
LEURA
NSW 2780

All proceeds to the Blue Mountains Volunteer Bush Fire
Brigade (manning the start, finish and all 13 aid stations).

NOTE : ACCEPTED ENTRIES ARE NOT TRANSFERABLE.

: NO LATE ENTRIES ON RACE DAY.

: RESTRICTION OF 250 RUNNERS ONLY.

: TUFF BASTARDS NEED ONLY APPLY !!!!!!!

: A RACE PACKAGE WILL BE MAILED TO YOU.

FOR RUN INFORMATION

Race Organiser Ian Hutchison W (02) 669 4715, 008 225345
Race Secretary Chris Stephenson H (02) 523 7852

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.

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

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

MAIL ORDERS, BULK ORDERS, UNIFORMS etc.

RING, WRITE OT DROP IN!!

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

IMPORTANT REQUEST

The maintenance of our ranking lists is becoming an enormous task and AURA would like to get a computer system for our hard working statistician, Gerry Riley.

We don't need a modern, up-to-date unit. Many people and organisations are upgrading their PC's with modern, more powerful equipment and their old equipment doesn't fetch much on the open market because there is very little demand.

The Request: Can anyone donate or at least offer as cheaply as possible any or all of the following equipment:

1. IBM compatible XT computer with keyboard.
2. Black and white monitor.
3. Floppy disks.

Note: If you can offer better equipment than outlined above, please do.

Big Chris Stephenson has already offered a printer and the necessary software free of charge which is a fantastic start.
Thanks very much Chris!

TONY RAFFERTY

People Listen When Rafferty Speaks.

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

" Two Legs to Adventure and Challenge_".

For your Function, Special Occasion or Sports Night.

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

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

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

Amazing exploits spiked with Humour and Intrigue.

Motivation and the Will To Win.

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

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

A Dynamic Address.

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

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

For Information and Bookings please contact :-

Joan Saxton Speakers' Agency,

11 Nepean Street,

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

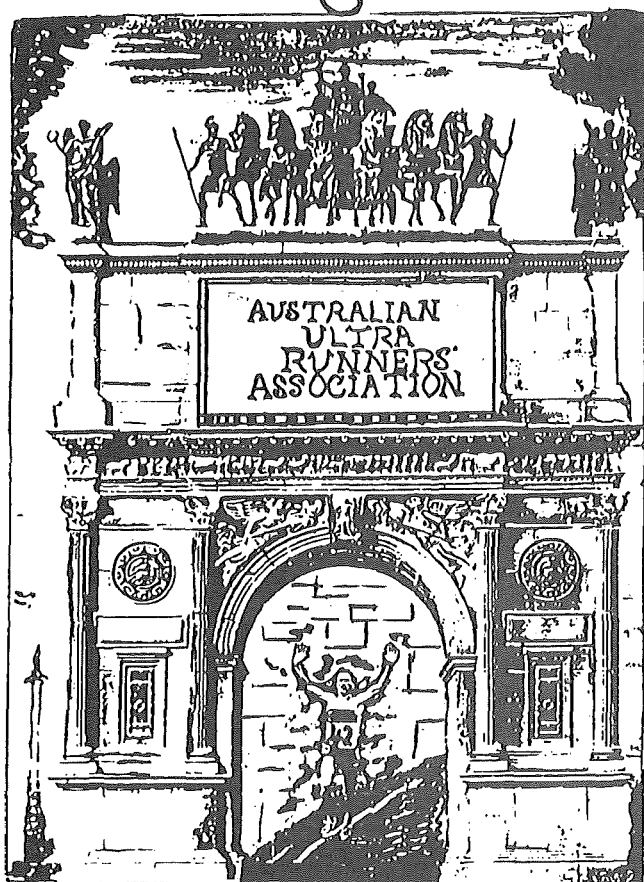
MORE LOGO SUGGESTIONS FROM OUR MEMBERS!

Australian Ultra Runners' Association

(Carol Stow)



(Carol Stow)



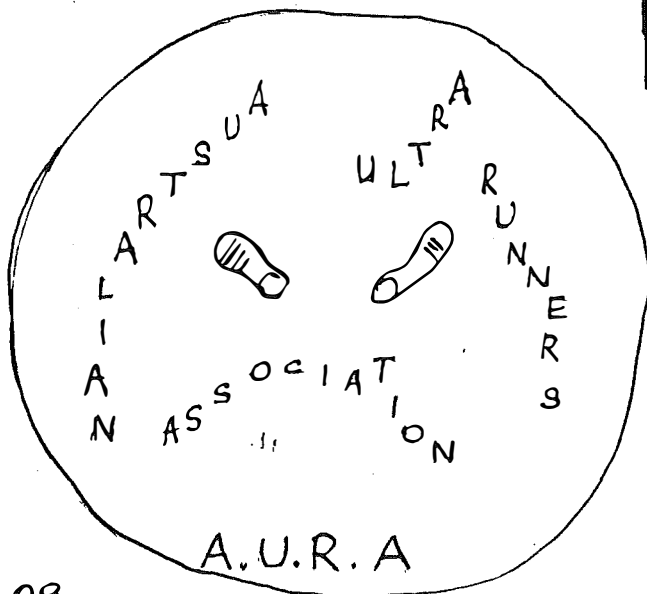
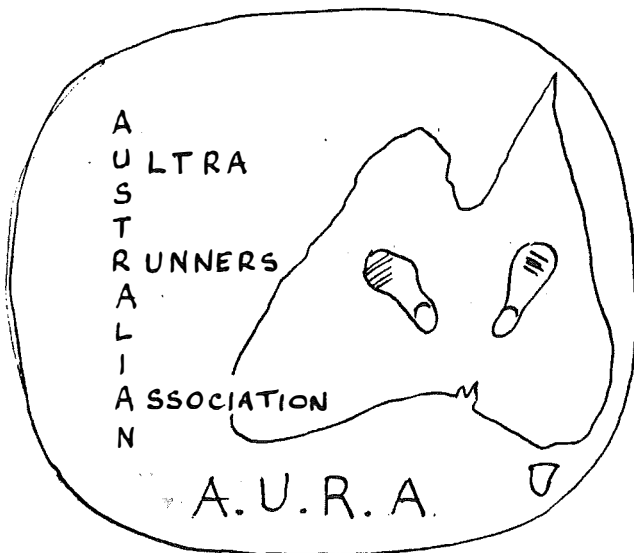
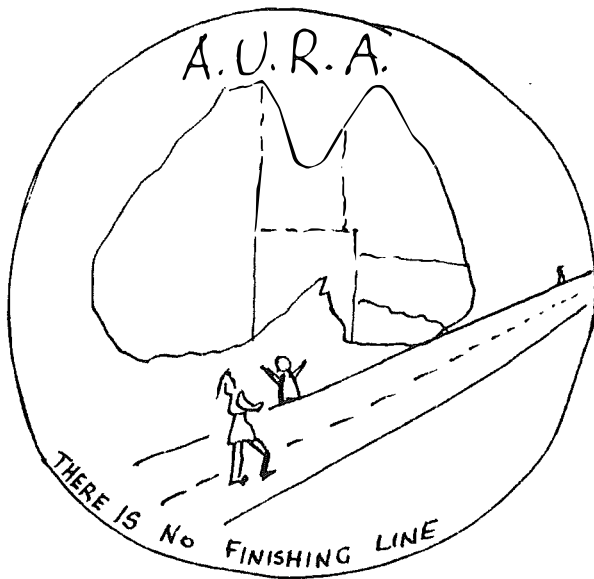
(Greg Irvine)



Jean-Claude
Morre

Thankyou for these suggestions. Our final choice from the logos you have submitted will be printed in our next issue. Thanks for your interest.

LOGO SUGGESTIONS FROM
STEPHEN FOULKES



23.

THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU

Since our last issue, we have been overwhelmed with the generosity of many of our members. Thankyou so much for helping us to keep our heads above water financially. We are most grateful.

These people helped us:

Campbelltown Mall 24 Hour Race C'tee	\$100
Nobby Young	\$10
Mary Tranfield	\$10
Bruce Hargreaves	\$10
Barry Whitton	\$10
Bryan Smith	\$10
Cliff Young	\$5
Ron Grant	\$30
Doreen Burgoyne	\$2
Graham Firkin	\$10
Peter Sullivan	\$10
Alistair Wallace	\$5
John Connellan	\$20
Ray Ellis	\$10
Peter Gray	\$5
Barry Callanan	\$10
Tony Collins	\$30
Ralph Crack	\$5
Ernie Cattle	\$10
Nigel Bilton	\$5
George Audley	\$10
George Yanna	\$10
David Booth	\$10
Barry Brooks	\$10
Kaven Dedman	\$10
David Douglas	\$10
Stuart Currie	\$10
Joe Record	\$10
Gavin Beahan	\$10
Randall Hughes	\$10
Ernest Hartley	\$20
Austin, 6 Day Race Committee (Colac)	\$90
Peter Armistead	\$10
Kon Butko	\$5
Ken Hough	\$2
Mike Bryce	\$10
Sandra Kerr	\$10
Ross Martin	\$10
Tony Krantzcke	\$10
Kjnl Tracey	\$5
Alan Oxexham	\$10
Philip Barnes	\$5
Stan Miskin	\$10
Laurie Hennessy	\$15
Les Young	\$20
Steel Beveridge	\$10
Sue Andrews	\$10
Ian Lilburn	\$5
Carl Wagner	\$2
Charlie Lynn	\$10
Alan Trevenen	\$10
Kevin Cassidy	\$5
Eduardo Vega	\$2
Don McDonald	\$10
Kevin Mansell	\$10
Martin Thompson	\$5
Bob Fickel	\$5
Brian Adams	\$5
Eric Tebbey	\$4
Andy Docherty	\$10

Current AURA Membership

The Mighty Vics	162
N.S.W	154
Q'LD	30
S.AUST.	28
W.AUST.	10
TASMANIA	8
O'SEAS.	17.
TOTAL MEMBERSHIP AS AT MAY '89 - 409 MEMBERS	

RACE REPORTS & RESULTS

JEFF HILL ON THE SYDNEY TO WOLLONGONG

Reprinted from NZUA Ultra News, March 1989 No. 9

As a result of winning last April's Brighton 50, Jeff Hill found himself outside the Sydney Town Hall at 4 am on a wet September morning. He was to run 53 miles south to the Wollongong Town Hall. And some people call this a prize.

The Sydney-Wollongong used to be alternated but of recent years, to avoid Sydney's afternoon traffic it has started each time in Sydney. The early start is also to avoid traffic and the heat of the day - not that, with rain, wind and cool temperatures, Jeff had to worry about that.

One hour after the race started, a team relay got under way. Unbelievably, 55 teams of five made the 5 am start. The idea of the relay is to add running company to the individual's race as the team's come through the field.

The course is undulating with only a total of about 5 miles being flat. The hills get progressively bigger and then after the last uphill, with about 8 miles to go, comes the quad-destroying downhill. Five miles of moderately steep downhill after over 40 miles has, in the past, had some runners coming down backwards. If you survive this you've got a 3 km sprint (as Jeff was to discover) to the finish.

From the gun, three runners, including Carl Barker and Owen Tolliday, went to the front. Jeff trailed and at 10 miles he was 1½ mins down on their 60:30. By 20 miles he had caught one of them but Barker and Tolliday remained 1½ mins clear. But by 26 miles Jeff caught former race winner, Tolliday and moved into second. He went through the marathon in 2:44 compared to Barker's 2:43.

At 35 miles, Jeff caught Carl Barker on an uphill stretch and took over the lead. By 40 miles Jeff was 5 mins clear and the race was in the bag. Now came the long downhill. Jeff eased back "a bit," wary of pounding his legs. Barker had a Moro and picked up his pace. But no one in Jeff's crew was worrying about Carl Barker, he had been written off, no one was guarding the rear.

Coming off the downhill with a mere 3 km to go Jeff's crew noticed a runner only 200m behind. "It's him," they cried. "No, no," said Jeff, "it must be one of the relay teams." But now the crew knew. "No it's him, it's Carl Barker, he's come back." It was now an all-out sprint.

Barker started to close. In the excitement, Jeff Thackwell (Jeff's second) almost wiped himself out on a lamppost as he hung out of the van door looking back at the closing Barker. In the end Jeff hung on to win by 26 seconds, 5:52:47 to Carl Barker's 5:53:13. Owen Tolliday (the first Australian in) held on for third in 6:10:57.

Jeff's time was only 3 minutes outside Dick Tout's race record which Dick managed on his third attempt. There was, however, a race record on the day in the women's race with Helen Stanger running 7:43:36, 19th overall. Exactly fifty completed the run.

Carl Barker is an Englishman who was visiting Australia. A few weeks previously he had run a marathon in 2:30 and as part of his training he had cycled across Australia. He has since made the trip across the Tasman, taking 2nd place in the Kia Toa 80k at Palmerston North.

A tough course, Jeff reckons. He found it harder than the Brighton 50 and the downhills left his quads "shot".

At the beginning of 1988, Jeff Hill was just another competent runner. But after two ultramarathon wins he's something of a Trans-Tasman champion and he admits he's bitten by the bug. So much so, in fact, that he reckons next time there's no reason why he can't go all the way to Melbourne.

THE BIG APPLE NISSAN BICENTENNIAL ULTRA RUNS

23rd-25th JANUARY, 1988

ABEFELDIE TRACK

MELBOURNE

48 HOURS

ADJUSTED RESULTS

(Adjusted due to computer & printer malfunctions)

Pos'n.	Name	Age On Day	Race No.	Laps to 5:30:38	Final Laps	Disallowed Laps	Total Laps	Distance km	Final Lap Part Distance km	Final Distance km	
				*		**					
1.	Graeme WOODS	41	22	163	756	1-8incl., No.48	910	364	.238	364.238	Aust. Record
2.	Bryan SMITH	44	20	140	757	1-8incl.	889	355.6	.138	355.738	
3.	Bill BEAUCHAMP	41	1	130	738	No.7	867	346.8	.347	347.147	
4.	Ron HILL	47	11	143	683	1-8incl.	818	327.2	.134	327.334	
5.	Barry BROOKS	47	4	144	647	1-9incl.	782	312.8	.045	312.845	
6.	John BREIT	30	3	147	587	1-8incl.	726	290.4	.366	290.766	
7.	Greg WISHART	49	21	145	582	1-7incl.	720	288	.183	288.183	
8.	John CHAMPNESS	47	7	131	562	1-6incl.	687	274.8	.034	274.834	
9.	Peter RICHARDSON	23	19	120	550	1-6incl.	664	265.6	.109	265.709	
10.	Bob BRUNER	49	5	143	488	1-7incl., No.45	623	249.2	.370	249.570	
11.	Tony RAFFERTY	49	16	126	489	1-8incl.	607	242.8	.196	242.996	
12.	Stan MISKIN	62	15	107	497	1-5incl.	599	239.6	.117	239.717	
13.	Eileen LUSH	39	14	91	504	1-4incl., No.227, No.430	589	235.6	.224	235.824	Aust. Record
14.	Stephen DUNN	21	8	141	410	1-6incl., No.126	544	217.6	.012	217.612	
15.	Greg HILLIER	33	12	139	401	1 & 2	538	215.2	.117	215.317	
16.	James HUME	56	13	108	427	1-4incl., No.93	530	212	.108	212.108	
17.	Patrick FARMER	25	9	123	404	1-6incl.	521	208.4	.197	208.597	
dnf	Geoff BOASE	36	2	143	139	1-9incl., No's.25,140 & 143	270	108	-	108	
dnf	Kevin CASSIDY	27	6	131	89	1-7incl.	213	85.2	-	85.2	

* 5:30:38 was the point of a major computer failure. ** These disallowed laps relate to the 2nd timing section after 5:30:38.

- NOTES: 1. Provisional results were given on p.32, AURA Newsletter Vol. 3 No. 1 February, 1988.
 2. Times for split distances will only be approximate because most would need to be adjusted downwards slightly.
 3. Distances for the 24 hour race are unaffected.
 4. Apologies for the lateness of this correction to the results for the 48 hour race.

Q.M.R.R.C. - ULTRA DIVISION - 50 MILE TRACK RACE

This race was the first in a series of seven to be conducted by the Ultra Division of Q.M.R.R.C.; it started shortly after 4 p.m. on Saturday 11 February at the athletics track in the Caboolture Sports Reserve. Lane 8, measuring 453.8 metres, was used by all competitors except for our blind entrant, Gerrard Gosens, who used Lane 4. Weather conditions were adverse with the temperature over 25°C and high humidity, and the track was soft due to an excess of rain in the weeks preceding the race.

Sixteen competitors started the race, with the pre-race favourite being Graeme Woods. On paper the field looked impressive, with three of the runners having claimed previous times under six hours, and at least six others appearing capable of finishing in under seven hours. A relatively unknown runner from Toowoomba, Peter Sullivan, surprised by leading the field out at a pace designed to break the Australian record, and a number of other runners, perhaps foolishly, tried to match this pace; the speed and the weather conditions led to many of the runners developing symptoms of dehydration and heat stress, and eventually ten of the runners withdrew from the race rather than pushing themselves further in the adverse conditions. Five of the competitors completed the 50 miles in under the nine hour cut-off with a sixth, 72-year-old John Petersen, still running at the end of nine hours.

The early leader, Peter Sullivan, although struggling in the latter part of the race, managed to win comfortably in 6 hrs 19 mins 51 secs; he was followed across the line almost an hour later by his Toowoomba compatriot, Graham Medill, in 7 hrs 13 mins 58 secs. This was a personal worst for Graham by just under an hour. Third to finish was Bob Burns, almost an hour behind Graham, with Caboolture local, Frank Heath, in fourth place, in his first attempt at an ultra event. David Holleran scraped home in just under the nine hour limit, and amazingly this was a P.B. for David by about 40 minutes!

Sportscene of Caboolture Park Shopping Centre, and Nature's Own Health Products, were the joint Sponsors of the event. Ron and Dell Grant donated bread and pies for sale at the canteen. Ron called by the track now and

again during his runs in his 1000-hours record attempt, and he could only shake his head in amazement at the pace the runners set out in the prevailing weather conditions.

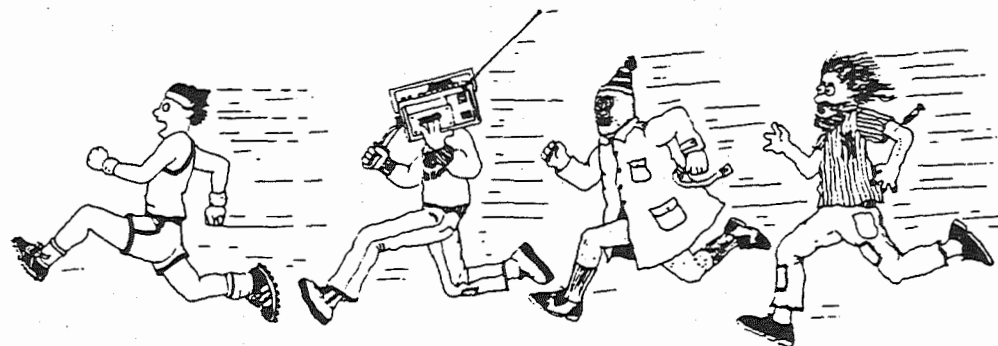
RESULTS

1st	Peter Sullivan (33)	6 hrs 19 mins 51 secs (Silver)
2nd	Graham Medill (40)	7 hrs 13 mins 58 secs (Bronze)
3rd	Bob Burns (45)	8 hrs 13 mins 52 secs
4th	Frank Heath (41)	8 hrs 26 mins 9 secs
5th	David Holleran (32)	8 hrs 57 mins 39 secs
6th	John Petersen (72)	62.624 kms in 9 hours

WITHDRAWALS

Graham Woods	20.421 kms	Ken Parrott	25.867 kms
Walter Sorgel	28.135 kms	Bob Hunter	32.220 kms
Sandy Buchan	35.850 kms	Ian Henry	38.119 kms
Gerrard Gosens	42.622 kms in 6 hrs 33 mins 54 secs (Blind runner)		
Mel Henry	45.380 kms	Gary Allen	49.010 kms
Dave Sommers	51.733 kms		

IAN JAVES - RACE DIRECTOR



IAN'S ULTRA RUNS ATTRACT A VARIETY OF ENTRANTS!

Cradle Mt Run results 25/2/1989

TIME	NAME	AGE	CITY	STA
=====	=====	===	=====	===
09:32	Darryl Smith	31	Bellerive	TAS
09:50	Andrew Briggs	30	Glenorchy	TAS
11:22	Andrew Law	29	Moonah	TAS
12:13	Jeanette Collin	42	South Hobart	TAS
12:38	Michael Walters	25	Cheltenham	VIC
13:35	Greg Foot	46	Taroona	TAS
13:35	Ron McCullough	43	Howrah	TAS
dnf	Kevin Cleaver	40	Howrah	TAS
dnf	Ian Dunn	40	Cheltenham	VIC
dnf	Alan Rider	40	Lauderdale	TAS
dnf	Neil Sargison	38	Lauderdale	TAS
dnf	Lindsay Webb	28	Moonah	TAS

The 1989 Cradle Mountain Run was held on Saturday 25 February 1989 and passed without major incident.

The runners stayed at the Waldheim Huts in reasonably comfortable conditions. Most slept soundly before being woken by a chorus of digital watches at 5 am. The tactic of snoring all night to unsettle the competition was a failure. The tilley lamp and a few candles provided enough light to prepare breakfast.

The Run started from Waldheim at dawn in fairly thick misty conditions so the magnificent views were obscured. The runners however were not clagged in for long and the mist soon cleared after they left the Cradle Plateau.

The mist was not without its casualties. Alan Rider, Neil Sargison and independently Lindsay Webb turned down the track to Suttons Tarn at Kitchen Hut and not down the Overland Track a 100 metres further on.

This meant that the second last group thought that they were the last with a little bit of confusion for the Relief Party at Pelion. This detour cost the last 3 at least 1 1/2 hours and meant that they could not meet the Narcissus deadline of 6.00 pm and came down Lake St Clair in Bob Whittle's boat.

As is my custom I ran up to Kitchen Hut at the base of Cradle but as I was in the tail I failed to see the wayward three wander off, I was there to help Greg Foot stay on the not so straight and narrow.

Darryl Smith, an orienteer from Hobart, was the first in at Pelion at 9:58 am (3:34 elapsed) Michael Walters 2 minutes later (3:36) Michael apparently looked fresh but was later suffered leg problems which were to hamper him for the rest of the run.

Andrew Briggs and Andrew Law were next at 10:24 am (4:00) Ron McCullough at 10:53 am Jeanette Collin 10:56 am and Greg Foot 10:56 could be considered as a group. The lost three were almost 2 hours behind arriving at 12:50.

The track was in excellent condition and the weather conducive to good times. The run by Darryl Smith was superb and illustrated my oft repeated maxim that endurance must be combined with the ability to run over rough terrain to do well .

Andrew Briggs vowed to return in 1990 for the 10 th anniversary to make an attempt on Craig Malot's record of 8:45. Perhaps 1990 will be the year when the gun runners who would break the record, if only they had entered, enter.

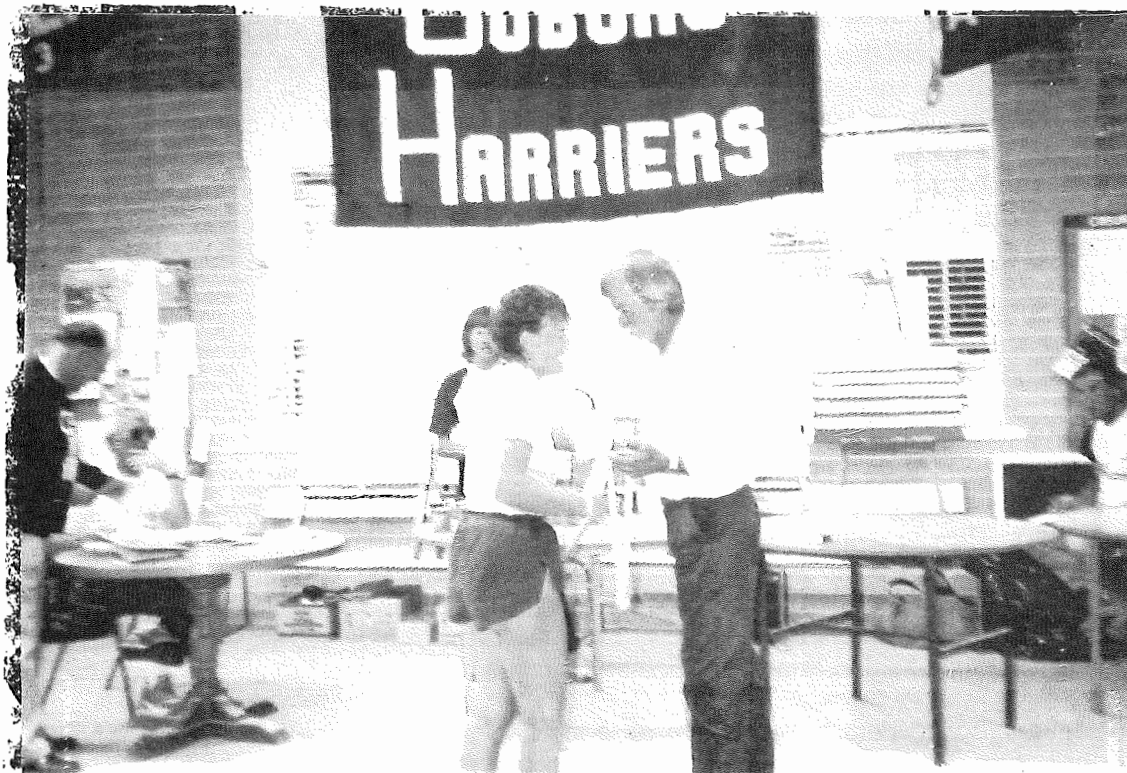
Jeanette Collin lowered her own 1985 women's record of 12:20 by 7 minutes and remains the only woman to complete the course.

The date for the 10th anniversary run, is Saturday 3 February 1990

Over the years a number of runners have taken detours of one kind or another so I would recommend any potential entrant to obtain a 1:100,000 map of the National Park and study it extremely closely.

As a warning, this run should not be treated too lightly, it is through alpine wilderness with no vehicular access to any point north of Lake St Clair .

Richard Pickup
Organiser



This photograph shows Geoff Molloy presenting Sandra Kerr with her First Lady Trophy at the V.V.A.C.I. 24 Hour Track Run at Coburg in February this year. Geoff has been a previous winner of this event and he also won the Westfield Run in 1984.

1989 VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

Luck was on our side with the weather for this ultra-marathon event. The race weekend was sandwiched in between two heat waves, 40 degree days either side of the race, but we were lucky. Saturday morning dawned cooler, even threatening rain, and the top temperature only rose to 23 degrees. Sunday was much the same. Great!

As race director of this event, I'd been totally overwhelmed with entries. Seventy athletes wanted to enter, but there was no way we could fit 70 on the track for 24 hours. I decided to accept 50 entries and, as it worked out, this decision was fine. The reason this event is so popular is because it is the Victorian trial for the 1989 Westfield Run, the great event which many ultra-runners see themselves as winning.

The race started at 12 noon on the Saturday at Harold Stevens Athletic Track, Coburg. By the time the race was started by the Mayor of Coburg, the 50 runners had checked in, collected chest numbers, organised their lap-scorers and support crews and had their weight, pulse and blood-pressure checked by Dr. Spiro Moraitis, our race doctor. The venue looked like tent city. Every athlete had set up a tent, campervan or caravan at the edge of the track so a total community had been formed of helpers, crews, lap-scorers, runners and officials, locked into the event for 24 hours. By the time the event was completed the next day, a tremendous rapport had developed between neighbouring crews and lap-scorers and runners on the track, many of whom had never met previously. The teams had come from every state in Australia except Queensland and we even had John Lewis come over from New Zealand.

Harold Stevens and the Coburg Harriers had been incredibly co-operative. Harold had had a special shelter built for the lapscorers to protect them from the sun, wind and possible rain. The Nippards ran the canteen and did a roaring trade for the full 24 hours.

As 12 noon drew near and the briefing had taken place, runners lined up under the V.V.A.C.I. banner to have a group photograph taken before the mayor fired the gun and sent them on their way. But where was David Standeven? He was still tying up his shoe-laces in the tent, wondering what all the fuss was about. He still had his watch on South Australian time! His disconcerting start didn't stop him running well though. He and John Breit had an incredible battle for the first half of the race. There was still only two laps separating them after 100 miles! John's handler, Raymond Carroll was a merciless motivator for the entire race and David Standeven had his ultra-running wife, Cheryl to assist him. But by 6 a.m. in the morning, the ultimate winner, Mike March from Tasmania, had passed them both and went through the 200km point just eleven minutes ahead of John Breit. When we later analysed Mike's lap-score sheets, we found that he had run this 24 hour race like a machine. He had run consistent 2min.10s. laps non-stop and had hardly stopped to eat or drink at all! Mike has totally stuffed up the theories about running a good ultra-race. We all thought that it was necessary to eat and drink and eat consistently in such an endurance event but Mike ate nothing for the final 12 hours! Just drank water.

We had a special award for the runner who could cover the most laps in the bleak hours from midnight to 6 a.m. We called it 'The Graveyard Award'. Well Mike March annihilated the record set by Tony Dietachmayer last year when he ran 127 laps. Mike ran 160 laps and should have won the coveted granite trophy, shaped like a tombstone, but he was one of the major trophy-winners, so it went to Keith Fisher instead, who had covered 142 laps. When Mike March was churning out these incredible laps, many in the field were slinking away from the track to the warmth and comforts of the massage table, provided by two dedicated masseurs from the Society of Clinical Masseurs inside the clubrooms. These two were like a magnet to exhausted runners, looking for a place to lie down. Many athletes who achieved personal best distances in this race attributed their success to the efforts of these masseurs. They massaged and treated injuries tirelessly for the whole 24 hours.

Our race doctor, Spiro Moraitis was keeping a constant eye on the athletes too. He stood track-side, and every two hours, pulled them off for a 'weighing in'. He advised when a weight-loss was too great and told some runners they needed to eat and drink more. He was great value. He even stayed smiling when we hauled him out of bed at 4am. at a nearby motel to advise a suffering athlete. Amazing!

The organisation generally went according to plan except that we had a minor panic at some ungodly hour before dawn when the light in the lapscorers' tent suddenly went out and left them in total darkness. A fuse had blown due to someone in a nearby caravan overloading the system by turning on another appliance. Fortunately, the digital clock switched over to automatic pilot (or

batteries) and didn't miss a beat, so we were lucky. We rushed around like madmen in the darkened clubrooms and hooked up the light to another source and then we were in business again.

We had great support from the Victorian Veteran athletes for this event. They turned up in droves to assist when we needed them most, mainly in the middle of the night. At one stage, Robin Anderson had holding the fort and was scoring seven athletes at one time. Admittedly, four of them were off the track at the time.

The outcome of the race was spectacular. Mike March went on to smash the Australasian 24 Hour track record by 7km when he ran 260.099km (over 6 marathons in 24 hours), ten athletes ran more than 200km., and 24 athletes ran better than 100 miles. These results all created new performance records as far as 24 hour events go in Australia. Of the 19 first timers, 16 of them performed brilliantly and ran the full 24 hours. Twenty-year-old Kim Talbot ran a sensational race to cover well over 100 miles in her first 24 hour (168.493km) and in doing so, pushed herself into eighth best in the all-time Australian female 24 hour rankings.

Geoff Molloy helped at the presentations, handing out awards and commemorative pottery coffee mugs to all finishers. Some of the young Westfield hopefuls were pleased to meet for the first time two Westfield winners, Geoff Molloy and Cliff Young, two stars who had 'been there, done that', but who were happy to hand out free advice.

Thank you to so many people for helping to make this event such a success. The Coburg Harriers, my many vet.friends who crewed and lap-scored, my husband Colin who kept the leader-board up-dated every hour and to Ray Callaghan who was 'trouble shooter' throughout the race.

Dot Browne - Race Director.

VICTORIAN 24^{hr} TRACK CHAMPIONSHIP



STOP PRESS STOP PRESS STOP PRESS

Westfield Run 1989. Official Race Positions - Projected to 1200 26/5/89.

			Days:Hrs:Min				Days:Hrs:Min				
1.	Yiannis Kourcs	Greece	5:02:27	3.	Pat Farmer	N.S.W.	7:13:47	15.	Ren Hill	Vic.	988.0km
2.	David Standeven	S.A.	5:13:55	9.	Rune Larsson	Sweden	7:14:10	16.	Terry Cox	Vic.	965.2km
3.	Kevin Mansell	N.S.W.	5:22:59	10.	Mark Gladwell	N.S.W.	7:17:20	17.	Tomoya Takaishi	Japan	961.2km
4.	Graeme Woods	Qld.	6:16:16	11.	Owen Tolliday	Qld.	7:19:00	18.	Ross Parker	W.A.	953.3km
5.	Bryan Smith	Vic.	7:04:05	12.	Graham Stenner	S.A.	7:19:45	19.	Dane Taylor	N.S.W.	939.9km
6.	Maurice Taylor	N.S.W.	7:07:00	13.	Greg Wishart	Vic.	1009.0km	20.	Graham Pirkin	N.S.W.	937.3km
7.	Don Mitchell	NZ	7:09:11	14.	Tony Collins	N.S.W.	1000.0km				

Other competitors withdrawn. Race finishes @ 2300 26/5/89. All competitors above must achieve 1015km to finish.

24 HOUR TRACKRUN

Harold Stevens Athletic Track, Coburg

25th & 26th February, 1989 - VICTORIAN CHAMPIONSHIP

PLACING	NAME	AGE	MARATHON	50KM	50MILES	100KM	150KM	100MILES	200KM	250KM	12HOURS	24HOURS
1	MIKE MARCH	45	3:43:38	4:24:37	7:10:38	8:57:33	13:43:03	14:45:00	18:22:48	22:53:39	131.600KM	260.099KM (A'Asian Record!)*
2	DAVID STANDEVEN	36	31:15:05	3:52:40	6:30:43	8:24:15	13:04:06	14:19:54	19:00:30		139.200KM	242.605KM *
3	JOHN BREIT	30	3:02:49	3:43:00	6:26:26	8:14:20	13:06:38	14:14:00	18:33:07		138.000KM	238.102KM 1st 24 Hr.
4	KEITH FISHER	23	3:53:50	4:40:56	4:46:23	9:56:00	15:28:19	16:34:34	20:27:27		118.800KM	232.207KM *,
5	JOHN LEWIS	50	3:45:26	4:26:21	7:15:19	9:21:15	15:09:57	16:23:08	20:53:34		124.000KM	224.226KM 1st 24 Hr.
6	GREG WISHART	50	3:28:32	4:36:00	7:59:27	10:20:00	16:44:03	17:46:30	22:20:26		110.400KM	216.784KM *
7	JAMES HOLSTENCROFT	34	3:56:07	4:42:30	8:19:13	10:17:31	16:44:45	18:20:20	23:15:44		114.800KM	205.848KM 1st 24 Hr.
8	PETER GRAY	24	3:17:25	4:05:22	6:57:51	8:57:13	15:28:26	16:57:45	23:19:39		124.800KM	204.223KM *
9	GRAHAM STENNER	44	4:10:36	4:57:40	8:26:07	10:43:54	17:25:46	19:03:31	23:31:46		107.200KM	203.526KM *
10	BRICKLEY HEPBURN	37	4:08:35	4:57:14	8:10:00	10:21:03	17:29:20	18:55:04	23:39:08		113.600KM	201.949KM 1st 24 Hr.
11	BILL BEAUCHAMP	43	4:11:49	5:02:21	8:43:09	11:02:29	17:44:57	19:20:09			107.200KM	196.505KM
12	MURRAY COX	42	4:04:25	5:02:01	8:25:50	11:17:06	17:30:50	19:02:00			106.400KM	187.605KM *
13	BRUCE KIRK	25	3:58:59	4:45:25	7:55:34	10:10:41	19:11:05	20:54:57			114.400KM	184.391KM *
14	TERRY COX (JNR)	23	4:21:40	5:10:28	8:52:59	11:02:39	19:36:34	21:09:18			103.600KM	182.817KM 1st 24 Hr.
15	JOHN KAPARELIS	21	4:26:06	5:21:33	9:10:44	11:40:43	19:01:42	21:15:18			102.400KM	179.268KM 1st 24 Hr.
16	KEN HOUGH	44	5:00:30	5:59:58	10:02:11	12:37:00	20:13:49	21:48:18			95.600KM	176.061KM *
17	JOHN BENCZE	55	3:41:26	4:38:30	8:36:49	11:14:10	19:31:44	21:43:24			104.400KM	175.087KM
18	TONY TRIPP	40	4:28:28	5:24:02	9:00:06	11:46:01	21:02:45	22:42:07			101.200KM	169.224KM
19	KIM TALBOT	20	4:30:28	5:32:22	10:15:49	12:53:30	20:59:29	22:48:48			91.600KM	168.493KM 1st 24 Hr.
20	COL JERRAM	44	4:08:15	5:35:57	9:53:50	13:02:12	21:27:35	23:20:34			92.400KM	164.769KM 1st 24 Hr.
21	MICHAEL GRAYLING	32	4:11:02	4:59:07	8:57:49	11:57:38	21:17:20	23:14:47			100.400KM	164.719KM 1st 24 Hr.
22	REG WILLIAMS	37	4:12:04	5:10:46	9:09:49	11:52:48	21:27:02	22:54:47			100.800KM	164.243KM
23	JOHN CHAMPNESS	47	4:17:41	5:13:55	9:08:43	12:35:44	21:59:58	23:39:28			97.600KM	162.819KM
24	SANDRA KERR	43	4:59:04	6:06:16	10:15:12	13:13:10	22:23:48	23:41:44			91.600KM	161.604KM 1st 24 Hr.

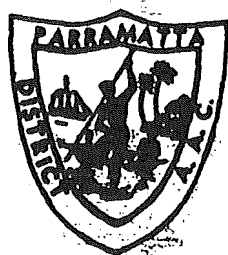
25 MAX HARRISON	49	4:57:08	5:55:42	10:30:28	13:19:15	22:34:21	90.000KM	158.040KM	1st 24 Hr.
26 CLIFF YOUNG	67	6:13:27	8:00:15	12:58:59	15:41:09	23:12:36	75.200KM	157.875KM	
27 ROBERT NASH	36	4:30:02	5:16:44	9:40:54	14:02:58	23:21:57	94.000KM	156.220KM	
28 MERRILYN TAIT	39	5:29:24	6:38:54	12:22:45	15:31:24	23:26:17	77.600KM	154.708KM	1st 24 Hr.
29 GEORGE VANNA	32	4:36:41	5:43:14	10:48:34	14:11:04		88.000KM	147.653KM	1st 24 Hr.
30 PETER VERNON	34	4:52:35	5:55:10	10:00:18	13:47:38		90.800KM	146.800KM	
31 CHRIS STEPHENSON	32	3:55:30	4:41:31	8:00:50	10:30:11		110.000KM	146.218KM	
32 TREVOR HARRIS	42	4:00:50	4:50:21	8:12:03	10:36:41		109.200KM	140.419KM	
33 GODFREY POLLARD	57	4:28:30	6:28:46	10:22:10	14:19:19		86.000KM	139.893KM	1st 24 Hr.
34 STEPHEN DUNN	22	4:21:12	5:15:29	9:19:17	16:08:30		92.800KM	132.338KM	
35 DAVID YEAMAN	52	4:55:45	6:11:51	11:54:51	16:31:45		81.600KM	127.771KM	
36 GRAHAME KERRUSH	49	5:24:08	6:40:55	13:47:10	18:33:27		76.800KM	127.601KM	
37 RON CAMPBELL	45	3:23:47	4:42:47	8:37:28	20:06:21		92.400KM	123.620KM	
38 SHAUN SCANLON	44	4:24:37	5:30:20	9:59:09	14:39:35		86.400KM	121.354KM	1st 24 Hr.
39 GEOFF HOOK	44	3:42:14	4:27:26	8:52:05	22:29:04		84.000KM	113.018KM	
40 JACQUES GAILLARD	41	5:12:39	6:46:11	12:04:00	17:20:50		80.400KM	112.457KM	1st 24 Hr.
BARRY BROOKS	48	3:56:39	4:38:15	7:40:10	9:41:45		122.000KM	132.400KM	
JOE RECORD	47	3:13:14	3:57:24	7:40:20	10:28:43		111.200KM	132.400KM	
JEAN-CLAUDE MORRE	32	4:08:20	5:06:55	10:39:15	13:26:10		90.400KM	115.600KM	
KEVIN CASSIDY	28	3:59:00	4:52:20	8:30:00			88.800KM	93.600KM	
PETER RICHARDSON	24	3:25:28	4:10:26	8:20:40			0.000KM	90.800KM	
KEN WALTERS	56	4:14:44	5:09:46				0.000KM	72.000KM	1st 24 Hr.
JOHN KOSTOPOLOUS	27						0.000KM	68.000KM	1st 24 Hr.
PETER MILNE	33	3:26:03	4:16:16				0.000KM	56.000KM	
TONY DIETACHMAYER	25	3:46:44					0.000KM	42.400KM	
KURT BINDER	43						0.000KM	29.200KM	1st 24 Hr.

GRAVEYARD AWARD

(Laps covered between 12 midnight and 6 a.m.)

1. Mike March 160 laps
2. John Breit 144 laps
3. Keith Fisher 142 laps
4. Greg Wishart 131 laps
5. David Standeven 129 laps
6. John Lewis 128 laps

The actual trophy went to Keith Fisher, because Mike March and John Breit were Major trophy winners and were therefore ineligible for this award



PARRAMATTA DISTRICT AMATEUR ATHLETIC CLUB

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

Listed below is the Results of the 50K run at Barton Park on 5th March.

	Marathon Time	Finish Time.
1.Bruce Cook.	2.39.55	3.09.50.
2.Brad Boyle.	3.02.34	3.44.10/
3.Chris Stephenson	3.16.21	4.00.41.
4.Les Davis	3.24.12	4.08.43.
5.Maurice Taylor	3.33.37	4.11.11.
6.Robert Osborne	3.29.44	4.12.20/
7.Tom Morrow	3.27.53	4.12.48.
8.Rod Martin	3.30.18	4.19.29.
9.Ian Hutchison	3.54.21	4.29.25.
10.Philip Clarke	3.48.00	4.30.24.
11.Georgina McConnell (F)	3.44.52	4.34.00.
11.Patrick Farmer	3.44.52	4.34.00.
13.Ced Sidebottom	3.40.49	4.35.44.
14.Kevin Mansell	3.49/45	4.36.25.
15.Mark Foley	3.45.51	4.40.00.
16.Ashley Warner	3.57.30	4.46.16.
17.Wanda Foley (F)	4.01.32	4.46.59.
18.Gary Moore	3.51.36	4.47.31.
19.David Williams	4.05.25	4.50.13.
20.Craig Dodimead	4.05.55	4.57.03.
21.Brian Colwell	4.06.44	4.57.50.
22.Steel Beveridge	3.54.10	4.58.15.
23.Steve Nordish	4.19.43	5.07.25.
24.Graham Kerruish	4.40.69	5.51.27.
25.Warren Costello	4.42.02	5.52.59.
26.Peter Ford	4.39.41	5.58.51.
27.Marilyn Kinchin (F)	4.59.16	6.02.21.
28.Valerie Warren (F)	5.23.59	6.19.38.

Lucille and Mark Gladwell started 30 minutes late. Their times have been adjusted back.

Mark Gladwell	4.48.52	5.49/06.
Lucille Gladwell	4.53.10	5.52.37.

D.N.F.

Lin Young (F), John Melyczenko, Harry Clements, D Taylor, Peter Smith, Michael Hodgson.

NEW COURSE RECORDS.

BRUCE COOK 3hrs 09mins 50secs.

GEORGINA McCONNELL 4hrs 34mins 00secs.

THE 9TH ANNUAL PARRAMATTA TRACK 50 k

by Big Chris

This year's run had a great turn out of runners - 34 toed the line. A six o'clock start this time of the year with daylight saving meant a start in the dark, the oval's lights were on and a morning mist prevailed - a very eerie feeling.

One runner present was Bruce Cook from Canberra, Australian record holder for 50 mile track - 5.35.32 (1985) and one of ACT's top club representatives. When the race was started, Bruce shot off in no uncertain terms while the morning mist turned into a fog. These cool conditions made for good running and with so many runners on the track, made for a great ultra.

Mark and Lucille Gladwell arrived 30 minutes late and started running anyway, their times adjusted later - Mark must have had thoughts he was Kouros !

Brad Boyle was holding on to second place showing he is no quitter, (although once in this race he ran to the marathon distance and pulled out. He finds since that time he is continually reminded of this wimpy action which gives him the shits! - but I said I wouldn't mention this fact in this story - so I won't).

Big Chris still fresh from the VMC 24 hr the week before (146k - slowly tapering up to great heights) showed the locals how to push 93kg around the track at great speed (writer's privilege) with Mark Foley in hot pursuit. Maurice Taylor was running - preparing himself for another Westfield, as was Killer Kevin Mansell, Uncle Pat Farmer (running in tandem with Georgina McConnell), Fencepost Mark Galdwell and Dirty Dave Taylor.

Rob Osbourne was having a run, this guy has been around the running traps for years (always doing the marathons and the odd 50 miler). Hutchoman and Ashley Warner ran around holding hands together for a couple hours - then got serious about the race and started putting in.

Mountain Man also fresh from the VMC 24 hr was moving around the track in his inimitable way, it felt quite odd to be running around a track with him one week in one state and the next week to be running around another track with him in another state.

We had some transcendents to the ultra brother/sisterhood - Marilyn Kinchin, Peter Ford (Mittagong Man), Steve Nordish and Lin Young.

Steve Nordish was preparing himself for the Sydney to Griffith Relay Run to be staged a couple of weeks later. Walter McCrorie, Nobby Young, Hutchoman and other Sydney Striders would be involved too.

While this was all going on, Bruce Cook was "cooking" around the track (which was getting a muddy in places) and smacked out a marathon in 2.39.55, this included a sprint across another oval to the toilet block and back !!

Brad Boyle was consolidating his second place (you remember him - he is the guy who pulled out of this 50k event the other year and keeps being reminded of it [especially from Hutchoman] which gives him the shits! - but as I said before - I'm not saying a thing).

Chris Stephenson was holding off all usurpers for third place and was showing his many years in the ultra game by once exhausting his own liquid and food supplies, starting on Hutchoman's. Mark Foley's wheels fell off and was definitely moving at a subdued state.

Bruce Cook just kept steaming (as opposed to cooking) around and before you knew it, he had finished in a new course record of 3.09.50 and looked as fresh as a daisy !!

Brad Boyle came in second (yes - he finished this one), Big Chris in a well deserved third and a very quiet Les Davis in fourth.

Hutchoman lifted his game and did his "el neggo splitto" and improved by nine places, his recent job promotion has meant an increase in his daily mileage to 30k, and it is starting to show results.

Brian Colwell was not having "a good one" and made for great entertainment when he finished with his moans and groans of pain and exhaustion. First lady home was Georgina McConnell with a new course record of 4.34.00.

The Parramatta Athletic Club supplied food and drinks which was heartily greeted by finished runners. Presentation of awards was held at high noon, placegetters receiving some very nice silverware.

Congratulations again to the Parramatta District Amateur Athletic Club for another well organised 50 k track event. Next year is the 10th annual running of this event, so let us see a great turnup to Australia's "Premier" 50k track ultra.

THE AGE, Tuesday 23 May 1989

Picture: BRUCE POSTLE



On the road again: South Australian ultra-marathoner David Standeven, the fifth placegetter in last year's Westfield run from Sydney to Melbourne, strides out yesterday in a bid to hold out the fast-closing multiple world champion Yiannis Kouros. A storeman, Standeven, 36, was 28 kilometres ahead of Kouros last night as the leading runners headed south from Bairnsdale.

March 18th, 9:00 am, and I find myself again a couple of km's west of Katoomba for the annual trek from the Explorers Tree to Jenolan Caves (about 46km). This year my brother (Iron Knees Fred) and his wife Edith had come all the way from the U.S. to run in this event. He was hoping to catch me with my pants down, as I was still recovering from a foot operation late last year.

The atmosphere at the start of this race is really something. Runners and friends mingle, eating damper and drinking billy tea. Everyone is talking and nobody is listening. Last minute excuses are made why one will not be running well this time. We've all heard it a thousand times before, so what's new?

Ten o'clock and the race starts. The first few hundred metres of this run are on a good dirt road, which is the last good running surface you'll see for a while, then the track drops down Nellies Glen. And I mean drops, literally. The track, stairs, creek become almost unrunnable and passing anyone is out of the question. Every year there is that certain percentage of inconsiderate 5-6 hour finish time runners, that insist on sprinting past the seeded runners in the first few hundred metres, only to slow down on the single file track and hold up the bulk of the field. One year one of these clowns will trip and fall and, with a bit of luck, roll right to the bottom of the Glen.

The weather had been awful leading up to the run this year. The day of the event turned out to be just as wet. At the bottom of the Glen the mud was ankle deep in places, which allowed me to relive some of my childhood fun. It is always a scramble until you get to the river crossing, which is about 16k into the run. That's when things start to get serious. This year, due to the high water level of the Cox's river, there was a rope to help us cross the river in safety. I really enjoyed that, hanging on the rope, with my feet completely losing touch with the rocks underfoot. At my size, the water doesn't need to be deep.

Heading up the first of the hills, Minni Minni Saddle, I just wanted to stay ahead of the first female runner, Linda Thomason. This girl is a threat in any wilderness run, as she proved by being first lady in the Brindabella 50k last year and the 6' Track this year, beating most of the men on both occasions. Then it's down to Little River, through the mud and the water and up Black Range. The stretch from the Fluximeter to the far road is always the hardest part of the run for me. Once on the tar road it's all downhill from there, particularly the last 3k where you literally drop down to Jenolan Caves where all runners are clapped and cheered like winners.

Caves House looks after the finishers by providing tea, coffee, biscuits and cake. However the serious runners grab a guinness from the bar and hang around the finish area to welcome the rest of the runners in.

This year there was a very competitive field with Robert Seilling, Steve Montague, Mathew Cull, Roger Hardy and Grea Love fighting for the lead. Steve sat back early to watch Robert and Matthew chew each other out. Steve hit the front with about 15k to go, Matthew wimped out with about 10k to go, but Robert, to his credit, toughed it out to finish in 20th place. It must be tough for a quality runner like Robert to see so many 'slow' runners go past over the last few kilometers. But I am sure that he learned from this run and will be back next year to run for a win. Roger reversed last years finishing order by coming second and pushing Grea back into third.

This being the 6th running of the race, attractive pewter belt buckles were awarded to the only three runners to have completed this run six times. These were Big Chris (The Canyon Kid) Stephenson, Ian (Hutcho Man) Hutchison and myself. This will be a feature of the event every year now, as all runners will receive one of these buckles on completion of their 6th 6' Track run.

A hearty thanks must go to the Blue Mountains Bush Fire Brigade for manning all the drink stations and being so encouraging to all runners, and to Chris Stephenson and Ian Hutchison for putting on another toe event.

The moral of the story is, if you really want to enjoy yourself and see what this run is all about, then you just have to compete in it to experience it all first hand. But remember: this run is not for wimps and if you want to whine, stay with mummy.

THE SIX FOOT TRACK MARATHON

Alan Witt and Ross Shilston picked me up at 4.10am on Friday 17th March and we made our way to Geoff Hook's place, where, after a lengthy wait, Geoff and Robin Anderson joined the party. Next stop, Dot and Colin Browne filled the squad and our mini-bus of desperates started the long trek to Jenolan Caves. At Gundagai, we marvelled at Rusconi's Marble Masterpiece and enjoyed a beautiful counter lunch at the local, with a bit of carbohydrate loading on the side. Finally, I got a turn at the wheel, and due to some shocking navigation by Alan, we ended up on a dead-end track somewhere in New South Wales. A bonus for the mistake was a trophy for Dot of a great set of ram's horns and skull. Eventually, at around 6.30pm, due to a great piece of driving and tolerance to negative criticism about my driving ability, by yours truly, we arrived at the Jenolan Caves Guest House.

Race morning dawned a little too early for most of the party, who could not handle my early-rising habit. (Ed.'s note: Why the hell does one need to get up at 4.30am for a 10am race?) Rob, whom we would have been lost without, after the hiccup of a puncture, got us to Katoomba with plenty of time to spare for the 10am start.

After a feed of damper, golden syrup and billy tea, plus a \$3,000 presentation made to the Bush Fire Brigade, the race got started and the field of 200 headed off, following the fast starters down the first section - a tough quad-tester three kilometres downhill, with what felt like 3,000 steps.

The next section was broken up by climbing over several stiles. Taking a left turn on the track where it forked, Geoff Hook and two other runners took the right. Thinking I was on the wrong track, I turned back after 10 metres and followed them. By this time Geoff was 100 metres in front and going away. The anaconda had struck again!

Shortly, I had the first of three falls. Talk about awkward! The blood pouring from my elbow would have been an inspiration on the footy field. We crossed the Cox's River with the current flowing fast and the water chest high, hanging on to a rope. It was quite an adventure. I made a bad mistake by leaving my tee-shirt on and suffering from the cold in further kilometres. Many had to stop and empty river sand from their shoes. Twenty-five or so runners filed past me over the remainder of the tough, hilly course, mainly on dirt roads. An ideal running surface if one was up to it. After spending 80% of the remainder of the run walking, the last 3km plunge downhill to the finish was a real quad killer and anyone who didn't feel pain on that stretch mustn't be human. What a relief to get to that finish! When I was getting my elbow dressed in the first-aid room, another casualty was brought in with torn ankle ligaments swollen like a football, skin off his arm from shoulder to hand, and both knees grazed. One look at him and I felt 100%.

Steve Montague won the race for the second year in a row in 3hours 33mins.06s, a magnificent effort. Clive Davies from Brighton was the first Victorian in 3hours 59min, picking up several places in the last few kilometres, which was a great effort. Linda Thompson in 4.19.28 was the first female competitor to finish the race. Trisha Griffiths was the second woman, in 4.42.40. Both were great efforts. Our party's times were: Geoff Hook 4.15.12, myself 4.59, Dot 5.14, Ross 5.43, and Colin 5.49. Alan pulled out with shin trouble. At the presentations, Ian Hutchison, big Chris Stephenson (the 'big' is personal he assures me), and Max Bogenhuber were awarded with special buckles for finishing six Six Foot Track Marathons.

Pre-dinner drinks saw Ross doing very nicely with an attractive young bar maid, only to be cut down when Dot told the girl he was a poor desperate. That evening, we had another glorious meal at Caves House and finished with a sing-a-long and dance with the bush-band. Colin Browne killed them with his dancing and Al Jolson impersonations and was the life of the party.

The next morning, we did a 7am tour of the Orient Cave. What a circus trying to climb down the many steps with aching limbs. Rob was a lifesaver on the long drive home, with a great driving stint to Benalla. Anyone watching had a good old laugh at our efforts alighting from the bus on the few stops on the way home. We looked like escapees from the geriatrics' home.

Dinner at a club in Cowra saw the start of Dot Browne as a future gambolic. Alan Witt led her astray on the poker machines. Dot's missionary parents would be shocked if they knew of her new-found vice. A great sing-a-long, with me in fine voice, managed to keep everyone awake over the last few miles. At 11.45pm, my head was on the pillow after a great weekend.

Hope to see you at the Six Foot Track next year!

Peter Armistead.

The Blue Mountains Six Foot Track Marathon

RUNNER	FINISH				
1 S. MONTAGUE	3,33.06	56 R. SIMMS	4,56.13	115 E. BOGENHUBER	5,37.42
2 R. HARDY	3,44.26	57 H. KOSTER	4,56.29	116 D. BAMBRICK	5,38.27
3 G. LOVE	3,45.32	58 B. WHITTON	4,56.34	117 K. SWIFT	5,41.29
4 C. SYRED	3,58.26	59 P. ARMISTEAD	4,56.47	118 A. DEAKIN	5,42.16
5 C. DAVIES	3,59.55	60 B. BOYLE	4,56.50	119 H. BEAUCHAMP	5,43.05
6 W. SELBY	4,00.50	61 K. CLEMENS	5,00.56	120 K. GILLIES	5,43.34
7 J. HICKS	4,01.35	62 M. BRISBY	5,01.06	121 R. SHILSTON	5,43.35
8 P. MALINOWSKI	4,03.09	63 B. COOK	5,01.11	122 W. HARDY	5,44.39
9 B. COATES	4,07.14	64 F. JAMES	5,02.01	123 R. DEAN	5,45.28
10 B. INGLIS	4,09.01	65 D. GIRVAN	5,02.44	124 T. HILL	5,45.30
11 P. GOONPAN	4,10.27	66 I. CLARKE	5,03.14	125 J. SYDNEY	5,46.57
12 M. BOGENHUBER	4,10.58	67 J. MELNYCZENKO	5,04.28	126 G. BAILEY	5,49.13
13 F. BOGENHUBER	4,14.02	68 W. WILLIAMS	5,04.33	127 C. BROWNE	5,49.40
14 G. HOOK	4,15.12	69 R. TOWGOOD	5,04.48	128 P. ENGLISH	5,52.06
15 B. DARBY	4,16.04	70 H. GOLEBIOWSKI	5,06.07	129 M. ROODS	5,52.33
16 T. CHRISTIAN	4,16.47	71 B. BULMER	5,07.11	130 W. STANTON	5,53.53
17 B. HARGREAVES	4,17.20	72 T. HARRIS	5,07.18	131 P. MAIR	5,56.11
18 O. WILLIAMS	4,17.50	73 D. McMAHON	5,07.21	132 R. EMBLEN	5,56.13
19 R. SPILLING	4,19.15	74 E. HIGGINS	5,07.51	133 M. LONG	5,57.44
20 L. THOMPSON	4,19.28	75 S. POHLMANN	5,07.55	134 G. HARRISON	5,59.13
21 T. STRACHAN	4,22.50	76 M. FOLEY	5,07.59	135 G. AULD	5,59.21
22 S. FRANCKEN	4,26.00	77 T. KRANTZCKE	5,08.36	136 I. HUTCHISON	6,00.00
23 V. THOMAS	4,26.05	78 P. COATES	5,09.28	137 B. STEPHENSON	6,00.00
24 B. LLOYD	4,26.09	79 B. FICKEL	5,09.56	138 K. THOMPSON	6,00.30
25 G. BYRNE	4,27.14	80 R. ALLEN	5,10.40	139 L. MOORE	6,01.45
26 A. SEGULA	4,27.15	81 S. BAKER	5,11.04	140 K. INGERSOLE	6,05.28
27 P. RUSSELL	4,30.43	82 B. TAILFORD	5,12.12	141 B. ALLEN	6,06.27
28 A. HARBER	4,30.47	83 J. FLANAGAN	5,12.39	142 P. ALLEN	6,06.28
29 P. MAHONY	4,31.25	84 W. CLARKE	5,12.47	143 L. CLARK	6,06.31
30 J. THORN	4,31.28	85 J. McINTOSH	5,13.13	144 T. LILLIS	6,07.42
31 R. HERD	4,31.42	86 J. SHEPHERD	5,13.28	145 B. KEATS	6,08.25
32 P. BARNES	4,32.13	87 T. BERNUTT	5,13.29	146 G. REID	6,11.19
33 G. KNIGHT	4,33.38	88 D. BROWNE	5,13.30	147 G. SODBINOW	6,12.42
34 M. WARD	4,34.14	89 H. STANGER	5,14.16	148 D. BOIDIN	6,18.55
35 J. HART	4,36.00	90 J. TURNER	5,16.00	149 D. BOIDIN	6,18.56
36 A. HICKS	4,38.40	91 A. O'TOOLE	5,17.28	150 K. O'KANE	6,19.55
37 S. MONTGOMERY	4,40.42	92 S. JACKSON	5,18.32	151 A. COLCOMBE	6,21.15
38 G. LEAHEY	4,40.47	93 T. HAMILTON	5,18.59	152 P. LILLIS	6,21.49
39 B. DRISCOLL	4,40.54	94 B. COLWELL	5,19.42	153 H. DEAKIN	6,27.12
40 M. THORPE	4,41.54	95 R. STOREY	5,20.28	154 W. FOLEY	6,30.10
41 R. CLARKE	4,42.30	96 W. GOLDSMITH	5,20.29	155 G. KERRUISH	6,33.18
42 T. GRIFFITHS	4,42.40	97 P. CLARKE	5,20.33	156 P. SMITH	6,34.40
43 G. DREVER	4,44.20	98 V. TOWGOOD	5,20.45	157 V. BULMER	6,40.12
44 P. GOULDING	4,45.34	99 R. WEBB	5,21.46	158 R. JOHNSTON	6,40.13
45 C. GUY	4,46.44	100 L. SMITH	5,22.00	159 R. JACKSON	6,46.19
46 G. MURPHY	4,47.21	101 R. DREW	5,23.51	160 T. MAHONY	6,46.20
47 G. BICZO	4,47.38	102 B. RANNARD	5,24.00	161 B. COURTNEY	6,47.45
48 S. HICKS	4,47.47	103 G. SKELTON	5,25.08	162 R. DYER	6,52.11
49 G. McDOUGAL	4,48.58	104 H. BLUE	5,25.51	163 P. THOMAS	7,17.14
50 T. MORROW	4,49.23	105 I. WHITFIELD	5,26.09	164 D. KENNEDY	7,17.14
51 A. WHITHAM	4,50.03	106 J. McGOVERN	5,28.44	165 L. CLAYTON	7,17.15
52 K. SAUNDERS	4,53.17	107 M. RILEY	5,29.01	166 T. CLAYTON	7,17.16
53 B. RENSFORD	4,53.47	108 R. JONES	5,29.58	167 C. WENNERBOM	7,17.17
54 T. COLLINS	4,55.40	109 J. GRIFFITHS	5,32.26	168 B. WEST	7,17.19
55 M. EDGAR	4,56.01	110 D. AITCHISON	5,33.36	169 L. HUNT	0.00
		111 K. FENNELL	5,33.48	170 M. SATCHELL	0.00
		112 G. IRWIN	5,35.58	171 A. WITT	0.00
		113 T. KING	5,36.43	172 N. KINGSMILL	0.00
		114 S. NORDISH	5,37.09	173 C. BARKER	0.00

The Six Foot Track Marathon

03/05/89

- from the Organisers

This year's 6th annual event attracted 173 starters of which 168 finished (5 nancies boys), thus a finishing rate of 97%. Temperatures were in the vicinity of 16-20 degrees.

Special thanks must go to the 13 Blue Mountains Volunteer Bush Fire Brigade Units for their wonderful support during the run, especially the rope across the Cox's River!

Thanks must go also to Caves House for their assistance and hospitality in making all the runners, family and friends welcome.

Yours in health,

Ian Hutchison

Ian Hutchison

Race Organiser
W (02) 669 4715, 008 225345

Chris Stephenson

Chris Stephenson

Race Secretary
H (02) 523 7854



This photograph shows the Victorian contingent who ran the Six Foot Track Marathon this year: Left to right: Alan Witt, Ross Shilston, Colin Browne, Peter Armistead, Geoff Hook & Dot Browne

PENINSULA HEALTHY LIFESTYLE

12 HOUR RACE, ROSEBUD,

Rob Blitzed

There's Life in the Old Boy Yet!

OR

The Percy Cerutti Memorial 12 Hour Run

Saturday 6th May, 1989 at Rosebud, Victoria - by Geoff Hook

After several years of mediocre to poor performances, the old body is beginning to function again with some pleasing results so far this year. Bogong to Hotham, then the 6' Track and now this 12 hour race have all shown a partial return to form for me.

Peninsula Healthy Lifestyle conduct this race through the stirring efforts of Brian Jones, advised and ably supported by the indomitable and tireless worker, Dot Browne. Each staging of this event has been improving from an organizational and implementational point of view and this 3rd event was no exception. Dot has been nurturing Brian well in the art of good race organisation, management and control. Well done and thank you to all organisers, officials and lap scorers for a successful day. Thanks and appreciation are also extended to the Victorian School of Massage - their masseurs ironed out many sore and tired muscles both during and after the event.

Young Rob Zwierlein ran away with the event from the starter's gun and soon had a commanding lead over that other young and also fast starter, Peter Gray. Rob was 22 minutes ahead at 3 hours, 37 minutes at 4 hours 45 minutes at 7 hours, 53 at 9 hours and then slowed over the final stages when the race was secure to finish 6 1/4 km ahead of Peter with a final distance of 128.129km and an event best performance. Geoff Hook started conservatively and worked his way into 2nd place by the half way mark but slowed towards the finish allowing Peter Gray to regain 2nd spot. However, Geoff held off a late challenge from Ron Smith who finished 4th. Peter Armistead looked promising in the early stages and was threatening to mount a challenge to Rob over the 2nd half of the race but was dogged by foot trouble which allowed the "Anaconda" to slither by once again.

Sandra Kerr ran a very steady and controlled race to win the ladies' section with a distance of 104.45km and 9th position overall. Sandra is improving in leaps and bounds in each successive ultra race. Her potential is far from being realized.

Light entertainment was provided for the runners by some strange events on the in-field. The Rosebud police challenged allcomers to tug-of-war matches. Needless to say they won hands down and the ignominy for one of the challengers was Dot's motley team of itinerant lapscorers and officials - they lasted no longer than 3 seconds.

Little athletics were next and it was funny to see pint-sized kids walking around the inside of the track and passing some of the 12 hour race competitors.

Apart from the good performances and some P.B.'s in the race, \$1000 was raised for the Salvation Army by competitors Norman Johnson and Ali Wynenburg. Well done to both of you.

45.

WORLD-ranked triathlete Rob Zwierlein completely outclassed all opposition in the Percy Cerutti Memorial 12-hour track run at Rosebud last Saturday.

Zwierlein, 25, from Yinnar, who is number 32 on the world triathlete rankings, ran 128.6kms in the time limit to easily beat West Geelong's Peter Gray (122.3 kms) and Geoff Hook of Mt. Waverly (120 kms).

Renowned distance runner Tony Rafferty was surprisingly off the pace, covering only 93.4kms to finish in 18th position.

Better performed was the old man of athletics, George Perdon, 64 who ran just over 100kms to finish in 13th place.

Competitors were started on the 12-hours of laps around Olympic Park by legend Herb Elliott, who was trained by the equally famous Percy Cerutti.

Last year's Budget Melbourne Marathon winner Sandra Kerr led the women's field, covering 104.8kms to finish ninth overall.

While the athletes paced the track, a number of events were taking place centrefield to hold the attention of spectators.

Included in the program were short run and walk races, tug-o-war and competitions between the police and local primary schools.

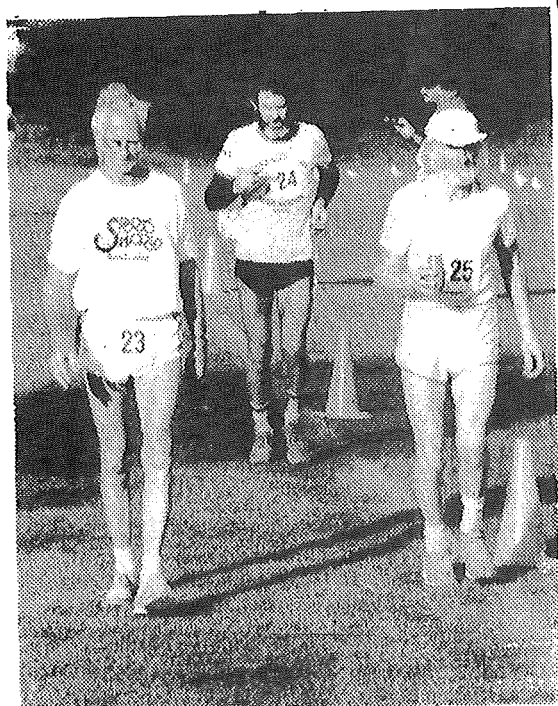
Peninsula Healthy Lifestyle provided

refreshments for competitors and radio Port Phillip 3RPP donated two perpetual trophies for the boys and girls junior tug-o-war teams.

OFFICIAL RESULTS

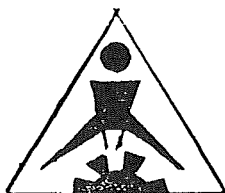
Rob Zwierlein 32 o laps
128.675kms; Peter Gray
305 22.372; Geoff Hook
300 120.023; Ronald
Smith 287 114.928; Greg
Wishart 281 112.790;

Klaus Schnibbe 281
112.602; Tom Donovan
272 108.831; Ralph
Briston 265 106.011;
Sandra Kerr 262 104.896;
Phillip Barnes 258
103.474.



George Perdon (left), Greg Wishart (centre) and Tom Donovan with seagulls in the background as spectators.

Acknowledgement to: "The Peninsula Flyer", May 1989.



Peninsula Healthy Lifestyle

12 H

Municipal Offices, Boneo Road, Rosebud, P.O. Box 1000, Rosebud, Victoria, 3939. (059) 81 1500. DX 30059

		AGE	SUBURB	ST.	MARATHON
1.	ROB ZWIERLEIN	25	YINNAR	VIC	3. 10. 45
2.	PETER GRAY	24	G'LONG	VIC	3. 43. 04
3.	GEOFF HOOK	44	MTWAV	VIC	3. 45. 15
4.	RON SMITH	44	MT'ELIZA	VIC	3. 59. 06
5.	GREG WISHART	50	ST KILDA	VIC	3. 57. 03
6.	KLAUS SCHNIBBE	46	E. BURW	VIC	3. 57. 25
7.	TOM DONOVAN	58	W. COB'G	VIC	4. 10. 37
8.	RALPH BRISTOW		DAPTO	NSW	4. 06. 55
9.	SANDRA KERR	43	S. C'DON	VIC	4. 26. 00
10.	PHILLIP BARNES		MT MTHA	VIC	3. 59. 22
11.	KEN HOUGH	44	K'BOROUGH	VIC	4. 17. 21
12.	PETER ARMISTEAD	43	F' STON	VIC	3. 30. 31
13.	GEORGE PERDON	64	BURW'D	VIC	4. 14. 49
14.	CLIFF RYAN	59	CDRID	VIC	4. 10. 05
15.	JOHN KAPARELIS	22	E. KEILDR	VIC	4. 05. 33
16.	NORM JOHNSON	52	C'BOURNE	VIC	4. 21. 07
17.	MERRILYN TAIT	39	SEAFORD	VIC	4. 58. 40
18.	TONY RAFFERTY	50	E. D'CASTER	VIC	4. 19. 5
19.	MAX HARRISON	49	H' TON PK	VIC	4. 53. 0
20.	GEORGE YANNA	32	E. PRESTON	VIC	4. 46. 2
21.	ALI ZWYNENBURG	61	SEAFORD	VIC	8. 31. 3
22.	JACQUES GAILLARD	42	D'NONG	VIC	5. 09. 3
23.	GREG HILLIER	33	M'DOPNA	VIC	.
24.	KIM TALBOT	21	HAW'N	VIC	
25.	BARRY CALLANAN	39	VERMONT	VIC	
26.	RAY CARROLL	42	HAW'N	VIC	

The Rosebud tri
measured at 39
accurate. Howe
approximate or
for slightly c
distances were

FOUR RACE, ROSEBUD, 6 MAY 1989

	50 KM.	50 MILES	100 KM.	FINAL DISTANCE
	3. 49. 24	6. 38. 49	8. 37. 17	128. 129 km.
	4. 26. 40	7. 35. 13	9. 31. 24	121. 853 km.
	4. 27. 24	7. 25. 35	9. 44. 50	119. 513 km.
	4. 42. 54	8. 02. 14	10. 12. 40	114. 440 km.
	4. 40. 12	8. 10. 10	10. 25. 11	112. 312 km.
	4. 43. 57	8. 11. 55	10. 30. 24	112. 124 km.
	5. 03. 37	8. 39. 47	11. 00. 20	108. 368 km.
	4. 54. 51	8. 47. 04	11. 19. 15	105. 560 km.
	5. 25. 58	9. 15. 21	11. 30. 24	104. 450 km.
3	4. 51. 28	9. 04. 32	11. 37. 02	103. 035 km.
6	5. 19. 59	8. 59. 36	11. 39. 06	102. 476 km.
4	4. 31. 25	9. 15. 06	11. 48. 48	101. 132 km.
	5. 04. 03	9. 33. 39	11. 54. 12	100. 554 km.
5	5. 16. 53	9. 41. 44	-	98. 391 km.
3	5. 01. 23	9. 35. 44	-	95. 378 km.
	5. 38. 38	10. 08. 23	-	94. 582 km.
6	6. 18. 17	10. 27. 10	-	93. 359 km.
0	5. 19. 59	9. 50. 49	-	93. 054 km.
9	6. 01. 11	10. 51. 46	-	88. 463 km.
4	5. 47. 54	11. 01. 07	-	86. 541 km.
9	10. 12. 07	-	-	57. 951 km.
5	7. 00. 06	-	-	52. 973 km.
	.	-	-	33. 058 km.
				28. 279 km.
				23. 898 km.
				18. 321 km.

Track was set up to a nominal 400 metre distance, but was actually 383 metres. The final results above have been corrected and are correct. However, the split results have NOT been corrected and are therefore incorrect. Additionally, times for the 50 mile and marathon splits are over-distance marks, being the recorded lap times after the runner has passed on the track.

FRANKSTON TO PORTSEA 1989

On April Fool's Day, eight runners fronted up at the Frankston Post Office in the early hours of the morning, all rearing to prove how foolish they were in wanting to run the 56km (or 35 miles) to Portsea, with no drink stations, no portable toilets, no support crews, no split times, no police supervision, no nothing. Well, almost nothing. The Peninsula Road Runners, not wanting to spoil them too much, did make a few concessions. They provided them with a time, a block of chocolate and a finisher's certificate after they had touched the gates of the Army Depot at the end of Nepean Highway.

Phil Barnes, Peter Armistead, Jacques Gaillard, Pat Cooper, Peter Gray, Kon Butko, Ron Smith and Geoff Hook were the fools. This certainly was a super-casual race, and they loved it. Ross Shilston started them off and Peter Gray took off like a rocket. Nobody saw him for dust until Rosebud, 35km later, when he was starting to fade. He had been running 20 minute 5kms. and left the rest of the field for dead.

Hookie and Kon Butko came next, running together at a more sedate 23 minute/5km pace, chatting as they ran. Kon picked up the pace once he hit the beach road and overtook Peter Gray at Rosebud, before going on to win comfortably in 4hours 16mins. Hookie was left in third place, and finished in 4hours 43mins. Peter Armistead, the blond bricklayer from Frankston kept the attractive Pat Cooper company for the first half, but then ungallantly left her for dead in the second half. Ron Smith caught Peter Armistead and these two rogues ran together until the end, finishing in 5hours 12mins. And then, just to prove they were both genuine April Fools, they stopped to have a beer 800metres from the finish and then proceeded to do a U-turn at the end and run all the way back to Frankston, just to cool down. Peter took 12 hours to complete the 112km circuit in the dark.

Phil Barnes came in next in 5hours 52mins, Pat Cooper completing her first ultra in 6hours 9 mins, and finally, Jacques Gaillard did well to finish his second ultra in 6hours 31mins. Well done all of you!

It had been a great day. The weather was perfect. The course was interesting and scenic, pleasantly undulating from Frankston through Mount Eliza, with the natural bush lining the road. Then the landscape opened up for a few kilometres before the course hit the ti-treed foreshore from Dromana to Sorrento - a long flat road, with glimpses of Port Philip Bay on one side and rows of holiday shops on the other.

The final 5km stretch from Sorrento to Portsea was the toughest. Six short, sharp roller-coaster hills which really tested the runners when they were exhausted and looking for the finish. All eight starters finished. I guess the only disappointed one was Peter Armistead. This was to be Day One of Mike March's Training Program and he'd bombed out badly when he only managed to complete half the required mileage with his 112km.!

Dot Browne.

RESULTS:

1. Kon Butko	4.15.00	4. Ron Smith	5.12.20
2. Peter Gray	4.28.50	6. Phil Barnes	5.52.08
3. Geoff Hook	4.43.05	7. Pat Cooper	6.09.53
4. Peter Armistead	5.12.20	8. Jacques Gaillard	6.31.01

THE WIZARD OF ID



Q.M.R.R.C. 12 HOUR ROAD RUN - 1989

The ultra division of the Queensland Marathon and Road Runners Club held its 12 Hour Run at Caboolture Sports Centre on April 15 (Dusk to Dawn). The run was originally planned for the athletic track, but when flooding of the river put the athletic track out of action for a few weeks the event was changed to a one kilometre circuit on the road within the sports centre.

Twenty-one competitors started the race with Graeme Woods and Neil McCabe setting a fast pace early trailed by Peter Sullivan and Bob Hunter. Graeme went through the marathon mark in just over three hours, but succumbed to a stomach upset not long afterwards. Neil McCabe held the lead for a short while until passed by Peter Sullivan on the 48th lap. Peter held the lead for the rest of the race, eventually covering 138.562km. This performance indicates that he has the potential to become one of Australia's top ultra runners. Bob Hunter moved into second place when Neil McCabe took a short break after reaching the 50 mile mark. Ian Javes also passed Neil later in the race to claim third spot, but Graham Medill failed by less than 100m to catch Neil before the time limit. Julius Keller was placed 6th with an excellent 111.161km in his first attempt at such a long event.

Dell Grant paced herself well to be the first of the three women competitors with Wendy Chrisp, the second woman, just passing the 50 mile mark. John Petersen, our 72 year old veteran, race walked just over 50 miles. Ron Grant who had recently broken William Gale's 1000 Hour Record, ran at a comfortable pace to attain just over 100kms. Our interstate competitor, Greg Hillier of Victoria, also managed to pass the 100km mark as did Gary Allen, Bob Burns, Frank Heath, Mel Henry and Lindsay Phillips, the latter having to cover 20km in the last two hours to make it. Although Charlie Wakefield and Brenda Fogarty may not have performed as well as they had hoped, their families and friends helped out in lapscoreing and crewing for a number of runners including the race director whose family had deserted him in favour of a nephew's 18th birthday party. Many thanks to Dave and Corinne Sommers, Sandy Buchan and Barbara Williams who competently took over the organization during the race to allow the race director to have a hit out.

Many of the runners were sponsored per kilometre, and through their efforts Camp Quality (for kids with cancer) will be over 500 dollars better off.

RESULTS

Name	Age	Marathon	50km	50 Mile	100km	Dist(km)	Medal
1 SULLIVAN, Peter	33	3.17.30	3.53.33	6.25.42	8.01.27	138.562	Silver
2 HUNTER, Bob	54	3.25.47	4.05.30	7.05.59	9.07.42	127.665	Silver
3 JAVES, Ian	46	3.42.00	4.24.24	7.29.56	9.51.32	120.000	Silver
4 McCABE, Neil	33	3.14.23	3.58.24	7.03.25	9.38.56	117.921	Silver
5 MEDILL, Graham	41	3.58.29	4.44.41	8.07.39	10.16.29	117.836	Silver
6 KELLER, Julius	57	4.06.40	4.53.52	8.21.24	10.43.06	111.161	Bronze
7 ALLEN, Gary	39	3.45.05	4.32.27	7.29.56	10.58.04	106.539	"
8 BURNS, Bob	45	4.28.50	5.21.27	9.00.34	11.25.44	104.271	"
9 GRANT, Ron	46	4.38.26	5.39.28	9.23.56	11.36.48	103.530	"
10 HEATH, Frank	42	4.14.57	5.07.06	9.08.01	11.29.24	103.404	"
11 HILLIER, Greg (Vic)	34	4.09.09	4.59.23	9.10.41	11.43.28	102.173	"
12 HENRY, Mel	31	4.23.07	5.43.25	9.31.11	11.50.21	100.836	"
13 PHILLIPS, Lindsay	23	4.06.31	4.57.22	10.02.30	11.58.02	100.000	"
14 GRANT, Dell (F1)	35	5.26.41	6.40.56	10.48.48		88.002	Silver
15 PETERSEN, John	72	5.39.14	6.48.00	11.42.32 (Race walk)		82.504	Silver
16 CHRISP, Wendy (F 2)	25	5.11.18	6.11.08	11.40.52		82.016	Silver
17 WOODS, Graeme	42	3.09.07	5.38.18			67.000	
18 BLACK, Graham	-	-	8.51.08			62.921	
19 COX, Arthur		4.28.03	5.37.53			60.000	
20 FOGARTY, Brenda (F3)						33.000	
21 WAKEFIELD, Charlie	35					26.000	

Ian Javes

Ian Javes

Race Director

TO LAP UP A 1600km TOUGHIE

FORGET about those Sydney-Melbourne "sprints" which have become so enormously popular in the 80s — a real long-distance race may soon be on the cards.

Granville landscape gardener Pat Farmer, who has already competed in two of Westfield's extraordinarily popular ultra-marathons, has challenged veteran ultra-marathon runner Tony Rafferty to a 1600km race.

The challenge race is scheduled to be run later this year, tentatively on Tuesday, August 1.

Farmer, 26, Australia's youngest ultra-marathon runner (he's been at it for five years) was placed 10th in the Australian Six Day Race at Colac last November, just two kilometres behind Rafferty.

He was placed 15th in the latest Westfield Sydney-Melbourne event.

Pat Farmer digs up match for Rafferty

by CHRIS FLYNN

The August challenge will consist of 4024 laps of the 400-metre track at Everly Park in Granville.

Rafferty, Australia's top-ranked ultra-runner, is ranked nine in the world.

He was the first man to run from Sydney to Melbourne and has covered 120,000km in 21 years of ultra-running.

He won the 1000-mile road race in Hull, England, in 1986, breaking the British and Australian records with a time of 14 days, 16 hours, 45 minutes and 11 seconds.

Tony was also the first person to run through Arizona's awesomely hot Death Valley in the middle of summer.

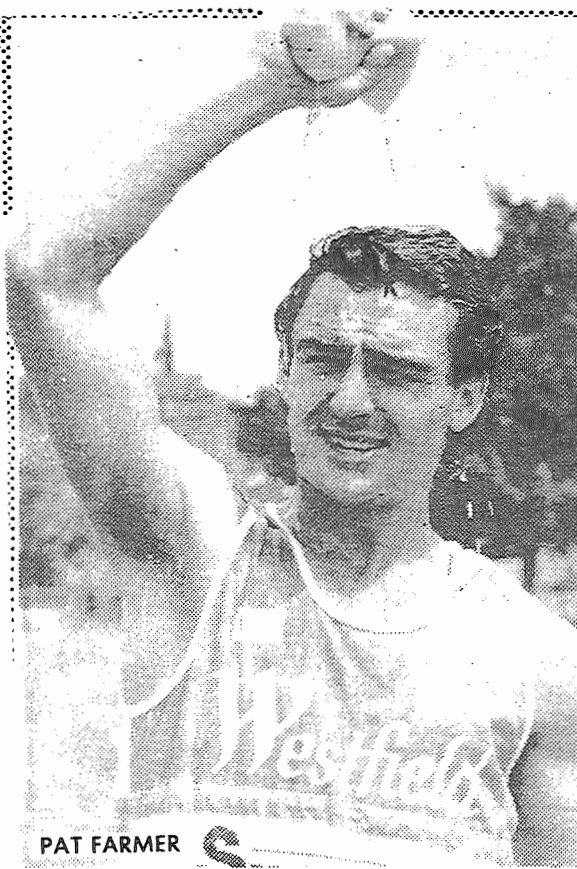
He doesn't sound worried about Pat Farmer's challenge.

"Farmer will need more than a fit body," he said.

"A tenacious mental attitude is required to complete 4024 laps of a 400-metre track," the 49-year-old said.

"The 1000-mile race is slow torture.

"At times, he will question his sanity."



PAT FARMER

On page 82 in our last issue, Pat Farmer stated he wanted to challenge Tony Rafferty's 1000 mile Australian Track Record of 14 days 16 hours 15 min 11 s. Tony has accepted the challenge and they plan to race on 1st August. We wish them both the best of luck.



TONY RAFFERTY

Rafferty rules in the long distance stakes

By JO CHANDLER

TWENTY years ago, Tony Rafferty reflects, people thought he was eccentric.

"They used to throw icecream containers and empty bottles when I ran past. Marathons were a crazy thing to do," Tony said.

Today people are less awed by long distance events, more familiar with the sight of svelte, sweating figures pounding their way from Sydney to Melbourne.

But to many Australians, happiest in a sedentary position, eccentric is too kind a label for anyone who would volunteer to run in circles for 14 days around a 400 m track.

Tony Rafferty, since six months ago a resident of Doncaster East, doesn't seem to be a crazy man.

Reclining in his lounge room, listening to classical music and surrounded by the hundreds of books he pours over during his leisure time, Tony can make running 1609 km (1000 miles) around an oval sound like a very rational pastime.

Excited

Certainly he is excited at the prospect.

This latest race in the ultra-distance veteran's long career came about as a result of a challenge from Sydney landscape gardener Pat Farmer.

Mr Farmer, at 26, is Australia's youngest ultra-marathon runner and anxious to cement a place for himself as one of our country's greatest by taking on Tony Rafferty, whose feet have taken him across vast tracts of

country and into Australian household folklore.

In this competition of youth against experience Tony, who will be 50 when the race is held in September, is confident not only of winning, but of securing a world record over a 1000-mile track.

He plans to beat his challenger by 24 hours, and take the world track record, held by English runner Malcolm Campbell, by six hours.

The last 1000-mile event Tony Rafferty took part in was in Hull, England, in 1986, when he finished first after 14 days, 16 hours, 45 minutes and 11 seconds and secured the British and Australian road record.

"This next race isn't a road race, it's a track event, 4024 times around a 400 metre track," Tony said.

"It's an event for which you have got to be strong in mind, as well as in body.



"I've already told Pat that by the fourth or fifth day, he will be wondering why the hell he is doing it.

"The lack of sleep, the pain, the tension of watching each other all the time takes its toll.

"I have had many challenges, but I took up Pat's because I was excited by it. He is extremely disciplined, and without discipline it can't be done.

"I think that's why so many older runners have continued to do well. The younger ones may be fit, but they don't have the control or discipline to finish."

So what goes through the mind of someone running in circles for two weeks, when the excitement of turning around to run the other way every six hours becomes an event anxiously awaited?

"You become very philosophical, think some amazing thoughts. It's actually a good opportunity to do a lot of thinking through anything that's been worrying you," Tony said.

Meditating

"It is like meditating, not quite trance-like, but the brain waves are very low, thoughts float in and out of your mind, even your hearing and sight improve."

The pain really sets in on about day three and things don't get any better, Tony said.

That is when he will put on his head-phones and listen to the radio or to some favorite tapes.

"I listen to classical or jazz, when I'm supposed to be sleeping and can't stop. I might play some Bach or Beethoven."

Continued next page.

During the race Tony can expect something like two hours' sleep every 24 hours. He will eat mushy, casserole type foods with lots of vegetables and some fruit salads.

Often he won't even stop to eat, just walk so he doesn't loose to much distance.

And yes, he IS looking forward to it.

"There have been plenty of road races over this distance, but only two track races this century, so the record chances are good," he said.

Thrill

"Running is still a personal thrill as well as a living for me."

Since coming to Australia from Ireland in 1960, the spin-offs from running have provided Tony Rafferty with a fairly modest livelihood.

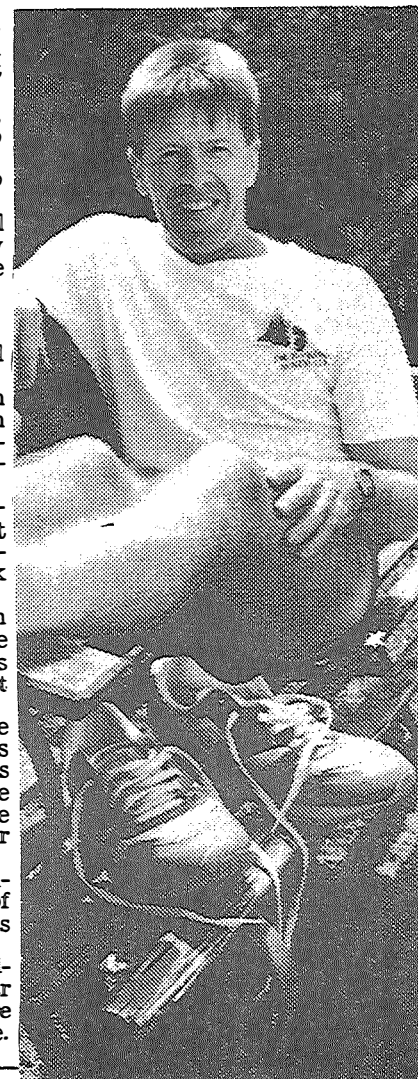
His income comes from endorsements, sponsorships, the guest speaking circuit, motivation seminars and occasionally from work with fitness centres.

At almost 50, he feels fitter than ever and his Peter Pan appearance would have most half-centurians running for cover, or maybe just running.

It's difficult to imagine where he finds the stamina to propel his slight, muscular form across places like Death Valley in the Nevada Desert, along the Birdsville Track, the Nullarbor Plain or the Simpson Desert.

But he has done it all and reminisces on the highs and humor of these experiences when he steps before an audience.

Tony Rafferty has run an estimated 120,000 km in his 20-year career and has no plans to retire those restless limbs for some time.



SPORTSPERSON OF THE MONTH



THE CABOOLTURE Times/Sportscene sportsperson of the month for February is Wendy Crisp.

Wendy was run manager for Ron Grant in his super-human 1000 hour event held in Caboolture over the past six weeks.

Wendy was chosen for this award for the untiring dedication to her task.

Lawrie Lawrence said at the press conference after Ron had completed his run, "If it wasn't for Wendy, Ron would still be asleep". This is the kind of responsibility Wendy had. She had to ensure his health, his diet, his sleep, his peace of mind and his privacy were all taken care of.

Wendy has been very touched by the way Caboolture people have taken her to their hearts. She has only been in Caboolture since the commencement of the run and says she already feels a part of this community.

So much so in fact, she does not want to leave. She will be looking for work that will enable her to continue to live in this shire. Wendy - a Kiwi - has lived

in Australia for two years and has never been treated anywhere with the wonderful warmth she has received here and she would like to thank everyone for that.

Later this year Wendy will be run manager for Graham Woods in the Westfield Sydney-Melbourne race. She was his manager last year when he came home in sixth place.

With her own expertise as a distance runner, having competed in such events as the Hawaiian Triathlon, the New Zealand Iron Man and also gruelling 6 day events she was able to use her knowledge to help Ron in her position as manager.

During the race Ron said he was able to totally relax in the knowledge that

Wendy would take care of everything. In particular getting him up for each run - this was most vital and he

felt that he could just leave it up to Wendy with no fears of a slip up.

We feel she came through with flying colours and handled an arduous and exhausting job with a great deal of skill. Caboolture people have taken her to their hearts for good reason. During the entire six weeks of that run Wendy treated everyone with a pleasant smile and was always willing to give the latest information about Ron to the hundreds of people asking questions.

Wendy receives as a prize for winning this award a \$30 voucher from Sportscene and a trophy from the Caboolture Times. Congratulations Wendy!

□ HELEN RAYNER

Ron Grant's 'right hand man'

Left: February's Sportsperson of the Month, Wendy Crisp, is presented with her award by Ron Grant, Caboolture Sportsman.

ULTRA JOHN, 72, CLAIMS RECORD

SEVENTY-TWO year-old John Peterson, of Brisbane, believes he may have broken a record on Saturday night when he walked 82 km during 12 hours at Centenary Lakes.

He said that, in his search through the records, he had found that no-one in Queensland over 70 years of age had walked for that length of time.

Mr Peterson was one of 21 competitors in Queensland's first Dusk to Dawn 12-hour Ultra Distance Race on Saturday night.

Toowoomba's Peter Sullivan won the event by running 136 km around the Centenary Lakes complex.

The event raised more than \$500 which will go to Camp Quality, an organisation which provides holidays for children suffering from cancer.



● JOHN PETERSON

Graeme Woods, of the Gold Coast, pushed the early pace and took a handy lead, but when he faded Sullivan kept running strongly to win by 11 km from Brisbane's 50-mile star Bob Hunter. Hunter, in his mid 50s, clocked 127 km.

The race director, Ian Javes, ran 120 km for third spot.

Caboolture's Dell Grant won the women's race with 88 km from Ron Grant's 1000-hour race manager Wendy Crisp on 82 km.

Ron Grant and Frank Heath, of Caboolture, had a tussle to the end and finished with 103 km each, but 100 metres apart. Arthur Cox started in his first ultra event and finished with 60 km.

The event drew 21 entrants from as far away as Melbourne.

Dell Grant wins the dusk to dawn 12-hour footrace

Caboolture runner Dell Grant took out the women's honors in Queensland's first dusk to dawn 12-hour footrace, held at the Caboolture Sports Centre last weekend.

Dell ran 88 kilometres to take the race from Ron Grant's 1000 hour race manager Wendy Chrisp who finished with 82 kilometres.

Outright champion was Toowoomba's Peter Sullivan, with 138 kilometres, won by 11 kilometres from Brisbane's 50-mile star and evergreen, Bob Hunter, with 127 kilometres.

Caboolture race director Ian Javes ran 120 kilometres for third spot.

Toowoomba's Graham Madill raced the last few laps to catch Murgon's Neil McCabe but had to settle for fifth placing, 100 metres behind with 117 kilometres.

Marathon champion Ron Grant, who had intended to help out with the race and not to run it, tussled to the end with Caboolture's Frank Heath, and both finished with 103 kilometres each.

Women's winner Dell entered the race training for the 48-hour event she plans to tackle at the end of June.

'I just stuck to a constant pace the whole time. I used the race as an experiment with food, drink and pace,' Dell said.

'During my last 24-hour race I got an upset tummy, and couldn't eat, but this time I was organised and all went well.

'I had a rest on Sunday and by Monday I felt quite good. It gives me an indication of how to attack the 48 hour,' she said.

Dell said she would plan the first lap of her 48-hour marathon, and

Sport



• Caboolture's Dell Grant in fine form after her dusk to dawn marathon, which she ran in preparation for the 48-hour race coming up in June. Dell finished the women's race with 88 kilometres.

then run as much as she could during the second half.

The race is a combined event, with 48-hour runners starting Friday

morning and 24-hour competitors joining Saturday morning.

'It's a combined event to create more interest for spectators,' Dell said.



Two of the competitors in this year's (1989) 48 Hour Race at Caboolture. They are on the left, Graham Medill (11) and on the right, John Petersen (12).

Graham won the Q.M.R.R.C. 24 Hour Run in 1988 with 209km and John Petersen at 72 years covered 163km, in the same event.

John hopes to become the first person in the world over 70 years to have competed in a 48 Hour Race.

NEW ZEALAND NEWS

Prince wins 50-mile race

It was third time lucky for Russell Prince (Sumner) on Saturday when he won the Run for Your Life Brighton 50-mile road running race in Christchurch.

Prince had finished third in each of his last starts, last year and in 1987, but this time he paced himself better and was better prepared, resulting in not only a win over class competition, but also a time of 5hr 23min 13s, which is the second fastest on the course in its 27-year history and the third fastest 50 mile run on the road or track in New Zealand. The race record is held by Roger Alcorn (5:18:09).

As predicted, Jane Ross (Rover) also ran a fast time,

breaking the race record set by Helen Grant (Sumner) in 1987 of 6:34:29. Ross's time was 6:27:46, the fastest by any woman in Australia or New Zealand. In many of the 27 years of the race Ross's time would have been good enough for her to take the over-all title. Even as recently as 1975 the winning time, by the great Don Cameron, was only 6:38:58.

Fifty-one starters, half of them running the distance for the first time, began outside the Run for Your Life shop in Brighton Mall at 2 a.m. as the sun rose over the sea to present a clear sunny day. Forty finished, with the last of them being the oldest, John Drew, aged 75. His time

was 13hr 27min 35s. It was his fourteenth "50."

One who withdrew was Tony Good (Olympic), who set a cracking early pace. Good had had a cold last week, so wisely called it quits about half-way.

That left Prince in his usual role as pacemaker, with a four-minute lead over the rest of the field. But no-one could predict the outcome at the half-way stage, because in the field were at least six others capable of winning. They included Neville Mercer (Auckland), the winner of the Kia Toa 50 mile in February; the Brighton titleholder, Jeff Hill; the runner-up last year, Peter Jeromson (Wellington); the 1986 and 1987

winner, Don Mitchell; and a 2hr 31 min marathoner, Richard Were (Auckland).

First to give chase was Mercer, but he could not close the gap. Mitchell fought a duel with Hill, alternating places until the Murray Aynsley hill, where he broke away and set off in pursuit of Prince. But Prince held on to win by 1min 43s.

Both men are building up for bigger things. Prince, better known for his exploits as a regular Coast-to-Coast triathlete will compete in the Western States 100 mile race in the United States in June, while Mitchell will compete in the Winfield Sydney to Melbourne next month. Mercer, too, has his sights on a

100 mile race, around Mount Ruapehu in November.

Helen Grant, the former women's record holder, let Ross set the early pace, hanging back and gambling that Ross might not be able to sustain the seven minute a mile pace she began at. But Ross hung on, and while Grant made some ground in the second half, the gap was too big and she had to settle for second, in what was still her best time from four starts. Averill West (Nelson) ran a good first-up time of 7:13:22, finishing strongly, while the only other woman in the race, Jenys Condon (Christchurch), finished in 9:27:40. It was her first ultra.

Best wasn't good enough

To win Saturday's Brighton 80km road race, Don Mitchell knew he would have to finish in under 5½ hours and record a personal best.

He reached his goal but Russell Prince was ahead of him at the end by a mere 300 metres.

Mitchell put in a valiant effort, holding back in the initial 50km, being eight minutes down on the eventual winner at both the 30 and 40-mile mark.

Over the final section, however, he made his presence felt, running a superb 32 minutes for the final 8km only to run out of time. All credit to Prince as in the last two years he has set too fast a pace and with a threatened walkout by his support crew if he tried the same tactics this year he had to exercise discipline.

Jane Ross was never headed in the women's section going through halfway in under three hours to finish in a new Australa-New Zealand record of 6 hours 27 minutes 46 seconds.

Second home, Helen Grant, also recorded a solid time but never had the chance to make up on her fellow Cantabrian who dominated right from the start.

Local hope Averill West completed her inaugural ultra with a consistent pace throughout. Her first-up effort of 7 hrs 13 mins removed any doubts she may have had about staying on her feet so long. All that is needed is the desire if she wishes to become competitive in races beyond the marathon distance.

Results: R. Prince (Sumner) 5.23.13 1, D. Mitchell (Nelson) 5.24.56 2, N. Mercer (Auckland) 5.27.45 3, P. Jeromson (Kapiti) 5.39.08 4, J. Hill (Chch) 5.41.03 5.

Women: J. Ross (Chch) 6.27.46 1, H. Grant (Chch) 6.34.24 2, A. West (Nelson) 7.13.22 3.

Barwick on record spree

NZPA

Hong Kong

The New Zealand ultra distance runner, Sandra Barwick, broke three of her Australasian records in the Hong Kong 24-Hour ultra marathon at the week-end.

The 39-year-old Auckland housewife completed 220.5km during her lonely vigil, circling the Hong Kong Government Stadium track.

This was 16.5km better than her previous effort

and a tantalising 7km away from the world 24-hour record set by Marianne Savagae, of Britain.

During the run Barwick ran 100 miles in 16 hours 14m 11s (previous record 17hr 20min) and 200km in 21:53.1s to better her Australasian records.

She also scored another success by setting the all-comers' record for the Hong Kong event. The previous best distance of 201km was held by a Hong Kong runner, Nick

Brook.

Brook was one of the five Hong Kong runners to withdraw from the race. Two runners were still on the track after 24 hours.

Second home was Wynnie Cosgrove, wife of a Hong Kong-based New Zealander, who completed 181.8km.

Sponsorship permitting, Barwick has her eye on participating in two events this year — the 1000km Sydney to Melbourne, in

May, and a 1300-mile marathon in New York, in September.

"Nobody has yet managed to run the full 1300-mile course," she said.

In the final hours of the week-end race Barwick was obviously nursing a muscle problem in her left leg. However, she said afterwards she did not expect the problem to be a recurring one.

Barwick is the women's world record holder over 1000 miles.

48 Hours

On 12 November at Blackpool, England Sandra Barwick set a batch of records while competing in the British 48 hour championship. Sandra was the third woman home, covering 322k, shattering the former Australasian mark of 238k set earlier in the year.

On the way other Australasian records set were: 100 miles (17h 20m), 24 hours (204k), 300k (45h 17m) and 200 miles (46h 48m).

- NZ Runner, Feb/Mar 1989

Sandra has since broken the 100 miles and 24 hour records - see report of her 24 hour Hong Kong run.

Women steal ultra limelight

The sport itself took centre stage in 1988, gaining official IAAF recognition and attracting new adherents to its courses. **Andy Milroy** followed the developments

Last year saw women's ultra running performances reach new heights and their general strength in the sport confirmed. The superb runs of Britain's Hilary Walker were the ultimate proof. Though in recent years Hilary has been overshadowed by the great Eleanor Adams, in 1988 she displayed a dominance that none of her male competitors were able to match. On a road circuit at Preston in August she became the first woman to run 100 miles in under 15 hours with a time of 14:49:34, before improving her own best for 200km with 20:05, and then raising the female 24-hour standard to 146 miles 1629 yards.

Three months later on the track at Blackpool Hilary broke the world best track 100-miles with another sub-15 hour performance, and covered 140 miles five yards. This race lasted over 48 hours, and she still had another day of running. She reached 300km in 35:45, and 200 miles in 39:09, before contenting herself with a new world best performance for 48 hours of 227 miles 1313 yards.

After races like these, "obviously you feel pretty awful physically," Hilary admits. "But then you remember what you've done and the sense of accomplishment outweighs the physical discomfort." She also won both the Preston and Blackpool races outright, leaving several distinguished British male ultra runners foundering in her wake.

"When it comes to stamina and mental patience," says Hilary, "women have the edge." At Blackpool the women proved just how formidable they can be in the really long races, claiming first, third, fourth, sixth and seventh places. The men were muttering about demanding single sex races in future.

Competition amongst the top women is becoming intense. At 24 hours there have been five performances over 140 miles this year alone, set by Hilary, Marianne Savage, and Angela Mertens of Belgium.

Eleanor Adams, the other woman to have

run around 140 miles in a day, hasn't had a quiet year either. She spent most of the season racing abroad, but in a 12-hour race on the road at Harrogate she set a new world best of 83 miles 555 yards.

South Africa was the setting for possibly the most impressive performance of all, male or female. Thompson Magawana, a 2:10:39 marathon runner, produced a stunning 2:43:38 for 50km (31.06 miles) over the undulating Two Oceans course, smashing the previous best mark by 3½ minutes and winning an R38,000 Jetta car.

At the other extreme, the International Association of Ultra Runners' 1000-mile World Championships in May saw the

remarkable Greek, Yiannis Kouros, overcome lack of sleep to demolish the world road best. To run over 95 miles in a day is a difficult enough task for most people, to average that for 10 consecutive days is an incredible feat. Kouros' time of 10 days 10:30:35 knocked a day off the previous best, and en route he also surpassed his six-day track best with 639 miles.

Kouros was not the only person to set a world best in that championships. New Zealand's Sandra Barwick ran a steady race to finish in 14 days 20:45:16, a performance that only 10 men have bettered.

The best mixed competition of the year came in the IAAF World Cup/IAU World Championship 100km race at Santander, Spain, held in October. Runners from over 20 countries took part, including most of Europe's elite athletes. The tough course didn't suit some of the runners, but Spanish world champion Domingo Catalan obviously felt at home, and fought off determined competition from Normano Di Gennaro of Italy to take the title for the second year in succession.

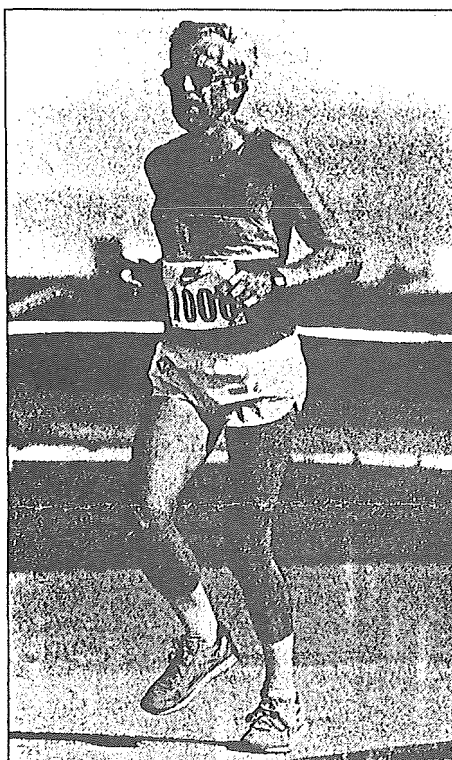
The strength of the women ultra runners was again confirmed when Ann Trason of the United States ran a relaxed 7:30 to set a new world best. The Hungarian Marta Vass also went under eight hours, and this marked the first time that two women had done so in the same race.

Nineteen eighty-eight also saw the recognition of ultra running by the IAAF, and at present discussions are underway about the future of the sport and the place of the IAU within the structure of the IAAF. Following the Santander race it was decided that the next World Championships should be held in Paris on June 18.

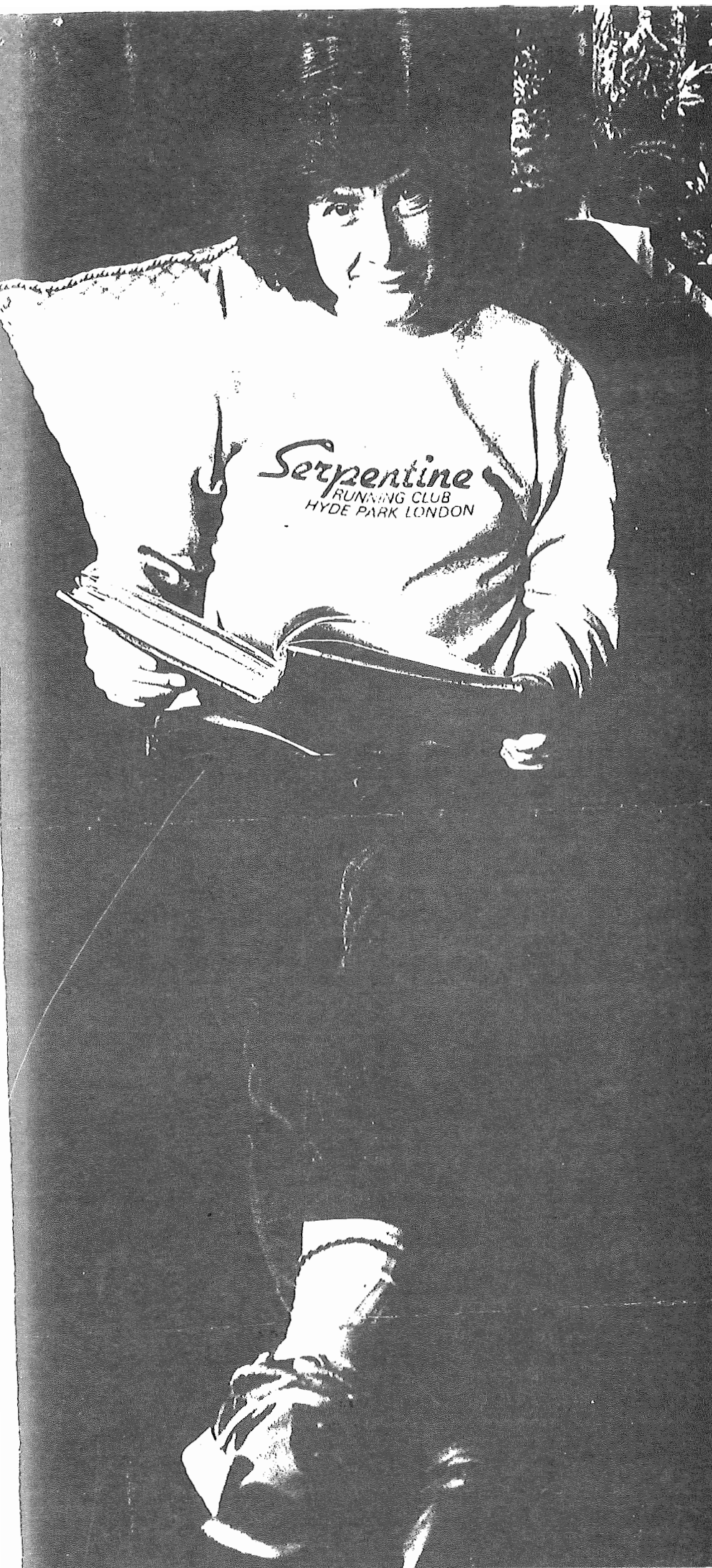
The British ultra scene has not been entirely dominated by women. Our male 24-hour runners have proved tremendous international competitors. Dave Cooper won the Chevilly-Larue 24 near Paris, with 145 miles in early June, and three weeks later at Frechen, West Germany, Paul Bream fought off the tough Hans-Martin Erdmann to record 159 miles on the track, the best 24-hour performance of 1988.

Terry Edmondson, who had already won the Doncaster 24 hours with over 150 miles, went to Mullingar in Eire to win a day race there too.

Britain's ultra success overseas has not been limited to 24 hours. Terry Tullet travelled to Botswana in Southern Africa to win the Marakanelo 72km race in record time, and Pat Macke in Japan finished second in the inaugural Hiroshima-Nagasaki 430km Peace Marathon. Paul Bream and Martin Daykin finished first and second in a French



Paul Bream: ran the best 24-hour race in 1988 in West Germany



Hilary Walker in an uncharacteristic moment of minimal exertion

12-hour race, while third went to UK resident James Zarei.

Globe-trotting Eleanor Adams competed on three continents last year and was the first woman home in the testing 1000km Sydney to Melbourne race. She also finished first in the Nagib Elias 50 miles in Trinidad, and did a fine third in the Santander World Championships, before rounding off in Australia finishing first woman in the Colac Six Day.

In the United States ultra races over mountain trails are becoming increasingly popular. A hundred-mile race over tough terrain is for many Americans the focus of their running year. The Grand Slam – comprising the top four trail 100-milers – is considered the ultimate achievement by many American trail runners. Britain's Martyn Greaves became the first non-American to take that honour, and only the fifth runner ever to do it, when he finished the Wasatch Front 100 Miles in Utah in September.

At home, the John o'Groats to Land's End record was broken twice. Canadian Al Howie covered the distance in 11 days three hours in July, only to have Richard Brown lop nine hours off this time in October.

A sport is about far more than just its star performers. Ultra running is attracting an increasing number of runners, most of whom have run marathons and are seeking new challenges. The 80-mile South Downs European Challenge attracts a very large field each year: in 1988 there were 450 starters and 352 finishers.

After tackling an event like the South Downs Way many runners want to see just how far they can run in a day. Most of the established 24-hour events now have to turn runners away. The sheer demand for places has forced race directors to attempt to fit in more and more runners.

In 1988 the Solihull track race had 50 entered and 45 started; the Preston race was able to cater for 60 runners, of whom 30 bettered 100 miles. These races are also attracting media attention. This year ITV companies televised the Solihull 24 hours and the Blackpool 48 hours.

Another big boost for the sport in this country is forthcoming with the first National 100km Championships, to be held this year. Such championships are now common in Europe and elsewhere. The Road Runners Club has designated the Nottingham 100km road race at Holme Pierpoint on May 7 as its inaugural championships, and the AAA Advisory Committee on Road Running will be recommending that this race be recognised as the first AAA 100km championships. ■■

Andy Milroy is statistician for the Road Runners Club and author of *Training for Ultras* and *The Long Distance Record Book*

MISCELLANEOUS ARTICLES

Achilles Tendinitis — Causes and Treatment

by Rich Zawacki, P.T.

Ultrarunning may result in a multitude of injuries with which runners must contend. One of the common injury sites in ultrarunners is the Achilles tendon. Over 10% of runners seeking a physician's help have diagnosed Achilles tendon disorders. However, the actual percentage of runners who have at some point in time experienced Achilles tendon problems is probably much higher. This review will hopefully provide an insight into the anatomy, pathology, causes, and management of Achilles tendinitis.

Anatomy

The Achilles tendon is the thickest and strongest tendon in the body. The tendon is approximately 15 cm long and begins near the middle of the lower leg. A normal Achilles tendon can withstand 1,000 pounds of force without rupturing. It functions as the connecting link between the calf muscles (gastrocnemius and soleus) and heel bone (calcaneus). It transfers the force of the powerful calf muscles to the heel. This tendon allows us to rise up on our toes. Without it we would be unable to walk up and down stairs or run.

Pathology

The Achilles tendon, like any tendon in the body, may become inflamed. This inflammation is called Achilles tendinitis. The inflammation is caused by trauma to the tendon. The trauma is provided by the constant and/or sudden contraction of the calf muscles. Since the tendon has very little elasticity, it is unable to absorb the forces generated by the contracting calf muscles. The result of repetitive trauma to the Achilles tendon is microscopic tears (micro-trauma) in the tendon itself. The wear and tear of ultrarunning makes the Achilles tendon especially susceptible to this type of overuse injury.

The Achilles tendon lies within a sheath or tube. The lining of the tube contains cells called the synovium which produce lubricating fluid so that the tendon can slide smoothly through the tube. Trauma to the tendon may involve the actual tendon or the tube around it. When injury occurs, the synovium becomes inflamed and produces extra fluid, making the tube tight and thus limiting the tendon's function. The inflammation and extra fluid produce the discomfort felt with Achilles tendinitis.

If the process of inflammation continues for many weeks, in addition to the extra fluid, adhesions (fibrous bands) develop be-

Reprinted from "Ultrarunning" July/Aug. 1988. Vol. 8 No. 3

tween the tendon and the tube. The adhesions prevent the normal motion of the tendon within the tube. Once the adhesions occur, the normal anatomy of the Achilles tendon unit has been permanently changed.

There are a variety of classifications for Achilles tendon disorders. For simplicity's sake, we can divide Achilles tendon disorders into acute and chronic tendinitis. Pain and inflammation in the Achilles tendon of less than six weeks duration is considered acute tendinitis. Symptoms lasting longer than six weeks are termed chronic tendinitis. It is in the chronic stage that adhesions begin to form.

Causes

As previously mentioned, Achilles tendinitis occurs due to trauma to the tendon. There are a number of precipitating factors that leave the Achilles tendon susceptible to injury.

1. Lack of flexibility in the calf muscle-tendon unit is probably the most important cause of tendinitis. Tight calf muscles cause a dynamic imbalance about the ankles. The tension of the muscle-tendon unit is increased. The greater the tension, the more likely micro-trauma will occur.

2. Repetitive active loading (increased running mileage) of the muscle-tendon complex can lead to stress failure of the tendon which is analogous to a bony stress fracture.

3. Prolonged pronation produces a whipping action of the Achilles tendon. This bowstringing effect can lead to micro-trauma.

4. Poorly designed footwear. Running shoes should have a firm heel counter and a sole/midsole design that absorbs shock. A good heel counter provides stability for the heel and Achilles tendon complex while good shock absorption lessens the amount of force passed into the Achilles tendon.

5. Significant increases in training mileage and hill running over a short period of time.

Treatment

Achilles tendinitis comes on gradually. The classic pattern is that you will first begin to notice a dull, aching sensation, or even pain, just above the heel counter several hours after a run. This will intensify over a two-week period. In virtually all cases, your tendon area will be stiff and it will ache when you first rise; as you begin to move around, the discomfort will lessen and you may even run without any difficulty. However, the cycle repeats itself and after the run discomfort will return, with increasing pain as time goes on.

The tendon becomes extremely tender to touch, usually about an inch and a half above the tendon attachment to the heel

bone. The area of tenderness is about one inch in length. In more severe cases of tendinitis, a grinding can be felt in the tendon as the foot and ankle are moved up and down. This grinding is called crepitus.

Upon developing Achilles tendinitis, the best thing to do on a short-term basis is to rest for a week and let the symptoms subside. During the week of rest, icing the tendon for 15 to 20 minutes twice a day is helpful. Aspirin (6-8 per day) may prove beneficial in alleviating the symptoms and some physicians even prescribe oral anti-inflammatory medication. These measures are only short-term at best.

In my experience, the most successful long term treatment of acute Achilles tendinitis is stretching of the calf muscle-tendon unit. Stretching exercises keep the muscle-tendon unit at its normal length, thus allowing the tendon to move freely and preventing adhesions from forming. Calf-muscle stretching should be done with the knee both extended and flexed. As you stretch, maintain the arch in your foot by curling your toes downward. Individuals who continue to develop bouts of Achilles tendinitis despite an appropriate stretching program should consult a sports medicine physician or podiatrist to assess the need for an orthotic.

What if all else fails and we reach a stage of chronic tendinitis? This individual most likely is suffering a great deal of discomfort and running soon becomes out of the question. Even walking is difficult! Some physicians will place this runner in a walking cast for up to a month and allow the muscle-tendon unit to completely rest. Casting followed by gradual return to activity is effective in alleviating the problem in about 80% of the cases. The remaining 20% have surgery as an alternative. I recently read where only one in every 100 athletes with Achilles tendinitis resorts to surgery, however.

The surgical procedure involves removing the tendon sheath and any adhesions that have formed between the tendon and the sheath. A new tendon sheath grows back. Depending on the physician, you can return to full activity within three months.

AURA POLICY ON SOUTH AFRICA

The South African question is a vexed one but no matter what your views are, the official AURA policy with regards to South Africa is that we follow the policy of the IAAF.

The reason for this is, if we hope to have some real legitimacy, IAAF rules, regulations and policies, where relevant, need to be adopted, or at least influence, our rules, regulations and policies.

This having been said, it doesn't mean that we agree with the policy on South Africa. However, it is wrong to flout the law. The current approach is to comply with the law and attempt to change it to the degree that each person feels strongly about it.

None of the AURA committee members like the policy but rightly believe we must comply with the IAAF stance. Each AURA member is encouraged to do what they can to separate politics from our sport (and all sport). That politics is tied-up in sport in South Africa cannot be denied. Exorbitant contracts and prizes have been offered to top sportsmen and women in an attempt to break the sanctions. No club can normally offer such large amounts of money so that surely the South African government is behind it somewhere. Recently big cash prizes attracted some of the world's top ultra runners to a 100km race in South Africa. Those who competed are now banned from championship competition. Names such as Yiannis Kouros and the top 100km runners in the world (sub 7 hours) are on the list.

AURA cannot stop people going to South Africa to compete but we strongly advise against it. What will be the outcome if someone does compete in South Africa? That person will be banned from all competition, especially championship events. While we can directly influence championship events, what of other events? People competing with a banned runner face banning themselves. Therefore, if you want to prove a point and fly in the face of the system, just think of the countless other runners you will involve in a ban by your protest. Surely it is better to change the law than to flout it?

The same position applies if a runner, normally domicile in South Africa, wants to compete here. If our runners don't want to risk a ban, they will not compete with the South African runner. In this way, a South African runner should find it impossible to compete.

This then is the policy of AURA on the South African question and was passed at a recent Committee of Management meeting.

For further reading on this subject, read the article in "Ultrarunning" Volume 8 No. 3 by Dan Brannen, Secretary General of the International Association of Ultrarunners (reproduced in our Magazine Page 59 Volume 4 No. 1).



GEOFF HOOK
PRESIDENT (AURA)

RANKING LISTS

Our statistician, Gerry Riley, does a great job maintaining our ranking lists. He has enough work to do without receiving individual requests for personal lists.

He is happy to supply individuals with their own position on ranking lists. He is also happy to supply race organisers with ranking lists upon request. We believe the lists are printed frequently enough in this Magazine that individuals should not need to request their own personal list.

WHY DO I RUN?

(Taken from "Mental Toughness Training for Sports" James E. Loehr, The Stephen Greene Press, Lexington, Massachusetts 1982)
and sent in by Ian Lilburn. Thanks Ian!

Why do I run?

Those who don't can't understand.

The pain is real every day.

Is it easier now? Not really -

The same pain I felt the first day I began.

Only easier to cover greater distances in shorter periods of time.

The pain is the same, and I understand it always will be.

I dread it, and in a sense I crave it.

Why do I run?

To stay in shape, to keep my health,

To feel better - all partial reasons, I suppose.

The real reason is confirmation - confirmation that I am in control.

Everyday I must make a choice - a choice to experience pain and discomfort

In order to achieve a higher goal, or to give in to the body's urging to do something else more comforting and pleasurable.

Who is in control? My body or me?

Every time I run, I verify to me that I am in control and that I can be master of my own destiny.

That is ultimately why I run.

I feel guilty when I don't run - when the body wins.

Running is a test of my strength - not just my physical - but my mental.

Running is a challenge of my 'will' - of mind over matter,

Of me against myself.

Running is mental conditioning as well as physical.

It's therapy of the 'will' for me.

Each run is success - the richest and most deeply satisfying.

Strangely but unmistakably tied to self-discipline, self-denial and self-control.

In a world where I often feel helpless, victimized and controlled,

Running helps revive feelings of hope, strength and conviction that

I CAN make a difference and I CAN be responsible for me.

An addiction or choice, you say. and you're right.

There's a danger so long as I 'choose', the value remains true and real.

So long as I control running and running me,

Positive addiction or not, the value is in choosing.

When the choice is gone, I become controlled and victimized again,

One more thing in my life that tells me I am NOT in control, that

I am simply a pawn of fate and circumstance.

I must run as a choice. not out of necessity.

Or its real value again is gone for me.

Why do I run?

I run for success, success in the ultimate contest.

The contest of me against myself.

Richard Tout of New Zealand ran in a 24 hour race in England recently and won easily with a distance which surpasses achievements by any other Australasian. The course was around a shopping centre at Milton Keynes (distance 874.684 metres). Mike March's recent track record of 260.099km remains intact, however Dick's distance of 262.585km is to be similarly congratulated. Well done Dick!

Eleanor Adams of England came 3rd overall with a fine achievement of 229.992km.

RON GRANT'S 1000 HOUR WORLD RECORD RUN

On 1st March 1989, Ron Grant officially broke the tape at 5.20 am to set a new World Record. He had just covered on foot 2.2 kilometres every hour for 1000 consecutive hours. The whole event had taken six weeks, and his accomplishment was greeted with much relief and a tremendous feeling of satisfaction not only on Ron's part, but also by his crew. Just think, a record that had stood since 1877, set by Englishman William Gale had finally been broken by Ron.

This madcap event was originally walked by Captain Robert Barclay in 1809 as the result of a wager that he could not cover one mile every hour for 1000 consecutive hours. A great deal has been written about Barclay and it appears that he was not an athlete in the sense of the word as we know it today. He was always rather plump, with remarkably muscular arms and shoulders, he did a great deal of walking, weight lifting and physical hard work, and set new standards in training intensity and discipline for his day. In those days there were no records, no championships and running tracks, no standardised rules or events, and no governing bodies, so competitors participated in events as a result of wagers. Fame as a pedestrian came from winning big or unusual wagers, not necessarily from being the best athlete, and Captain Barclay was certainly the most famous at that time.

The conditions of the wager were important for the 1000 hour wager - one mile had to be completed every hour for a thousand hours, but as long as they were completed on foot and without assistance they could be run, jogged or walked. Another important point was that Captain Barclay was not required to start each mile at the beginning of each hour, and so he worked out a plan to walk one mile towards the end of one hour, and then he waited only long enough for the new hour to start, and then set out on the next, thus increasing his rest period between each walk. Barclay suffered many difficulties, sometimes arriving back prior to the hour finishing with only seconds to spare. His worst physical problems were painful feet and legs, and the lack of sleep. There were times when Barclay was dressed and on the starting line - but not awake! On one such occasion his tough manservant, William Cross, saved the day by grabbing a stout stick and lashing his master around the shoulders to wake him up. After completing the event, Barclay pledged he would never attempt such a feat again, and bet any sum against any other man in England matching his performance.

However in 1877 William Gale broke Barclay's record by increasing the distance each and every hour to 2.4 kilometres. There is little information about Gale and this particular event, but he is credited with many other records in his day, and historians have no doubt that he did accomplish it. Some attempts have been made since, but unsuccessfully. In fact one woman who attempted, died in the effort.

Ron commenced his attempt to a great deal of fanfare and media attention at Caboolture's Centenary Lakes Sporting Complex on 10th January. Major sponsorship had been secured, which was a real bonus, as Ron had to train for the event for nearly 12 months, as he had been in retirement for the previous 2 years. He had put on 2 stone in weight, and his back had been giving him a lot of trouble. Upon commencing training he had a great deal of calf trouble and was at times despairing of ever getting this idea off the ground. With full concentration on training he had to neglect his bakeries to some extent, so sponsorship for the event was most welcome. Ron's training consisted of many miles at a very slow pace or fast walk - generally three sessions per day, as he felt it better to train at the pace he would

need to use during the event. His biggest concern during the event was not only lack of sleep, but staying injury free. He felt that by taking each 2.5 kilometres slowly with some walking he could last the six weeks. Throughout the whole event his time for each leg rarely wavered from around the 20 minute mark. Some legs he would walk the whole way in which case it took 25 minutes or more, and occasionally if the weather was particularly foul he would hurry up and do 17 to 18 minutes.

The first few days were the worst for him in many ways - not knowing how he was going to handle it; lack of sleep and trying to adjust to it; and just getting settled into a routine. After the first week though, the routine of being woken, five minutes to put on his shoes, set off on the leg prior to the completion of the hour, back to the caravan, sit down, have a drink and something to eat, set off as soon the new hour begins, back to the van, sit down, have a drink, something to eat, while crew take his shoes off. Into the van and settle down to sleep. The routine never varied day or night, except for major meals when Ron would sit for longer to eat, and have a chat with crew and friends visiting, or to have a shower. Ron soon found he could drop off to sleep fairly easily, and would quite often get a full hour of sleep between runs. Of course the whole thing began to get very aggravating for him as time wore on. He felt like a caged lion unable to escape from the caravan and the various routes measured out for him. After a while everybody who visited him caused some sort of anxiety - their own funny little habits, the way one companion whistled, the heavy running style of another, the constant questioning of how he was feeling. Thankfully crew, friends and supporters all realised what a strain the event was, and would know the signals as to when they should be quiet, or run to the back of the group, without taking offence. At all times Ron had to have at least one companion runner to verify that he covered the total distance, and a time keeper who looked after the log book. The departure time, which course, arrival back time were all carefully recorded and signed for by witnesses for every hour. Of special mention is Wendy Chrisp, Ron's crew manager. Wendy lived in at the camp for the whole time, and was in charge of Ron, other crew members, the Reserve Army who assisted throughout, food, clothing and everything else. Whenever she went off duty she always delegated her duties to somebody reliable. One slip with the waking up call and the record attempt would be over. Well known ultra runner Ian Javes was also a key figure on the crew. I helped out when I could between children at home and trying to run the bakeries as best I could. Every Saturday night three ladies (who called themselves The Three Stooges) took over, so all other crew had a well earned night off. Wendy did an amazing job and Ron feels that without her, the attempt would not have succeeded.

Ron became particularly anxious about two thirds through the event, as it was around this time that previous attempts had failed. But his concern was unfounded, and he arrived at the final hour with no injuries, and looking remarkably healthy. He felt very tired for a few weeks later and couldn't concentrate on work. He has since recovered well.



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SPORTSCAN

What is Sportscan?

Sportscan is an information search and retrieval service to answer your questions. Surely there is not one coach alive who at some stage has not asked himself or herself the question "How can I improve this aspect of the team's or the player's performance?"

There is a good chance that a sport scientist or another coach has looked closely at the same question and published his/her thoughts or scientific findings on the subject. Why not find out the answer or at least evaluate other opinions and improve your coaching expertise?

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Sportscan can help keep coaches up to date with opinions, experience and scientific findings of other coaches and sport scientists. Shrewd coaches use Sportscan to obtain latest information on THEIR SPORT.

Some areas include:

- *Law and legislation
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Sportscan is a service of the National Sports Research Program. Contact our AURA Secretary for further details.

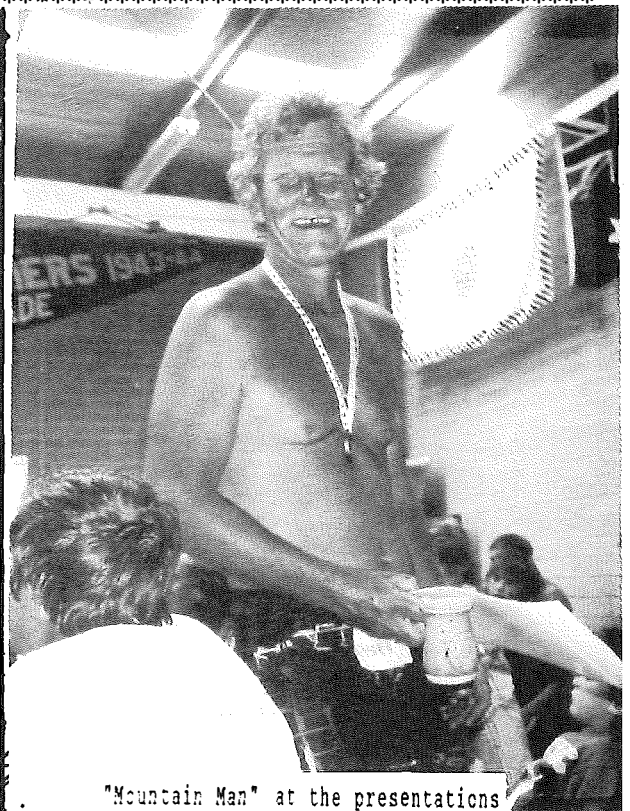
LIMERICKS FOR MIKE MARCH by Gordon Barrowes

To Coburg cam a man from Tasmania
His aim, to be best in Australia
His training was specific
His weekly mileage terrific
He's now the best at this 24 hour mania.

Mike March is a great ultra runner,
One who does, not someone who's "gunna"
He ran all through the night
The record was in his sight
That's why he tops our rankings with honour.

The rankings were published in January
This "banana-bender" led with Two Fifty Three
Down in the "apple-isle"
Michael gave a quiet smile,
And he rewrote the rankings in February.

How many kilometres in 24 hours?
The record at two hundred and sixty towers
If you run day and night
Do you think that you might
Be endowed with Michael March's powers?



"Mountain Man" at the presentations
for WAGS 24 hr track race.

INTERNATIONAL FIXTURE LIST

One of our overseas members, Ulrich Kamm, has taken on the job of compiling, and keeping up-to-date, an International Fixture List of ultra races throughout the world. Subscriptions of \$A10 to:- Ulrich Kamm, Fiedlerstrasse 1a, 8000 Munich 71, West Germany.

The "History" of my "International Fixture List"

Some time ago, in spring of the year 1985, I tried to plan my races for the year. I was sitting on the floor of the living room - dozens of leaflets around me. It was very time consuming to go through all the pamphlets. To avoid this for the next time, I wrote down all dates with a pencil on a sheet of paper.

A few weeks later, with some more information, I took the handwritten list to my office and started to put it into the computer during my lunch - breaks. I asked friends to help me "collecting ultras" - with very little response. But after a short while I knew about 100 events!

As the list was mainly for myself at the beginning, I concentrated on information that interested myself: races longer than 70km or more than 12 hours without break. As I do walking and not running, I looked for race walks as well. I wanted, and still want, to contribute to ultradistance events of all kind becoming more popular and will also exist in the future. - In a word, I wanted to know about all existing ultras in the world!

I started buying more sports magazines, writing letters to many countries, doing international phone calls - the expense was growing all the time. Then a friend asked me, why not sell the list for 10.-DM, to get some of the expense back and to give my knowledge to people who are urgently looking for it. At this time I knew already about 250 events a year.

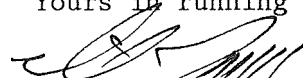
The next step was, that I became a member of some clubs: IAU, AURA, DUV. This helped a lot to get nearer to my goal. I started to work for this "Ultra-distance List", as I called it, every day. Much of the job was (and still is) disappointing, as the bigger part of my letters remained unanswered. But a few people really helped me a lot.

At the beginning of 1989 I had collected more than 650 races. Then Andy Milroy asked me, if I wanted to issue my list as the official "IAU International Fixture List". I said yes - and during the following weeks I had no free second till late in the evenings. I started producing several new leaflets, writing again more letters, ... - and hoped for the great response (which didn't come).

Do you really know all existing races in your or neighbouring countries? Isn't it interesting to find out which races you could do during your holiday, maybe overseas? I like to read that there exist such races as the 100-miler with 50000 feet of climbing in 50 hours, or the one 146 miles through Death Valley and up Mt. Whitney in July, or running 6 days indoors, or 1300 miles nonstop, or Are you looking for a race in Singapore, in Panama, or just in your neighbourhood? About 650 races are waiting for you! The fixture list gives you the date and address of them. So you shouldn't wait any longer! Just put the really small fee in an envelope or send a cheque - a few days later you'll receive the information you've been waiting for so long.

I am looking forward to all your letters!

Yours in running



EXCERPTS FROM A COURSE IN SPORTS MEDICINE
AT UNIVERSITY OF NEW SOUTH WALES - 6-17 FEBRUARY 1989

DR. ANDREW SEMPLE

I feel the following excerpts from the Intensive Course in Sports Medicine held in Sydney during February, may be of significant interest to our runners -

- (i) Muscular work to be of value in cardiovascular fitness should be isotonic (i.e. moving) rather than isometric (static), as the former increases blood flow, while the latter does no effective work, and causes increased blood pressure and reduced venous return to the heart to the detriment of the individual.
- (ii) Dr. Meredith and his research colleagues from Melbourne have shown that regular moderate exercise in itself (such as 30 minutes cycling three times a week), will reduce high blood pressure.
- (iii) Regular exercise has been shown to cause a reduction in LdL cholesterol and an increase in HdL cholesterol, which is the cardio-protective portion of cholesterol.
- (iv) Heat adaptation in training results in sweat which is very low in electrolytes such as sodium, so that trained heat-adapted athletes need to use water only for replacement, not electrolyte fluids.
- (v) Exercise-induced asthma is due to the sensitivity of intra-thoracic airways to dry air, and this is increased when the rate of breathing is high and the inspired air temperature is low. This can be prevented by the inhalation of aerosol bronchodilators (ventolin, berotec, etc) or Intal prior to exercise.
- (vi) DIET (from Rosemary Stanton)
The typical Australian diet is high in fat, low in complex carbohydrate and dietary fibre, and high in salt, and is not suitable for those wanting peak performance in physical activity. Unfortunately, in striving for an edge, many sports-people take up nutrition-related practices which are irrelevant. Since sports people are important role-models within our community, it is important that they do not promote unbalanced diets and quackery.

- (vi) Many of the supplements used by sports people are worthless; some cont... will actively work against their goals of achieving peak performance. Education about nutrition is our only hope of wiping out this currently flourishing market of useless supplements being peddled by and through sports people.

Useful nutrition strategies for sports people

- * Increase carbohydrate (especially complex carbohydrate)
- * Adequate water
- * Adequate but not excessive protein
- * Adequate minerals (iron and calcium need attention in most women)
- * Adequate but not excessive vitamin intake
- * Relatively low fat

Useless strategies for sports people

- * Extra amino acid supplements
- * Vitamin supplements
- * Use of pseudo-vitamins such as B15, B17 and BTP
- * Use of 'miracle foods' such as bee pollen, royal jelly, green magma, zell oxygen, protein powders, herbal supplements
- * Many weight loss diets

- (vii) Most injuries of the lower limb are due to over-use - either acute, due to building up too quickly, or to chronic, due to the malignant thought that if a little training does an athlete well, then a lot more does an athlete better. But there comes the point of diminishing returns, when too much training increases the risk of injury. Injuries are also due to biomechanical defects in the athlete and to poor technique.

It is salutary to realise that tissue repair often takes up to six weeks, consisting of four days in the stage of inflammation, three weeks in the stage of repair, and another two weeks in the stage of remodelling. Rehabilitative training must be adjusted to these facts, and re-training should be a slow, progressive process, otherwise re-injury and breakdown will occur.

Reprinted from QMRRC Newsletter, March 1989

TIBIAL PAIN OR SHIN SORENESS (SHIN "SPLINTS") — ITS CAUSE, DIFFERENTIAL DIAGNOSIS AND MANAGEMENT

TIBIAL PAIN

The Oxford Dictionary describes the "shin" as a prominent front or anterior border of the tibia. So the condition of *shin soreness* relates primarily to the **tibia** as **tibial pain or discomfort**. I will not use the term "shin splints" in this discussion because I believe it is outmoded and tends to now mean any leg pain^{1,2} rather than its original usage as specific tibial pain.

Tibial pain is common in athletes, yet its basic understanding at the tissue level is not well understood. As every experienced coach and serious athlete knows the cause of **common** tibial (shin) pain is due to work overload of the lower limb(s), especially repeated take-offs from a hard surface³.

There are two **common** types of lower leg or tibial pain, which have two distinct but subtle anatomical origins. Both are due to a "periostitis".

1. Lower leg pain or discomfort which is felt at the junction of the **middle and lower one thirds of the surface of the tibia** — see Figs 1,2a & b. In mild cases the tibia is tender to firm palpation over the whole width of this region of the tibia. In more severe cases there may be redness and even swelling over this region which is extremely tender to even gentle palpation. This type is due to a tibial "periostitis" or "inflammation" of the covering of the tibia due to the tibia 'bending' with unusual cyclical loading and will be explained in more detail later.

2. The second type is discrete **LINEAR** pain or discomfort along the middle half of the inside of the leg — the posteromedial border of the tibia (Fig 1, 2a & b). This often occurs in association with that just described but can occur by itself.

This condition is also called "the medial tibial stress syndrome" and is due to the attachment of the deep fascia to this border of the tibia and also causes a tibial "**periostitis**" which will be explained in more detail under anatomy.

Figure 2

Demonstrates the salient features of the tibia.

a. Anterior (Front) view, b. Medial (Inside) view. Larger inset shows anterior border as well as posteromedial border with the deep fascia attached. See Figure 4 for more detail.

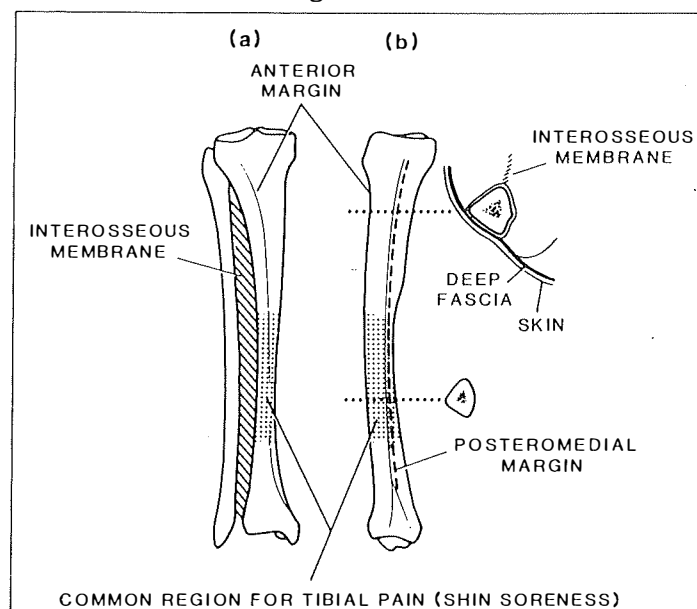
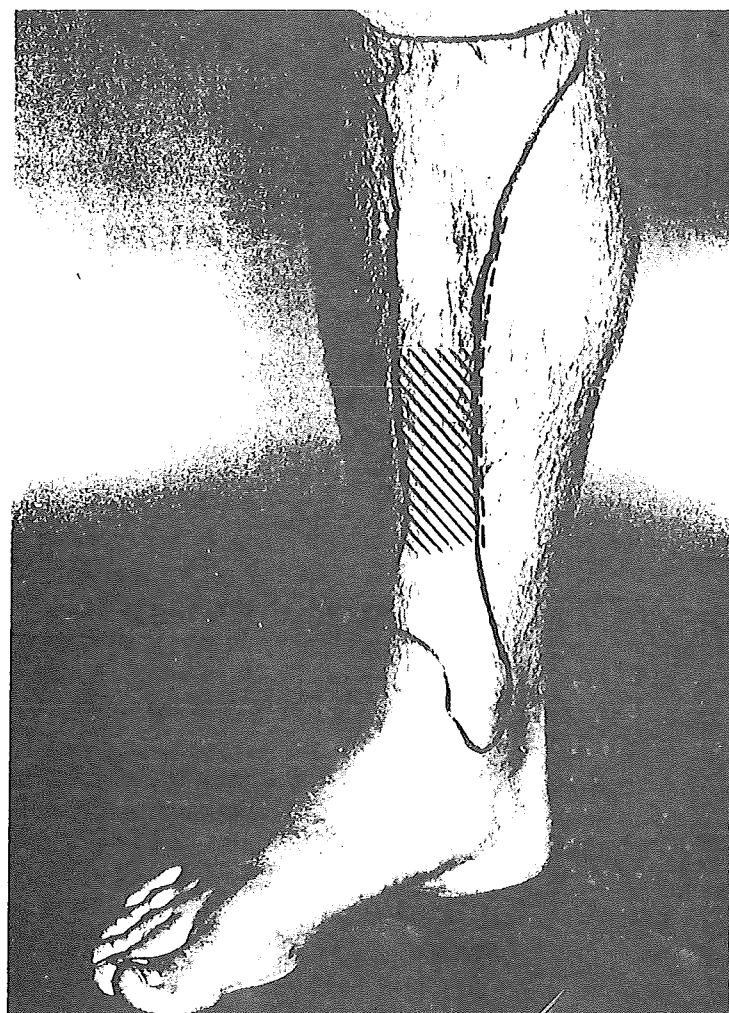


Figure 1

Anteromedial (Front) view of the right leg showing the anterior and posteromedial borders of the tibia. The shaded area on the tibia demonstrates the common site for tibial soreness of the anterior subcutaneous surface of the tibia. The dotted line along the posteromedial border indicates the area of linear soreness associated with the attachment of the deep fascia and flexor digitorum longus (FDL) muscle belly.



Both these common conditions can be graded as for most injuries and reflect the severity of the pathology or tissue damage.

In **Grade 1** the pain and discomfort occurs **after** activity on "athlete cool down" and usually lasts 30-60 minutes.

In **Grade 2** the pain over the tibia usually appears sometime after activity has commenced and will continue during the activity until it is stopped. As with Grade 1, pain will occur after activity as well. If the athlete ignores the pain, he/she will enter the vicious circle of the pain cycle which is very common with the condition¹.

In **Grade 3** the pain commences almost immediately after the resumption of activity and rarely may force the athlete to quit.

ANATOMY OF THE LEG

It is important before discussing the basic pathology of tibial pain to understand the anatomy of the leg and especially the tibia. First the tibia. The tibia is the main weight-bearing bone of the leg. Its structure is determined primarily by genetic factors but load-bearing secondary adaption is also important in determining the final structure.

The other bone of the leg is the smaller and much thinner **fibular** and this bone, although it helps to complete the ankle joint mortise with the tibia, is essentially present to give attachment to leg muscles. It also gives attachment to the strong interosseous membrane which spans the gap between the tibia and the fibula holding them together and also helps to divide the leg into two major compartments -the anterior compartment and the larger posterior compartment containing the calf musculature (See Figure 4). The normal tibia is flared at its top end for form the weight-bearing tibial plateau that articulates with the femur. At its lower end it forms the major articulating surface with the talus of the ankle joint.

The shaft of the tibia is gently curved convex to the front of the bone. In cross-section the shaft is triangular with the base to the back of the bone and the apex to the front forming the true "shin" as defined above. Also if one looks at this cross-section carefully it will be noted that the smallest cross-sectional area is located approximately at the junction of the middle and lower one thirds of the tibia (see Figures 1 and 2). **THIS IS ONE SITE FOR TIBIAL PAIN/TENDERNESS TO OCCUR** due to the relative thinning of the bone in this region.

The anteromedial surface (see Figs. 1, 2 & 3) is almost entirely

subcutaneous and has as its posterior margin the so-called posteromedial border. This border gives attachment to the deep fascia of the leg which is a thick membrane acting like a strong stocking to cover and protect the leg musculature. This fascia or investing layer wraps around the leg enclosing the calf muscles as well as those of the anterior compartment and attaches to the anterior border of the tibia along its whole length.

The posteromedial border also gives attachment to some of the more medial fibres of the muscle flexor digitorum longus which gives

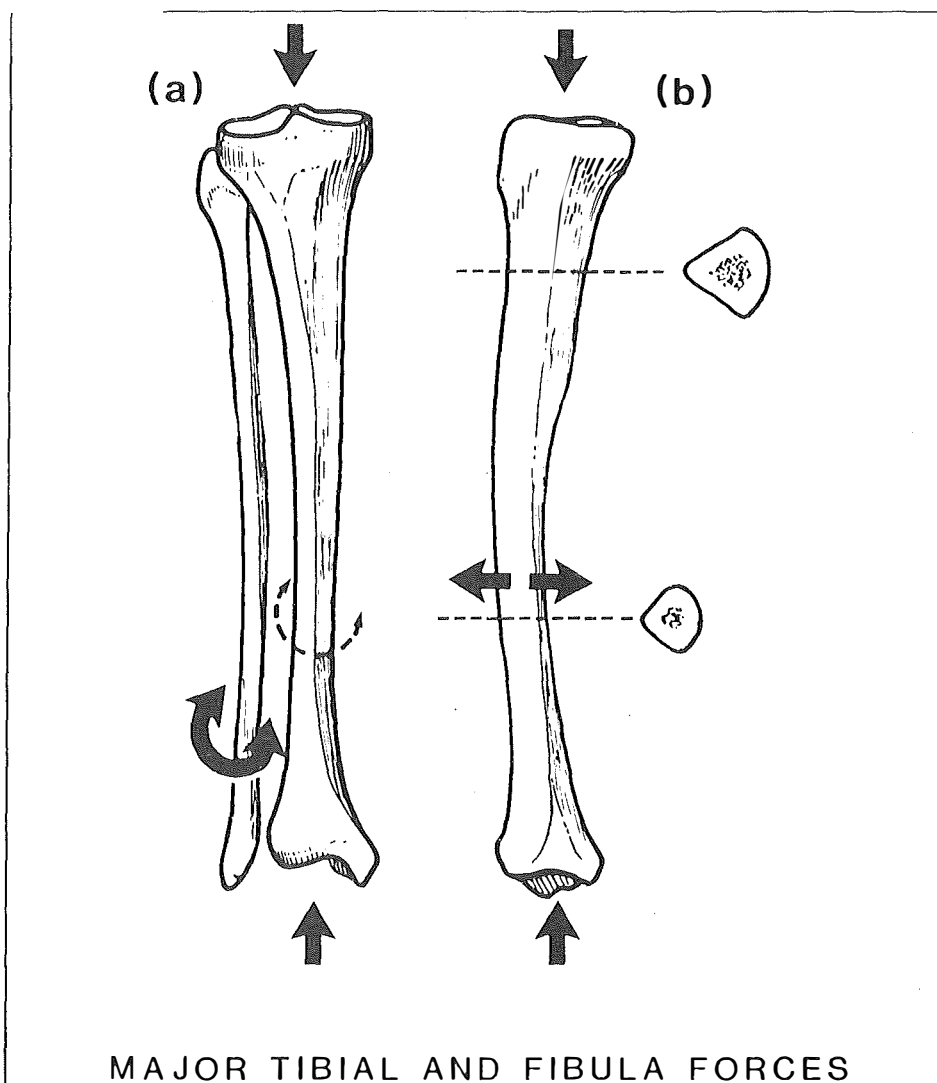


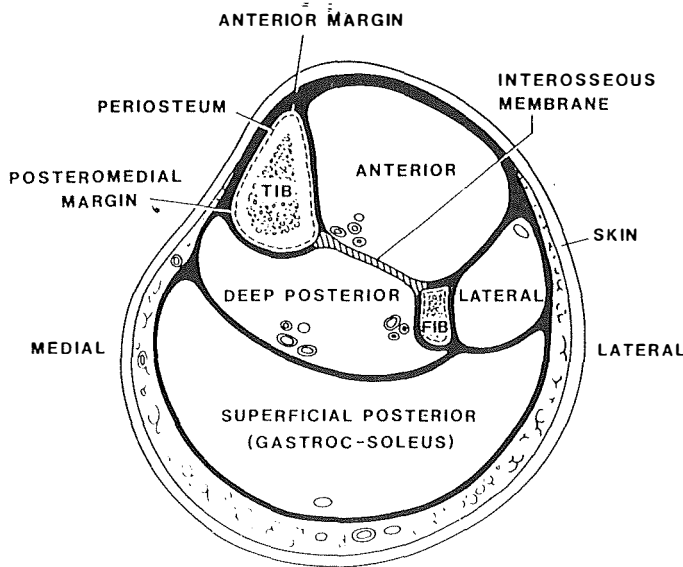
Figure 3

Demonstrates the major forces applied to the tibia and fibula.

- Rotational, b. Compressive and anteroposterior maximal at the junction of the lower and middle one thirds of the tibial shaft.

Figure 4

Schematic diagram of a cross-section through the middle of the leg demonstrating the four compartments of the leg and their fascial coverings. Note the sharp anterior tibial margin separated from the posteromedial margin by the wide subcutaneous surface of the tibia. It is this surface which becomes tender and occasionally oedematous due to the periostitis of repetitive load bearing.



tendons to the lateral four toes. **The attachment of both the deep fascia and the muscle to the posteromedial border of the tibia is the cause of the second type of tibial pain outlined above.**

CAUSE OF TIBIAL PAIN IN ATHLETES

As indicated previously the basic common cause of tibial or shin soreness in athletes is lower limb overload. This usually occurs at the beginning of a season when the athlete is enthusiastic and usually does **TOO MUCH, TOO SOON, TOO QUICKLY AND ON TOO HARD** a surface. The result of this acute overload on the tibia is for it to **flex under load more than it usually does**. We tend to have the concept that our weight-bearing long bones are perfectly rigid under loading and that they do not bend at all!

In fact, the tibia and the femur do **bend or flex under load and even shorten fractions of a millimetre**⁵ (see Figure 3). If this load is repeated often enough the long bones will respond in an attempt to remodel bones to adapt to the new loadings applied. The tibia does this by activating a layer of tissue close to

the bone (which envelopes all bone) called the periosteum. This periosteum can lay down new bone in an attempt to thicken the tibia and hence increase the bone cross-sectional area at the critical zone mentioned above so that it does not flex as much under repetitive loading. If this is not prevented it could lead eventually to a "stress fracture". Recent research indicates that this is probably what is going on in the first type of tibial pain and that the response of the periosteum is so vigorous that a biomechanically induced "periostitis" develops^{6,7}. If the symptoms are ignored by the athlete further repetitive loading can cause microtrauma to the underlying cortical bone and a stress fracture may begin. It is a little like repeatedly bending a nail to break it from a piece of hardwood from which you cannot extract the recalcitrant nail.

The second type of **LINEAR** pain along the posteromedial border of the tibia is thought to be due to traction on this border by the deep fascia and the flexor digitorum longus. With muscle activity the metabolic activity of a muscle increases and the volume it occupies also increases because of increased blood flow to this highly vascular tissue during exercise. If the

investing deep fascia is "tight" and the increase in calf muscle volume occurring with exercise is great enough the deep fascia will pull on its linear attachment to the posteromedial border and lead to the linear tibial pain and tenderness over the middle half of the posteromedial border of the tibia.

Recent research⁸ indicates that athletes with tibial pain do in fact have greater pronation in their subtalar joints on running. This may be due to either forefoot and/or rear foot varus and/or "functional ankle joint equinus" due to tightness in the calf-achilles tendon complex. In other words the heel cord-calf muscle complex is too short and the athlete lands on a foot which is already plantar flexed and cannot dorsiflex readily under load and this predisposes to excessive forefoot pronation which is aggravated if rear foot varus is also present.

As indicated any factor which predisposes the tibia to increased cyclical repetitive loading and hence bending forces can induce the tibial remodelling periostitis. From a practical viewpoint the predisposing factors can be listed⁹:

1. Training methods — the most common cause of injury is "too much too soon". Excessive intensity, frequency and duration of running, especially toe running is commonly associated with a failure to allow physiological adaption can create injury problems.

As physiological adaption occurs the rate of running will automatically increase virtually without awareness.

2. Training surfaces — injury can occur if the habitual training surface is abandoned and a **new, harder surface** is suddenly substituted at the same training volume.
3. Muscle dysfunction and inflexibility. In my view this is not a common cause of increased tibial loading but it should be kept in mind. A “tight” gastrocnemius/soleus-achilles tendon complex will not allow adequate dorsiflexion and hence create a greater bending force on the tibia especially on “up-hill” running. Weak anterior and posterior compartment muscles will not assist adequately in the deceleration of body weight when toe running and can lead to excessive loading on heel strike and hence increase tibial impact loading.
4. Shoe Design. Current shoe technology has made major contributions to the prevention of running injuries. Tibial impact forces have been substantially reduced by the advent of the new resilient yet extremely light weight rubber polymers. For distance running on hard surfaces modern shoes are a **MUST**. The current commercial fad of using thin heavy inserts into these already excellent shoes in the belief of substantially decreasing tibial impact forces has not been validated by recent work at the Australian Institute of Sport¹⁰. In other words they are an expensive waste of money.
5. Biomechanics of running. This is important as each individual is different. Variations in lower limb alignment due to genu varum, (“knock knees”), tibial torsion (abnormal rotation of the leg), pes planus (flat foot) and pes cavus (high arch rigid foot) are predisposing factors and require medical assessment for possible correction and alleviation.

ESTABLISHING THE DIAGNOSIS OF TIBIAL PAIN:

A detailed history as to the workload of an athlete and previous state of “condition” together with a detailed examination of the tibia and footwear is essential. Particular attention is directed to the lower tibial subcutaneous anterior surface as well as the posteromedial border. Undue tenderness on firm palpation will establish the diagnosis in most athletes without further investigation when necessary.

DIFFERENTIAL DIAGNOSES

1. Stress Fracture of the tibia:

As indicated above, tibial pain may be the forerunner of a stress fracture particularly if the tenderness is discretely localised and associated with a thickening or lump of the periosteum indicating bone callus formation. Plane X-ray and a Bone Scan will establish the diagnosis of a stress fracture. Plane X-ray will not usually demonstrate a stress fracture unless the X-ray beam is looking directly down the fracture line which is very difficult to achieve. This may reveal the “dreaded black line” of a stress fracture. With Plane X-ray the formation of periosteal callus which is the “hallmark” of a stress fracture does **NOT** appear until at least 2-3 weeks post-fracture. However a bone scan is usually positive within 48 hours and is the most objective way to make a firm diagnosis of a stress fracture. CT Scan is sometimes useful with the small bones of the foot. It has been ideal to demonstrate stress fractures of the navicular which cannot be seen well in the convention X-ray.

2. Compartment Syndromes.

These syndromes are not common but athletes can present with leg **MUSCLE COMPARTMENT** pain which

occurs during running and usually abates within minutes of stopping running. I emphasise the muscle compartment component because the pain on running is felt over the muscles involved and **NOT** over the tibia as with tibial soreness.

The anterior compartment syndrome is more commonly diagnosed and is due to swelling of the muscles of the anterior compartment of the leg with exercise. The anterior compartment is a closed osseofibrous space which cannot expand much IF the deep fascial enveloped is “tight”. This can lead in extreme cases to a reduction of arterial flow into the muscles of the anterior compartment and the death of these muscles and a subsequent “dropped foot” which is a disaster in a young athlete.

CASE STUDY.

A 23 year old Law Tutor who was playing in a squash final and noticed during the third rubber that she had pain in the front of both her legs and that she could not lift her foot up (ankle dorsiflexion was painful) as she ran around the court. The pain became so excruciating she had to forfeit the final. She noticed the anterior compartments of **both** legs were “board-like” and were bulging and extremely tender to touch. A doctor was called to the court, and made a diagnosis of bilateral anterior compartment muscle tears. She was told to go home, elevate her legs and the pain would settle. She endured a **night** of agony and then consulted a chiropractor the next day who made the correct diagnosis but by then the **damage** had been done and the **muscles** of the anterior compartment had died due to a lack of **blood** supply. This young squash player should have had what is called an immediate “fasciotomy” to relieve the pressure in the anterior compartment and the

muscles would probably survived. She did in fact end up with a bilateral foot drop!

This is a very uncommon event but the fact that it happened should make us aware of this syndrome and the serious consequences if an immediate correct* diagnosis is not established.

To establish the diagnosis of a "Muscle Compartment Syndrome", pressure studies are done on patients suspected of having the syndrome. This involves inserting a sterile needle into the suspect compartment under sterile conditions with local anaesthetic and measuring the rise and fall in pressure in the compartment with exercise. Previous research has documented the normal pressure rises with time, and increases above a certain level and a delay in the fall of pressure after exercise can establish the diagnosis with certainty. If the pressure levels are abnormal, the patient can be offered a fasciotomy. This is a procedure to slit the deep fascia and hence release the pressure on that compartment. Of course this procedure requires full hospitalisation. Not all athletes opt to have it done in the first instance and most prefer to wait and see if the condition settles.

3. Chronic muscle/tendon tears can also mimic tibial/leg soreness. Again a detailed examination of the leg muscles and especially the gastrocnemius-soleus attachment (calf muscle) to the achilles tendon should establish the diagnosis.
4. Popliteal artery entrapment syndrome. This is included for completeness but is a rare cause of leg pain in the athlete. This is due to the main artery of the leg (popliteal) actually **passing through** the medial head of gastrocnemius. The

consequence of this is that as the athlete runs, calf cramping occurs as the arterial supply to the calf muscle is compromised when the calf muscles contract. The athlete gradually notices that the "cramping distance" becomes shorter and shorter until medical advice is eventually sought. The diagnosis may be suspected on the typical history as well as the diminution of the ankle pulses when the athlete forcefully contracts the calf musculature against resistance. Further confirmation can be obtained by special Doppler flow studies on the popliteal artery as well as angiography. If the condition is confirmed, surgery is the only cure.

5. Other rare causes of tibial pain must be excluded from this review, ie. bone tumours, bone infections, osteoid osteoma, neurovascular malformations.

MANAGEMENT OF TIBIAL PAIN (OR SHIN SPLINTS)

The key to effective management of this condition is establishing the correct diagnosis. This requires clinical skill and experience in eliminating the other possible diagnoses. X-ray and bone scans may be required.

Once a diagnosis of tibial pain of either the two common types is established the treatment is simple. The only effective management is **rest from the overload inducing the pathology as outlined above**. With Grade 2 and 3 pathology there is **no doubt** the athlete must rest to allow the periosteum time to repair and remodel. This usually takes **AT LEAST** 2-3 weeks. It must be remembered that most serious athletes will be very reluctant to decrease or even stop their training program for the fear of "losing fitness". However if time is taken with the athlete to explain the cause of the problem, they are more willing to comply with the advice to

decrease their workload. The use of ice and anti-inflammatories are a waste of time **UNLESS** the athlete has a "planned lay-off" for the time frame indicated to break the pain cycle. The use of heat is largely of symptomatic value only and probably does not enhance periosteal repair significantly.

If symptoms persist after a rest period and a reduction in workload, factors 2-5 above should be carefully evaluated, ie. training surfaces, muscle strength and calf extensibility, shoe type and wear as well as lower limb biomechanics and alignment. Does the athlete "over pronate" which could theoretically lead to excessive torsion of the "thin region" of the tibia? Medial arch functional orthotics **may** assist in this situation^{6,7}. Dynamic evaluation of running style and observation for any peculiarities may need to be done at the track, or second best, on a treadmill if this is available. There is no role for effective taping in this condition¹¹.

To maintain cardiovascular fitness during a "planned lay-off", swimming, bicycle ergometer work or cycling, as well as pool running with a bouyancy vest can be used until the tibial periostitis subsides.

SUMMARY

1. Tibial pain is commonly of two types usually associated with an excessive repetitive workload of the lower limbs:
 - (a) a periostitis of the anterior subcutaneous tibial surface, due to cyclical flexing of the tibia at its smallest cross-sectional area (the junction of the middle and lower one thirds);
 - (b) a linear periostitis due to traction on the posteromedial border of the tibia by the deep fascia and flexor digitorum longus muscle belly.

2. Other causes of tibial pain that must be considered in a diagnosis are stress fracture, bone tumours, neurovascular malformations and infection. Further causes of leg pain such as the compartment syndromes and chronic muscle-tendon tears, should also be considered.
3. Management of the two common types of tibial pain is to reduce tibial impact loading as well as the work done by the posterior muscle compartment. This requires evaluation of the training program, training surfaces, muscle strength and flexibility, shoe type and wear as well as lower limb and foot biomechanics.
4. The athlete should not start training again until there is no pain under load and the tibial tenderness has subsided. Return to training should be carefully graduated.
5. There is no role for effective taping in this condition.

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by

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WHAT A TWENTYFOUR HOURS!

I seem to have rushed into ultra-running at the deep end. I competed in my first events last year and then my association with ultra people reached a real high when I watched Mike March set several records in winning the Victorian 24 Hour Championship at Coburg a couple of weeks ago.

When he was asked after the event if he was surprised to set an Australian record, his honest reply was, "No, I've been planning for it for several months now". I knew of his plans and I also believed in his simple approach to running. There are no excuses. Things like food and drink additives etc are just crutches to fall back on and blame if things go wrong. "Not enough sugar!", "Drinks should have been every 15 not 20 minutes" or "I should have stopped for a massage when I first noticed the pain".

Mike's theory on running is simple. You do the training to run for 24 hours, then when the gun goes off, you just run. It was the first time I had been to a 24 hour event, and I found it most exciting. (Try telling that to an outsider) I was kept just a wee bit busy looking after Mike's needs for the 24 hours. (Actually, I had to look after him from the time we left Tassie till we got back. He might be able to able to run, but anything else..... hopeless!)

It was fascinating to see and meet those people I had only read about, especially "Cliffy", who would have to get the award for being the most friendly competitor. His running style was so smooth when his hip wasn't troubling him.

I was also impressed with the performance of John Breit, who must surely have a long ultra career in front of him. The 'David and Goliath' act between John and David Standeven, who battled and swapped the lead for most of the event, was incredible. And then afterwards, Mike March quietly slipped past with six hours to go, and then they continued their battle for second place.

Joe Record looked so strong and was great encouragement to Mike in the closing stages. It was nice to meet Rob Nash and his crew again. I had a bit of a battle with him last year in the Launceston to Hobart.

It really was a top field. Fifty started, ten retired, twenty-four runners (including Kim Talbot) covered more than 100 miles and ten of these did more than 200km.

We had to keep costs to a minimum and were very grateful to Tallays (Hobart) for the use of their van and for some financial help. With Mike's appetite for things succulent, this additional money was well received..... Boy! Can he put some food away!

Thanks to all the people behind the scenes for their help in making this event such a success.

In conclusion, I will run through some of the random notes I made during this event.

12 noon Saturday, the start. "What a magnificent sight..... Wish I was out there"

#George Yanna was given a bowl of fruit but had to give it back till he got a spoon.

#Joe Record having a beer during the race.

#Mike still 10th on the leader board. He will move up through the night.

#Cliff Young ever friendly. Talks to everyone but has a bad hip problem,,, in a lot of pain.

#Mike just wants to be left alone to run.

#One of David Standeven's crew caught a little mouse that ran across the track.

Thanks for it all

Mike Maddock



P.S.(Geoff, I wrote this poem just over two years ago. All true. Doctor said I would never run again. I could walk but would have to stop when it became swollen and sore..... All crap. Thought it might be okay in AURA

THE BASTARD - HE DIDN'T SAY HOW

by Mike Maddock

I've never been much of a runner,
But I'll be even less of one now.
For the doctor has told me I must give it up,
But the bastard - he didn't say how.

An occasional twinge in my left knee
Was the only problem I had.
It didn't seem really worth fixing
But I knew, with it done, I'd be glad.

I could push ahead with my training,
With dreams going around in my mind
Of a glorious run through "The Cradle"
And other long runs that I'd find.

I'd sampled the distant bush scenery
As I ran through raw forest so wet,
And I knew if I just took things easy,
I'd keep going for many years yet.

I never did mind the weather,
I would run in the rain or the snow,
Through the bush, over hills, along valleys,
Wherever I wanted to go.

Just trim the rough edge off the cartilage
Was all that he wanted to do,
And then after some recuperation
I'd be off again - good as new

.But the cartilage wasn't the problem,
T'was the bone surface wearing away
And my running had come to a shattering halt
With a problem that was here to stay.

He said I could walk, if it wasn't too far
And I didn't break into a trot.
So I'll have to rethink'bout my life from here on,
And what other options I've got.

Swimming is out 'cause I can't stand the wet,
And exploring in pools is no fun.
There's karate, aerobics and judo and stuff,
But nothing's as good as a run.

The friendships I've made just through running,
Are the nicest of things I recall.
And my thoughts of the Vets around Tassie
Are some of the warmest of all.

But running is like a drug problem.
My withdrawal - it has to start now.
And the doctor has told me I must give it up,
But the bastard - he didn't say how.

The following notes were originally addressed to prospective Westfield Sydney to Melbourne 1985/'86 Run entrants. These notes are still relevant to all ultra runners.

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THE ULTRA-MARATHON --- WESTFIELD RUNS.

SOME IMPORTANT CONSIDERATIONS FOR PREPARATION.

INTRODUCTION: FOR YOU THE PROSPECTIVE ENTRANT

All marathons are gruelling events. Non more so than the Ultra-Marathon. There are many factors that combined together may give one competitor a winning edge. It may also be that varying one or more of these factors may just tip the balance in favour of another competitor. Above all any preparation should have the common goal of improving performance and minimising the risk of injury. Ultra-Marathons are not "fun-runs" - they go far beyond in terms of testing preparation, stamina, programming skills, personal discipline and mental determination. These will be tested in the extreme! The Ultra-Marathon is for an Ultra-Athlete - both physically and mentally!

THE PHYSICAL BODY:

The Ultra-Marathon is really a MATURE ATHLETES event. It is not necessarily a young athlete's event. The encountered stresses will require the runner to possess a fully mature musculo-skeletal structure. It is more likely to be unduely stressful for the teenage athlete whose joint structure may not have completed physical maturation and therefore will be more likely to succumb to the long period of almost constant stress verging upon dis-stress. It really takes months to years of practical conditioning for just one such event. There is no substitute for age with training.

Even the physically mature athlete whose structural growth and development has completed should realise that it can take three to four times longer for the body's support tissues (ie ligaments, cartilages, intervertebral discs, tendons etc.) to be suitably conditioned, compared to muscle tissue. There cannot be any gain in structural fitness for this event which does not allow TIME and CONSISTENT application of training principles with a view to conditioning the support tissues to withstand the long term challenge. This means lots of LONG DISTANCE training at a constant pace - speed is not relevant for this type of endurance preparation. If you train to condition your ligaments and tendons, your muscles will usually be well catered for.

During training, particular attention should be paid to the WEIGHT BEARING STRUCTURES - the feet (arches), ankles, knees, hips, sacral joints and the spinal column. If you have had previous

injury to any of these weight-bearing regions then seek advice from a structural therapist - even if you are not presently experiencing any difficulties. Remember, the Ultra-Marathon may bring out any latent or hidden faults in your support structures when you least want them.

Most postural attitudes are largely learned rather than inherent. How you presently sit, stand, walk and RUN will be the result of past habits whether good or bad! Many athletes tend to MIS-USE their posture for these activities rather than USE them. Wherever possible have your running style examined by a trainer or postural specialist early enough so that faults may be advised and corrections well practised, long before competing.

Ensure that you are fully recovered from any previous injury or illness. Any residual drop in your performance stamina may lead to percentage drops in your performance results.

You cannot depend on your successes in previous such events as an indication of your presumed fitness in undertaking on another. Test yourself and prove your fitness throughout your pre-event training schedule. This should be done regularly especially as the final few months before the event draw on. Running in "fun-runs", half-marathons and even full marathons will help BUT these cannot replace the need for one-to-two day / 200-300 Km practice runs UNDER THE SAME CONDITIONS AS YOU WOULD EXPECT ON THE ULTRA-MARATHON.

It is imperative to condition yourself to any environmental disadvantage by training in as adverse weather conditions as you can find. As the Ultra-Marathon will take days to complete, you can expect to be competing in HOT / COLD / DRY / WET / WINDY conditions. Don't forget running up (many) hills and DOWN as well. Work out a routine that will enable you to perform consistently under these variable conditions. You will need to be TOUGH as well as FIT!

PHYSIOLOGY:

The Ultra-Marathon is a precision "AEROBIC" event. Speed and power (which are largely anaerobic in effect) must give place to ENDURANCE. This is not a sprinters race nor one for hurdlers. In reality it is not even a 42 Km Marathoner's race. Ultra-Marathons are for suitably trained Ultra-Marathoners as simple as it may sound!

It is the responsibility of you the entrant to know what your basic physiological needs, and these can differ widely from individual to individual. However there are some common factors that you should consider. There will need to be a close watch on physiological demands and their supply -

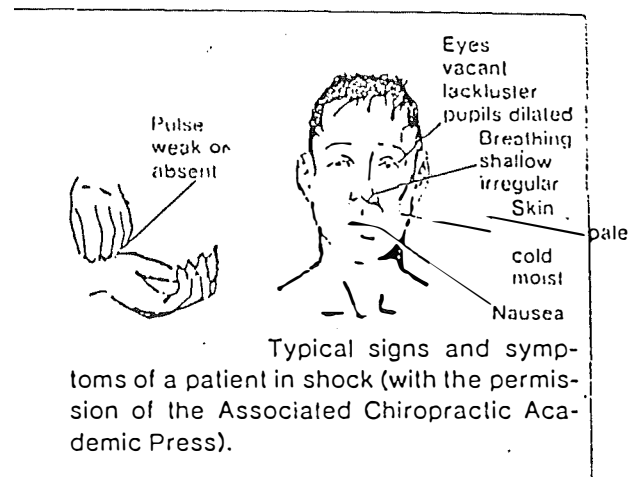
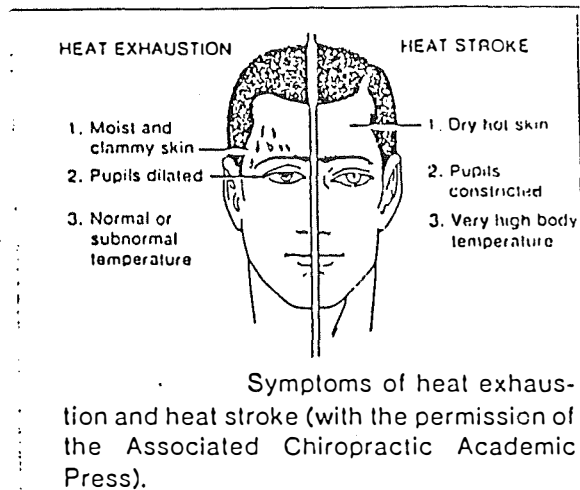
<u>DEMAND</u>	<u>SUPPLY</u>
Food (Energy)	High Complex Carbohydrates Low fat / Low protein
FOOD (Nutrients)	Minerals / Anti-stress Vitamins
WATER LOSS (Urine / Sweat / Breathing)	WATER Intake
TEMPERATURE Gain / Loss	Adequate monitoring and Compensation.
Degree of Exertion	Adequate rest / recuperation

Water balance is of critical importance in endurance events especially in hot conditions. It has been found that ordinary marathoners can lose up to 6 litres of water (around 6-8 % total body weight) in the 42 km run, or about 1-2 litres per hour. It should be noted that a mere 2-3 % loss of body weight (in terms of body water) can lead to progressively severe impairment in bodily functions including one's mental state. In short marathons it is wise to take 150-300 mls of water at least every 6-8 minutes in hot weather.

Furthermore a loss of only 1% body (water) weight will lead to a rise of about 0.1°C in body internal temperature. Internal body temperature (best measured rectally - not by mouth or arm pit) should not be allowed to rise above $39 - 40^{\circ}\text{C}$. Bear in mind that HUMID conditions with outside temperatures at or exceeding 25°C are more stressful, requiring more frequent rest stops to cool down.

It is suggested that your body weight be checked on portable scales regularly. There may be some 1-1.5 Kg weight loss due to use of some body fat. However try to maintain body weight throughout the event by water balance.

For your information please note the following warning signs of HEAT STRESS -



Though trained athletes can actually retain the mineral salts better than non-conditioned people, there will still be a need to watch for electrolyte imbalances. A 5% loss of salt (NaCl) from the body's reserve will produce lassitude; 10% loss will affect the will to work and compete; about 20% loss will virtually ruin your competitiveness. This is especially important in hot conditions. There may however be losses in other "salts" - Magnesium, Potassium, Calcium, Iron to mention some important ones. This is especially so in conditioned athletes. Sweat losses of potassium and especially Magnesium can lead to impaired muscle function, cramps, and even myocardial infarction (heart attack) - even if on a low fat diet! Supplementaion of electrolytes should be planned.

COLD weather conditions need consideration and appropriate preparation also. If the rectal body temperature falls below 35°C impairment of brain and muscle function will occur. Cold syncope (fainting) and collapse can occur when battling with reduced muscle glycogen reserves, low outside temperatures, rain and especially headwinds. An internal body temperature below 32°C is very serious with risk of lung, heart and kidney failure! Beware!

IAU NEWS

The following information and articles have been reproduced from the International Association of Ultrarunners' Newsletter, January 1989.

CITY OF SANTANDER 100KM SECOND IAU WORLD CHAMPIONSHIP

Santander, Spain

1st Oct 1988

by Andy Milroy

The 1988 100km World Championships was held on the tough course at Santander in Northern Spain. Around 20 different nationalities were represented, and most of the world's elite 100km runners had entered. The favourite was obviously Domingo Catalan of Spain, the current World Champion, competing on his home ground, but Jean-Paul Praet of Belgium, already winner of 3 fast 100kms this year (including a victory over Catalan) was the obvious threat. The impressive winner of the Faenza race, Italian Normando Di Genaro, was another contender, as was Jean-Marc Bellocq of France. However, the latter was attempting his third 100km in 3 weeks! Another danger could be Vitaly Kovel of the Soviet Union, running in the West for the first time.

The start at the Palacio de la Magdalena was noisy. Loud music boomed from speakers as the runners assembled. At 7.00am the road-way was cleared and the race set off, the initial downhill ensuing a fast start. Spaniard Miguel Blanco led the charge for the first 20km loop, with fast starting Jan Szumiec of Poland half a minute back at the 10km point. Kovel was just a little further back, followed by a large group of runners containing most of the major contenders. By 20km the race had begun to sort itself out. Sluice and Pael Branko (Yugoslavia) led with 1:14:39, with Fekner of Canada, Laitinen of Finland and Kovel running as a group just over 2 minutes back. Close behind were the 3 West Germans running together (Trager, Lux and Haber). A minute behind this trio was the large group containing Praet, Catalan, Di Genaro etc.

The impetuous Pole continued to pull away, and by 30km his lead was close to 4 minutes over Fekner, Laitinen and Kovel, with the pursuing groups maintaining the same positions behind. Through the small villages on the route the procession wound, led by a police car with siren wailing. At each village the lead runners were met by staccato Catalan drum and pipe music.

By 39km, Szumiec seemed to be working hard to maintain his lead. Branko had fallen back. The pursuing group of Kovel, Laitinen and Fekner were working together, but it was about this point that the Russian had his first problem with blisters which were to bring about his eventual withdrawal. Trager and Lux were now clear of their compatriot Haber, who was now being caught by Tom Zimmerman of the USA, who was leading the main group. It was at this point that Praet stopped, feeling sick. He had apparently been suffering from a viral infection for some time to the race. Terry Tullet was running steadily, about a minute behind the main group.

At the marathon the Pole had a clear 2 minute lead over Branko. There was little change in the order of the rest of the leading runners, but likely that the winner would come from the pack of 9 runners who were cruising along some 5 minutes behind the leader.

The first flat 20km loop of the Santander course lures many runners into going out too fast; it is on the second longer loop of 40km that the hills begin. The whole pattern of the race began to change as the pack broke up on the hills. The young Hungarian runner, Attila Kovacs, fresh from a 2:19 marathon the previous weekend, made a bid for the lead. It was the Italian Normando Di Genaro, winner of the Faenza 100km, who went with him. Szumiec began to go backwards down the field from then on and eventually retired. Laitinen was in third but leg problems would soon force him to give up as well. At 59.7km, the end of the second lap, Catalan lay 4th behind Laitinen; Bellocq was seventh, a minute and a quarter behind the leaders. Bruno Scelsi, who had laid off the fast early pace,

began to move into the picture, and was 13th, moving ahead of the west Germans Trager and Lux.

The hills of the second loop decided the race. Kovacs was unable to sustain the pace, but carried on to the finish to eventually finish in 20th place. At the front the race became a tussle between Di Genaro and Catalan. By 79km the winner had been decided. The long uphill to the village of Liencre destroyed the Italian. Catalan had a lead of close to 2 minutes at that point, but Di Genaro was now walking, and he retired at 80km. Running strongly into second place some 6 minutes behind Catalan was Bellocq, pale but moving well and seemingly unaffected by his previous efforts at Amiens and Mignes (6:34 and 6:48). The fourth runner to appear was Scelsi, his even pace running claiming its reward from less prudent athletes. He was less than 3 minutes behind Bellocq, but the top three positions looked to be set.

As Catalan approached the city of Santander once more, the traffic increased and officials and police leading the race had a hard struggle keeping the way clear. At the finish the atmosphere was incredible, the crowds were whipped up by the voluble non-stop exaltations of the commentator, augmented by pounding pop music. The crowds lined the final bends leading to the finish hammered on the advertising signs that hung from the barriers that marked the course. The noise grew to a crescendo as, to a truly tumultuous reception, Domingo Catalan crossed the line in 6:34:41, a fine time considering the conditions. Seven minutes later Bellocq received the same treatment as he finished in 6:41:50. Some thought that he could have won the race if he had not run at Migennes the previous weekend. His reply was that perhaps without such a 'training run' he would not have wound up in the top twenty!

Bruno Scelsi's intelligent strategy was rewarded with third place in a fine 6:48:18. Hans Schneider of Switzerland, who had always been with the leading group, came fourth in 6:59:15.

Meanwhile, the women's race had been a notable affair. Eleanor Adams, as always, set off fast. She was only about 4 minutes down on the race leader at 10km, and at 20km was only 7 minutes behind the main group. She was at the front of a large 'bus' of runners, which included the Hungarian women, Enkoe Feher and Marta Vass. However, it was not the Hungarians who were to seize the initiative from Eleanor. Trail runner Ann Trason of the United States, running her first ever 100km race, was in the lead by 39km, looking relaxed and smooth, with Eleanor having to work hard some 7 seconds down. By the marathon point Ann had a clear lead - 3:03:14 to Eleanor's 3:04:35 - with the Hungarians 40 seconds back.

As in the men's race, the next long hilly loop was to prove decisive. Ann Trason had stretched her lead to over 5 minutes by 59.7km, and Marta Vass had taken second place from Eleanor, with her compatriot 9 minutes adrift of the first three places.

The finishing time of the women was sensational. Ann Trason's time eclipsed the previous best for a calibrated bike measured mark by over 15 minutes with 7:30:49 (only 4 minutes off the best ever recorded time), and Marta Vass ran 7:56:07. This is the first time two women have run under eight hours in the same race. Eleanor's 8:07:38 was only 3 minutes off her winning time in last year's Santander race. Nine women ducked under the nine hour barrier.

The race also marked the 147th completed 100km by Henri Girault of France who finished in 10:38:16.

The use of one hotel to house most of the runners meant there were plenty of opportunities for them to socialise and get to know each other. Despite the difficulties of the course and the cold wind, the second IAU World 100km Championships proved to be a highly successful and well organised event.

RESULTS

1.	Domingo Catalan (40)	SPA	6:34:41	World Masters Record
2.	Jean-Marc Bellocq	FRA	6:41:50	
3.	Bruno Scelsi	FRA	6:48:18	
4.	Hans Schneider	SWZ	6:59:15	
5.	Stefan Fekner	CAN	7:01:43	
6.	Tom Zimmerman	USA	7:03:02	
7.	Jochen Lux	FRG	7:03:57	
8.	Tomas Rusek	CZ	7:04:13	
9.	Antonio Mestre	ESP	7:06:32	

10.	Boris Bakmaz	ITA	7:07:55	
11.	Manfred Trager	FRG	7:09:39	
12.	Dusan Mravlje	YUG	7:11:13	
13.	Angel Lage	ESP	7:20:14	
14.	Antonio Beltran	ESP	7:22:34	
15.	Juan Martinez	ESP	7:23:57	
21.	Ann Trason	USA	7:30:49	World Best on Certified Course
38.	Marta Vass	HUN	7:56:07	
46.	Eleanor Adams	GBR	8:07:38	World Age Best 40-44
50.	Katharine Janicke	FRG	8:12:32	
69.	Enikoe Fener	HUN	8:34:00	
73.	Joaquina Casas	ESP	8:38:00	
77.	Angela Mertens	BEL	8:40:42	
85.	Hanni Zehnender	FRG	8:50:26	
88.	Eveline Bucher	FRG	8:50:30	
103.	Roesy Brechbuehl	SWZ	9:04:33	
106.	Monika Kuno	FRG	9:06:14	

389 Starters; 202 Finishers under 11:00

BOOK REVIEW

by Peter Lovesey

THE LONG DISTANCE RECORD BOOK - Second Edition. Compiled by Andy Milroy.

Published by the Road Runners Club. pp99. £4, including postage. From: Don Bonser, 76 Benhill Wood Road, Sutton, Surrey, SM1 3SJ.

The first thing to be said about Andy Milroy's latest publication is that it is an ultra performance in itself, far out-distancing his previous best. The Long Distance Record Book runs to 99 closely-packed pages compared with 61 in the first edition (1981). The present work is the culmination of some 25 years of research into ultra-running records. The pioneer in the field was Dave Roberts, whose Distance Running Records appeared in 1962. After Dave's early death, Andy Milroy took on the task of updating the book, starting with two editions of Distance Running Progressive Bests in 1977 and 1988.

The charm of progressive lists is the perspective they give to the history of record-breaking. Performances that once seemed unlikely ever to be beaten - say Zatopek's 12m 810y/20,052m for the Hour - now sit midway down a list that begins with an 1877 run of 10 miles and end with Jos Hemen's 13m 24y/20,944m 99 years later. The lists are more comprehensive than ever, taking in more events, including fell, trail and journey runs; the section on women's running has more than doubled in size.

The sense of historical perspective is reinforced in a 12-page account of the sport's development from pre-history to twentieth century jogging. The text is well illustrated by twenty pages of photos and drawings, including a bloomer pedestrienne of the 1850s.

The book's main appeal for this reviewer is that almost every page has unexpected nuggets in the form of footnotes. What pithy stories they tell: the 7 year-old who was setting women's walking records in 1823; the Manx walker who reportedly covered 70 miles in one day as early as the seventh century; the unfortunate Wooley Morris who burst a blood vessel and died after setting a 10 mile best in 1753. The section on miscellaneous records includes such items as a record that has lasted 106 years and a record for 24 hour treadmill-running set as recently as 1985. Shrivelled NUTS like me recall the pleasures of dipping into ARCHIE'S LITTLE BLACK BOOK by H Archie Richardson, in the 1950s. Andy Milroy's book is no less rewarding or informative, and that's a strong recommendation.

Europe: £5, US: \$9.50, Aust: \$10

WORLD 100 KM ROAD RANKING LISTS - AS OF FEB 89

Compiled by Andy Milroy

The following 100 km list is based on results achieved on certified courses. Certified means that the course was measured by calibrated bicycle, the most accurate method currently in use. Other methods such as the surveyor's wheel have been shown to be less accurate with a shortfall of approximately 6.5 metres per 1000 metres, or over 100 km some 650 metres short. Car odometres or surveyor's wheels towed behind vehicles, especially when uncalibrated in any way, can produce even shorter courses. Accordingly, the IAU and IAAF only recognises course certification achieved by the calibrated bicycle method.

100 KM ROAD (MEN) - ALLTIME

6:28:11	Don Ritchie	UK	Santander	25.9.82
6:30:41	Jean-Paul Praet	BEL	Amiens	10.9.88
6:31:32	Domingo Catalan	SPA	Santander	5.10.85
6:33:40	Jan Szumiec	POL	Rodenbach	23.4.88
6:34:18	Jean-Marc Bellocq	FRA	Amiens	10.9.88
6:34:45	Werner Dorrenbacher	FRA	Rodenbach	31.10.87
6:37:10	Vaclav Kamenik	CZH	Rodenbach	19.4.86
6:38:11	Bruno Joppen	NDL	Rodenbach	23.4.88
6:38:20	Bernd Heinrich	USA	Chicago	4.10.81
6:38:59	Heinz Huglin	FRA	Rodenbach	31.10.87
6:39:12	Bruno Scelsi	FRA	Amiens	10.9.88
6:42:00	Manfred Trager	FRA	Rodenbach	31.10.87
6:43:35	Rune Larsson	SWE	Rodenbach	25.4.87
6:43:51	Martin Daykin	GBR	Santander	6.10.84
6:44:38	Wolfgang Schwerk	FRG	Rodenbach	31.10.87
6:45:45	Cavin Woodward	GBR	Lincoln	20.6.82
6:45:46	Tom Zimmerman	USA	Dallas	18.1.86
6:47:20	Stefan Fekner	CAN	Dallas	18.1.86
6:48:46	Tomas Rusek	CZH	Amiens	10.9.88
6:48:48	Jochen Lux	FRG	Rodenbach	31.10.87
6:49:25	Christian Roig	FRA	Amiens	10.9.88
6:49:36	Charlie Trayer	USA	Philadelphia	14.11.87
6:50:43	Barney Klecker	USA	Duluth	30.10.82
6:51:21	Frank Bozanich	USA	Miami	27.1.79
6:53:40	Herbert Cuntz	FRG	Hamm	8.10.88
6:53:54	Hans Reich	FRG	Rodenbach	19.4.86
6:54:43	Yiannis Kouros	GRE	New York	7.11.84
6:55:44	Peter Mann	FRG	Rodenbach	19.4.86
6:55:56	Noel Mailly	FRA	Amiens	10.9.88
6:56:14	Larry Pratt	GBR	Lincoln	24.6.84
6:56:20	Vito Melito	ITA	Santander	5.10.85
6:56:25	Werner Endrowait	FRG	Rodenbach	19.4.86
6:56:53	Gerd Boldhaus	FRG	Rodenbach	31.10.87
6:59:00	Hans-Jurgen Seydler	FRG	Rodenbach	31.10.87
6:59:13	Mike O'Brien	UK	Lincoln	22.6.80
6:59:15	Hans Schneider	SWE	Santander	1.9.88

36 Performers under 7 Hours

100 KM ROAD (WOMEN) - ALL TIME

7:30:49	Ann Trayson	USA	Santander	1.10.88
7:42:00	Birgit Lennartz	FRG	Hamm	8.10.88
7:47:28	Mary Schwam	USA	Santander	19.9.81
7:49:16	Sandy Kiddy	USA	Duluth	27.10.84
7:56:07	Marta Vass	HUN	Santander	1.10.88
7:56:20	Iris Reuter	FRG	Hamm	8.10.88
7:56:40	Agnes Eberle	SWZ	Rodenbach	25.4.87
8:04:48	Eleanor Adams	GBR	Santander	3.10.87
8:05:26	Sue Ellen Trapp	USA	Miami	31.1.81
8:13:20	Sigrid Lomsky	FRG	Hamm	8.10.88
8:13:22	Hanni Zehendner	FRG	Rodenbach	31.10.87
8:15:50	Leslie Watson	GBR	Lincoln	22.6.80
8:16:15	Moniko Kuno	FRG	Rodenbach	20.4.85
8:16:40	Evelyne Bucher	FRG	Rodenbach	31.10.87
8:19:04	Angela Mertens	BEL	Rodenbach	20.4.85
8:20:45	Marie France Plas	FRA	Amiens	10.9.88
8:27:50	Hilary Walker	GBR	Preston	27.8.88
8:28:50	Ursula Schafer	FRG	Rodenbach	20.4.85
8:30:52	Hilary Johnston	GBR	Lincoln	21.6.87
8:32:21	Lotte Witte	FRG	Rodenbach	31.10.87
8:33:33	Anne Marie Deguilhem	FRA	Amiens	10.9.88
8:37:46	Erike Hahn	FRG	Rodenbach	19.4.86
8:39:02	Jackie Davis	USA	Chicago	9.10.84
8:39:09	Daniela Walter	FRG	Rodenbach	31.10.87
8:40:40	Liane Winter	FRG	Hamm	8.10.88
8:41:19	Carole Williams	USA	Brooklyn	19.10.85
8:41:21	Gantenbein	LUX	Rodenbach	23.4.88
8:43:36	Joaquima Casas	SPA	Costa Brava	22.5.88
8:46:20	Gis Schneider-Endroweit	FRG	Hamm	8.10.88
8:47:08	Christl Heine	FRG	Rodenbach	31.10.87

30 Performers under 8 Hours 50 Minutes

FASTING AND THE ENDURANCE ATHLETE

by Graeme Carey - British Amateur Athletics Board Coach

The relationship between fasting and ultra running may seem a little strange to many of you. "Surely", I hear you say, "If running 100km burns up about 6000 calories then I should be eating more, not less - especially nothing at all!" My retort is that if Park Barner advocates fasting before an ultradistance race then there must be something to it. Fasting is not something that usually crops up in the athletics press or in changing-room conversations and is therefore prone to misunderstanding and distortion. In this article I wish to briefly outline the benefits of fasting and explain how to fast safely.

We in the affluent, industrialised countries of the world have become obsessed with food and eat far more than is necessary for optimum health. Paradoxically, while many people consume far too many calories the quality of food is so poor that they are actually undernourished. This creates a vicious circle of having to eat yet more and more to satisfy the body's need for certain basic nutrients. As a result, modern society has fallen prey to a host of diseases (such as certain cancers, diabetes and arteriosclerosis) which are almost unknown in less 'advanced' societies. Doctors and nutritionists now generally agree that we need to eat less, but more nutritious food. Some even recommend periodic fasting.

Fasting is a procedure used by increasing numbers of people, either of their own violation or on medical advice, to give their digestive systems a rest and to clear out accumulated toxins. When practised by distance runners, fasting takes on a new dimension - it trains the body to burn fat more efficiently.

However, fasting does have its opponents who argue that it has no role in athletics nutrition. Such people say that it robs athletes of endurance, because lack of food disrupts the storage of glycogen and interferes with its metabolism. Dr Robert Haas has stated that fasting for more than 12 to 24 hours causes the body to 'eat itself' resulting in a loss of glycogen, muscle, vitamins and minerals.

On the other hand, Dr Ernst Van Aaken believes that runners shouldn't eat for up to 24 hours before a race simply because they have already stored all the energy they need. Extra calories at this stage would only lead to an increase in body weight, and not to an increase in energy. The growing number of endurance athletes who have performed well during and after a period of fasting provides testimony that it is difficult to ignore. In sum, there are four basic reasons why distance runners should consider periodic fasting:

1. Weight loss. Many people, runners included, have excess body fat. The optimum level for male distance runners is about 5 to 7% (compared with 13 to 18% and 19 to 25% respectively for the general population). Too much fat hampers endurance by interfering with carbohydrate metabolism and glycogen storage in the muscles. Excess body fat also limits the amount of oxygen that the blood can deliver to the exercising muscles. When excess body fat is lost, one's power to weight ratio increases, allowing for a faster running pace.

2. Physiological Compensation. When food is consumed, blood flows to the stomach to aid digestion. This causes a general sluggishness, because there is an expenditure of energy as blood is removed from other parts of the body, such as the legs and brain. Fasting conserves this energy, allowing it to be used elsewhere.

3. Physiological Rest. Fasting allows the digestive system to take a well earned rest. This in turn rejuvenates cellular structures and allows the body to eliminate waste products from the blood and tissues.

4. Fat Metabolism. Fasting trains the body to burn fat more efficiently. This means that in the early stages of a long run, more fat can be burned, thus saving glycogen. When the body's supply of glycogen is finally exhausted the change over to fat as the sole source of energy becomes smoother. Fasting also gives the endurance athlete a good indication of how well his/her body is able to burn fat. During a fast the athlete can, therefore, gauge his/her potential. Don't despair if even a short distance is uncomfortable - this could mean your diet is low in essential fatty acids, which are in the conversion of fat to energy. A good source of EFAs is blackcurrent seed oil, which is available from health food stores.

Contrary to popular belief, fasting does not have to involve total abstinence from food. It is perfectly acceptable to consume up to 500-600 calories of raw fruit, vegetables, nuts and seeds plus as much water, fruit juice and herbal tea as is required. This way, one avoids dehydration and constipation, yet obtains a plentiful supply of vitamins and minerals.

Training during a fast should not be too strenuous. It is best to combine fasting with the recovery period from a hard run. The hard run would have depleted one's glycogen supply and fasting at this point forces the body to burn fat, simply because there is no other source of energy available

Fasting should be carried out for between 24 to 48 hours. However, the first ever fast should merely involve missing breakfast and no mid-morning snack. On the second fast, one should avoid breakfast and lunch. The body will then be better able to cope with a full 24 hour fast. During this time, one can either consume small amounts of fruit and vegetables etc., or just fruit juice and herbal tea. During both types of fast large amounts of water should be drunk - a 'water only' fast is not recommended; equally, over-eating the day after the race is also not recommended.

I believe that much of the criticism directed at fasting is due to erroneous belief that it involves total abstinence from food. As explained earlier, this is not the case. Fasting is not a punishment and should be no more daunting than a long training run.

Finally, I wish to end with a quote by Dr Yurim Nikolayev of the Moscow Institute of Psychiatry: 'Fasting is the greatest discovery of the twentieth century. It is the key to health; it purifies every cell in the body.' ... Try it and see for yourself.

IAU ULTRA WORLD BESTS - TRACK AND ROAD

by Andy Milroy

TRACK

30 Mls	2:42:00	Jeff Norman (UK)	Timperley	7 Jun 80
50 Km	2:48:06	Jeff Norman (UK)	Timperley	7 Jun 80
40 Mls	3:48:35	Don Ritchie (UK)	Hendon	16 Oct 82
50 Mls	4:51:49	Don Ritchie (UK)	Hendon	12 Mar 83
100 Km	6:10:20	Don Ritchie (UK)	Crystal Palace	28 Oct 78
150 Km	10:36:42	Don Ritchie (UK)	Crystal Palace	15 Oct 77
100 Mls	11:30:51	Don Ritchie (UK)	Crystal Palace	15 Oct 77
200 Km	16:32:30	Don Ritchie (UK)	Coatbridge	29-30 Oct 83
	15:11:10*	Yiannis Kouros (Gre)	Montauban	15-16 Oct 85
500 Km	60:23:00+	Yiannis Kouros (Gre)	Colac	26-29 Nov 84
500 Mls	105:42:09+	Yiannis Kouros (Gre),	Colac	26-30 Nov 84
1000 Km	136:17:00+	Yiannis Kouros (Gre)	Colac	26-31 Nov 84
1500 Km	14d:21:07:43	Malcolm Campbell (UK)	Gateshead	11-26 Nov 85
1000 Mls	14d:21:07:43	Malcolm Campbell (UK)	Gateshead	11-27 Nov 85
24 Hours	283.600k/176m388y	Yiannis Kouros (Gre)	Montauban	15-16 Mar 85
48 Hours	452.270k/635ml385y+	Yiannis Kouros (Gre)	Colac	26 Nov-1 Dec 84

* No stopped times taken.

+ Note, the above performances cannot be completely verified since incomplete lap times were taken. The best 6 Day performances to be completely authenticated is that by Tom O'Reilly (UK) 927.600k/576m675y Nottingham, 22-28 Aug 82. O'Reilly's 500 mile time was 122:18:03.

ROAD

Best performances known on courses measured by calibrated bicycle.

30 Mls	2:37:31	Thomas Magawana (SA)	Claremont	2 Apr 88
50 Km	2:43:38	Thomas Magawana (SA)	Claremont	2 Apr 88
40 Mls	3:46:31	Barney Klecker (USA)	Chicago	5 Oct 80
50 Mls	4:50:21	Bruce Fordyce (UK/RSA)	London-Brighton	25 Sep 83
Loop Course	4:50:50	Bruce Fordyce (UK/RSA)	Chicago	14 Oct 84
100 Km	6:28:11	Don Ritchie (UK)	Santander	25 Sep 82
150 Km	11:02:13*	Yiannis Kouros (Gre)	New York	7/8 Nov 84
100 Mls	11:46:37	Yiannis Kouros (Gre)	New York	7/8 Nov 84
200 Km	15:11:48	Yiannis Kouros (Gre)	New York	7/8 Nov 84

24 Hours	286.463k/178m000y	Yiannis Kouros (Gre)	New York	27/28 Sep 85
1000 Km	140:13:40	Yiannis Kouros (Gre)	New York	20/26 May 88
1500 Km	9d:14:30:44	Yiannis Kouros (Gre)	New York	20/30 May 88
1000 Mls	10d:10:30:35	Yiannis Kouros (Gre)	New York	20/31 May 88
48 Hours	408.773k/254m000y	Yiannis Kouros (Gre)	New York	20/22 May 88
6 Days	1028.370k/639m000y	Yiannis Kouros (Gre)	New York	20/27 May 88

* Time at 94m/151.278k.

WOMEN'S WORLD BEST PERFORMANCES

TRACK

30 miles	3:28:12	Ann Franklin (UK)	Barry	9 Mar 86
50 k	3:36:58	Ann Franklin (UK)	Barry	9 Mar 86
40 miles	4:47:27	Ann Franklin (UK)	Barry	9 Mar 86
50 miles	6:20:42	Leslie Watson (UK)	Hendon	12 Mar 83
	6:17:30*	Monika Kuno (FRG)	Vogt	8/9 Jul 83
100 k	8:01:01	Monika Kuno (FRG)	Vogt	8/9 Jul 83
150 k	13:45:53	Hilary Walker (UK)	Blackpool	5/7 Nov 88
100 miles	14:56:20	Hilary Walker (UK)	Blackpool	5/7 Nov 88
200 k	20:18:06	Hilary Walker (UK)	Blackpool	5/7 Nov 88
	20:09:28*	Eleanor Adams (UK)	Honefoss	12/13 Jul 86
300 k	35:45:44**	Hilary Walker (UK)	Blackpool	5/7 Nov 88
200 miles	39:09:03**	Hilary Walker (UK)	Blackpool	5/7 Nov 88
500 k	86:31:21+	Eleanor Adams (UK)	Colac	24-28 Feb 86
500 miles	143:38:55+	Eleanor Adams (UK)	Colac	24/2-2/3 86
24 Hours	225.321k/ 140m 05y	Hilary Walker (UK)	Blackpool	5/7 Nov 88
48 Hours	366.521k/ 227m 1313y	Hilary walker (UK)	Blackpool	5/7 Nov 88
6 Days	808.000k/ 502m 119y+ p838.800k/ 521m 362y	Eleanor Adams (UK)	Colac	24/Feb-2/Mar 86

Notes:

+ Performances cannot be completely verified since incomplete lap times were taken.

* Time taken on one running watch only.

** Best on record times.

ROAD

Best performances on courses measured by calibrated bicycle

30 Mls	3:15:50	Monica Drogenoller (SA)	Claremont	2 Apr 88
50 Km	3:13:51	Janis Klecker (USA)	Tallahassee	17 Dec 83
40 Mls	4:43:22	Marcy Schwam (USA)	Chicago	3 Oct 82
50 Mls	5:59:26	Marcy Schwam (USA)	Chicago	3 Oct 82
100 Km	7:30:49	Ann Trason (USA)	Santander	1 Oct 88
150 Km	13:48:32*	Hilary Walker (UK)	Preston	27/28 Aug 88
100 Mls	14:49:34	Hilary Walker (UK)	Preston	27/28 Aug 88
200 Km	20:05:50	Hilary Walker (UK)	Preston	27/28 Aug 88
24 Hours	236.453k/146m1629y	Hilary Walker (UK)	Preston	27/28 Aug 88
48 Hours	280.025k/174m000y	Sandra Barwick (NZ)	New York	20/22 May 88
6 Days	741.907k/461m000y	Sandra Barwick (NZ)	New York	20/27 May 88
1000 Km	202:03:37	Sandra Barwick (NZ)	New York	20/28 May 88
1500 Km	13d:20:04:20	Sandra Barwick (NZ)	New York	20 May-3 Jun 88
1000 Mls	14d:20:45:16	Sandra Barwick (NZ)	New York	20 May-4 Jun 88

82. * Time at 93m1574y/151.108k.

ULTRA DISTANCE RUNNING AND MOUNTAIN RACING

Ultra distance running and Mountain running represent the extreme in arduous athletic competition and undoubtedly test the limits of human, physical and mental ability. Both events however come under the generic umbrella of distance running and we are therefore pleased to announce that at the last meeting of the IAAF Council in Singapore in January 1989, it was agreed that the IAAF should offer its patronage to both the International Association of Ultrarunners and the International Committee for Mountain Racing.

ULTRA DISTANCE

WORLD 100 km ALL-TIME TOP TEN RANKING LISTS (as of Feb '89).

Compiled by Andy Milroy

MEN

6:28:11	Don Ritchie	UK	Santander	25.9.82
6:30:41	Jean-Paul Praet	BEL	Amiens	10.9.88
6:31:32	Domingo Catalan	ESP	Santander	5.10.85
6:33:40	Jan Szumiec	POL	Rodenbach	23.4.88
6:34:18	Jean-Marc Bellocq	FRA	Amiens	10.9.88
6:34:45	Werner Dorrenbacher	FRA	Rodenbach	31.10.87
6:37:10	Vaclav Kamenik	TCH	Rodenbach	19.4.86
6:38:11	Bruno Joppen	HOL	Rodenbach	23.4.88
6:38:20	Bernd Heinrich	USA	Chicago	4.10.81
6:38:59	Heinz Huglin	FRA	Rodenbach	31.10.87

WOMEN

7:30:49	Ann Trayson	USA	Santander	1.10.88
7:42:00	Birgit Lennartz	FRG	Hamm	8.10.88
7:47:28	Mary Schwam	USA	Santander	19.9.81
7:49:16	Sandy Kiddy	USA	Duluth	27.10.84
7:56:07	Marta Vass	HUN	Santander	1.10.88
7:56:20	Tris Reuter	FRG	Hamm	8.10.88
7:56:40	Agnes Eberle	SUI	Rodenbach	25.4.87
8:04:48	Eleanor Adams	GBR	Santander	3.10.87
8:05:26	Sue Ellen Trapp	USA	Miami	31.1.81
8:13:20	Sigrid Lomsky	FRG	Hamm	8.10.88

SPARTATHLON 1988

Athens to Sparta (152 miles)

30th Sept - 1st Oct, 1988

by Marvin Skagerberg (USA)

The somewhat cooler weather that favoured the sixth running of the Spartathlon resulted in over 20 finishers for only the second time. A record 63 started and were favoured with temperatures no higher than 85F the first day, and a cool morning for those still running on the second. Unfortunately, none of the three women finished this year. Eiko Endo of Japan came the closest, clearing the last cutoff point, but was retired by her handlers with about 30 miles remaining. The valiant efforts she and several others made is an encouraging sign of the growing level of ultrarunning in the Far East.

Mary Hanudel tried her first race since her unfortunate injury in Australia last year. Although she is back to her normal training of 18 miles or so daily, knee problems generated by the previous foot injury forced her out at 50 miles. Mary has won the women's race twice previously.

The first three places were never in doubt after 50 miles when the rabbit, Britain's Richard Dalby, retired. But the order of finish was up for grabs until after the Sangas mountain ascent at about 100 miles. Rune Larsson passed 64.6 miles at 9:35, with another previous winner, Patrick Macke, just one minute back in the company of last year's forth-place finisher Roland Teuniss of Holland.

At the second elimination point at 79.5 miles, Larsson had added only one more minute to his lead with his 10:58 against Teuniss's 11:00. Macke had dropped back 19 minutes at that point. That remained the order until Teuniss went off course at 104 miles and dropped back to seven minutes behind Macke. Although Teuniss's mishap discouraged him for a brief time, he rallied soon after and led Macke to the finish by almost an hour.

The support of the enormous volunteer race staff and what seemed like the entire population of Sparta made this once again a wonderful international festival wrapped around one of the world's toughest ultras.

I was pleased to finally finish at my sixth attempt!

RESULTS

1.	Rune Larsson (32)	SWE	24:42:05
2.	Roland Teuniss (36)	NDL	25:49:57
3.	Patrick Macke (33)	GBR	26:51:45
4.	Seppo Leinonen (36)	FIN	29:34:31
5.	Robert Meadowcroft (51)	GBR	29:52:45
6.	Jean Rigout (38)	FRA	30:44:14
7.	Philip Arvanitis (57)	GRE	31:27:07
8.	Gyula Hari (31)	HUN	31:33:41
9.	Gilbert Gevaert (40)	BEL	31:48:20
10.	Esmond Mah (39)	CAN	32:31:00
11.	Leo Riemis (40)	BEL	32:51:28
12.	Jeffrey Hutton (46)	GBR	33:08:20
13.	Brian Harney (42)	GBR	33:17:49
14.	Jordan Jotov (40)	BUL	33:26:31
15.	Marvin Skagerberg (50)	USA	33:32:48
16.	Jean-Erik Lehme (45)	NOR	33:47:55
17.	James Zarei (44)	IRN	33:53:34
	Leo Van Tichelen (33)	BEL	33:53:34
19.	Horst Preisler (53)	FRG	34:33:46
20.	Klaus Oberlie (48)	FRG	35:20:09
	George Makris (25)	GRE	35:20:09

63 Starters

I'VE GOT A LITTLE LIST

by Malcolm Campbell

For a number of years I have produced a list of the outstanding performers during the preceding year. Always I have to stress that this list is my own personal opinion and not one produced by a committee. I have also to apologise for using the expression 'Record' on a number of occasions when the more correct term is 'World Best Performance'. At times the more correct expression seems over long and clumsy - any offence to purists is regretted. It is of course impossible to evaluate the difference between a performance over 1000 miles and another over 100 kms. However, in this list I try to do so, although the real purpose of the list is to remember some of the great runs during the past year and acknowledge the athletes who produced them.

In 1987 my list emphasised the international aspect of the sport and this year the pattern seems similar. However, we also seem to have an increase in the number of ladies on the list which reflects the increase in standards of the ladies. The most dramatic example of this situation was in the Blackpool 48 hour Track Race where 5 of the seven leading positions were filled by ladies.

The media appear to be taking an increasing interest in the sport. A television programme of the Blackpool Race was shown and the 24 hour Track Race at Kelvin Hall, Scotland received some good attention from the press. The NALGO Six Day Race at Gateshead received attention from both UK television channels and a Canadian Television Crew also covered the race. One national newspaper had a reporter and camera man flown up to cover the middle stages of the race. Sports Illustrated will soon be publishing an article on Kouros and there appears to be a steady stream of media coverage being prepared for the coming year. The sport appears to be thriving and the future seems reasonably bright.

WORLD TOP TEN PERFORMANCES

1. Yiannis Kouros (Greece).

This great athlete produced some outstanding performances in 1988 and the only problem was deciding which of these was the best. His run in the Hiroshima to Nagasaki Race in August was certainly worthy of a place in this list. Probably even more deserving was his run in the Sydney to Melbourne Race in March. However, for sheer quality of performance his greatest effort was in the Sri Chinmoy 1000 Mile Race in New York. The event started on May 20th and after 10 days 10 hours 30 minutes and 35 seconds Kouros became the IAU World 1000 Mile Champion. The time was, of course, a World Record, and it was a performance we are unlikely to see bettered in this century.

2. Sandy Barwick (New Zealand).

This lady from New Zealand established herself as one of the world's leading multi day runners when she completed the Sri Chinmoy 1000 Mile Race in 14 days 20 hours 45 minutes 16 seconds to become the IAU World 1000 Mile Ladies Champion. Sandy is a most determined lady and one feels that she is likely to produce a number of outstanding performances in the future.

3. Hilary Walker (England).

Hilary only took up running to become fit for mountain climbing. During the last few years she has established herself as one of the World's greatest long distance runners. Early in 1987 she set a new World Best Performance for 24 hours and great as this performance was a better one was to follow in the Blackpool 48 Hour Track Race which started on November 5th. On route to her World Best Performance of 227 miles 1313 yards, she set new records from 100 miles (14 hrs

56 minutes 20 seconds) through all the intermediate distances up to her final distance. Hilary was helped in many respects by the very competitive attitude of the other ladies in the race and she finished overall winner some 7 miles in front of the second placed runner - James Shaw.

4. Ann Trason (USA).

Having paid due homage to Sandy Barwick and Hilary Walker, another lady burst on to centre stage and her performance was quite outstanding. In the Santander 100km Race she became the IAU World 100km Champion with a new World Record time of 7 hours 30 minutes 49 seconds. Ann was running against some of the best runners in the world and this was, I believe, her first experience of a 100km event although she has outstanding times to her credit in trail races. It is hoped that we shall see more of this extremely talented runner.

5. Domingo Catalan (Spain).

Domingo Catalan appeared in the same spot on last year's list for his performance in winning the first IAU World 100km Championships at Torhout (Belgium) in 1987. He was to confirm his superiority over the rest of the world in the second IAU World 100km Championships at Santander (Spain) on October 1st 1988. His winning time of 6 hours 34 minutes 41 seconds was not the fastest of the year but it was fast enough to place him over seven minutes ahead of the greatest international 100km field ever assembled. I wrote last year that there would be no prizes for nominating the favourite for the Santander Race. I think that the same man may also be considered the favourite for the next IAU World Championship.

6. Jean Paul Praet (Belgium).

On September 10th 1988, Jean Paul Praet won the 100km du Val de Somme (France) with 6 hours 30 minutes and 41 seconds. The event was also the French National Championships and in addition to some outstanding foreign competitors most of the French leading 100km runners were taking part. Winner of the French Championships, Jean Marc Bellocq, finished in second place some three minutes behind Praet. Jean Paul Praet is placed on this list for his competitive spirit as well as his pace. He is one of the world's leading 100km runners.

7. Gilbert Mainix (France).

This runner is one of the most modest and popular runners in the world. He does not seem to dominate the multi day races he takes part in but his progression is more fluid than any other runner in the world. In the 1986 La Rochelle Six Day Race he passed the 600 mile mark without any noticeable difficulty. The following year he ran a little less to win the race by a comfortable margin. The event was cancelled in 1988 and Mainix ran his first race abroad in the Colac (Australia) Six Day Race which took place in November. At the end of the race Mainix had completed 963km which means that he missed the 600 mile marker by a little over a mile; one cannot help thinking that had he realised that 600 miles was of any special significance, he would have achieved it.



Nb 1 - Yannis Kourou

8. Angela Mertens (Belgium).

In the Surgeres 48 hour Track Race in France, Angela Mertens completed 214 miles 1196 yards, which placed her at that time about a mile behind the world record. Reports of the race suggest that she may have been unaware of this as there was no apparent change of pace during the closing hours of the race. Angela completed 121 miles during the first 24 hours. The race started on May 5th and Dan Coffey informs us that this was Angela's first attempt at a 48 hour race. I look forward to her second attempt.

9. Marianne Savage (England).

Marianne Savage did not win the Blackpool 48 Hour Track Race but she did make sure that the eventual winner had to work hard for victory, and in fact only one of the male runners, in a very strong field, finished in front of Marianne. She finished third overall and second lady with a distance of 213 miles 1092 yards. In very severe conditions it was an outstanding performance.

10. Suprabha Schecter (USA).

The Sri Chinmoy 7 Day Road Race started in New York on October 14th. The field included Ray Krolewicz, Trishul Cherns, Emile Laharrague, Pippa Davis and Marty Sprengelmeyer. We received daily reports of the race and at one time it seemed likely that Suprabha would win the race. Suprabha is a most determined competitor who eventually finished in second place with 521 miles and only 6 miles behind Marty Sprengelmeyer who was obliged to work hard for his victory.

GO FOR IT

IF YOU THINK YOU ARE BEATEN, YOU ARE.
IF YOU THINK YOU DARE NOT, YOU DON'T.
IF YOU'D LIKE TO WIN BUT THINK YOU CAN'T
IT'S ALMOST CERTAIN YOU WON'T.

IF YOU THINK YOU'LL LOSE, YOU'VE LOST,
FOR OUT IN THE WORLD YOU'LL FIND
SUCCESS BEGINS WITH A FELLOW'S WILL;
IT'S ALL IN THE STATE OF MIND.

IF YOU THINK YOU ARE OUTCLASSED, YOU ARE.
YOU'VE GOT TO THINK HIGH TO RISE.
YOU'VE GOT TO BE SURE OF YOURSELF
BEFORE YOU CAN EVER WIN A PRIZE.

LIFE'S BATTLES DON'T ALWAYS GO TO THE
STRONGER OR FASTER MAN, BUT, SOONER OR
LATER, THE MAN WHO WINS IS THE MAN
WHO THINKS HE CAN.

AUSTRALIAN 50MILE TRACK RANKINGS

1	Bruce Cook	ACT	5-35-32	Box Hill	29Jun1985
2	Laurie Brimacombe	41 V	5-38-49	Box Hill	29Jun1985
3	Keith Swift	NSW	5-40-45	Melb Uni	11Jun1981
4	Graeme Woods	41 Qld	5-43-50	Coburg 100Km	28Aug1988
5	Bill Clingan	43 NSW	5-44-21	Bankstown	19Jul1987
6	Peter Tutty	23 V	5-44-50	Box Hill	18Jun1988
7	Martin Thompson	NSW	5-45-20	Tipton UK	24Oct1975
8	Phil Lear	37 V	5-47-45	Melb Uni	11Jul1981
9	Ian Rands	V	5-49-21	Melb Uni	23Mar1980
10	Don Keyssecker	NSW	5-55-09	Christchurch NZ	30Aug1980
11	George Perdon	55 V	5-55-21	Melb Uni	23Mar1980
12	Alistair McManus	35	5-55-58	Box Hill	28Jun1986
13	Barry Brooks	45 V	5-59-08	Box Hill	29Jun1985
14	John Conellan	V	6-07-16	Melb Uni	25Jun1983
(15)	Gary Beale	V	6-07-23	Melb Uni	25Jun1983
(15)	Brian Bloomer	43 V	6-07-23	Box Hill	23Jun1984
17	Peter Logan	35 V	6-07-28	Melb Uni	25Jun1983
18	Kon Butko	V	6-08-59	Melb Uni	25Jun1983
19	Anyce K Melham	22 NSW	6-11-07	Llandilo 100Mile	13Apr1980
20	Peter Milne	31 V	6-11-32	Box Hill	28Jun1986
21	Peter Moore	34 V	6-14-12	Melb Uni	26Jun1982
22	Mike Whiteoak	37 V	6-15-49	Melb Uni	26Jun1982
23	Bryan Smith	44 V	6-17-42	Coburg 100Km	28Aug1988
24	Leif Michelsson	45 V	6-19-13	Box Hill	20Jun1987
25	Peter Sullivan	33 QLD	6-19-51	Caboolture Q	11Feb1989
26	Ernie Elliott	V	6-21-33	Melb Uni	23Mar1980
27	Geoff Boase	36 V	6-23-34	Box Hill	20Jun1987
28	Tony Dietachmayer	24 V	6-24-52	Coburg 100Km	28Aug1988
29	David Standeven	34 SA	6-26-19	Adelaide 24Hr	1/2Nov1986
30	John Breit	38 V	6-26-26	Coburg 24Hr	25/26Feb1989
31	Frank Prowes	31 V	6-30-31	Box Hill	28Jun1986
32	Cliff Young	60 V	6-31-26	Melb Uni	26Jun1982
33	Frank Kelly	35 NSW	6-31-44	Canberra 100Km	10Oct1988
34	Trevor Harris	40 ACT	6-33-49	Bankstown	19Jul1987
35	Keith Fisher	22 V	6-34-46	Box Hill	20Jun1987
36	John Barrie	V	6-35-39	Melb Uni	25Jun1983
37	Geoff Hook	42 V	6-35-54	Box Hill	28Jun1986
38	Bob Marden	33 NSW	6-36-23	Box Hill	28Jun1986
39	Gerry Hart	42 V	6-36-27	Melb Uni	11Jul1981
40	Neil Coutts	V	6-37-32	Melb Uni	11Jul1981
41	Ashley Parcell	30 QLD	6-37-37	Box Hill 24Hr	15/16Feb1986
42	Neil McGabe	QLD	6-40-13	Coburg 100Km	28Aug1988
43	Max Carson	V	6-43-04	Coburg 100Km	28Aug1988
44	Walter McCrorie	52 NSW	6-44-08	Melb Uni	25Jun1983
45	Peter Schultz	SA	6-45-50	Adelaide 24Hr	5/6Nov1983
46	Paul Sharp	V	6-46-55	Box Hill	23Jun1984
47	Terry Cox (S)	49 V	6-47-39	Box Hill	28Jun1986
48	Stephen Dunn	21 SA	6-47-48	Adelaide	24Jul1988
49	Ron Hill	46 V	6-49-16	Box Hill	28Jun1986
50	Ken Walters	53 V	6-50-48	Box Hill	28Jun1986
51	Robert Osborne	NSW	6-51-49	Bankstown	19Jul1987
52	Graham Chapman	V	6-55-00	Melb Uni	25Jun1983
53	Bob Schickert	39 WA	6-56-33	Melb Uni	11Jul1981
54	Peter Armistead	V	6-56-35	Box Hill	29Jun1985
55	Bill Beauchamp	42 V	6-56-40	Coburg 100Km	13Sep1987
56	John Brown		6-57-05	Melb Uni	26Jun1982
57	Kevin Cassidy	28 V	6-57-35	Coburg 100Km	28Aug1988
58	Gordon McKeown	V	6-57-50	Melb Uni	25Jun1983
59	Peter Gray	24 V	6-57-51	Coburg 24Hr	25/26Feb1989
60	Alistair Wallace	NSW	6-58-30	Manly 100Mile	29Mar1986

50Mile Tr Rankings Cont. (May 89')

61	Mick Bryce	40	V	6-59-32	Box Hill	18Jun1988
62	Nick Read	36	NSW	7-00-19	Coburg 24Hr	13/14Feb1988
63	Don McDonald	41	V	7-03-10	Box Hill	18Jun1988
64	Owen Tolliday		QLD	7-03-38	Qld 24Hr	5/6Sep1987
65	Bob Taggart	42	SA	7-04-06	Adelaide 24Hr	29/30Oct1988
66	Gerry Riley	56	V	7-04-23	Box Hill	20Jun1987
67	Bert Smith	47	V	7-05-14	Box Hill	18Jun1988
68	Ian Olifent		SA	7-05-26	Adelaide 24Hr	9/10Nov1986
69	Peter Richardson	22	V	7-07-40	Box Hill	28Jun1986
70	John Bell	40	V	7-08-14	Box Hill	29Jun1985
71	Klaus Schnibbe	44	V	7-08-27	Box Hill	20Jun1987
72	Greg Wishart	49	V	7-08-41	Coburg 100Km	13Sep1987
73	Alan Devine		WA	7-08-52	Perth 24Hr	17/18Oct1987
74	Chris Stephenson	27	NSW	7-08-57	Melb Uni	25Jun1983
75	Roy Sutcliffe		SA	7-09-52	Adelaide 24Hr	5/6Nov1983
76	Mike March	45	TAS	7-10-38	Coburg 24Hr	25/26Feb1989
77	Claude Martin	50	V	7-10-39	Box Hill	28Jun1986
78	Les Bradd	34	V	7-12-05	Box Hill	28Jun1986
79	Howard Ross	40	V	7-13-31	Box Hill	29Jun1985
80	Graham Medill	40	QLD	7-13-58	Caboolture Q	11Feb1989
81	Robert Nash	37	V	7-15-09	Box Hill	18Jun1988
82	Max Kitto	42	SA	7-15-34	Adelaide	24Jul1988
83	Bob Taylor	43	V	7-15-40	Box Hill	18Jun1988
84	Jack McKellar	45	V	7-16-54	Box Hill 24Hr	15/16Feb1986
85	George Audley	51	WA	7-18-11	Perth 24Hr	18/19Oct1986
86	Ian Hutchinson	33	NSW	7-18-26	Melb Uni	23Mar1980
87	Ian Javes	45	QLD	7-19-49	Adelaide 24Hr	29/30Oct1988
88	Terry Pickard		QLD	7-21-20	Qld 24Hr	5/6Sep1987
89	Roger Stuart	45	SA	7-21-29	Adelaide	24Jul1988
90	Peter Risk		V	7-21-50	Melb Uni	25Jun1983
91	Barry Allen	27	V	7-22-10	Box Hill	23Jun1984
92	Roger Weinstein		V	7-22-30	MelbUni	25Jun1983
93	Andy Docherty	52	SA	7-22-42	Melb Uni	25Jun1983
94	Rory Wilson		V	7-23-11	Melb Uni	25Jun1983
95	Denis Davis			7-23-52	Melb Uni	11Jul1981
96	Bruce Cook	46	V	7-24-05	Melb Uni	23Jun1984
97	Geoff Kirkman	35	SA	7-25-19	Adelaide 24Hr	9/10Nov1985
98	Bob Bruner	45	V	7-26-10	Adelaide 24Hr	5/6Nov1983
99	Peter Manning	33	NSW	7-26-35	Box Hill	28Jun1986
100	Alan Croxford	43	WA	7-28-20	Perth 24Hr	18/19Oct1986
101	Joe Gobel	46	V	7-29-44	Box Hill	23Jun1984
102	Ron Campbell	44	V	7-30-37	Coburg 24Hr	13/14Feb1988
103	Greg Mathews		V	7-30-47	Melb Uni	11Jul1981
104	Max Bogenhuber	42	NSW	7-33-17	Manly 100Mile	6Apr1985
105	Stan Miskin	58	V	7-33-27	Melb Uni	25Jun1983
106	Charlie Lynn	40	NSW	7-37-17	Adelaide 24Hr	9/10Nov1985
107	Graeme Townsend	29	NSW	7-38-05	Bankstown	19Jul1987
108	Maurice Taylor	39	NSW	7-38-14	Adelaide 24Hr	4/5Oct1987
109	Joe Record	46	WA	7-39-40	Perth 24Hr	16/17Oct1987
110	Reg Williams	32	V	7-42-14	Melb Uni	25Jun1983
(111)	Derek Quinto		ACT	7-44-08	Canberra 100Km	10Oct1988
(111)	Les Murphy		ACT	7-44-08	Canberra 100Km	10Oct1988
113	Ross Parker		WA	7-44-37	Perth 24Hr	16/17Oct1987
114	Steve Bentley		V	7-45-11	Box Hill	23Jun1984
115	Graeme Wilkinson	45	NSW	7-45-41	Adelaide 24Hr	3/4Oct1987
116	Tom Donovan	57	V	7-46-58	Box Hill	18Jun1988
117	Colin Silcock	51	V	7-50-16	Box Hill	23Jun1984
118	Geoff Warren		V	7-50-49	Melb Uni	11Jul1981
119	Barry Patterson		V	7-53-42	Adelaide 24Hr	3/4Nov1984
120	Bruce Kirk	25	V	7-55-34	Coburg 24Hr	25/26Feb1989

50 Mile Tr Rankings Cont. (May 89')

121	Bruce Donnelly	QLD	7-57-20	Campbletown 24Hr	8/90Oct1988
122	Ken Hough	43 V	7-57-23	Box Hill	18Jun1988
123	John Kaparelis	V	7-57-40	Coburg 100Km	28Aug1988
124	Stuart Reid	ACT	7-57-51	Canberra 100Km	10Oct1988
125	James Sheridan	26 SA	7-59-55	Adelaide 24Hr	13/14Nov1982
126	Geoff Ryan	V	7-55-56	Melb Uni	25Jun1983
127	Brad Boyle	24 NSW	8-02-05	Manly 100Mile	6Apr1985
128	John Champness	43 V	8-02-16	Box Hill	23Jun1984
129	David Williams	NSW	8-02-21	Box Hill	23Jun1984
130	Mike Thompson	WA	8-04-03	Perth 24Hr	28/29May1988
131	Bob Moore	43 V	8-06-04	Box Hill	23Jun1984
132	Andrew McCombe	SA	8-06-17	Adelaide 24Hr	5/6Nov1983
133	Graham Stenner	43 SA	8-06-34	Adelaide	24Jul1988
134	Nobby Young	41 NSW	8-09-52	Hensley 24Hr	28/29May1988
135	Brickley Hepburn	37 V	8-10-00	Coburg 24Hr	25/26Feb1989
136	Rod Martin	44 NSW	8-11-18	Hensley 24Hr	30/31May1987
137	Ross Martin	56 SA	8-12-52	Adelaide 24Hr	9/10Nov1985
138	Rob Burns	45 QLD	8-13-52	Caboolture Q	11Feb1989
139	Kevin Foreman	SA	8-14-27	Adelaide 24Hr	5/6Nov1983
140	Geoff Molloy	41 V	8-16-14	Box Hill 24Hr	4/5Feb1984
141	Lindsay Phillips	23 QLD	8-17-25	Campbletown 24Hr	8/90Oct1988
142	James Wolstencroft	34 V	8-19-13	Coburg 24Hr	25/26Feb1989
143	Alan Peacock	QLD	8-21-00	QLD 24Hr	5/6Sep1987
144	Tony Rafferty	46 V	8-22-19	Box Hill	29Jun1985
145	Paul Woodhouse	22 NSW	8-22-33	Adelaide 24Hr	3/4Nov1984
146	Peter Ryan	34 V	8-22-54	Melb Uni	26Jun1982
147	Bernie Brennan	55 V	8-23-59	Melb Uni	26Jun1982
148	Dave Scott	WA	8-25-49	Perth 48Hr	16/18Oct1987
149	Murray Cox	42 SA	8-25-50	Coburg 24Hr	25/26Feb1989
150	Frank Heath	41 QLD	8-26-09	Caboolture Q	11Feb1989
151	Rob Channels	NSW	8-27-20	Campbletown 24Hr	8/90Oct1988
152	Dave Taylor	34 NSW	8-31-09	Hensley 24Hr	19/20Jul1986
153	David Brown	30 NSW	8-31-18	Hensley 24Hr	28/29May1988
154	Colin Donald	29 V	8-33-16	Box Hill 24Hr	28/ Feb1987
155	Paul Every	23 NSW	8-35-03	Hensley 24Hr	28/29May1988
156	John Bird	WA	8-36-00	Perth 24Hr	28/29May1988
157	John Benzce	55 V	8-36-49	Coburg 24Hr	25/26Feb1989
158	John Sumner	46 V	8-38-00	Box Hill 24Hr	28Feb1987
159	Ernie Cattle	37 V	8-41-29	Hensley 24Hr	30/31May1987
160	John Dean	V	8-43-02	Box Hill	23Jun1984
161	Ronald Smith	43 V	8-43-37	Coburg 24Hr	13/14Feb1988
162	Allan Fox	SA	8-43-57	Adelaide 24Hr	5/6Nov1983
163	Stephen Foulkes	33 V	8-46-06	Box Hill	28Jun1986
164	Ian Partington	40 WA	8-48-03	Perth 24Hr	18/19Oct1986
165	Patrick Farmer	26 NSW	8-52-22	Campbletown 24Hr	8/90Oct1988
(166	Graeme Kerruish	48 NSW	8-52-59	Coburg 24Hr	13/14Feb1988
(166	Terry Cox (J)	23 V	8-52-59	Coburg 24Hr	25/26Feb1989
168	David Yeaman	51 V	8-53-03	Coburg 24Hr	13/14Feb1988
169	Graham Light	36 V	8-53-39	Box Hill 24Hr	4/5Feb1984
170	Frank Biviano	41 V	8-54-12	Aberfeldie 150Km	10Mar1985
171	Keith O'Connell	49 NSW	8-54-29	Hensley 24Hr	28/29May1988
172	David Waldeck	SA	8-55-07	Adelaide 24Hr	5/6Nov1983
173	Ray Ramelli	40 V	8-55-09	Box Hill 24Hr	15/16Feb1986
174	Kevin Mansell	NSW	8-55-28	Campbletown 24Hr	8/90Oct1988
175	Don Spenser	SA	8-56-39	Adelaide 24Hr	3/4Nov1984
(176	Graeme Dunlop	27 V	8-57-39	Manly 100Mile	29Mar1986
(176	David Holleran	32 QLD	8-57-39	Caboolture Q	11Feb1989
178	Michael Grayling	32 V	8-57-49	Coburg 24Hr	25/26Feb1989
179	Dan Gray	40 NSW	8-58-38	Hensley 24Hr	30/31May1987
90. 180	Tony Tripp	42 WA	9-00-06	Coburg 24Hr	25/26Feb1989

50Mile Tr Rankings Cont. (May 89')

181	Tony Collins	41	NSW	9-01-30	Campbletown 24Hr	8/90ct1988
182	Paul Circosta		QLD	9-02-00	QLD 24Hr	5/6Sep1987
183	Graham Firkin	51	NSW	8-10-37	Campbletown 24Hr	8/90ct1988
184	Tony McCool		SA	9-08-02	Adelaide 24Hr	13/14Nov1982
185	Keith Jackson	36	NSW	9-14-19	Hensley 24Hr	30/31May1987
186	Roger Bartollo		NSW	9-14-35	Manly 100Mile	6Aug1985
187	Brian Colwell	39	NSW	9-15-44	Canberra 100Km	10ct1988
188	Eduardo Vega	47	NSW	9-16-04	Coburg 24Hr	13/14Feb1988
189	Wally Smith		SA	9-18-31	Adelaide 24Hr	5/6Nov1983
190	Roger Weeks		QLD	9-19-00	QLD 24Hr	5/6Sep1987
191	Gary Clark	39	WA	9-22-14	Perth 24Hr	18/19oct1986
192	Robert Bvrth	36	SA	9-26-16	Adelaide 24Hr	1/2Nov1986
193	Mathew Kaley		NSW	9-26-43	Hensley 24Hr	19/20Jul1986
194	Jim Turnbull	51	WA	9-27-42	Perth 24Hr	28/29May1988
195	Bill Miller	34	NSW	9-27-43	Hensley 24Hr	30/31May1987
196	Stephen Grant	30	NSW	9-28-39	Hensley 24Hr	28/29May1988
197	Stuart Currie	42	QLD	9-28-44	Adelaide 24Hr	29/30oct1988
198	Greg Hillier		SA	9-29-00	QLD 24Hr	5/6Sep1987
199	John Haynes		SA	9-30-49	Adelaide 24Hr	5/6Nov1983
200	Peter Worley		SA	9-31-00	Adelaide 24Hr	3/40ct1987

WOMEN

1	Cynthia Herbert	44	V	6-52-42	Box Hill	28Jun1986
2	Adrienne Beames		V	7-04-34	Melb Uni	23Mar1980
3	Dawn Parris	33	V	7-27-11	Box Hill	20Jun1987
4	Sally Woods		QLD	7-52-52	Coburg 100Km	28Aug1983
5	Gloria Kennedy		NSW	7-57-27	Melb Uni	25Jun1983
6	Georgina McConne		NSW	7-59-44	Bankstown	1986
7	Anne Callaghan	46	V	8-09-02	Box Hill	23Jun1984
8	Caroline Vaughan	46	NSW	8-28-28	Box Hill 24Hr	4/5Feb1984
9	Margaret Smith	49	V	8-28-49	Aberfeldie 150Km	10Mar1985
10	Dell Grant		QLD	8-29-30	QLD 24Hr	5/6Sep1987
11	Sue Vorelev		SA	8-36-45	Box Hill	23Jun1984
12	Helen O'Connor		SA	8-47-45	Adelaide 24Hr	3/4Nov1984
13	Trish Spain	46	WA	8-53-30	Perth 24Hr	28/29May1988
14	Brown Salter	40	WA	9-00-28	Perth 24Hr	28/29May1988
15	Cheryl Standeven		SA	9-00-57	Adelaide 24Hr	29/30oct1988
16	Kay Haarsma		SA	9-05-56	Adelaide 24Hr	13/14Nov1982
17	Patty Bruner	44	V	9-14-03	Melb Uni	11Jul1981
18	Geraldine Riley	22	V	9-39-09	Box Hill 24Hr	15/16Feb1986
19	Colleen Milbourne		WA	9-48-08	Perth 24Hr	28/29May1988
20	Wanda Foley	42	NSW	9-49-37	Campbletown 24Hr	8/90ct1988
21	Sandra Kerr	43	V	10-15-12	Coburg 24Hr	25/26Feb1989
22	Kim Talbot	20	V	10-15-49	Coburg 24Hr	25/26Feb1989
23	Leonie Gordon		SA	10-34-08	Adelaide 24Hr	3/4Nov1984
24	Valerie Case	51	V	11-01-17	Hensley 24Hr	28/29May1988
25	Louise Gladwell			11-25-24	Campbletown 24Hr	8/90ct1988
26	Marilyn McCartney	37	SA	11-30-50	Adelaide 24Hr	1/2Nov1986
27	Val Warren			11-32-49	Campbletown 24Hr	8/90ct1988
28	Eileen Lush	39	SA	12-00-49	Adelaide 24Hr	1/2Nov1986
29	Merrilyn Tait	39	V	12-22-45	Coburg 24Hr	25/26Feb1989
30	Mary Young	24	V	12-52-43	Box Hill 24Hr	2/3Feb1985
31	Carolyn Benson		SA	14-22-16	Adelaide 24Hr	29/30oct1988
32	Elaine Guterres		SA	15-53-20	Adelaide 24Hr	9/10Nov1985

Ages are as on the day of the event.

Corrections and omissions to Gerry Riley 69 Cambridge Cres. Werribee
03 7413071 3030

MEMBERSHIP APPLICATION

A.U.R.A.

Application for Membership of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

I,
(Full Name of Applicant)

of
(Address)

..... date of birth .../.../... desire to
(Occupation)

become a member of 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;

N.Z. Asia U.S.A. 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

Send application and money to:

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