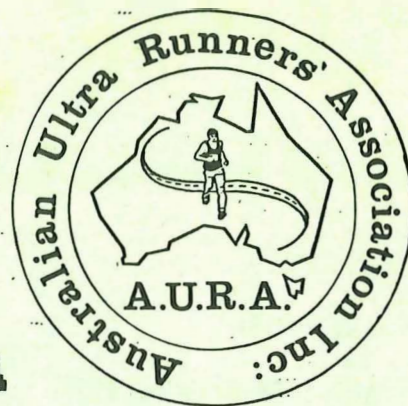




# A.U.R.A.

# MAGAZINE



Vol.4 No.3

September 1989



"They're off!!!" and to much fanfare, the 1989 Westfield Sydney to Melbourne Run is underway. A gruelling 1060km lie ahead of these superfit athletes.

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

(Incorporated in Victoria)

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

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# Editorial



Vol 4, No.3

September 1989

Hi folks!

We are very sorry this issue of the Magazine has taken so long to reach you. From time to time, other activities and commitments will delay the production of an issue but we hope to keep the number of these occurrences to a minimum.

An extremely successful International 24 Hour Challenge was held last month in Melbourne. Our local home-grown star, Bryan Smith came through in fine style to win with a distance of 254.515km., with English champion, Eleanor Adams placing first lady and second overall with a new world women's 24 hour record of 240.169km. Dawn Parris, from Melbourne, rewrote the record books in terms of Australian women's records, a phenomenal run. Results in this issue. If more sponsorship money is forthcoming next year, this race could develop into a very prestigious International Championship.

The ultra-running horizons are being pushed further out, with Trevor Harris doing an Australian and World Best in a 1000 hours event and Tony Rafferty winning a 1,000 mile race in a record time of 14 days 11 hours 59 minutes 4secs.

An International 100km.Challenge Cup will be initiated in 1990 and our Bathurst race has been selected as our event for the challenge. Again, if sufficient sponsorship money can be obtained, this Challenge Cup could see national 100km. champions being invited around the world for selected races.

The AURA logo has been decided and clothing featuring the new logo is now available for sale at reasonable prices. See order form in this issue.

Bruce Cook, in Canberra, has generously organised our photograph bromides this issue, and has done a great job. Thankyou very much Bruce!

Finally, the biggest event since our last issue was the Westfield Sydney to Melbourne Run. We again give generous coverage to this great event. We were all very proud to see the diminutive David Standeven of South Australia cross the finish line ahead of Yiannis Kouros.

You will note that we are gradually making changes to our Magazine format. The whole structure of this publication will stabilize over the next few issues. We hope the new format meets with everyone's approval.

Regards,

A handwritten signature in cursive script, appearing to read 'Geoff Cook'. The signature is written in dark ink and is positioned below the 'Regards,' text.

# CALENDAR

1989

- \* Sep 24 BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE, Tasmania, 64km, (Australia's (the world's?) southernmost ultrarace). 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 21 LAUNCESTON TO HOBART 200KM ROAD RACE, Tas, 7EX/HT Shell UltraMarathon, 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. See Race Advert.
- \* 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.  
\* (H) (062)46-7549 (w).
- \* Nov 4 RAINBOW TRAIL RUN, QLD, (beach and forest trails), 50 - 60km, Rainbow Beach, Cooloola Sands, 5am start, 9hr limit, \$15. *Contact Ian James. 25 Fortune Esp. Caboolture 4510 (07)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 19/11/89, \$120 entry, prize money 1st, 2nd, 3rd, M&F. Contact John Shaw, 17 Buvelot Way, Claymore, NSW, 2560, phone (046)26-6694. See Race Advert.
- \* Dec 50 MILE ROAD RACE, Ballarat, Vic, C.H.A.S.E. Carnival, (Victorian 50 Mile Road Championship), 7am start, \$20 entry. Entries to 115 Lydiard Street, North Ballarat, 3350, or phone Geoff Russell (053)34-7303.

1990

- \* Jan 7 BOGONG TO HOTHAM, Vic, 60km mountain trail run, 6.15am start at Mountain Creek Picnic Ground. 3,000 metre climb! Phone Russell Bulman, (03)431-1453
- \* Jan 24/48 HOUR TRACK RACE, Vic, 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.

4.

# CALENDAR

- \* Feb 3/4 NSW MACQUARIE FIELDS 12 HOUR TRACK RACE, VFL Ground, Macquarie Fields road, Macquarie Fields, 400m grass, start 6pm Saturday, breakfast after, entry \$20, toilets, showers, pool, canteen. Entries close 17 Jan. Contact D. Taylor 23 Winton Road, Appin 2560, (046) 31-1479 or J. Shaw (046) 26-6694.
- \* Feb **2** 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. See Race Advert.
- \* 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, Leana, NSW, phone (02)669-4715 for entry forms.
- \* Apr FRANKSTON TO PORTSEA ROAD RACE, Vic, 34miler, 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, P.O.Box 450, Rosebud, 3939, Vic.
- \* May **13** BANANA COAST ULTRA MARATHON, NSW, 85km, Coff's Harbour to Grafton, 6am 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, McGillivray Oval, contact Tony Tripp, "Lakeview", Davies Road, Claremont, 6010, WA, or Ross Parker, (09)401-7797
- \* June 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 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.

# CALENDAR

- \* June        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        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        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 /July . 48/24 HOUR ROAD RACE, Caboolture, Qld. 8am start. June 30 (48hr) \$40, July 1 (24hr) \$30., contact Ian Javes, 7 Romanette Street, Mansfield, Brisbane, Qld., 4122, phone (07)343-6159.
- \* July        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        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        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 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        24 HOUR TRACK RACE - WORLD CHAMPIONSHIP, Olympic Park, Melbourne.
- \* Sept        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        8 HOUR RUN & QLD. 50 MILE ROAD CHAMPIONSHIP Caboolture Show Grounds. 500m bitumen road loop. 7am start, \$12 entry, BBQ after. Contact Dell Grant, 53 Vailey Drive, Caboolture 4510, phone (071) 952138 or Ian Javes (071) 954334 .
- \* Sept        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        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        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.

\*\*\*\*\*

## STOP PRESS!!

Trevor Harris of Canberra regretfully advises us that, due to a number of reasons, he is now not able to race direct a Six Day Race in Canberra in 1990. The scheduled race has now been cancelled.

6.

# AURA COMMITTEE

PRESIDENT: Geoff Hook, 42 Swayfield Road, Mt.Waverley Vic.  
3149, AH: (03)808-9739 BH: (03) 240-8022

VICE\_PRESIDENT: Tony Rafferty, G.P.O.Box 2106, Melbourne Vic.3001  
AH: (03) 842-6412

SECRETARY: Dot Browne, 4 Victory Street, Mitcham 3132 Vic.  
AH: (03)8742501, BH: (03)874-5878

ASSISTANT\_SECRETARY: June Kerr, 108 Eastfield Road, Croydon South 3136  
Vic, AH: (03) 723-4246, BH: (03) 509-0644

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

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

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

ORDINARY\_MEMBER: Chris Stephenson, G.P.O.Box 1041, Sydney, NSW 2001  
(N.S.W.) AH: (02) 523-7852 BH: (02).232-8733 etx.238

ORDINARY\_MEMBER: Max Bogenhuber, 89A Grays Point Road, Grays Point  
(N.S.W.) 2232 NSW, AH: (02) 5256443

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

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

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

ORDINARY\_MEMBER: Vacant  
(S.A.)

ORDINARY\_MEMBER: Mike Thompson, 46 Coulston Road, Boya W.A. 6056  
(W.A.) A.H: (09) 299-6787

ORDINARY\_MEMBER: Ian Javes, 25 Fortune Esplanade, Caboolture 4510  
(Q'LD) Q'ld, AH: (071) 95-4334

ORDINARY\_MEMBER: No members.  
(NT)

## OFFICIAL NON-COMMITTEE POSITIONS

<u>International Liason Officer:</u>	<u>Statistician:</u>
Tony Rafferty ( see above)	Gerry Riley, 69 Cambridge Cresc. Werribee, Vic 3030 AH: (03)741-3071
<u>Newsletter Editors:</u>	<u>Assistant Treasurer:</u>
Dot Browne & Geoff Hook (see above)	Dot Browne (see above)



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## PRESIDENT'S REPORT

TO

## ANNUAL GENERAL MEETING

To 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.

AURA has continued to enjoy a high growth rate with our membership numbers increasing from 270 to 409. There are signs however that the membership level may now plateau with a relatively high number, over 100, of members who have not renewed their membership for the current year. We have a policy of supplying everyone with the first issue of our magazine each year and then subsequent issues only to current financial members. It is just not fair that unfinancial members continue to receive the magazine. We are hopeful that most of the unfinancial members will renew their membership after they receive a personal reminder.

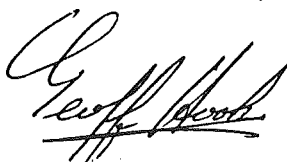
Victoria and NSW continue to do battle for the most members and the mighty Vics are still ahead. NSW has closed the gap substantially, mainly through the efforts of the Canyon Kid (Big Chris), one of our NSW committee representatives.

The AURA magazine continues to be a source of pride to its editors who are frequently receiving very positive comments and praise from many people. The hard work and effort that goes into its production is worthwhile, considering the many happy recipients. As with the membership, the size of the magazine has grown and is very often at our ceiling of 92 pages. While we have been able to have very low production costs (many thanks to a friend) and keep the postage charges down (by using Australia Post's bulk postage scheme (which requires more AURA labour)) there will come a time in the near future when we will have to pay market rates for our magazine. Cost increases of tenfold are expected. AURA currently manages a modest profit each year but we will need to build substantial reserves to prepare for our day of reckoning with market rates. For this reason, the committee have recommended an increase in the membership fee for 1990. The new fee for next year is expected to be \$20, still great value for a magazine, 4 times a year and up to 92 pages of interesting information. Many other worthwhile benefits flow from membership of AURA. Thankyou to all people who have generously given AURA additional money as a donation throughout the year.

Some progress has been made towards formulating rules, regulations and standards for all aspects of ultra running and its organisation. This will be a long term job and so it is hoped to keep it progressing so we can benefit from the determinations as soon as possible. One notable achievement during the past year was the issuing of plaques to all Australian record holders (of nominated track races). As each record is broken, a new plaque is issued. A total of 26 plaques have been issued to date. Well done to all the recipients, especially Cynthia Herbert who currently holds all of the women's records.

As with any organisation of our size, there will always be a few who are not happy with what we are doing, or who wish us to do things which are not in our best interests. It is hoped these people make minimal fuss and are prepared to abide by consensus (committee) decisions. I firmly believe most of our members are happy with the shape and direction of AURA and ask for your continued support via positive comments through our magazine.

Finally, I wish to thank the committee for their work and support throughout the year. In the words of Dot Browne on the cover of the recent issue of our magazine ... "And thanks for helping to make this one of the most unique athletic clubs in Australia".



GEOFF HOOK  
PRESIDENT

---

DO YOU WANT TO KNOW.....??

How to train for ultras?

How to improve your performance in ultra races?

What to eat and drink in ultras?

How to prepare yourself mentally for ultra races?

Andy Milroy's book, "Training for Ultras" may go a long way towards answering all of your questions on ultra running. This popular 65 page R.R.C. publication has been assembled from contributions from past and present ultrarunning 'greats', such as Don Ritchie, Cavin Woodwad, Eleanor Adams and Tom O'Reilly, to name just a few.

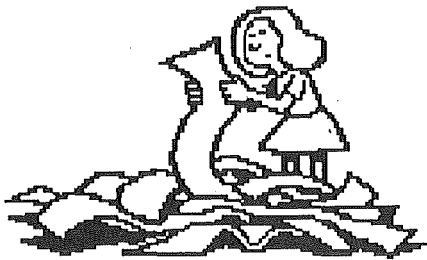
Topics covered include: TRAINING SCHEDULES - WALKING - DIET - EATING/  
DRINKING/SLEEPING STRATEGIES - RECOVERY -  
OVERTRAINING INJURIES - COMPREHENSIVE BIBLIOGRAPHY

This book has plenty to satisfy the novice and experienced ultrarunner. It is also just plain interesting to learn how some top ultrarunners approach and execute their races.

AURA has a limited supply of this excellent book for sale on behalf of the R.R.C. Just send \$10.00 to Dot Browne, AURA Secretary, 4 Victory Street, Mitcham 3132 to secure your copy. (Note: price includes postage and packing. Cheques made out to AURA please.)

Thanks!

9



## LETTERS TO THE EDITOR

Dear Dot,

I would like to congratulate all the finishers and non-finishers on their effort in the Westfield Run. I would like to thank my crew as for the first time, I was allowed to run my own race - no arguments, a truly great crew. Thanks to my cook Marcia, Shane, team manager, John Shaw, coach Harry Berry, Pedro Roldan, Alan McIlwain and Bob Holmes.

The biggest moment for myself was all those people who greeted me at the finish. The medal meant little, the people meant everything. The people, the runners and crews are bigger than that medal will ever be. The bit of gold belongs to my crew. Bryan Smith and his wife were great, along with Dave Douglas, John Melzenbie, my crew, Chris Perry and Kieran Fallon, all great people. What about the effort of my best mate Maurie Taylor! Fantastic! Graeme Stenner, first timer, Woodsie, Ross Parker also. The dinner was great Ross, wasn't it mate? We will have to get in a day earlier next time mate. Ha Ha! Mountain Man was great too when he wasn't lining up women on his CB along the way. I would like to thank Ron Hill for his company to Cooma. We got there with 13 seconds to spare. Condolences to the boys who missed it, but the extra hour saved most.

I would also like to thank my sponsors, Comfort Campervans, Michael Leigner, Paul Garcia, P.J. Health Food, Campbelltown Mall, Insurance Exchange of Australia, Super K-Mart, Roller Rena Fitness Centre, and once again, all those people who wished me well at the finish. God bless you all. I hope I can continue to organise events for the runner that will benefit them. Congratulations to Dot on her 24 Hour Run this year, AURA on a great job and Campbelltown Mall for their \$100 donation to AURA. Thanks Mark and Wanda Foley for your support, along with Keith O'Connell.

Yours sincerely,  
Dave Taylor

\*\*\*\*\*

Dear Dot,

### BODY SIGNS

"Body Signs", I now know really well what they mean. They are signals that the mind receives about what is happening in other parts of the anatomy. In all other areas, such as medical practice, industrial machines, cars, trains, planes etc., symptoms, signs or breakdowns are at once attended to and the best treatment is initiated, and until all is well, treatment continues and rest is given.

Then why in my 50 miler did I not heed the signals at 20 miles? Why did I continue in spite of the fact that I knew I could do a lot of damage to muscles, and later knew I had a lot of damage to muscles? It was because I had gone beyond the point where logic

rules, and was at the stage where continuing was the only thing that the body would, not COULD, do. I was assisted in my endeavours by some nice people on the sidelines. To them, I extend my thanks. To Peter Gray, who with oil, massage and encouragement, gave my legs the relief they needed to continue. To my wife, who, in spite of my undiplomatic attitude towards her, still maintained her support. And to the "torchlight brigade", Mrs. Gray, and Sandra Kerr. I was especially grateful for Sandra's support. Each lap, she gave all the necessary encouragement for "just another lap". I have failed to discover a word greater than "thanks" to convey my gratitude.

To Jacques Gaillard, how can one say simply thanks for your friendship? We both shared the most horrible of times together - the last laps before we bounded hand-in-hand over the last one and a half inches across the finish line. To Jacques' team of helpers, thanks for your company in my most trying of times.

In conclusion, may I never forget my first 50 miler and hope that both myself and all the others will heed the signals their bodies send out and stop at that appropriate time of wear and tear.

All the best  
Cliff Ryan

Dear Dot,

I write this letter with some regret, that such a wonderful day can be over in such a short moment. ("One Day in the Life"). The organisation, hard work, late nights etc. by you and your team was not in vain. Personally, I could not have asked for more. I owe it all to the many many people who, well before, during and after my run, saw to my every need.

To the other runners, it was privilege to have spent 24 hours of pain and ecstasy with some of the finest human beings I will ever meet in my lifetime.

To Ray Carroll and his team, Noel Speering of Pozzani, my sponsor, Sue Cooke, the A.U.R.A. members and anyone else I have missed, I thank you from the bottom of my heart.

To my husband Trevor, and Cindy and Leah, my daughters, there are no words to express my feelings.

Dawn Parris.

Ed.'s note: Please accept the heartiest congratulations of all our A.U.R.A. members Dawn on your sensational record-breaking performance. Cynthia's records couldn't have been broken by a nicer person.

Dear Dot and Geoff,

As a competitor in the inaugural 24 Hour International Challenge at Olympic Park on the 19th and 20th August, I would like to take this opportunity to say a few words on the event. I think all the runners who took part would agree that the way the event was run was very impressive indeed. From the media meeting on Thursday right through to the presentations on Sunday, the runners were looked after so well. Raymond Carroll and his many helpers did a magnificent job and I'm sure all the runners would have appreciated the way Raymond catered for all their needs. The concept of the run was great, with each runner being sponsored. To see Eleanor Adams and Dawn Parris breaking so many records was fantastic. To all the finishers, well done! I thought the runs of David Standeven, John Breit, John Lewis and Cliffy were really gutsy efforts. I know John Breit persevered with a very painful knee. Well done, John!

My legs have never felt better after an endurance run and I attribute this to the great surface of the track. I would like to thank a few people, firstly my wife Janet for her support, Bob and Rosemary Nash for their help, George Perdon and Dot Browne for their great encouragement.

In closing, congratulations to Raymond Carroll, the race organiser, for the way the race was conducted, and it was great to see his ideas come to fruition. The ultra racing profile can only be enhanced by his efforts of making these races more widely publicized through the media.

Thanks Dot,

Regards to everyone in AURA,

Bryan Smith.

---

Dear Dot

I would like to express my thanks to all those who organised the Hi-Tec International 24 Hour Challenge, and to the many others who helped me as a runner.

Firstly, my thanks and congratulations to Raymond Carroll. Thanks for inviting and encouraging me and congratulations on a very professional approach. The standard of organisation of this race will set a benchmark by which other runs will be judged. Inevitably those that do not measure up will not attract top class competitors.

Secondly, my thanks to Dot Browne and the many lap scorers who assisted in keeping a record of the many laps covered throughout the run. Without lap scorers there would be no record of the many achievements of the runners.

Thirdly, my thanks to Barry and Donve' for the many hours spent crewing for me. Where would a runner be without a crew? Thanks also to my masseuses.

Fourthly, my thanks to all the other runners. It is a privilege to have now competed in two 24 hour ultramarathons in Melbourne in which records were broken. Thank you for your companionship.

Finally, thanks also to the Waverley Gardens Massage and Float Centre. I can personally recommend their float tank!

Many Thanks

  
John Lewis

John Lewis  
6 Keegan Drive  
Massey  
Auckland 8

27 August 1989

Dear Dot and Geoff,

I thought you might like to include the enclosed photograph of Sandra Kerr and myself competing in the Percy Cerutti Memorial 12 Hour Run at Rosebud on 6th May '89. We both did good p.b.s on last year's run, and hopefully, this will encourage more women to take part in ultras - They're not just for men!

I would like to thank the organisers (including yourself, Dot) of this 12 Hour Run, who were very efficient, and their encouragement to the runners was, I am sure, really appreciated by them. I look forward to competing in this event next year.

Best regards,

Merrilyn Tait

\*\*\*\*\*

Dear Dot,

Just a short note to let you know that we have cancelled the Sydney to Wollongong. This year, the police were only prepared to give permission providing we could meet 14 points of conditions, all of which, to be fair, were reasonable. However, as the organisers are my wife Margaret and myself plus a few others, we couldn't possibly control the runners, as they spread out along the highway, as we reluctantly have had to call it off.

We have done our best to let everyone up here know and would appreciate it if you could pass the news on down there and in AURA - which is, by the way, a great effort on your part.

Best regards,

Fred Howe.

\*\*\*\*\*

Dear Dot,

#### AURA AND THE SOUTH AFRICA BANS

Note: Throughout this letter, South Africa will be referred to as S.A.

Before stating my case against the imposition of any bans against any runner that may have taken part in a run in S.A., or may have run with a runner from S.A., I would like to make two things clear.

1. Although I can understand why S.A. whites do not want to hand over the running of their country to the blacks, I agree that most of their apartheid laws are contrary to human rights and some of them are downright ridiculous.

2. I firmly believe that all sport should be above politics. Let us not stoop that low!

Now, to my case against all bans:

1. Sport is one area where people of all races, politics and religions mix and compete without animosity.

2. Because someone runs in S.A., or runs with someone from S.A., it does not mean that this person in any way supports apartheid.

3. The person born in S.A. had no choice about that, so to punish any for that is discrimination in itself.

4. If we are to believe in bans, then we must not be discriminating against the people in sports. We would have to apply them in all aspects of our lives. When did you last buy a product that originated in S.A.?

Would you even know?

5. Again, if we believe in bans on countries with human rights abuses, what about China, Chile, Peru, Cambodia, any one of the Communist nations, any one of the so-called "free" African nations, Libya, Iran. The list goes on and on. It is again hypocrisy to single out one nation.

6. How could you possibly enforce this fairly? My guess is that all those people that have run the "City to Surf" in Sydney would have to be banned. How many runners does that leave not banned? I for one know a number of AURA members that have run with a guy from S.A., and they probably don't even know it!

My advice is that we all take a serious look at the real issues at hand. Is it to make things better for blacks in S.A. or is it to crucify the sportsmen of the world? Anyone believing the many cries of those people that are demanding bans are either ill-informed or uninformed. There is no barbed wire fence with mine-fields and machine-gun towers to stop blacks leaving S.A. On the contrary, there is an influx of 50,000 illegal blacks per year. If it's so bad in S.A. and so good in the liberated countries, then why do they keep going to S.A.? If you gave an Ethiopian a choice between a ballot paper and a square meal, you don't have to be an Einsyein to work out what he would choose every time.

Why is it that most of the 'free' African nations always have their hands out asking for aid? When did you last hear of famine relief for S.A.? Ask the people of China, North Korea, Cambodia or Afghanistan when they last voted. Ask anyone from any of the Communist countries how much choice they have in where they live or work. They cannot even choose their holiday destination without approval from Big Brother. Yet there is never the slightest mention of imposing bans on any of these countries. If you asked for a list of ten countries that have the worst human rights record, S.A. would not be among them. Besides, as I have stated before, we are runners, not politicians. Let's keep it that way!

Anyone that believes that to ban you or me from running in some ten man race here in Australia will better the lot of the blacks in S.A. is either totally ignorant of the real world, or is downright stupid!

To use our intended affiliation with the IAAF as an excuse for bans, is just ducking the real issue. Why do we have to be affiliated with them? And no Hookie, you will not change the I.A.A.F. from within. The I.A.A.F., like most world bodies, is controlled by the communist nations, through their sheer numbers. We are just a voice in the wilderness, banging our heads against a brick wall. The way the I.A.A.F. crucified Zola Budd should be enough to lose all confidence in that body.

In conclusion, I would like to see this issue put to a vote of all AURA members. But before you make up your mind about the issue, do a bit of research on the subject of human rights throughout the world, so you can make your decision based on facts, not merely one-sided propaganda. All members should have a say on an issue as important as this.

Max Bogenhuber.

## AURA AND THE SOUTH AFRICA BANS

Reply to Max Bogenhuber's comments - Geoff Hook

Max has written some very good comments on the South Africa question. It is very hard to disagree with the stand Max has taken - such is the dilemma and perplexing nature of sporting bans against South Africa. However, the other side of the story has to be put.

Firstly, the policy printed in the previous issue of this magazine was not mine. Sure, I drafted it, because someone had to. (Not many people seem keen on drafting initial policy, but there are plenty keen on criticising someone else's efforts). The draft was adopted by the committee with only one member voicing reservations. Therefore it is really a committee policy, not my own personal view.

I believe sport has been singled out, rightly or wrongly, because it is on a personal level. Business boycotts are impersonal behind the face of large corporations. Maybe business boycotts would be more effective but are not carried out (a) some countries have announced they will not comply, therefore boycotting countries only spite themselves, (b) it is easier to apply and enforce sporting bans. It is plain stupid to argue there shouldn't be any sporting bans. Sporting bans are a fact of life and you either support them or reject them. In the process of rejecting them, you are fighting an already entrenched system. This is where the South African Government gains so much encouragement of its apartheid policy. There are enough people willing to break sporting sanctions for the South African Government to make great capital out of its policies. I would be surprised if the South African Government were not behind many sanction busting attempts. (Especially by providing financial support in the form of attractive prizes for races, for instance, to attempt to lure athletes into breaking sanctions). How else do small sporting organisations put up tens of thousands of dollars in prizes and appearance money? I believe we play into the hands of the South African Government by ignoring sanctions.

As the policy states, if you disagree with the policy, then you should attempt to change the attitude of the I.A.A.F.. Ignoring sporting sanctions strengthens apartheid. We must go forward from the reality of the present day, not live in a fantasy world and hope that it will all go away.

I feel very strongly about oppressed and persecuted people; strongly enough to have been a member of Amnesty International for more than 12 years. It disgusts me, that in some instances, man can be very inhumane to his fellow man. The situation in South Africa is no worse, no better than in some other countries. Why single out South Africa? Why commence with sanctions against other countries if we cannot be effective about the South African campaign?

Should we cease the campaign? I personally believe so, but by the same token, while the campaign is still supported by the relevant authorities, governments, I.A.A.F., sporting councils, etc., then it is incumbent upon us not to flout the law but to accept it until we can get it changed.

The only way to enforce the ban is to try to the best of your ability. Like Max says, many of us have probably already run against a banned runner and not known it. It would certainly be ridiculous to enforce secondary bans in this case. However, when you have been informed before the event, you have a real choice. To then defy the warning, means that you face a ban yourself. If this is the way you want to protest, then go for it. I believe it gives great encouragement to the South African Government.

The AURA policy is not hard and fast. It was set by the committee because it was felt we needed to come down on one side of the fence or the other. To bury our head in the sand and hope the problem would go away would be to show great weakness. If more than 50% of interested members want the policy changed, then I'm sure the committee will agree. Note my use of the word "interested" - I don't believe many members would be bothered to indicate a position on this issue, although I would be pleased to be wrong.

Instead of a formal vote, I invite ALL members to write in with their views and if more than half of the views want a change to the policy, then it will be put to the committee. Let's see if you feel strongly enough about the South African bans to voice your opinion. Remember, you should either agree or disagree with the present policy - don't just sit on the fence. —————

# Runners at South African 100km Face Sanctions

• **by Dan Brannen**

Reprinted from: IAU Newsletter,  
Spring 1989 Edition

Reports from South Africa indicate that the following athletes took part in the international 100km race in Stellenbosch, South Africa in February: Domingo Catalan (Spain), Antonio Meseguer (Spain), Stefan Fekner (Canada), Jean-Marc Bellocq (France), Yiannis Kouros (Greece), Barney Klecker (USA), Jean-Paul Praet (Belgium), Lucien Taelman (Belgium), Boris Bakmaz (Italy), and Attila Kovacs (Hungary).

An aggressive recruiting campaign had been launched by the organisers of the event and most of the world's top-ranked 100km runners were offered expenses-paid invitations, plus guaranteed appearance fees, plus an opportunity to run for a lucrative prize-money purse. Two of the organisers even showed up at the IAU 100km World Championship in Santander, Spain, and spent the better part of a week courting the athletes who were there.

The position of the IAU both before and after the event was and is simply to serve as a liaison organization among the world's ultrarunners, National Ultrarunning Associations, National Athletics Federations, and the International Amateur Athletic Federation (IAAF), with the long-range goal of protecting what it views as the best interests of the sport of ultrarunning. With that in mind, the members of the IAU Executive Council present at Santander made it a point to inform as many of the athletes as possible that the position of the IAAF in the matter of the Stellenbosch race would be to insist on punitive action against any athletes who participated. That is, the IAAF's position would be that ultrarunning, as a branch of Long Distance Running, would be considered to be under the jurisdiction of the IAAF, and hence the IAAF's unilateral ban against participating in South African athletics events would be considered to be in effect. The IAAF's endorsement of the 100km World Championship in Santander was in fact a clear indication of its jurisdiction over ultrarunning. The risk of running the Stellenbosch race was made clear to virtually all of the athletes at Santander.

It would be understood that the role of the IAU throughout this matter is to communicate the position of the IAAF to the athletes. The IAU is not a governing body and is not itself in a position to sanction or suspend any athlete for any reason. The responsibility for the existence and enforcement of the South African ban lies with IAAF and its national member federations.

In the United States the IAAF member federation is TAC/USA. The position of TAC/USA on the Stellenbosch race, as stated by Alvin Chriss, Special Assistant to the Executive Director, is that one American, Barney Klecker, is alleged to have taken part in the event. Therefore Klecker will be subject to a hearing according to the TAC by-laws. If he is found to be in violation of the TAC rule which supports the South African ban, Klecker may be suspended from further competition (both ultra and sub-ultra) both with the US and abroad. There is no pre-determined length of time for

the suspension, if any. He may also appeal a suspension, and during the time of the appeal he may request a stay which could permit him to continue to compete until the appeal process is exhausted.

The situation with athletes from other countries varies greatly from nation to nation. Bellocq has already been suspended by the French federation. The duration of his suspension is not known at this time. Other athletes, such as Kouros and Fekner apparently were given mixed signals by their federations on the extent of the South African ban with regard to ultrarunning. Kouros was reportedly prevented from participating in a subsequent British ultra by his federation, but the exact position of his federation is hazy. Regardless of what any of the athletes were told by their federations, the IAAF position will likely be to mandate suspensions of every participating athlete. For its part, the IAU will urge the IAAF at least to try to make the duration of the suspensions uniform, and to exercise some measure of relative leniency, since some of the athletes may have been incompletely informed regarding the extent of the ban. A complicating factor is that there are many top-ranked ultrarunners who turned down substantial financial offers to appear at the Stellenbosch event because they were sure the ban did extend to ultras. Understandably, these athletes are now expecting those who participated to be punished.

---

## BANNED DRUGS IN ULTRARUNNING

Western Australian member, Tony Tripp has written to us requesting some guidelines regarding the taking of drugs in regard to ultra events, probably stimulated by Graeme Woods' disqualification in the 1989 Westfield Run. Graeme's crew gave him cold cure tablets to help congestion and the banned drugs contained within them showed up in his random drug test. What wasted effort! We sympathize with him tremendously, but rules are rules. It certainly brings home the tremendous responsibility a crew has for their runner. Geoff has responded to Tony's appeal with the following report.

## DRUG POLICY

AURA does not formulate its own policy relating to drugs but follows the current policy of the Australian Olympic Federation. (A.O.F.)

On the 1st March, 1988, the A.O.F. sent a 25 page document to AURA comprising the latest drug policies, lists of prohibited drugs with common and proper chemical names, and various discussions on the policies and drugs. This document is too lengthy to reproduce here in our magazine, so it is being held by the executive as a reference document. Anyone wishing to have specific information relating to drugs or policy can write to us or the A.O.F. As further information on drugs comes to light, lists of banned drugs and consequent policies will always be in a state of flux. Therefore, our policy and its associated list of banned drugs will only be relevant at the time of its application.

At some later date, AURA will probably relax the stringency on nominated substances like caffeine and alcohol, which are sometimes used by competitors in ultra races, and where their complete ban seems only relevant in shorter races.

The policing of our drugs policy is by far the biggest problem. There are too few testing stations and the cost is prohibitive for AURA and most race organisers. However where large prize money or championship events are at stake, we may just have to bear the cost.

Why do some people have to use performance-enhancing drugs? Surely, when they do, it is not their true performance.

At a recent committee meeting of AURA, it was agreed that, in view of the excellent (and free !) services the Society of Clinical Masseurs had given to runners in several of our ultra races in Victoria over the last few years, we would offer them free advertising in our magazine.

This was their response, and their advertisement is on page 21,



## THE SOCIETY OF CLINICAL MASSEURS

Incorporated in Victoria

Secretary: GEOFFREY E. DYE, KSJ. BA. FBSC. MRIPHH. MIHE. MACE.  
P.O. Box 43, Mitcham, Victoria, 3132 Tel: (03) 874 6973 or (03) 648 1838

Dear Dot,

Thank you very much for your letter dated 6th July.

The Committee are most grateful for your generous offer of advertising in your magazine and have asked me to thank members of the Australian Ultra Runners' Association Incorporated for assisting us in this way. I am enclosing copy for an advertisement and feel that about half a page would suffice.

We have recently had the good fortune of securing Dr. Richard Telford, of the Australian Institute of Sport, to be our Patron and this will forge a stronger link between the Society and sports massage.

I have listed the next Victorian 24 hour run and we will be pleased to again supply masseurs. Anthony Ashley-Brown, who has helped you out almost without fail over recent years, is now in the United States at the invitation of the American Veterans to help prepare them for the Oregon Games. We are eagerly awaiting news from there.

Again, thank you for your generous offer regarding advertising and we look forward to continuing our support of your activities.

With best wishes,

Yours sincerely,

Secretary

- Veterans Athletics Association • Ballarat Courier Run •
- Masseurs to World Veterans Games, Melbourne 1987 • Victoria Police Annual Games
- State and National Triathlons • Rialto Run • Australasian Ultramarathon • Australian Select Under 15 Soccer Team

Dear Dot,

Congratulations to all the runners in the Westfield Ultra-marathon. It was a great thrill to see some of you come through Sale whilst I was on night shift. You have motivated me to train harder and go in my first 50 miler in Ballarat in December. Thanks guys.

Regards,

16. Philip Essam.

AURA NEWSLETTER ...

letters to the editor

Dear Dot,

I'd like to congratulate Charlie Lynn and all the people associated with the recent Westfield Ultramarathon, including the athletes and their respective crews.

The general public support appeared to be most encouraging and the event was given reasonable media exposure. However, apart from the initial hype and fanfare and occasional reports about the leading two or three contenders and Cliff Young's progress, the fate of all other runners was sadly neglected.

In fact, despite the public nature of the race, the only time I get to see where anyone finished is when I receive the next edition of the AURA Newsletter!

Is there any chance in the future, of having provisional placings of all the runners (including retirements) flashed on the television screens each evening, or printed in the newspapers each morning? These could be placings as at 5pm each day for example. I appreciate that such placings might be slightly outdated, but at least the interested public would get some idea of the progress of their favoured runners.

I spent some time with the crew of one of the Japanese runners on the 17th, and even up to this point of time, (the 1st June) I haven't the faintest idea how he got on!

I'd be pleased to hear your views on the subject.

Best regards,

Peter A.C.Ford ("The Mittagong Man")

Ed.'s comment: The media are loathe to communicate any information which they do not deem newsworthy.

Unfortunately, what WE regard as newsworthy does not always coincide with what the media does. Charlie Lynn may have some comment to make on this subject. Thanks for your letter, Peter!

## Jogging a day away

By NICK BIDEAU

THERE is no question that to run for 24 hours requires a special talent, a great deal of preparation and abundant determination.

To most, simply staying awake for 24 hours sounds almost too big a challenge.

From 11am tomorrow until 11am on Sunday, 25 ultra-marathoners at Olympic Park will ask themselves the question: "Just how far can I run in one day of my life?"

To most, it sounds a ridiculous way to spend a day, but don't try telling that to the athletes contesting this weekend's Hi Tec International 24-Hour Challenge.

England's Eleanor Adams sees nothing odd in it.

"We run long distances, what is strange about that. We just run further than what people are conditioned to accepting in their minds. 200km is only 20 times 10km and plenty of people run 10km," Adams said.

In Australia, ultra-running brings to mind the name Cliff Young ... and yes, Cliff will be out there doing the gumboot shuffle one more time.

This time Young will be in a match race against the first and greatest of our ultra-runners, George Perdon, for over 65s.

However — Yiannis Kouros aside — Adams is considered the superstar in this sport.

Last year she finished third overall — men and women included — in the Westfield Sydney-to-Melbourne Run. She has 40 records to her credit, including the world indoor 24-hour mark, a staggering 226km or more than five regulation marathons in one day.

Adams is not just the best female ultra-distance runner in the world, she is also a decent performer at the more regulation distances. Two weeks ago she ran a marathon in England in a smart 2hrs 52min.

Last weekend she had a saunter around in the Sydney City-to-Surf run and finished up being the fourth woman home, only 12 minutes behind winner Steve Monaghan.

Race organiser Raymond Carroll says he is aiming to gain recognition for the sport he loves, so he will throw open the Olympic Park gates.

These athletes will show how to use those natural pain killing hormones — endorphins — to deal with the marathoners' wall 10 times in one day.



● A day in the life ... vintage ultra-runners George Perdon (left) and Cliff Young train for this weekend's 24-hour race. Picture: JANINE EASTGATE



We've finally decided on the logo on the left as our official AURA motif; it's a combination of two submitted by Trevor Harris and Gerald St. John. Thankyou for all your suggestions.

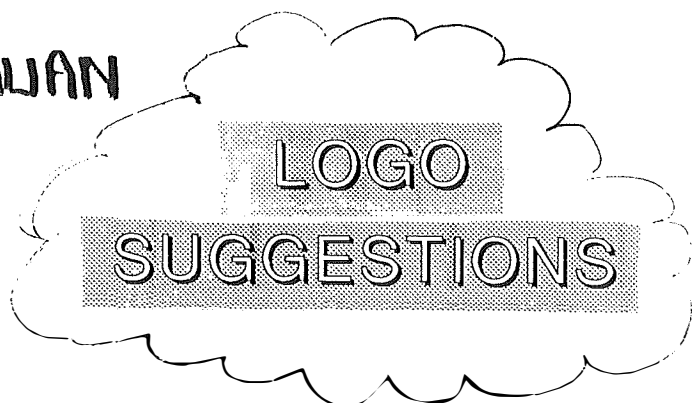
A couple more of the later ideas are below.

This logo will be silk-screened onto T-shirts, singlets, long-sleeved T-shirts and windcheaters in 4 basic colours - gold, red, grey, aqua and white and are now available for ordering at reasonable prices.

See order form in this issue.(19)



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AUSTRALIAN ULTRA RUNNERS ASSOCIATION



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## AURA CLOTHING NOW AVAILABLE!!

Right, now you've seen the logo, let's see you slip into some AURA gear. There are four items available - a T-shirt, a long-sleeved T-shirt, a singlet and a fleecy windcheater, all excellent quality, solid colours, and reasonable prices. The size of the logo on the gear is around 20cm diameter circle. Committee member, June Kerr, is handling our AURA clothing orders for us, so please send your orders and cheques directly to her. (Cheques still payable to AURA Inc. please) Don't forget to add the indicated postage costs if you want your gear posted to you. It will be sent in a padded bag.

Order form below: Send to: June Kerr, 108 Eastfield Road, Croydon 3136 Vic.  
Phone: 03-7234246 (H)

\*\*\*\*\*

### AURA CLOTHING ORDER

COSTS: T-shirt	\$8.00	Postage	\$1.00
L/S T-shirt	\$12.00	Postage	\$1.00
Singlet	\$8.00	Postage	\$1.00
Fleecy Windcheater	\$18.00	Postage	\$2.50

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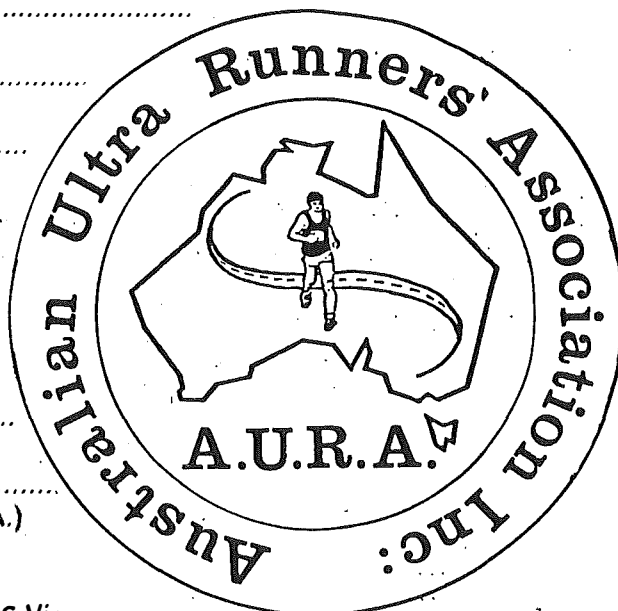
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MELISSA SANGSTER	-(CTT)
SUE COOK	-(RECENTLY APPOINTED)

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# SRI CHINMOY

AUSTRALIAN NATIONAL

## 24 HOUR TRACK RACE

INDIVIDUAL AND TEAM RELAY EVENTS



RUN AND BECOME, BECOME AND RUN.

ADELAIDE S.A.

October 28th-29th, 1989

## RACE INFORMATION

EIGHTH ANNUAL SRI CHINMOY 24 HOUR RUN

**STARTS:** 8.00 a.m. Saturday, October 28th, 1989

**LOCATION:** Adelaide Harriers Athletic Track  
South Terrace, Adelaide City

### SERVICE TO RUNNERS:

- ★ Certified ¼ mile floodlit, cinder track
- ★ Personal lap counters
- ★ Splits at 50km, 50 mile, 100km, 100 mile, 200km
- ★ Food and drink supplements during race
- ★ Rest room and medical facilities
- ★ Limited number of participants
- ★ No day of race entries will be accepted
- ★ No applicants under 18 years will be accepted
- ★ All applicants will be notified as to their acceptance

### ENTRY FEE:

INDIVIDUALS	\$65.00	includes T shirt
TEAM RELAY (3 members)	\$25.00	each
24 HOUR RUN T SHIRT	\$15.00	each

Send Entry Forms with cheque and large stamped self addressed envelope to:—

**SRI CHINMOY 24 HOUR RUN**  
**P.O. Box 554**

**North Adelaide, S.A. 5006**

**Phone 231 5944 (Bus.) 239 0690 (A.H.)**

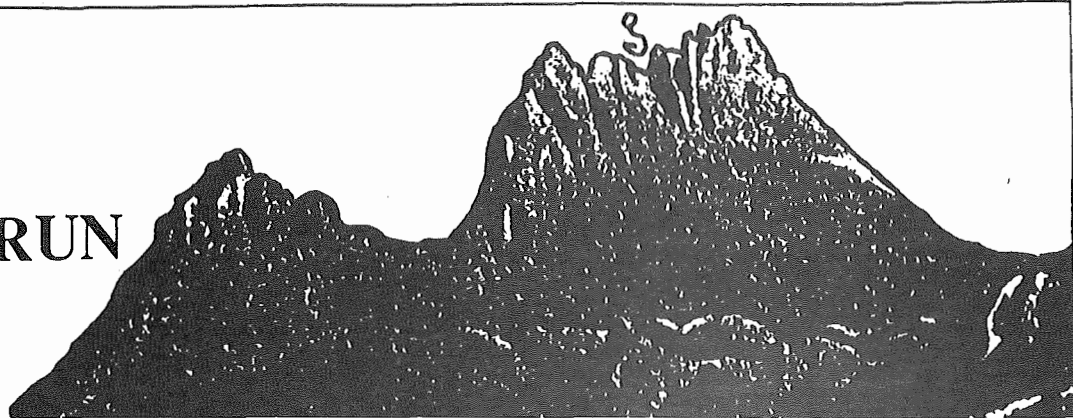
### ENTRIES CLOSE 13th OCTOBER

Applicants not accepted will receive full refund.

*The determination in your heroic effort  
will permeate your mind and heart  
even after your success or failure is long forgotten.*

— Sri Chinmoy

# CRADLE MOUNTAIN RUN



P.O. Box 946, Launceston, Tasmania, 7250

CRADLE MOUNTAIN RUN  
by Richard Pickup

The 10th Annual Cradle Mountain Run will be held on Saturday 3<sup>rd</sup> February 1990. Starting in the north at Waldheim and finishing in the south at Cynthia Bay, the Cradle Mountain Run is a full day's running through the famous Cradle Mountain Lake - Lake St. Clair National Park.

This is not the usual form of running, but over its 9 years without major incident, the run has a reputation as a great running experience. The record for the distance, said to be 80km, is held by Canberra orienteer Craig Malot. Craig's time of 8 hours 45 minutes was set in 1985 on a dry overland track.

So far, only one woman has attempted and completed the distance, Jeanette Collin of Hobart.

Strict conditions are imposed on entry as this run traverses remote wilderness. A high degree of fitness and preparation is necessary as well as appropriate equipment.

Any enquiries should be directed to the above address. There is no fee for entry, but costs are shared.

Yours sincerely

Richard Pickup.

This is Peter Armistead, from Frankston, Vic. a finisher in the 1987 Cradle Mountain Run. We won't tell you how many days (sorry!) hours he and Hookie took to cover the course. They're blaming the snake incident for holding them up considerably.



24

AUSTRALIAN CONSERVATION FOUNDATION  
 1989 INSTANT COLOUR PRESS

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A MOUNTAIN RUN OF FIFTY KILOMETRES

EVENT INFORMATION

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 \* WILD COUNTRY

**Start:** 8.00 am sharp, Sunday 22nd October 1989,  
 Mt Ginini (approximately 1 hour 45 minutes drive  
 from the centre of Canberra - via Cotter  
 Reserve).

**Finish:** Cotter Reserve (approximately 25 minutes drive  
 from the centre of Canberra).

**Entries Close:** Entries should be in the hands of the organisers  
 by 9 October 1989.

**Late Entries:** May be accepted - at the discretion of the  
 organisers - upon payment of a surcharge of \$10.

**Entry fee:** \$25 payable to ACF Brindabella Classic. Post  
 entries to:

Jon Stanhope  
 ACF Brindabella Classic  
 52 Sharwood Cres  
 EVATT ACT 2617

**Time Limit:** 7 hours.  
 At any time during the event the organisers may  
 withdraw from the event any entrant who they  
 consider is unlikely to complete the course  
 within seven hours.

**Race Records:** Martin Thompson - 3 hrs 51  
 Linda Thompson - 4 hrs 11

**Entry Restrictions:** The organisers reserve the right to refuse any  
 entry.

**Awards:** First male: The Jack Maxwell Trophy  
 First female: The Miles Franklin Trophy  
 All finishers: Brindabella Classic goblet

**Race Requirements:** (i) Minimum age 18 years  
 (ii) EITHER have completed a marathon or  
 ultramarathon in the last two years OR  
 provide other evidence of sufficient  
 fitness and experience to complete the  
 Brindabella Classic.

**Runner Identification:** Entrants must wear the number supplied to them  
 in a conspicuous place on the front of their  
 clothing. Numbers can be collected at Mt Ginini  
 prior to the start of the run. The number is  
 required for identification of each runner at  
 each drink station.

**Drink Stations:** There will be drink stations, supplying water  
 and cordial, at intervals of approximately 6 km  
 along the course.

**Withdrawals:** In order to avoid unnecessary searching, any  
 entrant who withdraws during the event is  
 requested to immediately notify a drink station  
 official.

**Distress:** If an entrant becomes aware that another  
 participant is in distress or requires  
 assistance, they should notify a drink station  
 attendant. The organisers reserve the right to  
 withdraw any entrant they consider to be in a  
 distressed condition.

Facilities

- Start: NONE.

- Finish: Hotel, milk bar, toilets, picnic area.

**Traffic:** Most of the roads used in this event will not be  
 closed to traffic. This is not expected to  
 present any problem as these roads are seldom  
 used. However, caution should be exercised.  
 Runners must accept responsibility for their own  
 safety.

#### Weather

#### Conditions/Fire Ban:

This event may be cancelled, at the discretion of the organisers, in the event of adverse weather conditions.

- \* As much of the event is in an alpine area, conditions on the day could be anything between extreme heat and blizzard.
- \* In the event of a total fire ban, the Classic would have to be postponed or cancelled as the area would be closed to the public.
- \* The course crosses Lees Creek (at Vanity's Crossing) and Pierce's Creek at fords. In the event of very heavy rain during the week before the event, these crossings may become impassable.
- \* If the event cannot be run on October 22, for any reason, the organisers will attempt to stage it on the following Sunday.

#### Transport:

We will try to assist with transport for entrants from the finish (Cotter Reserve) to the start (Mt Ginini). Could you please fill in the relevant part of the entry form if you will require transport, or can offer it. If a bus is required, users of this service may have to be charged. Transport will depart from the Cotter Reserve (Cotter hotel carpark) at 6.00 am sharp.

#### Directions to Start:

To reach the start:

- leave Canberra along the Cotter road;
- pass through Casuarina Sands and cross the Murrumbidgee River on the one lane bridge;
- turn right onto the Brindabella Road a few hundred yards past the bridge;
- follow the Brindabella Road for 7 km, when a T-intersection is reached;
- turn left, this keeps you on the Brindabella Road;
- remain on this road for 15 km when you will reach an intersection named Picadilly Circus;
- Turn left onto the Mt Franklin Road, which takes you past Bulls Head Shelter and on to the start at Mt Ginini.

Allow about 2 hours from Canberra to the start.

#### Directions to finish:

To reach the finish:

- after crossing the Murrumbidgee River on the one lane bridge DO NOT turn right but continue ahead (you are now on the Paddys River Road);
- after about 1 km you will cross the Cotter River on another one lane bridge (you are now on the Paddys River Road);
- the Cotter Reserve Hotel is on your left;
- the event will finish next to the Cotter River, not far from the hotel.

Allow about 20 minutes from Canberra to Cotter Reserve.

#### Spectator Access:

Spectators at the start will have to remain there until runners have cleared the Mt Franklin Road - about 40 minutes.

Spectators can then obtain access to Drink Stations 1, 2, 4, 5 and (with a short walk) Drink Station 9.

It will also be possible to drive along Warks Road from its junction with Brindabella Road to the point where runners leave Warks Road to join the Cotter 18 course (41 km into the run), though to watch a runner pass through this point and then drive to the Cotter Reserve to watch the same runner finish may be cutting things a bit fine.

#### Inquiries:

Jon Stanhope: h - (062) 58 3181  
w - (062) 46 7549

#### WARNING:

THIS EVENT IS VERY LONG (APPROXIMATELY 50 KM), AND MUCH OF IT IS AT HIGH ALTITUDE (UP TO 1762M).

IT COVERS ROUGH TERRAIN AND INCLUDES STEEP DESCENTS (NET DROP OF 1300M) AS WELL AS SOME SHARP CLIMBS.

SECTIONS OF IT ARE VERY EXPOSED. THE WEATHER IS CHANGEABLE.

RUNNERS WITH ANY DOUBTS ABOUT THEIR ABILITY TO HANDLE THESE CONDITIONS ARE STRONGLY ADVISED NOT TO ENTER.

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NSW MACQUARIE FIELDS 12 HOUR TRACK RACE

Race Organiser: D. Taylor (046) 31 1479  
Race Director: J. Shaw (046) 26 6694  
Committee: M. Foley : B. Boyle : W. Goldsmith

DATE: Saturday 3rd February 1990  
VENUE: VFL Ground, Macquarie Fields Road,  
Macquarie Fields, NSW.  
TRACK: 400 Metre Grass.  
START: 6 PM Saturday (to beat the heat)  
FINISH: 6 AM Sunday 4th February 1990  
PRESENTATION: Post breakfast, 8 AM approximately.  
ENTRY FEE: \$20.00  
AMENITIES: Canteen 12 hours - sausage sizzle.  
Toilets, showers - pool across road.  
AWARDS: Male/Female 1st 2nd 3rd Trophies  
Certificates.  
All runners Certificates, Medallions.  
First male/female \$100 Gift Vouchers.  
ENTRIES CLOSE: 17th January 1990.

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# RACE REPORTS

## SEVENTH ANNUAL BANANACOAST ULTRAMARATHON

by Steel Beveridge

The seventh annual run between Grafton and Coff's Harbour had the most experienced field yet to start the event. There were no novice 'ultra'runners amongst the thirteen starters who set out from Grafton Post Office shortly after 5.00am, so it was not really surprising that 12 of that number reached the finish at Coff's Harbour.

The spread from the first to the final finisher was the widest in the event's history, with over four hours separating the arrival of Nick Read and Bob Turner at Coff's Post Office. Read had set the pace from the start in company with Paul Every.

The rest of us, more pedestrian in our aspirations formed a second race within a race. However, we had made sufficient progress in the ideal overcast conditions that Big Chris Stephenson and Ian Hutchison were too early at Glenreagh to gain admittance to "The Golden Dog". They did not make the same mistake at Nana Glen and Coramba.

For the record, the leaders went through the first half-marathon in just over 92 minutes and the marathon a little in excess of 3hrs.07min. Nick Read's winning time was the second fastest for the course, behind Bruce Cook's 1985 effort of 5.57.25, and just faster than Alistair Wallace's 6.37.25 of the same year. With both Bennington and Every under 7 hours, we had three under that figure for the first time.

Jim Bennington had never run to Coff's Harbour faster, nor had last year's winner, Bob Channells. Down the field a little, Bruce Hargreaves was half an hour faster than his effort going north last year, whilst Geoff Hain sliced 21 minutes from his p.b. for the course. Although Jim Robinson and Bob Turner certainly did it tough over the last part of the course, they, like me, can feel that they earned the satisfaction of finishing what most will not even attempt.

And of course, there's always next year.... a little more training ..... perhaps....

Next year's event will be held from Coff's Harbour to Grafton, starting at 6.00am on Sunday 13th May, 1990.

RESULTS: 85KM Distance: From Grafton to Coff's Harbour.

1. Nick Read	6.36.5	7. Geoff Hain	8.19.45
2. Jim Bennington	6.46.09	8. Jim Robinson	8.40.15
3. Paul Every	6.56.11	9. Steel Beveridge	9.12.00
4. Max Bogenhuber	7.07.52	10. Chris Stevenson	9.53.54
5. Robert Channells	7.13.46	10. Ian Hutchison	equal
6. Bruce Hargreaves	7.20.17	12. Bob Turner	10.43.14

If you reckon you have troubles coping with ultras, consider the plight of one of our keenest members, Barry Stewart of Kingaroy, Queensland, who is a disabled runner and has to run in calipers! He recently covered 50.265km in 8 hours, and is checking how that goes in terms of world records for disabled people. Great effort, Barry!!

## ULTRA-MARATHON

# City runner shows way

*Daily Examiner 16/5/89*

*Steel Beveridge  
sent us these  
newspaper  
clippings on  
his "Banana  
Coast Ultra".  
Grafton to  
Coffs Harbour.  
Thankyou!*

*14.5.89*

**SYDNEY athlete Nick Read scored a convincing win in the seventh annual Grafton to Coffs Harbour ultra-marathon footrace on Sunday.**

Read, from Crows Nest, covered the 86 km journey in six hours 36

minutes 56 seconds.

This left him almost 10 minutes clear of runner up Jim Bennington of Nana Glen.

Bennington has twice won the ultra-marathon being successful in 1986 and 1987.

Although only second this time his 6:46.09 was faster than his winning time of 1987.

Third placing on Sunday went to Epping runner Paul Every in 6:56.11.

Thirteen athletes attempted the big race and 12 of them finished the course.

Last to finish was Grafton veteran Bob Turner.

He was running with the main aim of completing the course and achieved this in 10 hours 43 minutes.

Once more Woolgoolga athlete Steel Beveridge finished the journey.

He is the only runner to

have competed in and finished all seven ultra marathons.

His time on Sunday was in taking ninth placing was nine hours 12 minutes.

Beveridge who was chief organiser of the race said conditions were ideal for the event.

"It was overcast and cool with a light wind blowing," he said.

Winner of the 1988 race when it was run in the reverse direction, Coffs Harbour to Grafton, Robert Channells finished fifth this time in 7:13.46.

Others to finish the course were Max Bogenhuber of Sydney (fourth 7:7.52), Bruce Hargreaves of Queensland (sixth 7:20.17), George Hain of Kyogle (seventh 8:19.45), Jim Robinson, Grafton (eighth 8:40.15) and Chris Stevenson and Ian Hutchison, Sydney (dead heat 10th, 9:53.54).

## Read always in the lead

SYDNEY runner, Nick Read, led from start to finish to win the seventh annual Bananacoast Electrics Grafton to Coffs Harbour ultra marathon on Sunday.

Read, 37, set a sizzling pace by running the first 21.1km in 92 minutes and the first 42.2km (marathon distance) in three hours seven minutes and 56 seconds.

By the time he had reached Glenreagh the field was well spread out.

Read increased his lead over Nana Glen's Jim Bennington, Sydney's Paul Every and Max Bogenhuber between Glenreagh and Coramba.

He took six hours 36.56 minutes to cover the trip, the third fastest time recorded.

Every looked set to grab second place, but tired over the concluding kilometres.

Bennington overhauled Every to grab second in 6:46.09. Every was next in 6:56.11.

Twelve runners completed the trip.

Results: Nick Read 6:36.56 1, Jim Bennington 6:46.09 2, Paul Every 6:56.11 3, Max Bogenhuber 7:07.52 4, Bob Channells 7:13.46 5, Bruce Hardgraves 7:20.11 6, Geoff Hain 8:19.45 7, Jim Robinson 8:40.15 8, Steel Beveridge 9:12.00 9, Chris Stevenson and Ian Hutchison 9:53.54 equal 10, Bob Turner 10:43.14.

*"Advocate" 17/5/89*

## Channells after number two

BOWRAVILLE runner Bob Channells will be seeking back to back ultra marathon wins when he takes on the Grafton to Coffs Harbour race tomorrow morning.

The race will start tomorrow in the dark at 5.00 from the Grafton post office.

Winning runner should cross the finish line at the Coffs Harbour post office before noon.

Channells won the race last year when it was run in reverse direction from

Coffs Harbour to Grafton covering the 85km back road course through Glenreagh in under seven hours.

The record was set the previous year, when it was Grafton to Coffs, by Bruce Cook with 5:57.25.

Cook is not a starter this year but another two time winner will be Jim Bennington of Nana Glen while Steel Beveridge of Woolgoolga, only runner to have completed all seven runs, will again be in the field.

*"Daily Examiner" 16/5/89*

## Q.M.R.R.C 100 KM ROAD RUN - 20TH MAY 1989

Once more the weather intervened, forcing our original 100km track race to be shifted to a one kilometre out and back section of roadway in the Caboolture Showground. Intermittent showers dogged the runners throughout the race. Only seven starters were willing to brave the conditions and the change of venue.

Dell Grant, Bob Hunter and Bob Burns withdrew at 35km, 43km and 63km respectively due to injury or illness. John Petersen completed 86km in 12 hours before darkness set in. Ian Javes won the event with a p.b. of 8hrs.58min.53s., followed almost an hour later by Graham Medill with Dave Holleran finishing on in the darkness to take third place.

RESULTS:	Marathon	50km.	50 Miles	100km.
1. Ian Javes	3.33.12	4.14.30	7.04.35	8.58.53
2. Graham Medill	3.51.33	4.28.28	7.40.59	9.54.23
3. David Holleran	4.49.40	5.51.13	-	13.53.44

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### PERTH HI-TEK 12/24 HOUR RACE    27th-28th May '89    by Val Case

It was worth travelling across Australia from Townsville to have a run in the Perth 24-hour event in spite of disappointment in my own performance. One of the attractions was the prospect of running on a one kilometre track which is quite different from the standard 400 metre athletic track. There is less contact with other runners and, in a natural environment of parkland, gumtrees and birds, a pleasant sense of running in the country.

The race started at 12md with 14 competitors in the 24 hour and 5 in the 12 hour event. A novelty aspect was the Aussie Rules football game which took place on one of the ovals inside the one kilometre track. Concern that runners might be in danger from a stray football were unfounded, in fact some of us missed the action when the game finally finished!

The weather was (to be kind) variable, warm and sunny for a while then showers, some quite heavy, with a strong wind which persisted most of the night. The 12 hour event finished with a victory for Alan Doakes-Smith with new runner, Graeme Prosser very close behind. Father and daughter team, Dave and Alison Bird did well, as did the Centurion Runners Association President, Tony Tripp.

Hopes of doing the hundred miles were dashed for me by a knee injury which developed after about six hours; I continued to walk until midnight then went to bed for seven hours, continuing on Sunday morning to finish with 105 km. By contrast, Trish Spain ran consistently to record 191 km, a P.B. of 9 km for her and a second-best ever performance by an Australian woman in the 24 hour event. Colleen Milbourne achieved her goal of 161 km while the overall winner was Mike Thompson with 201km.

This race will be remembered for its low-key friendly atmosphere, the interesting circuit and surface and Trish's remarkable (and inspiring) effort.

29.

Perth - Hi-Tec 12/24 Hour Race - 27/5/89

ATHLETICS

# Would-be quitter ends up a winner



WINNER'S SPOILS... A tired, but triumphant Mike Thompson holds the trophy aloft after winning the Hi-Tec 24 hour race yesterday. Picture MICHAEL O'BRIEN.

MIKE THOMPSON wanted to quit running on Saturday night. But a little over 12 hours later, he joined an elite group of West Australians to have completed more than 200km in a day when he convincingly won the Hi-Tec 24-hour race at McGillivray Oval, which finished yesterday.

"I wanted to quit, but my manager Alan Thurlow wouldn't let me," an ecstatic Thompson said after the race.

His effort at the weekend enabled the 41-year-old Thompson to become the first man to win the Hi-Tec classic race twice in successive years.

In another brilliant performance, Trish Spain became the second-best Australian woman ever by finishing second overall with 191.207km. She has been the No.1 woman ultra-marathon runner in Australia in the past two years.

Thompson, who was suffering from a virus, wanted to withdraw from the race after 80km.

"I was feeling very sluggish and dropped back to eighth place," Thompson said. "But after a 15min. rest, Alan suggested I run for another half-hour to see how I felt. I then started to move through the field and was beginning to feel

By DAVID MARSH

good, so decided to keep going."

Pre-race favourite George Audley, the WA record-holder, finished third with 184.948km.

Other runners to clock further than 100 miles were Albany's Phil Pearcee (183.222km), Bunbury's Brian Kennedy (173km), Karratha's Kevin Martin (163km) and the Perth pair of David Scott (162km) and Colleen Milbourne (161.044km).

With Milbourne's performance, WA has become the first state to have four women to have clocked more than 100 miles (161km) in less than 24 hours. The other locals to have achieved the feat are Spain, Jill Bower and Bronwyn Salter.

Vale Case travelled from Townsville, Queensland, to contest the race and finished third in the women's section with 131km.

Triathlete Alan Doak-Smith won the supporting 12-hour race, recording 111.568km.

Graeme Prosser, in his ultra-marathon debut, finished second with 110.353km, followed by Dave Bird (105.552km), Tony Tripp (102.283km) and Alison Bird (79.389).

# Ultra runner hits road for Perth event

DISTANCE runner Valerie Case reckons listening to a Rossini overture on a walkman helps beat the mental fatigue during ultra distance events.

Case, 52, is one of only two ultra runners in Townsville and on Saturday hopes to close in on the magical 100 mile (160.9 km) barrier in a 24 hour race in Perth.

The former Victorian is determined to break the "ton" and gain entry to the elite Centurion Runners Club.

Only a handful of Australian women have achieved the milestone.

Case, who took up ultra running three years ago, has competed in two one-day events and in her latest appearance in Sydney in May last year ran 151 km.

"I don't know if I'm capable of running the 100 in Perth but if it comes within reach I'll go for it," the social worker said.

"If I do well in the race I'll look at possibly running in a multi-day event."

Case moved from the capital of Australian ultra running, Melbourne, to Townsville in October last year for work.

Since then she has run with the Townsville Road Runners to prepare for the Perth event which is run over a 1 km grass circuit in McGillivray Park.

Case loves the North

but she says the climate is unsuitable for her sport.

"It's too hot and because of that it's hard to get people interested," she said.

"Victoria is really the heart of the sport."

"That's where a lot of the big names are. A lot of the Westfield Sydney to Melbourne runners compete in races around Melbourne."

During her stint as assistant secretary of AURA — the Australian Ultra Runners Association — Case became familiar with such runners as Graeme Woods (one of the leaders in the Westfield) shuffling potato farmer Cliff Young and Bryan Smith.

Although the sport is relatively unknown in the North, Case says interest is growing among Townsville runners.

"It's a terrific sport that can be most effective in releasing pressures built up at work," Case said.

"It has helped me cope with stress and at the same time stay in peak shape."

"The sport is growing fast in the south as a result of the media coverage of the Westfield marathon and it is slowly spreading up here."

"People are no longer under the misapprehension that ultra running is something belonging to an eccentric bunch of sports people," Case said.



Valerie Case in training for a 24 hour event.

**VMC MELBOURNE INC.  
50 MILE TRACK RACE  
(AUSTRALIAN CHAMPIONSHIP)**

Saturday 17th June, 1989

by Geoff Hook

The race commenced with a possible new Australian record in the offing. Bruce Cook, who set the current Australian record in this event in 1985 with a time of 5:35:32, headed the field of 23 starters. Bruce had recently set a new Australian 50km track record in March this year so his form indicated a very fast time.

It was sad to see Bruce retire from the race after 26 miles (which was, nevertheless, achieved in the excellent time of 2:43). At this stage, the main contenders were Geoff Boase (Qld), Ron Campbell (Vic) and Big Chris (NSW). So it was a battle between 3 states with Queensland coming out victorious in the form of Geoff Boase who ran a fine and steady race to record a PB with a time of 6:19:46. Incidentally, Geoff is originally from Victoria and so we claim this is where he has gained all his talent and experience in running. Geoff was ably supported by Dennis Moore who has trained many other successful Victorian long distance athletes.

Big Chris faded badly over the final 30km to finish mid field. Ron faded a little with the consequence that Geoff Hook and Bob Marden moved up into 2nd and 3rd spots respectively. (Yet again Hookie beat Mars Bar by a small margin) with times of 6:51:35 and 6:54:03.

Brickley Hepburn finished strongly to capture 4th place and a PB for himself while fast starter Peter Gray also struck trouble and slowed considerably into 6th position.

Congratulations to those runners who were participating in their 1st ultra:- Greg Browne, Peter Quinn, Graeme Russell, Joe Skrobalak, Randall Hughes and Cliffy Ryan. Congratulations also to 2 others who achieved PBS over the distance:- Michael Grayling and Jacques Gaillard.

Thank you to all the interstate runners for the effort and expense of participating in this race. It made it a truly national event.

It was a great shame to have to cancel the road race on the following day due to lack of overall numbers. Hopefully, interest will be restored for next year and that both races will be conducted.

Many thanks are directed to Dot Browne who efficiently directed the race proceedings on the day, organised refreshments for lapscorers and officials (and sweet delicacies for the runners) and generally shouted her usual encouraging remarks to all the runners.

**RESULTS**

PLACE	NAME	AGE	MARATHON	50KM	FINAL TIME
1	Geoff BOASE (Qld)	38	3:01:30	3:36:55	6:19:46 PB
2	Geoff HOOK (Vic)	44	3:22:00	4:03:55	6:51:35
3	Bob MARDEN (NSW)	36	3:23:54	4:01:34	6:54:03
4	Brickley HEPBURN (Vic)	38	3:30:30	4:12:21	6:55:12 PB
5	Ron CAMPBELL (Vic)	46	3:00:27	3:47:04	6:56:53
6	Peter GRAY (Vic)	24	3:21:03	4:07:42	7:26:04
7	Greg BROWNE (Vic)	36	3:37:13	4:22:34	7:35:37 PB 1st Ultra
8	Col JERRAM (Vic)	45	3:32:52	4:29:12	7:43:02
9	Peter QUINN (Vic)	39	3:52:59	4:39:06	7:47:17 PB 1st Ultra
10	Graeme RUSSELL (Vic)	30	3:24:37	4:12:48	7:48:40 PB 1st Ultra
11	Chris STEPHENSON (NSW)	33	3:11:42	4:02:54	7:54:15
12	Michael GRAYLING (Vic)	32	3:37:09	4:27:55	7:54:31 PB
13	Joe SKROBALAK (Vic)	33	3:29:53	4:12:40	7:57:13 PB 1st Ultra
14	Randall HUGHES (Vic)	65	3:41:39	4:28:36	8:02:26 PB 1st Ultra
15	Ernie HARTLEY (Vic)	39	3:37:39	4:28:28	8:06:50
16	Andrew LUCAS (S.A.)	24	4:08:30	5:20:43	9:08:06
17	Jean-Claude MORRE (Vic)	32	4:23:01	5:18:41	9:13:49
=18	Jacques GAILLARD (Vic)	42	4:49:23	5:55:38	10:21:46 PB
=18	Cliffy RYAN (Vic)	60	4:39:56	5:55:00	10:21:46 PB 1st Ultra
dnf	Bruce COOK	32			2:43:14 26.09 miles
dnf	Rob ALLINGHAM	44	3:30:02	4:10:10	4:25:28 32.80 miles
dnf	Rob NASH	38	3:55:38	4:42:48	5:02:10 33.05 miles
dnf	Ron SMITH	45	3:50:31	4:40:07	4:53:18 32.06 miles

## Queensland 24 and 48 Hour Championships 30th June & 1, 2nd July

Courageous running in wet and muddy conditions was displayed by many competitors during Queensland's 24 and 48 Hour Championships held on June 30th and July 1st and 2nd. Due to no other available alternative, the grass athletics track at Caboolture was used, and having had a whole week of fine weather leading up to the event, we were greatly dissatisfied when it started raining again on the morning of the 48 hour, which started on the Friday at 8 am. Many competitors felt that the scenic surrounds and quiet atmosphere more than made up for the wet conditions. Not to be deterred however, nine faced the starter's gun, five from southern states and four from Queensland. The youngest being Peter Gray, <sup>24 years</sup> who went to 3rd placing, and also won the graveyard trophy - most laps between midnight and 6 am on the last night. The oldest competitor was John Petersen, who at 71 years of age set a new world record by being the only person of his age to complete a 48 hour event. John finished with a very pleasing 211 kilometres. The winner was our very own Ian Javes of Caboolture, who used the event as a warm up for his 2000 kilometre race in New York in September. Ian took the luxury of a four hour sleep on the first night, and in the finishing stages, with his win guaranteed, had a shower, and then strolled around the track for the last hour chatting to other runners and giving cheek to crews. Ian as Race Director, then helped with the presentations, went home to a large feed of bacon and eggs, and felt in good form next day. Ian's finishing distance was 327 kilometres. Second was Graham Medill from Toowoomba, who never once lost his smile and cheery calls to his ever attentive wife Phillipa, children and crew. Those to fall by the wayside were Nick Read from Sydney, who plugged on with a groin injury for 46 hours and to his dismay came good and ran well during the last two hours. Keith Fisher from Vic. also sustained an injury and withdrew, as did Mel Henry and Tony Rafferty.

At 8 am on the Saturday, the 24 hour runners lined up, twelve in all, including our one and only female, Sandra Barwick, World Record holder and Australasian record holder for most multi day distances, and times, who had flown over from New Zealand a few days prior. Sandra started out with intentions of setting a new record for 24 hours on the track, but her intentions and stomach both became upset from 30 ks on. This resulted in Sandra spending some time walking, then retiring at 144 k. Completely overshadowing all other competitors was Brisbane's 54 year old Bob Hunter with the final distance of 213 k. This was Bob's second ever 24 hour run, his first being some 20 odd years ago in Sydney when he also came first ahead of George Perdon. Since then Bob has run a few 50 Milers in Brisbane, winning most of them, and until recently held the Qld. record. To say the least Bob Hunter is a laid back runner. He told me after the event that some days he managed a ten mile run but not always, and guesses his success is due to the many accumulated years of running. Bob brings no crew, nor comforts to the event. His one companion lapped for him the entire time, and would occasionally stroll over to the track to enquire if Bob needed anything. Bob brought no tent, no bed, nor chair. His total requirements were on a small table placed trackside and consisted of a jug, a cup and four bananas. He spent 15 minutes off the track during the event changing his shoes. A few days later he told me he had a slightly sore knee for a couple of days, but otherwise no ill effects. Perhaps the lesson to be learnt is that most of us are too

well cared for !! The second place getter was Bob Burns, who was also the second eldest competitor in the 24 Hour after Bob Hunter. Is there another lesson to be learnt here? Bob Burns is fairly new to ultra running but put in a credible 133 k, with Geoff Loase from the Sunshine Coast just breaking the 100 mile barrier. Our youngest 24 Hour competitor Lindsay Phillips amused and entertained us all during the event, with his varied methods of running according to the type of music on his headphones. Dave Holleran also kept his reputation as an entertainer intact with his many hats worn at regular intervals just to see if the lapscorers were paying attention. Unfortunately we weren't privileged to see Dave do his regular handstands, as he had recently sustained a wrist injury from doing them during another event.

In fact spectators and lapscorers in "the peanut gallery" had quite a few laughs at competitors expense, some failing to see the funny side of it until after the event was over. Sandy Buchan wasn't smiling when his back went out on him, and he took on a strong resemblance to Tin Man in the Wizard of Oz, with his stiff shuffling action.

Our Qld. Ultra events are not only held for the 'benefit' of runners, but also for Camp Quality - a charity for kids with cancer. Entrants are sent a sponsorship form, and many have joined in helping this worthwhile cause. This year runners in our events have raised nearly \$2000. It only takes \$150 to send a child to camp in September, and with two more events still to go for 1989, we could go a lot higher.

# THE START of the Westfield Sydney to Melbourne Marathon tomorrow will bring back strong memories for Caboolture runner Ian Javes.

A competitor in last year's 1015 kilometre marathon, Ian spent four days in hospital after the run and took six months to recover from a tendon injury he sustained.

Undaunted, he plans to run twice as far this year in the New York Sri Chinmoy 2092 kilometre marathon.

The American race runs over 18 days in September and Ian aims to be the first competitor to finish the distance within the time.

An American athlete, Marty Sprengelman, has come the closest, with only 50km to go when the race time closed.

Ian is confident that finishing close behind Sprengelman in last year's Westfield Marathon means he has a good chance of achieving his goal.

Sprengelman ran ninth, while Ian ran twelfth.

"I wasn't far behind. I think I'm capable of doing just as well if not better," he said.

Last year's Westfield marathon was Ian's first multi-day race, and the experience taught him how to pace himself.

The injuries Ian suffered were largely from an incorrect downhill running style, and he has been practicing a new style down the slopes of Mt Mee.

Ian said running style was the key to success.

"My running style has a bit of race walking in it, which I feel is natural. The style I've got is good, after the Westfield I had no serious foot injuries, not one blister."

"The New York course is flat, and if I run 120 kilometres a day I will make it in 18 days," Ian said.

The distance is twice that covered by Ron Grant in his 1000 hour effort, but Ian will be able to have four to five hours sleep at a time, which he hopes will keep him in good shape.

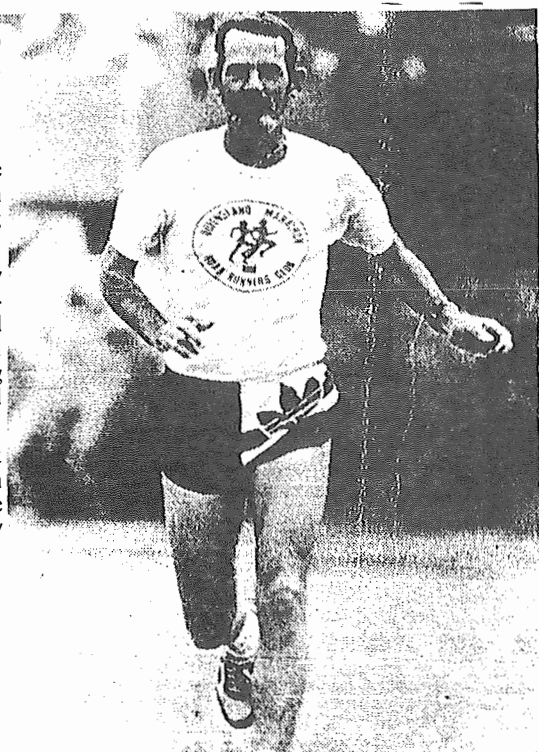
# Javes to enter US 2092 km marathon

Ian has opted to go to New York rather than participate in the Westfield marathon for a second time.

"I have already done the Westfield run, so I'm looking for something different," he said.

"I could better my time, but rather than organise big crews and spend lots of money, with little chance of getting my money back, I could compete in America."

Ian is running about 200 kilometres each week, and will increase to 300 kilometres in July and August.



• Ian Javes.

# RACE REPORTS

June 30 to  
July 2, 1989

## Q.M.R.R.C. - Ultra Div. 48 HOUR TRACK RACE

Caboolture, Qld.

PLACE	NAME	DATE OF BIRTH	Marathon	50K	50M	100K	150K	100 M	200K	150 M
1	JAVES, Ian	14-9-42	3:51.13	4:38.40	7:49.50	9:52.20	19:53.47	21:32.10	26:09.33	32:07.50
2	MEDILL, Graham	28-3-48	4:58.11	4:58.11	8:02.28	10:07.34	18:40.18	21:00.56	26:40.24	32:24.50
3	GRAY, Peter	4-10-64	4:03.51	4:57.21	8:39.36	11:14.00	20:23.28	21:41.50	28:04.17	37:40.49
4	COLLINS, Tony	26-6-47	3:45.28	4:33.23	7:58.31	10:43.27	21:13.00	22:59.22	31:48.08	41:55.38
5	READ, Nick	23-8-51	3:59.01	4:48.14	9:15.16	13:09.50	29:33.01	33:56.45	44:01.31	-
6	PETERSEN, John	19-7-16	5:52.49	7:39.30	14:48.34	19:19.45	32:38.35	35:46.20	44:33.25	-
7	FISHER, Keith	4-6-65	4:06.17	4:52.44	8:04.44	10:04.07	16:25.08	17:52.00	[Retired - grip in strain]	
8	HENRY, Mel	28-3-58							[Retired - leg problems]	
9	RAFFERTY, Tony	9-4-39	4:20.40	5:26.12	12:40.45	[Retired - stomach problems]				
			250K	300K	200M	12 HOUR	24 HOUR	36 HOUR	48 HOUR	
1	JAVES	33:54.58	41:52.13	45:46.51	116:580	183:834	267:460	327:640		
2	MEDILL	34:55.25	44:35.01	-	115:226	179:191	253:228	312:629		
3	GRAY	39:04.48	47:26.46	-	105:323	177:230	233:858	303:401		
4	COLLINS	43:45.12	-	-	106:882	163:046	219:697	262:578		
5	READ	-	-	-	96:347	132:578	170:044	213:642		
6	PETERSEN	-	-	-	72:428	115:490	162:384	211:227		
7	FISHER	-	-	-	116:202	-	-	179:648		
8	HENRY	-	-	-	100:112	-	-	125:832		
9	RAFFERTY	-	-	-	76:947	-	-	82:305		

July 1 to  
July 2, 1989.

## Q.M.R.R.C. - Ultra Div. 24 HOUR TRACK RACE

Caboolture, Qld.

PLACE	NAME	Date of Birth	Marathon	50K	50M	100K	150K	100 M	200K	12HR	24 HOUR
1	HUNTER, Bob	6.10.34	3:40.27	4:21.48	7:24.11	9:35.34	15:50.34	17:16.32	22:11.27	120:062	213:455
2	BURNS, Bob	12.6.43	4:22.59	5:12.33	8:37.29	11:01.06	17:25.08	18:45.42	-	108:219	188:415
3	BOASE, Geoff		4:27.07	5:12.28	8:33.36	11:00.53	19:43.16	22:59.30	-	107:430	167:239
4	LEWIS, Stephen	14.12.58	4:16.00	5:12.12	8:55.11	11:32.08	20:52.19	47:13.17	-	103:305	164:712
5	PHILLIPS, Lindsay	17.9.65	3:53.23	4:33.30	8:23.00	12:03.10	47:26.15	-	-	99:707	154:630
6	BUCHAN, Sandy	18.2.54	3:47.10	4:33.58	7:51.46	9:52.06	23:39.04	-	-	116:878	151:157
7	BARWICK, Sandra	27.2.49	3:56.07	4:47.35	8:14.32	10:36.06	-	-	-	110:546	144:826
8	CHRISTOFFEL, Jeff	16.9.53	4:21.05	5:16.46	9:20.23	11:54.28	-	-	-	100:758	137:355
9	RAMSDEN, Graeme	1.10.45	5:09.18	6:13.45	12:03.00	16:48.10	-	-	-	80:314	113:709
10	HOLLERAN, David	25.6.56	5:01.20	6:26.54	10:48.40	14:20.05	-	-	-	85:893	104:465
11	WHITEMAN, Peter	14.1.42	8:17.21	11:38.01	-	-	-	-	-	50:098	71:226
12	WAKEFIELD, Charlie	13.9.53	-	-	-	-	-	-	-	-	38:622

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# RACE REPORTS

## A WET DAY AT THE NSW 50 MILE TRACK CHAMPIONSHIP

by Max Bogenhuber

Once again the NSW 50 Mile Track Championship was being held at the very 'leg-friendly' grass track at Bass

Hill. I say 'leg-friendly' because I find that grass tracks do far less damage to the old joints in my legs than any hard surface track. Maybe it's just me, but I find hard-surfaces tracks particularly damaging in long events and I think that all track events should be held on grass surfaces. But then, as I said before, maybe it's just me! The morning looked good for a long run, but this soon changed as the wind picked up and it began to drizzle. On and off it rained and the wind was freezing, and from what I could see on the track, there were a lot of unhappy faces out there. But that's what ultra running is all about; when the going gets tough, the tough get going.

Carl Barker was running 1.35 laps right from the start and there was one guy that actually tried to go with him. This lasted about three laps. From then on, Carl was by himself, and although he really did it tough for the last hour or so, he was never in danger of losing his grip on the winner's trophy. He went through the marathon in 2.48. I think we'll see a lot more wins from this guy. He also won the Combination Marathon three weeks earlier. To run a sub six hour fifty all by yourself takes a lot of guts and determination. You've got my respect Carl!

Anyce (Chuck) Melham and Geoff Boase had a bit of a tussle for second place for a while, but Geoff decided he'd had enough at about 60km. and threw in the towel. Maybe the day was too cold for him. After all, he IS from Queensland. A newcomer to the ultra scene, Kevin Hardaker took out third with a very controlled run.

I myself ran with Anyce for a while early on, but decided that he was going a bit too fast for me and I let him go.

Georgina McConnell was her usual self, smiling at people, chatting to fellow runners and running a new women's track record in the process.

RESULTS:	1, Carl Barker	5.51.21
	2. Anyce (Chuck) Melham	6.09.48
	3. Kevin Hardaker	6.37.09
	4. Bob (Mars Bar) Marden	6.41.11
	5. Brad Boyle	6.53.57
	6. Max Bogenhuber	6.57.34
	7. Harry Newman	7.19.14
	8. Kevin Butler	7.41.42
	9. Ralph Bristow	7.48.31
	10. Georgina McConnell	7.51.05 F
	11. Eduardo Vega	7.52.43
	12. Dave Taylor	9.32.54
	13. Wanda Foley	10.53.44 F

22 starters; that makes nine, would you believe nine 'Nancies Boys'?

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## SOUTH AUSTRALIAN VETERANS 50 MILE TRACK RACE HELD AT SALISBURY TRACK, SUNDAY JULY 16TH 1989 by Don Parker

Fifteen runners lined up for the start of the second S.A. Vets 50 Mile Track Race. Among the entries were David Standeven and Graham Stenner from the Westfield Run, last year's winner, Stephen Dunn and three runners from Victoria. The gun went off at 7am on a mchilly but fine morning. The dolomite track was in excellent condition despite some heavy overnight rain.

Right from the start, Stephen Dunn set off as though he really intended to get it over as quickly as possible, with Bob Taggart and Peter Gray staying pretty close. Sue Worley and Helen Barnes, the two ladies in the race decided at this stage to run together. Stephen went through the ten mile in 64 minutes, Bob Taggart 65 minutes, Peter Gray 68 and David Standeven, after a very easy start, 69 minutes - just over three laps behind the leader. At the 20 mile mark, David was running close on the heels of Bob, and within 50m of the lead. The half-way mark was where David began to make his move. He took the lead just before the marathon (2.55.40 to Stephen's 2.56.43) and was never headed again.

Unfortunately, Bob Taggart had to pull out with back trouble at the marathon 3.03.00. This left Roger Stuart in third position, and Jeff Visser fourth. These four finally finished in that order. Sue Worley also had to pull out at 30 miles with a sore ankle, which left Helen to go on alone in the ladies' competition.

A good crowd had gathered by now, enjoying the warmth of the open fire, the BBQ and the race atmosphere. There wasn't a breath of wind at any stage during the day, so conditions remained ideal for good times.

From the marathon distance, David Standeven had the race to himself, and it just remained to see by how much he could break the 6 hour mark for a good p.b. It shows the class of the man when you consider that he ran away from his closest opposition at the rate of 2 minutes a mile. When he finished in 5.58.07, he was 21 laps in front of second placegetter. He made it look so easy!

The marathon distance also saw our masseur Jack Webber working pretty hard. A lot of runners were calling on his services, and he did a great job getting them back on the track and to the finish. A close race was developing for second place between Stephen and Roger. With a mile and a half to go, Roger was a minute in front, but then stopped for a drink. Stephen caught him up and passed him then went out to a decent lead, but then had to stop for a quick rub-down to ease the cramp developing in his calf. With three laps to go he came back onto the track just metres ahead of Roger. Roger couldn't raise enough speed to stay with him. So Stephen stayed in second place for a p.b. Fourth was Jeff Visser, who ran a very even race and unfortunately just missed breaking the 7 hours. Fast starter, Peter Gray was 5th, and Graham Stenner had moved steadily through the field to finish 6th. Graeme Russell ran very even to 50km. and then suffered a few leg cramps, so it was a very game Graeme who crossed the line in 7th place. For both Les King (8th) and Ian Lilburn (9th), it was a first time past the marathon distance. Les (who is a 2.44 marathon runner) must have felt very good when he reached the 20 mile mark in a slow (for him) 2.42.58, so decided to turn it on a bit, and did the next 10 miles in 65.42min. (but then suffered for it over the last 20 miles).

	NAME	AGE	10 MILE	20 MILE	MARATHON	30 MILE	50 KM	40 MILE	50 MILE
1	DAVID STANDEVEN	37	1.9.40	1.4.49 2.14.29	2.55.40	1.09.21 3.23.50	3.31.13	1.18.16 4.42.06	1.16.01 5.58.07
2	STEPHEN DUNN	22	1.4.05	1.06.35 2.10.40	2.56.43	1.21.13 3.31.53	3.42.50	1.42.08 5.14.51	1.31.55 6.46.46
3	ROGER STUART	44	1.10.04	1.11.34 2.21.38	3.10.14	1.21.02 3.42.40	3.52.00	1.34.34 5.17.14	1.31.12 6.48.26
4	JEFF VISSER (Vic)	26	1.15.50	1.16.45 2.32.35	3.22.35	1.21.24 3.54.59	4.08.08	1.37.41 5.32.40	1.35.27 7.08.07
5	PETER GRAY (Vic)	24	1.8.02	1.18.11 2.26.13	3.25.04	1.38.24 4.04.37	4.27.30	1.51.49 5.56.26	1.34.25 7.30.51
6	GRAHAM STENNER	44	1.22.10	1.20.33 2.42.43	3.35.01	1.24.57 4.07.40	4.21.20	1.48.00 5.55.40	1.39.47 7.35.27
7	GRAEME RUSSELL (Vic)	30	1.15.50	1.16.45 2.32.35	3.23.42	1.24.25 3.57.00	4.10.38	2.00.38 5.57.38	1.53.18 7.50.56
8	LES KING	41	1.28.26	1.14.32 2.42.58	3.30.24	1.05.42 3.48.40	4.22.40	2.22.40 6.11.20	1.54.45 8.06.05
9	IAN LILBURN	25	1.28.17	1.28.09 2.56.26	3.58.42	1.38.06 4.34.32	4.46.09	1.56.38 6.31.10	1.43.03 8.14.13
10	ROSS MARTIN	59	1.25.27	1.28.17 2.53.44	3.50.19	1.35.51 4.29.35	4.41.00	2.00.40 6.30.15	1.50.31 8.20.46
11	MURRAY COX	43	1.12.29	1.35.18 2.47.47	4.00.08	1.56.53 4.44.40	4.56.17	2.04.30 6.49.10	1.58.19 8.47.29
	DON COX	44	1.19.42	1.18.07 2.37.49	3.28.20	1.26.15 4.04.04	4.12.30	2.03.56 6.08.00	DNF
	BOB TAGGART	42	1.05.47	1.08.30 2.14.17	3.03.00	-	-	-	DNF
	HELEN BARNES	39	1.40.45	1.42.57 3.23.42	4.19.06	1.52.31 5.16.13	5.32.37	1.50.47 7.07.00	48 mile 544 yards
	SUE WORLEY	41	1.35.54	1.44.51 3.20.45	4.38.08	2-11-08 5-31-53	-	-	DNF

RESULTS: S.A. VETERANS CLUB - 50 MILE TRACK

16/7/89

# RACE REPORTS

Ross Martin, at 59 years, the oldest in the race, ran a very steady race to finish 10th. Ross had a tremendously well-organised army of helpers, who were coming and going all day and helped keep him the happiest-looking runner on the track. Murray Cox started well but couldn't maintain his early pace. He did well at the end to finish 11th in 8.47.29. Don Cox, who is state 20km walk champion was looking good as a runner for a long time, but had to call it a day at 40 miles. Never mind Don, I'm sure you will make it next year.

The organisers wish to thank the Salisbury Club for the use of their track and club rooms, all officials, lap-scorers and helpers, runners and supporters, for turning out and making it a memorable day.

Don Parker.

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## 24 HOUR RACE in PERTH,

27/28TH MAY 1989

by Charlie Spare

The above was conducted by the Centurion Runners' Club at McGillivray Oval on a one kilometre grass track in atrocious conditions. We had wind and heavy rain for most of the first 18 hours. The last six hours were quite pleasant. At the same time, a 12 hour race was conducted. We believe it is the first time that a 12 and 24 hour race have taken place together.

Both races started at mid-day Saturday with 15 runners in the 24 hour and 5 in the 12 hour. Mike Thompson went straight to the lead in the long race and Alan Doak-Smith did like-wise in the sprint. He continued to lap the track consistently to finish with 111.568km.

In the 24 hour, Thompson led the field comfortably until the marathon, when he started to suffer and slowed to a walk. He seemed to have a virus and looked as though he would be lucky to finish. He eventually left the track for a while, and when he returned, seemed a lot better. By this time, he had dropped back to about half-way in the field. By 100kms. he was back to second, and by 150kms. was in the lead, where he stayed to the finish.

In the meantime, George Audley was having a terrible time. He just felt tired for several hours and could not get going. He eventually moved into third place in the last half-hour. It is a tribute to his physical and mental toughness that he made it through the 24 hours at all.

A great first time effort was put in by Phil Pearce to record 183.222km. There must be something special in the air

down Albany way. Ken Eatt ran a personal best of 115.462km. He must be the biggest ultra-runner anywhere. He started running ultras in preference to crewing for Tony Tripp - enough said!

The women's race can be summed up in two words - Trish Spain. She just goes out and laps at a steady pace and never gets upset with her crew or other runners. It is always a pleasure to run against her and she must be a joy to crew for. Before the race started, she told me that no-one would be likely to run personal bests in the weather conditions. At the finish, she had new state records for 50 miles (8hr.36 min.), 100km. (11hr.13min 58s.), 150km, (18hr.51min.42s.), 100 miles (20hrs.05min.16s) and 24 hours (191.207km.)!!

In spite of having to walk for several hours with a severe stomach disorder, Coleen Milbourne managed second place with 161.044km. and is now qualified to enter the Perth to Albany in October. She should go well in this.

We had the usual contingent from Albany and Bunbury, plus Keith Martin from Karratha. He takes part in the Black Rock Stakes, plus we had Val Case from her new home in Townsville. After the weather they have had up there recently, together with what we gave her in this race, she must have wished she had stayed in Melbourne.

The race was sponsored by Hi-Tec and organised in the usual efficient way by Tony Tripp and Garry Clark. The smooth running of the event was in the hands of Jeff Whittham of the Vets. He kept hourly totals up to date in spite of the rain and clock malfunctions. Many thanks to St.Johns and A.S.A. who help out every year.

## RESULTS: 24 HOUR RACE

1. M. Thompson	201.228
2. T.Spain (F)	191.207km.
3. G.Audley	181.948
4. P.Pearce	173.222
5. B.Kennedy	173.000
6. K.Martin	163.000
7. D.Scott	162.000
8. C.Milbourne (F)	161.044
9. C.Spare	148.568
10. J.Arthur	131.000
11. K.Eatt	115.462
12. B.Oostdam	108.000
13. V.Case (F)	105.000
14. A.Croxford	85.000
15. S.Leakias (F)	42.000

## RESULTS: 12 HOUR RACE

1. A.Doak-Smith	111.568
2. G.Prosser	110.303
3. D.Bird	105.562
4. T.Tripp	102.253
5. A.Bird (F)	79.389

# RACE REPORTS

## THE MEN FROM DOWN UNDER AT THE LEADVILLE TRAIL 100

by Max Bogenhuber

The 'Bud Light Leadville Trail 100' was held on Saturday August 19th, 1989. I think this was the seventh running of the event. For the first time in its history, entries had to be rejected due to the run participant limit of 275 being reached. As it turned out, only 257 starters showed up on race day, of which 117 would fail to finish the course in the time limit of 30 hours.

Leadville is a small mining town of about 4,000 people, located about 180kms. southwest of Denver, Colorado. It is the highest in the U.S. at an elevation of 10,152 feet. The mines have been closed down and the annual hundred miler is the highlight for the year, with the entire town getting involved in the event and welcoming all participants to the town. Runners converge from all over the U.S. with a sprinkling of overseas competitors. This year, these included Geoff Hook from Melbourne, and myself from Sydney, being the Aussie contingent. To the best of my knowledge, only one other Australian has completed the event before, it being Guy Schibert from Adelaide, while he was living there.

Geoff and I arrived in Leadville about ten days before the event and got right down to some serious acclimatization by going up Hope Pass (the highest point of the race at 12,600 feet) on arrival. We were both billeted out with local families, which is a cheap way to do it, but does have some drawbacks. Leading up to the race, we ran every day except the last two, including one run up to 14,000 feet. The air is so thin up there it feels like you are running with a plastic bag over your head. One is always gasping for breath and consequently, severely limited in one's performance. The weather can change within minutes from a balmy 20 degrees to a wet and freezing sub zero, with lightning and driving sleet and even snow. Obviously, life was not meant to be easy for an ultra runner at Leadville.

The course is 50 miles out and back again, with the terrain being flat bitumen roads to chin-scraping mountain goat trails that are downright dangerous, particularly in the wet at night. There are two 11,000

foot mountains and one 12,600 foot mountain to be crossed, twice. The lowest point in the race is 9,200 feet.

The race started at 4:00am, on the main street of Leadville, with the moon at its fullest. Obviously a night for loonies. Geoff and I started out reasonably conservatively, with my brother Fred joining us. Fred had run this thing before and had a better understanding of the demons out there waiting for us to make a mistake, so they could ambush us. The three of us managed to stay reasonably close together for the first 17 miles or so. At this point, Hookie decided that the pace was too slow and, with Fred in hot pursuit, disappeared into the distance. I managed to catch up with Fred by about 25 miles. We then ran together for the next 5-6 miles. With Fred dragging the chain, I decided to go on my myself.

At the 37 mile aid station, I caught up with Hookie, and we sort of ran together until we hit the steep ascent of Hope Pass, which is where Geoff started to have his first problems. I soldiered on ahead and reached the half-way point, on the other side of Hope Pass, in just under 9 and a half hours. There, my weight was taken and just as I was leaving, Fred rocked in looking all cheerful. We exchanged a few words and I was off to head back to the finish, 50 miles away, feeling still relatively good. I think I was in 17th place at the turnaround. Heading back up Hope Pass, it started to dawn on me that this really was a hard run. Somehow this mountain had grown a bit and I had a lot of trouble getting up its back side. But everyone else had just as much trouble and I was only passed by two runners, which I would pass again going down the other side. About half-way down the other side, Fred came past on a steep downhill section, doing a hundred miles an hour. He meant business! He flew down that hill so fast I lost sight of him within minutes.

It was a sight for sadists watching all these people still making their way up one side while we were already going down that side and heading for home. But not much sympathy is shared in these races. It's every dog for himself. The mountain is just as steep for everyone. Heading out of the 67 mile aid station, I made a fatal mistake. Between aid stations, I had been eating

# RACE REPORTS

'Powerbars' (an American product that supplies energy faster than anything else I had ever eaten), but I was so concerned with catching Fred that I plain forgot to stock up my bag with the customary Powerbar. As I made my way up the next mountain, this one only being a wimpy 1,000 feet, I realised that I had nothing to eat until the next aid station, about two and a half hours away. I battled fatigue, hunger, altitude and gravity by myself till I reached the 71 mile aid station. There I ate some soup, drank some Exceed, filled my water bottle and headed out into the late afternoon. I had to try and get to the next aid station before dark, as that is where I left my torch for the return trip.

I arrived at the 78 mile aid station in pretty bad shape. Night had fallen and the temperature had fallen considerably. There I ate some more soup, put on my warm clothing, grabbed my torch and managed to get back out pretty quickly. There is always a big temptation to stay in these aid stations, with warm heaters going, comfortable chairs to sit down on and pretty girls offering leg massages. This is just another one of the many demons you have to fight. Most runners take on a pacer at this stage, but not this boy. I left this aid station in 16th place determined to give those last 22 miles hell!

Heading up the last of the mountains, another piddly little 11,000 footer, I passed four runners and their pacers. Going down the other side, I passed another runner and his pacer. On top of that last mountain, I got caught in a pretty nasty thunderstorm, with lightning, hail, rain, sleet and snow. Luckily, it only lasted about 20 minutes. Still, I was frozen stiff when it was all over. Arriving into the last aid station, I was in feeling pretty bad again. But when I saw Scott DeMaree, one of the top trail runners in the U.S., I felt a lot better. I did the essentials and got back out before Scott. That put me in 10th place. I felt pretty good about that.

The last 12 miles went on forever. First you follow the lake on a very narrow, rocky and, in places, muddy track. Then, with about five miles to go, you hit the bitumen road which leads back into Leadville. Along the lake, I passed another runner and his pacer. The bitumen road was mostly uphill and running was a real problem. My left foot, which was operated on last year,

hurt like hell and my stomach refused all food and drink. With about half a mile to go, I passed another runner and his pacer. I could now see the lights of the finishing area and I was spurred on to one last effort of running. Ecstatic, I crossed the line in 21:31:50, in 8th place. Fred beat me in by 32 minutes and was waiting there for me. We checked on Geoff's progress and found out that he was having problems. We both crossed our fingers for him and hoped that he would be able to make it through, which he did in 27:27:37.

The winner was Sean Crom in just under 19 hours, with Cathy D'Onofrio winning the women's in 20:50 (5th outright). Of the 257 starters, 140 finished, with 45 getting under 25 hours to get the big gold and silver buckle. Under 30 hour finishers get a smaller, all silver buckle.

Comparing the Leadville Trail 100 with the Western States 100:

1. Leadville is definitely the slower course; everyone runs slower there. It is in a way more difficult because of Hope Pass and the altitude throughout the entire run.
2. Aid stations are spread much further apart (the closest being 7 miles, the furthest 13 miles).
3. The running surface is better when it is good, but worse when it is bad.
4. It is a friendlier run, but has less media coverage and less hype.
5. Western States is much hotter.
6. Western States has more runnable surface, the downhills are quad-destroying, but altitude is not really a factor, as you drop down from 9,000 feet to about 2,000 feet.
7. Weather conditions are much more predictable, which means you don't have to carry so much gear.

It is a pity that not more Aussies give these trail runs a go. They really are something else.

Max Bogenbuber.



Photo courtesy Stan Wagon/Ultrarunning

Diminutive Cathy D'onofrio, this year's first lady winner and fifth overall, pounding the trail.  
Reproduced from "Mountain Athlete", August 1989.

# RACE REPORTS

## RAY CARROLL'S REPORT

HI-TEC INTERNATIONAL 24 HOUR CHALLENGE HELD AT OLYMPIC PARK

MELBOURNE , ON 19TH AND 20TH AUGUST 1989

Dear Dot,

In this letter I wish to personally thank you and A.U.R.A. for your support of my vision and endeavour to persist with seeing this inaugural Olympic Park 24 Hour Track Race, through which will definately be on again next year and will continue while there is the support to do so. Also I like to remind everyone of the patrons of the first ever INTERNATIONAL 24 HOUR CHALLENGE FOOTRACE in Australia - Cliff Young and George Perdon. The achievements of these two great runners has inspired many people to take to running - just how many have been inspired in this country, would be immeasurable. Hence why we the International 24 Hour Challenge Committee felt this honour should be bestowed upon these two doyens in recognition of their achievements.

This Race had everything right from the start. Malcolm Campbell from the International Association of Ultra-Runners (IAU), John Legge from the Road Runners Club in Britain have both provided so much support for the event plus recognition from the Australian Athletic Union (AAU) allowed UK Runners Eleanor Adams and Patryk Macke to wear their British vests as recognition from the BAAB for their achievements in the sport of ultra running (this was the first time in history that a 24 hour track race has had this distinction).

On Race day there was the playing of the UK, New Zealand and Australian National anthems, followed by a minutes silence for the runners and then Brad Camp (Australian marathon representative in Seoul 1988), fired the starting gun which set off 4 Omega digital time clocks running for 24 hours in what was the best field of elite 24 Hour Track Runners ever witnessed in Australia. Next year will be even bigger and better. The Race itself saw Bruce Cook (Australian 50 mile record holder) go to the lead and first through the marathon in 3:14:45 followed by David Standeven, Eleanor Adams, John Breit running closely together. Patryk Macke (UK) went through the marathon in 3:27:42 about four minutes behind in fifth place. Bryan Smith (VIC), the eventual winner ran a brilliant race to stay within touch but not going too early, he went through the marathon in 3:29:42.

The Race was very consistent until the 12 hour mark where David Standeven was carrying on from his brilliant first over the line in the 1989 Sydney to Melbourne run, to be leading Bryan Smith, Eleanor Adams, Patryk Macke and John Breit. While this consistent intrigue among the top runners was occurring, Australia's virtually unknown and unranked woman in the race - Dawn Parris was running a magnificent and courageous performance from a Woman about to run into unknown territory having never run past twelve hours.

The Race continued to get more exciting with brilliant consistent running from the leading bunch. Eleanor runs 14:44:25 for the 100 mile (World record is held by Anne Trayson (USA) in a time of 14:29:00 - keeping in mind she was running in a 100 mile race only, not a 24 hour track race). Dawn Parris runs 17:52:53, another Australian record, for her 100 miles. The Race now takes on a very emotional aspect as details of Tony Rafferty's, Pat Farmer's and Dave Taylor's 1000 mile results keep being announced. Race organisers personally would like to congratulate Tony Rafferty on such a terrific perfomance. It was like a unique form of 'Ultra' unity.

Bryan Smith goes to the lead during the sixteenth hour. David Standeven's legs were now reminded of his Sydney to Melbourne effort. Eleanor Adams smashes the first of two World records running through the 200kms in 19:28:48. Everybody was in tears or at least on their way as Eleanor hugged lap scorers and handlers and even the course announcer. At this stage race placings were Smith, Standeven, Adams, Breit and Macke with New Zealander John Lewis running consistently in 6th spot.

Peter Gray was also performing well and stands out as becoming the most improved ultra-runner in Australia to be in 7th position in this elite field, was surely an outstanding performance. Watch out for Peter in the future.

Back to the Race and Dawn Parris has smashed another Australian record for 200kms in 23:25:40. Magnificent running then takes the remaining available Australian record for 24 Hours with a most admired distance of 203.650kms. From not being ranked, Race organisers placed their faith in Dawn Parris and cannot applaud her enough. congratulations.

Georgina McConnell had been achieving very quietly, smiling and showing that her performance places her third best ever in Australia covering 195.355 kms, showing that we do have some very strong female ultra-distance runners coming into recognition. It was significant having Cynthia Herbert (current Australian record holder) congratulating Dawn Parris for taking Cynthia's records up to the 24 hour mark. Women in sport; true sporting fellowship displayed.

Meanwhile Bryan Smith running too strongly now to be passed by David Standeven but Eleanor Adams had now run so strongly that she had moved into 2nd place overall.

Firstly to Bryan Smith. I believe that 254.515 kms was for me an indication that you are truly the best all round track ultra-runner in this country. Second ranked in 24 hours now, first ranked in 48 hours and first ranked in 6 days. A worthy Champion.

Next Eleanor Adams is certainly a true athlete; a great run in the Sydney City to Surf to be placed in the top four women and only 12 minutes behind Steve Monagetti, then three British records and two World records a week later and now the new 24 hour World Track Champion with a distance of 240.169 kms. And then to follow up with finishing first Woman in the De Castella 14km Fun Run on Sunday 27th August in 50 minutes 52 seconds. It has truly been a fantastic inspiration to Women of this country to have you run here in Australia. Thankyou Eleanor.

David Standeven - a fantastic performance considering this years' events already. You would have to be named Australian Ultra Runner of the year. Second at the Victorian Championships at Coburg with a distance of 242 kms, first in the Sydney to Melbourne and third at Olympic Park with a distance of 238.407 kms. I'm sure I speak for everyone concerned with the Race that it was such a pleasure to see you run so well with so many good runners around you.

Graveyard awards were won by Trisha Spain (WA) who covered 90 laps from 11.00pm to 5.00am and John Lewis (NZ) who covered 121 laps. Well done considering half of this was completed through the heaviest terrential rain Melbourne could have witnessed!!

The emotions in this race were very strong with handlers, lap scorers, race organisers and race sponsors trying so hard to give as much of themselves to make this race such a success. So many people helped like the Australian Athletic Union (AAU) represented by Rick Parnell, Greg Mason from the Victorian Athletic Association (VAA) and the BAAB and IAU, plus Olympic Park Management who worked double time to have everything work out.. Everyone's support was magnificent.

A long term vision and thoughts in one's mind  
Some planning to fulfill a race of one kind  
It'll never happen there's no way you'll do it  
Well it has and here it is that's what you call spirit!

Twenty four hours in the heart of Melbourne City  
Under lights, Olympic Park - to miss it a great pity  
Twenty four runners all elite in their way  
The International 24 Hour Challenge is here to stay."

So many hours in planning for days on end  
The best race in Australia that's what we intend  
The media alerted and TV stations phoned  
The 24 Hour Challenge was about to become known.

Only four weeks to go and the race was to start  
New Zealand and UK runners had their flights booked to depart  
Everything getting organised the show on the road  
However no-one had the time to sponsor a race of this mode.

Then Hi-Tec to the rescue - a marriage in disguise  
Ultra-running and athletic footwear brought glee to our eyes  
The race had a name and a brand new face  
'The Hi-Tec 24 Hour Challenge International Footrace'.

And then came the theme for this emotional event  
A truly inspiring message was about to be sent  
'One Day in the Life...' for all and for one  
'How far can Woman and Man run in the cycle of the Sun'?

Launch day arrived for this inaugural run  
Thursday 17th - VIP Lounge Room number One  
A sigh of relief when the 'podantic pomme' arrived  
Nearly stranded in Japan, Patryk almost left us deprived.

Before we all knew it Race day was upon us  
Everything organised and completed a must  
The booklet, the lap-scorers, the uniforms, the tents  
The tiniest detail to perfect was all meant.

And then there it was Race day finally here  
Ray Carroll and Dot Browne finalising details to adhere  
Runners all registering in the VIP Lounge  
Nerves all around within Olympic Park Ground.

Thirty minutes to race start and all runners on the track  
Three National anthems played - emotional tears held back  
Cool Melbourne August temperatures no sun in the skies  
Runners all geared up to run the race of their lives.

Scoreboard all ready four clocks set in time  
Brad Camp - Guest of Honour - also a runner in his prime  
Set the gun in his hand the anxiety on their faces  
Runners get ready take your mark and your places.

Race all underway and now concentration sets in  
Runners all aspiring to the challenge from within  
There's records to be broken and personal bests to achieve  
Little do observers know just what they'll perceive.

The first wall knocked down as the marathon is completed  
All runners by four hours and certainly not defeated  
The emotions and excitement is shared by all on this day  
As we all grow together bonding in a unique 'ultra' way.

And as the race progresses the excitement grows all around  
As wonder lady Dawn Parris smashes records to the ground  
First of all the 12 Hour an amazing One One Seven k's  
Such an inspirational performance we were all pleasantly amazed.

Women in this sport have captured peoples' hearts  
Encouraging all others playing their motivational parts  
Nothing more sensational like at the 200 k mark  
When leading lady Eleanor smashed World records at Olympic Park.

Alas, not only one, but many more records to her name  
As Eleanor continues to break through barriers of pain  
Olympic Park stands still to witness her great feat  
And tears roll down the faces for this World champion Woman athlete.

Bryan Smith is biding time and running extremely well  
Champion ultra-runner - the Winner you could tell  
And at the 24 hour mark he displayed his humble ways  
First in the inaugural Challenge - see how determination pays.

The smallest in appearance yet so huge in desire  
A gutsy man indeed and by far a great trier  
You captured all our hearts in the Sydney to Melbourne Run  
Third overall this day - in ultras David you're number 1.

Smith, Adams, Breit and Standeven are achievers on the track  
They're elite in their way as is Lewis, Mitchell and Macke  
All the runners have collectively thrown in all of their weight  
For the unity and support towards the race feeling so great.

Special mention for two athletes and very honourable gentlemen  
George Perdon and Cliff Young whose endeavours never end  
Both made patrons to the event for their contribution to the sport  
We can't thank them both enough for their kindness and support.

Now the race draws to an end there's relief all around  
Such an historic race performed here at Olympic Park Ground  
The run is finally over but the Challenge never ends  
A very emotional event for a group of very special friends.

And as we all say goodbye with medals in hand  
We now realise the outcome of a vision from one Man  
The hard work is over from the pressures and the strife  
This was certainly one hell of 'A Day in the Life'!!

<b>HI-TEC INTERNATIONAL 24 HOUR CHALLENGE FINAL RESULTS 1989</b> <i>one day in the life .....how far can woman and man run in the cycle of the sun</i>										
OLYMPIC PARK- MELBOURNE										
PLACE	RACE RANKING	COMPETITOR	MARATHON	50 km	50 ml	100 km	100 ml	200 km	12 HOUR	24 HOUR
1 <sup>st</sup>	6	Brian SMITH (Vic)	3:29:42	4:08:18	6:53:48	8:42:34	14:21:13	18:13:19	135.20km	254.515km
2 <sup>nd</sup>	8	Eleanor ADAMS (UK)	3:23:03	4:01:34	6:39:46	8:32:01	14:44:25	*WR 19:28:48	134.80km	*WR 240.169km
3 <sup>rd</sup>	2	David STANDEVEN (SA)	3:22:04	3:59:03	6:31:45	8:17:13	14:17:01	18:46:46	137.60km	238.407km
4 <sup>th</sup>	4	John BREIT (Vic)	3:23:36	4:02:52	6:51:40	8:52:06	15:36:33	21:02:04	127.60km	227.557km
5 <sup>th</sup>	1	Patryk MACKE (UK)	3:27:42	4:04:39	6:47:11	8:44:05	15:26:25	20:52:29	131.60km	224.405km
6 <sup>th</sup>	9	John LEWIS (NZ)	3:50:14	4:32:53	7:28:51	9:27:35	16:18:45	21:29:10	124.00km	217.702km
7 <sup>th</sup>	15	Peter GRAY (Vic)	3:50:36	4:38:46	7:42:14	9:58:30	16:38:58	22:04:24	120.40km	214.166km
8 <sup>th</sup>	12	Bill BEAUCHAMP (Vic)	3:43:50	4:28:06	7:59:30	10:09:15	17:48:57	22:49:59	114.80km	209.715km
9 <sup>th</sup>	11	Greg WISHART (Vic)	3:37:40	4:24:15	7:30:40	10:10:25	18:42:35	23:16:34	113.20km	208.088km
10 <sup>th</sup>	17	Brickley HEPBURN (Vic)	3:49:36	4:33:00	7:31:59	9:29:38	16:35:52	21:10:33	123.60km	205.235km
11 <sup>th</sup>	N/R*	Dawn PARRIS (Vic)	3:49:35	4:35:17	7:41:49	9:46:09	* 17:52:53	* 23:25:40	* 117.60km	* 203.650km
12 <sup>th</sup>	21	Georgina McCONNELL(NSW)	3:53:17	4:40:47	8:06:42	10:22:32	18:47:20	—	110.80km	195.355km
13 <sup>th</sup>	16	Graham STENNER (SA)	3:58:59	4:45:00	8:16:04	10:34:25	20:02:15	—	106.40km	188.537km
14 <sup>th</sup>	N/R*	Andrew LAW (Tas)	3:33:26	4:24:24	8:01:59	10:17:06	22:02:45	—	108.40km	179.002km
15 <sup>th</sup>	5	Cliff YOUNG (Vic)	3:41:02	4:29:14	8:24:37	11:21:44	21:58:23	—	104.40km	173.768km
16 <sup>th</sup>	19	Trisha SPAIN (WA)	4:00:04	4:48:22	8:10:30	10:39:32	20:57:23	—	109.60km	162.913km
17 <sup>th</sup>	14	James WOLSTENCROFT (Vic)	3:52:46	4:55:56	9:14:57	11:59:04	—	—	100.00km	150.598km
18 <sup>th</sup>	3	Don MITCHELL (NZ) W/D	3:30:32	4:13:04	6:52:26	11:00:59	—	—	106.40km	123.600km
19 <sup>th</sup>	7	Joe RECORD (WA) W/D	3:42:00	4:45:43	8:58:59	12:56:59	—	—	98.40km	118.400km
20 <sup>th</sup>	10	Ian JAVES (Qld) W/D	3:38:50	4:26:24	7:17:25	10:25:55	—	—	115.60km	116.400km
21 <sup>st</sup>	18	Bruce COOK (ACT) W/D	3:14:45	4:08:40	8:06:43	12:23:32	—	—	96.80km	101.200km
22 <sup>nd</sup>	13	Mike THOMPSON (WA) W/D	3:26:24	5:11:21	10:32:47	13:49:45	—	—	91.60km	100.000km
23 <sup>rd</sup>	20	George PERDON (Vic) W/D	3:51:02	5:39:08	—	—	—	—	—	50.000km
	N/R*	Not Ranked (1st 24HR RACE)								

Ray Carroll received some interesting support from the ultrarunning hierarchy, both on a national and international level.

Would you please tell Eleanor Adams and Patrick Macke to wear their Great Britain vests for your race at the weekend. I have this officially from the British Amateur Athletic Board.

Also, you have probably heard by now that the Milton Keynes 24 Hour indoor race on 3rd and 4th February 1990 is to be the first ever anywhere International 24 Hour Championship. We plan to obtain sufficient sponsorship to invite on an expense-free trip, overseas athletes who have run in excess of 145 miles (233km). Australians who have run over 120 miles (193km.) may apply to enter at their own expense. For women, the distances will probably be 133 miles (210km) and 110 miles (177km).

There is also our National 100km Championship in Nottingham, U.K. on 3rd June, 1990. For these, no qualifying times are set though the course will be closed after 12 hours. As this is a British Championship, no sponsorship of overseas runners is on offer, but Australians are very welcome at their own expense.

On behalf of the Road Runners Club of Great Britain, I send greetings to the organisers, competitors and all those involved in Melbourne's great 24 hour track race on the 19th and 20th of August, 1989. We wish you good luck in your endeavours and may many records be broken, whether it be the World Record or your own personal best. Your endeavours will help to further the interest and spirit of Ultra Distance Running, now one of athletics' fastest growing disciplines.

Very sincerely,

John Legge (Chairman of Council, Road Runners Club, U.K.)

\*\*\*\*\*

To Melbourne 24 Hour Track Race,  
Olympic Park.

I send my good wishes and greetings to all those who are participating in the Melbourne 24 Hour Track Race. I wish you luck in all your endeavours and great success.

Yours sincerely,

Malcolm Campbell (President, International Association of Ultrarunners)

## Australian Athletic Union

National Office:  
710-722 Mt. Alexander Road,  
Moonee Ponds, 3039  
Victoria, Australia.  
Telephone: (03) 370 7555.  
Telex: AA151673 COBBER.  
Fax: (03) 370 9739.  
Postal Address:  
P.O. Box 254,  
Moonee Ponds, 3039  
Victoria, Australia.



A member of the  
International Amateur  
Athletic Federation

### MESSAGE TO COMPETITORS

Athletics Australia would like to wish all competitors in the inaugural Hi-Tec International 24 Hour Challenge the best of luck in this most taxing event.

JEANETTE BROWN  
ACTING GENERAL MANAGER

# Ellie's new 24hr record

By NICK BIDEAU

ENGLISH long distance runner Eleanor Adams smashed her 24-hour world record in the Hi-Tech International 24-hour Challenge at Olympic Park at the weekend.

Adams logged up 240.2km from 11am Saturday to 11am yesterday in the Challenge, to find out how far competitors could run in one day.

She finished second overall, behind Brian Smyth, from Melton, who ran 254.1km.

With one-and-a-half hours remaining, Adams broke her record and managed to run another 18km, while closing on Smyth.

Dawn Parris finished second in the women's category, running 203.6km for an Australian record. She also set Australian records for 100 miles — 12 hours and 200km.

Third overall, and the second man home, was South Australian David Standeven who, earlier this year, was the first man across the line in the Sydney to Melbourne race. He ran 238.2km.

Cliff Young finished 14th overall running 173km. He was first over 65 to finish.



● Winner ... Brian Smith, from Melton.



● Lapping it up ... Dawn Parris.

● Record-breaking feet ... Eleanor Adams in agony after the race as helpers tend her aching feet at Olympic Park yesterday. Pictures: KARL JAHN

Thankyou Dot, for your inspiration, energy and the knowledge you have bestowed upon us during the inaugural International 24 Hour Challenge at Olympic Park.

We have all increased our skills and appreciation of this sport and look forward to exhibiting our skills in future races. We are grateful for the contact with these elite runners and enjoyed their camaraderie as well as their efforts during this fantastic event.

Especially we congratulate Raymond Carroll for his vision and the fulfilment in providing an opportunity to illustrate the talent not only of our Australian runners, (the Champion Woman; Dawn Parris and the up and coming athletes promoting Women in Sport - Trisha Spain and Georgina McConnell), but also the World Champion Eleanor Adams, Patryk Macke, Don Mitchell and John Lewis. They all provided an inspirational performance. The efforts of Bryan Smith, David Standeven and John Breit were truly magnificent considering all three had competed in the 1989 Sydney to Melbourne Run only months beforehand.

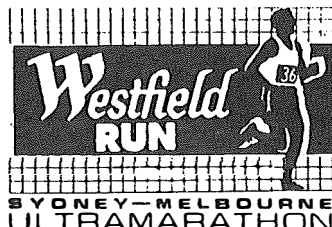
We would like to especially congratulate all the Runners for their performances and special thanks must go to yourself, all involved AURA members and the many helpers that were available at this inaugural event. The Eastern School of Tactile Therapies were proud to be associated with you, thankyou Dot.

Until we meet again.

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Annette Walsh      Sue Cook      Kim Talbot  
STUDENTS OF THE EASTERN SCHOOL OF TACTILE THERAPIES

... News on the '89 ...



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

The 1989 Westfield Run between Sydney and Melbourne - a gruelling 1011km ultramarathon footrace - was embroiled in controversy well before the event started on May 18.

The Greek God of Ultrarunning and race favourite, Yiannis Kouros had competed in a 100km ultramarathon in Stellenbosch, South Africa, earlier in the year and there was much speculation that he may have been included on a United Nations blacklist. The fact that Kouros raced in South Africa was never disputed, however the circumstances of his entry into the event, and the obvious neglect of his Greek Federation to officially warn him of the consequences of his decision to run were mitigating factors.

Kouros claimed that he is constantly ignored by his Greek Federation who simply refuse to recognise ultramarathon running as an official sport. (A government minister once told Kouros that he regards ultrarunning in the same category as spaghetti-eating competitions). It is difficult to comprehend such an attitude in a country famous for the legends surrounding marathons and ultramarathons.

Race organisers believed that the Greek Federation (SEGAS) was negligent in their handling of this issue and that Kouros was genuine in believing that he would compete in South Africa as an "olympic idealist". He may have been politically naive, but he was certainly sincere in his belief of the olympic ideal, i.e. that people of all nations should be able to compete against each other regardless of colour, creed or nationality.

He was also fervent in his condemnation of racism in any country and vowed he would never again compete in South Africa until that country's sporting sanctions were lifted.

Meetings were held with Anti-Apartheid representatives in Australia. It was resolved they would not object to Kouros entering the event if he was prepared to sign a United Nations pledge never to compete in South Africa again. Kouros agreed and the pledge was signed.

The IAAF then advised that the Kouros incident would be fully investigated by his Greek Federation and that he was therefore free to compete in the Westfield Run.

At about the same time, Race Organisers received an application from the inaugural winner of the event in 1983, 67 year old potato farmer, Cliff Young. Cliff had just separated from his wife of 5 years, 27 year old Mary Young, and wanted to run from Sydney to Melbourne to get his mind off it.

Cliff was then put through a total fitness test under full view of the Australian media, and he came through with flying colours.

The City of Liverpool declared race day as a special occasion. A carnival atmosphere quickly developed as thousands flocked to Westfield to witness the most exciting start ever staged since the race began in 1983.

Kouros slept in his motel as the other 33 competitors lined up at the starting line at 11am. He was not due to start his race for another 12 hours, as he had agreed to a delayed start because of his huge winning margins in the past.

At precisely 11am, competitors from USA, Sweden, Yugoslavia, Japan, New Zealand, and every state in Australia set out on their epic race.

The field included a father and son team with a difference. The father, Terry Cox Senior was a reformed alcoholic, and his son Terry Cox Junior, a reformed drug addict. Now they were setting off into another unknown journey as confirmed running addicts.

Another competitor, Kevin Mansell, had also been down the road to nowhere. A homeless child, an ex-alcoholic and chain smoker, a man who had tried to take his own life on two previous occasions because he felt life was too cruel to live, was now on a new mission. He had run and finished the event in 1987 (just to prove he was worth more than nothing), he wiped 39 hours off his time in 1988 and finished 7th out of a field of 43. This year he was out to win.

Other competitors included the world 2000 mile record holder, Marty Sprengelmeyer of the USA; the winner of the 1988 Greek Spartathlon and 2.18 Boston marathoner Rune Larsson of Sweden; the 1986 winner, Dusan Mravljje of Yugoslavia; second placegetter in 1988, Dick Tout of NZ; the greatest ultramarathoner of all time, Yiannis Kouros of Greece, and the inaugural winner and Australia's most loveable hero, 67 year old Cliff Young.

A battle for the lead quickly developed between Tout and Mravljje. Each one forgot the golden rule of running within themselves for the first few days and set out to run the other into submission. They led

A special thanks to Hi-Tec Sports Athletic Footwear with Paul Deller and Ken White in Melbourne and Trevor Holeman and Ian Innes from Sydney, who made the Race financially possible. Their support and enthusiasm was encouraging.

The Race theme stands each year.

"One Day in the Life ... How far can Woman and Man run in the cycle of the Sun?"

More importantly to all the Runners - the work was a pleasure to make the Race run as efficiently as possible so as to help support the sport of Ultra-Distance Running.

To the Runners and everyone involved - CONGRATULATIONS!! See you next year.

Yours in good health

Ray Carroll

Raymond K. Carroll  
RACE ORGANISER

P.S. Special mention to the committee comprising Dot Browne, Daryl Foley, Sue Cook, Annette Walsh and Kim Talbot. To the Eastern School of Tactile Therapies (ESTT) - Warmest thanks.

The International 24 Hour Challenge was sponsored by:



HIGH TECHNOLOGY ATHLETIC FOOTWEAR



THE WIZARD OF ID

by Brant parker and Johnny hart



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the race for the first 26 hours with neither one willing to succumb. Mravlje shouted to Tout, "This is stupid!" Tout replied. "I know" but still they kept up the pace. Their tactic was to establish a break on the other and then concentrate on holding Kouros at bay.

In the meantime, Kouros had started to a rousing send-off at 11.00pm and had moved to the centre of the field within his first 36 hours.

Tout became the first casualty of his duel with Mravlje and was out of the race at the 318km mark. Mravlje then began to fade and eventually retired at the 803km mark. Both paid the price for a foolish strategy.

National attention was then focussed on the sentimental favourite, Cliff Young as he struggled to make the cut-off points in Canberra (255km) and Cooma (370km). Eventually, Cliff succumbed at the 415km mark, a mere 10km short of the Bombala cut-off. He then announced his retirement from future Sydney to Melbourne races.

The race lead was then taken over by David Standeven from South Australia. David is one of the quiet achievers in Australian ultrarunning and his move to the front of the field was unexpected.

Standeven's move did not initially cause any great excitement because Kouros continued his progress through the field and was placed third at the beginning of the fourth day.

But then cracks began to appear in the Kouros machine.

Mansell was sitting in second position and was overtaken by Kouros as they entered the rolling hills through East Gippsland. Mansell came back at Kouros and passed the hitherto invincible Greek on the next down leg. Kouros passed Mansell on the next climb. Mansell attacked again on the next down leg and passed Kouros. Kouros regained the lead on the next climb. Their duel continued for 12 hours through 160km of rolling terrain. Mansell passed Kouros five times that day and Kouros acknowledged this effort by the former alcoholic before he entered the flatter terrain of the coastal region.

Speculation was now rife as to whether Standeven could withstand the final 300km surge from Kouros. Standeven stuck gamely to his race plan and Kouros continued to close the gap. Within 100km of the finish, Kouros was gaining at a rate of 1km per hour, but then suddenly Standeven picked up the pace. Statistical projections had them finishing within seconds of each other. Suddenly the Westfield had become a race.

Kouros now sensed that he might not win line honours and he picked up the pace again. Standeven was now totally exhausted but he also sensed he might be able to hold off the Kouros challenge. He struggled on.

Ten kilometres to go and Standeven was almost delirious. He was running on memory. His frantic crew were screaming at him to follow the lights of the police escort vehicle. The group had been joined by every media camera and reporter in Melbourne.

Kouros himself became frantic. He had plenty in reserve, but now realized he may have misjudged his final run. He looked fresh and strong and picked his pace up to 15km per hour as he entered the final 20km of the race. Thousands of Melbourne's Greek fraternity turned out to chant him on and the police worked overtime to maintain a clear path through to the finish.

Five kilometres to go and Standeven slowed to a halt. It was everything he could do to maintain direction. His crew chanted in desperation but nothing seemed to register anymore. Somehow he managed to keep following the flashing blue light, but ever so slowly.

The gap continued to narrow until the lights of Westfield came into view and it was clear that David was going to conquer Goliath for line honours.

Standeven stumbled deliriously across the finish line. He was embraced by his jubilant teenage daughter and collapsed into the arms of his wife Cheryl. He was suffering from dehydration and exhaustion and was rushed to hospital by ambulance. He had pushed himself beyond the limits of human endurance in this memorable run.

Kouros crossed the line 32 minutes behind Standeven and won the event on lapsed time. He looked as if he had just finished a 10km training run.

Kevin Mansell finished in third position, 9 hours and 4 minutes behind Standeven. He had reduced his p.b. by a whopping 67 hours and 56 minutes since he first ran the event in 1987.

Over the next two and a half days, the remaining 17 competitors crossed the line to share winners' honour in the greatest race on earth.

Charlie Lynn (Race Director)

50.



The inspiration for the new award, Cliff Young, presents the hand carved wooden gumboot award (The Cliff Young Trophy) to first Australian across the finish line, David Standeven.

## KOUROS - THE INVINCIBILITY GAP NARROWS

Charlie Lynn

Not since Pheidippides has such a name been revered in the circles of ultrarunning as that of Yiannis Kouros.

He has been described variously as a human running machine, the Greek God of Ultrarunning, a Colossus of the Roads, etc. He is able to smash world ultra records at will and the longer the distance the more incredible are his performances.

In his first Westfield Run between Sydney and Melbourne in 1985 he simply spreadeagled the field from day 1 and went on to defeat the existing world 1000 mile record holder, Siegfried Bauer by 24 hours and 39 minutes.

Kouros returned to defend his title in 1986 but had to withdraw from the event just two days before the start with a stress fracture in his foot. Ultrarunners around the world gave a collective sigh because this was the first sign that Kouros was actually made of flesh and blood. Some even wondered if his blood classification was CX-3 up until this point.

He returned in 1987 and easily defeated Patrick Macke of the UK by 26 hours and 34 minutes.

The following year, race organisers convinced Kouros to accept a 12 hour delayed start because it was almost impossible to maintain public interest in an event with such a predictably large winning margin. Dick Tout of New Zealand threw down the gauntlet to Kouros but was finally beaten by a margin of 16 hours 4 minutes.

In 1989 David Standeven of South Australia came from virtual oblivion and captured national headlines when he crossed the line 32 minutes ahead of Kouros. Kouros actually won with a margin of 11 hours and 28 minutes.

Ultramarathon observers are now beginning to ask whether the apparent invincibility of Kouros is as real as was first thought.

There is no doubt that Kouros' performances continue to improve. Since 1987 he has reduced his PB for the Westfield Run by 16 hours and 47 minutes. This is an incredible achievement by any yardstick.

But recent performances that were considered to be incredible as recently as four years ago are now being surpassed by other competitors. This means that the performance gap is closing and may well herald a new era for ultrarunning.

Consider David Standeven's rate of improvement. He has reduced his PB for the Run by an incredible 67 hours and 24 minutes since 1987.

David's time of 5 days 13 hours and 55 minutes for the 1989 event was actually better than Kouros' winning time of 5 days 19 hours and 14 minutes in 1988. Yet Kouros' performance in 1988 was judged as outstanding - a run that would take a generation of ultrarunners to surpass! A gambler would have received incredible odds if he or she had bet against it being broken within a year.

Kevin Mansell's improvement has been even more spectacular. Kevin, former alcoholic and chain smoker, has reduced his PB by a whopping 67 hours and 56 minutes since 1987.

In the 1989 Westfield Run Kevin finished third to Kouros and Standeven with a time of 5 days 22 hours and 59 minutes. Kevin also became the first Westfield Run competitor to pass Kouros during the event. They duelled for approximately 100km over some particually hilly terrain between the 500 and 600km marks. Mansell fought with commitment of a zealot and everytime Kouros passed him up the hills then Mansell would gun it and overtake him on the downhill sections.

They passed each other five times during this phase of the race and it was not until Kouros reached the flatter coastal area that he was able to put some distance between himself and Mansell.

David Standeven and Kevin Mansell became the third and fourth runners of all time to run more than 1000km in less than 6 days. This fact puts their performance into perspective.

But Standeven and Mansell's contribution to ultrarunning may be greater than first expected. They could well be attributed with the honour of destroying the psychological invincibility that Kouros has held over all ultra opponents to date.

If this becomes the case then the sport of ultrarunning will be indebted to them for bringing interest back into what has essentially been a Kouros affair.

\* Charlie Lynn is Race Director of the Westfield Run.

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HELP HELP HELP HELP HELP  
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Can any member supply us with Kevin Burnside's new address. We have had magazines returned from his Fitzroy address, Thanks!

## NEWSMAKERS

# The ultra-marathon is all in the mind, says the man who is poetry in motion

By MARTIN FLANAGAN

**Y**IANNIS Kouros says there is no limit. No limit to the capacity of the human mind to conceive new possibilities; no limit, therefore, to how far a person can run. It is like a mathematical projection except that the figure progressing into infinity is a human being. Ideas like that can lead to fantastic conclusions (remember the last scene in '2001'), but who's going to argue with Yiannis Kouros? All that would need to vary, says the 33-year-old Greek ultra-marathon champion, is the length of the rest intervals.

At 1.25 on Wednesday morning, Kouros completed the Sydney-Melbourne ultra-marathon in the record time of five days, two hours, 27 minutes and 27 seconds. In part, he achieved this by fighting sleep during the 1011-kilometre journey, stopping only to doze. On Wednesday evening, however, Kouros went walking with his Australian manager, Theo Premetis, eventually retiring at 1 am. With anyone else that would be worthy of note, but stories about Yiannis Kouros's superhuman endurance have become almost passe.

Kouros, whose gaze is as level as the horizon, has never been secretive about his methods or beliefs. He does not run to win. As he has pointed out in the past, before becoming an ultra-marathoner he ran "many other distances, marathons and so on, and I lost many, many times".

He runs to prove that if he imagines a new goal and nurtures it convincingly enough in his mind, the body will follow. The result is that minimal, shuffling run which he can keep up for hour after hour, day after day, kilometre after kilometre.

Kouros was almost banned from this year's Westfield Run for participating in a 100-kilometre race in Stellenbosch, South Africa, in February. That he was not excluded suggests that those who listened to his version of the incident found it credible.

Kouros is unequivocal in his opposition to apartheid ("Of course, nobody supports them"), but he does not believe that entering a foot race is, of itself, a political act. In that belief, he says, he accepted the invitation to compete in South Africa.

It was the coverage the race attracted from the South African media that changed his mind. "I decided to drop out of the race because I saw from the press that any runner who runs in South Africa is seen as supporting the system." His response was to start in the event but then pull out several kilometres from the end, thereby keeping his name out of the race results but also forfeiting the first prize of \$34,000.

Yiannis Kouros says 80 per cent of ultra-marathon running is in the mind. "If you don't use your mind, you stop everywhere your body stops. You must find the right combination of both". His method is to concentrate upon that which he believes to be good. It may be an aspect of the landscape, an incident from history, a memory from childhood, a song, a poem.

Running, it seems, is a form of meditation for him. "When I'm running, I feel that I'm creating something." He finds the Australian landscape inspiring and, in the course of this year's race, composed several poems. Asked what they were, he replies, "They are gone". His smile is as slow as his shrug. "I couldn't write them down".

One of his most demanding races was run over a distance of 1600 kilometres on a 1.6-kilometre circuit track at Flushing Meadows Park in New York last year. He had to pass the same objects, the same features bordering the track, 1000 times. He countered the boredom by imagining he was running from Athens to Belgrade, or that he was in Australia running from Sydney to Melbourne. He even imagined each of the towns he would meet upon the way.

That race, which Kouros ran for no fee, was organised by followers of the spiritual master Sri Chinmoy. Sri Chinmoy's visit to Melbourne about two years ago was preceded by leaflets making extraordinary claims for the master's ability to perform prodigious physical and artistic feats through meditative techniques. Sri Chinmoy has reportedly described Yiannis Kouros as "a forerunner, a harbinger of a new world".

Kouros, who has released albums of music in Greece, does not list himself as a follower of Sri Chinmoy, but says the spiritual master understands him better than most. "He is the first person to

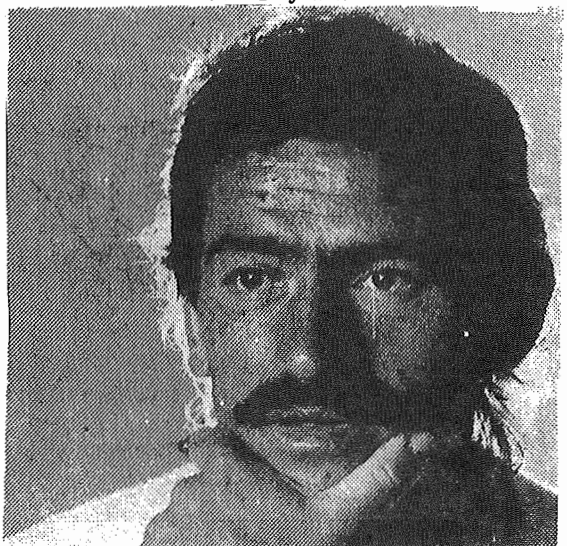
include sport in this sort of philosophy," he says.

Kouros has a sense of history. It irks him, for example, that the Spartathlon run between Marathon and Athens in his native Greece to commemorate the first marathon is only one way. Pheidippides, the original messenger, made the return journey and Kouros hopes to repeat Pheidippides' full run in September or October.

He also argues for the inclusion of the ultra-marathon in the Olympic Games on historical grounds. "It is one of the oldest sports," he says, and talks about the *hemerodromos*, the "full-day runners" of Greek antiquity. He supports Athens's bid for the 1996 Olympics, saying that Athens is "the most sacred place" of the Olympic movement. "They (the Games) were born there".

It seems to reflect his straightforward disposition, however, that while wishing the Games to be held in Athens, he would be happy to compete in them for Australia. He has bought a house in Sydney and says he intends filing an application with the Immigration Department later this year.

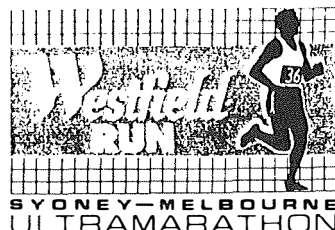
Even if Yiannis Kouros does not compete in the 1996 Olympics, however, Australians should not abandon hope of having one of their nationals as the world's first ultra-marathon gold medalist. Barring injury, Yiannis Kouros says he can run for another 20 years.



Picture: JOHN WOODSTRA

Yiannis Kouros: "When I'm running, I feel that I'm creating something."

... News on the '89 ...



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

# TRANSCRIPT OF ANNOUNCEMENT BY WESTFIELD RUN EXECUTIVE DIRECTOR - CHRIS BATES

It is with deep regret that I announce the disqualification of Graeme Woods from the 1989 Westfield Run. Graeme crossed the line in fourth place but a random drug test taken during the race showed positive to Ephedrine and Prolintane - both stimulants, and both banned by the IOC and IAAF.

Westfield Run race rules state that drug tests may be carried out prior to the start, at random during the race and within 30 minutes of a runner finishing the event.

After completing over 600kms. of the event, Graeme was suffering from a respiratory infection and a well-meaning crew member gave him some patent medicine cold remedy tablets. When these did not clear up the infection, his crew followed them up with some Ephedrine tablets obtained from a chemist en route. It's interesting to note that Graeme's performance fell off markedly from this point.

The race doctor - Dr. Kieran Fallon subsequently examined Graeme and prescribed antibiotics which did not contain banned substances.

Graeme's urine samples were forwarded to the Australian Government Analytical Laboratories for analysis who advised of the presence of the banned substances.

As the Australian Government Laboratories were at that time not fully accredited with the IOC, the samples were then sent to the State Laboratories in Cologne, Germany for complete analysis.

After we received the Australian test results, we spoke to Graeme, who advised that he had not knowingly sought the use of performance-boosting drugs. His crew, out of normal concern, took it upon themselves to source a remedy. They should have sought advice from the race doctor - which they could do by telephone through the race control office, prior to administering the remedies, or as the rules state - from any qualified medical practitioner.

This is also noted in the race rules and was highlighted in two meetings with team managers and crews on the day before the race started.

An ultra marathon runner relies totally on his crew to provide all levels of support and guidance, and a professional of Graeme's standing is no exception. A measure of his professionalism is his response to the advice that the test showed positive. He said that he knew nothing about what was given to him, but that ultimately the responsibility was his, as a competitor, so he would "cop it sweet" - to use his words.

This is despite the fact that in losing the \$3,000 prize money, he would be even more financially disadvantaged as well as having nothing to show for all the hours of training and the agony of the event itself.

We have considered our course of action very carefully. A severe reprimand and a fine were seriously considered, but the presence of both Ephedrine and Prolintane as banned drugs administered to the runner without prior consultation with the race doctor or other qualified medical practitioner, have resulted in disqualification.

Random drug testing has been in effect since I took over the direction of the event in 1986. We plan for the 1990 and subsequent events that ALL entrants will be subject to drug tests.

... News on the '89 ...



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AH: (02) 660 1550  
FAX: (02) 358 7690

WESTFIELD RUN 1989  
OFFICIAL RACE POSITIONS

DATE: 18 - 26 MAY 1989  
OFFICIAL DISTANCE: 1011 KM  
NUMBER OF STARTERS: 34  
NUMBER OF FINISHERS: 19

PLACE	NAME	COUNTRY	OFFICIAL TIME	HOURS RUNNING	AVERAGE SPEED (KM/H)
1	YIANNIS KOUROS	GRE	5D 2H 27M	122.45	8.25
2	DAVID STANDEVEN	AUS	5D 13H 55M	133.9	7.55
3	KEVIN MANSELL	AUS	5D 22H 59M	142.99	7.07
4	BRYAN SMITH	AUS	7D 4H 5M	172.1	5.87
5	MARUIE TAYLOR	AUS	7D 7H 0M	175.0	5.78
6	DON MITCHELL	NZ	7D 9H 11M	177.2	5.71
7	PATRICK FARMER	AUS	7D 13H 47M	181.8	5.56
8	RUNE LARSSON	SWE	7D 14H 10M	182.2	5.55
9	MARK GLADWELL	AUS	7D 17H 20M	185.3	5.46
10	OWEN TOLLIDAY	AUS	7D 19H 0M	187.0	5.41
11	GRAEME STENNER	AUS	7D 19H 45M	187.75	5.38
12	GREG WISHART	AUS	8D 0H 55M	192.9	5.24
13	TONY COLLINS	AUS	8D 1H 50M	193.8	5.22
14	RON HILL	AUS	8D 4H 47M	196.8	5.14
15	TERRY COX (SNR)	AUS	8D 7H 25M	199.4	5.07
16	TOMMY TAKAISHI	JAP	8D 11H 52M	203.85	4.96
17	ROSS PARKER	AUS	8D 11H 56M	203.8	4.96
18	DAVE TAYLOR	AUS	8D 12H 13M	204.2	4.95
(UNOFFICIAL FINISHER)					
19	GRAHAM FIRKIN	AUS	8D 16H 25M	208.4	4.85

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Making fantastic improvements in each Westfield race, Kevin Mansell crosses the finish line in third place.



Tony Rafferty salutes two well-placed Aussies, Maurie Taylor (5th) and Kevin Mansell (3rd).

## WESTFIELD-WESTFIELD-WESTFIELD-

If I really wanted to put myself down I probably, like many other Aussie housewives only ever thought of the name Westfield as a conglomeration of stores, all under the one roof, with the public loos, a thousand k's away when the kids were writhing with their hands down their trackie pants, where a packet of Panadol was essential for the venture inside, and on returning to the safety of home you wondered why you had come home with all these goodies you didn't want. But at least the kids liked Humphrey Bear, and magnates smiled as the stores happily handed over the rent.

This was the Westfield of my nightmares, but for the past six years Rob (the nonshopping half) has had a Westfield of his dreams.

Ever since his entrance on the ultra scene Westfield has been his Everest.

So since my conversion to ultras, I suppose it's mine too. Instead of attempting the run my cautious spouse and I decided for want of a better phrase "to case the joint" find out what makes it tick from the grass roots before making the big commitment. We filled out our crew applications and sent them off.

Great- we were to crew for a Japanese competitor.

Unfortunately he did not race, but we were re allocated another runner, and full of enthusiasm we headed to Sydney via Perth I think, or that's how the trip felt.

Before I continue for anyone who has waded their way through my previous articles might be familiar with "the dog" No one objects to the kids, thanks to a fantastic group of friends, but the dog, well even when my own Mum hates her-----One day Dot, when you're lounging around with nothing to do, and we have a race to be run you might like to meet the dog??? maybe???? Once again Rob's sister held the fort.

But back to THE RUN. I really am stuck for words. I have read articles both good and bad in Aura, defensive replies from Charlie and no doubt these will appear again.

My only ability to write comes from deep inside me, emotionally, so you won't get many facts. I don't think they become so important on a run like this because this is a run about people.

Facts briefly were :: Arriving in Sydney in the rain, walking for at least 2k trying to find the motel, being told that Rob was here but I wasn't, finally finding a bed, listening to a crew briefing that sounded more like a lecture for pre school children on how to be nice to men with T.V. cameras and help policemen, how it was fine to talk to strangers carrying microphones because that was what we were here for. And if we thought we had come for a holiday we had better go home. Shopping for food, setting up vans etc etc etc.

Well there's the facts, but finally the day to leave, get out of the place.

Once again I felt comfortable, the bitumen passing by, the water pump packing it in and only 10k out, I hope we had more stamina, the CB couldn't cope either, and had frequent rest stops, but promises of help were always there, promises, promises. Sorry guys I know I am going to offend someone, I know you had 34 runners to look after but I had one, and when the chips were down it was him and him alone that mattered.

By day two I didn't know I could have developed such fierce loyalty to any other runner apart from Rob, but I did like a lioness with her cub. The urge to protect and shelter becomes very strong when you see someone in pain through the demands put upon them in a run like this, the adrenalin is flowing when you are asked to wake them for an interview after 10 minutes sleep. When an apparition in stilhetos comes wobbling off balance (flatties would have been better dear) clinging to the microphone for balance to sweetly ask the runner how he felt about the cut off time being changed back from 12 to 11, the look of anguish on his face as he battled to make the time, my fingers curling in a frantic attempt to reach her jugular. The next half hour convincing the runner this was not so, but by then damage through a few care less words had been done. Runners made to veer around media vans to get back on the road again. But be nice, smile at the men with the cameras in the name of public relations, collect the runners shattered emotions when they had gone. There were other hassles too which upon reflection are'n't important any more, crew disagreements, bound to happen when any group of people are in close quarters for any length of time. On the plus side was the wonderful feeling of friendship and support I've experienced from the ultra "family" and it still shone through in a run of this magnitude. Crews helping each other, runners assisting each other with words of encouragement and support (my particular thanks to Eddie Vega's crew, when high on a windy hill in the pitch dark with only a roll of paper to comfort me, I was rescued and returned to the arms of my loving spouse, who had inadvertantly driven off leaving me to my fate. We discussed this episode at length??????)

I suppose I haven't said much about the actual run. It was not as difficult as I had imagined from a crew point of view. Another 24hr over and over again but your basic feelings are the same. You make your committment to your runner and you are there to do your best for him in what ever way you can, feeding, encouraging, clothes washing, cooking, crying, massaging, listening, talking.

Maybe we were lucky with our runner, who did not want in his own words to "put us too, to much trouble", but I have found that bar a few this seems to be the attitude of most. Maybe this is

what makes them such special people

and also what makes me as a crew member want to give them 100%. We had our fun and laughs too, CB chats to passing truckies voicing support, people waiting by the side of the road in remote places at 3 am to offer support, detailed descriptions of the night safeties dinner of one inch thick steaks (thanks), the NSW police, who skillfully manoeuvred his vehicle into the gravel in line with the van door, to collect his cup of coffee, (thanks Pat). And so it continued, with so many anecdotes too numerous to mention.

Our runner retired amidst the tears and fog 8k short of Bombala, after running approx 451k a monumental effort. I suppose we knew it was coming and the disappointment felt, not for us but him, for his hopes and aspirations, but again also with a sense of pride in his accomplishment. No regrets because in his own words "I gave it me best". That is all any crew should expect, not to push for their own personal glory of crossing the line but just to play their part in assisting the runner to do his best.

No one in a run like this is a failure just to line up at the start is an achievement, to know your limitations and retire takes just as much courage as crossing the line at the finish. And so the race has been run and won, in my mind not by one person, but by 34 all striving for their own personal victories. On returning home and seeing the "Agony and the Ecstasy" documentary I think one of the most moving comments I have heard for a long time came from Kevin Mansell when he said "I finally found my hero and it was me". Well Rob is more determined to conquer his Everest, maybe not next year or the year after but one day. After returning home, we found we were to be transferred to Pakistan for 18 months, the foothills of the Himalayas and facing Everest itself, a reminder of what awaits when we return. Like the mountain our dreams will still be there.

Well to conclude, I won't say end for as long as there are ultra runners there will not be an end, my thoughts and dedication and thanks go to you "Cliffy Young". Thanks are not enough for the experiences we had as part of your crew. You are an inspiration to all who come in contact with you, your bravery, courage, sense of humour in all adversity, your modesty, your cuddles in particular will be sorely missed, but the legend of "Cliffy" will live on. It is an honour to know you.

And last but not least to Charlie Lynn you sure are one helluva guy. 10/10.

As a postscript thanks must go to Peter, the photographer, the Channel 10 team and the Japanese film crew, all of who respected the rights to certain amounts of privacy, never got in the way, and were always helpful when needed.

60.

Rosemary Nash



Charlie Lynn (left) and David Douglas (right) flank Yiannis Kouros at the signing of the United Nations pledge.

## A GUTFUL OF FRUSTRATION IN THE WESTFIELD RACE

BY

TONY RAFFERTY

I turned 50 this year and made a promise - to run my best ever time in the 1989 Westfield Sydney to Melbourne race and place in the top 10 for the 5th time. Two hours intensive training every day on a variety of terrain and a load of experience in the event presented a level good enough to compete in the field of quality ultra-runners for the world's toughest ultra-marathon. However, the uncertainty of sponsorship a week before the race started and 5 crew members waiting for confirmation of my participation in the event didn't help my mental preparation.

With quiet confidence I stood on the starting line in the company of 32 runners in Westfield's Liverpool shopping complex. Compere Andrew Harwood conducted the 10 second countdown to the echo of 2000 spectators .....4,3,2,1 - the Mayor fired the gun to start the gruelling 1011 kilometre race.

Crowds lined the highway 3 deep for about a kilometre and the largest media contingent I've ever seen at an ultra-marathon followed the runners on the first leg to Goulburn. An upset stomach, the cause unknown, slowed my pace after 16 hours. Only walking relieved the discomfort. Pressure mounted. The 163 kilometre stretch had a cut-off point at 25 hours. Normally I could handle the distance in the time period in relative comfort. Mother Nature had different plans.

Pumping my legs up and down the distant hills for hours non-stop, I arrived at the Goulburn check point with only 45 minutes to spare. With no time to sleep I took a quick shower, changed my clothes and continued to pound the gravel towards Canberra. My stomach protested loudly. My mouth was dry as an old rope.

Ten hours later and suffering from nausea, fatigue and severe muscle soreness, I walked off the dark, traffic-laden road at Lake George. I felt like a snuffed-out candle. My run had finished. I told the crew that the sluggish running pace would not allow enough time to reach the nation's capital by the 4am time limit.

Pulling out of a high profile race is a soul-destroying experience. Many people suffer - sponsors, friends, crew and loyal supporters one seldom meets - they arrive every year and stand in isolated spots in inclement weather with smiling faces, encouraging comments and waving arms. In contrast, I won't forget the know-all critics who crawl from the gutter to say I told you so; the tall poppy clippers who suggest retirement; the fence-sitters who fold their arms and smirk.

I regard with contempt the abrupt telephone callers and anonymous letter-writers, who criticised my decision to stop, from the comfort of their loungerooms. The more I compete the more vulnerable I am to criticism. I accept this fact but one would wish it to be more constructive.

Competing in an ultra-distance race and accepting the consequences is a test of mental strength, physical endurance and the ability to get off the bottom rope when you think you can't. I've enjoyed the euphoria of success in finishing the Sydney to Melbourne race 4 times. I must tolerate the disappointment of failure on 3 occasions. I will stand up and be counted again in 1990.

The Westfield classic is the world's greatest road race. The blisters, the blood, the laughter, the tears and the ultra-frustration - it has the lot.

TONY RAFFERTY May 1989.

## WESTFIELD '1989 STYLE'

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The Westfield Sydney to Melbourne Ultra Marathon can be likened to a three sided coin, to crew, to run or to officiate. Last year I ran and in 1987 I crewed for Mark Gladwell - this year I officiated. Now having seen all three sides I have decided the easy way out is to run.

The Westfield Ultra Marathon is a unique run with the best Ultra Runners coming from all around the world to compete against the best in Australia.

I commenced my duties with Westfield on the Monday prior to the Run and was amazed how Charlie Lynn, Race Director, was getting this fine event to materialise. Charlie mentioned at a pre-race briefing that he had worked all over the Christmas 1988/New Year Holiday break getting vital statistics and sponsorship together. The Westfield run is a nightmare to put together and as the last runner crosses the line this year planning and organising is taking place for the 1990 Run. Debriefing sessions will be quickly organised so information can be quickly analysed, put down on paper, sifted and if appropriate put into action.

This run is the biggest and best ultra in the world and can only get better year by year. Of course the knockers say "Surely Westfield should have got it together by now". Yes, they are getting it together piece by piece, analysing situations, reviewing previously accepted situations, injecting more expertise, cash and hard won knowledge into this event and all Australia and indeed the rest of the world is watching closely as Westfield puts the show on the road. This year two 2-way receivers (only one last year) one for Westfield official usage and the other for the truckies were fitted to official vehicles as well as car telephones. Phone credit cards were also available to officials so the task of carrying pocketfulls of coins around was averted. Yes Westfield, your name is on the international running scene for having the guts for staging this event from 1983 and other big Australians must be grinding and gritting their teeth eager to get a slice of the action as they look through the back door with the big Westfield logo glowing brightly in the forefront. You may think I am heaping praise on Westfield as I officiated for them in the event. No, this is not true. If you doubt my words, become involved with the run and draw your own conclusions. I have nothing to gain. I have stated to Charlie Lynn that I want to run again. I have 12 months to arrange sponsorship, put a 1st class crew together and prepare myself both mentally and physically for this gruelling event and I am determined to give it my best as I pit myself against the best but more importantly, against myself. I have been told I am mad, nutty to do it, why put yourself through the pain and of course there is the \$7000 - \$8000 price tag. But to enter and complete this classic event is the biggest buzz I can imagine. It is the biggest and best and will always attract achievers.

Back to the pre-race preparations. After my first day with Westfield I said to myself "will the event ever take place" as I observed and came closely involved with the monumental task of putting the race on the road. Would it ever start? It had on previous years so I suppose this year was no different. So much to do, cars and vans to be picked up, 2-way radios and phones to be fitted, signage fixed to vehicles, crews to be finalised,

witches hats collected, clothing and money allocated and always the media to contend with. Media questions such as "will Cliffie make it this year?", "Will Kouros start this year off with a 12-hour handicap and if so will he win again?", "Will the Aussies go well?", "What will be the expected time of finish?", "Will Kouros break five days as he states?", "How many finishers will there be?".

On the morning of the event we assemble at Race Headquarters around 7.00 am for final instructions and last minute details. The last minute details amaze me as it appears all details are last minute. 11.00 am with the crowd and atmosphere at fever pitch, 33 determined pair of feet depart Westfield Liverpool for the long trip south. Yiannis will depart 12 hours later at 11.00 pm.

After the excitement and magic of the start, the field settles down. Tout and Breit head strongly out of Liverpool - have they gone out too quick, only time will tell. The atmosphere is electric but the charge soon settles down and as night settles in around 5.30 pm, the runners realise that the race is on in earnest.

All but one make the first cut-off at Goulburn, Eduardo Vega, the Peruvian, withdraws at the 142 km mark with exhaustion. The next leg to Canberra claims two more runners - Kevin Cassidy, calf muscle tear and Tony Rafferty, exhaustion.

The section from Canberra to Cooma is a tough one - 115 km with available time 21 hours, cut-off time 1.00 am Sunday, 21. 5.89. Eight runners were in danger of not meeting the cut-off (seven hours tighter in time over last year at this point in the race). Charlie Lynn, Race Director, assessed the situation prior to the cut-off and extended the cut-off one hour to 2.00 am, realising that the cut-off was too severe as up to 20% of the field would have to get the chop. All cut-offs were then extended one hour. This section to Cooma claimed three more runners - the Great New Zealander, Dick Tout, knee problems, Irishman, Frank Kelly, bleeding ulcer and Terry Cox Jr, exhaustion.

The weather around Cooma had turned bitterly cold and after a short rest at Cooma runners pushed on to Bombala. The run to Bombala claims the overseas Japanese runner, Wada, as he is medically withdrawn at the 437 km mark. The Gallant Guy of running Cliff Young who put Ultra Running and the Westfield Run where it rightly should be, on top, has been battling all the way since Cooma. As Cliffie was in my work sector I saw this Giant of Ultra Running slowly surcuming to the harsh terrain and the bitter biting cold wind. His steps had become noticeably slower, he dragged his feet, stops became more frequent, but still he pushed on with dogged determination. I last saw Cliffie on the track around 11.00 pm Sunday evening, emerging from his campervan, the media clustered tightly around him, sensing sensation, eager to interview Cliff and to get a story. A bitter biting wind was howling down the Monaro Highway, a wind that would have dropped many Aussies half Cliffs age to their knees long before this. I knew Cliff was in big trouble making the 12 midnight cut-off and around 11.30 pm with 8.6 km to go the grand master of ultra running retired from the race stating that he would now give away doing Multi Day events and stick to smaller events like 24-hour runs - not bad for a great achiever at 67 years of age.

The next cut-off past Bombala was Orbost, 2.00 pm Tuesday, 22. 5.89. From Bombala this section traverses down a dirt road to the half way point in the race and into Victoria, through Cann River and over the Great Dividing Ranges torturous hills to Orbost. This section would prove to be too much for Graeme Townsend, medically withdrawn, Ernie Cattle, fatigue/overuse injuries and the American Marty Sprengelmeyer, retired. Graeme and Ernie not making Cann River whilst Marty calls it a day five kilometres out of Cann River towards Melbourne.

On the Wednesday of the run, third last day, John Breit, a finisher last year, pulls out at 744 km, 19 km past Bairnsdale with knee swelling and on the far side of Sale, Great Yugoslav runner Dujon Mravlje, a previous Westfield winner succumbs to muscle problems.

The last withdrawal from the race is Joe Record who has run a strong determined race since leaving Sydney. Joe withdraws on the second last day of the run and rumour has it he walked into a pub, ordered a beer and stated that he was stuffed. Whilst I have dwelled on the non-finishers spare a thought for the tail end finishers; Terry Cox Snr, Tommy Takashi, Dave Taylor and Graham Perkin (Firko). All did not finish last year (in fact this race has eluded Dave Taylor three times) but this year they all returned to finish an unfinished job and finish they did, in fine style.

Working as an official has certainly opened up my eyes. Westfield has its knockers and still has, but we all should be justly proud that a major Australian Company like Westfield has put Ultra Running in Australia and indeed the world, on top sport status. The battling Ultra Runners are now getting some of the rewards and accolades which they justly and rightly deserve. Of course, we will hear the usual retort that "Westfield is getting its pound of flesh to justify its financial outlay and doesn't really care for the runners". This in my opinion is grossly untrue and as I have seen this race from the start to the finish I am proud to have officiated for Westfield. Westfield has injected some \$1 million into the run this year and is entitled to value for money spent as in any business venture. The ledger is square in my opinion and I wish Westfield the very best.

It has hurt me as I officiated during the run to watch my buddies slog it out on the wind swept, cold and rainy roads, see them battling through the night, striving for cut-off points only to see some of them unashamedly drop to their knees, bodies exhausted, wracked with injury. Their faces told the story. Bloodshot glazed eyes hanging on stressed anguished faces, staring forlornly ahead as their Melbourne goal shatters on the sweeping merciless hilly roads. I observed all of this and cried tears of blood inside me as I writhed and watched from the inside warmth and comfort of my vehicle.

This year the overseas runners have not had it all their way and Australian Ultra Marathon runners have at last been able to put it together, and Australia can now be regarded as having the finest bunch of Ultra Runners in the world. The names of David Standeven, Kevin Mansell (Killer), Graeme Woods, Maurice Taylor and Brian Smith have been relayed around the world and consequently the Ultra scene in Australia has hit an all time high and a yardstick for the rest of the world to follow.

I do not want to take any glory away from Yiannis Kouros who is in a class of his own as he clearly demonstrated last year and again this year running off a 12 hour handicap and coming in this year just 32 minutes behind David Standeven of South Australia. Although first across the line David was relegated to second spot. Killer Kevin Mansell ran a magnificent race and finished brilliantly in third position - his best ever - we salute you Killer. If Yiannis runs next year, and I am sure he will, will he be enticed to take the extra purse, start off a 12 hour handicap and run a brilliant race as only Yiannis knows how, to come in first across the line or has time come for Kouros to rethink and negotiate a handicap less than 12 hours. Food for thought. Yiannis missed out on the \$5,000 extra purse by not coming over the finish line first, so he would certainly have to again reassess the situation closely.

Yiannis has broken, no shattered, ultra distance records all over the world and to be running in an era when this is happening is a great buzz. We salute you Kouros but now the Australian runners have stood up to be counted and the list is long. Internationals like Dujon Mravlje, Rune Larsson, Marty Sprengelmeyer, the Japanese, Wada and Takaishi and the New Zealanders Tout and Mitchell must have great admiration for the Australians. I certainly do.

Spare a thought runners for behind the scenes officialdom. Mobile cars patrol the run, with officials working 12 hour shifts, more if needs demand, with each shift encompassing some 600 - 800 km, plotting runners progress, and attending to needs and requests as best can. A course marshall, courier, lead escort, night safety (Knight Rider) and medic zooming up and down the track and of course Race Doctor and physio who cover some 11,000 km during the event. A crews request for Race Doctor is treated urgently but it may take some time for the Doctor to work his way through the field assessing each situation in medical priority. Of course, race control is moved progressively along the track manned by faithful staff who plot your progress, keeping relatives, friends and media informed. A last courtesy and salute is extended by Westfield as each runner is escorted personally from around Dandenong, some 30 km to the finish. A mythical belief that needs dispelling is that after dark Westfield officials retire to their motels only to emerge at daylight.

Westfield this year again wined and dined runners, crews and friends from around 6.00 pm on the Friday evening. Care was taken for ample food and liquid refreshments to be available for each runner and crew as they came in. The party and celebrations continued on into the wee hours of the Saturday morning and around 5.00 am the lights went out in more ways than one.

The shutters have yet again been pulled down at the conclusion of another great Westfield run.

Behind the shutters, 1990 preparations are now in progress. Thanks Westfield for giving worthy runners the opportunity to enter this gruelling, challenging, toughest, longest and best Ultra Marathon in the world, with the incentive of emerging victors, standing tall and proud.

GRAHAME KERRUISH ("MOUNTAIN MAN")

## THE WESTFIELD SYDNEY TO MELBOURNE RUN - THE CLOSING STAGES

Woken by the kids around 10 pm on the 23rd of May, the inspiration struck me to go and watch the end of the Westfield. Upon ringing the anaconda (Geoff Hook) to find the route, I headed off to Springvale Rd to look for the leaders. Just past Ferntree Gully Rd I came upon the entourage of David Standeven. Leaving the car I proceeded to follow on foot. The next couple of hours unfolded the most dramatic event I have ever witnessed in sport.

Yiannis Kouros was supposed to be 6km behind at this stage and Standeven's support crew told David that all he had to do was keep moving, and although he looked extremely exhausted, moving in almost a trance, that seemed as though it would be no problem. People shouted encouragement from cars, semis blew their horns and hundreds of people lined the route giving their support. David was moving well with short walks mainly up hilly sections which at that stage must have seemed like mountains.

At times the crowd would often lift the South Australian as he was running an inspired race and it seemed as though Kouros had no chance of catching him. On turning out of Springvale Rd onto Doncaster Rd, his last reserves of energy seemed to be draining very rapidly. At times he would noticeably stagger and the walks became more prevalent.

Around 5km to go he came to a stop and only a desperate effort by his wife, and another lady got him moving again. One of his handlers' lines of "Remember the 3 d's" was repeated many times before the finish and it seemed to inspire him on. The 3 d's were Determination Defies Defeat and it certainly looked like it would. A couple of Greek supporters probably disappointed at Kouros not getting up caused a disturbance a couple of km from the finish as they were constantly yelling at David's handlers to not touch him as they were breaking the rules. At no stage was he pushed or given any help as the Greeks claimed.

Finally after an agonising struggle David, walking, could see the finish line. Finally the exhausted warrior completed what must be the greatest ultra running effort by an Australian. I doubt that any other person has put so much into something as David put into this. On my way back to the car I saw Kouros looking fresh enough to turn around and run back again. The man's a marvel although I suspect he runs so well to keep away from that Greek music.

My boy scout training let me down and I missed the turn off to Springvale Rd, finally halting a taxi and reaching the car ready to start Mike March's training schedule and tackle some more ultras.

PETER ARMISTEAD

### WESTFIELD RUN 1989 WITHDRAWALS

NAME	COUNTRY	DISTANCE
1. Joe Record	AUS	808km.
2. Dusan Mravlje	YUG	803km
3. John Breit	AUS	744km
4. Marty Sprengelmeyer	USA	557km
5. Ernie Cattle	AUS	513km.
6. Graeme Townsend	AUS	499km.
7. Cliff Young	AUS	451km.
8. Norio Wada	JAP	437km.
9. Terry Cox (Jnr)	AUS	370km
10. Frank Kelly	AUS	339km
11. Dick Tout	NZ	318km
12. Tony Rafferty	AUS	214km
13. Kevin Cassidy	AUS	191km.
14. Eduardo Vega	AUS	143km.

## HOW ABOUT A CREW?

By Ray Radford, Bachelor of Social Work and a crew member in the '89 Westfield Sydney - Melbourne Ultramarathon.

Since the AURA magazine began, it has featured excellent articles on training, nutrition, massage, injury prevention and cure, plus the experiences of some of the runners in the Sydney - Melbourne Ultramarathon. With all this information available to get ultra runners super fit and raring to go, what else could they need? Well, how about a crew? After all, crews are also essential to ultra runners, so it would be helpful to have advice and tips on successful crewing. Runners and crew members alike would certainly benefit from articles on what to do, how to do it, what to avoid and how to overcome the common problems that arise.

Different ultra events will also have special crewing requirements. In this regard, the Westfield run is far more demanding on crews than a 24 hour track event. Indeed, the circumstances in the Sydney - Melbourne run are such that it would be surprising if crews didn't experience at least some problems. This race requires crew members to forego up to two weeks wages and leisure time in return for being crammed together in a confined space with three to six other adults (often strangers) and deprived of a decent sleep.

Given all this, I wonder how regularly that it is only a crew member's loyalty to the runner which prevents him/her from leaving. Rumour has it that the '89 Westfield run featured at least one instance of a crew member deserting. How many other cases of this type have narrowly been avoided? I've also heard the odd story from previous runs where certain crew members refused to work together or even to talk to each other again. These sorts of experiences are doubly unfortunate because, not only are the people involved emotionally affected, but the negative experience discourages them from crewing in the future. This will make it harder for ultra runners to obtain experienced crew.

One of the difficulties of discussing crewing problems and how to overcome them, is that the crew need to be tight-lipped during the run to keep any problems from the runner. There is also the strong feeling that crewing problems pale into insignificance alongside the physical and mental problems experienced by the runner. Consequently, each crew keeps their problems to themselves and presents an image of contentment to the rest of the world. This leads to each crew thinking that they're the only

ones with problems and everyone else is okay.

However, now that the race is over, it is time to get it all off your chests, reveal your secrets and tell us whether you nearly murdered each other or were so blissfully happy you've all decided to move in together. If you feel that your crewing experience was very positive and successful, you might be quite happy to write for the AUSA readership direct. However, if you're reluctant to air your dirty linen in public, you can return the following questionnaire to me anonymously or with confidence that your personal details will not be revealed. If enough replies are received, I will write a follow-up article on the results.

PLEASE NOTE that, although I have mainly referred to problems in human relationships, there are bound to be other kinds of problems, such as those of a technical nature or communication difficulties etc. Let's hear about them all!

PLEASE FILL IN THIS QUESTIONNAIRE TO CONTRIBUTE TO IMPROVED CREWING  
(Specific to the Westfield run)

(Runners in the Sydney - Melbourne Ultra might pass this on to their crews.)

1. How did you organize your crew?

No. of crew with Westfield experience \_\_\_\_\_, Other ultra experience \_\_\_\_\_

No. of strangers in crew ..... ( \_\_\_\_\_ Males, \_\_\_\_\_ Females)

No. of acquaintances in crew..... ( \_\_\_\_\_ Males, \_\_\_\_\_ Females)

No. of friends or intimates in crew ( \_\_\_\_\_ Males, \_\_\_\_\_ Females)

TOTAL CREW = \_\_\_\_\_ ( \_\_\_\_\_ Males, \_\_\_\_\_ Females)

No. and type of vehicles.....

.....

No. of crew in each vehicle \_\_\_\_\_

No. of crew on duty in daylight hours = \_\_\_\_\_ for (how long?)

No. of crew on duty in night hours = \_\_\_\_\_ for (how long?) \_\_\_\_\_

How many crew slept at any one time = \_\_\_\_\_ for (how long?)

Did you operate a changeover or roster system? \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Sort of

How many of your crew drove vehicles?

How many of your crew prepared meals?

How many of your crew massaged the runner ?

How many of your crew carried drinks and food to the runner? \_\_\_\_\_

How many of your crew navigated?

Please detail how your system operated.....

.....

.....

.....

.....

2. How would you rate your crew's system?

\_\_\_ Very Good / \_\_\_ Good / \_\_\_ Fair / \_\_\_ Poor / \_\_\_ Awful

3. How would you rate the overall relationship amongst your crew?

\_\_\_ Very Good / \_\_\_ Good / \_\_\_ Fair / \_\_\_ Poor / \_\_\_ Awful

4. Make a list of the main problems that you experienced. (If not enough room, attach a separate sheet.)

5. How often did you experience these types of problems?

\_\_\_ Regularly / \_\_\_ Often / \_\_\_ Sometimes / \_\_\_ Hardly Ever

6. How did you overcome the problems you experienced? (If not enough room, attach a separate sheet.)

7. What things would you like to do better next time and how could they be done?

8. From your experience, what tips and advice could you offer future crews?

9. What positive things did you gain from crewing in the Westfield run?

10. All things considered, would you personally be prepared to be a crew member in future Westfield runs? \_\_\_ Yes / \_\_\_ No / \_\_\_ Undecided  
If "No" please give reasons:

Any other comments:

Please send completed questionnaires to: Ray Radford c/o 17 Agnes Street  
Thornbury Vic 3071. Personal details will not be revealed to anyone.

67.  
69.

## ATTENTION ALL RACE ORGANISERS

Recently, many Australian records have been broken and in a number of cases, race organisers were not geared up for the proper recording of details of the new record.

The requirements for a proper record application are (only pertaining to each and every person for which a record is being claimed:

- the original lap-score sheets signed by all lapscorers who recorded on the sheets,
- a record application form for each and every distance, or time, correctly filled out and signed (copies of this form may be obtained from the Secretary),
- a track certificate. For standard tracks, a copy of the original certificate will do. For made-up tracks, a certificate from a registered surveyor is mandatory.

Failure to meet these requirements could jeopardize the record application, so it is in the runners' best interests to ensure that their race organiser is geared up to handle a record if one is broken during a particular race. It is important for race organisers to know the relevant Australian records which are current at the time of their race. (This information can be obtained from our statistician, Gerry Riley - telephone (03) 741-3071)

Relevant races are track events only: 50 miles, 100 miles, 50km, 100km, 200km, 12hr. 24hr. 48hr. and 6 days.

Note: The longer events sometimes have intermediate records broken (e.g. 100 miles and 200km. in a 24 hour race) so race organisers should be prepared for any record.

Geoff Hook.

## THANKYOU TO BIG CHRIS

True to his word, and at the recent A.G.M., Big Chris ceremoniously presented our statistician, Gerry Riley, with the first item towards the computer system, namely a printer.

The computer system is needed by Gerry so that he can more effectively, and efficiently, keep up with the massive job of keeping all of our ranking lists up to date and accurate. To date, we have only received the printer and still require a cheap IBM compatible PC with hard disk.

Is there any AURA member who is thinking of updating his/her PC (or who knows where this may be occurring in his/her place of work) and can offer it to AURA at a reasonable price? If so, we'd love to hear from you!

So once again, thankyou Big Chris for the donation of the printer.

## ULTRA DISTANCE RUNNING CLUB

Would you join a South Australian Distance Club if one was formed? If so, please fill in your name, address and telephone number and return to:

Don Cox  
P.O. Box 196  
Gumeracha S.A. 5233  
Telephone: 389 3303

## ULTRA DISTANCE RUNNING CLUB

NAME:.....

ADDRESS:.....  
.....

TELEPHONE NUMBER:.....



# AUSTRALIAN 6 DAY RACE COMMITTEE PRESS RELEASE

A PUBLIC MEETING WAS HELD RECENTLY TO DISCUSS THE RUNNING OF THIS YEARS AUSTRALIAN SIX DAY RACE IN COLAC.

THE PUBLIC MEETING IS AN ANNUAL EVENT HELD BY THE ORGANISING COMMITTEE WITH THE PURPOSE OF RECEIVING NEW SUGGESTIONS AND IDEAS ON THE RACE AND TO HELP PROMOTE THE EVENT.

THIS YEARS MEETING WAS ATTENDED BY A LARGE CROWD REPRESENTING ALL SECTIONS OF THE LOCAL COMMUNITY. ALSO ATTENDING THE MEETING WAS SENIOR SARGEANT DAVID LONG FROM THE COLAC POLICE. SNR. SGT. LONG HAS BEEN LIASING WITH THE SIX DAY RACE SINCE LAST YEARS EVENT. SEN. SGT. LONG ADDRESSED THE MEETING WITH PLANS FOR SECURITY AT THIS YEARS RACE, INCLUDING INCREASED POLICE MANPOWER AND EQUIPMENT. SNR. SGT. LONG SAID THE POLICE WERE VERY KEEN TO MAKE THIS YEARS SIX DAY RACE SAFER AND MORE ENJOYABLE FOR THE RUNNERS AND THE PUBLIC.

A LARGE SECTION OF THOSE ATTENDING THE MEETING SHOWED A GREAT DEAL OF INTEREST IN LAP COUNTING, CREWING AND GENERAL SUPPORT. WITH THIS SUPPORT THE AUSTRALIAN SIX DAY RACE IN COLAC WILL CONTINUE TO GROW IN STATURE GAINING MORE NATIONAL AND INTERNATIONAL MEDIA COVERAGE.

FOLLOWING THE MEETING, COMMITTEE MEMBERS ADJOURNED TO CONSIDER THIS YEARS FIELD. APPLICATIONS HAVE BEEN RECEIVED MAINLY FROM AUSTRALIA, WITH SEVERAL ARRIVING FROM OVERSEAS. INCLUDED IS A LIST OF NAMES OF THOSE ON THE SHORT LIST TO RECEIVE INVITATIONS TO RUN AT THIS YEARS RACE TO BE HELD FROM MONDAY NOVEMBER 13 TO SUNDAY NOVEMBER 19. A FINAL FIELD OF 18 WILL BE CHOSEN BY THE COMMITTEE AND PUBLISHED SHORTLY THEREAFTER.

MORE INFORMATION CONTACT; GLENN MINTERN C/O 3CS 052 31 5388

AUSTRALIAN 6 DAY RACE - COLAC  
13th NOVEMBER - 19th NOVEMBER 1989.

THE FIELD FOR THE ABOVE EVENT WILL BE CHOSEN FROM THE LIST BELOW:

AUSTRALIAN RUNNERS:

MARK GLADWELL,  
KEVIN MANSELL  
BRYAN SMITH  
DAVID STANDEVEN  
GREG WISHART  
GEORGE PERDON  
GEORGE AUDLEY  
CLIFF YOUNG  
MAURICE TAYLOR  
KEITH FISHER  
PAT FARMER  
TONY RAFFERTY  
OWEN TOLLIDAY  
RON GRANT

MERRILYN TAIT.

OVERSEAS RUNNERS:

GILBERT MAINIX	(France)	SUE ANDREWS	(New Zealand)
RAMON ZABALO	"	SANDY BARWICK	"
Yiannis Kourou	(Greece)	ELEANOR ADAMS	(England)
DUSAN MRAVLJE	(Yugoslavia)	HILARY WALKER	"
RUNE LARSSON	(SWEDEN)		
RICHARD TOUT	(New Zealand)		
MALCOLM CAMPBELL	(ENGLAND)		

THE FINAL FIELD WILL BE CHOSEN PENDING CONFIRMATION OF RESULTS FROM THE LAST YEAR OF EVENTS.

THIS FIELD WILL CONSIST OF 18 RUNNERS MAXIMUM.

## MARATHON MILESTONE ACHIEVED

by Geoff Hook

At the Traralgon Marathon, held on June 11th, 1989, two of our illustrious members achieved a burning ambition which had been occupying them for many years. They both completed their 100th marathon.

Gerry Riley, our stalwart AURA statistician and Peter (Yakkie) Logan joined two other Australians who have achieved the "ton" in marathons. Such a fine achievement is not without its price. Gerry suffered a severe back complaint with only a couple of marathons to go. South Melbourne clubmate, Peter, held back just long enough for Gerry to recover.

Now that the goal has been achieved, Peter has caught the virus. A collapsed disc put him into hospital and under the surgeon's knife. Recently discharged, Peter is stiff and sore and not allowed to run for 3 months. All members of AURA wish Peter a speedy recovery and eventual return to form.

The other two runners with 100+ marathons also competed at Traralgon. On the day Martin Thompson (current Australian 100km record holder) notched up his 142nd marathon and Jim Crawford was up to his 129th. A total of 471 marathons between 4 people is amazing. Congratulations to you all.



Left to right: Peter Logan, Gerry Riley and Martin Thompson partaking of refreshments after their historic Traralgon Marathon.



The license plate belonging to Beth Matteson of Rancho Cordova, Calif.

# Sport!?

Reprinted from: 4x4 AUSTRALIA  
The 4WD Adventure Magazine

"KING OF THE CANNING" STORY BY: PETER VERNON'S SUPPORT CREW.  
PHOTOGRAPHY BY: PETER GIAFIS.

**L**ike many great adventures, it began as a passing comment, almost a joke at the time. Peter Vernon recalls, "It was September 1983 and I had just seen a TV documentary on Bob Beer running across the Simpson Desert. Knowing that Ron Grant had completed his 265 day run around Australia, my immediate thought was — it looks like the only thing left is the Canning."

Peter had been running marathons for a number of years. The perfect 'training track' for Peter's run along the Canning lay waiting in the Western Deserts — the key road to Len Beadell's outback highway network, the Gunbarrel.

Peter's first attempt on the Gunbarrel, in 1985, was abandoned at the 300km mark with two severely dislocated ankles. He was back the following year, this time starting at Carnegie Homestead at the opposite end of the 1360km road across Central Australia. Len and Anne Beadell and daughter Connie travelled from Adelaide to meet Peter near the finish of his 23 day epic run. "It seems more fitting to have finished at Victory (Downs)," Peter has often said. The scene was set to plan for the ambitious run along the Canning Stock Route in July 1988. Many factors were immediately obvious and defined the choice of the back up team and vehicles for the project.

Peter wanted to run from south to north and be on the 8km wide stock route easement all the time, naturally visiting all 55 wells along the way. To minimize the distance to be run, there would be numerous cross country sections, linking wells on a set compass bearing. Many short cuts were also planned where the track snakes back and forth finding easy crossing points of the 700 odd sand dunes through the Gibson and Great Sandy Deserts. To be highly mobile as support for a runner across

## KING OF THE CANNING

**ULTRA MARATHON DESERT RUNNER, PETER VERNON OF CHELTENHAM, MELBOURNE HAS RECENTLY SUCCEEDED WITH HIS MOST AMBITIOUS ADVENTURE TO DATE. HE BECAME THE FIRST PERSON TO RUN 1865 KILOMETRES FROM WILUNA TO HALLS CREEK IN WESTERN AUSTRALIA, ALONG THE ENTIRE LENGTH OF THE ORIGINAL CANNING STOCK ROUTE. THE STORY OF THIS REMARKABLE TEST OF ENDURANCE AND HIS FOUR WHEEL DRIVE SUPPORT MAKES FASCINATING READING.**

*Nearly home — the final push across the Dennison Plains from Sturt Creek to the Duncan Highway and onto Old Halls Creek*  
**L. to R. Peter Vernon, Malcolm Hayes and Patrick Kenny.**

such difficult and remote terrain, the Canning traverse required special motor bikes and riders and well prepared Landcruisers, with a small but experienced and dedicated crew. The team was chosen for their various skills and talents:

\* Malcolm Hayes of North Blackburn, Melbourne; riding a Yamaha 600cc Tenere.

\* Albert Bowden of Keon Park, Melbourne; riding a Yamaha 600cc Tenere.

\* Gayle Crocker of Keon Park,

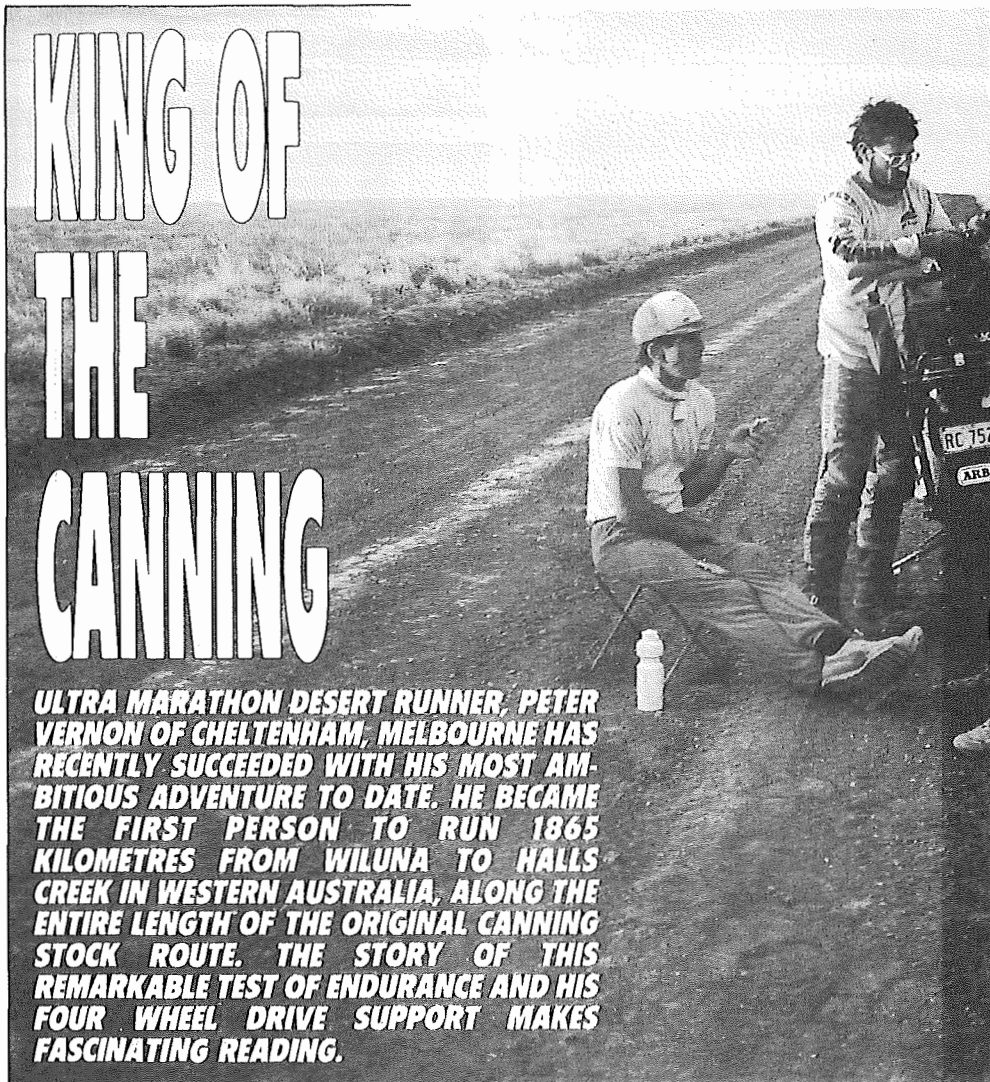
Melbourne; the cook and driver of FJ45 Landcruiser cab-chassis with long range fuel and water tanks.

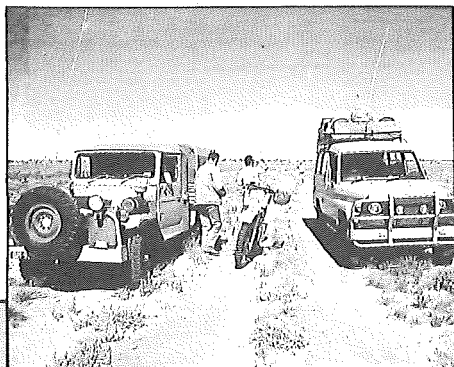
\* Peter Giasis of East Bentleigh, Melbourne; the expedition's professional photographer and driver of HJ 75 Landcruiser Troop Carrier carrying stores and equipment.

\* Patrick Kenny of North Altona, Melbourne; navigator, support driver and running pacer.

\* Peter Canning of Hobart, Tasmania; general hand and stock route historian. (Peter is the grandson of Alfred Canning who surveyed and supervised construction of the stock route, 80 years ago).

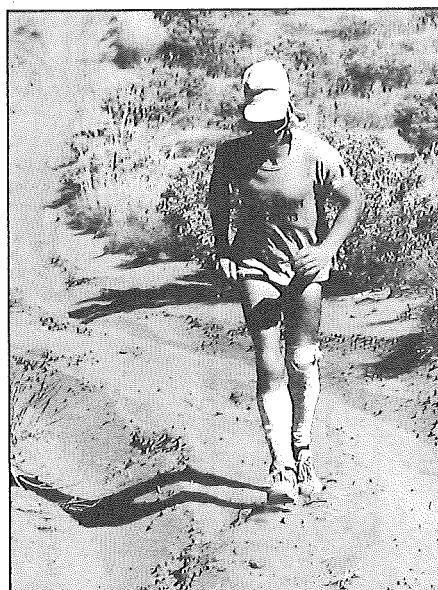
The logistics of the project seemed



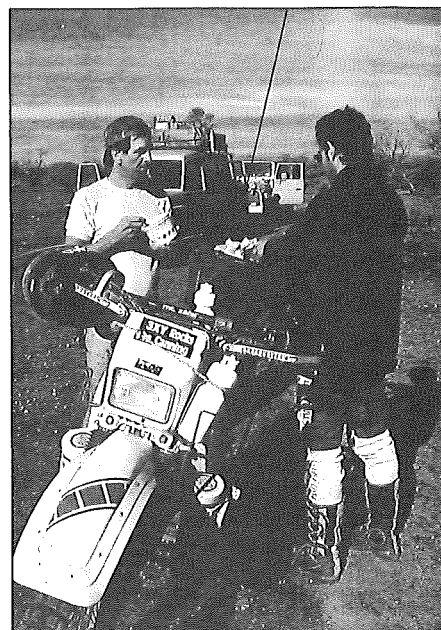


*Peter Canning and Malcolm Hayes wait as Peter Vernon runs.*

*Peter Canning, collects firewood along the track.*



*Battling up another loose dune.*



*A typical food and drink stop.*

chocolate and cordial, coca-cola, staminade or water. The vehicles could be anything from six kilometres behind to 12km ahead, drawing water from wells, collecting firewood (so that campsites could be virtually anywhere) or preparing the nightly campsites where Gayle Crocker would cook huge meals for a ravenous crew and runner alike.

From day one, the slow pace of travel allowed far more of the country to be seen and absorbed than what would be on a conventional journey along the Canning. After a delightful camp near Well 3, the group met Mr Bill Green of Cunyu Station; word about the run was spreading fast, despite the group's low profile manner. Over the following weeks, numerous groups of tourists met Peter running along the remote track, most having been informed of 'a runner up ahead'. The wells and many interesting and scenic points on the Canning proved to be valuable 'psychological targets' for Peter to run toward. Even though all of the team had travelled the stock route at least once, water and condition of the wells were noted. Peter Giafis, who recorded the event on slide film, was never far from his Nikon cameras and special lenses. In fact it became an expedition joke that Peter 'G' was never happy unless he had food in one hand and a camera in the other.

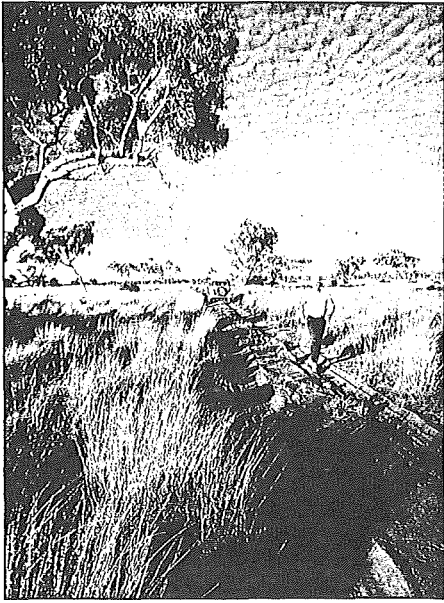
The sand dunes north of the Durba Hills through to Well 19 proved to be very testing for runner, motorbike and vehicles alike. The vehicles made the detour into Onegunyah

minutes and they were out at the windmill over Well 1, a few kilometres from town. Following fences and station tracks back to North Pool for lunch, which for Peter was just another drink stop, Malcolm and Albert then accompanied Peter through 20 kilometres of rocky gullies and hills on a compass bearing to Well 2, the vehicles taking the longer way by road.

Peter Canning, famous for his campfires on desert expeditions guided a tired but enthusiastic runner into camp. A daily target of 50 kilometres or better had been decided upon. Peter Vernon was very strong with his philosophy that he would control the event and not let the event control him. The whole run was broken up into roughly three kilometre sections (or 'hops' as the group called them), the ideal distance between an ultra marathon runner's drink and/or eat stops. The bikes would go ahead and wait at the next 'feeding station', where Peter had the choice of small quantities of tinned fruit, biscuits,

to be overwhelming — food, fuel, water and equipment to make it all happen grew to enormous quantities but were calmly handled by the experienced team.

Peter recalls "It is notable that we treated the project like our previous trips to the deserts, although we knew, if successful, it would be a rather unique achievement." The group left Wiluna on July 2nd 1988, the Aboriginal population in town totally oblivious as to why some 'whitey' in strange clothes darted away from the Post Office, heading out of town in a north-westerly direction pursued by two motorbikes and two Landcruisers in a cloud of swirling dust. It only seemed like



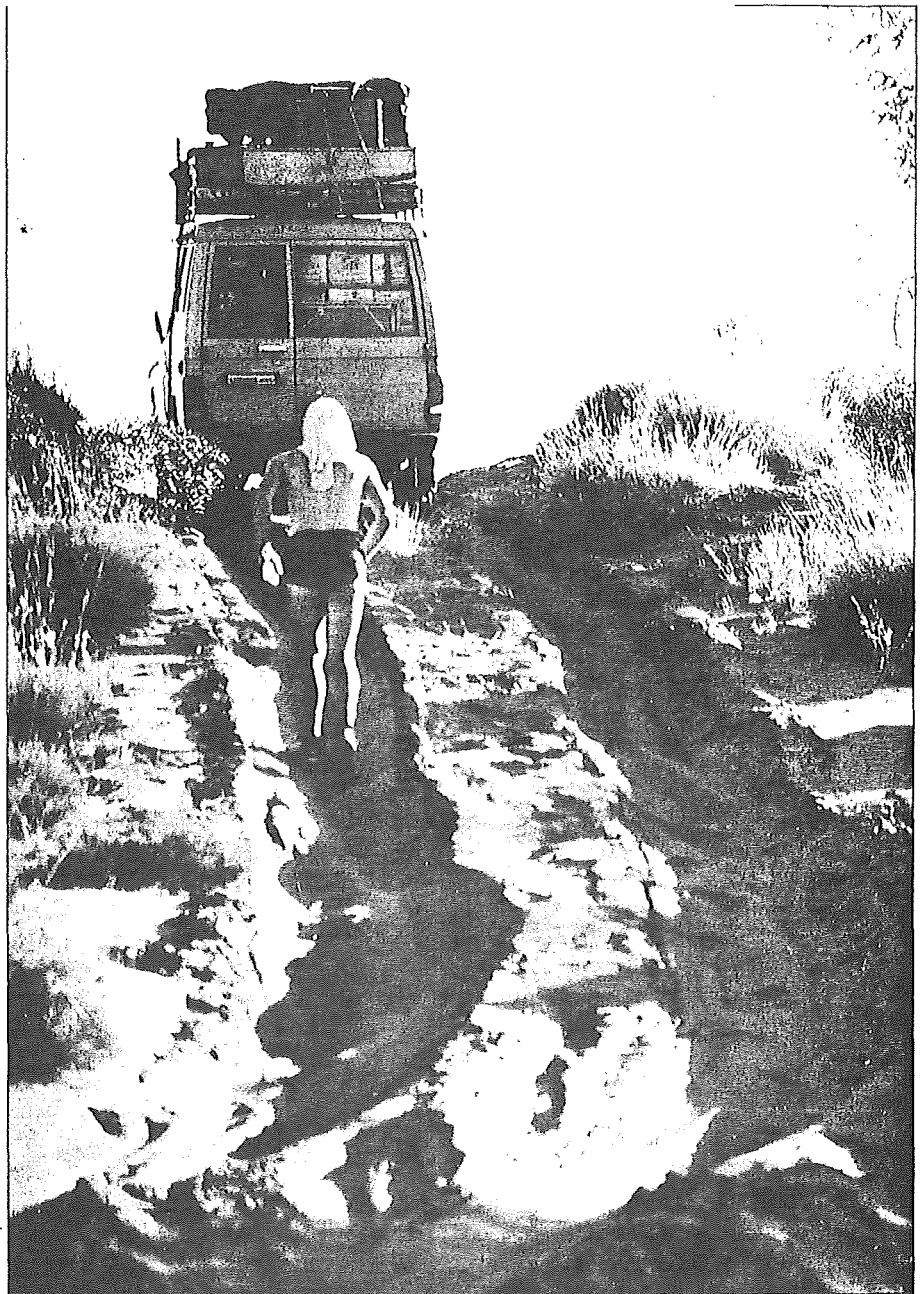
**Crossing Spinifex with scattered white gums, between Well 2 & Tank 2a.**

Rockhole and nearby Terrace Hill for a rewarding view of the sparkling expanse of Lake Disappointment. Malcolm Hayes, on the motorbike usually carried enough food and drinks in the gearsack on the bike to supply Peter for 15km, although this could be (and on some cross country work was), doubled. The first cross country section from Savory Creek to Well 20 was so successful that the helium filled weather balloon and smoke signal arranged by the vehicles going ahead to the well via the track were abandoned as being unnecessary. Using high quality prismatic compasses and 1:100,000 maps allowed very accurate navigation.

Wells 21 to 22 are a typical example of how the stock route track winds through the sandhills; 55km versus 29km as the crow flies. The vehicles were taken across this section. Although suspensions were working heavily, this short cut could easily become a practical vehicle track if it had more use. Peter's modified gaiters for leg protection from the omnipresent spinifex worked magnificently.

Trouble struck Peter near Well 25 with sharp pains in both ankles — probably the horrid sandy corrugations around Well 23 taking their toll. A rest for a few hours combined with massaging with linament and strapping with bandages seemed a good remedy. No further troubles arose.

The team was now into a proper routine and 50km per day was usually achieved even across difficult terrain. Three days on found them at the wonder of



**Working hard up loose sand dunes.**

Mujingerra Cave south of Well 30 for a soothing swim in the mineral waters. Two days later, after more sections of bad corrugations, an important point, 1000km from Wiluna (just south of Well 35) was reached.

The cross country section to Wardabunna Rockhole (Well number 38) was a great adventure and thrill — 25km on a compass bearing through confused, then massive unbroken parallel sand ridges to emerge on target at the string of low rocky hills. The teamwork between Malcolm on the bike and Peter running was remarkable. Peter Canning, a keen bushwalker had for many years dreamed of walking this section and only took an hour longer

to walk than it took Peter Vernon to run.

From Well 39 the track crossed Tobin Lake and on to Waddawalla, number 40. At Well 43 turnoff, help was sought from some tourists. Peter's nightly hot shower after a long day's run had consumed more soap than planned for.

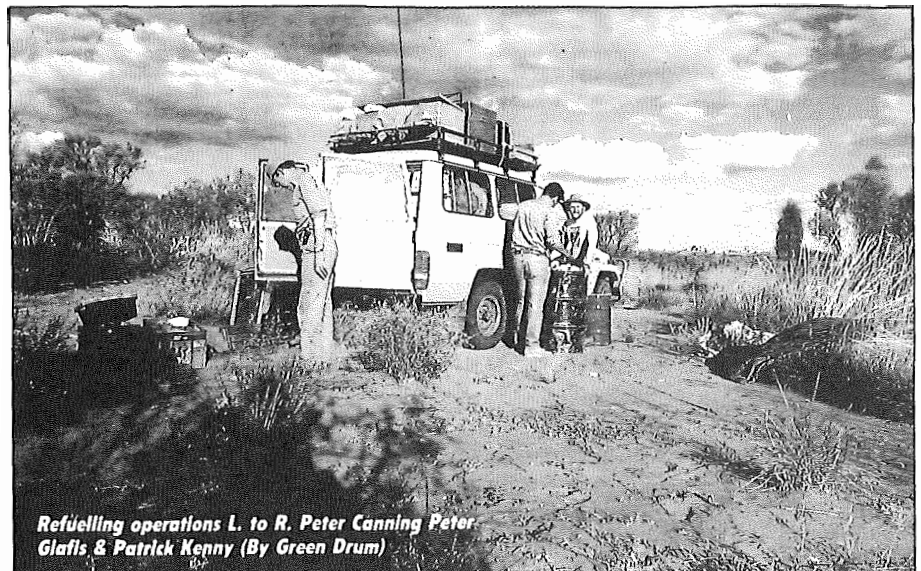
The team now entered the most difficult part of the project; Wells 43 to 48, all cross country linked together like a dot to dot over ridges resembling massive walls of sand.

It was particularly exciting linking these wells. Several relics (horseshoes, buckles etc.) were found by Peter as he picked his way through the spinifex. The scene of Well 46 amongst white gums and

termite mounds is a memory cherished by the whole group. "Without a doubt, the highlight of the run was the section from Well 47 past the mystical Southesk Tablelands and on to the majestic Breaden Hills — an awe inspiring colossus when viewed coming in from the west," Peter reminisced. This marked the end of sand dunes. Peter had initially dreaded having to tackle big dunes, but had come to actually like them.

After reaching Billiluna station, the group naturally followed the original stock route along the Sturt Creek. Not far past Billiluna, another milestone was reached — 1000 miles from Wiluna in 32 days.

Navigation in the floodout country of the Sturt Creek proved very demanding. Tracks were either very faint or non existent. The pressure was on to be in Halls Creek in three days (240km by the planned route). Luck was on Peter's side when a new station track near Ima Ima Pool was found taking them directly to Sturt Creek Homestead, by the pleasant Chuall Pool. It seemed that Peter's fitness was about to peak, when he clocked up 70km. The next day 80km were put behind in crossing the featureless Denison



*Refuelling operations L. to R. Peter Canning Peter Glafis & Patrick Kenny (By Green Drum)*

Plains and onto the Duncan Highway, running into the night under headlights.

A massive effort by Peter saw 90km run on the last day, through the picturesque hills around Palm Springs and on to Old Halls Creek where the run officially finished. It was a round of hearty hand shakes that signalled the end of Peter's 1865 kilometre, 35 day adventure.

It was fitting that Peter Canning and Patrick accompanied Peter

Vernon, walking the last section to the new town, 15km away. After such a well planned and controlled run through the Western Deserts with a brilliant support crew, Peter Vernon deserves the title of "King of the Canning".

## 1000 MILES CHALLENGE

We advertised the 1000 Miles Challenge between Tony Rafferty and Pat Farmer in our last issue.

It was to start on August 1st, 1989 and was to be held at Everley Park, Granville, NSW. This race went ahead as scheduled, but Dave Taylor from Appin, NSW also decided to take part. We're hoping to receive a full report on this race from Tony. It was held on a bumpy grass track, which in places became extremely muddy because of the thunderstorms and heavy rain which plagued the event. Not ideal conditions by any means. However, the basic results are as follows:

Tony Rafferty was able to hold off the other two younger opponents to win the event in 14 days 11 hours 59 min 04 s, some 30 hours faster than he has run the distance before. Pat Farmer finished approximately 5 hours behind, and Dave Taylor ran approximately 800 miles, then withdrew because of a broken toe.

Tony did personal best distances for 24 hours (178km) and for 48 hours (303km) in the course of the event. His times for the various distances were as follows:

700 miles	9 days 17 hr. 40 min. 56 s.
800 miles	11 days 6 hr. 18 min. 57 s.
900 miles	12 days 19 hr. 20 min. 07 s.
1500 km.	13 days 8 hr. 58 min. 04 s.

Heartiest congratulations from all of us Tony, Also a great effort from young Pat Farmer. Well done! Also a gutsy effort from Dave Taylor to run 800 miles!

A more extensive report next issue hopefully.

# WORLD RECORD IN ENDURANCE

by BRIAN LENTON

Reprinted from "Fun Runner"  
Aug-Sept 1989



Balloons and very well earned applause for the world record breaker.  
(Pte Alan Green)

ABOUT 100 METRES from the finish banner on June 6, someone in the pack of sixty runners quipped, 'Come on, Trevor, you can do it!' Sure enough, a new 1000-hour endurance world record of 2.7km per hour.

The event had started six long weeks previously for the 42-year-old army warrant officer—appropriately enough on Anzac Day. The performance bettered Ron Grant's 12-week-old record of 2.5km per hour, which in turn broke William Gale's 2.4km per hour which had lasted a phenomenal 112 years.

'It was 95% mental and 5% physical,' said Trevor. 'My biggest worry was sleep deprivation.'

The new mark of 2700km was no big deal by some ultra standards. After all, it's only the distance from Adelaide to

Darwin. But as Trevor's wife Lorraine commented, 'People really don't understand the meaning of the word *'consecutive'*. We had friends travelling interstate and overseas for several weeks' holiday, and on returning they were surprised that Trevor was still there churning it out.'

Harris did 999 'legs' (comprising a 50-metre walk to the start/finish point and a 2.6km run), averaging 16 to 19 minutes, and only walked once—at Lorraine's insistence. This took 26 minutes, and was done simply to prove that the attempt could be completed even if injuries developed. Ron Grant, who had combined both walking and running in his attempt, was very suppor-

tive, and phoned Trevor at least weekly to wish him well and check on progress.

One way to try and appreciate Trevor's achievement is to note that whereas most of us would take three or four years to respond 1000 times to our daily alarm clock, Trevor accomplished that feat in just six weeks—without smashing the bloody thing. On any frustration tolerance test Harris would have to rate highly. Yet interestingly he found that the major irritation during the event was the psychological testing, which was designed to measure his concentration and reasoning skills. Feeling he was experiencing quite enough stress without inviting more, Trevor told the psychologist not to come back after two visits.

Throughout the 'enduring' (that word succinctly sums up the experience), Trevor never got upset or depressed. The main worry was his son breaking an elbow and requiring a hospital operation, and Trevor not being able to visit him. Harris recalls, 'I was short with Lorraine on one occasion over food, but that was the only 'domestic' I had.' That in itself says much about his temperament, and the critical requirement for having a placid—but also extremely determined—personality for this event.

However, Trevor was quite happy to be a physiological guinea pig. 'I considered it a waste if I couldn't contribute to sports medicine,' he said. 'Very little is known about the effect of fatigue on the chemistry of the blood.' The detailed findings will be presented at a conference later this year. The study was based on blood and urine tests, at first daily and then weekly. Preliminary results showed Trevor's red blood cells to be regenerating at an incredible rate.

Harris had a doctor and three physios on 24-hour standby. His pulse started at 40, peaked at 52 during the event and was 42 at the end. Trevor was eating about fifteen times a day but lost his appetite after three days, and sometimes it was hard to find food that he was able to eat. However, he realised he had to force himself, and his favourite dishes became plain toast, muesli, Weetbix and apple pies. Nevertheless he was 10 kilos lighter by the time he crossed the

finishing line.

It took Harris a week to establish a proper eating, sleeping, running and shower pattern. In fact, day 2 (only 40 to go) was the worst in terms of overall fatigue, but a change to a shorter step and slower pace eased the pain in his quads. Fortunately during the run Trevor only suffered minor, short-term injury/illness problems. Frozen peas and a couple of aspirin fixed an Achilles tendon. The biggest potential worry—legacy of a motorcycle accident—was a knee injury, but Thermoskin kept that in check. A cold cleared up after a few days of antibiotics.

Undoubtedly the key to the success of this endurance run was sleep—or rather, coping with the lack of it.

'I'm a methodical person and I like a routine,' Harris said. 'Whereas most people go to bed once a day, I was going 24 times. I'd get changed and lay out my gear. I have a natural ability to catnap, and within a minute I'd be fast asleep. I never hallucinated, and was

dreaming after a week.' Most of Trevor's 'sleeps' were 15-20 minutes, but he also enjoyed the 'luxury' of the weekend sleep-in—which lasted all of 35-40 minutes.

The start/finish point was located at the Canberra Carillon, with the course following Lake Burley Griffin. For the tourist buses and ferries the warrant officer gave rise to an unusual embellishment on the standard commentary: 'Across the lake we have Parliament House, the High Court—and there's Trevor Harris still at it.' The only time he wasn't 'at it' was during a very brief visit to Parliament House to meet Bob Hawke and Yiannis Kourou, who was carrying the torch at the conclusion of the Sri Chinmoy Peace Run.

I interviewed Trevor a week after the event. He had had his first run that day (5km) but was still very lethargic, and he found he had lost interest in general activities. He was trying to set some goals to rejuvenate himself, such as fixing the car, and going back to 'real'

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**'Whereas most people go to bed once a day, I was going 24 times.'**

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work—though he had in fact been paid by the army during the event, which was officially classified as 'adventure training', and was also regarded as good PR.

As for the future, Trevor says, 'I was never bored, and I actually enjoyed it. But I will *not* be doing it again. It was six weeks out of my life, and I'm not prepared to subject the family to a repeat performance.

'But if someone wants to try for 2.5km an hour sometime, I'll gladly help and support them any way I can.'

Any takers? #

THE CANBERRA TIMES, WEDNESDAY, MAY 17, 1989

## Half way is endured

A Canberra man's attempt to break the 1000-hour world endurance running record reached the half-way stage yesterday morning.

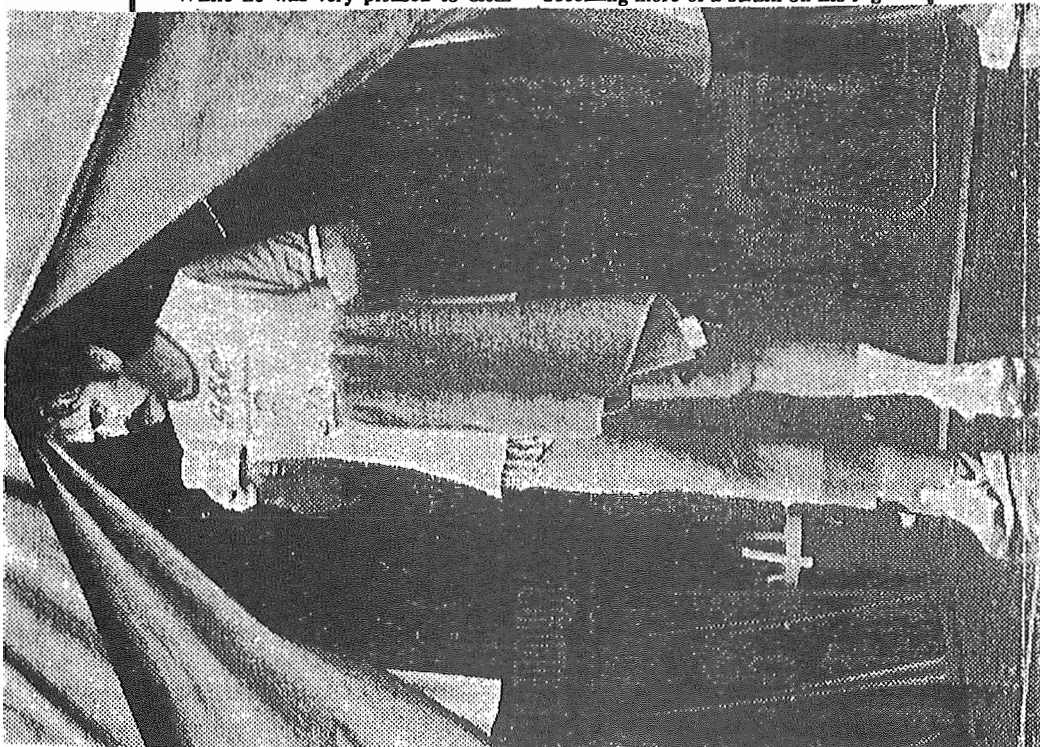
Trevor Harris, 42, in fine health, said after completing his 500th 2.6km lap yesterday that he was as confident as ever of breaking the record.

Warrant Officer Harris, who has to run 2.6km every hour for 1000 hours to break the record, has been running along the shores of Lake Burley Griffin near the Carillon since April 25.

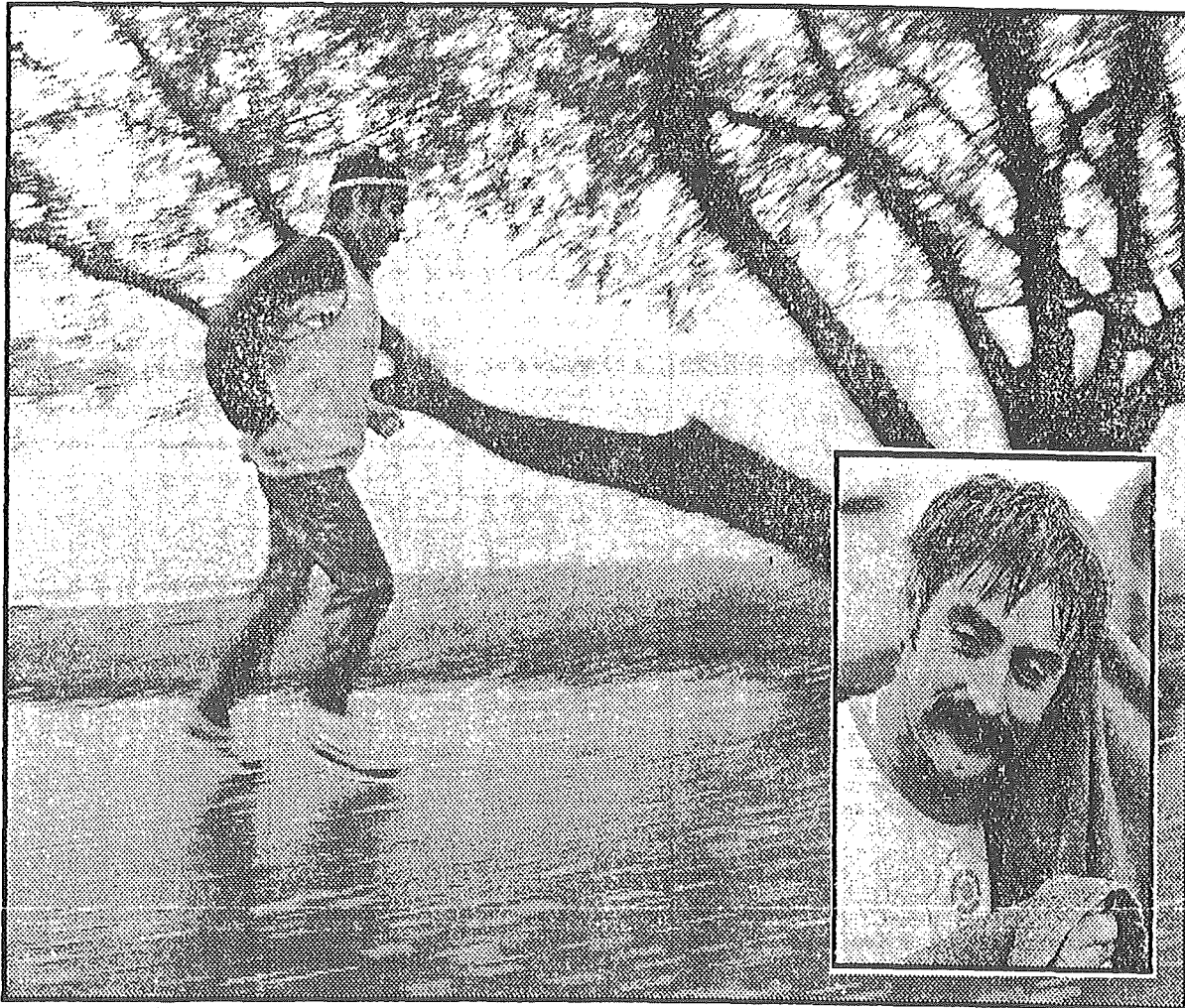
While he was very pleased to clear

his 500th lap, he said there was still a long way to go. "The back will be broken when I get to about 850 hours — then I'll be able to see the end," he said. "At the moment I still take one at a time. It would be silly to say it was all downhill from here."

After losing about 6kg at the beginning of the run, Warrant Officer Harris's weight has stabilised and he is pleased he has no tension in his shoulders or arms. He admitted though, that small inclines in the course are becoming more of a strain on his legs.



Picture: MARTIN JONES  
Warrant Officer Trevor Harris towels off after yesterday morning's run.



Pictures: GRAHAM TIDY

Trevor Harris battles the rain as he runs along the lake shore. Now wearing his third pair of running shoes, Warrant Officer Harris, 42, is fully confident he will be able to complete his attempt to break the 1000-hour world endurance running

record. By yesterday afternoon he had completed 409 of his 1000 laps near the Carillon. He has to run 2.6km every hour to break the record. He has found no major problems, though his legs were getting a bit tired by this week. He is manag-

ing to sleep about four hours a day and said he had been getting a great deal of support from friends who run with him through the day. He will reach the half-way point on Tuesday. Inset: Harris towels down during a break.

If any of you are contemplating a really challenging run in the U.K., you might be interested in the efforts of one of our members, Brian Mills of Warners Bay, NSW.

To celebrate being 50 years of age, Brian ran from one end of the U.K. to the other, that is, from John O'Groats in northern Scotland to Land's End down on the most southern tip. He sent us an extensive report on the whole run and we found it fascinating reading. It's too long to print in this magazine but if you are really keen to read it, we suggest that you sent a large stamped addressed envelope to Brian Mills, 62 Mills Street, Warners Bay, 2282, NSW and he may lend you a copy. It took him exactly 21 days 12 hours 26 minutes, and he averaged between 34-45 miles a day, running five times a day! His wife, Pat and friend Andrew supported him all the way and were an excellent crew apparently.

Although he started running at 5.30am each morning, he still encountered incredible problems with the heavy traffic on the narrow, winding roads which were often devoid of footpaths, and were bordered with stone walls or hedges.

Thankyou Brian, and congratulations!!



Pictures: GRAHAM TUDY

Sweet success... Trevor Harris is kissed by his wife Lorraine at the end of his record-breaking 1000-hour, 2700km run yesterday. INSET: Some of the runners and support crew who helped him make the distance.

## Now it's back to light training

Ultra-marathon runner Trevor Harris was a happy but tired man after finishing his 1000-hour run early yesterday morning.

Trevor completed his 2700km world-record run for charity accompanied by about 40 friends and supporters and, with a garland around his neck, celebrated with a drink of champagne.

His run, which began on Anzac Day and has continued for 15 to 20 minutes every hour since, has cost Trevor 10kg in weight and a lot of shoes.

Trevor, who raised about \$10,000 for Legacy and received a citation from the Chief of General Staff, said he felt relieved and satisfied that the run was over.

The 42-year-old army warrant officer said he felt in good shape despite the weight he had lost.

He said he had experienced no real injuries during the run and that the main problem had been lack of sleep.

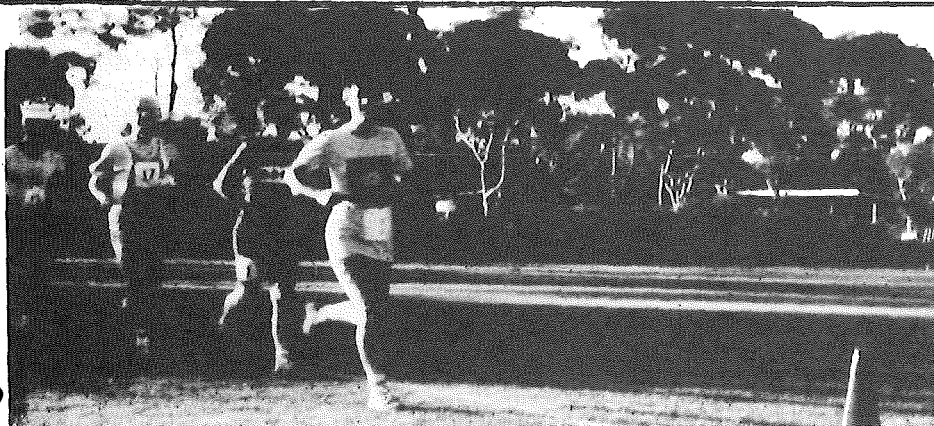
"We expect one week to 10 days of extreme lethargy and it will be up to a week before my

sleeping is normal," he said. "I plan to be back into a light training routine by Friday."

Though he may start running again, Trevor has no plans to break his own record.

He said the secret of his success had been the stability of his support crew, who had done everything except the running.

A spokesperson for Legacy said the funds would be used to provide assistance for needy families in the Canberra-Yass-Boorowa and Queanbeyan-Monaro areas.



Rosebud 12 Hour in May this year. Merrilyn Tait leads Sandra Kerr, Cliff Ryan and Ken Hough.

# GRAEME WOODS ESCAPES AUSSIE WINTER - DESTINATION SIBERIA

by FIONA ROSS

Reprinted from: "Fun Runner"  
Aug-Sept, 1989



At the run briefing held at the Sydney Cricket Ground (l. to r.): OWEN TOLLIDAY (Qld), CLIFF YOUNG (Vic) and GRAEME WOODS (Qld).

ONLY 15 DAYS after completing the Westfield Sydney-Melbourne Ultramarathon, 42-year-old Queenslander Graeme Woods was on a plane bound for Russia.

As the only Australian to have been invited to take part in the 1500km run from Siberia to North Korea, part of the Youth and Student Festival in the cause of world peace, Graeme naturally felt proud to have the chance to represent his country.

Few runners would even contemplate participation in an event of such a distance so soon after having finished the 1011km Sydney-Melbourne run, which itself is recognised as one of the world's toughest events. But Graeme was undeterred by those who thought he was attempting the impossible. Impossible? The word doesn't enter his vocabulary. Graeme believes everything is possible.

What is it, then, that drives a man to enter such races and suffer the agony of tiredness, aching limbs and sore feet, and how does he also cope with the mental strain, the times when the great long stretches of bitumen ahead seem never-ending, times when in the darkness of night the task he faces appears almost insurmountable?

There are no simple answers. Men such as Graeme Woods will tell you that running is more than just a challenge, it's a way of life. Victory is sweet and winning is glorious, but in any race simply completing the distance calls for an iron will—and also a measure of luck.

Over the last few years Graeme has

concentrated all his spare time and energy on his running career, and his participation in some of the toughest endurance runs demonstrates his dedication to ultramarathon running. His last three winning positions were the Big Apple Nissan Bicentenary 48-Hour, in which he set a new Australian record with a distance of 367.8km, the Perth to Albany 410km in 2 days 6 hours 46 minutes, and more recently Tamworth's first 24-hour run, in which he covered more than 206km.

In this year's Sydney-Melbourne Graeme led the field several times during the race, but unfortunately a debilitating ankle injury robbed him of a possible victory. However, even though in considerable pain, he still managed to cross the line in 4th position in a time of 6 days 15 hours 3 minutes (11 hours better than his 6th placing in 1988).

This year Graeme was sponsored by Nature's Own, a Queensland company who specialize in natural vitamins and supplements. Graeme is grateful to them in more ways than one. Not only is sponsorship vital in the area of sport, but his association with Nature's Own has served to increase his awareness of the role that vitamins and supplements can play, and he is convinced that many athletes could achieve greater success if they paid more attention to their vitamin and mineral needs.

The Russian race, which commenced on June 15, was sponsored by Pravda, Russia's national newspaper. It required participants to complete an incredible 100km per day for 15 consecutive days. Graeme joined six Americans, a Canadian and several Russians in this historic run for world peace.

In fact Graeme has proven himself equally capable as an ambassador. During his visit to Russia he was able to personally deliver invitations to two Russian runners and their coach to compete in the 1989 Australian Marathon Championships, held at the Gold Coast on July 23, courtesy of Japan Air Lines, while he returns to Australia with a number of invitations for Australian ultra runners to participate in the 1990 Siberian run. #

**CURRENT AURA MEMBERSHIP:** Since our last issue, we have scored 51 new members, which brought our total up to 460; however, 66 have not renewed for 1989 (very sad!), so we are down to 394. Individual state breakdown: Vics. 179, NSW 178 (help!), Q'ld 33, South Australia 30, West.Aust 13, Tas. 9, Overseas 18.

# Who is the Greatest?

**by Andy Milroy**

In any sport debates over which particular performer is the greatest are commonplace, provoking partisan reactions as each faction seeks to uphold their own particular favourite. Ultrarunning is no different. Frequently in the running press around the world we see reference to so and so being the greatest performer. Such a claim can only be an opinion of course, as a runner can only defeat those who oppose them. No-one can race those who came before or those who are yet to come.

Over the years I have given some thought to this question. My opening premise is that Ultrarunning is not one sport but several. To start with Trail/Fell running is sufficiently different from standard ultras in that the physical and mental requirements are not the same, and they do not usually appeal to the same runners. Thus although one could justifiably say that someone was the greatest ultra trail/fell runner, I don't feel that someone who is predominantly such a runner can be considered as a contender for the greatest ultra performer.

Standard ultra events cover a vast spectrum of distances from 30 miles up to 1000 miles. The differences between these two extremes is similar to those between the 100 metre sprint and the 3000 metres. It would be meaningless to compare Ben Johnson or Carl Lewis with the likes of Said Aouita for instance. Their abilities, skills and training are very different. Many tend to regard the 30 miles and 50km as little more than a long marathon. If we take, then, the 36 mile/60km as a lower starting point, from there up to the 100 miles can perhaps be regarded as events requiring a similar approach. The 24 hours is a transitional area between the shorter events and the multi-day races.

If we look first at the longer, multi-day events. The feats attributed to Mensen Ernst in the 1830s would unquestionably make him the greatest multi-day runner of alltime. However such journey runs are essentially unprovable, and it is only fair that we restrict our terms of reference to marks that are comparable.

The Six Day races of the 1870s inaugurated multi-day running. The originator of these contests, Edward Pauson Weston, though a remarkable walker and publicist, cannot really be accounted amongst the greatest multi-day runners. His competitive record is patchy and he was at his best in his solo matches against time.

To my mind there are three major performers worthy of consideration from this period - George Hazael, Charlie Rowell and George Littlewood. Hazael is the only man to have set 50 mile, 100 mile and 24 hour world bests in a single race and he was also the first man to cover 600 miles in 6 days. However, he was an inconsistent performer and was not in the same class as his two contemporaries. Charlie Rowell was regarded as the "World's Wonder 6 Day Performer" in the late 1870s and early 1880s. The Astley Belt races were the major events - Rowell won the third such event, missed the fourth through injury, and won the last three to win the Belt outright. In the 6th Astley Best race he set new world bests at 100 miles, 24 hours, 48 hours and 6 Days. Following these victories he ran in another major event in

February 1882. He covered over 150 miles in 24 hours, 258 in 48 and 353 in 72 hours before being taken ill by drinking vinegar in mistake for beef tea. Following this race he was never the same force again. Malaria made him drop out of the next event, and although he covered over 600 miles in an 1884 event he was beaten by Pat Fitzgerald. In his career he made well over \$50,000 when the average yearly salary was around \$500. When Six Day racing was at its most popular, and probably its most competitive, Rowell was the dominant figure.

George Littlewood came on the scene too late in many ways. By the time he had mastered the event it was in decline as far as the public was concerned. In November/December 1888 Littlewood set the final professional 6 Day best of 623.75 miles. He could have easily gone considerably further but he didn't want to make it too difficult to break the record the next time. There was no next time for the races were to be supplanted by bicycle races and other attractions, and were not revived for nearly a hundred years. Littlewood was a good performer at shorter distances and in a 6 x 12 hour contest in 1884 he covered in excess of 100km in 8 hours. He was also a formidable walker, and set the current 6 Day walking best of 531 miles 677 yards.

The only multi-day runner comparable with Rowell and Littlewood is Yiannis Kouros. He ran his first 6 Day in New York in 1984, breaking the 48 hour best before surpassing Littlewood's Six Day mark. Later in the year he improved his Six Day best further at Colac, Australia. The following year he broke his 48 hour best at Montauban with 281 miles, setting a new 24 hour track best en route. In 1987 he won the Sydney to Melbourne race - 658.6 miles - in well under six days. The following year he ran 1000 miles in 10 days 10 hours to set a new road best. His dominance over modern multi-day performers was shown in the 1988 Sydney to Melbourne race where he gave the rest of the field 12 hours start and still won. Yiannis has also set two 24 hour bests on the road.

So who is the greatest multi-day performer? On balance I would take Rowell over Littlewood, mainly because of his length of dominance and his 24/48 hour bests. Choosing between Kouros and Rowell is more difficult. Their strategies in multi-day races are very similar - run a hard first three days and then sit on the lead. The margins of victory achieved by Yiannis Kouros are well known - it is worth pointing out that when Charlie Rowell set his 6 Day world best he won by nearly 100 miles. Perhaps the only deciding factor between them is the competition. Rowell faced redoubtable opposition - experienced Six Day performances who had set world bests - men like Weston, O'Leary, Brown Hart and Hazael, and beat them to win prize money that in today's terms must be in excess of a million dollars. 1879/1880 was a period of Six Day mania - in the UK alone there were Six Day events held at 13 different venues, and several of those hosted a number of such races. Six Day races were also common in the United States, as well as being held in Canada and Australia. Yiannis Kouros, as yet, does not face that sort of competition. There are only a handful of multi-day races world wide and, if prize money is on offer, it is miniscule compared with that which tempted Rowell's opposition. So on balance I would suggest that Charlie Rowell was the greatest multi-day performer we have yet seen.

To turn to the shorter events. Competitive racing over 50 miles and above only began in the 1870s, and it was not really until the 1920s that the first candidate for the greatest ultra runner over such distances appeared. Arthur Newton won the Comrades marathon five times, though in those days the event was in its infancy. He

However Ballington's feats are overshadowed by another South African contemporary, Wally Hayward. Hayward won his first Comrades in 1930 at the age of 21, three years before Ballington's first win. It was to be twenty years before he returned to ultrarunning. (In the intervening period he represented South Africa on the track). He won his third Comrades in 1951 but missed the following year's race as he was competing in the Helsinki Olympic Games over the marathon. After winning the 1953 Comrades he came over to England to attempt the Brighton and Bath road records. He succeeded brilliantly, setting a new 50 mile road best of 5:14 en route to a new Brighton record, and then recording 12:20 in the later run. He was persuaded by Arthur Newton to stay on to tackle the 24 hour record. He reached 100 miles in 12:46, a new track best, before coming off for a shower. He stiffened up badly and never really got going properly again. He finished with 159 miles, a new world best, which after 35 years still remains the best track mark by anyone over 45. He returned to South Africa to win his fifth Comrades but then controversially was declared a professional for technical reasons connected with his stay in England. He was reinstated many years later and in 1988, at the age of 79 ran the Comrades again in 9:44:16, the first time he had run the race and not won it! In his competitive period Hayward was the Marciano of ultrarunning. He never lost a race at 50 miles and above, including five Comrades, a London to Brighton two road 100 milers and a 24 hours.

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several track ultras bests, John Tarrant set a number of world track bests as well, and more recently Cavin Woodward was brilliant in 1975, though since his career has had its ups and downs. Undoubtedly the major ultra runner of the late '70s and early '80s was Don Ritchie, and he has a definite claim to the title of the greatest ultra runner. He set nine world track bests at distances from 50km up to 200km, as well as world road bests at 100km and 100 miles. Though hampered by injury in 1980 and '81, when at his powerful best he was in a class of his own. His great 100km track best of 6:10:20 is a quarter hour better than the next best mark, both as far as the track and the certified road courses are concerned. Twice winner of the Brighton, he has also won major races in the United States, Italy and Finland.

Bruce Fordyce is another claimant. He has won the Comrades marathon an incredible eight times, during a period when the field for the event has made it the largest ultra in the world. Three years in a row he won both the Comrades and the Brighton. He went to the United States in 1984 and ran the second fastest 50 miles ever, having previously run the fastest on the Brighton road. Although he is undoubtedly the greatest 50 mile runner in the world today he has yet to run further than 90km.

Yiannis Kouros has set a world road 100 miles best and two 24 hours road bests but his sub 24 hour marks are limited. (I would class his Spartathon runs along with the 24 hour). He won the Torhout 100km in 6:26, but apart from that his 100km runs have been unremarkable. In addition to his 100 mile road best he has two other sub 12 hour 100 miles to his name but neither are within a quarter of an hour of Ritchie's track best.

So, on balance, the choice would seem to be between Wally Hayward and Don Ritchie. Hayward set nearly as many ultra world bests as Ritchie, if one takes into account his split times in his 24 hour run. His range of performances was greater, for Ritchie has yet to put together a top class 24 hour run. Wally Hayward was probably the most talented runner to seriously embark on an ultra career. He won a bronze medal at 6 miles in the Sydney Empire Games, and in the middle of his ultra career, represented his country in the Olympic marathon, (10th in 2:31). However the world of ultra running in the 1950s was very different from today. South Africa was the dominant nation in the sport, the RRC Brighton race was only two years old and elsewhere ultras were unknown. Ritchie's career (which to date has lasted at least ten years longer than Hayward's - if one excludes Wally's first Comrades' win) has seen a vast expansion in ultrarunning. Ritchie has faced greater competition than Hayward. It is perhaps a tribute to his longevity as a runner that ten years after setting his first world best he was able to come second in the World 100km Championships. In that World Championships there were top runners from the now numerous ultrarunning nations. Perhaps compensating for the lack of competition faced by Hayward is the margin by which he broke previous records. In 1953 he broke the Comrades "Down" record by nearly half an hour, the Brighton record by 22 minutes, the 100 miles by an hour, and the 24 hours by seven miles. In 1954 he broke the Comrades "Up" record by nearly 20 minutes. There is little to choose between the two runners. I have spoken to men who handled them in major record breaking performances. Their concentration and organisation were very similar. If one compares the Ritchie of 1978-83 with Hayward of 1950-54 they were at their peak for similar periods of time. Perhaps Ritchie was less dominant in that he lost shorter ultras during that period, but then he had ultra races to choose from - Hayward's ultra choice was very limited. Perhaps Hayward has the edge because of

his unbeaten ultra record, and because he tackled every ultra event that was open to him at that time, setting new standards in each event. I also suspect that his sheer running ability (unsurpassed among ultra runners) combined with his well known determination would bring him to the fore no matter when he entered the ultra scene.

I stated at the beginning that standard ultra and multi-day events weren't comparable. Perhaps however it is possible to compare Rowell and Hayward on common ground - the 24 hours. Rowell ran 150 miles 395 yards in 22h 28m, before going on to further bests at 48 and 72 hours. In a straight 24 hour race he would have been capable of around 160 miles. (This was not Rowell's first "24 hour" effort - he had run over 140 miles in a day twice before, and such experience counts for a

**CHARLES ROWELL**  
and the **ASTLEY BELT**



lot in the event). Hayward's mistaken stop at 100 miles in his 24 hours run forced him to struggle to accumulate 159 miles. Now 35 years later only ONE man has covered the first 100 miles of a 24 hours faster than Hayward and finished with a superior distance. Rowell was the first man to run under 14 hours for 100 miles; Hayward was the first under 13. Perhaps the fact that Hayward was forced to retire whilst at the top gives him a slight edge. He didn't face the tarnishing defeats that Rowell faced in his later career. However Rowell undoubtedly faced stronger opposition. Choosing between the two is very difficult. Just comparing their careers in general terms if a pistol was held to my head I would have to go for Hayward - the combination of his dominance, his unbeaten record and his range of events just tip the balance.



RUNNER Dave Taylor,

# AUSTRALIAN TRACK RANKINGS

## 200KM

1	Owen Tolliday	38	Qld	18-16-44	Adelaide 24Hr	29/30	Oct1989
2	Mike March	45	Tas	18-22-48	Coburg 24Hr	25/26	Feb1989
3	John Breit	38	V	18-33-07	Coburg 24Hr	25/26	Feb1989
4	David Standeven	24	SA	18-56-04	Adelaide 24Hr	1/2	Nov1986
5	Brian Bloomer	46	V	19-42-30	Box Hill 24Hr	15/16	Feb1986
6	Bryan Smith		V	19-52-16	Campbeltown 24Hr	8/9	Oct1988
7	Ashley Parcell	29	Qld	20-16-28	Hensley 24Hr	23/24	Feb1985
8	Cliff Young	63	V	20-17-09	Adelaide 24Hr	9/10	Nov1985
9	Keith Fisher	23	V	20-27-27	Coburg 24Hr	25/26	Feb1989
10	Frank Kelly	24	NSW	20-34-56	Hensley 24Hr	28/29	May1988
11	Barry Brooks	46	V	20-43-52	Box Hill 24Hr	28	Feb1987
12	Graeme Woods		Qld	20-51-25	Aberfeldie 48Hr	23/25	Jan1988
13	George Audler	51	WA	21-43-37	Perth 24Hr	18/19	Oct1986
14	Geoff Kirkman	35	SA	22-04-19	Adelaide 24Hr	9/10	Nov1985
15	Alan Devine	29	WA	22-05-30	Perth 24Hr	17/18	Oct1987
16	Ian Javes	44	Qld	22-06-49	Box Hill 24Hr	28	Feb1987
17	Bob Hunter		Qld	22-11-27	Qld RRC 24Hr	1/2	Jul1989
18	Greg Wishart	50	V	22-20-26	Coburg 24Hr	25/26	Feb1989
19	Bob Bruner	45	V	22-28-46	Adelaide 24Hr	5/6	Nov1983
20	Jack McKellar	45	V	22-31-39	Box Hill 24Hr	15/16	Feb1986
21	Charlie Lynn	40	NSW	22-33-05	Adelaide 24Hr	9/10	Nov1985
22	Bill Beauchamp	41	V	22-33-28	Box Hill 24Hr	28	Feb1987
23	Gerry Riley	56	V	22-35-34	Adelaide 24Hr	1/2	Nov1986
24	Alan Croxford	43	WA	22-38-49	Perth 24Hr	18/19	Oct1986
25	Alan Peacock	27	Qld	22-43-34	Qld Uni24Hr	5/6	Sep1987
26	Bob Taggart	42	SA	22-50-01	Adelaide 24Hr	29/30	Oct1988
27	Graeme Wilkinson	40	NSW	22-53-23	Hensley 24Hr	29/30	Nov1986
28	Wick Read	36	NSW	23-06-22	Coburg 24Hr	13/14	Feb1988
29	John Bell	41	V	23-14-21	Box Hill 24Hr	15/16	Feb1986
30	James Wolstencroft	34	V	23-15-44	Coburg 24Hr	25/26	Feb1989
31	Peter Gray	24	V	23-19-39	Coburg 24Hr	25/26	Feb1989
32	Maurice Taylor	38	NSW	23-27-00	Box Hill 24Hr	28	Feb 1987
33	Howard Ross	40	V	23-28-26	Box Hill 24Hr	15/16	Feb1986
34	Graham Stenner	44	SA	23-31-46	Coburg 24Hr	25/26	Feb1989
35	John Champness	47	V	23-36-22	Hensley 24Hr	28/29	May1988
36	Brickley Hepburn	37	V	23-39-08	Coburg 24Hr	25/26	Feb1989
37	Anyce K Melham	29	NSW	23-41-46	Adelaide 24Hr	1/2	Nov1986
38	Graham Firkin	51	NSW	23-44-24	Campbeltown 24Hr	8	Oct1988
39	Barry Allen	30	V	23-56-51	Box Hill 24Hr	28	Feb1987
40	Mike Thompson		WA	24-00-00	Perth 24Hr	27/28	May1989
41	Ross Parker		WA	25-43-25	Perth 48Hr	16/18	Oct1987
42	Ron Hill	47	V	25-44-18	Aberfeldie 48Hr	23/25	Jan1988
43	Graham Medhill	41	Qld	26-40-24	Qld RRC 48Hr	30	Jun 1989
44	Tony Collins	42	NSW	31-48-08	Qld RRC 48Hr	30	Jun1989
45	Gary Clark		WA	31-54-42	Perth 48Hr	16/18	Oct1987
46	Stan Miskin	62	V	33-21-47	Aberfeldie 48Hr	23/25	Jan 1988
47	Peter Richardson	23	V	34-32-42	Aberfeldie 48Hr	23/25	Jan1988
48	Tony Rafferty	48	V	35-41-24	Aberfeldie 46Hr	23/25	Jan1988
49	Greg Hillier		SA	42-26-56	Aberfeldie 48Hr	23/25	Jan1988
50	Dave Scott	40	WA	43-16-06	Perth 48Hr	16/18	Oct1987
51	Stephen Dunn		SA	44-02-50	Aberfeldie 48Hr	23/25	Jan1988
52	James Hume		V	44-28-56	Aberfeldie 48Hr	23/25	Jan1988
53	John Peterson	73	Qld	44-33-25	Qld RRC 48Hr	30	Jun 1989
54	Patrick Farmer	25	NSW	45-56-55	Aberfeldie 48Hr	23/25	Jan1988
WOMEN	1 Cynthia Cameron	44	V	23-56-10	Adelaide 24Hr	1/2	Nov1986
	2 Eileen Lush	40	SA	41-10-05	Aberfeldie 48Hr	23/25	Jan1988

# AUSTRALIAN 50KM TRACK RANKINGS(SEPTMBER) 1989.

1	Bruce Cook	ACT	3-09-50	Parramatta	5Mar1989
2	Bill Clingham	41 NSW	3-10-36	Parramatta	11Mar1984
3	Tony Visali	NSW	3-12-31	Parramatta	11Mar1984
4	Graeme Woods	41 Qld	3-14-44	Coburg 100Km	28Aug1988
5	Steve Montague	NSW	3-15-27	Parramatta	1982
6	Peter Tutty	23 NSW	3-15-35	Box Hill 50Ml	18Jun1988
7	Martin Thompson	32 V	3-15-57	Uxbridge UK	25Jun1977
8	Keith Swift	NSW	3-18-59	Parramatta	1981
9	P Wheatley	NSW	3-25-03	Parramatta	1981
10	Peter Derig	NSW	3-28-19	Parramatta	1980
11	Paul Every	NSW	3-34-27	Parramatta	6Mar1988
12	Barry Massingham	NSW	3-34-37	Parramatta	1980
13	Bob Marden	31 NSW	3-34-55	Parramatta	11Mar1984
14	Geoff Boase	38 V	3-36-55	Box Hill	17Jun1989
15	John Breit	30 V	3-38-18	Box Hill 50Ml	18Jun1988
16	Bryan Smith	44 V	3-38-42	Box Hill 50Ml	18Jun1988
17	Peter Milne	33 V	3-39-14	Box Hill 50Ml	18Jun1988
18	Allistair Wallace	NSW	3-39-16	Parramatta	11Mar1984
19	Frank Kelly	30 NSW	3-39-25	Parramatta	11Mar1984
20	Tom Gillis	41 NSW	3-41-15	Parramatta	1981
21	Tony McCool	SA	3-42-03	Adelaide 50Ml	24Jul1988
22	T Zervos	NSW	3-42-46	Parramatta	11Mar1984
23	Brad Doyle	NSW	3-44-10	Parramatta	5Mar1989
24	Chris Stephenson	27 NSW	3-46-01	Parramatta	11Mar1984
25	Owen Tolliday	Qld	3-46-02	Adelaide 24Hr	29/30Oct1988
26	Nick Read	36 NSW	3-46-12	Hensley 24Hr	28/29May1988
27	David Standeven	34 SA	3-46-15	Adelaide 24Hr	1/2Nov1986
28	Leif Nichelsson	46 V	3-46-35	Box Hill 50Ml	18Jun1988
29	Jack Black	NSW	3-47-02	Parramatta	1982
30	Ron Campbell	46 V	3-47-04	Box Hill 50Ml	17Jun1989
31	Neil McCabe	Qld	3-47-48	Coburg 100Km	28Aug1988
32	Brad Boyle	25 NSW	3-47-57	Parramatta	10Mar1985
33	Bob Zwierlein	25 V	3-49-24	Rosebud 12Hr	6May1989
34	Phillip Clarke	NSW	3-50-21	Parramatta	6Mar1988
35	Greg Wishart	50 V	3-51-38	Coburg 100Km	28Aug1988
36	Tony Dietachmayer	24 V	3-53-14	Coburg 100Km	28Aug1988
37	Ashley Parcell	30 Qld	3-53-32	Box Hill 24Hr	15/16Feb1986
38	Alan Staples	32 NSW	3-54-37	Parramatta	7Mar1982
39	Cliff Young	64 V	3-54-42	Adelaide 24Hr	1/2Nov1986
40	Stephen Dunn	21 SA	3-55-33	Adelaide 50Ml	24Jul1988
41	Robert Osborne	NSW	3-55-37	Parramatta	6Mar1988
42	Joe Record	47 WA	3-57-24	Coburg 24Hr	25/26Feb1989
43	J Morris	NSW	3-58-19	Parramatta	11Mar1984
44	Ian Hutchinson	34 NSW	3-58-47	Parramatta	8Mar1981
45	Max Carson	V	3-58-51	Coburg 100Km	28Aug1988
46	Geoff Hook	43 V	3-59-29	Box Hill 50Ml	18Jun1988
47	Barry Brooks	47 V	3-59-59	Coburg 100Km	13Sep1987
48	Vic Gerada	NSW	4-01-39	Parramatta	1982
49	Doug Markulin	NSW	4-02-10	Parramatta	1983
50	R Stewart	NSW	4-02-23	Parramatta	11Mar1984
51	Bob Taylor	43 V	4-02-51	Box Hill 50Ml	18Jun1988
52	Nick Walker	NSW	4-03-11	Parramatta	1982
53	Peter Moore	36 V	4-03-30	Aberfeldie 150Km	10Mar1985
54	Don Cox	41 SA	4-03-42	Adelaide 50Ml	24Jul1988
55	Peter Schultz	31 SA	4-03-43	Adelaide 24Hr	5/6Nov1983
56	Peter Gray	24 V	4-05-22	Coburg 24Hr	25/26Feb1989
57	Ian Olifent	SA	4-06-23	Adelaide 24Hr	9/10Nov1985

# RANKINGS

58	Don McDonald	41	V	4-07-39	Box Hill 50Ml	18Jun1988
59	Steel Beveridge	35	NSW	4-08-07	Parramatta	9Mar1986
60	Les Davis		NSW	4-08-43	Parramatta	5Mar1989
61	Peter Richardson	22	V	4-08-45	Hensley 24Hr	30May1987
62	Bill Beauchamp	42	V	4-09-16	Coburg 100Km	13Sep1987
63	Michael Bryce	40	V	4-09-29	Box Hill 50Ml	18Jun1988
64	Kevin Cassidy	28	V	4-09-40	Coburg 100Km	28Aug1988
65	Geordie Fitzgerald		NSW	4-09-49	Parramatta	8Mar1981
66	Bob Taggart	42	SA	4-10-01	Adelaide 24Hr	29/30Oct1988
67	Roger Stuart	45	SA	4-10-10	Adelaide 50Ml	24Jul1988
68	John Bell	41	V	4-10-16	Box Hill 24Hr	15/16Feb1986
69	Rod Martin	44	NSW	4-10-32	Hensley 24Hr	30/31May1987
70	Evan Hocking		NSW	4-10-43	Parramatta	1981
71	Graeme Wilkinson	41	NSW	4-10-52	Adelaide 24Hr	4/5Oct1986
72	Maurice Taylor	41	NSW	4-11-11	Parramatta	5Mar1989
73	Ron Hill	47	V	4-11-25	Coburg 100Km	13Sep1987
74	Brian Bloomer	45	V	4-11-33	Box Hill 24Hr	15/16Feb1986
75	Brickley Hepburn	38	V	4-12-21	Box Hill 50Ml	17Jun1989
76	Bert Smith	47	V	4-12-24	Box Hill 50Ml	18Jun1988
77	Joe Skrobalak	33	V	4-12-40	Box Hill 50Ml	17Jun1989
78	Tom Morrow		NSW	4-12-48	Parramatta	5Mar1989
79	Graeme Russell	30	V	4-12-48	Box Hill 50Ml	17Jun1989
80	Russell Bond		NSW	4-13-40	Parramatta	1980
81	Stuart Reid		ACT	4-13-40	Canberra 100Km	10Oct1988
82	Peter Manning	35	NSW	4-13-56	Parramatta	6Mar1988
83	Tennie Gattle	38	V	4-14-06	Hensley 24Hr	28/29May1988
84	Amyce K Melham	30	NSW	4-14-16	Hensley 24	28/29May1988
85	Ashley Warner		NSW	4-14-21	Parramatta	1982
86	Terry Pickard		Qld	4-14-25	Qld 24Hr	5/6Sep1987
87	Val McGhie	52	NSW	4-14-32	Parramatta	1982
88	Roy Sutcliffe	54	SA	4-15-06	Adelaide 24Hr	5/6Nov1983
89	George Audley	51	WA	4-15-09	Perth 24Hr	18/19Oct1986
90	Robert Nash	37	V	4-15-10	Box Hill 50Ml	18Jun1988
91	Peter Burke		NSW	4-15-12	Parramatta	1983
92	Trevor Harris	40	ACT	4-15-21	Hensley 24Hr	30/31May1987
93	F Banfield		NSW	4-15-33	Parramatta	11Mar1984
94	Graeme Townsend	30	NSW	4-16-40	Hensley 24Hr	28/29May1988
95	Max Kitto	42	SA	4-16-55	Adelaide 50Ml	24Jul1988
96	Jack McKellar	45	V	4-17-30	Box Hill 24Hr	15/16Feb1986
97	John Melnyczenko		NSW	4-18-57	Parramatta	1983
98	Geoff Kirkman	35	SA	4-19-39	Adelaide 24Hr	9/10Nov 85
99	Ernest Hartley		V	4-20-00	Parramatta	6Mar1988
100	Ian Javes	45	Qld	4-20-11	Adelaide 24Hr	29/30Oct1988
101	Alan Devine	28	WA	4-20-36	Perth 24Hr	17/18Oct1987
102	Alistair McManus	35	WA	4-20-47	Adelaide 24Hr	9/10 Oct85
103	R Hodge		NSW	4-21-25	Parramatta	11Mar1984
104	Bob Hunter		Qld	4-21-48	Qld RRC 24Hr	1/2 Jul1989
105	Andrew McCombe	53	SA	4-21-53	Adelaide 24Hr	5/6Nov1983
106	Greg Browne	36	V	4-22-34	Box Hill 50Ml	17Jun1989
107	Bob Bruner	44	V	4-23-10	Adelaide 24Hr	13/14Nov1982
108	Alan Croxford	43	WA	4-24-24	Perth 24Hr	18/19Oct1986
109	Peter Logan	36	V	4-24-25	Box Hill 24Hr	4/5Feb1984
110	Phil Lear	39	V	4-24-25	Box Hill 24	4-5Feb1984
111	Keith Fisher	22	V	4-24-26	Auck NZ 24Hr	22/23Aug1987
112	Mike March	45	TAS	4-24-37	Coburg 24Hr	25/26Feb1989
113	Robert Drew		NSW	4-25-39	Parramatta	6Mar1988
114	Kon Butko	38	V	4-26-13	Box Hill 24Hr	15/16Feb1986
115	Michael Whiteoak	38	V	4-26-17	Adelaide 24Hr	5/6Nov1983
116	John Champness	45	V	4-27-34	Box Hill 24Hr	28Feb1987

117 Michael Grayling	32 V	4-27-55	Box Hill 50Ml	17Jun1989
118 Randall Hughes	65 V	4-28-36	Box Hill 50Ml	17Jun1989
119 Dan Gray	37 NSW	4-28-39	Parramatta	11Mar1984
120 Derek Quinto	ACT	4-28-04	Canberra 100Km	10Oct1988
121 Les Murphy	ACT	4-29-04	Canberra 100Km	10Oct1988
122 Gerry Riley	56 V	4-29-05	Coburg 100Km	13 Sep87
123 Col Jerram	45 V	4-29-12	Box Hill 50Ml	17Jun1989
124 K Gillies	NSW	4-29-40	Parramatta	11Mar1984
125 Ross Parker	WA	4-29-52	Perth 48Hr	16/17Oct1987
126 John Kaparelis	V	4-30-07	Coburg 100Km	28Aug1988
127 Joe Gobel	49 V	4-30-24	Box Hill 24Hr	28Feb1987
128 David Brown	30 NSW	4-30-27	Hensley 24Hr	28/29May1988
129 Peter Armistead	43 V	4-31-15	Rosebud 12Hr	6May1989
130 A Younie	Nsw	4-31-16	Parramatta	11Mar1984
131 Tom Donovan	57 V	4-31-22	Box Hill 50Ml	18Jun1988
132 Stan Miskin	57 V	4-31-37	Melb Uni 50Ml	26Jun1982
133 Lindsay Phillips	34 Qld	4-33-30	Qld RRC 24Hr	1Jul1989
134 Keith Boidin	NSW	4-33-31	Parramatta	8Mar1981
135 Charlie Lynn	40 NSW	4-33-31	Adelaide 24Hr	9/10Nov1985
136 Ray Ramelli	40 V	4-33-43	Box Hill 24Hr	15/16Feb1986
137 Sandy Buchan	Qld	4-33-58	Qld RRC 24Hr	1/2Jul1989
138 Patrick Farmer	27 NSW	4-34-00	Parramatta	5Mar1989
139 Guy Schubert	36 SA	4-34-03	Adelaide 24Hr	1/2Nov1986
140 Ced SideBottom	NSW	4-35-44	Parramatta	5March89
141 Kevin Mansell	NSW	4-36-25	Parramatta	5Mar1989
142 Mike Thompson	38 WA	4-37-28	Perth 24Hr	16/17Oct1987
143 Klaus Schnibbe	44 V	4-37-37	Coburg 100Km	13Sep1987
144 John Caccarone		4-37-57	Parramatta	6Mar1988
145 Barry Patterson	V	4-38-10	Adelaide 24Hr	3/4Nov1984
146 John Bencze	55 V	4-38-30	Coburg 24Hr	25/26Feb1989
147 Chilla Nasmyth	NSW	4-38-48	Hensley 24Hr	29/30Nov1986
148 Kevin Foreman	45 SA	4-38-58	Adelaide 24Hr	5/6Nov1983
149 Peter Quinn	39 V	4-39-06	Box Hill 50Ml	17Jun1989
150 Graham Stenner	43 SA	4-39-24	Adelaide 50Ml	24Jul1988
151 Ross Martin	56 SA	4-39-49	Adelaide 24Hr	9/10Nov1985
152 Mark Foley	NSW	4-40-00	Parramatta	5Mar1989
153 Colin Donald	29 V	4-40-42	Box Hill 24Hr	28Feb1987
154 Bruce Donnelly	Qld	4-41-05	Qld 24Hr	5/6Sep1987
155 Ken Hough	43 V	4-41-11	Box Hill 50Ml	18Jun1988
156 Paul Circosta	Qld	4-41-38	Qld Uni 24Hr	5/6Sep1987
157 Paul Woodhouse	22 NSW	4-41-57	Adelaide 24Hr	3/4Nov1984
158 Max Bogenhuber	46 NSW	4-42-09	Hensley 24Hr	28/29May1988
159 James Wolstencroft	34 V	4-42-30	Coburg 24Hr	25/26Feb1989
160 Ronald Smith	44 V	4-42-54	Rosebud 12Hr	6May1989
161 Andrew Docherty	52 SA	4-42-55	Adelaide 24Hr	5/6Nov1983
162 Dave Taylor	34 NSW	4-44-28	Hensley 24Hr	19/20Jul1986
163 Tony Rafferty	45 V	4-44-38	Adelaide 24Hr	3/4Nov1984
164 Claud Martin	51 V	4-44-48	Box Hill 24Hr	28Feb1987
165 Bruce Kirk	25 V	4-45-25	Coburg 24Hr	25/26Feb1989
166 Greg Coulter	28 SA	4-46-59	Adelaide 24Hr	1/2Nov1986
167 Brian Colwell	39 NSW	4-47-27	Canberra 100Km	10Oct1988
168 Gary Moore	NSW	4-47-31	Parramatta	5Mar1989
169 John Haynes	44 SA	4-48-51	Adelaide 24Hr	5/6Nov1983
170 Graham Light	35 V	4-50-07	Box Hill 24Hr	4/5Feb1984
171 David Williams	NSW	4-40-13	Parramatta	5Mar1989
172 Barry Allen	30 V	4-50-36	Box Hill 24Hr	28Feb1987
173 Derek Jory	Qld	4-51-20	Qld 24Hr	5/6Sep1987
90.174 Greg Hillier	SA	4-51-28	Aberfeldie 48Hr	23/25Jan1988

175	Phillip Barnes	V	4-51-28	Rosebud 12Hr	6May1989
176	Ken Murray	50 NSW	4-52-30	Hensley 24Hr	29/30Nov1986
177	Howard Ross	42 V	4-52-32	Coburg 24Hr	13/14Feb1988
178	T Susans	NSW	4-52-36	Parramatta	11Mar1984
179	John Sumner	46 V	4-52-43	Box Hill 24Hr	28Feb1987
180	Peter Pfister	45 V	4-53-08	Adelaide 24Hr	3/4Nov1984
181	Wally Smith	43 SA	4-53-10	Adelaide 24Hr	5/6Nov1983
182	Gerry Hart	45 V	4-53-46	Adelaide 24Hr	5/6Nov1983
183	Murray Cox	SA	4-54-24	Adelaide 50Ml	24Jul1988
184	Nobby Young	41 NSW	4-54-27	Hensley 24Hr	28/29May1988
185	Keith O'Connell	48NSW	4-54-30	Hensley 24Hr	30/31May1987
186	Ralph Bristow	V	4-54-51	Rosebud 12Hr	6May1989
187	Gordon McKeown	V	4-55-15	Adelaide 24Hr	3/4Nov1984
188	Greg Bryan	20SA	4-55-40	Coburg 24Hr	13/14Feb1988
189	Bruce Cook	47 V	4-56-27	Aberfeldie 150Km	10Mar1985
190	Craig Dodimead	NSW	4-57-03	Parramatta	5Mar1989
191	Graham Medill	41 Qld	4-58-11	Qld RRC 48Hr	30Jun1989
192	Frank Pearson	NSW	4-58-25	Hensley 24Hr	23/24Feb1985
193	Ian Partington	40 WA	4-58-27	Perth 24Hr	18/19Oct1986
194	Garry Collins	27 NSW	4-58-46	Hensley 24Hr	28/29May1988
195	Alan Peacock	Qld	5-01-00	Qld 24Hr	5/6Sep1987
196	Patrick Parsons	41 V	5-01-34	Coburg 24Hr	13/14Feb1988
197	Stephen Lewis	Qld	5-12-12	Qld RRC 24Hr	1/2Jul1989

#### Women

1	Cynthia Cameron	44 V	4-13-09	Box Hil 50Ml	28Jun1986
2	Sally Woods	Qld	4-30-45	Coburg 100Km	28Aug1988
3	Geogina McConnell	46 NSW	4-34-00	Parramatta	5Mar1989
4	Kay Haarsma	SA	4-43-02	Adelaide 24Hr	13/14Nov1982
5	Dell Grant	Qld	4-46-40	Qld 24Hr	5/6Sep1987
6	Wanda Foley	43 NSW	4-46-59	Parramatta	5Mar1989
7	Margaret Smith	49 V	4-58-25	Aberfeldie 150Km	10Mar1985
8	Carolyn Vaughan	33 NSW	4-59-43	Box Hill 24Hr	4/5Feb1984
9	Helen O'Connor	SA	5-03-01	Adelaide 24Hr	1/2Nov1986
10	Cheryl Standeven	SA	5-06-10	Adelaide 24Hr	29/30Oct1988
11	Debbie Sayers	NSW	5-10-03	Parramatta	8Mar1981
12	Geraldine Riley	21 V	5-10-20	Adelaide 24Hr	9/10Nov1985
13	Gloria Kennedy	NSW	5-10-45	Parramatta	7Mar1982
14	Sue Worley	SA	5-17-40	Adelaide 50Ml	24Jul1988
15	Trish Spain	44 WA	5-18-53	Perth 24Hr	18/19Oct1986
16	Sandra Kerr	44 V	5-25-58	Rosebud 12Hr	6May1989
17	Dawn Talbot	20 V	5-32-22	Coburg 24Hr	25/26Feb1989
18	Dawn Parris	32 V	5-37-18	Aberfeldie 150Km	10Mar1985
19	Helen Barnes	SA	5-38-03	Adelaide 50Ml	24Jul1983
20	Lucille Gladwell	NSW	5-52-37	Parramatta	5Mar1989
21	Leonie Gordon	SA	5-58-20	Adelaide 24Hr	3/4Nov1984
22	Marilyn Kinchin	NSW	6-02-21	Parramatta	5Mar1989
23	Marilyn McCartney	38 SA	6-04-56	Adelaide 50Ml	24Jul1988
24	Valerrie Case	51 V	6-16-42	Hensley 24Hr	28/29May1988
25	Merrilyn Tait	39 V	6-18-17	Rosebud 12Hr	6May1989
26	Valerie Warren	NSW	6-19-38	Parramatta	5Mar1989
27	Bronwyn Salter	38 WA	6-22-23	Perth 24Hr	18/19Oct1986
28	Mary Young	24 V	6-38-59	Box Hill 24Hr	2/3Feb1985
29	Patty Bruner	46 V	6-27-54	Adelaide 24Hr	5/6Nov1983
30	Eileen Lush	40 SA	6-50-58	Adelaide 24Hr	4/5Oct1987
31	Carolyn Benson	SA	8-11-46	Adelaide 24Hr	29/30Oct1988
32	Elaine Gutterres	SA	8-29-39	Adelaide 24Hr	9/10Nov1985
33	Ala Zewnenburg	61 V	10-12-07	Rosebud 12Hr	6May1989

Results from Olympic Pk 24 not included (I have not yet received them)

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

The following were omitted from the 50Km rankings :- Robert Sewell 4-32-23.  
James Sheridan 4-33-11. Terry Cox 4-33-19. Tony Collins 4-33-23.

# 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 Secunder) ..... (Date)

Current Membership fee for 1989...

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

Please circle desired rate:

\$10.00 within Aust;

	N.Z.	Asia	U.S.A.	Europe
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Sea Mail (up to 7 weeks delivery)	\$13.00	\$13.00	\$16.00	\$16.00
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Air Mail (up to 1 week delivery)	\$16.00	\$21.00	\$26.00	\$28.00
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Send application and money to:

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