

AURA MAGAZINE



Vol. 5 No. 1

March 1990



TRAIL RUNS GAIN POPULARITY

The recent Bogong to Hotham race held on January 7th this year saw a dramatic increase in competitors. Here is a selection of the prominent finishers beside the road below the summit of Mt. Hotham.

Left to right: Oliver Williams, Glen Drew (?), Neil Hooper (race winner), Max (Bucklehead) Bogenhuber ("Shorty"), Bruce Cook (2nd placegetter), Russell Bulman (Race organiser), Roger Hardy, Geoff Hook, Chris Benn.

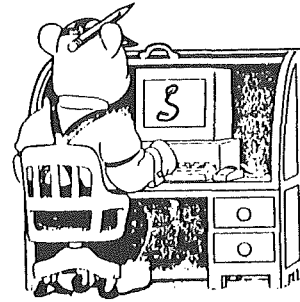
AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
(Incorporated in Victoria)

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

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Editorial



Hi Folks!

A new decade begins with fresh hope on the political scene - let's hope new horizons and great achievements are opened up for all of OUR members as well.

Dot and I hope you all had an enjoyable Christmas/New Year period and are anxious to make your mark on the 1990s.

The year got off to a flying start with the Bogong to Hotham trail race in Victoria on 7th January. The race was notable for the sudden surge in number of competitors. Entries have doubled over the past few years to reach 44, although fewer than half attempted the full distance.

Entries for the Six Foot Track Marathon in the Blue Mountains stand at 279, so there is a manifest interest in trail runs. Surely we are now ready to put on our first 100 Mile Trail Ultra? (These races have been very popular in the States for many years.) All we need is for someone to take on the enormous task of organising one. Any takers?

Our first (semi) official team of ultra runners departed our shores on the 31st of January to compete in the IAU 24 Hour International Championship at Milton Keynes, London, U.K. The team comprised Mike March, David Standeven, Bryan Smith, Kim Talbot, Cliff Young, and Peter Gray, under the generous financial patronage of Alfred Mazium of Toto's Pizza Restaurants. Unfortunately, not enough time was allowed to overcome jet-lag before the start of the race, and all of our team suffered in varying degrees. Least affected was consistent top-performer, Bryan Smith, who achieved second placing with 251.440 km.. Peter Gray, who at 25 years old, became the youngest person in the world to have ever run over 500 miles in a 6 day race at Colac last November, also improved with a p.b. of 219.071km. Peter has recently extended this p.b. to 224.888km during the VVACI 24 Hour Victorian Championship Race on March 10/11, 1990.

Negotiations are proceeding well with Athletics Australia, which will finally result in official recognition being given to our top ultra-runners who compete in international events. This is a quantum leap forward for us all.

For the moment, stay fit, well and healthy and above all, don't forget to send in your contributions, especially race reports and results for the Magazine.

Kind regards



calendar

1990

- * Apr 7 **S.A. 12 HOUR TRACK CHAMPIONSHIP**, Salisbury, 400m track, start 6am, entry fee \$15.00, closing date 31 March, late entry fee, \$30.00. Contact Don Cox, P.O.Box 196, Gumeracha, S.A. 5233, phone (08)389-3303(h) (08)267-7000 ext 6457(w).
- * Apr 7 **FRANKSTON TO PORTSEA ROAD RACE**, Vic, 34 miler, contact Kon Butko, 66 Allison Road, Mt.Eliza, 3930, (03)787-1309. 7am start, cnr. Davey St. & Nepean H'way. Own support needed.
- * May 5 **12 HOUR (DAWN TO DUSK) ROAD RUN**, Caboolture, Qld. 6AM start, \$20 entry fee, 1km road loop at Caboolture Show Grounds, Beerburrum Road, Caboolture. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Qld., 4510, ph (071)95-4334.
- * May 5 **100KM ROAD RUN**, Caboolture, Qld. 6am start, 12 hour limit, \$20. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld. 4510, ph (071)95-4334.
- * May 5 **12 HOUR TRACK RACE**, Rosebud, Vic, Olympic Park, 400m grass track, Percy Cerutty 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 17-25 **WESTFIELD SYDNEY TO MELBOURNE RUN**, Parramatta, NSW to Doncaster Vic, 1015km, contact Charlie Lynn, c/o Westfield Run Office, suite 3, 67 Jacaranda Avenue, Bradbury NSW, 2560, phone (046)28-4820.
- * May 26/27 **12/24 HOUR TRACK RACE**, WA, Perth, 1km grass track, McGillvray Oval, contact Tony Tripp, "Lakeview", Davies Road, Claremont, 6010, WA, or Ross Parker, (09)401-7797.
- * 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 16 **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)808-9739.
- * June 17 **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)808-9739.
- * June 17 **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 **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

- * June22/23/24. **24 HOUR TRACK RACE &48 HOUR AUSTRALIAN TRACK CHAMPIONSHIP**, Caboolture Sports Centre, Qld. 8am start,(23/6 for the 24hr race). Entry fee \$35, inc tee-shirt , contact Ian Javes, 25 Fortune Esplanade, Caboolture, 4510, phone (071)95-4334. (Westfield trial)

- * 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 15 **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 15 **110KM ROAD RACE**-Nanango to Proston, Queensland.
Contact Barry Stewart, P.O.Box 58, Kingaroy 4610 Q'ld.

- * 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 11 **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 4/5 **24 HOUR TRACK RACE - INTERNATIONAL CHAMPIONSHIP**, Olympic Park, Melbourne. Contact Raymond Carroll, (03)562-3312.

- * Sept 1/2 **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 8/9 **12 HOUR RUN (DUSK TO DAWN)** Caboolture Show Grounds. 1KM bitumen road loop. 6pm start, \$20 entry, Contact Ian Javes (above address) or Dell Grant, 53 Valley Drive, Caboolture 4510, phone (071) 952138

- * Sept 9 **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 15 **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)523-2996 (h) or (02)232-8733 ext 238(w).

- * Sep 16 **MUNDARING TO YORK ROAD RACE**, WA, 64.36km (40miles), 6.15am start at Mundaring Shire Offices, conducted by the West Australian Marathon Club. Phone Jeff Joyce, (09)447-8545.

- * Sep **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE**, Tasmania, 64km, (Australia's (the world's?) southernmost ultra race). Course takes in the length of Bruny Island. Support vehicle and helper required. Contact Mike March, phone (002)39:1432 or Talay's Running Shop, phone (002)34:9945.

- * Sept 30 **SRI CHINMOY 100KM TRACK RACE**, NSW Academy of Sport track, Narrabeen Lakes, 400m track, Send a SAE to PO Box 383 Edgecliff, NSW, 2027, for entry forms. Contact: (02)326-2663.

- * Oct **100 KM TRAIL RUN**, Qld, in Mount Mee State Forest. \$20 entry. Contact Ian Javes (address above)

- * Oct **"QUIT" RAINBOW COAST ULTRA MARATHON**, Perth to Albany, WA, 406km road race, 4.5 day limit, (qualifying criteria 100km in 12 hrs). Contact Janette Rowe, Rainbow Coast Tourism Directorate PO Box 154, Albany 6330, phone (098)41-8600 or Garry Clark a/h on (098)44-7190. (This race has been cancelled for 1990 but will be on again in 1991)

- * Oct **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE**, contact Distance Runners Club of South Australia, P.O.Box 102, Goodwood, SA, 5034.

- * Oct 13/14 **CAMPBELLTOWN CITY 24 HOUR TRACK RACE**, Bradbury Oval, Campbelltown, \$30 entry, cash prizes, 400m grass track, overnight parking & camping prior to race, good amenities, heated pool and spa next to track. Contact John Shaw, 17 Buvelot Way, Claymore, NSW, 2560, phone (046)26-6694.

- * Oct 20 **ROYAL NATIONAL PARK ULTRA - 70-80KM TRAIL RACE**
Royal National Park, Sydney, starting at Gray's Point at 5am and finishing at Bundeena, (12 hour cut-off organised by Billy's Bushies. For further information/entry forms, send S.A.E. to : The Royal National Park Ultra, P.O.Box 380, Sutherland 2232, NSW.

- * Oct 27/28 **SRI CHINMOY 24 HOUR TRACK RACE**, SA, (Australian Championship) Adelaide Harriers track, Adelaide, SA. 7am start, \$50 entry, contact Sipra Lloyd, P.O.Box 554, North Adelaide, 5006, phone (08)239-0690 (H) or (08)231-5944 (W)

- * Oct **A.C.F. BRINDABELLA CLASSIC**, ACT, approx 50km trail run over the Brindabella mountains, just south of Canberra. 8am start, entry \$25. Entries close 9/10/90. Contact John Stanhope, 52 Sharwood crescent, Evatt, ACT, 2617, phone (062)58-3181 (H) (062)46-7549(W) or Barry Moore in Melbourne (03)233-6529.

- * Nov **RAINBOW TRAIL RUN**, QLD, (beach and forest trails), 50 - 60km, Rainbow Beach, Cooloola Sands, \$20. Contact Ian Javes, 25 Fortune Esp. Caboolture 4510, phone (071)95-4334.

- * Nov **6 DAY TRACK RACE**, Colac, Vic, 400 metre grass track, entry by invitation. Contact The Australian Six Day Race Committee, P.O. Box 163, Colac 3250, Vic, phone (052)31-5442.

- * Nov **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.
- 1991**
- * Jan **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 27 **50 KM ROAD RACE - MANSFIELD TO MT.BULLER.** _New event Entry forms available from Peter Armistead, 26 William St Frankston (03) 781 4305 or Dot Browne, 4 Victory Street, Mitcham 3132, (03) 874 2501.
 - * Jan 27 **WYONG 24 HOUR TRACK RACE-** NSW _Contact Tony Collins
36 Bungary Road, Norah Head 2263 NSW.
 - * Feb **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 J. Shaw (046) 26-6694.
 - * Feb **CRADLE MOUNTAIN TRAIL RUN**, Tas, 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of park, approx 85-90km of tough mountain trail running with lots of bogs! Contact Richard Pickup, P.O.Box 946 Launceston, Tas, 7250, phone (003)95-4294.
 - * Feb **12 HOUR TRACK RACE**, ACT, Woden Park athletic track, 7.30am start. 400m grass, certified, entry \$20, inc free tee-shirt. Contact Trevor Harris, (062)88-4137(H) (062)65-5640(w) or Derek Quinto (062)38-2309(H) (062)43-6464(W). Entries close 9/2/90.
 - * Mar **8 HOUR FUN RUN & 50 MILE ROAD LOOP RACE**, Caboolture, Qld., entry \$20, 5pm start, 1km road loop at Caboolture Sports Centre. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld, 4510, ph (071)95-4334.
 - * Mar **6/12 HOUR RACE**, Bunbury, W.A., organized by Bunbury Marathon Club, contact Brian Kennedy, 123 Mininup Road, Bunbury, phone (097) 219018
 - * Mar **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 3 **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 **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.

FORTHCOMING 1990 A.G.M.

CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 4th Annual General Meeting in June, at which a new Committee of Management must be elected.

Nominations for elected Committee positions will close on 25th May 1990. Positions open for nomination and election by all members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistance Secretary, Treasurer. For the sake of reasonable management of committee meetings, filling these positions are open only to members living in or near Melbourne, except the position of President. The position of President is open to all A.U.R.A. members however, the person so nominated must undertake to personally guarantee to attend all Committee and General Meetings of the Association (sickness and illness excepted) at no cost to the Association, otherwise the nomination is invalid. All meetings will be held in Melbourne.

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

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

Positions available are:

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

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

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the secretary by the 25th May, 1990.

In summary then, if you are interested, we require from you by 25th May 1990 the following:

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

Example of Form of Nomination

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

Name of ProposerSignature Date

Name of SeconderSignature Date

8 .
Nominee's acceptance signature Date



A U R A

MEMBERSHIP RENEWAL FOR 1990

Membership fees for this year were due on 1/1/90. If you haven't already renewed your membership, please do so as soon as possible.


Our costs in producing this Magazine have jumped enormously and consequently there is a substantial increase in our fees. If you consider you are receiving good value from AURA, an additional donation will greatly help our finances. All donations will be acknowledged in this Magazine unless we are specifically instructed otherwise.

Membership fees for 1990 are:- \$20 within Australia

| | NZ | ASIA | USA | EUROPE |
|-----------------------------------|---------|---------|---------|---------|
| Sea Mail (up to 7 weeks delivery) | \$26.00 | \$26.00 | \$28.00 | \$28.00 |
| Air Mail (up to 1 week delivery) | \$29.00 | \$33.00 | \$36.00 | \$38.00 |

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

All 1989 financial members will receive this 1st 1990 issue of our Magazine. If you don't pay your 1990 membership fee, you will not receive any further issues of our Magazine.



THANKYOU THANKYOU THANKYOU THANKYOU

A big thankyou to all those generous members who have been good enough to add donations to their 1990 subscriptions. This extra income has enabled us to invest in an IBM computer (to go with the printer that Big Chris donated) so that we can produce the Australian Ultra Rankings much more easily.

Those who have donated up until the end of February, 1990 are acknowledged below:

Peter Quinn \$5, Paul Circosta \$5, Ross Martin \$10, Stephen Dunn \$13, Robin Anderson \$10, Lemmy Moore \$10, James Bazzo \$10, Rob Channells \$5, Max Carson \$10, Alan Staples \$10, Ulrich Kamm \$2, Wanda Foley \$5, Mark Foley \$5, Robert Simms \$5, Steel Beveridge \$10, Spiro Moraitis \$10, Joe Record \$10, Graeme Russell \$10, Jeff Visser \$10, Merrilyn Tait \$5, Ron Wigger \$10, George Audley \$5, Sandra Kerr \$10, Bruce Hargreaves \$30, Stan Miskin \$5, Jean-Claude Morre \$30, Dawn Parris \$5, Noel Krutzmann \$10, Philip Essam \$5, Randall Hughes \$10, Roger Stuart \$10, Prashphutita Greco \$5, John Lewis \$6, Dick Crotty \$6, Alan Trevenan \$5, Val Case \$20, Jack Woodward \$5, Bill Nagy \$20, Tony Rafferty \$10, Greg Reid \$10, Roger Weinstein \$10, Stanley Lum \$30, John Daaveniza \$10, Ernie Cattle \$10, Roger Hardy, \$20, Nobby Young \$20, Greg Love \$10, Max Scherleitner \$10, Steve Nordish, \$5, Peter Meyer \$5, Rob Dickison \$6, Garry Collins \$5, Tony Power \$10..... plus 3 others who wished to remain anonymous. Thankyou again!

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 |

COLOURS: RED, WHITE, GOLD, AQUA, GREY

SIZES: 12 - 14-16-18-20-22-24

Kindly fill in details in block letters:

NAME:

ADDRESS:

.....

..... Postcode.....

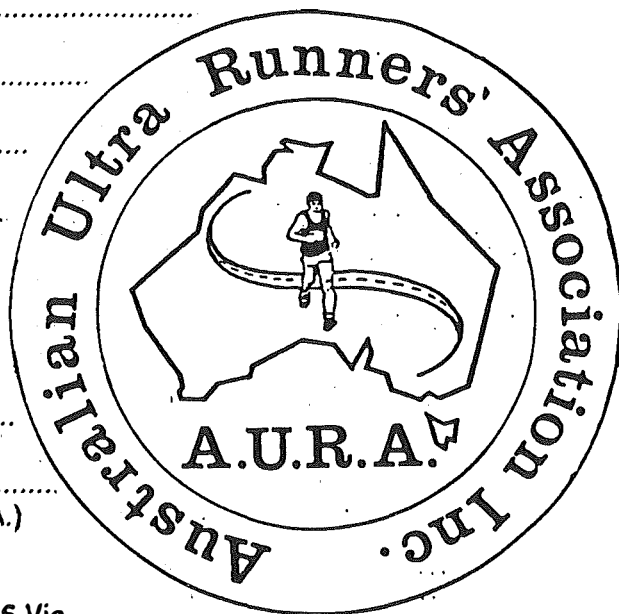
TYPE.....

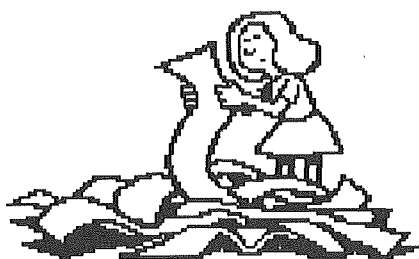
SIZE.....

COLOUR.....

CHEQUE.....
(Please include postage. Make cheque payable to AURA.)

POST TO: June Kerr, 108 Eastfield Road, Croydon 3136 Vic.





LETTERS TO THE EDITOR

Dear Editor,

I agree entirely with Max Bogenhuber re. South Africa (Vol.4, No.3). He has said so well what I should have said first, but unfortunately, I lack the skills - however, these are my thoughts on the subject. The sporting world, in my opinion, is living in a fool's paradise with its bans and boycotts on South African competition. In a fair and open go, I am sure some of the sporting record books would have to be re-written in favour of South African sports' people, both black and white.

Most of our thinking on South Africa is formed by Murdock Press and what we read in that medium is at variance with what people who have been there, tell us. Sure, I believe that discrimination is written into the nation's constitution, but even Blind Freddie can see how that is changing. Things which were unthinkable ten years ago are now legal (Mixed marriages and de-segregated beaches are two examples). Even Murdock admits this.

One of our South Australian Road Runners' Club members, Richard Wegener, emigrated to South Africa in 1980, and now lives in Amanzimototi - 30km south of Durban. In a letter to the club magazine, he writes, and I quote -

"I can honestly say that road running in this country is fully multi-racial, with no discrimination at all. In fact, this is written into the constitutions of the bodies who control athletics in South Africa. All athletes are treated as equals and the African runners dominate most of the road races. We also have athletes who have run world class times ,viz.

| | | |
|------------------|--------------------|------------|
| Willie Mtolo | Marathon 1986 | 2hr.08min. |
| Zithulele Sinque | Marathon 1987 | 2hr.08min. |
| Xolile Yawa | Half Marathon 1986 | 61min.51s. |

The sad part about the current situation is that all athletes (black and white) are not permitted to run overseas, so the sports' isolation in fact discriminates against those whom the protests are all about - the black athletes. Worth thinking about!!"

Richard goes on to say that he is Secretary of the Amanzimototi Athletic Club, which has a membership of 350, and is fully multi-racial. How odd that in the eyes of the world controlling body, Willie, Zithulele and Xolile do not exist.

I could go on about Zola Budd and the fact that when a Surf Lifesaving Club from Durban came to contest a carnival in N.S.W. some years ago, it beat the hell out of the best that the sun-bronzed Aussies could muster.

Our government is hypocritical in its stance on sporting contacts because it is still trading with South Africa. Come to think of it, if we bought a packet of South African fish fingers, we could just be helping a black fisherman support his wife and kids. Incidentally, the self-righteous might like to know that there are more black deaths in custody in Australia than in South Africa, and please compare populations.

To finish on a personal note, I have only a few ambitions left in running, the main one being to run with my black and white brothers and sisters in the Comrades Marathon. Just imagine fronting up on the line with 10,000 Comrades whose lives are simplified for one day - no politics, no judgements of others - all intent on getting to Durban or Pietermaritzburg (depending on the year), all intent on achieving a goal and helping each other.

Okay. Where do I stand if this ambition is fulfilled? Will I be black-balled when I return home to continue fun-running? I would like to think not, as most of my friends are from the running scene and their friendship is valued.

One thing is certain however. If circumstances make it possible for me to compete, I will not be stood over by any "controlling body", be it athletic or government!

Sincerely,

Ross Martin.

11.

HELP! HELP! HELP! HELP! HELP! HELP! HELP! HELP! HELP!

We've had magazines returned from the following members and are wondering if any of you could help us with their new addresses please:

D.Ellison, of Ipswich, Q'ld.
Philip Smith, of Coogee, NSW
Kevin Burnside, of Fitzroy, Vic.

Craig Anderson , of Bicton, WA
Kjnol Tracey, of California USA

Dear Dot,

What wonderful experiences I am finding in ultra races!. When I came to live with Mum and Dad, Dad said, "Why don't you start running?" So I said "Yes, I'll give it a go." I thought, "What is ultrarunning? How will this change my life?" I wanted something, but what it was I didn't know. After being a street kid on drugs, I was searching for a great change, so I took up Dad's suggestion, but felt insecure. However, I felt I had to challenge myself to something far greater.

Since I've started running, it 's like standing on the top of a mountain. Standing there, I can see a new dream, a new vision, peek into a new tomorrow, glimpse greater things in my life.

Mum and Dad said, "Terry, this vision will add new momentum to your enthusiasm. Ultramarathon running will either create greater insight, or it can destroy you. It's how you go about it. I didn't want to be a doubter. I wanted to think of the mountain in my life, see the fertile valley below. No way did I want to disappoint my parents again. I wanted a greater dream to give rise to desire, the desire to give rise to the 'daring-to-do', the 'daring- to- begin' to give rise to the 'deciding-to-try-seriously'

I was afraid to begin thinking "I won't finish", thinking, "Can I make it all the way?" Then Mum and Dad said, "Here is a great concept. Just decide to begin and once you've achieved that, you can decide to keep going. Don't worry about the end. Just decide to keep going past the point of no return. That's all you have to do. That's the way we've done it. Beginning is half the battle."

Since I've taken up ultra-marathon running, I've found great support in the ultra scene - each of you all with so much great advic, cheering me on to greater heights. You all have such a wealth of great experience, just like my Dad. You are all marvellous people. I say 'thank-you' to you all, especially you Dot,

Terry Cox (Junior) (24 years)

Ed.'s note: Terry ran a sensational race in the recent V.V.A.C.I. 24 Hour Race at Coburg, placing 4th overall and achieving a p.b. of 34.556km!!
Thankyou for your beautiful letter Terry. It was a knockout.

Dear Dot

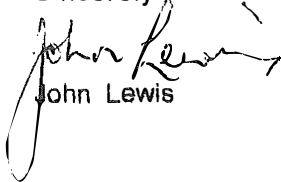
As 1989 draws to a close I find that I have been remiss in publicly acknowledging the two, for me, top ultra events of the year. Through your magazine I would now like pay tribute to the organisers of these two events.

Firstly, the Quit Perth to Albany Ultramarathon. This surely has to be the most underrated ultra in Australasia. With two doctors, two masseuses, a press reporter, two organisers, plus two Army personnel (to assist with mechanical problems) on the road at all times. There was certainly plenty of assistance and support. The organisers also arranged for an excellent crew, support vehicles, and accommodation for me both before and after the race. There was also excellent prize money. The course is through picturesque countryside and although slightly undulating in places is very easy. I would thoroughly recommend this race to all ultrarunners. My thanks to Tony and Betty Barugh and the rest of the crew, Janette Rowe and the organising committee, and Peter and Anne Green who all made it possible and really gave us a great time. I hope we can return in 1990.

Secondly, the Australian Six Day Track Race. Although a little too soon for me after the Quit Perth to Albany Ultra I was very pleased to receive an invitation to this event. This was another excellently organised event. My thanks to the organisers, Daryl Foley, and the Apex Club members who provided such great assistance throughout the six days. Once again I hope I get an invitation for 1990.

Finally I would like to thank all those other people who have assisted and encouraged me throughout the year. With four ultras in Australia in 1989 we have certainly met a lot of people and made some great friends. Thank you.

Sincerely



John Lewis

John Lewis
6 Keegan Drive
Massey
Auckland 8

HOW MANY MARATHONS/ULTRAS HAVE YOU DONE?

Stan Miskin, AURA member from Queensland, has drawn our attention to an enthusiast in Canada who is compiling a register of those athletes in the WORLD who have run 100 or more marathons and/or ultras. He would like to hear from YOU if you fit into this category. The 100 number can be a combination of both marathons and ultras. An ultra event only counts as "one" (even though you may have run 4 marathons in the one ultra, if you know what I mean!) His address is as follows:

Wayne Richard,
8787 Riverside,
DRE 612
Windsor Ontario
Canada N.851G7

Dear Hookie,

It was really good to see you again at Cradle Mountain. I'm still suffering partial blindness from when the sun shone off your "Leadville Buckle"

Keep up your excellent work with the magazine and don't you dare leave a hook out!

Yours in root soup,

Mike Maddock.

☆☆☆☆☆☆☆☆☆☆

Dear Dot,

In regard to articles on disabled runners, I'd like to point out that there is now a fourth category of disabled Track and Field athletes, the "Les Autres". We must look to the future in this regard, now that there are bionic sportsmen and women, particularly in cricket, and whose speed is phenomenal. Their ability to smash one or two stumps is beyond belief, unless you see it on special videos, which are almost impossible to obtain as they are used for special purposes, I believe.

There is a running club for physically handicapped persons starting up soon, to be called the Achilles Track Club. Those already interested are more physically disabled than me and probably tougher!

Our first organised run as a team will be on the 15th July in Kingaroy, in a 5km Terry Fox Fun Run. We are hoping everything will go well. I hope to do the 110km ultra on the same day.

Well, cheerio for now, and good running,
Regards,

Barry Stewart.

Ed's note: Good luck Barry with both your event and your Achilles Track Club. It's certainly a worthwhile club to initiate. Let's hope you and your mates get satisfaction from competing together. All the best from all of us!

☆☆☆☆☆☆☆☆☆☆

SEE THE ADVERTISEMENT FOR THE RACE
ON PAGE 27

Dear Dot,

Many readers may not know what a "Les Autres" athlete is. Well, these athletes are people with multiple diagnostic conditions. They may have 2, 4 or 6 physical handicaps that may affect them in half a dozen different ways and most times with little or no warning at all, and very often at awkward times, and particularly in the middle of a competition.

It is absolutely no use saying to a Les Autres, "Surely you have some idea how you'll go in this ultra." The truth is "No!" Many of us have had our problems for 10, 20, 30 years or all our lives. And as yet in our sport, there is no provision for handicapped people, and as such we are a handicapped nightmare. Some of us have dual medical classifications. Myself, I am a Les Autres, Class 3 Track and a Les Autres, Class 4 Field.

Running with crutches and calipers is very different running compared to able bodied running. To just say a course is steep means nothing at all to us. As for myself, 30 degrees - 70 degrees angle in a course means I cut down a lot of running on all fours and switch back and forth a lot as well as side to side, meaning I'm powerlifting on the arms, or on left arm, left leg and then to right arm and right leg and back to all fours.

Weather plays havoc with arthritic runners. With some it's the cold, with others, a slight rise in the humidity can reduce a person to nothing more than a 'babbling brook'. Some have trouble with standing up, and with running a straight line at times, and, as you've noticed, with writing, reading, speech and comprehension. I can run fairly straight now, but I stumble and fall over a bit too.

I've got some different terminology too. e.g. "Swing down" means you take your feet off the ground when going down steps and you land on the step below and repeat. "Swing down, twist and turn" means to swing down like a pendulum, twist your body left or right, turn the crutches around the same way while you are going down steps and wish to make a left or right hand turn.

As my racing crutches weigh 8kgs,, I lift and press down their weight 500 times each kilometre, so that

on a flat (very flat) 50kms, it means 25,000 times x 8kgs. Of course, at this point, there are economies of movement. I do not move my arms any more than 6" up or down at anytime.

At the moment, it seems that we've lost our coach, Neil McCabe. He's been transferred to "Rum City", Bundaberg, but the Cancer Society in Kingaroy is having a Terry Fox Fun Run on July 15th, 1990, with a short course e.g. 5km, and hopefully a 110km. Fun (ha!) Run for myself and others, from Nanango to Proston, and if things can be formalised, and back-up vehicular support arranged. I hope to advertise these in the "Australian Runner", "Fun Runner" and AURA. Everyone is invited to participate, overseas runners as well, and will include the original members of Terry's very own team

I'm hoping to run a trail race in Australia soon. I understand from New York, that no physically handicapped person has ever run a trail race such as the Six Foot Track, for instance, so I'm hoping that I'll be allowed to run such a race and make it a victory for handicapped OZ people!

Well Dot, I'd like to take this opportunity to ask you if you can also print this request for experienced people to organise, co-ordinate and liaise a special ultra marathon, and in doing so, organise sponsorship because I want to help Australian cancer research.

This ultra would involve getting myself across Australia by way of a 6,500 - 2,000km. run from Kingaroy - Brisbane - Sydney - Melbourne (via the Westfield route) and then to Adelaide and Perth via the Nullabor, starting in January 1993 and finishing in November 1993, and maintaining an average minimum distance of 40km. per day. The reason I am allowing such a long time is so that I can allow for illness (in particular to do with my handicaps) and accidents along the way. I will be well and truly ready- physically, medically and mentally in 18 months to two years time and will spend the following 12 - 18 months in the overload situation if possible, hopefully doing much more than 40km. each running day.

For anyone's curiosity, I run an average of 125-130km each week now and have run close to 10,000km in the last 27 months. I am now concen-

trating on mountain running, and gaining speed over longer distances.

Well I think that is all for now Dot. I hope everyone has a good running year in 1990.

God bless. Yours in running,

"Bazz" Stewart (Kingaroy, Q'ld)

☆☆☆☆☆☆☆☆

Dear Dot and Geoff,

Enclosed you will find my cheque as fee for renewal of AURA

Also I have enclosed an article I copied from our firm's (ANZ) magazine concering my friend John Dean.

This fellow is so humble I didn't know of his earlier achievements even though I have known and run with him for nearly ten years. I am not setting out to blow his bugleas I know it would only embarrass him, but I am sure your AURA readers would find it interesting to read about his achievements.

Also I love your magazine, but noticed most states have runs from point A to B. I hate running around in circles and if a fifty mile run could be organized in Victoria on a road from A to B, I'd be the first to enter. But I'm afraid I'd have to give track ultras a big miss.

Thanks Dot for Vol 4 No 4. For such a big magazine, it's going to take some time to get through it all.

Thanks and regards to all

Bruce Cook

P.S. I'm working on John to Join AURA.

SEE THE ARTICLE ON JOHN DEAN ON THE
NEXT PAGE



SPORTS CHAMPION JUST KEEPS GETTING BETTER

John Dean, Manager International Services 353 Elizabeth St Melbourne, is an extremely dedicated sportsman. Along with being amongst the elite of Victoria's amateur long distance runners he is also a former world record holder in squash. This title was achieved when John broke the singles world marathon squash record by an impressive five hours back in June 1975. The attempt took place over four days and saw John playing 525 consecutive games against 134 different opponents. Of those 525 games he won 269 and lost 256. The new world record time he established was 72 hrs 12 mins.

These days, 14 years after he became an illustrious member of the Guinness Book of Records, John is still a very competitive and highly regarded sportsman. After his success in squash John turned to marathon and ultra distance running as a form of relaxation. To date, he has run a total of 18 marathons and three 50 mile races including each of the 12 Melbourne marathons held since the event's inception in 1978. This feat entitles him to membership of an elite group of marathon runners, dubbed *SPARTANS* who have competed in all 12 of the 42 km races.

A recent highlight in John's running career was taking part in the 8th World Veterans Athletic Championship held in August this year in Oregon, USA. He was a member of the Australian team which incidentally, had the most representatives at the championships apart from the United States. John competed in three events including the marathon in which he finished in the top 1/3 of the field in his age group. John was a little disappointed with his placing, blaming it on too much socialising and sightseeing and not enough training in the two weeks preceding the race!

John is an active member of both the ANZ Running Club and his local club, Essendon/East Melbourne, with whom he competes each week. His most recent run was on November 19 in a 14.5 km race up and down Mt Macedon, a course regarded as one of the most difficult in Victoria. In 1991, John is planning to be back at the World Championships being held in Finland. We all wish him the best of luck in his preparation for this new challenge.

To the Organisers of the Colac 6 Day Race,

I would like to congratulate the organisers of the Colac 6 Day Race. I phoned every day from NSW and at no stage had trouble getting information about the race. There is no doubt that Colac and Campbelltown are two great events.. Colac has the better class of runner. Campbelltown has a very even type of runner. They are all good runners in their own rights, but Colac has the kilometres on the board because of the calibre of runner.

At this stage, the 6 Day Race in NSW is for Australian runners only, but I'm sure, after the TV and press coverage received after last year's race, that will change in the future.

I would like to congratulate Bryan on his great run, along with Maurice Taylor. Sandra Barwick's run was great too and it's obvious, women are as good as men in a lot of cases. At the moment, we have three good 6 Day women running in Australian events - Eleanor Adams, Sandy Barwick and Wanda Foley, and the two 6 Day events are responsible for their great performances.

Tell Keith (Sheik) Fisher, I thought he looked great on "Perfect Match".

Dave Taylor

To AURA runners,

I am planning to organise a 1,000 mile, (1600km event) in September 1991. The event will be open to 15 runners, and can include both Australian and overseas runners.

Interested people can write to me, and I will inform them of my plans. At this stage, we haven't finalised the details, but it will be one event well worth running. We have successfully put on a 24 Hour as well as a 6 Day Race, and I am sure we will put on a great 1,000 miler. with the usual great facilities provided. Incidentally, good luck to all the runners in this year's Westfield Run.

Yours sincerely,

Dave Taylor., 23 Winton Road, Appin, 2560 NSW.
Phone (046) 311479

Dear Dot,

27th February 1990.

We'd like to **CONGRATULATE** Trevor Harris and his committee on the great job they did in organising the Canberra 12 Hour Track Race.

The runners were well-catered-for and the facilities first class, including masseurs, showers etc. Trevor and Derek Quinto attracted a good field of runners like Bruce Cook, Trevor Jacobs, Peter Gray, Dave Taylor plus some first-timers.

A very inspiring effort was put in by Trevor's wife Lorraine who walked for the entire 12 hours and clocked up more than 42 kms! A fantastic achievement!

Many members of the Weston Creek Athletic Club supported the event by showing up throughout to give the runners encouragement. A few of these people may even have a run next year judging by their interest.

Again, thanks to Trevor, Bill, Derek, Laurie and all those who helped to make the Canberra 12 Hour Track Race such a success and special thanks for the beautiful certificate which has been framed.

We look forward eagerly to next year's race.

Yours sincerely



MARK AND WANDA FOLEY.

WORLD TRAIL RUNNING CHAMPIONSHIP

80 MILES SOUTH DOWNS WAY RUN

A Charitable Trust



Dear Dot

Andy Milroy suggested that I should write to you with information about this great race in the hope that you will be able to publicise it in your A.U.R.A. newsletter.

We would be very grateful if this is possible. It would be nice to see Australian runners this year: Dave Gower-Rudman, of New Zealand, finished third last year but I doubt that he can afford to come back and it would be great to continue the Australasian contact. Best wishes

SEE RACE ADVERTISE-
MENTS FOR COPY OF
THE ENTRY FORM.
SEE ALSO ARTICLES
FOR DESCRIPTIONS
OF THE RACE.

Yours sincerely



Harry Townsend

Race Director



TOURISM DIRECTORATE

Boyd House, 45 Serpentine Road, P.O. Box 154, ALBANY, W.A. 6330
Phone: (098) 41 8600. Fax: (098) 41 2517.

A note to advise you that for various reasons the Perth to Albany Ultra-marathon has been postponed until 1991.

The cost for competitors to compete is high and we believe that a bi-annual event will allow a larger field for each race as it will be more affordable for competitors.

I will advise you of the date as soon as I can, but this advise will rely on sponsorship confirmation which will take some time.

I apologise for any inconvenience caused and hope you will be interested in our race in the future.

Yours faithfully

A handwritten signature in cursive script that reads "Janette Rowe". The signature is written in dark ink and is positioned above the printed name and title.

Janette Rowe
EXECUTIVE ASSISTANT

Dear Dot,

19th March 1990

Thanks for sending the lap scores, the placings and the hourly number of laps completed so soon, What else could we ask for? You and your husband Colin do a terrific job and it's a pleasure to run in your 24 Hour Race - that's why I keep coming back. I'm looking forward to running in your next race and hope to do a lot better next time. Thanks to all the lap-scorers. They always do a terrific job.

Congratulations to all the other runners, especially those who ran over 200km, and Sandra Kerr, I 'dips my lid' to her. What a woman!

Also Dot, could you please thank George Perdon for me (I don't know his address) for doing a great job with the presentations. He saved my legs!

Yours sincerely,

Cliff Young

Ed.'s comment: Thanks for your letter Cliffy. But don't bother about saying you'll 'do a lot better next time'. You don't need to mate. You've got the score on the board. We just love having you in the event. You give every runner in the field a real lift. We love you!



SPORTS CLUB INTERNATIONAL

TO ALL INTERESTED ULTRA RUNNERS AND THEIR CREWS

ANNOUNCING SOME FORTHCOMING ULTRA EVENTS

100 KM RACE - OLYMPIC PARK SUNDAY 8TH APRIL 1990

Starts 7.30am at Olympic Park Ground Number 1. Fantastic prizes!!!

Toto's is taking the first 3 Males and first 2 Females to Deluth, Minnesota USA for the World 100km Championships on 27th October 1990 to represent Australia in the team and individual events.

All interested runners must contact Raymond K. Carroll by March 16th (FRI) on 562-3312. Entry fee is \$50.00 and nonrefundable after 23-03-90. Please call for your entry form this week.

PLEASE NOTE: 24 HOUR INTERNATIONAL RACE AT OLYMPIC PARK 1990

In the latest AURA magazine the date is 25th & 26th August. It has been changed to allow for runners competing in the China Wall Race. The new date is now 4th & 5th AUGUST 1990. For more details on this very successful race please contact Raymond K. Carroll again on 562-3312.

TOTO'S SPORTS CLUB INTERNATIONAL

You may or may not be aware that a new Sports Club has formed in Melbourne. Although it is only new we have already had a huge response since our success in Milton Keynes earlier this year. Toto's have been an amazing support crew for ultra runners and it is through the support of you athletes that many more national and international world class events we Australians will be part of. If you would like to become a member @ \$30.00 per annum to enable a 10% discount at all Toto's Restaurants and start to give something to ultra running so that we in turn can lift the Sport we all love, then you can obtain a membership form this weekend. At the moment we are trying to raise money for a number of events and Toto's have decided to support Peter Gray in this years Westfield. Congratulations Peter!

TOTO'S DINNER DANCE SATURDAY 24TH MARCH 1990

If you would like to support the club and ultra running please come along to our Dinner Dance evening to Toto's Reception Centre in Carlton at 7.30pm. A donation of \$35.00 per person includes a 3 course meal, beer, wine and a great entertainment band. We look forward to your support. If you are interested please ask any of the Toto's Club Members at any stage over the weekend.

RAFFLE - For just \$2 per tkt you can be in the draw for - \$200.00 in Massage & Floats, \$150.00 Dinner for 4 at Pieronis and \$100.00 in lovely Essential Oils and Aromatherapy products. Please support the club...



ENTRY FORM

12~Hour Track Race

CONDUCTED BY THE S.A. ULTRA RUNNERS
7TH APRIL 1990

SURNAME:FIRST NAME:.....SEX:.....

ADDRESS:.....POST CODE.....

DATE OF BIRTH:.....PHONE: (H).....(W).....

PERSON TO BE CONTACTED IN CASE OF EMERGENCY:.....

RELATIONSHIP.....PHONE (H).....(W).....

WILL THIS PERSON BE WITH YOU AT THE TRACK O.N RACE DAY?.....

What is your best performance in each of the following?(Where applicable)

| Event | Date | Time/Distance |
|------------------------------|------|---------------|
| Any 42.2km Marathon..... | | |
| 50 Miler..... | | |
| Any 100km race..... | | |
| Any 24 Hour Race..... | | |
| Any "Ironman" Triathlon..... | | |

Please list here any other previous ULTRAMARATHON experience (races only, not solo runs) Include triathlons or mulkti-sport activities that include running.

| EVENT..... | DATE | DISTANCE | TIME | PLACING |
|------------|------|----------|------|---------|
| | | | | |
| | | | | |
| | | | | |

What is the longest distance you have ever run in a race?.....

What is the longest training run you have done?.....



BILL O'BRIEN

Shop 6, 110 Murray St. Tanunda. Ph. (085) 63 3376

DECLARATION: I have read the Race Information and Race Rules attached to this entry form and agree to abide by the Rules and Conditions. My medical condition is satisfactory for the purpose of participating in a 12 Hour Race, and I have trained fully for the event. I declare that neither I nor my support crew will in any way hold the Organisers or sponsors responsible for any injury, illness or accident to my or their persons, or loss of property or death resulting from my participation in the race..

.....Signed..... .Date :

INFORMATION

Conducted by: The South Australian Ultra Runners
Date of Race: Saturday 7th April, 1990
Place: Salisbury Track, Rundle Reserve
Time of start: 6am, report in by 5.45am or between 5.15pm - 6.15pm Friday
Race Numbers: will be issued at the venue.
Lap Counters: These people must be supplied by each runner, and assigned their duties before the start..
Entry Fee: \$15.00
Cheques payable to: Don Cox, S.A.Ultra Runners.
Mail Entry to: Don Cox, P.O.Box 196, Gumeracha, 5233, S.A
Telephone Enquiries: Don Cox, (08) 3893303
Closing Date: 1st April, 1990
Late Entry Fee: \$30.00

]Trophies and Awards: 1st, 2nd and 3rd Male
1st, 2nd and 3rd Female
1st Male Vet Over 40
1st Female Vet Over 40

A Perpetual Trophy to the overall winner, donated by: Bill O'Brien
O'Brien's Tri Sports,
Tanunda, South Australia.

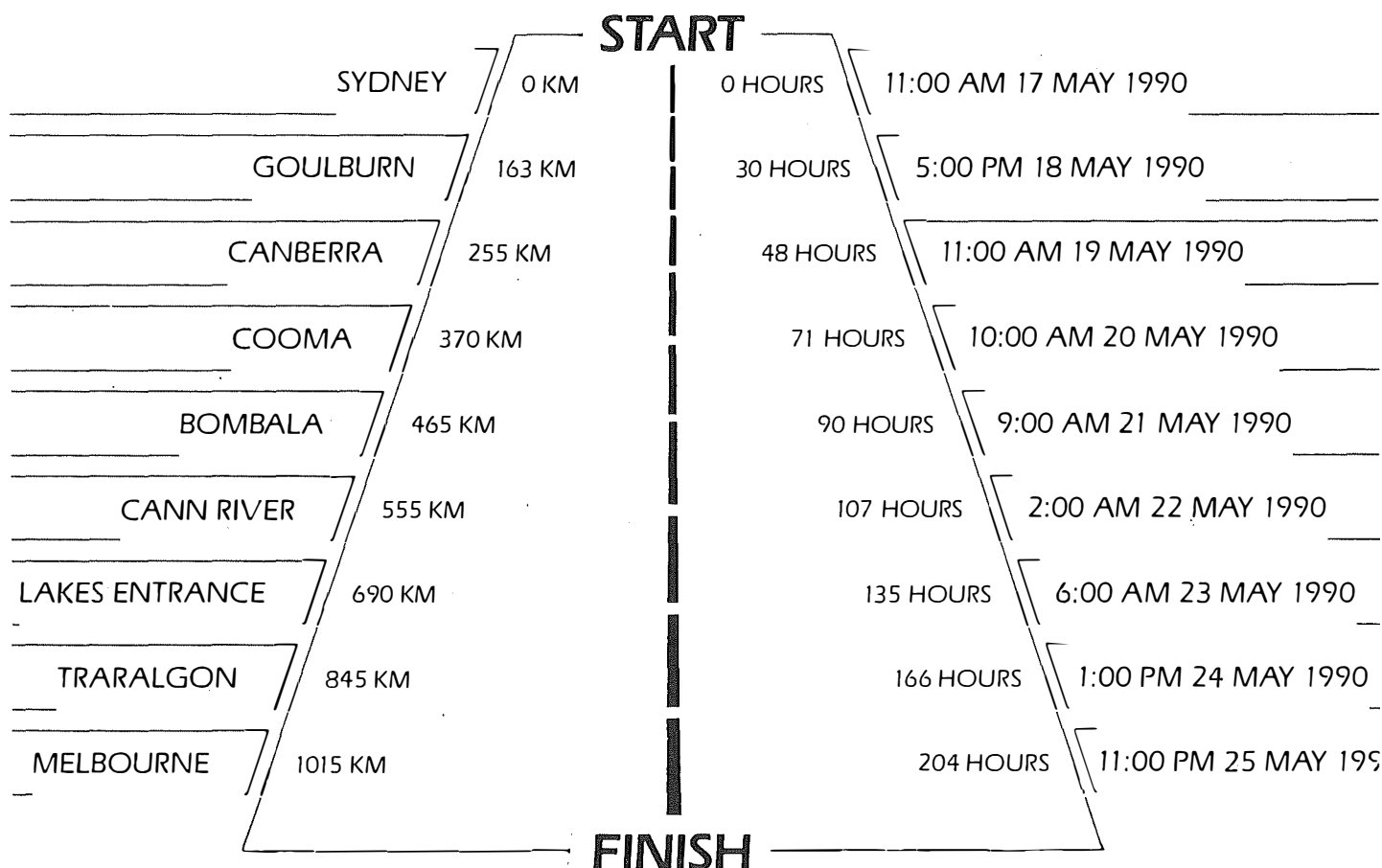
_RACE RULES

1. All runners shall obey directions from officials.
2. All runners are strongly advised to have their own helpers (seconds)
3. Personal requirements (food, drink, first-aid materials) must be supplied by each runner
4. No pacing is allowed and helpers may not run with participants. Only officials and runners are allowed in lanes 1 to 4 inclusive. Seconds shall remain beyond the outer or inner edge of the track.
5. Any interference by a runner's second (or friends) to another runner will result in the withdrawal from the race of the runner associated with the offending persons.
6. The decision of race officials to withdraw any runner during the race will be final.
7. For reasons of courtesy and avoidance of interference, all runners shall:
 - (a) Leave lanes 1 and 2 clear for other runners when walking instead of running.
 - (b) Not remain 3 or more abreast (preferably 2 or less) when running in a group.
8. Race numbers shall be worn in a position which is clearly visible to lap-scorers.

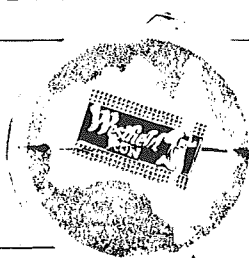


**IF YOU RECKON YOU'RE GOOD
ENOUGH TO FILL THESE BOOTS
THEN APPLY FOR THE 1990
WESTFIELD RUN BETWEEN
SYDNEY & MELBOURNE.**

ALL YOU HAVE TO DO IS RUN TO THIS SCHEDULE TO COLLECT GOLD



FOR FURTHER INFORMATION:
CHARLIE LYNN
RACE DIRECTOR, WESTFIELD RUN
SUITE 3, 67 JACARANDA AVENUE
BRADBURY 2560



**"THE WORLD'S
GREATEST
RACE"**

FAX TO:

MEDIA

ATTENTION:

FOR YOUR DIARY RE: 1990 SYDNEY - MELBOURNE WESTFIELD RUN

MEDIA RELEASE

TUESDAY 20TH FEB 90

The world's most gruelling footrace, THE SYDNEY TO MELBOURNE WESTFIELD RUN will once again be staged this year.

The 1000 plus kilometre event will start at 11.00am on Thursday 17th May 1990 from Westfield Shoppingtown Liverpool on the western outskirts of Sydney.

This is the eighth year the event will be staged. Since its beginning in 1983 with only eight Australian runners competing, the event has grown to national and international importance as an annual sporting event attracting annually a large field of Australian and overseas ultra distance runners. More than 35 runners will compete in this years event.

Already apart from the Australian runners entries have been received from athletes representing four overseas countries: USA, Japan, Greece and New Zealand.

WOMEN TO COMPETE

Organisers are pleased to announce the reinclusion of the womens section of the Westfield Run this year. Due to no Australian women entrants in 1989 the womens section was suspended last year. Three women have already entered this years event.

The dramatic finish of last years event after 1015 km was a thriller with diminutive South Australian DAVID STANDEVEN dramatically taking line honours over Super Greek YIANNIS KOUROS with Aussie battler from Sydney KEVIN MANSELL taking third place.

WORLD RECORDS:

All these three ultra athletes broke the incredible world 1000 km in six day record which had been broken only once before over 101 years ago by George Littlewood in 1888.

Kouros, Standeven, Mansell and now Bryan Smith of Victoria are the only men living in the world today who have run over 1000km in less than six days. (Smith gained his elite position in a six day event in late 1989). All but Standeven will again contest the 1990 Westfield Run.

DRUG TESTS:

Last years random testing will be replaced in 1990 with all runners being tested in accordance with IOC and IAAF rulings. Positive testing last year saw Westfield Run fourth place getter Queenslander Graeme Woods lose his position and prize money.

FESTIVAL START:

As for last year the Sydney suburb of Liverpool declares Festival Day for the start of the event with street closure and entertainment throughout the day and night.

WESTFIELD RUN 1990 START 11AM THURSDAY 17TH MAY 1990.

FOR FURTHER INFORMATION:

DAVID DOUGLAS
(02) 358 7653

5 MARCH 1990

STATISTICAL INFORMATION

START: Thursday 17th May, 1990
11.00 a.m.
Westfield Shoppingtown Liverpool - Sydney

FINISH: Westfield Shoppingtown Doncaster - Melbourne

DISTANCE: 1011 km's (TBC)

ROUTE: Sydney - Canberra - Hume Highway/Federal Highway
Canberra - Bambala - Monaro Highway
Bombala - Cann River - Cann Valley Highway
Cann River - Springvale - Princes Highway
Springvale - Doncaster - Springvale Rd/Doncaster Rd/
Williamsons - FINISH.

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

PRIZE MONEY: Total Purse \$50,000
First \$25,000
Second \$10,000
Third \$ 5,000
Fourth \$ 3,000
Fifth to Tenth \$ 1,000 each

THE FIELD: Total)
Australians)TBC
Internationals)

Youngest Terry Cox Jnr. 24 (Youngest to finish Patrick Farmer 25
NSW in 1988)

Oldest Terry Cox Snr. 54 (Previous oldest to finish Cliff Young
VIC 62 in 1984)

PREVIOUS WINNERS:

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

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

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

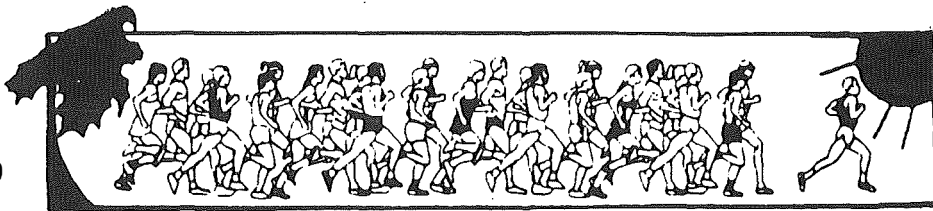
1986 Dusan Mravlje, 33, Yugoslavia. Syd - Melb 1005km
Time: 6 days 12 hours 30 mins (Av speed 6.04km/h)
Winning margin 16 hours 15 mins/94.1km
Starters 24 finished 9 (37.5%)

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

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

1989 Yiannis Kouros, 33, Greece. Syd - Melb 1011km
Time: 5 days 2 hours 27 mins (Av speed 8.25km/h)
Winning margin 11 hours 28 mins
Starters 24 finished 19 (58%)
NB. G. Woods (Q) finished 4th. Later disqualified Positive
Drug Test. G. Firkin finished (4 hour 25 min) outside
official finish.

Race Director:
IAN JAVES
25 Fortune Esp.,
Caboolture Q. 4510
Ph: (071) 95 4334



Race Secretary:
DELL GRANT
53 Valley Drive,
Caboolture Q. 4510
Ph: (071) 95 2138

Queensland Marathon & Road Runners Club

ULTRA DIVISION

Are you looking for a new challenge in running?
Consider these first three ultra distance events for 1990

8 HOUR FUN RUN

and **QUEENSLAND 50 MILE ROAD CHAMPIONSHIP**

Date: SATURDAY MARCH 3rd

Time: START 5 p.m. to 1 a.m. (to avoid heat of day)

Venue: 1 KM ROAD LOOP AT UPPER LEVEL OF CABOOLTURE SPORTS CENTRE

Medallion to all who complete 50 km. or more

SPONSORED BY: THE RUN INN, Queensland Specialist Running Store, 502 South Pine Rd, Everton Park. Ph: 07-354 3425

DAWN TO DUSK (12 HOUR RUN)

and **QUEENSLAND 100 KM. ROAD CHAMPIONSHIP**

Date: SATURDAY, MAY 5th

Time: START 6 a.m. to 6 p.m.

Venue: 1 KM. ROAD LOOP AT THE CABOOLTURE SHOWGROUNDS, BEERBURRUM ROAD, CABOOLTURE

AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIP

and **QUEENSLAND 24 HOUR TRACK CHAMPIONSHIP**

Date: 48 HOUR - FRIDAY 22nd TO SUNDAY 24th JUNE

24 HOUR - SATURDAY 23rd TO SUNDAY 24th JUNE

Time: 48 HOUR START 8 a.m. FRIDAY — 24 HOUR START 8 a.m. SATURDAY. BOTH FINISH 8 a.m. SUNDAY

Venue: GRASS ATHLETICS TRACK, CABOOLTURE SPORTS CENTRE

FACILITIES:- All venues have Hot Showers, Electricity, Food Preparation Areas, Undercover Shelter for Helpers and Toilets.
Crews may set up as close to the courses as they wish, but are asked not to drive vehicles onto the athletics track surrounds.

TROPHIES, MEDALLIONS AND LUCKY DRAW PRIZES FOR ALL EVENTS.

CAMP QUALITY Sponsorship Form and Race Rules overleaf. Collect Race Numbers on the day of event.

SEND ENTRY FORM AND FEE TO: Dell Grant, 53 Valley Drive, Caboolture. 4510

ENTRY FORM**PHOTO COPY ACCEPTABLE****CUT HERE**

Name: Male [] Female []

Address:

Date of Birth: Phone No.

EVENTS ENTERED

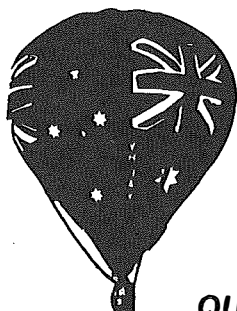
3rd March 8 HOUR FUN RUN [] 50 MILE CHAMPIONSHIP [] Entry Fee \$20
5th May DAWN TO DUSK [] 100 K. ROAD CHAMPIONSHIP [] Entry Fee \$20
22nd/24th June AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIP []
Entry Fee \$35 (includes T/shirt) T/shirt Size M []
23rd/24th June QUEENSLAND 24 HOUR TRACK CHAMPIONSHIP []
Entry Fee \$35 (includes T/shirt) T/shirt Size M []

CLOSING DATE for 48 Hour/24 Hour 9th June

You are welcome to enter any one or all events. Please phone Dell Grant 071-95 2138 for more information.
Please make cheques out to: Q.M.R.R.C. - ULTRA DIVISION

I have read the race rules and conditions attached and agree to abide by them. In consideration of this entry being accepted, I the understated, intending to be legally bound hereby for myself, heirs, executors and administrators, waive and release the organisers and their representatives of any injury or illness which may directly or indirectly result from my participation in the event. I further verify that I am in proper physical condition to participate.

Signature.....



Camp Quality

A non-profit, all volunteer organisation providing a camping experience
and much more for children with cancer.

QUEENSLAND ULTRA RUNNERS SUPPORT CAMP QUALITY

Please help this worthwhile cause by collecting sponsors. Make cheques payable to Camp Quality, and send all monies collected to: **RON GRANT, 53 Valley Drive, Caboolture Q. 4510.**

COMPETITOR'S NAME.....

SPONSOR'S NAME & ADDRESS

AMOUNT PER
KILOMETRETOTAL
RECEIVED* WINNER'S
DISTANCE GUESS

* Prize for Sponsor who guesses closest to winner's distance. The Ultra events for 1989 raised \$3,500. \$150 pays for a child with cancer to attend camp. Please bring this form with you on the day.

26

- 7. Walk to finish if you have to.**

RULES AND CONDITIONS

ACCEPTANCE: All entrants must agree to abide by the race rules as laid down by the Organisers.

EXPENSES: Neither the Organisers nor any sponsors will meet any runner's expenses, whether for travelling, accommodation, support crew, food or drinks.

RACE RULES: The course must be covered entirely on foot.

Pacing may disqualify you from placings and claiming records if disputed by other competitors.

No artificial aids or drugs may be used, except specific prescription drugs for medical conditions, only prior arrangement with the Organisers. Each competitor must have a support crew. Interstate support may be requested but only by prior arrangement with the Organisers.

Each competitor must have a support crew. Interstate runners may be exempted but only by prior arrangement with the Organisers.

Race numbers shall be worn at all times, and to be seen clearly.

The Race Director may withdraw any competitor at any time for breach of the rules or on medical advice.

PLEASE TELL US ABOUT YOUR BEST PERFORMANCES

| EVENT (MARATHON & ULTRAMARATHONS) | DATE | TIME/DISTANCE |
|--------------------------------------|------|---------------|
|--------------------------------------|------|---------------|

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ULTRA FUN RUN/ ROAD RACE NANANGO TO PROSTON, QUEENSLAND 110 KILOMETRES

24 Hour Time Limit

SUNDAY 15TH JULY 1990

Entry fee: \$35.00

Proceeds to Queensland Cancer Fund.

Enquiries: Barry Stewart,

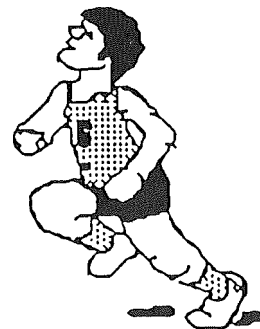
P.O.Box 58,

Kingaroy 4610,

Queensland.

(071) 622815

BANANACOAST ELECTRICS ULTRA MARATHON



Sunday May 13, 1990

Entry Form

From Coffs Harbour to Grafton via Glenreagh and Coramba (85 kilometres)

START: Coffs Harbour Post Office. 6.00 A.M.

FINISH: Grafton Post Office,

ENTRY FEE: \$5.00, payable to Bananacoast Amateur Athletics Club.

ENTRIES TO STEEL BEVERIDGE, 20 ARRAWARRA ROAD, MULLAWAY, 2456. ENQUIRIES TELEPHONE (066) 542189.

Rules

- [1] Each competitor must undertake to provide a second/helper to assist with feeding, care and time-keeping. Each second will require a vehicle of his/her own so as to carry out the necessary appropriate activities.
- [2] Each competitor undertakes to travel on the right hand side of the road unless otherwise directed by the Police.
- [3] All Police instructions must be obeyed at all times.

Waiver

- [1] I, the undersigned, in consideration of and as a condition of my entry in the Bananacoast Electrics Ultra Marathon for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of our consequent upon my entry or participation in the said event.
- [2] I declare that I take part in sport only as an *amateur*.
- [3] I will abide by all the competition rules.

Signed: _____
(If under 17 or under parent/guardian must sign as well)

Date: _____

Parent/Guardian: _____

Previous Ultra Marathon experience: _____

Best Marathon time: _____ Event: _____

Year: _____

Name: _____ Address: _____

Age: _____ Sex (Male or Female): _____

CITY OF COBURG

THE TREVOR PETTIGROVE 100 KM CHAMPIONSHIP OF AUSTRALIA

DATE: 30th SEPTEMBER, 1990

TIME: 7.00 a.m.

REPORT IN: 6.15 a.m.

ENTRY FEE: \$20. 00 Cheque payable to Coburg Ground Management Committee

LOCATION: The Harold Stevens Athletic Track, Outlook Road, Coburg
(Rear Basketball Stadium) Melway Map: 18 Ref: A.9

ENTRIES TO: Kevin Cassidy, 4 Grandview Road, Preston, Vic., 3072.

INFORMATION:

1. Field limited to 30 runners.
2. 11 hours 30 minutes time limit.
3. Entries close 21st September. 1990.
4. Portable toilet trackside.
5. Runners must provide their own handlers and lap scorers.
6. Race numbers to be visible at all times.
7. No pacing
8. Runners must move to lane 3 when walking/eating.
9. Certificates to all finishers.

PLEASE REMEMBER - NO LAPSCORER - NO START

Cut off and return.

ENTRY FORM

Surname:Call Name:.....

Address:

Postcode:Telephone:Male/Female:

Previous Experience:

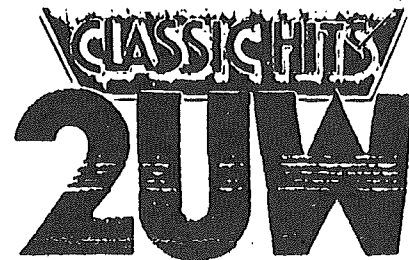
.....

.....

DECLARATION

I, the undersigned in consideration of and as a condition of acceptance of my entry in the Trevor Pettigrove 100km Championship of Australia for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event. I will abide by the rules of the run.

Signature of Entrant:Date:



CAMPBELLTOWN MAIL 20W 24 HR TRACK RACE

Race Director J.Shaw P.H. 046-266694

Start 11am SAT 13th OCT

Finish 11am SUN 14th OCT

Venue Bradbury Oval near MacDonalds Campbelltown - 400 metre track

Entry Fee \$30.00 1st Male/Female \$500 Vouchers 2nd \$100 3rd \$50

Prizes 1st Trophy 2nd Trophy 3rd Trophy Male/Female

Medallians all Runners / Certificates all Crews Runners

Facilities Power all Runners / Heated-Pool near Track 24 hr Canteen

Masseuer / Acupunturist Toilets Showers

All Runners 2 T-Shirts 1 Singlet

ENTRY DEADLINE 13th SEPT 1990

REPLIES BY 27th SEPT WITH FIELD

RULES

No pacing

Inside lane for running only

No artificial drugs

No runners expenses will be paid

All runners must supply own lap scorers for 2 hr sessions

All lap scorers will score 2 runners for 2 hrs vice versa

Send Entry Fee to - 24 hr Track Race, c/- John Shaw, 17 Buvelot Way,

No Cash - Cheque or Money Order

Claymore 2560, NSW

Any Inquires P.H.

J.Shaw 046-266694

FILL IN AND RETURN

| DIST | TOWN OR PLACE | TIME | PLACE | BEST TIME | COMMENTS |
|-------------|---------------|------|-------|-----------|----------|
| 42.2 K | | | | | |
| 80 K | | | | | |
| 100 K | | | | | |
| 160 K | | | | | |
| 24 hr | | | | | |
| 48 hr | | | | | |
| 6 Day | | | | | |
| Longest | | | | | |
| Solo | | | | | |
| Syd to Melb | | | | | |

PLEASE RETURN AND SIGN

SEND ENTRY FEE to 24 hr Track Race c/- John Shaw, 17 Buvelot Way, Claymore 2560,

DECLARATION I hereby enter this race at my own choice and have trained sufficiently for such an event. I in no way resulting in injury or death from this event hold the sponsors - organizers or shire of Campbelltown reaponsible.

Signed _____

RUNNER _____

WITNESSED _____

NAME _____ AGE _____ ADDRESS _____

POST CODE _____ STATE _____

PHONE (H) _____ (W) _____

If you would like to order any T-Shirts or singlets please indicate sizes and quantity

SIZE _____ QUANTITY _____

A NEW TRAIL ULTRA ON THE SCENE

BY Max Bogenhuber

Billy's Bushies, who are a bunch of runners who meet every Saturday to run through the beautiful Royal National Park south of Sydney, are in the process of organising a trail ultra. The run is planned to take in some of the most beautiful spots of the Royal National Park, and although not measured at this point, is expected to be somewhere between 70 and 80km.

This is being planned as a replacement for the Sydney to Wollongong, which has been stopped by the police because of the dangers of runners on the Princes Highway. It will also add a trail run to the current list of Australian ultras in beautiful location, right on Sydney's doorstep.

The date of the event is Saturday October 20th. So put that in your diary now and start training. The run is not for wimps. Most of it will be out on bush trails, with some dirt and even some sealed roads included. Consequently, traffic will almost non-existent throughout the run. However, there will be some hills which will test your mettle.

Aid stations will be set up on the course. Runners will be supplied with drink and food, thus eliminating the need for seconds, which should be a welcome change for interstate runners.

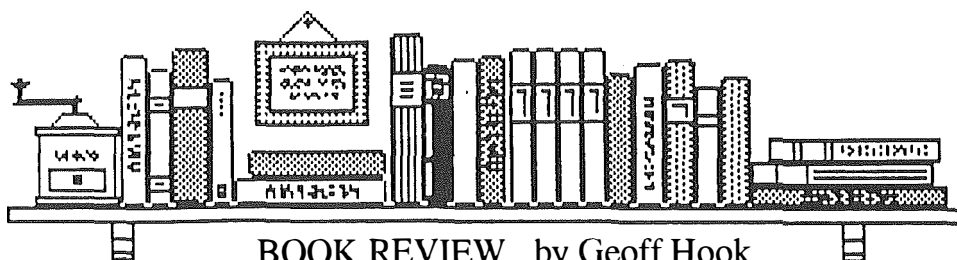
The run will start at Gray's Point, on the northern edge of the park, and finish at Bundeena, a small settlement right on the shores of Port Hacking. As the run finishes near the Bundeena RSL Club, showers, food and, most importantly, drinks will be available right at the finish.

The St. George Building Society has undertaken to sponsor the event, which will enable the organisers to offer \$1,000 for the winner, plus lesser amounts to the minor place-getters. For further information and entry forms, send a stamped self-addressed envelope to:

The Royal National Park Ultra,
P.O.Box 380,
Sutherland 2232 NSW

Entry forms should also be available with the next issue of AURA.

Billy's Bushies have been the organisers of the Royal National Park Tri since its inception. Anyone who has competed in that will know that we always put on a good event. Using our reputation from that event, we hope to attract a good number of runners. So we'll see you there later in the year. And watch out for more information as it becomes available.



BOOK REVIEW by Geoff Hook
INTERNATIONAL ULTRA TRAINING,
Edited by Andy Milroy

Another excellent book on ultra training is now on the market. Andy's first booklet, 'Training for Ultras' was very popular and sold well. However, since the first booklet was derived from British runners, the need to source ideas and training methods internationally became manifest.

The main quality of this second booklet is its emphasis that there are no hard and fast rules to ultra-running. Some contributors make statements which are contradictory but relate to the same specific aspect of training. This just re-inforces the fact that what suits one athlete in mental/physical training/racing, may only partially, or not at all, suit another. What CAN be gained from other runners are ideas to try or adapt until you have the perfect formula for yourself for all your training, racing, food and drink requirements. This second booklet draws from ultrarunners from all over the world, from many different running environments and has plenty for the ultrarunning novice as well. Ultrarunning is analysed from the exercise physiologist's point of view, with good examples of training programmes to enable the reader to generate his own, as well as equipment and planning schedules. There are several examples from raw beginner to top ultra performer in a short space of time; early errors; decision making processes; training, racing, diet and injury management; application of mental aspects to training and racing. Some very good training schedules from some of the best ultrarunners are given and comparisons of racing strategies are noteworthy. Some top runners make use of a rest day or easy running day (even slower than this reviewer, which is really slow!), which shows just how important recovery training is. There is also a good analysis of fast starters having a (relatively) slow finish, compared with consistent performers. Interestingly, some novel and completely different approaches to training are given which may just suit the ultra runner who can't find success with more standard regimens. Then there are the dispelled myths and reinforcement of the basic foundations of ultrarunning. There is even the busy schedule of a housewife, mother and part-time office worker, who has a heavy training schedule and still finds time for aerobics and gym work with self-hypnosis to give her an immense love of running.

This booklet is truly a gem for ultrarunners of all standards. Backed by a useful bibliography, it is very good to read and is an important reference to help solve the myriad of problems that crop up in an ultrarunner's career.

Contributors are: Patti Finke, Gary Cantrell, Hillary Walker, Trevor Hawes, Bruce Fordyce, Andy Milroy, Sandra Kiddy, Keith Walker, Rune Larsson, Bernd Heinrich, Terry Edmondson, Dick Tout, and Sandra Barwick.

.....
(Note: AURA will be stocking this booklet, pp90, for sale sometime in the near future. Price will be approximately \$13.00 including packing and postage. If you want to secure yourself a copy, please register your interest with Dot Browne, AURA Hon.Sec, 4 Victory Street, Mitcham 3132. Please don't send money now until we know the exact price. Thanks!)

SPECIAL MEDALLIONS

If any Race Organiser would like to have a special medallion for their race, please contact the AURA Secretary.

Both the Six Foot Track Ultramarathon, and the VVACI 24 Hour Track Race events have exciting personalised medallions of their own design. The medallions are cheap as compared with commercial prices and are even more attractive being your own design.

The medallions are usually made in pewter, which can be left plain or plated bronze, silver or gold. The pewter is much more attractive and substantial as compared with the commercial anodised aluminium varieties.

Quotations can be supplied on request. The overall costs very much depend upon the amount of artwork required. A fairly simple design (like the VVACI 24 Hour medallion) would cost around the \$200 to produce a production mould from a carved wooden master, and about \$3 thereafter for each medallion. A fairly complex design (like the AURA logo) would cost around \$600 to produce a production mould from the imprint of the logo on paper and about \$2.50 thereafter for each medallion. The production mould is used anytime the purchaser wants a number of medallions (e.g. for the race each year). Please note that the master mould and production mould remain the property of the purchaser, so they cannot be used for any other purpose.

Think about it. A great idea for a unique touch to your race!.

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.

THE SOCIETY OF CLINICAL MASSEURS INC.

Patron: Dr. Richard Telford

Masseurs to the : World Veterans' Games, Melbourne 1987

Victoria Police Annual Games

State and National Triathlons

Australasian Ultramarathon

Bicycle Victoria

"Ballarat Courier" Run

Rialto Run

Victorian Veterans Athletic Club Championships

Australian Select Under 15 Soccer Team

Victorian 24 Hour Track Championship

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THERAPEUTIC MASSAGE

RELAXATION MASSAGE

Members are accredited with WorkCare and V.A.R.C.

They have 250 members, practising in Victoria, New South, Queensland and Western Australia. Their principal training institution is the Victorian School of Massage, Camberwell (under the direction of Physiotherapists and Masseurs).

Should you require any of the above forms of massage and therapy, please contact their Secretary, Mr. Geoffrey Dye, P.O. Box 43, Mitcham, Victoria 3132 or telephone (03) 874 6973.

Members of the Society of Clinical Masseurs are highly recommended by the many hundreds of athletes who have availed themselves of their services. Don't hesitate to contact them.

NEW ULTRA RACE ON THE CALENDAR IN 1991

Peter Armistead, one of Hookie's old rivals, and a keen ultra-marathoner himself, has initiated a new ROAD RACE in Victoria for the Sunday of the long weekend in January, 1991. It will start in the scenic town of Mansfield and will be an accurately measured 50km course to the top of Mt. Buller, then a couple of kms. back to the finish at the Alberg Hotel in the town. Entry fee will be \$10.00. Prizes for 1st, 2nd and 3rd male and 1st female.

Peter assures us that it will be an exhilarating challenge through beautiful countryside on a good sealed road surface all the way.

So, if you reckon you're DEDICATED, DETERMINED and DISCIPLINED, this is the race for you.

Entry forms and enquiries to: Peter Armistead, 26 William Street, Frankston 3199
Telephone (03) 781-4305

WAVERLEY GARDENS MASSAGE AND FLOAT CENTRE

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- **REMEDIAL MASSAGE**
- **SPORTS MASSAGE**
- **SHIATSU**
- **ACUPRESSURE**
- **MOXIBUSTION**
- **REFLEXOLOGY**
- **ORTHO-BIONOMY**

• **FLOTATION**

| | |
|--------------------|---------------------------------|
| RAYMOND K. CARROLL | (C.T.T Full member of A.M.T.V.) |
| BRIAN LUDECKE | (C.T.T) |
| DARYL FOLEY | (C.T.T) |
| KIM TALBOT | (C.T.T.) |
| SUE COOK | (C.T.T.) |
| ROLF MEISS | (C.T.T.) |
| ANNETTE WALSH | (C.T.T.) |
| MELISSA SANGSTER | (C.T.T.) |

FOR FURTHER INFORMATION AND APPOINTMENT
RING (03) 562 3312

From all at Waverley Gardens Massage and Float Centre, we wish
Kim Talbot all the best at Milton Keynes, London, February, 1990.

FOUNDER & DIRECTOR -

RAYMOND K. CARROLL
(CTT, FULL
MEMBER OF
AMATT)

of

ESTABLISHED 1983

Eastern

School

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- **REMEDIAL MASSAGE**
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CO-ORDINATOR
& INSTRUCTORS -

DR. MICHAEL TOWSTELLES
RAYMOND CARROLL
DARYL FOLEY
KIM TALBOT
SUE COOK
ROLF MEISS
ANNETTE WALSH

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OFFICIAL MASSEURS
AT THE COLAC
6 DAY RACE 1989

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**RANDWICK
399 3893**



... ONE STEP AHEAD.™

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

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

MAIL ORDERS, BULK ORDERS, UNIFORMS etc.

RING, WRITE OT DROP IN!!

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

TOTO'S "RACE AGAINST THE CLOCK" 100KM TRACK RACE, OLYMPIC PARK, MELBOURNE SUNDAY 8TH APRIL, 1990

This race will be being held just as we go to print, so results will be in the next issue. Ray Carroll is Race Director and Organiser. He has invited a field of around 40 athletes, mostly Australians to compete. The race will be held on the excellent 400m. Olympic Park rekortan track and finishers will each receive a certificate and medal. There will be prizes awarded for the 1st, 2nd and 3rd Males and 1st and 2nd Females, and the winner will be offered air-tickets to compete in the World 100km Championships to be held on 24th October, 1990 in Duluth, Minnesota, USA.

Athletics Australia have agreed that the first Australian over the line will be able to wear the Australian uniform in Duluth, and will be an Australian representing Australia in the 100km World Championship - quite a breakthrough in terms of official recognition for an ultra event, by the Australian athletic hierarchy.

George Perdon, Australian ultra-running legend, will assist at the presentations.

We wish Ray Carroll and his helpers every success with this race, and congratulate him for putting on such a race at such a great venue, which should give athletes every chance of performing well.

CRADLE MOUNTAIN RUN

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

| DATE | TIME | NAME | AGE | TOWN | STATE | Number |
|------|-------|------------------|-----|-----------------|-------|--------|
| ==== | ===== | ===== | === | ===== | === | ===== |
| 1990 | 09:22 | Andrew Briggs | 31 | Glenorchy | TAS | 101 |
| | 10:40 | Andrew Law | 30 | Moonah | TAS | 102 |
| | 11:22 | Chris Benn | 28 | Blackburn South | VIC | 103 |
| | 11:44 | David Coles | 33 | Evandale | TAS | 104 |
| | 12:10 | Geoff Hook | 45 | Mt Waverly | VIC | 105 |
| | 12:14 | Bruce Longmore | 57 | Ridgeway | TAS | 106 |
| | 12:14 | Alan Harradine | 40 | Lenah Valley | TAS | 107 |
| | 12:14 | Bruce Chetwynd | 39 | Battery Point | TAS | 108 |
| | 12:30 | Ian Dunn | 41 | Cheltenham | VIC | 109 |
| | 12:37 | Andrew West | 42 | Cooma | NSW | 110 |
| | 12:37 | Sue Dreverman | 38 | Cooma | NSW | 111 |
| | 12:41 | Jeanette Collin | 43 | South Hobart | TAS | 112 |
| | 12:50 | Iain Montgomery | 49 | Mt Nelson | TAS | 113 |
| | 13:35 | Robert Simpson | 40 | Oatlands | TAS | 114 |
| | 13:35 | Roger Nelsen | 41 | Campbell Town | TAS | 115 |
| | 13:41 | Tony Crawthorne | 40 | Oatlands | TAS | 116 |
| | 13:41 | Kevin Cassidy | 29 | Preston | VIC | 117 |
| | 13:44 | Graeme Fennell | 51 | Mt Nelson | TAS | 118 |
| | 13:59 | Steve Wilson, | 42 | Ferntree | TAS | 119 |
| | 14:13 | Michael Maddocks | 45 | Geiston Bay | TAS | 120 |
| | 15:09 | Susan Pearn | 25 | South Hobart | TAS | 121 |
| | dnf15 | Paul Jones | 36 | Dynnyrne | TAS | 122 |

Subtotal: DATE = 1990, 22 starters 21 finishers

Weather fine apart from showers but track very wet and boggy

1990: I have booked three huts, and I have reinstituted a deposit of \$10

Closing date for entries Run is 15th January with a late fee of \$20.

More details later.

If any one writes a good race report please send me a copy. So far the mass media have shown no interest in the results I have submitted.

Yours

Richard Pickup

40.



53 Valley Drive,
CABOOLTURE,
QUEENSLAND,
AUSTRALIA.
4510

Phone (071) 95 2138

QUEENSLAND ULTRA RUNNING OFF TO A WET BUT FLYING START

The first event for ultra runners in Queensland, held on Saturday 3rd March, starting at 5 pm in Caboolture resulted in a large number of entrants, despite continual rain for the 8 hour event. The Queensland 50 Mile Road Championship was held in conjunction with the 8 Hour Fun Run, with many first timers trying out in the latter event. Thirty six entrants were on the start line, and all but three achieved their goals. Geoff Boase from Buderim was defending his 50 Mile title from last year, but was reduced to walking mid race, then withdrew. In fact most of the better runners started out much too fast considering it was the first event of the season, after an extremely long hot summer, and nearly all were seen walking at some stage. The eventual winner of the 50 Mile Championship was Graham Medill of Toowoomba, who faded mid race after starting fast, but hung on to finish in 6 hours 46 minutes. Dave Sommers and Sandy Buchan both of Caboolture, followed in second and third, with Glenys Wright, the only lady brave enough to tackle the event completed her 50 Miles in 8 hours 35 minutes.

Most of the 8 Hour Fun Runners were more cautious in their efforts, which resulted in nearly all entrants receiving a T shirt announcing their ultra running prowess to the world, as their prize for completing 50 kilometres or more. Owen Tolliday of Buderim, training for his third Sydney to Melbourne race came first covering 95.8 kilometres, with Neil McCabe of Bundaberg second and Stephen Lewis of Ipswich third. This event attracted five ladies, with Dell Grant taking first place, with 73 kilometres, Val Case second with 55 kilometres, after travelling from Townsville by bus the previous night, and Christine Cocks of Mapleton third with 53 kilometres. Ages in both events ranged from John Petersen 73 years, who completed all six ultra events last year, to a 17 year old attempting his first. Points based on finishing position in the races will again be gathered this year to decide the winners of the perpetual trophies at the close of the season. Many are keen to return again on 5th May to try the more difficult 12 hour or 100 Kilometres event. This will be followed in June by the Queensland 24 Hour Championship and the Australian 41. 48 Hour Championship, held together in Caboolture.

QUEENSLAND MARATHON AND ROAD RUNNERS CLUB

8 HOUR FUN RUN

CABOOLTURE

3RD MARCH 1990

| Place | Name | Distance Km. | Place | Name | Distance Km. |
|-------|-------------------|-----------------|-------|----------------------|-----------------|
| 1 | TOLLIDAY Owen | 95.841 | 16 | COCKS Danny | 56.0 |
| 2 | McCABE Neil | 87.970 | 17 | CASE Val (F2) | 55.0 |
| 3 | LEWIS Stephen | 83.227 | 18 | PETERSEN John | 54.0 |
| 4 | BURNS Bob | 79.679 | 19 | DON Len | 53.0 |
| 5 | WALKER Graeme | 78.946 | 20 | COCKS Christine (f3) | 53.0 |
| 6 | HAIN Geoff | 75.503 | 21 | HARGREAVES Bruce | 51.0 |
| 7 | PITMAN John | 74.237 | 22 | DELOW Kevin | 51.0 |
| 8 | GRANT Dell (F1) | 73.0 | 23 | HOGG Peter | 51.0 |
| 9 | COX Arthur | 72.112 | 24 | JESS Harry | 51.0 |
| 10 | LOEKEN Rene | 66.256 | 25 | GRANT Ron | 50.0 |
| 11 | CHATTERTON Ray | 60.936 | 26 | WOOLNOUGH Murray | 50.0 |
| 12 | WAKEFIELD Charlie | 60.0 | 27 | EOLT Phillipa (f4) | 30.0 |
| 13 | CHALMERS Bruce | 57.0 | 28 | EOLT Allan | 30.0 |
| 14 | PHILLIPS Lindsay | 57.0 | 29 | DELOW Cheryl (f5) | 25.0 |
| 15 | BREGANT Anthony | 56.918 | | | |

QUEENSLAND MARATHON AND ROAD RUNNERS CLUB

QUEENSLAND 50 MILE ROAD CHAMPIONSHIP

CABOOLTURE

3RD MARCH 1990

| MALE | | | TIME | FEMALE | | | TIME |
|------|---------|--------|--------------------|--------|--------|--------|-------------------|
| 1 | MEDILL | Graham | 6hr. 46 min 50 sec | 1 | WRIGHT | Glenys | 8hr 35 min 20 sec |
| 2 | SOMMERS | Dave | 6 58 55 | | | | |
| 3 | BUCHAN | Sandy | 7 19 43 | | | | |

THANKYOU AGAIN FOR DONATIONS

Since we've checked our records, we find that your donations are still coming in hot and strong. Acknowledgement for earlier donations are on Page of this magazine but the following persons have also sent us extra money. (up until 28th March, 1990):

Brian Mills \$5, George Perdon \$10, Ernest Hartley \$20, Bryan Smith \$10, Brian Colwell \$10, David Douglas \$30, Geoff Boase \$20, Anthony Harber \$5, Duncan
42. Richards \$5, Bill Keats \$5, Herbert Glantschnig \$10. Thankyou all most sincerely.

BUNBURY (W.A.) 6 HOUR - 12 HOUR 3RD & 4TH MARCH 1990

by Charlie Spare

Both races started at 6.00pm on the 3rd March and finished at midnight and 6am on the 4th March. The track was 750 metres and was a little uneven. The lighting was adequate, but it left a lot of shadows on the surface. Next year, it will be a 1km. track with better lighting. Crews and runners will be happy with that. Try working out pace on a 750 metre lap!

The 6 hour race had four starters, all newcomers to ultras, the 12 hour, 9 runners. The shorter time race was a very exciting affair, with Dave Hedley and Steve Jones finishing within a lap of each other. Neither one had been able to relax for the complete distance. Dave finally won. In the women's section, Wendy Bird was the only competitor. Her distance was not great, but it was her first ever race. She has only been running for 3 months and has never managed more than 6 miles before!! 'Thrown in at the deep end' syndrome.

Competitors in the 12 Hour were well spread out. Ross Parker, in heavy training for the Westfield Run, won comfortably, with Trish Spain second overall, and first woman. Jacqui Clarke, the only other woman, showed a lot of promise. Once she had got rid of some inappropriate food, she lapped consistently.

We had good weather, light rain for the first hour, then a bit of wind for another hour, then the rest was fine. We even had an electrical storm to watch for a while. Each finisher received a glass with the distance-covered engraved on it, two good quality tee-shirts, one for the crew, and a cap, courtesy of the local butcher. The first male and female in both races won a Citizen watch valued at \$150, donated by Applebee, the local jeweller. Not bad for a night's work!

The race was well organised by Brian Kennedy and the Bunbury Runners Club, but how did a disciple of Pritikin persuade the Dardanup butcher to become a sponsor?

Results:

6 HOUR:

Males

- | | |
|----------------|-----------|
| 1. Dave Hedley | 62.048km. |
| 2. Steve Jones | 61.612km |
| 3. Les Evans | 52.714km |

Females:

- | | |
|---------------|----------|
| 1. Wendy Bird | 22.872km |
|---------------|----------|

12 HOUR

- | | |
|-------------------|-----------|
| 1. Ross Parker | 116.738km |
| 2. Doug Wright | 104.459km |
| 3. Mark Pritchard | 101.685km |
| 4. Charlie Spare | 63.223km |
| 5. Ian Partington | 57.075km |
| 6. Max Van Weert | 51.000km |
| 7. George Audley | 30.000km |

Note: George Audley has been out of running for several months with a fractured collar bone and retired in this race with an upset stomach.

PARRAMATTA 50K, AT BARTON PARK (NSW)
MARCH 4TH, 1990
Results

| Competitor_____ | Marathon | Finish Time |
|--------------------------|----------|-------------|
| 1. Martin Thompson | 3.04.26 | 3.42.45 |
| 2. Paul Every | 3.13.44 | 3.48.56 |
| 3. Bob Fickel | 3.15.52 | 3.56.39 |
| 4. Sue Whiting (f) | 3.20.59 | 4.01.53 |
| 5. Bruce Donnelly | 3.26.09 | 4.03.30 |
| 6. Pat Farmer | 3.23.27 | 4.05.25 |
| 7. Helen Stanger (f) | 3.30.50 | 4.14.33 |
| 8. Keith Jackson | 3.40.36 | 4.22.28 |
| 9. James Bazzo | 3.42.19 | 4.27.29 |
| 10. Rod Martin | 3.55.35 | 4.33.27 |
| 11. Maurice Taylor | 3.43.52 | 4.35.22 |
| 12. Doug Markulin | 3.50.10 | 4.36.00 |
| 13. Chris Stephenson | 3.44.38 | 4.38.40 |
| 14. Mark Foley | 3.48.14 | 4.42.10 |
| 15. Ashley Warner | 3.57.18 | 4.44.00 |
| 16. Trevor Harris | 3.56.24 | 4.47.42 |
| 17. Steel Beveridge | 3.56.06 | 4.51.10 |
| 18. Patrick Austin | 3.57.01 | 4.51.60 |
| 19. Keith O'Connell | 4.11.02 | 4.53.55 |
| 20. John Maccarone | 3.58.35 | 4.55.00 |
| 21. Ralph Bristow | 4.05.31 | 4.57.40 |
| 22. Peter Janovsky | 4.02.20 | 4.59.00 |
| 23. John Melynczenko | 4.07.38 | 4.59.10 |
| 24. Julius Horvath | 4.14.36 | 5.06.30 |
| 25. Dave Taylor | 4.17.23 | 5.14.40 |
| 26. John Flanagan | 4.18.33 | 5.18.20 |
| 27. Kevin Mansell | 4.26.17 | 5.21.30 |
| 28. Graham Kerruish | 4.29.56 | 5.26.50 |
| 29. Warren Costello | 4.26.12 | 5.27.60 |
| 30. Denis Hams | 4.20.03 | 5.29.00 |
| 31. Bill Keats | 4.34.00 | 5.37.50 |
| 32. Michael Hodgson | 4.48.20 | 5.53.40 |
| 33. Lucille Gladwell (f) | 5.22.20 | 6.29.10 |
| 34. Mark Gladwell | 5.22.20 | 6.29.10 |

DNF:

William Rannard, Keith Law, Georgie Fitzgerald, Tony Byrne, Alastair Wallace, Peter Wheatly, Oliver Williams, Greg Byrne, Carl Barker, Mark Dredge, Gary Moore, Les Davis, Wanda Foley.

NEW COURSE RECORD: _ Sue Whiting in 4hrs.1 min.53s.

THE V.V.A.C.I. VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
COBURG, 10/11TH MARCH 1990
by Dot Browne

Have you ever cried watching an ultra race? Well I came close today. It was painful, I can tell you.

Two of my best mates, Hookie and Peter Armistead were in my 24 Hour Race today. For months they'd both been talking 'bout how they were going to crack that elusive 200km in my race, and they'd been training their butts off in preparation.

Pete had been doing incredibly long training runs down the Peninsula with Ron Smith - 80km in one day on one occasion ! He'd told me how they'd driven the course along the back roads the day before and had planted deposits of fruit cake, drinks and munchies in plastic bags under bushes and in grassy hollows along the edges of dusty roads, so they'd cope on the training run the next day. They'd survived the training runs, although Ron seemed pretty stuffed towards the end, Pete said.

He'd also been doing one kilometre reps. of the beautiful Frankston Park every Tuesday after work, with Robin Anderson, just to sharpen up his speed, he reckoned. He told us that the gates were locked at 5 o'clock, so they'd jump the fence and have the park to themselves for an hour or so. It was fantastic. One kilometre bursts at 90% effort on an undulating fine gravel path among the rhododendrons.

Rob told me Pete never slacked off. It was always a gut-buster effort every lap. Hookie had been doing different sort of training, but just as tough. His training included repetition hill sessions up at Ferny Creek, where the hills are toughest. He'd choose the steepest hill he could find, a couple of km. in length, and do half a dozen solid uphill climbs with flat-out down hills, throwing caution to the winds. And then he'd meet us for a 15 mile training run through Sherbrook forest to finish off. I admired their dedication.

Robin, Pete's repetition training partner, was there crewing for him and urging him on at the 24 Hour. I've never seen a support person so involved. It was almost like he was running the race with him, he was so attentive., a total commitment for 24 hours. "No, I can't eat. Pete's in the horrors. I gotta get him going." "No, I can't sleep. Pete's going well and I want to keep him moving"

As the race progressed, the vagaries of fate began to show. Peter went from one extreme to the other. He'd started off really well, pacing himself conservatively in the first half and looking really good and fluid. It was after 3am, however, that he started to hit the skids. He would run flat out for 4 laps, passing every competitor in the field at 100 miles an hour and then slow to a shuffle for another half dozen laps, agony written all over his face. That 200km was like a shining beacon, spurring him on and keeping him going when every muscle in his body was telling him to stop and walk. His tense face told a story of grim determination. No rubbishing, no wise-cracks like the Peter we knew, just solid concentration. Robin was inspirational. He's a master of positive encouragement, and absolutely refused to accept any negative attitudes from the man himself. Around 5am when Pete had been going through a particularly bad

patch and had admitted to Rob that he'd given up hope of achieving that 200km, Rob went through him like a ton of bricks, blasting away the negative state of mind and inspiring him with renewed hope just with his words. I found it a most emotional experience watching him suffer, yet work determinedly towards his goal.

Other runners in the field also gave him tremendous support. When he was in the horrors, Kon Butko as he passed him, would yell, "Come on now, Pete! Hang on to me! Don't you bloody walk!" Patrick Parsons would run behind him, urging him on every time his pace dropped. It was all too much. He came through and reached his goal with 14 minutes to spare. You should have heard the crowd when he crossed the line to run 200k. They went berserk. I coulda cried. Pete did.

He just made it through the presentations, collected his pewter medallion, certificate and pottery mug and when he'd got back to his spot in the hall, said to Robin, "Hold this stuff for me, mate" and then quietly folded and went fast asleep on the floor.

I guess there are tales of agony and ecstasy in every race, but the 24 hour races seem to accentuate the extremes. It's such a bloody long time to run, and even if a runner achieves his goal, he goes through hell to do it. Of course the ecstasy of achievement produces the short memory syndrome, and they forget the agony pretty quick. But the disappointment of a failure tends to linger on for ages. It can stuff up their motivation for months after. All those months of wasted training out on the road, of wasted time that you could have spent with the family or doing something else you value. It's not easy to be positive when you've bombed out.

Hookie, Kevin Cassidy, Ron Smith, John Moyle, and Greg Wishart were a few of those who had been in there with a chance of cracking the 200, but went home disappointed. But it wasn't all gloom. Peter Gray, Terry Cox(Jnr), Patrick Parsons, Murray Cox, Rudi Kinshofer, Peter Armistead, Sandra Kerr, Col Jerram, Peter Quinn, Roger Weinstein, Tony Power, Jeff Visser, Norm Johnston, Jacques Gaillard and Cliff Ryan all pulled out performances that were the best of their lives.

Young Terry Cox (Junior) particularly, ran a blinder. Remember we'd seen him suffer in the Westfield last year when he and his old man ran together as a team and the young bloke had to pull out with foot and blister problems. Today it was young Terry's turn to be brilliant. He ran the race of his life to place 4th with a distance of 217.373km. Not bad for a 24 year old kid! His Dad had been incredible in his support. Although he was in the race too, he'd say things like, "Don't you worry about me Dot. The young fella needs bananas, he needs some flat coke. Do you think you could get that for him?" Young Terry Cox came of age in this race. I reckon he'll be waiting for his Dad from now on.

There was a tale of heroism in the race too. Only two days before race day, entrant John Breit, currently seeded 6th on Australian all time 24 Hour Rankings, was involved in a serious bicycle accident, which not only grazed his legs badly, but also broke his arm. There was no way a mere broken arm was going to keep him out of this race. He came through, running consistently throughout, to place second. The arm went back in a sling after the race at the presentations. Lord knows what agony that boy must have gone through.

Cliffy was in this race, too. He looked absolutely stunning in dazzling white gear, long pants as usual, with the holes in them that have become his trademark. He ran 164K. Not real bad for a bloke that's getting close to 70!

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The first three hours of the race passed by for the runners without them noticing. They were too busy watching Chief Timekeeper, Ray Callaghan and a couple of other blokes, trying to erect one of these new-fangled Swedish tents on the grassy verge. They were absolutely hopeless. Ray just kept standing there scratching his head. I used to think Ray was bright.

Harold Stevens, the Ground Manager at Coburg was just great. He erected a special lap-scorers' shelter near the Finish line and we issued the scorers with aqua blue lap-scorers' vests so they would be easily seen. We continually fed them sandwiches, fruit, barbecued snags, toast and tea and kept everybody happy. They were great. I reckon Anne Callaghan must have had a numb backside. She stayed and lapscored for Sandy Kerr for the full 24 hours and refused to take a break.

Safet Badic was an interesting entrant. He's a mate of Joe Record, comes from Yugoslavia, and had a 2.16 marathon to his credit. He'd won the Ballarat 50 Miler last November in dazzling style in 5hrs.50min. and we wondered how he would go. He certainly started off fast, churning out 7 minute mile pace for the first few hours and running neck and neck with the early leaders. However, he stopped dead after 10 hours, complaining of a leg injury and was forced to withdraw.

The value of careful pacing was demonstrated by those who finished in the top 9, that elite group who were able to achieve over 200km. Bryan Smith and Peter Gray ran amazingly well when one considers that they had both performed brilliantly in a 24 Hour World Championship at Milton Keynes, near London only 5 weeks ago.

Sandy Kerr ran consistently right from the start to come through the women's field of Marilyn Tait and Kim Talbot to place first lady, with a p.b. of 165.009km, in 15th place overall.


I was delighted that so many visitors had entered the race. We had six from South Australia, Mike Thompson from Western Australia, John Lewis from New Zealand, and Safet Badic from Yugoslavia.

All in all, the event went extremely smoothly. I am extremely grateful to have developed a fantastic band of reliable helpers over the 7 years of this race's operation. They have helped to make this event successful year after year, and this year was no exception. I value their assistance tremendously. My grateful thanks go to the following people: the crews and lapscorers who assisted the runners, my special friends Dave Sheehan and Robyn Todd who helped me with the catering, my husband Colin, who updated the leader board every hour, computerised the results and designed my new medal, the Coburg Harriers who were so obliging, Ray Callaghan who kept our times exact, Dr. Spiro Moraitis, my race doctor who kept a close eye on runners throughout, the four masseurs from the Vic. Society of Clinical Masseurs who massaged tirelessly throughout the event, Pauline Bradshaw, who made the commemorative pottery mugs, and of course to Westfield, without whose sponsorship, the event would not have been possible.

Thankyou to all those interested spectators who turned up and hollered, and my heartiest congratulations to the runners who made the race.

Dot Browne (Race Director)

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24 HOUR TRACKRUN

VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

10/11th March 1990 at Harold Stevens Athletic Track, Coburg.

a VICTORIAN VETERANS' ATHLETIC CLUB event.

| NO. | FNAME | SURNAME | Place | Mara. | 50 Km | 50 MI | 100 Km | 150 Km | 100 MI | 200 Km | FINAL KM. |
|-----|---------|-----------|-------|---------|---------|----------|----------|----------|----------|----------|-------------|
| 1 | Bryan | Smith | 1 | 3.27.44 | 4.07.47 | 6.44.00 | 8.31.26 | 13.17.35 | 14.21.00 | 18.26.26 | 249.881 KM. |
| 2 | John | Breit | 2 | 3.27.05 | 4.07.47 | 7.00.00 | 9.07.37 | 14.14.57 | 15.30.00 | 19.51.52 | 231.481 KM |
| 6 | Peter | Gray | 3 | 3.20.40 | 4.03.02 | 7.13.00 | 9.22.25 | 14.40.43 | 16.00.00 | 20.51.11 | 224.888 KM |
| 21 | Terry | Cox (jnr) | 4 | 3.27.00 | 4.26.14 | 7.46.00 | 9.52.23 | 15.19.00 | 16.40.00 | 21.41.04 | 217.373 KM. |
| 5 | John | Lewis | 5 | 3.55.44 | 4.36.35 | 7.40.20 | 9.52.16 | 16.01.45 | 17.25.20 | 22.19.50 | 210.422 KM |
| 34 | Patrick | Parsons | 6 | 4.10.25 | 4.57.33 | 8.07.26 | 10.22.02 | 16.51.12 | 18.25.00 | 23.34.20 | 203.812 KM. |
| 19 | Rudi | Kinshofer | 7 | 3.20.11 | 4.17.55 | 7.21.00 | 9.16.25 | 16.12.32 | 17.27.00 | 23.40.13 | 202.089 KM |
| 14 | Murray | Cox | 8 | 4.22.15 | 5.17.47 | 8.47.00 | 11.00.25 | 17.22.07 | 18.58.00 | 23.55.18 | 200.710 KM |
| 30 | Peter | Armistead | 9 | 4.07.19 | 4.50.49 | 7.59.00 | 10.21.39 | 16.51.34 | 18.17.44 | 23.45.45 | 200.612 KM |
| 24 | Colin | Jerram | 10 | 3.54.47 | 4.43.07 | 8.14.15 | 11.04.13 | 18.36.53 | 20.59.31 | | 182.149 KM |
| 11 | Ron | Hill | 11 | 3.47.50 | 4.34.36 | 8.02.33 | 10.34.50 | 18.33.04 | 20.48.48 | | 177.745 KM |
| 45 | Peter | Quinn | 12 | 3.59.32 | 4.47.54 | 8.09.36 | 10.38.14 | 19.25.46 | 20.51.04 | | 176.900 KM |
| 17 | Geoff | Hook | 13 | 3.49.55 | 4.33.07 | 7.45.47 | 10.04.23 | 21.26.52 | 22.40.10 | | 171.412 KM |
| 47 | Roger | Weinstein | 14 | 3.52.52 | 4.41.58 | 7.49.00 | 10.21.58 | 17.58.48 | 20.39.12 | | 170.955 KM |
| 25 | Sandra | Kerr | F1 | 4.54.06 | 6.01.50 | 10.26.49 | 13.04.04 | 21.14.16 | 22.55.22 | | 165.009 KM |
| 44 | Tony | Power | 16 | 4.33.21 | 5.57.43 | 9.32.56 | 13.02.10 | 21.31.35 | 23.05.00 | | 164.955 KM |
| 3 | Cliff | Young | 17 | 4.49.04 | 5.52.12 | 10.17.55 | 13.09.27 | 21.05.36 | 23.36.00 | | 164.509 KM |
| 10 | Mike | Thompson | 18 | 3.31.04 | 4.19.30 | 7.55.04 | 11.17.22 | 22.15.35 | 23.37.00 | | 163.293 KM |
| 28 | Jeff | Visser | 19 | 3.36.45 | 4.27.45 | 7.35.00 | 9.44.31 | 15.46.50 | 16.52.43 | | " - - - - - |

| | | | | | | | | | |
|----|----------|-----------|----|---------|---------|----------|----------|----------|------------|
| 9 | John | Champness | 20 | 4.32.52 | 5.26.26 | 9.42.21 | 13.13.25 | 22.51.06 | 156.452 KM |
| 8 | Graham | Stenner | 21 | 4.02.03 | 4.50.50 | 8.56.12 | 11.22.42 | 23.11.30 | 156.271 KM |
| 22 | Frank | Biviano | 22 | 4.23.50 | 5.16.16 | 9.07.04 | 12.29.42 | 23.52.25 | 151.351 KM |
| 7 | Greg | Wishart | 23 | 3.55.22 | 4.46.05 | 9.19.58 | 14.19.36 | 23.53.23 | 151.214 KM |
| 29 | Kon | Butko | 24 | 4.26.28 | 5.27.52 | 10.37.00 | 14.59.45 | | 145.412 KM |
| 18 | Terry | Cox (snr) | 25 | 3.29.00 | 4.35.13 | 8.35.20 | 12.35.23 | | 144.681 KM |
| 32 | Norm | Johnston | 26 | 4.20.09 | 5.24.06 | 10.16.00 | 14.34.54 | | 142.891 KM |
| 46 | Cliff | Ryan | 27 | 4.42.02 | 6.06.14 | 10.51.20 | 15.06.04 | | 142.267 KM |
| 27 | Merrilyn | Tait | F2 | 5.24.29 | 6.44.28 | 12.23.00 | 16.20.26 | | 137.653 KM |
| 4 | Joe | Record | 29 | 3.38.42 | 4.19.10 | 7.12.00 | 9.17.37 | | 136.800 KM |
| 31 | Godfrey | Pollard | 30 | 4.54.21 | 6.56.30 | 11.57.00 | 16.24.24 | | 133.753 KM |
| 26 | Max | Harrison | 31 | 4.51.21 | 5.55.18 | 11.05.00 | 16.42.48 | | 131.280 KM |
| 20 | Kevin | Cassidy | 32 | 4.08.20 | 5.01.21 | 8.42.38 | 13.37.16 | | 128.209 KM |
| 38 | Safet | Badic | 33 | 3.23.45 | 4.01.21 | 6.38.00 | 8.19.20 | | 126.800 KM |
| 15 | Roger | Stuart | 34 | 3.38.41 | 4.32.06 | 8.03.00 | 10.54.29 | | 122.000 KM |
| 23 | Kim | Talbot | F3 | 4.17.00 | 5.39.18 | 9.52.54 | 13.46.44 | | 120.009 KM |
| 36 | Jacques | Gaillard | 36 | 4.48.47 | 5.54.16 | 13.14.21 | 20.32.21 | | 116.545 KM |
| 35 | Kaven | Dedman | 37 | 5.47.53 | 7.05.50 | 13.41.00 | 21.43.58 | | 104.890 KM |
| 16 | John | Bencze | 38 | 4.33.19 | 5.38.53 | 10.05.09 | 13.11.38 | | 100.000 KM |
| 37 | Robert | Whelan | 39 | 6.24.12 | 8.17.25 | 19.24.15 | | | 89.132 KM |
| 33 | Raymond | Carroll | 40 | 6.55.00 | 9.05.15 | 23.10.00 | | | 86.059 KM |
| 41 | Gerard | Fay | 41 | 4.55.30 | 6.25.00 | 12.27.02 | | | 80.400 KM |
| 12 | Ron | Smith | 42 | 4.15.40 | 5.03.48 | | | | 72.400 KM |
| 13 | Peter | Milne | 43 | 3.53.29 | 4.42.09 | | | | 60.000 KM |
| 43 | John | Moyle | 44 | 4.43.00 | 5.50.20 | | | | 59.600 KM |
| 39 | Philip | Essam | 45 | 6.08.24 | 7.25.00 | | | | 50.000 KM |

Westfield

Race Director: Dot Browne, 4 Victory Street, Mitcham 3132

RESULTS OF THE

First
INTERNATIONAL



HOUR CHAMPIONSHIPS

AT

MILTON KEYNES

SATURDAY 3RD AND SUNDAY 4TH FEBRUARY 1990

50.

FINAL ORDER OF MERIT AND TOTAL DISTANCE COVERED BY EACH COMPETITOR

Each lap was 890.25 metres or 973 yards 2 feet and 10 inches.

MEN'S RACE

| Final Place | Name | Sex Age | Nation | No Full Laps | Full Laps' Distance | Final Part Lap | Total in Kms | Total in Miles | Yards |
|-------------|----------------------|---------|--------------|--------------|---------------------|----------------|--------------|----------------|-------|
| 1 | Donald RITCHIE | M45 | UK-Scotland | 300 | 267.075 | 0.468 | 267.543 | 166 | 429 |
| 2 | Bryan SMITH | M46 | Australia | 282 | 251.050 | 0.260 | 251.310 | 156 | 276 |
| 3 | Roy PIRRUNG | M41 | USA | 278 | 247.489 | 0.636 | 248.125 | 154 | 313 |
| 4 | Helmut SCHIEKE | M51 | West Germany | 277 | 246.599 | 0.249 | 246.848 | 153 | 676 |
| 5 | Max COURTILLON | M62 | France | 270 | 240.367 | 0.423 | 240.790 | 149 | 1091 |
| 6 | Jean-Pierre DELHOTAL | M44 | France | 268 | 238.587 | 0.419 | 239.006 | 148 | 900 |
| 7 | Dave COOPER | M55 | UK-England | 266 | 236.806 | 0.281 | 237.087 | 147 | 561 |
| 8 | Peter SAMULSKI | M51 | West Germany | 263 | 234.135 | 0.250 | 234.385 | 145 | 1127 |
| 9 | Hans-Martin ERDMANN | M46 | West Germany | 262 | 233.245 | 0.247 | 233.492 | 145 | 150 |
| 10 | Aribert HANNAPPEL | M50 | Switzerland | 261 | 232.355 | 0.529 | 232.884 | 144 | 1245 |
| 11 | James ZARIE | M45 | UK-England | 257 | 228.794 | 0.743 | 229.537 | 142 | 1105 |
| 12 | Peter MANN | M51 | West Germany | 253 | 225.233 | 0.043 | 225.276 | 139 | 1725 |
| 13 | Peter GRAY | M25 | Australia | 247 | 219.891 | 0.388 | 220.279 | 136 | 1540 |
| 14 | Istvan SIPOS | M30 | Hungary | 245 | 218.111 | 0.108 | 218.219 | 135 | 1047 |
| 15 | Janos BOGAR | M25 | Hungary | 243 | 216.330 | 0 | 216.330 | 134 | 741 |
| 16 | Dusan MRAVLJE | M36 | Yugoslavia | 242 | 215.440 | 0.045 | 215.485 | 133 | 1577 |
| 17 | Seppo LEINONEN | M37 | Finland | 233 | 207.428 | 0.108 | 207.536 | 128 | 1684 |
| 18 | Pierre RUSSIAS | M45 | France | 232 | 206.538 | 0.042 | 206.580 | 128 | 639 |
| 19 | Gilbert GEVAERT | M42 | Belgium | 230 | 204.757 | 0.124 | 204.881 | 127 | 541 |
| 20 | Michael MARCH | M46 | Australia | 230 | 204.757 | 0.119 | 204.876 | 127 | 535 |
| 21 | Michael FRANCIS | M31 | UK-Scotland | 229 | 203.867 | 0.630 | 204.497 | 127 | 121 |
| 22 | Richard BROWN | M43 | UK-England | 225 | 200.306 | 0.179 | 200.485 | 124 | 1013 |
| 23 | Karl-Heinz SPRINGER | M43 | West Germany | 225 | 200.306 | 0 | 200.306 | 124 | 817 |
| 24 | Sam MOORE | M42 | UK-N Ireland | 217 | 193.184 | 0.553 | 193.737 | 120 | 673 |
| 25 | Tony MUSSELWHITE | M45 | UK-England | 213 | 189.623 | 0.168 | 189.791 | 117 | 1638 |

| Final Place | Name | Sex Age | Nation | No Full Laps | Full Laps' Distance | Final Part Lap | Total in Kms | Total in Miles Yards |
|-------------|-------------------|---------|--------------|--------------|---------------------|----------------|--------------|----------------------|
| 26 | David STANDEVEN | M37 | Australia | 206 | 183.391 | 0.119 | 183.510 | 114 49 |
| 27 | Yuri ESPERSON | M29 | Russia | 189 | 168.257 | 0.119 | 168.376 | 104 1098 |
| 28 | Valery CHRISTENOK | M28 | Russia | 189 | 168.257 | 0.119 | 168.376 | 104 1098 |
| 29 | Cliff YOUNG | M67 | Australia | 187 | 166.476 | 0.660 | 167.136 | 103 1502 |
| 30 | Philippe EMONIERE | M | France | 187 | 166.476 | 0.117 | 166.593 | 103 908 |
| 31 | Harry ARNDT | M54 | West Germany | 182 | 162.025 | 0.043 | 162.068 | 100 1240 |
| 32 | Michael BURROWS | M47 | UK-England | 181 | 161.135 | 0 | 161.135 | 100 22 |
| 33 | David WALLACE | M39 | UK-Scotland | 165 | 146.891 | 0 | 146.891 | 91 482 |
| 34 | Daniel OLIVIER | M41 | France | 145 | 129.086 | 0 | 129.086 | 80 370 |
| 35 | Don McDONALD | M47 | Eire | 144 | 128.196 | 0 | 128.196 | 79 1154 |
| 36 | Laszlo SIMON | M31 | Hungary | 121 | 107.720 | 0 | 107.720 | 66 1644 |
| 37 | Richard PUCKRIN | M48 | UK-England | 116 | 103.269 | 0 | 103.269 | 64 296 |
| 38 | Tony LENAGAN | M45 | UK-England | 99 | 88.134 | 0 | 88.134 | 54 1345 |
| 39 | Bob MEADOWCROFT | M52 | UK-England | 96 | 85.464 | 0 | 85.464 | 53 185 |
| 40 | Tony KNIGHT | M37 | UK-England | 82 | 73.000 | 0 | 73.000 | 45 634 |
| 41 | Richard ROZIER | M59 | USA | 81 | 72.110 | 0 | 72.110 | 44 1421 |
| 42 | Martin ECCLES | M31 | UK-England | 79 | 70.329 | 0 | 70.329 | 43 1234 |

LADIES' RACE

| Final Place | Name | Sex Age | Nation | No Full Laps | Full Laps' Distance | Final Part Lap | Total in Kms | Total in Miles Yards |
|-------------|-----------------|---------|--------------|--------------|---------------------|----------------|--------------|----------------------|
| 1 | Eleanor ADAMS | F42 | UK-England | 267 | 237.696 | 0.165 | 237.861 | 147 1408 |
| 2 | Marianne SAVAGE | F40 | UK-England | 256 | 227.904 | 0.208 | 228.112 | 141 1306 |
| 3 | Monika KUNO | F47 | West Germany | 244 | 217.221 | 0.791 | 218.012 | 135 821 |
| 4 | Angela MERTENS | F48 | Belgium | 234 | 208.318 | 0.687 | 209.005 | 129 1531 |
| 5 | Christine GRAY | F36 | UK-England | 221 | 196.745 | 0.874 | 197.619 | 122 1399 |
| 6 | Sandra BARWICK | F40 | New Zealand | 210 | 186.952 | 0.041 | 186.993 | 116 338 |
| 7 | Randi BROMKA | F37 | USA | 205 | 182.501 | 0.465 | 182.966 | 113 1214 |
| 8 | Renate NIERKENS | F45 | West Germany | 203 | 180.720 | 0.038 | 180.758 | 112 559 |
| 9 | Marie BERTRAND | F | France | 195 | 173.598 | 0.235 | 173.833 | 108 26 |
| 10 | Kathy CRILLEY | F42 | UK-England | 174 | 154.903 | 0.843 | 155.746 | 96 1366 |
| 11 | Kim TALBOT | F21 | Australia | 170 | 151.342 | 0.119 | 151.461 | 94 200 |
| 12 | Sue-Ellen TRAPP | F43 | USA | 89 | 79.232 | 0 | 79.232 | 49 409 |

TOTO'S

SPORTS CLUB INTERNATIONAL

MILTON KEYNES AND OUR AUSTRALIAN EFFORT

By Raymond K. Carroll

Six runners left our shores this year to compete in what was billed as the Indoor International Championships (including the British Championships) 24 Hour Track Race at Milton Keynes in the United Kingdom.

The runners under the sponsorship of Toto's Pizza Restaurants were: Cliff Young, Mike March, Bryan Smith, David Standeven, Peter Gray and now the Australian Indoor 24 Hour Female Champion Kim Talbot.

Also travelling with these great runners was Janet Smith (Bryan Smiths' wife), Norma Gray (Peter Grays' mother) and Alfred Mazloum (Toto's inspiration behind the venture and his support of ultra running). Alfred is now in training to enter the world of ultra madness himself! Plus the Eastern School of Tactile Therapies (ESTT) students and graduates whom not only now have the experience in dealing with ultra races in Australia, but now have experience with overseas ultras.

The Toto's Running Team Australia was 22 strong flying Qantas to London on January 31st 1990 after a very successful media send off. On arrival at Heathrow the excitement to take in London sightseeing seemed immediately necessary. Some tourists said "That's Cliff Young outside Buckingham Palace". Just can't travel without being recognised our Cliff!

After not really regarding jetlag, a chance to hinder excitement and enthusiasm, we checked in at Race headquarters with what looked very much a strong challenge from the German team of Harry Arndt and Hans Martin-Erdmann (previous 24 hour record holder of 275 kms), and also the English team including Don Ritchie, Eleanor Adams and James Zarei... The excitement was growing.

The following day, Friday, prior to the Race a meeting was held to set up ground rules to a team challenge, unofficial as it was, but serious by nature. Three male runners from each country would constitute a team. These distances would be added together. The same concept has been decided for this years Toto's 24 Hour International Track Race at Olympic Park on 4th & 5th August in Melbourne.

The Welcome Lodge (Newport-Pagnell), aptly named, was the host to most of the International runners and this alone created a good feeling where International competition is keenly contested.

The Australian support team, masseurs and sports trainers created goodwill by looking after many of the internationals and showed true professionalism and comradia.

TOTOS SPORTS CLUB INTERNATIONAL

The President of the IAU (International Association of Ultrarunning), Mr Malcolm Campbell has already written a letter regarding the conduct of the Australian Team, including the officials, runners and support team. We were regarded by far the most enthusiastic and most professional in appearance and approach. This letter was forwarded to the Australian Athletic Union President, Mr Neil King.

The Race was indoors - a shopping centre listed as the largest indoor shopping centre in Europe with the track a marble floor and approximately 890 meters per lap. Around the track was the various flags representing the countries competing. Nationalities involved was Britain, France, Germany, Belgium, USA, Russia, Finland, Hungary, Holland, New Zealand, Sweden, Switzerland, Yugoslavia and of course Australia.

The Race started at 8.00pm on the 3rd of February, a Saturday night. It was cold, dark and stark in the shopping centre compared to the daytime hustle filled with shoppers. The Race start saw Don Ritchie of the UK determined to stay in touch with the lead from the outset, plus Australia's new potential in ultra running, Peter Gray was really hammering staying with the very experienced and well performed internationals. Peter after two hours was in second place and held his position until well after the fourth hour. Peter now holds the Australian Indoor 50km and 50 mile records as he was ahead of Bryan Smith, Mike March and David Standeven at that stage.

Don Ritchie had now pushed to the lead and was setting a cracking pace. David Standeven was starting to feel the affects of jetlag. Bryan Smith sitting in eleventh was running consistently, knowing his ability and backing his judgement. Roy Pirrung (USA) was running very fast and moved up in to the top five. Mike March back early in 18th position, James Zarei (UK) running well back in 8th and Hans Martin-Erdmann (GERMANY) was running consistently in 12th place.

The race took on many changes as all runners headed to the half way mark. It was still cold and dark as 8.00am approached with the temperature around -6°C. Cliff Young was having a great race with his opponent from Europe Max Courtillon (FRANCE) who eventually finished in 5th place with 239.8kms beating Cliffs' record.

Kim Talbot the only female representing Australia was running well and completed over 100 kms in the first half of the race.

The 12th hour saw Bryan Smith getting stronger and really starting to take a good hold on second spot. Helmut Schieke (GERMANY) and Eleanor Adams (UK) were fighting for 3rd place with Roy Pirrung (USA) struggling behind closely. A gutsy performance saw him actually finish in 3rd place overall with a distance of 248 kms.

But meanwhile Don Ritchie (UK) was just belting around with blood covering him and pouring from his nose like a tap. He looked like he had been in a fight. The look of determination on his face will stay in my mind for a long time.

Unfortunately David Standeven and Mike March went through various stages displaying guts and determination not to let the team down, however the affects of arriving in this country only 48 hours prior to race start had

TOTOS SPORTS CLUB INTERNATIONAL

taken its' toll and their performances were now apparently not what they had hoped for.

Peter Gray was still running strongly and as always motivating his continuance with the desire to break all his previous personal bests, this being his strongest motivation.

Kim Talbot and Cliff Young showing what strength and comrades they were by sticking it out to the end. Kim was in obvious pain, but her desire to not disappoint the team and everybody who had shown her support by her inclusion in the race, pushed through to complete 151.2 kms, setting 6 Australian Indoor records for 50kms, 50mls, 100kms, 150kms, 12 hours and 24 hours. The first Australian woman to do so giving women now something to aim to beat (pioneering at its best!).

Back to the race and David and Mike are off the track but encouraging Bryan Smith to break Davids 200 km record of 18 hours 3 minutes. This was a very special moment of unity amongst Australia's top ultra runners. Unfortunately Bryan just missed out due to the race organisational circumstances with inability to cope with demands of realising national records. An oversight of importance I'm sure. Bryan still stuck it out and ran a truly magnificent race proving that not only does he have world class recognition, but he has to be considered the best consistent and most determined ultra runner in Australia. We were represented proud by Bryan's achievements. He finished in second place overall with a distance of 251.4 kms. A fantastic run.

Don Ritchie won the race with 267.7 kms and for me a dream came true to watch and witness such a world class runner perform at his best. I'm sure an experience for the Australians taking part in the race felt the same. A great run.

Peter Gray went on to run 219.07 kms to create another PB and was the youngest runner to finish as high up the placings. Another great run for Peter, who has a lot more left to achieve.

Mike March finished with 205.2 kms and will run better than his performance indicated of course. I'm sure Mike is looking forward more determined now to possibly run the Westfield. Good luck Mike and thanks for your support in this venture.

David Standeven also fell well short, but even when sidelined was always prepared to give support to the fellow Australians. David ran 183.4 kms.

Cliff Young just kept digging and digging and again showed why so many people realise what a great Australian and runner Cliff still is. He ran 165.9 kms.

One very special moment when David and Kim were going through an emotional horror period. They both got up from their respective places with handlers working in earnest and appeared on the race track holding hands to the cheers of the Australian team, an emotional lift for everyone so proud of signs of such strength and unity.

All Australian runners finished and all of them did Australian Ultra Runners and their country proud.

TOTOS SPORTS CLUB INTERNATIONAL

The first woman overall was the World Champion Eleanor Adams yet again proving her worthiness to be recognised as the greatest female runner this world has ever seen. She finished in 7th place overall with a distance of 236.7 kms.

I truly believe this venture was one of my most proudest involvements to see Australians in sport do their country proud, and also to see other countries congratulate us for our true sportsmanship and keenness to support ultra running.

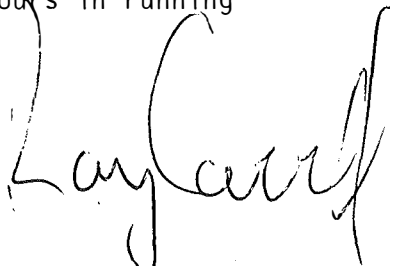
From my heart I thank Alfred Mazloun (Toto's Pizza Restaurants) for believing ultra running is a sport with a worthwhile platform for sponsorship and for supporting my students from the Eastern School of Tactile Therapies, plus all of the runners in his backing financially for this Milton Keynes Race in 1990.

To the ESTT students and graduates I thank you all for your energy and professionalism which proved at Milton Keynes we were the best support team and accredited officially.

To Janet Smith and Norma Gray I thank you for your support for such a mammoth venture and for persevering with me.

And finally to the runners, thanks for your efforts. These I shall never ever forget.

Yours in running



Raymond K. Carroll
TEAM MANAGER

THE TEAM

Alfred Mazloun
Raymond K. Carroll

Janet Smith
Norma Gray

Sue Cook
Rolf Meiss
Jim Coffey
Melissa Latham
Tod Gudde
Sharon Ryan

Daryl Foley
Paul Baldwin
Dearne Makrodimitris
Melissa Sangster
John Pardo
Barry McAliece

Bryan Smith
Mike March
Peter Gray

David Standeven
Cliff Young
Kim Talbot

12 HOUR TRACK RACE
 WODEN PARK ATHLETIC FIELD, A.C.T.
 SUNDAY 25TH FEBRUARY, 1990



RESULTS

| Place | Name | Distance Covered |
|-------|------------------|------------------|
| 1. | Trevor Jacobs | 134.380km |
| 2. | Peter Gray | 123.656km |
| 3. | Derek Quinto | 114.092km |
| 4. | Bill Nagy | 111.656km |
| 5. | Chris Stephenson | 100.542km |
| 6. | Trevor Harris | 96.940km |
| 7. | Michael Grayling | 95.831km |
| 8. | Grahame Kerruish | 94.198km |
| 9. | Wanda Foley | 94.195km |
| 10. | Michael Riley | 87.419km |
| 11. | Dave Taylor | 85.974km |
| 12. | Dennis Hams | 83.586km |
| 13. | Philip Essam | 73.587km |
| 14. | Lorraine Harris | 42.980km |
| DNF: | Joe Skrobalak | 82.800km |
| DNF | Bruce Cook | 50.00km |

John Evans withdrew from the race 30 minutes prior to the start, injured.



Colin Browne, AURA member, and long-suffering husband of Dot Browne, your secretary, finishing the Six Foot Track Marathon, in front of Caves House, Jenolan, NSW.

1990 BOGONG TO HOTHAM RUN - 7 JANUARY 1990

Appreciating the overcast but fine weather, record holder Neil Hooper won the sixth Rooftop Runners' Bogong to Hotham Race on the first Sunday of 1990. His time of 7 hours 11 minutes was only 12 minutes outside his 1985 record and could have been better if not for a five hour mountain bike ride the day before. Neil was first to the top of Bogong and to Madison's Hut site, first to the halfway point by 2 minutes and first to Mount Hotham by 31 minutes.

The numbers in the run again increased significantly: 44 starters compared to last year's 23; and 19 went all the way to Mount Hotham compared to the previous highest of six. Three watermelons, about seven dozen oranges, a couple of kilograms of grapes, lots of jellybeans, fruit loaf and staminade were needed to cater for the numbers which were even higher than expected. For the first time, two women entered the event and both went the full distance of 60 km. Ultra-marathon runners were again well represented with ten of the nineteen finishers and several runners who only ran the first half.

There was a great battle between the two veterans of the field - fifty-nine year olds Reg Splatt from near Bright and Max Scherlietner from Albury. Max came in fast to the half-way point six minutes ahead but Reg overhauled him in the second half and reached Mt Hotham in ninth place overall. Probably owing to the overcast day, several runners improved on their 1989 times. Geoff Hook cut his time by 48 minutes and Max Scherlietner improved by 49 minutes. Indeed, this year, twelve runners ran faster than Jon Broxap's 1989 winning time of 9 hours 10 minutes.

Duane Spur once again took its toll, especially on the first-timers. Robin Rishworth manned the drinks post at the top of the spur as he was suffering from an achilles tendon injury. Ken Mitchelhill, Alan Cichero and Sharon Sayers were busy at the important T-spur turn-off near Madison's Hut site. They hauled 2 dozen oranges plus their gear up Staircase Spur the day before.

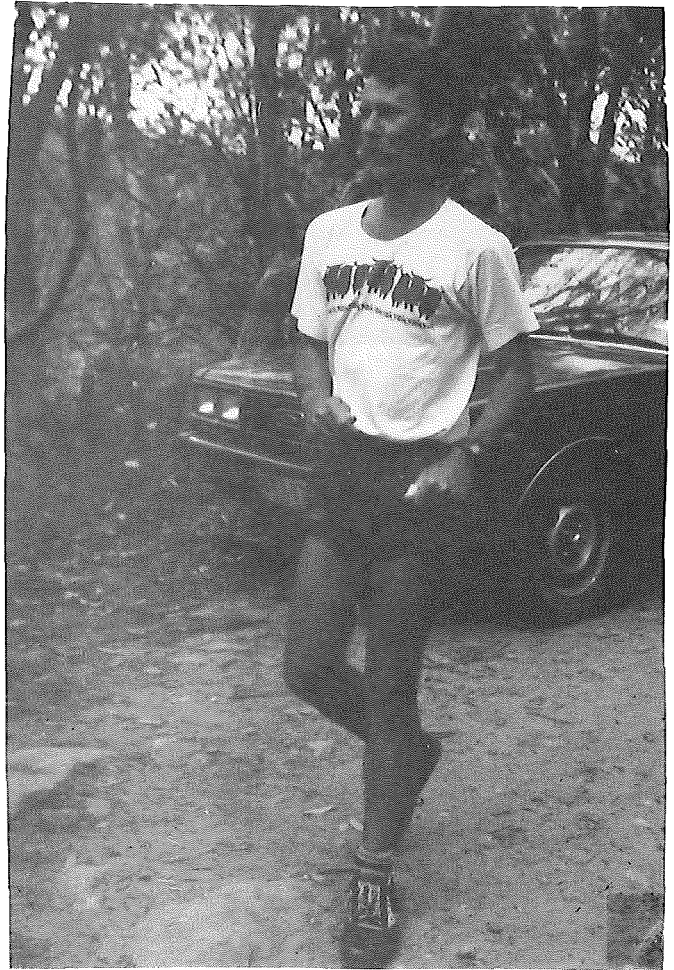
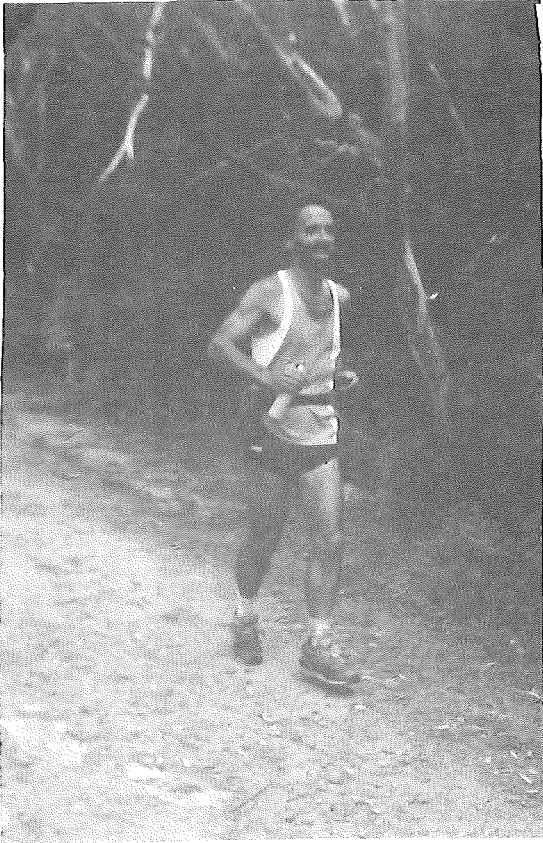
The second half of the run now follows the road to the Cope Hut track junction and then rejoins the Alpine Walking Track pole line across the high plains. The numbered poles follow a longer route along Langford's aqueduct for this road section, while the route through Wallace's Gap is being phased out for environmental reasons. Prue Dobbin was "on duty" this year at pole 333 on the second half of the course and Pat Pelly again did a marvellous job on top of Mount Hotham welcoming and pampering the tired finishers. Several other people assisted with ferrying runners down from Falls Creek and Mt Hotham.

Without such helpers, this run would not be possible, and with the increasing numbers, more assistance is necessary for safety and logistics reasons. For the run to continue, it will be necessary for extra people to help out, particularly on the day.

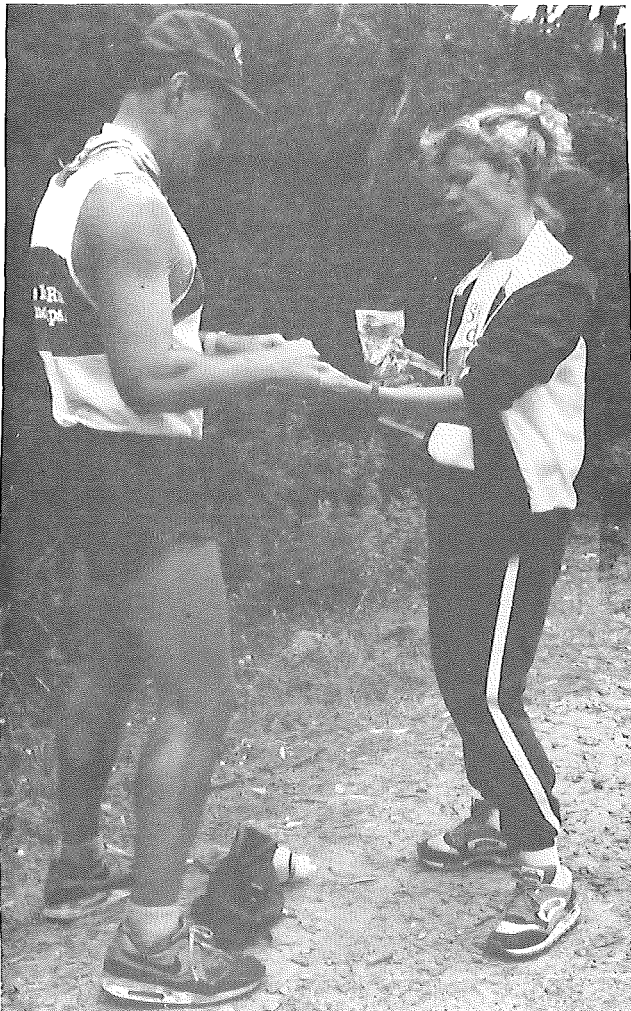
Russell Bulman
Rooftop Runners

BOGONG TO HOTHAM TRAIL RACE JANUARY, 1990, VICTORIA.

Paul Patton approaching the half way point.



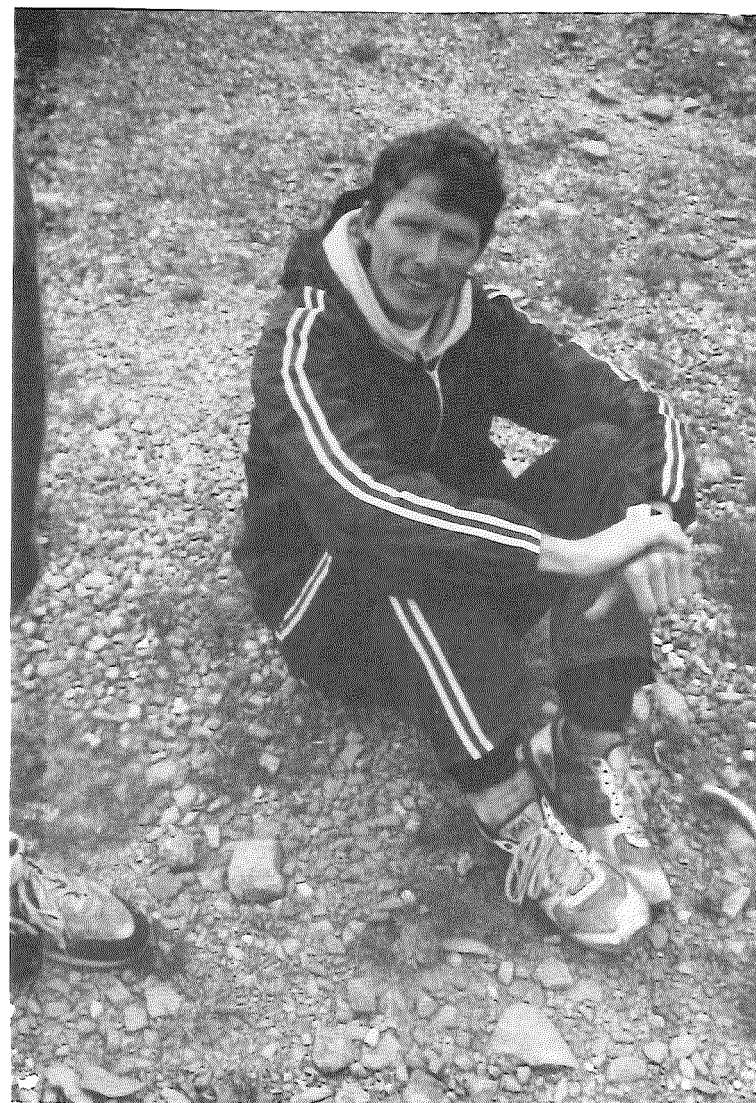
"Yakkie" Logan coming into Watchbed Creek.
Probably his toughest effort yet since his
recent back operation for a collapsed disc.



Big Chris is receiving energy supplements
from lovely admirer, Big Helen. The poor
boy still thought at the half-way that he could
catch Hookie.



Ollie Williams (left) and Geoff Hook, both happy it's all over, atop Mt. Hotham, and well in front of Big Chris.



Bruce Cook, second placegetter in this Bogong to Hotham race, and current 50km and 50 mile Australian record holder, well-relaxed after his fine effort in the race.

BOGONG TO HOTHAM RESULTS - 7 January 1990

| Men | Time | Madison's Hut | Watchbed Creek |
|------|------------------|------------------|-------------------|
| 1. | Neil Hooper | 7.11.10 | 1.45.00 |
| 2. | Bruce Cook | 7.42.15 | 1.50.25 |
| 3. | Roger Hardy | 7.48.15 | 1.57.39 |
| 4. | Max Bogenhuber | 8.04.55 | 1.57.25 |
| 5. | Chris Benn | 8.18.15 | 1.58.29 |
| 6. | Geoff Hook | 8.35.25 | 1.59.50 |
| 7. | Oliver Williams | 8.36.50 | 2.07.45 |
| 8. | Peter Armistead | 8.49.21 | 1.58.11 |
| 9. | Reg Splatt | 8.51.15 | 2.08.26 |
| =10. | Ian Dunn | 8.56.33 | 2.07.17 |
| =10. | Max Scherlietner | 8.56.33 | 2.08.08 |
| 12. | Phillip Barnes | 9.05.30 | 1.59.20 |
| 13. | Ross Shilston | 9.22.25 | 2.07.08 |
| 14. | Peter Carver | 9.47.25 | 2.07.50 |
| 15. | Chris Stephenson | 10.09.08 | 2.11.50 |
| 16. | Andrew West | 10.20.09 | 2.12.50 |
| 17. | Greg Wishart | 11.08.57 | 2.13.15 |

Women

| | | | |
|----|---------------|----------|---------|
| 1. | Sue Dreverman | 10.20.08 | 2.13.15 |
| 2. | Lois Webster | 11.08.57 | 2.29.19 |

First Half Only

| | | | |
|-----|---------------------|---------|----------------|
| 2. | Bob Flower | 1.49.10 | 3.57.42 |
| 3. | Stephen Miller | 1.45.12 | 4.00.31 |
| 4. | Jim Gogos | 1.49.42 | 4.05.52 |
| 7. | Peter Le Busque | 1.53.00 | 4.07.37 |
| 8. | David Innes | 1.57.50 | 4.07.50 |
| 11. | Bill Lowen | | 4.15.50 |
| 12. | Gerry Van Der Ploeg | 1.49.00 | 4.16.05 |
| 15. | John Barker | 1.59.38 | 4.23.20 |
| 17. | Peter Milne | 2.07.50 | 4.32.17 |
| 22. | Peter Moore | 2.05.58 | 4.40.50 |
| 25. | James Rogers | 2.06.40 | 4.42.50 |
| 26. | Bruce Salisbury | 1.57.39 | 4.44.22 |
| 27. | Rob Hardy | 2.08.00 | 4.46.42 |
| 29. | Peter Logan | 2.11.25 | 4.52.00 |
| 30. | Paul Patton | 2.08.24 | 4.54.25 |
| 34. | Alan Davis | 1.57.00 | 5.05.15 |
| 35. | Bob Taggart | 2.10.55 | 5.15.10 |
| 36. | Ian Patterson | 2.24.30 | 5.15.45 |
| 37. | Jim Grellis | 2.24.15 | 5.22.59 |
| 38. | John Rawson | 2.13.25 | 5.28.05 |
| 39. | Scott Jackson | 1.58.50 | 5.43.21 |
| 42. | Greg Wippell | 2.23.25 | 5.45.52 |
| 43. | Robert Edmonds | 2.25.27 | 5.52.32 |
| 44. | Jacques Gaillard | 3.19.00 | approx 7.00.00 |

Second Half Only

Glen Drew 4.25.50



RACE REPORTS

THE "BOGONG TO
HOTHAM"
HELD ON SUNDAY
JANUARY 7TH. 1990

by Max Bogenhuber

The four of us drove down to Falls Creek on the Saturday to run the Bogong to Hotham the next day. There was Roger Hardy, his brother Rob (who only wanted half the pain, so he decided to only run to the halfway point), Ollie Williams and myself. On the way down, we decided that the course record of 6hrs.58min. should not be too hard to break. After all, to run 60km in less than seven hours should not be too difficult, should it? We stayed at the Viking Lodge in Falls Creek, where a whole bunch of Victorians were staying, some of whom were also to run the race on the Sunday. Being true New South Welshmen, we told them we would run their legs off in that race. There were the three in our group plus Big Chris Stephenson, and I think we convinced Bruce Cook, who hails from ACT and holds the 50km and 50 mile records, to be part of the NSW team, plus Max Scherleitner from Albury. Sunday morning, we had an exciting drive to the start, about 30km downhill with 1001 bends, which made us all nearly throw up, because Roger Hardy drives like he runs - flat out all the time.

The biggest field ever had assembled for the run, with a total of 44 starters, 20 of which would carry on to do the entire course. (The rest of them were all nancy boys). There was a lot of bragging about being first to the top of Mt. Bogong (about 1900m), or being first to the half-way point, but that was all very hollow when they didn't finish the run.

The gun went off and so did we. First we followed a slightly climbing dirt road for about 2km, then we hit the trail that took us to the top of Mt. Bogong, a climb of about 1300m in about 6km. I looked at my watch at the top and it told me that I had done 8km in 1hr.28min. Maybe it was not that easy to get under seven hours. after all.

Once at the top of Victoria, (Mt. Bogong is Victoria's

highest peak) you just had to spend a few moments looking at the view, which was absolutely fantastic. The course took you slowly down to an old burnt-down hut, and from then on, the track dropped down very steeply to Big River. We crossed the river across a steel chain and then made our way up Duane Spur, which was really something. Duane Spur took us past Ropers' Hut, approximately 23km into the run, and my watch told me that I had been going for nearly three and a half hours. By this time, I realised what a difficult task it would be to break seven hours in this run. It would take a real animal of a trail runner, who eats mountains for breakfast, to do that.

The top of Duane Spur lead onto some high plains, and finally, we got a chance to actually run on some reasonably good dirt roads. It was at this point that I finally gave up chasing after Roger and Bruce. It was clear to me that they had a lot more left than I, and we still had about 35km to go.

Watchbed Creek was about 32 km. and was considered half-way, although I doubt that anyone has ever truly measured the course. This point was close to Falls Creek, and a lot of runners dropped out at this stage. Some never intended to go any further, some couldn't go any further, and some just wimped out at this convenient location. Here we were fed with watermelon and had our drink bottles refilled. Then it was off again, 32km down, four hours fourteen minutes gone and still the best part of 30km to go. I did not feel crash hot, I can tell you.

After Watchbed Creek, we followed the road for about 5-6km before turning off to follow the 'pole line'. To say we were running along the pole line would have been an exaggeration. We spent most of our time trying to find a proper footing. We were very tired and progress was slow. At pole 333, there was a girl with some water, some sweets and a few encouraging words. We turned left here, then right at pole 267. Up to here, the run from Watchbed Creek was reasonably flat, but once we turned left, we started to drop down to Cobungra River. I had not seen another runner since I had hit the high plains again after the half-way point, but the scenery all around was so breathtaking, I didn't really notice being alone for so long.

RACE REPORTS

The climb out of Cobungra River was extremely steep and sapped the last bit of energy that I had left in my legs. Cresting Swindlers Spur, (that's an appropriate name), we actually got a glimpse of Mt.Hotham, our final destination. It looked close, but as we got closer, we realised that to get there, we had to go around a wide semi-circle, most of which was uphill, and I found this part a bit soul-destroying.

The finish was right at the summit of Mt.Hotham, where there was some water and some biscuits. From Cobungra River on, I was still hoping to come in under eight hours, but it wasn't to be. My final time was 8hrs.5min. - a far cry from the sub seven I had earlier had in mind, before I learned that the climb up Mt.Bogong was only the first of three very steep climbs that we had to negotiate in that run.

The run had about 3500m climb and 2200m fall and must be considered a real mountain classic. It is definitely not for wimps.

As far as runs go, I have mixed feelings about this one. The scenery is tremendous, the organisation is low-key but very friendly, the running surface is mostly very difficult to negotiate. Mile for mile, this run would be on a par with the toughest courses I have run, and I like that. In my opinion, the finish should be in the Mt.Hotham Village, near a pub - somewhere where there are facilities such as showers, food and drink. This would make the run just so much more enjoyable, instead of ending up on top of the mountain, with no chance of taking the car (which could carry your supplies) up there. My thanks must go to Pat who was at the finish and had the foresight to have towels and blankets available for us freezing souls, and Russell Bulman who organised the run. Oh yeah, I also would like to thank the girls, Helen, Dot and Julie for coming up the track to encourage us before the half-way, and St.Joan and the boys (all Victorians) for generally looking after us.

You'll probably want to know how we went against the Victorians, with Bruce Cook 2nd, Roger Hardy 3rd, myself 4th, Ollie Williams 7th and, I think Max Scherleitner 8th, we DID run their legs off. The winner, who did the run in 7hrs.11min, is Victorian, much to our dismay.

WYONG 24 HOUR TRACK RACE - JANUARY 27/28 1990

RESULTS:

| | |
|---------------------|---------|
| 1. Michael Bohnke | 182.166 |
| 2. Ian Javes | 167.053 |
| 3. Bob Fickel | 166.017 |
| 4. Tony Collins | 159.329 |
| 5. Robert Channels | 153.165 |
| 6. Wanda Foley | 149.315 |
| 7. Kevin Mansell | 147.665 |
| 8. Keith O'Connell | 141.650 |
| 9. Ken Murray | 138.666 |
| 10. Pat Farmer | 134.666 |
| 11. Eduardo Vega | 134.167 |
| 12. Graham Kerruish | 132.833 |
| 13. Derek Bambrick | 132.165 |
| 14. Errol Smith | 131.512 |
| 15. Dave Holleran | 128.735 |
| 16. Val Warren | 127.735 |
| 17. Les Davis | 127.665 |
| 18. Robyn Davis | 95.275 |

Retired:

| | |
|----------------|--------|
| Trevor Harris | 62.00 |
| Dave Taylor | 77.00 |
| Bruce Donnelly | 128.00 |

Well - they said we wouldn't make it!!

Six weeks before the Inaugural Australia Day Weekend Wyong 24 Hour Race, there was no race. It simply didn't exist. But upon hearing the Umina 200km was not being run, the decision was easy. The Central Coast needed the run, many local (and Sydney) runners were kg's overweight and needed the run, and the cause of Children's Cancer Research needed the run. So a run there was. Local businesses and individuals assisted Jan and me. Dave Taylor and John Shaw (both of Campbelltown fame) were very helpful, and John Shaw even acted as Race Director, assisting Jan, who was Race Organiser, my one and only crew member, as well as looking after various children.

RACE REPORTS

Wyang Council donated \$2,000 for prizes, keen to support a local event which fulfilled certain charity and service club guidelines and reflected well on the Shire. Angela Pate, a local jeweller, donated five of the most exquisite silver trays as trophies, representing a \$500.00 donation. Wyong Leagues Club gave us the ground, free electricity and phone and use of the auditorium after the race. Local Rotary and Lions Clubs assisted with a sausage sizzle and other help. We were all set.

The field consisted of 2 virgins (!) who acquitted themselves admirably, 2 women who turned in magnificent efforts in the prevailing 'furnace' conditions, and 19 of the toughest, surliest complainative, talented male runners this side of the black stump.

A midday start on Saturday, 27th January was accompanied by blazing sunshine, which persisted without a single whisper of cloud, until sundown, with temperatures in the mid thirties in the shade (and anyone's guess in the sun!)

Come dusk, the slight breeze died and all endured a night of 100% humidity and high temperatures - no relief after the sunstroke conditions before. After dawn, the sun shone ferociously again, raising temperatures into the high 30s. (shade temperature), with cloud moving in only at 12.30, 30 minutes after the finish!!.

Michael Bohnke took the race out with an arduous 181km - not much, you might think, for 24 hours. But when you think that Ian Javes, 2nd male, struggled to achieve 169km, Bobby Fickel managed 165km and your scribe covered 159km, these last three were about 50km below p.bs, yet all worked as hard. (I can vouch for it!) I think the rest of the field could all consider themselves capable of 50km more in saner conditions.

With only two women in the race, and one (Val Warren) going in with a persistent foot problem, the need to maintain race pressure in order to "earn" the prize money (\$600 1st Female, \$250 2nd Female) was evident. With 19 men, the competition for male prizes (\$600, \$250 and \$150) was going to be fierce. The solution was to set minimum distances for each

place, with prize money halved if these distances were not reached. The distances selected, (Female - 150km, 120km; Male - 180km, 170km & 160km) seemed very conservative before the race, and all competitors agreed. As the 24 hours progressed, it became obvious that they were not going to be easy to achieve, and did, in fact, keep intense pressure on each place-getter. The results show that Wanda Foley, first female, and Ian Javes, second male, failed to make their cut-offs and so received only half prize money, the balance going to the race charity.

Help from Toukley Rotary (who also manned the sausage sizzle for 24 hours) as well as Wyong Rotary and Lions was gratefully accepted and the result for the Charity (not yet finalised) is approaching \$2,000. Included in this is some money from gate-fees. We charged 50c entry to members of the public. - Is this the first time an Ultra has been a spectacle the public must pay to see? Perhaps this aspect should be investigated by the more entrepreneurial amongst us in order to get more money into the sport. (Bigger prizes mean better quality fields, means better results, means more public interest, means more money, means bigger prizes means)

On the subject of prizes, a \$50 Graveyard Prize was narrowly taken out by Kevin Mansell, back after injury, and 3 spot draw prizes amongst the rest of the field were taken out by Les Davis, Errol Smith and Keith O'Connell, who received \$50.00 each (- a policy of spreading the dough amongst as many as possible)

We would hope to run this race next year on the Australia Day weekend, and would like this date included in the calendar.

Regards,

Tony Collins

Ed's note: Thankyou for a great report Tony! You've raised a few financial ideas which have got me thinking!. Who's admitting to being the 2 virgins?

64.

"A HOT TIME AT THE WYONG 24 HOUR!"

Wanda Foley

I had all intentions of starting 1990 by training lightly through January so as to be fully recovered from the 6 Day Race before preparing for Westfield. Then Tony Collins advertised his Aust. Day Weekend 24 Hour Race. I sent an entry but regretted immediately, telling Tony I wouldn't be there.

Many friends were going but I resisted until the carrot was dangled: a friend advised that Tony was offering \$600 prize money for first male and female, with \$250 for second....and the only other lady entered I had beaten by over 100K in the 6 Day event. The dangling carrot was too hard to resist and I gave in to temptation.

The day before the race I ran in the Oz Day 10K in Sydney's Centennial Park and finished in a liesurely 54 minutes, but the humidity was sending warning signals matched by the forecast: HEATWAVE.

Sure enough, Saturday was a stinker and the noon start guaranteed that we would have two bites at the cherry of sun plus heat.

Wyong is situated on the Central Coast north of Sydney. We drove up on Saturday morning and found the oval which was next to the Rugby Leagues Club. My husband was pleased about this. Tony greeted us as we arrived, and handed out an update with a last-minute condition on the prize money: 180K minimum for the men and 150K for the women for full award; less K's and the money halved. This idea was to put pressure on us runners to make a race of it and didn't seem a problem at the start.

By start time it was HOT. Our race t-shirts were soaked within 5 minutes. I was amazed at how quick the lead bunch were going considering the conditions, but the conditions soon began to take their toll. By late afternoon we were all looking forward to the night but we were rudely disappointed when all it did was get dark. The humidity continued to make it feel like running on a treadmill in a sauna.

My friends Dave Taylor and Trevor Harris unfortunately had to withdraw during the night due to back problems. I wished I could join them. Ace-chiros Henry Pollard and Stan Lum set up practice outside my tent and did a roaring trade. Ian Javes and Bruce Donnelly were fighting out the lead

until Bruce went for a sleep. He never really woke up, walking for long periods before pulling out. Michael Bohnke was consistent right through the night and had taken the lead. While we suffered, my husband Mark threw frisbees in the middle of the oval with various other kids. Every now and then he asked me whether I was "having a good time"??!!

I stuck to a routine of "run 4, walk 1" and by morning I'd moved from 21st place to 7th. I knew that I would be very close to the 150K but pushing any harder in the heat would probably lead to disaster. I was surprised that Dave Holleran could manage a hand-stand in the heat or that Keith O'Connell and Mountain Man could still shout at each other across the track! At the finish, Michael had run 182Kms and I had run 148kms, and Ian Javes (second, 176kms) said it all when he noted that everybody finished about 30K short of their usual distances.

The presentation was in the Leagues Club (and took hours to happen), and a good amount of money was raised for the Childrens Cancer Foundation. The race organisers, John Shaw and Jan Collins were fantastic, both working tirelessly to look after all of us. Thanks Jan and John!

Most of the runners would probably agree that, despite the worthy cause, January is a bit hot for 24 Hour races, especially with a noon start. And I'll ask the conditions the next time I'm urged to take part in an event. At the time of writing (4 weeks) we're still waiting for the medallions promised on the entry form.

SRI CHINMOY ULTRA-MARATHONS 1990



MAY 5./6. 1990

IAU-EUROPACUP

**3. INTERNATIONAL 24 HOUR RACE
BASEL, SWITZERLAND**

in addition

**2. INTERNATIONAL 12 HOUR RACE
BASEL, SWITZERLAND**

- Christian Schweizer 01 / 481 57 24
Marbachweg 34, CH-8041 Zürich



JULI 21./22. 1990

24 HOUR RACE

COLOGNE, WEST GERMANY

- Karl - Heinz Kröll
Theodor - Heussring 62, 5000 Köln 1

JULI 7./8. 1990

12 HOUR WALK

MUNICH, WEST GERMANY

- Satyavan Voelckner 089 / 811 40 91
Pflegerstr. 48, D-8000 München 60

SEPTEMBER 22./23. 1990

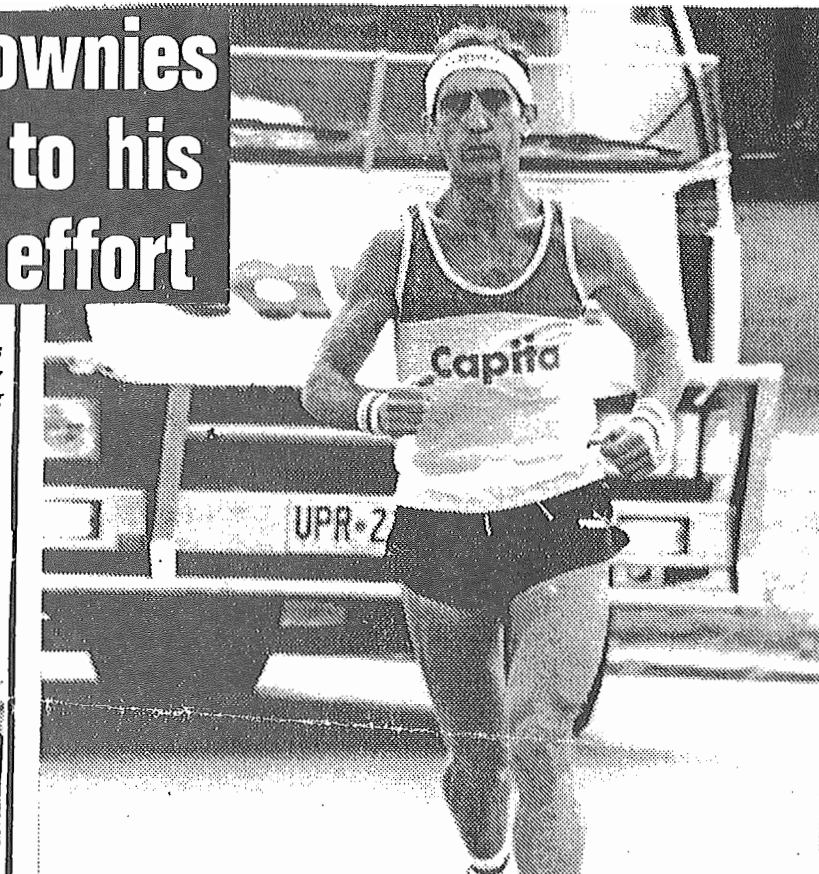
100 MILE RACE

AUGSBURG, WEST GERMANY

- P. Pohland 0821 / 71 62 47
Partnachweg 1, D-8900 Augsburg

Guides and Brownies inspired John to his 'superhuman' effort

Mr John Moyle runs into Mount Gambier along Highway One on Tuesday after a gruelling schedule of physical hardship.



A former Mount Gambier man limped the last 70 kilometres into Mount Gambier with two strained ankles, a strained tendon, an infected toe and a pulled hamstring after a tortuous 485.4 kilometre run from Adelaide to Mount Gambier – for the sake of Brownies and Girl Guides in the Kilburn area.

"The pain was so bad I vomited twice," said Mr John Moyle.

"For the last 70 k's, I was not running on my legs, I was running on pure inspiration by the Guides and Brownies."

Mr Moyle cannot work since a back operation after an industrial accident, but keeps his self esteem alive through raising money for others.

He got the idea of running from Adelaide to Mount Gambier after watching a television program about a one-legged man with cancer running around USA and Canada.

"I thought if he could do it, I could," said Mr Moyle.

Mr Moyle's wife, Rosalie, is the Brown Owl leader of the 1st Kilburn Brownies.

In 1975, the Kilburn Guide hall was burned to the ground by vandals, it has not been adequately rebuilt because of lack of funding.

Mr Moyle believes he can help the Guides and Brownies repair the damage done 14 years ago by raising \$10,000.

He also is endeavoring to promote Brownies by stimulating public awareness of the task they perform within society and the community.

"People look on Brownies and Guides as little girls who sell biscuits," Mr Moyle said.

"What these organisations actually do is teach girls and young women to fit into the community.

"It shows them the different roles they'll be called on to perform during their lives, and prepares them to fulfil these roles."

Mr Moyle said he had been kept going by the inspiration of the Guides and Brownies, who had supplied him throughout his run with food and drink.

At the time he arrived at Mount Gambier, Mr Moyle had raised about \$2000.

"One chap said he wouldn't donate to any 'fly by night causes,' but when he saw the blisters on my feet he donated \$5, because he could see the commitment I was giving.

"We have been generously sponsored by Capita, which has helped out with costs involved and transport for the crew."

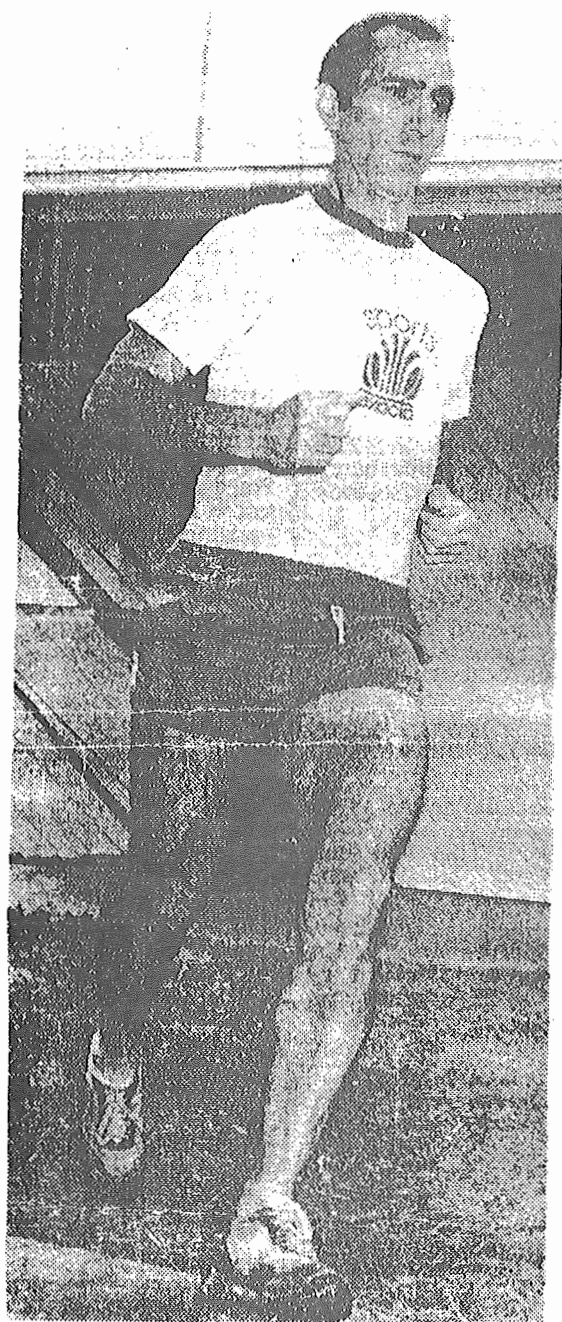
Mr Moyle is still collecting in the Mount Gambier District, and hopes to get much closer to his \$10,000 goal.

He said he would like to enter in the Sydney to Melbourne Marathon at some later stage, and will keep up his rigorous training schedule for that.

"This run has kind of given me a baptism of fire," he said.

"Previously I was running about 150 kilometres per week, which included beach running, and I have a tough weight-training program."

Anyone interesting in helping the Guides and Brownies of Kilburn raise money can send donations to 10 Rushworth Street, Blair Athol, South Australia, 5084. Or ring John and Rosalie on (08) 349 4184.



On the run. Blair Athol's John Moyle gets in some practice for his 500km run to raise money to upgrade Kilburn Guide and Brownie hall.

AT an age where most athletes would be thinking of slowing down, ultra-distance runner Tony Rafferty is plotting his next physical challenge.

His name has been

synonymous with long-distance running for 20 years and Tony, now 50, intends to continue making his mark in a sport that demands high levels of endurance and self-discipline.

Nine mornings out of 10, Tony sets out from his East Doncaster home just after 6 am

for 1-1½ hours of running.

He said the hills and trees make the area ideal for training.

During his career Tony has left a trail of ultra-distance running precedents by being the first man to run from Sydney to Melbourne, to cross the Australian continent, to run

By KATE WATSON

across the Nullabor Plain and many other routes.

In 1972 he became the first man to run along the Birdsville Track and possibly the first runner to be climbed upon by a large goanna lizard.

"I was running along and all of a sudden I was confronted by a goanna. It took off and was looking for the nearest tree," he said.

"I was standing rigid and it ran up my back and had its head over my shoulder."

It took his road crew about 15 minutes to coax the reptile away from Tony.

Next challenge

He is preparing to take on his next challenge this August with a 700 km run along the Great Wall of China.

Tony was one of 20 runners invited by the International Sports Federation to participate in the run, which he says, will be one of the most difficult in his career.

"It's a race for smart runners. The decayed wall and the dramatic rises and falls in mountainous terrain will make it a tough race," he said.

The race may end in Tiananmen Square, the scene of last year's student massacre.

However, Tony does not see his participation in the race as condoning the Chinese Government or its actions.

Great Wall

"It was a shocking thing that happened over there but I am going over there to run a race," he said.

"If the Great Wall was in South America I'd run it. I'm going there as a sportsman. I've accepted the challenge."

Tony is confident of his ability to perform well under the conditions.

Running victories in two 1000 mile races in recent years are a good indication of his stamina.



ULTRA distance runner Tony Rafferty trains near his East Doncaster home.
PICTURE: Justine Walpole.

Facing the great challenge

"Winning the last two 1000-mile races gives me the incentive to keep going," he said.

Tony looks much younger than his 50 years, a fact he attributes to his "genes", physical activity and diet.

"I feel a fit 25-30 years of age. I don't like to give the idea I'm a

fanatic. You have to live and socialise," he said.

"I'm not fanatical about my diet but I watch fat (intake) and don't eat red meat."

When he is not training and running, Tony travels the country on professional speaking engagements on fitness and motivation.

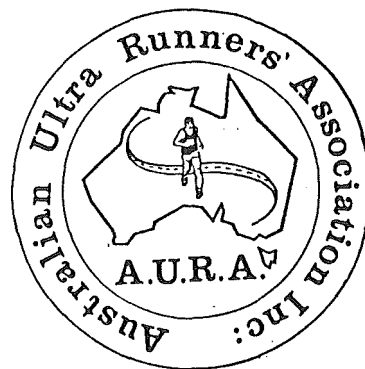
He has also found time to indulge another interest — the media.

Tony has already completed a diploma in freelance journalism and writes for various running publications.

This year he begins a three-year journalism degree course at Deakin University.



TONY Rafferty: preparing for a "tough race" along China's Great Wall.



My last chatty jog with Tom

"The Herald" 19-1-90

This page is a personal tribute to a great running mate of mine who died suddenly in January, aged 46. His death shocked everyone who knew him. Although not an ultra runner himself, he ran marathons and often kept Geoff Molloy and myself company on training runs when Geoff was preparing for the 1984 and '85 Westfield Runs.....Dot

To my darling Dad, I loved you so much. You've taken part of me with you. I will love your kind, gentle heart and smile forever. You always had time for us, there was always a joke, a laugh, a smile for every occasion. The times we shared are so special. We used to run together, now I run alone for you. I'll miss you so much.
— Jen.

My Dad, my best friend. Being your only son our friendship was special and different from the others. You were always there teaching me what you had learnt. You were a true sportsman. I hope I can be as dedicated as you were. Good on you Dad, you ran right through to the end. Your innings may be over but will never be forgotten. I love you heaps Dad. See Ya later.
— Jamie.

I can't put into words how much I will miss you Dad. All I can say is that I love your laughing smile. You could always make me laugh no matter how sad I was. You were always there to encourage me. The best Dad that you could be for me. I will make you proud in my own special way. Thanks for being my friend. You loving daughter, Caroline (Little Cal).

ROWAN. — Thomas John, *deceased* (suddenly) Jan. 13, 1990, aged 46. Dearly loved husband of Carole. "World's Greatest Dad" of Natalie, Jenni, James and Caroline. Thank you Tom for all your love and 25 wonderful years of married life. We weren't perfect, but we were perfect for each other. Goodbye my darling, 'til we meet again. All my love forever — Carole.

Darling Tom, I spent many years following you around cricket grounds and running venues, but I would not have missed it for the world. You loved your cricket and you loved to run and even though I worried about the running, because you loved it and were happy, I was happy. — Your loving wife Carole, the girl who had it all.

To Dad, I love you so much, you were always there to encourage and support me. Whenever times were bad your smiling and forgiving face always pulled me through. So full of life, you always had time to tease me and make me laugh. Around Princes Park I followed in your footsteps. I began to understand the love you felt when you ran. Your inspiration got me started and the love I have for you will keep me going. Good-bye Dad, Love — Natalie.

Paying tribute to a grand sportsman

BROADMEADOWS Cricket Club is mourning the loss of one of its greatest identities, with the passing away of former opening batsman Tommy Rowan recently.

Mr Rowan had been at the club since its inception 17 years ago and played in all XIs as an opening batsman. He retired just last season after being an integral part of the Third XI premiership that year.

Mr Rowan had also captained the Fourth XI during his long innings at the club, in a bid to foster its youth. He was well known and respected throughout the Sub-District, League and the Essendon, Broadmeadows and Keilor Cricket Association.

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He was well known and respected throughout the Sub-District, League and the Essendon, Broadmeadows and Keilor Cricket Association.

I WAS Tom Rowan's bump-into mate.

In case you didn't know, Tom Rowan was a runner — wiry, dedicated, gutsy, purposeful.

He had every ingredient to be a top-liner, except one. Tom knew it, but to him the missing natural ability was unimportant.

In a lifetime, he won just a handful of races. But in that same lifetime, he won hundreds of friends.

They buried Tom Rowan, aged 46, my bump-into mate, yesterday.

I called him that because in the 10 years that I knew him, I never spent one minute with him socially. I spent probably hundreds of hours trotting along shoulder-to-shoulder with him, discussing everything from our families, to the weather, his truck, to the all important prices of footy tickets, to the need for conductors on trams.

I never made an appointment to meet him, never went to his Broadmeadows home, and briefly met his wife Carole and his second daughter Jenny once — they'd joined him for a run around that old stomping ground, Princes Park.

Our breathless meetings seemed just to happen. Out there around the Botanic Gardens tan track at lunchtime, or around Princes Park, I'd notice a slight, bobbing figure. Not fluid, not streamlined, not doing it easily. Tom.

We'd trot a mile or two, then part. No mention of times, places, dates or future assignments. Just a casual "see yer". And we always would.

Like we did a couple of weeks ago one sunny Thursday evening around Princes Park. I was trying to coax my dog, lagging behind, into keeping up, when two figures coming towards me suddenly broke into a sprint. Tom saw me and pulled up panting as usual. He introduced me to his mate, turned around, and started to run with me.

"We're doing a few sprints. I'm going to really get into it. The Australian vets' titles are here at Easter and I reckon I can do OK." Typically Tom. Typically enthusiastic.

So we did four 400 metre sprints on the 3 km lap of Princes Park, then we stopped and chatted as his friend ran on. We talked about his family, about his youngest daughter Caroline and her ambition to become a journalist.

Then we parted. Me and my dog heading home, Tom heading off to finish a second lap. The usual "See yer" goodbye. We never did.

Tom Rowan, the runner's runner collapsed and died on Saturday, January 13, after completing a 3 km race. He had, as usual, pushed himself all the way. Two doctors tried unsuccessfully to revive him.

One of his closest running pals, 39-year-old Patrick

MARTIN THOMAS

says goodbye to Tom Rowan, a rotten runner who proved you don't have to win to be a winner

McMahon, was racing in the same event. "We all started together. I spoke to him before the race and he seemed fine," he said.

"Tom was a wonderful bloke and was what running is all about. There's hardly a runner in the metropolitan area who didn't know him.

"We've run thousands of kilometres together since I started running with him, mainly around Princes Park, about 13 or 14 years ago. Just about every day of the week you could see him there doing a lap or two around 5 pm."

"He was a real Fitzroy boy, went to St Brigid's School, that's where the funeral was. Plenty of us told him not to push himself so hard, but that's what he wanted to do. He was a bugger to push himself.

"He was a real champ, no matter how much he got beaten, he'd train harder next week. Tom, to me, was what running is all about. He'd turn out week after week, competing but getting nowhere."

To that I can attest myself. I bumped into him a few years back on a Christmas morning around Princes Park — "this means I haven't missed a day out in almost a year," said Tom.

Tom Rowan never drank, nor smoked in his life.

At his funeral I learnt a new aspect about this remarkable, and not so ordinary family man. He had put the same dedication into cricket, playing as opening bat at most grades for the Broadmeadows sub-district team.

Once again he wasn't a star. But as someone said, he was the man on the field you knew would be trying the most.

Tom Rowan was the ultimate sportsman. The fighter. It brought him hundreds of pals over the years. He typified the unsung heroes of Australian sportsmanship, not there because they could haul home a swag of trophies, competing for the friendship and to get the best out of themselves.

My future forays around Princes Park in the rain or the heat will be lonelier without him.

As his funeral procession detoured to go around Princes Park for one final slow lap, on the way to his final burial place, one thought raced through my mind as I turned my car away and headed sadly away. It was, simply, "See yer".

MELTON MARATHONER BACK FROM ENGLAND

Cliff Young's feat gives teenager new hope

Determined to make a mark in the long run

"SUNDAY HERALD" 28/1/90.

When ageing Cliff Young wearily shuffled more than 1000 kilometres to win the Westfield Sydney to Melbourne marathon in 1983 he not only provided inspiration to a nation of weekend joggers but also to a Geelong teenager.

Peter Gray, 19, still has far to travel before he rivals the Colac potato farmer's triumph but he can consider himself lucky to have the opportunity to dream about such a race.

Gray was five when he and his primary school friends used to cross the road at play time for their daily feast of ice-creams and lollies.

One day Gray decided to make the trip by himself but he never reached the shop across the road. A car skittled Gray like a tenpin, knocking him high into the air. When he landed head first in the gutter, the long battle to live a normal and healthy life began.

He spent three years in and out of doctors' care, but when he was able to rejoin his school-mates he found the accident had affected his ability to concentrate and he was transferred to Geelong Special School.

The special school provided little assistance for Gray. When he was 15, a desperate feeling of despondency crept into his life and he began wondering if he would ever achieve anything worthwhile.

"I wasn't able to go to a university because I didn't have higher education," Gray said. "I felt I never had a chance in life and I started to get the feeling that I was a no-hoper."

During his years of rehabilitation Gray became involved in karate to improve his co-ordination but there was another sport that would fill the void in his life — ultra-marathon running.

"I wanted to be successful in running as it gave me a sense of achievement," Gray said.

He said the teachers at the special school unwittingly gave him the motivation to prove that he could, and would, achieve something productive in life.

"The teachers virtually told me that I wouldn't amount to



Athletics

JAMES FOSTER



Peter Gray: running gives him a sense of achievement.

anything and I wanted to prove that they were wrong and I could do that by running," he said. "I can't understand people who think they are smart and think they know everything and I guess I am a bloke who can show that anything is possible with a bit of discipline, guts and determination."

Gray has certainly shown those qualities. Since he became involved in running at 17 he has competed in many gruelling triathlons and ultra marathons.

One of his big tests was in South Australia in 1986 when he competed in a six-day triathlon that included two days each of bike riding, canoeing and running.

Out of 88 competitors, Gray finished 79th but the position was irrelevant. "I just wanted to prove to myself that I had the stamina to finish," he said.

There have been many other such punishing events and perhaps his best effort was in November last year, ironically in Colac, Young's home town, when he ran in a six-day ultra marathon.

Gray tested his concentration and discipline to the limit by running more than 800 kilometres round a 400-metre track in six days with only four hours' sleep. He became the youngest competitor to do so.

"It just shows if you put your mind to it you can do anything and I just tried that bit harder," he said.

That amazing feat took him one step closer to his main ambition of running in a Westfield marathon. He was invited — along with seven other Australians, including Young — to the Milton Keynes 24-hour International in England on February 3 and 4.

The event was first staged in 1983 and, according to Gray's mentor and coach Raymond Carol, it is the first time Australians have been asked to compete. Gray will be the youngest competitor in the race's history.

The field has 50 of the best ultra-marathon runners in the world, including David Standeven and Dick Trout, who have both finished second in the Westfield marathon behind Yiannis Kouros (who is unlikely to compete after running in a 100 kilometre event in Stellenbosch, South Africa).

But competitors hoping to set a world record will have to pass Kouros' standard of 283 kilometres. Gray, who runs more than 200 kilometres a week, is hopeful of completing 250.

"I am really looking forward to the race as I will be representing my country," Gray said.

"And I was told that if I do well I could get accepted for the Westfield marathon so I just want to go out and do the best I can."

MELTON ultra marathon runner, Bryan Smith has returned from the Milton Keynes International 24 hour race in England, after a creditable second place out of 50 runners.

Bryan was part of a six man Australian team which included Cliff Young, David Standeven, Mike March, Peter Gray and Kim Talbot. The six Australians competed against teams from Germany, France, England, Russia, Switzerland and the United States.

The race was won by Scotsman, Don Richie, who ran a new 100 mile record and 266 kilometres in 24 hours.

Bryan, who has only been running for the past eight years, said he was really happy with his performance of 251 kilometres in 24 hours. He said he only did "normal training" of 100 kilometres per week in preparation for the race.

But how does he keep running for 24 hours, stopping only to go to the toilet? Bryan says he listens to music. "It is a good motivator. It helps you keep rhythm."

Bryan said the Australian team did not perform as well as possible due to jet lag. The team arrived in England only 48 hours before the race began.

Bryan is no newcomer to ultra marathon successes. He has won three other 24 hour races at Melbourne and Campbelltown. He also won a six day race at Colac last year and came fourth in the Sydney to Melbourne marathon in 1988 and 1989.

He does not know when his next race will be; it depends on sponsorship, which Bryan says is hard to get because the sport does not have a high profile.

He said he was lucky Toto Pizza Houses sponsored him for both the Colac and Milton Keynes races.

Bryan is hoping to compete in this years Sydney to Melbourne marathon, however this year he says he will better his previous two performances.

In the long run, the March will make headway

By WARWICK HADFIELD

THE first inclination is to dismiss Mike March as a couple of snags short of a barbie.

I mean, that's your average lounge lizard's knee-jerk response to anyone who would try to run around Tasmania when Redline have a perfectly good bus service.

But there is much method in his madness.

Look past that lean and hungry look of the long-distance runner, deep into his dark, brooding eyes and you find a quality of man to shame us all.

Mike March has an enormous heart.

That might seem self-evident when he can run 260 kilometres in 24 hours - an Australian record.

While we can respect that, we can only marvel at the other side of the man, the bloke who works as tirelessly as he runs for charity.

The round-Tasmania run, though he didn't quite finish it, raised about \$3000 for Freedom From Hunger.

And when he's not doing high profile things like that, he's working for Headway.

It's an organisation not many of us have heard about and all of us pray we never have any need of.

It sets out to rehabilitate people who have suffered severe brain damage in road and other accidents.

It relies heavily on volunteer workers, people with the time, the patience, the stamina to sit and chat.

Stamina is another quality that March has in abundance.

His efforts for Headway produce the same profound exhilaration as finishing a marathon.

A smile flickers across his Puckish face at the thought of some of the small triumphs, the moment when progress is made, when the world regains a soul.

"Most of the people at Headway are those who haven't made any progress at other institutions, lost causes," he said.

"I saw the need to help so I decided to do what I could. I am tied up in the physiotherapy side, but sometimes the people just need someone to talk to. Headway is trying to improve the quality of life for these people.

"It is tremendous when you see an improvement, to see them mend, especially when so many of them have already been dismissed as hopeless cases."

In his own way, Mike March is a hopeless case, something he acknowledges with a shrug of the shoulders.

He just can't resist a challenge.

Before he started long distance running, he dived to the bottom of the sea, or climbed to the top of mountains.

Last year, to take part in a race in Burnie, he ran from his home in Hobart.

He'd probably do the same to get to Melbourne next week to fly to Britain for a 24-hour race at Milton Keynes except some inconsiderate soul put Bass Strait in the way.

So he's hunting around for the airflow.

"I like the individual sports," he said.

"If something goes wrong, you only have yourself to blame.

"I like the personal challenge of long distance running. I took it up 10 years ago when I decided to give up smoking and get fit."

And fit he is. Even the hairs on his tattooed arms seem to ripple with muscles.

His face, partly hidden behind a beard that looks like it would benefit from an introduction to a pair of scissors, has the drawn look of the long distance runner.

It wasn't fitness that prevented him completing the run around Australia. It was poor footwear.

Yesterday he was sporting a brand new pair of \$300 shoes courtesy of Talays.

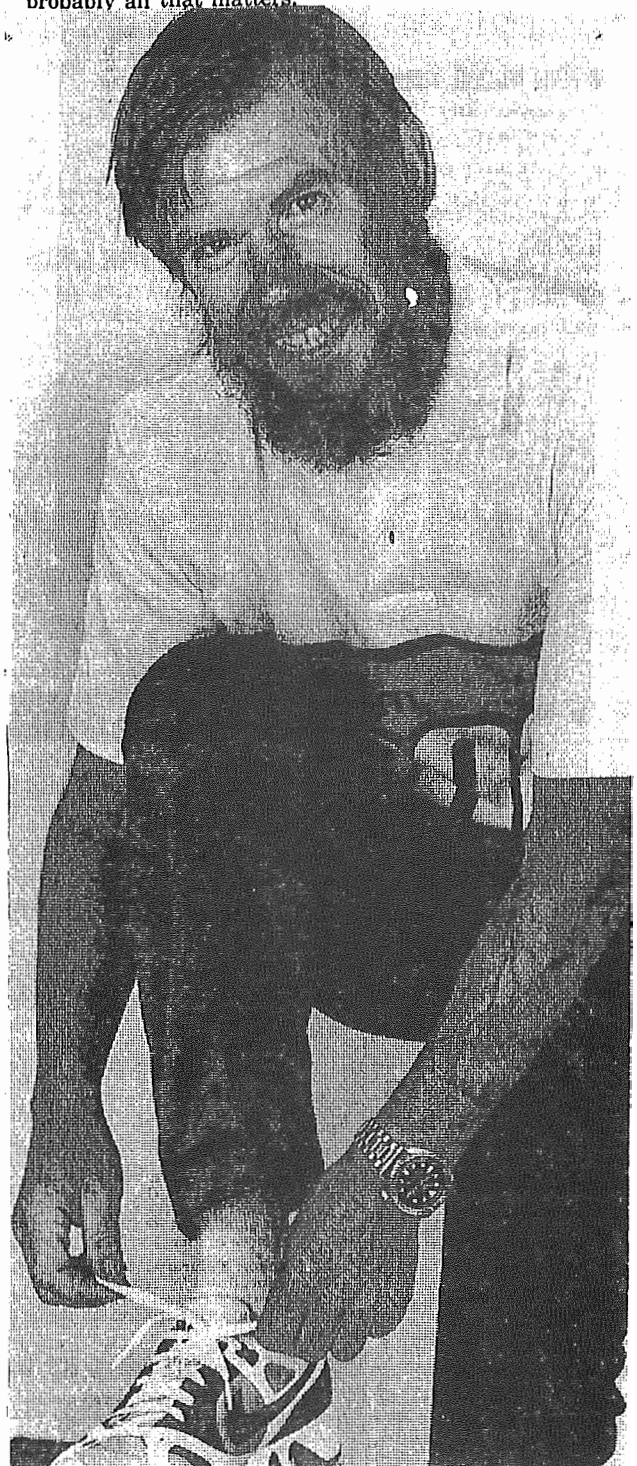
He will use them in England where he expects to win.

Inveigled by his good works for Freedom From Hunger, Telecom has decided to change its image as a large, faceless, heartless monopoly and will deck him out in suitable running clothes.

Despite the new shoes, and the Telecom 008 T-shirt, you get the feeling that material things don't matter a lot to Mike March.

He finds all the fulfilment he needs in his running and in helping others back on to life's treadmill.

And in the long run, that's probably all that matters.



Endless March for Mike

RUNNING the equivalent of three marathons a day is a tall order but one which Australian 24-hour marathon champion Mike March attacks with vigour.

Mr March is on an 1100 km run around Tasmania aiming to raise \$10,000 for Freedom From Hunger's Cambodia appeal.

He was greeted at the Burnie Council Chambers yesterday by the Deputy Mayor, Ald. Julie Kingston, who presented him with a city banner.

He is also using the gruelling run, which started in Hobart on Friday, as preparation for next year's Westfield Sydney to Melbourne Ultra Marathon.

He has been averaging 130 km a day, the equivalent of three marathons.

Yesterday afternoon he stopped in Devonport before continuing east. The rest of the marathon will take Mr March through Launceston, Scottsdale and down the East Coast finishing in Hobart on Friday.

A Freedom From Hunger representative is accompanying Mr March to collect on-the-road donations. Donations can also be made at Commonwealth Banks and post offices or sent to PO Box 893J, Hobart.



Australian 24-hour marathon champion Mike March fuels up before tackling the Don Hill at the end of Lillico straight yesterday afternoon.

WHEN Mike March decided to enter tomorrow's 10-kilometre Wang Burnie Ten he had no problems about travel arrangements.

As a warm-up for the big event March decided to run the 350 kilometres from his Fern Tree home to the Burnie starting line.

"It just seemed like a good idea at the time," March said.

March, 46, is making the run by himself without a support vehicle, but he intends to catch a lift back from Burnie with a friend.

He set off from Fern Tree at 7am on Wednesday and stayed overnight at Oatlands and in Perth.

Apart from his shorts, a top and a running suit, which keeps out wind and rain, the only gear March is carrying is a change of clothes in a narrow "bum bag".

March said he had encountered headwinds. It was not too bad when there were trees along the highway but in the open he copped it.

"Back there I was sort of punching into it doing three steps forward and one back," he said.

March is looking forward to

running in his first Burnie Ten but has no pretensions of finishing among the leaders.

He said it was a great event and he wanted to be involved. Besides, it was a chance to see old running friends.

But he's no slouch at the sport.

He holds the Australian 24-hour running record and one of his aims is to break the world 24-hour record of 284 kilometres.

He's not far off that now having run 260 kilometres in 24 hours.

March finished third in last year's Launceston to Hobart run.

His run to Burnie is part of his preparation to compete in the Australian 24-hour championships in Adelaide in October and the Westfield Sydney to Melbourne ultra-marathon in May next year.

He and three other Tasmanians are hoping to form a Tasmanian team for that ultra-marathon.

The others are David Quarrell, of Launceston, and Alan Rider and Andrew Law, both of Hobart.

March is making a career change too — he's hoping to work with intellectually handicapped people and wants also to get them involved in athletics.

Mike will try to steal march for Westfield

By JOHN BRIGGS

MIKE MARCH is off and running — with just a mere 1100km and eight days until he sleeps in his own bed at Fern Tree again.

The 1990 Westfield Run aspirant has found the perfect training run and will be helping the people of Cambodia on the way.

March trotted off from the GPO steps in Hobart on the first leg of his round-Tasmanian run yesterday, farewelled by 1932 Olympian Bill Barwick, hoping to clock up about 130km a day.

Before he was far out of town the well-wishers were thrusting money in his hands, which will go to the Freedom From Hunger's Cambodian appeal.

Tasmanian director of Freedom from Hunger, Ike Naqvi, was among the crowd in Elizabeth Mall marvelling at the challenge confronting March, the Australian 24-hour record holder.

March is hardly the professional publicity seeker — he seemed overawed by the occasion and spent the first hour of the run trotting back and forth thanking donors and friends.

"Bye Daddy," said daughter Becky, knowing she probably won't be seeing her wandering father for a while, but she is well used to it.

Mr Naqvi said the money raised from the massive run would enable agricultural rehabilitation in strife-torn Cambodia.

Those inspired to donate could send money for the Cambodian appeal to GPO Box 893J, Hobart.

The back-up crew is expecting a tough time for their runner and two support vehicles are being used.

The hot sun began to take its toll early and a few kilometres down the road, March had his torso bared to the elements.

He hopes to be in Queenstown by 7pm tonight and Burnie by lunch-time Monday.

Mike's way ahead just warming up

A South African Ultrarunner on the South Africa Issue

by John Williamson

I have read with interest the various letters which have been published in recent issues of *Ultrarunning* regarding the pros and cons of running in South Africa. The object of this article is to attempt to put into perspective some of the many comments that have been made concerning participation in South African sport and to put forward what I believe is an unbiased assessment of the situation pertaining to the sport of running.

At the outset, it must be stated that I in no way support any apartheid policy, regime, or administration, be it in sport, politics, or anywhere else. Furthermore it is my belief, like that of Jan G. Gilbert (letter in September issue), that ideally sport and politics should not mix; however life is not ideal and we are left to make the most of the pieces.

My background is of some importance, if creditability is to be given to this article. I am not of South African birth and I do not have a South African passport. I immigrated to South Africa for professional career purposes in 1981, and like many South Africans do not at present have the right to vote. But I am keenly interested in the future of a country which to my way of thinking has the greatest potential of any in the world, . . . if only things can be sorted out. All of this also blesses me with the option of leaving at any time I want (at a drastic financial loss, however). I have participated in and assisted with administration of running and ultrarunning since 1981, and have a deep-seated love and respect for the sport.

Hopefully this will make clear that I derive no personal gain from taking this opportunity to present the following facts to the readers of *Ultrarunning*. The objective is purely one of trying to motivate the reader into finding out more of the facts, and questioning some of the popular beliefs about the "South Africa situation."

The first thing of note is that of the four letters in the past two issues, three have come out in favor of reassessing the situation on participation in South Africa, and indeed it is of note that two of these were written by runners who have indeed been there and run there.

It is true that in the case of Mr. Fekner, his letter could be construed as an appeal to lift a ban imposed on him, as he is openly known to have competed in South Africa. However, as Marvin Skagerberg noted, the author of the letter concerning Comrades chose to remain anonymous, and Skagerberg suggests that this was to avoid TAC retribution. Having met the runner concerned, I can confirm this is his reason, but then surely we

must ask why was he willing to increase the risk of his detection by sharing with *Ultrarunning's* readers the facts that he had discovered in his trip to South Africa. Did he feel that the injustice being done by other countries to South African athletes was so wrong that it justified the risk of a letter? It would appear so.

Again, in the case of Mr. Fekner, it has to be agreed that his involvement in the race included financial gain, and thus, even if one is to disregard the fact that Stefan is a highly respected and reputable man, one could argue that his self-interest motivated his statements. But the same is not true of our anonymous Comrades runner. He won no prize money; his travel, accommodation, and expenses were not subsidized. He had to pay his own way and he walked off with one of approximately 12,000 identical bronze medals. He ran for the sole reason 90% of us run and that is self-challenge and experience, but he came away from this race and the country of South Africa so convinced that it was different from the publicized picture given in the international media, that he felt he had to risk his own status to pass this information on to others. He had nothing to gain and everything to lose. I salute such principles.

Such principles have now caused him to become the quarry of Mr. Skagerberg's anger. I personally find this upsetting since I have been an admirer of Mr. Skagerberg's ultrarunning feats over the years, and now I feel that he has written without researching his subject.

The current state of running in South Africa

So what is the situation in South Africa? Mr. Skagerberg would have you believe that a passport system is enforced. It is true that in the past there was a "pass law" but that was done away with about eight years ago. There is no curfew as Mr. Skagerberg suggests, nor does the National Party have any input into race organizer's affairs. In fact perhaps it should be noted that one of the biggest anti-apartheid movements in the world consists of South African sportsmen and sportswomen. For years they have been one of the groups demanding that discriminatory laws be repealed. And they have had some success.

It is true that, initially, much of their motivation was as a result of the international isolation that they had experienced in their sports, and one must accept that this has played a role in the change of the country. The initial motivation was followed by the belief that they would be allowed back into the international sports arena when sports were fully integrated. Sports became

fully integrated. But then the politicians moved the goal posts with the slogan: "No normal sport in an abnormal society."

Even now, when many believe that they will never return to international competition, the majority of sportspeople of South Africa petition for the removal of apartheid because they can see that it is morally right to do so. They become further convinced of that fact when they get the opportunity to see and talk to sportsmen from overseas who have seen such societies work.

The headline Mr. Skagerberg quotes "Future Looks Black for Comrades" certainly did appear, and many people in the country immediately realized that certain individuals and organizations would try to "score points" as a result of such poor and sensational journalism. However it has to be true that with Sam Tshabalala's historic win in Comrades, (being the first black South African to win), there is every possibility that the majority of future winners, let alone gold medalists, will be black.

Prohibit South African teams if you must, for they represent a country, but allow and respect the right of the individual to compete as an individual.

This would appear to be seen by Mr. Skagerberg as something the South African public finds disturbing. Not true! Sam Tshabalala has been feted since the day he won Comrades, has been given a brand new house, has just signed up one major sponsorship with a food company, and has a rosy future.

This is not an isolated case. The facts show that the top South African runners at most distances are black, and indeed the first white in many of the national roadrunning championships will place outside the top 15. This is not because whites have opted out of the sport. It is simply because there is such a high standard of talent in the country.

I would suggest that South Africa has the greatest depth of talent of any country in the world in roadrunning between 10 km and 100 km. If a national team was chosen of the top two runners at each distance (10 km, 15 km, half marathon, marathon, 50 km, 50 mi, and 100 km), then all but the 50-mile and 100-km runners would be black South Africans, and even then two of the four men at those distances would be black. The case for ladies is somewhat different since cultural restraints seem to only recently have been changed to make it acceptable for black South African ladies to participate in sport and that is one reason why the country lags behind a bit in this regard. However there are still a number of world class athletes in this sphere.

How good are they? Well it must first be remembered that the times recorded be-

low are achieved without the incentive and benefit of international competition.

Matthews Temane and Zithulele Sinque 60:11 for the half marathon on a course with 46 meters net drop, another eight performances under 62 minutes over same distance on other courses.

Zithulele Sinque — 2:08:04, Willie Mtolo — 2:08:15, Mark Plaatjies — 2:08:58, Ernest Seleke — 2:09:41, Thompson Magawana — 2:10:39, Ernest Tjele — 2:11:00 all on a point-to-point marathon course in Port Elizabeth, David Tsebe — 2:10:47 in Durban, Willie Mtolo — 2:10:50 in Stellenbosch.

Thompson Magawana — 50 km in 2:43:38!

Frith van Deer Merwe — 2:30:40 for a marathon, 3:08:39 for 50 km!

Bruce Fordyce — 4:50:50 for 50 miles (in Chicago).

Matthews Motshwarateu — 27:54 for 10 km (New Orleans), 11 other athletes with at least one performance under 29 minutes.

Simon Madinberg — 15 km in 43:14, with ten other athletes with at least one performance under 44 minutes.

Of all of these performances only a handful are by white athletes, *not* that this is a point of differentiation in South Africa, but it does serve to prove a point internationally.

The top runners frequently have "jobs" such as mines recreation officers, specifically described to allow them frequent, flexible training hours. They have sponsorships through shoe companies, banks, and other commercial interests. After all, 80% of the population is black, therefore any commercial interest is going to want to make inroads into the black marketplace and will thus prefer to sponsor into this sphere.

All of this must surely lead the reader to ask, "Who is actually *now* suffering from the sporting boycott?" The answer, sadly, is the black South African. The very person we are all claiming to help and defend. It is he who is losing out on international competition. It is he who is no longer allowed the honor and pride of representing his country.

"Would you like to take me on in your next important ultra after having had your pay cut by two-thirds and access to most training facilities, training routes, medical facilities, and coaching denied you?" asks Mr. Skagerberg. My answer to him is simple. "You're out of touch. Yes, our top runners, who are black are behind in training techniques, facilities, and expertise. But it is not because of this country's system, it is a result of sporting isolation. If the techniques and experience were available in this country, be sure that the top athletes would be given them, for nothing causes *any* South African greater pride than a world-beating sportsman or woman. The top athletes are the "heroes" of the South African public irrespective of color."

It is true the fact that Sam Tshabalala won Comrades was put into the inside pages. It is true that in the past the winner has enjoyed front page coverage. The reason

is simple. The front page was covered with the story of the *woman* who won Comrades. A woman who took almost 50 minutes off the course record. A woman who covered an accurately measured 89.227 km in 5:54:43, (course is approximately 5,500 ft downhill and 2,500 ft uphill), who went through 50 miles in 5:18:10 which is over 40 minutes better than any world best.

Now that in any newspaperman's language is a lead story as opposed to a winner who missed the record by about ten minutes.

Help needed, not sanctions

If apartheid is wrong, and it is, what about communism, or the Gulf wars? What about the invasion of Afghanistan? In 1980 this was condemned by the U.S. Your athletes were withdrawn from the Olympics. Four years later Russia was welcome to participate in the Olympics, yet it was only in 1989 that Russia really pulled out of Afghanistan. It was a passing political issue. South Africa is an ongoing political issue.

The reason for this is complex, as is the situation. Even accepting the fact that the apartheid system has not been broken down as fast as many would like, there are other problems which have not been addressed.

Firstly, there is education of the "man in the street" internationally. I have been to your country and competed there in your major events many times and the ignorance of South Africa astounds me. I have also been to South Carolina and experienced some of your "racial equality." I agree that at least it's not the law, but can you honestly say that "all men are treated equally throughout America?"

To many Americans, South Africa is any country South of Egypt! Thus South Africa becomes responsible for all its own problems as well as all those of all the other "Southern African" countries, such as the starving thousands in Ethiopia. In 1985 during "U.S.A. for Africa" I was amazed at how many people thought that this had something to do with South Africa. It's hundreds of miles away in a totally separate country.

People think the problem is one of black and white. Nothing could be further from the truth. Let's start with five different Indian cultures, 12 major African tribal cultures, three different white cultures, add in the coloreds and the immigrants from Portugal, China, and many other countries. Then start considering a country which is six or seven times that of the U.K. with only half of the population, and suddenly one begins to realize that it's not a case of three or four people getting round a table to sort out their differences. This is but the tip of the iceberg and an athletics magazine is not the place to go into more detail.

The responsibility for this ignorance must be born by both the international public, for its lack of interest and willingness to accept apparent facts, and by South Africa itself, whose only promotion of the country has seemingly been that of "Tourism and

Wildlife."

On one hand they show the lions and zebra, the Zulu warrior, and bare-breasted African woman, and in the next breath they expect the world to understand that there is high technology in the country and that the black African has a share in it! Add to that the international media's love of showing any riots or plight of the black African in the worst possible light, and it is no wonder that such ignorance exists.

By the time this is read, South African sportspeople, black, white, Indian, green, blue, and so forth, will have participated in an event larger than any other in the history of the country — the Ithubua Project. This is a self-help scheme for the development and training of South Africans in sport, culture, commerce, and entrepreneurship. Yes, the sportspeople of South Africa like many others want change and have brought change, and surely it's about time that the international community studied the facts.

By all means, have sanctions if you must, but make them "incentive-related," such that any company investing in South Africa has to provide so much for education and development for every million dollars invested. (It must be remembered that changes cost money, and sanctions make change even more difficult.)

Prohibit South African teams if you must, for they represent a country, but allow and respect the right of the individual to compete as an individual. This would allow the top South African athletes, who are black, to test themselves against the best the world can offer.

I have always thought of ultrarunners as "thinking men." After all, when we run these long distances in our training and our races, we often gain much reward out of the time we have to contemplate the problems of the day. We do, I believe, become inquisitive. It is such attributes which I believe has led Mr. Fekner to draw such a perceptive view of the situation in the mere ten days that he was in the country. (I believe he only touches the top of the iceberg and could have gained an even better understanding with a longer stay. However even after nine and one half years in South Africa I don't fully understand the problems and I doubt if anyone really does!)

It is thus even more surprising to find one of my erstwhile heroes, Mr. Skagerberg, take such an ill-informed stance. "It makes him damn angry." Well, it makes me "damn angry," too, because, as he says, it's my sport that is being used, only it's not him who is being left as a "casualty." He is preventing the very people he pertains to be defending from participating in his sport.

Should Mr. Skagerberg, or indeed any runner or reader, wish to come to South Africa to see the situation for themselves, then they are encouraged to write to the Centurian Runners Club, (an ultra club for runners who have completed a 100-mile race in less than 24 hours), at P.O. Box 2414, Durban 4000, Natal, South Africa.

Reprinted from Ultrarunning Magazine, Oct. 1989.

From the South: Who Is Using Whom?

by Gary Cantrell

As a boy, growing up out on the plains, I used to love watching summer storms build up. The sky would be perfectly clear and blue, down to the horizon in all directions, then a tiny wisp of cloud would appear from nowhere. Literally within minutes they would grow into the big cumulus clouds we called "thunderheads." Straight up they would grow with the same remarkable speed until they were tens of thousands of feet high and the bottoms appeared black. You knew to get to shelter (and quickly), for fierce winds, sheets of rain, and anything from hail to tornadoes was certain to follow.

For those with an interest in the world-class level of ultra competition there are thunderheads growing in our clear blue sky of IAAF recognition. And these thunderheads are called South Africa.

Such sports tragedies as Zola Budd have made the world aware of SA's banishment by the IAAF. It is not the SA athletes alone who are being "punished," but also anyone involved in athletics who is "tainted" by contact with SA or its athletes. And, in the IAAF viewpoint, "tainting" (like cooties!) can be passed on. Contact with "tainted" folks will "taint."

Since the ban on South Africa, volumes of print have been devoted to the situation. As yet it all seems to have taken one side or the other in the controversy. Banishment is lauded as part of the war on the abomination of apartheid. Banishment is blasted as punishing innocent members of the most open segment of SA society, and even punishing black athletes, who are most certainly victims and not perpetrators of the institution. On and on it goes with no end in sight.

And now, ultras have been drawn into the fray. Many of the world's best ultrarunners, including several prominent North Americans along with the sport's biggest name, Yiannis Kourous, have been "tainted." Even a major ultra has deliberately fallen afoul of the rules. Again, response has ranged from castigation of the guilty parties to an assertion that Kourous (through some cosmic childlike innocence) was unaware that he was being "used."

But that is where the real question comes into play. Exactly who is using whom?

One aspect of the issue that has been severely underplayed is how the ban came to be. Ostensibly it was a response to the black African nations' threat to boycott international sports. Baloney. Sports has been a window on the world for those nations. Virtually everyone has boycotted something in the past 15 years and they've all found out the same thing. The only ones who suffer in a boycott are the boycotters. The games go on and somebody else wins. The real reason for the ban is that these nations hold the swing votes in the IAAF balance of power.

The ban is in place to perpetuate the power of the current IAAF regime. Those folks are using athletes and the African Nations for their own ends.

Perhaps you feel, then, that the black African nations are motivated by the desire to end apartheid and thereby free their fellow men. Baloney. Africa, like every continent, is a complex of political and economic struggles. Sports is merely one of the weapons used in these struggles. The concept of Africa as a continent of blacks united in the desire to help blacks is as fallacious as the concept of Europe as a continent of Caucasians united by their whiteness.

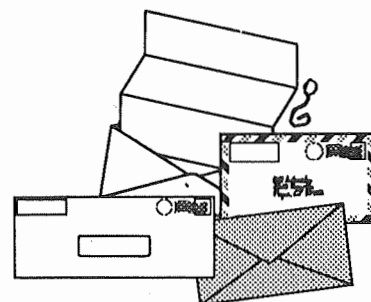
Whom, you may ask, is South Africa using? Well, SA has the easiest task of all in using people. From their standpoint all that is required are terrorist tactics. Every word of controversy aids their cause. Every over-the-hill athlete (the future administrators and functionaries in their sports) lured to SA and banishment is a building block in their sports terrorism structure. And now, through ultras, they can reach out and touch even athletes in their prime. Internally, the sports ban and associated attacks serve only to strengthen the resolve of SA people to stand behind their government.

Lastly come the affected athletes. They, like all the other players in this drama, are neither wholly guilty nor wholly innocent. Individual motivations are infinitely more complex than those of groups, and their actions less predictable. Nonetheless, each of the runners who has participated with or in SA is culpable for his actions. Those whom I have been fortunate enough to know through the sport are all fine people as well as great athletes and most have made many sacrifices for the good of the sport. If they are lost they will be sorely missed. Still, whether for money, or recognition, or just for good times, they have broken the rules. Whatever their reasons they have contributed a bit to the chaos. Claims of innocence by virtue of ignorance or due to a moral justification of their actions mean nothing. If you want to dance to the music, you have to pay the piper. They danced.

And so I watch while the storm clouds gather, and pray the storm can be weathered. But, no matter the final outcome, we either lose great athletes and good friends, or we see those with the strength to resist temptation go unrewarded. Someone, maybe everyone, is certain to lose. So, I ask you, who is really using whom?

NOTE TO AURA MEMBERS

Your President, Geoff Hook has, on several occasions, attempted to form some sort of liason with the editors of this Ultrarunning Magazine. We've offered to swap subscriptions so that we can both benefit. We'd like to get some of your articles read by American readers and be able to show them overseas that we've got a most talented ultrarunning fraternity over here in OZ, but so far, we've had no success. They've ignored our letters.



Dear Ultrarunning

To the Editors:

It is time to rethink the Canadian sports ban against South Africa. It has become a misguided political misadventure far removed from its original purpose and context in the 1970s. I'm writing this as an ultrarunner, recently suspended by the Canadian Track and Field Association (CTFA) for having competed in a 100-km race this year in South Africa. My argument is threefold.

1. Sports bans are contrary to the purpose of sport. This purpose is to create an even playing field for the demonstration of athletic skills open to all competent individuals. Athletic competition builds bridges of peace, harmony, and understanding. Such people-to-people contacts can help to break

down the divisive attitudes and barriers that separate people. Perhaps it is South Africa that should impose sports bans in the fear of being exposed to an open, free, and democratic society which we enjoy in Canada.

2. The imposition of sports bans by Canada is inconsistent, contradictory, and misguided. I do support a sports ban limited to sports in order to create an even playing field for all competitors. The 1977 Glen Eagles Agreement, signed among Commonwealth countries has been effective in the integration of sports in South Africa. While in South Africa, I competed against their best runners, black and white. However, there is a political agenda being attached to the current sports ban. Sports bans should not be used as an expedient surrogate for more constructive political and other action. The athlete, perceived as having little political power or influence, should not become the unwitting, public relations pawn of political demagogues or tabloid journalists. One is left to ponder the proposed toughening of the Canadian sports ban against South Africa in juxtaposition with stories about increased trade with South Africa and certain bank loans. The International Amateur Athletic Association (IAAF), itself a prime instigator of sports bans against South Africa is not above reproach. It accepts major sponsorship for its own sanctioned events from Mobil Oil, a company with major business interests in South Africa.

3. Ultrarunners are an independent, virtually unknown breed in Canada. The Canadian Track and Field Association (CTFA) does not formally recognize or sanction any distance beyond that of the standard Olympic marathon. Consequently, I exist as an ultrarunner in Canada for the sole purpose of being suspended/sanctioned by the CTFA. I was not even registered with CTFA when I competed in South Africa. Neither was CTFA prepared to give me a hearing prior to suspending me. Underlying this controversy also are the subtle politics being played by a small number of individuals, known as the International Association of Ultrarunners (IAU). This small and incipient organization has no registered members to the best of my knowledge and is endeavoring to affiliate with IAAF. I suspect that the IAU has quietly pushed the IAAF and, in turn, national sports federations like CTFA to impose suspensions against runners who competed in South Africa. The IAU probably hopes to use the present controversy to build its own power base, hopefully (for them) within the umbrella of the IAAF organization.

I tire of silly political games. I just want to run.

Stefan Fekner
Edmonton, Alberta

To the Editors:

I read the article published in the April issue of *Ultrarunning* regarding Barney Klecker participating in South Africa this past February, which is apparently in violation of TAC rules.

I do not wish to defend or criticize South Africa and their apartheid policies in this letter. But I do criticize those countries, including the United States, that have political and economic sanctions against South Africa, which, as Britain's Prime Minister Margaret Thatcher has stated, only makes it worse for everyone including the black majority.

Closer to the point, I believe that politics and sports don't mix well. The boycotts of recent Olympic Games by various countries and consequent absence of some of the world's best competitors downgrades the quality of this great event and proves my point.

I personally know Barney Klecker. I think he is not only one of this country's finest competitors, but also a gentleman — genuine in thought and actions — which is more than I can say for some of the other U.S. top-ranked sports individuals. I am sure that Mr. Klecker competed in South Africa for that reason alone — the competition. This was his first opportunity to run against Bruce Fordyce, another great competitor, since 1983 or 1984.

If Mr. Klecker is barred from TAC-sanctioned events, be it for months or years, it will be a significant loss to the running world from distances of 1500 meters to 100 kilometers.

Jan G. Gilbert
Muncie, Ind.

To the Editors:

To the author of the Comrades Marathon article in the September, 1989, issue of *UR*:

I have no way of knowing your motivation in remaining anonymous. Perhaps you wish to violate TAC rules and continue to run in TAC races, perhaps you simply lack the courage to sign your endorsement of apartheid.

Surely you are aware that TAC exercised no dictatorial authority over your right to run Comrades and that you remain free to run in non-TAC & non-IAAF races anywhere in the world.

I do not quite understand how black participation in Comrades has become in your mind 100% right racial relations. Are you aware that while this issue of *UR* is being prepared that none of the several thousand black runners you saw are able to vote in a national election? Are you aware that the reason these runners were arriving in buses is that travel outside of their black townships is by passport and severely restricted? Do you know that failure to return promptly after the event could have caused any one of the black athletes to be detained for years without probable cause, warrant, or any hearing?

Do you think that a contingent of one or two thousand of 13,500 entrants is real or token participation in a country whose population is 70% black? Is your definition of "total integration" 85% white, 15% black?

Do you define "absolutely equal basis"

to mean simple entry in the race? Would you like to take me on in your next important ultra after having your pay cut by two-thirds and access to most training facilities, training routes, medical facilities, and coaching denied to you?

Did you read the newspaper accounts of Tshabalala's win? They were on the inside pages of most South African newspapers, as opposed to the headline coverage of previous winners. Did you read the coverage headlined "Future Looks Black for the Comrades?" Is this what you wish Americans to applaud and encourage?

You might do well to read George Parrot's lucid letter in the July-August, 1988 *UR*, which urged you to consider that Comrades is "a good race in a bad country." Does the "good race" justify in your mind the dogs and whips being routinely used today by the South African police?

It seems obvious to me that race organizers in South Africa, with the clear collaboration of the National Party, are attempting to use the minor and largely unregulated sport of ultrarunning to display a token integration and sportsmanship which absolutely does not exist outside of the events themselves. It makes me damn angry. It's my sport. It's being used.

I would defend without question your anonymous right to run in a non-TAC event with me, whoever you are. But I wouldn't mind just a hint of your name, so I could spit occasionally in your direction.

Marvin Skagerberg
Hoboken, N. J.

To the Editors:

I have analyzed the results of those 24-hour track races over the last two years for which 50-mile and 100-mile splits were given. There were 149 instances in which runners completed at least 100 miles with the following average results:

| | Average time | Average pace |
|-----------------|--------------|--------------|
| First 50 miles | 8:53 | 10:40 |
| Second 50 miles | 12:00 | 14:23 |
| 100 miles | 20:53 | 12:32 |

The 14:23 average pace for the second 50 miles is 35% slower than the 10:40 pace for the first 50. Using this 35% average, the following times and pace would be necessary to complete 100 miles in 24 hours:

| | Average time | Average pace |
|-----------------|--------------|--------------|
| First 50 miles | 10:13 | 12:16 |
| Second 50 miles | 13:47 | 16:32 |
| 100 miles | 24:00 | 14:24 |

Of the 149 results analyzed (20 races), 15 runners completed at least 100 miles and averaged over 12:16 per mile for the first 50 miles. The most amazing performance being that of Mike Pearlman in the Dawn to Dusk Ultras of May, 1987. He ran the first 50 miles in 11:08:03 and the second 50 in 11:07:07.

John Macdonald
Rohnert Park, Calif.

AURA's South Africa: Is TAC's View What America Stands For? AUSTRALIA

by Antonio Cosby-Rossmann

"An American at South Africa's Comrades Marathon" in the September *Ultrarunning* illuminates the constitutional dilemma imposed by TAC's and the IAAF's blanket prohibitions against Americans running in South Africa, and South Africans running here. Not only is our associational right to participate with South Africans and thereby observe and judge for ourselves the circumstances in that society jeopardized; the forced anonymity of the American writer denies him or her the even more fundamental right publicly to declare and support a political view free of official retribution.

It is time to draw distinctions in the South African issue. Clearly our national government has legal authority and political prerogative to impose economic sanctions on a sister state. Less clearly, but nonetheless probably, our government or a governing body of athletics can prohibit individuals from securing economic advantage by promoting apartheid as an acceptable practice. But neither government nor an athletic governing body has any business interfering with the rights of private individuals or athletic events seeking to permit (and even encourage) personal intercourse between South African and American athletes. An individual such as the author of September's article differs

from a multinational corporation or sole entrepreneur operating within the apartheid system for economic gain. Nor can his or her presence at Comrades be labelled a public endorsement of apartheid. This individual runner comes closer to the journalist or academic who holds a *constitutional right* to experience, observe, and report on a society different from our own: a right that belongs to all of us, in that our free society is enriched when more than one voice informs us on conditions overseas.

TAC has lost the respect of the running community because in the course of protecting its bureaucratic prerogative as governing body, it has lost sight of its nation's Constitution and fundamental values. From the ranks, TAC must hear that we resent compelled conformity to rules that transgress the most basic of our national doctrines: that each individual is to be judged on merit alone, not on nationality or conformity to political orthodoxy. Ultimately from TAC as an American institution, the IAAF must hear that whatever the politics among the African nations, we will no longer acquiesce in rules fundamentally in conflict with our own values and with the Olympic ideal that through individual association and participation in athletics will come increased knowledge of and cooperation among the world's inhabitants.

As ultrarunners, perhaps we are best equipped to initiate a reversal of TAC's and IAAF's malevolent policies. We have some

idea of what endurance and freedom are all about. And once in a while we celebrate the human spirit seeking escape from conformity to political and social decrees. At Western States each year we reenact the third stanza of "America the Beautiful" and its "... pilgrim's feet whose stern impassioned stress/a thoroughfare for freedom built across the wilderness." The first travellers on that trail did not pass a political test to be there; we are loathe to enforce such a proscription more than a century later.

This writer has pondered the legal issue that would present itself if a South African runner came to the Western States Trail's thoroughfare in the wilderness. TAC would argue that admitting the runner would condemn our run and infect all the participants. But the California Civil Code, already decreed by the federal appeals court as applicable to the Olympics themselves, forbids an open athletic event to discriminate on the basis of national origin. In enforcing the California law and the American values it protects, would not a judge impose on TAC's contrary position the same test that Chief Justice Warren frequently posed to defenders of segregation a generation ago: "But counsel, is your position what America stands for?"

To Alvin Chriss, Dan Brannen, and the other leaders in TAC, this runner says it's time to stop defending prerogative and instead to turn the South African policy around from within. "An American at South Africa's Comrades Marathon," as measured by our nation's Constitution and principles, is all the text you need.

Reprinted from Ultrarunning Magazine, Oct. 1989

"1,000 Miles in 1,000 Hours" and Other 19th-Century Feats

by Peter Lovesey

In the March issue we reported on Australian Ron Grant's 1,000-hour run in which he completed 2.5 km during every hour of the thousand. The following historical article was written prior to Grant's run, which broke a century-old record.

In 1809, while Beethoven was completing the Emperor Piano Concerto and Napoleon was invading Austria, a Scottish captain in the 71st foot brigade, Robert Bridges Barclay Allardice, was posting his own original claim to fame on Newmarket Heath by walking 1,000 miles in 1,000 consecutive hours for a wager of 1,000 guineas. This extraordinary performance amounted to six weeks without more than a few minutes sleep at a stretch. In addition to the stake, he is said to have earned £15,000 in bets, an enormous sum of money when compared to modern values. The walk was hailed as a sensational achievement and was quoted as the ultimate in athletic endurance for many years afterward. Indeed, for more than 60

years, the respected paper, *Bell's Life*, refused to credit that anyone was capable of matching it.

In fact, there were many attempts to match and even to better the *Barclay Feat* (as it was known), and some of them were certainly successful. Ultimately, 1,000 miles in 1,000 hours was shown to be within the capacity of women as well as men. The papers tired of reporting events that lasted six weeks, so it is difficult to compile an accurate record, but the following were all said to have fairly completed the task:

1,000 miles in 1,000 consecutive hours
(with starting dates)

| | |
|-------------------|-------------------------------|
| Robert Allardice | Newmarket, 6/1/1809 |
| Josiah Eaton* | Blackheath, 12/26/1815 |
| Josiah Eaton* | Blackheath, 7/20/1816 |
| Tom Elsworth*, US | Cambridge, Mass. 8/24/1842 |
| Tom Elsworth*, US | Chelsea, Mass. 7/1843 |
| Richard Manks | Sheffield, 6/17/1850 |
| James Searles | Cheshire, 9/1850 |
| Richard Manks | Sheffield, 7/25/1851 |
| William Gale | Walton, 1/1853 |

| | |
|---------------|-------------------------|
| John Sullivan | Bow, 6/24/1856 |
| John Thompson | Cirencester, 10/19/1856 |
| William Gale | Preston, 1856 |

* in a match to cover 1,100 miles in 1,100 hours

The feat became so commonplace that more difficult permutations were devised. The first to achieve 1,500 miles in 1,000 consecutive hours (1.5 miles each hour) was probably a Mr. Harris on Finchley Common in 1838.

| | |
|---|--------------------------|
| <u>1,500 miles in 1,000 consecutive hours</u> | |
| Mr. Harris | Finchley, 8/1838 |
| Thomas Hicks | Barking, 3/23/1852 |
| Luke Furniss | Leeds, 7/14/1852 |
| James Yates | Blackpool, 7/25/1852 |
| William Gale | Lillie Bridge, 8/26/1877 |

As early as 1817 Josiah Eaton, age 48, from Woodford, Staffordshire, completed 2,000 miles in 1,000 hours, though it has not been ascertained whether this was at the rate of two miles every hour. In addition to the two walks of 1,100 miles listed above, Eaton achieved 1,998 half-miles in 1,998 half-hours on Brixton Causeway in November/December 1816, and 4,000 quarter-miles in 4,000 quarter-hours at Stowmarket starting May 12, 1818.

In 1851 Richard Manks (1818-1869), the "Warwickshire Antelope," who was one of the finest distance runners of the century,

turned his attention to walking and made nonsense of the Barclay feat by first covering 1,000 quarter-miles in 1,000 quarter-hours, then going straight into 1,000 half-miles in 1,000 half-hours, and following this right up with 1,000 miles in 1,000 hours; all of which occupied him at the Barrack Ground, Sheffield, from June 23 to September 4 of 1851. It did him no harm, for three months later he set a world running record for 20 miles.

The man who took the whole thing to absurd, if heroic, extremes was the Welshman William Gale (b. April 4, 1832). Having matched the Barclay feat at the age of 21, he first doubled it by walking 2,000 miles in 2,000 hours at Preston between June 26 and October 17, 1853. Then, in the same town in 1856 he did something very similar to what Manks did, covering 1,000 miles in 1,000 hours, 1,000 half-miles in 1,000 half-hours, and 500 quarter-miles in 500 quarter-hours. Gale's career as a long-distance walker, which lasted 29 years, included increasingly difficult variations of the Barclay feat. He twice (1877, 1878) covered the 1,000 miles in 4,000 consecutive periods of 10 minutes. And on November 21, 1880, at London's Lillie Bridge stadium, he set out to cover 2,500 miles in 1,000 hours. Just to make it more difficult, he further divided the time into 2,000 sessions of half-hours. Thus every half-hour, day and night for six weeks in winter temperatures, he was to walk a mile and a quarter. He covered just over 2,232 miles in this way, but at 5:00 a.m. on December 28 he got into an argument with his backers and failed to get onto the track in time. He resumed later and covered 2,405 miles in the 1,000 hours, but lost his wager — and his enthusiasm for walking. He was 48 years old.

The most positive and important development to come out of the distance-walking vogue was the participation of women. In 1851, when Richard Manks was completing 1,000 miles in 1,000 half-hours at Kennington Oval, *Bell's Life* reported that "a circumstance took place which most agreeably relieved the monotony of the scene; a young woman who pronounced herself to be a 'Bloomer' entered the arena at four o'clock and walked side by side with Manks from that time up to twelve o'clock, thus keeping pace with him for 16 miles without the slightest apparent fatigue."

This anonymous young woman demonstrated not only that long-distance walking was perfectly adapted to the staying powers of her sex, but also that the costume popularized by Mrs. Amelia Bloomer (coatee or bodice, short skirt, and, under it, ankle-length pantaloons or "bloomers") enabled them to get out of their crinolines and become the pioneers of modern women's athletics. There was a rush to the tracks in America and Britain and soon scores of women were taking up the challenge. The newspapers treated all this as at best a dubious activity and at worst beneath contempt, but sufficient accounts have survived (I have collected over 80 references) to merit at least a chapter in any history of women's athletics.

The Barclay feat was attempted in May/June, 1853, by an anonymous woman at Jones's Ground, Pendleton, Manchester. An interim report states that she had covered 504 miles, but there is no clue as to whether she ever completed the distance. It was certainly achieved by an intrepid Liverpool lady, Mrs. Dunn, in 1854, and others followed.

| | |
|--|-----------------------|
| 1,000 miles in 1,000 consecutive hours by women | |
| Mrs. Dunn | Birkenhead, 7/13/1854 |
| Emma Sharp | Bradford, 9/17/1864 |
| Miss Richards | Bristol, 5/23/1874 |
| Bella St. Clair | Woolwich, 7/25/1876 |
| Miss Richards | Chesterton, 5/8/1877 |

Emma Sharp, the Bradford housewife, drew over 100,000 curious spectators over the six weeks of her walk in 1864. She carried two pistols for protection in the latter stages and fired them 27 times because there were several attempts to "nobble" her. For the whole of the last night a man walked ahead of her carrying a loaded musket.

The female equivalent of William Gale was Ada Anderson, known as Madame Anderson. She travelled to America several times, performing ever more exacting permutations of the Barclay feat. They included 3,000 quarter-miles in 3,000 quarter-hours (Brooklyn, 1877); 1,008 miles in 672 hours (Kings Lynn, 1878); and 2,086 quarter-miles in 2,086 periods of ten minutes (Chicago, 1879).

By the 1870s, solo performances were giving way to races over shorter distances. In 1876 Mary Marshall (U.S.) challenged a male walker, Peter Van Ness, to three races over 30 miles in three days and beat him twice. When the six-day go-as-you-please craze started the women enthusiastically took up the challenge in America and Britain. As many as 15 finished one race in Birmingham in 1884.

In retrospect, the Barclay feat and all the other feats that it inspired seem eccentric, to say the least. But so did six-day races, which have now been enthusiastically revived around the world. Perhaps there will be a revival in events in the style of the Barclay feat. Stranger things have happened.

Andy Milroy adds:

Some indications of the stress that such performances can induce is revealed by what happened to Peter Van Ness when he attempted 2,000 half-miles in 2,000 consecutive half-hours in 1879. After 30 days he appeared to go out of his mind. He knocked down his trainer who came to wake him up, and later shot his trainer in the arm and then fired at anyone he came into contact with. After being overpowered, he was eventually brought back to the track and, incredibly, went on to finish his 2,000 half-miles!

Perhaps the final and most incredible Barclay feat of the nineteenth century was by William Buckler in 1898 who claimed to have walked 4,000 quarter-miles in 4,000 consecutive periods of 9¼ minutes — presumably to improve on Gale's performances. Imagine being the timekeeper for that one!



Bryan Smith, one of Australia's best-ever ultra performers.

THE INTERNATIONAL SPORTS FOUNDATION

PRESENTS



**An International footrace
along the
Great Wall of China**

THE GREAT WALL RUN - 26TH AUGUST TO 2ND SEPTEMBER 1990

BACKGROUND

The International Sports Foundation (ISF), which is Chicago based, was formed in March 1989 to develop a unique international sporting event in China. The Mission Statement of the ISF is as follows:

'501 (C) (4). The International Sports Foundation is a non-profit organisation that conducts world class sporting events to raise funds for children with disabilities worldwide. Each superhuman global competition engages the world's physically able adults to help the world's disabled children.

Proceeds from the professional athletic events are donated to worthy organisations devoted to improving the quality of life for youth in the international disability and rehabilitation community. Recipient programmes include those advancing basic research into root causes of disabilities, and those providing rehabilitation services, treatment, public awareness/education and sports opportunities for handicapped youth'.

To accomplish its goal, the ISF has created the Great Wall Run, an endurance run for world class runners with eight daily stages over and along parts of the Great Wall of China which will be televised internationally.

By exclusive contract with the China Sports Service Company, a government agency, the ISF has acquired the rights to stage the Great Wall Run annually until the year 2000.

The Great Wall Run will become the world's premier endurance contest. It is one of the most challenging races ever staged, along the longest structure ever built, in the world's most populated country, presenting the world's best endurance athletes competing for the highest purse ever offered.

THE RACE

Structure.

The race is designed after the famous Tour de France bicycle race consisting of separate stages over eight days. Eighteen men and seven women will compete for the men's and women's daily awards as well as competing for the overall men's and women's awards.

The leading runner will wear the the winner's running vest for the next day.

Additionally, there will be six country teams consisting of one man and one woman from that country; teams will be competing for an overall country winner's prize which will be donated to charity.

Each runner's award money will be matched with an equal amount of money being donated to the Para-Olympics Team of the respective runner's country in that runner's name. Additionally, the country winners will have funds donated in their names to the Special Olympics Programme of their own country.

Race Course.

The runners will cover a total distance of approximately 590 km, starting where the Great Wall begins at the Yellow Sea and proceeding inland over different sections of the Wall and portions of the countryside each day until they reach Badaling Gate. At Badaling Gate the runners will leave the Wall and run to the Ming Tombs, and from there to Beijing (Peking) where they will pass through the Forbidden City into Tian'anmen Square.

The final day of the race will be a 100 km race in Beijing. This race will be open to runners worldwide, who will compete outside the Great Wall Run competition.

The quality of runners selected for the Great Wall Run should produce a close race with a woman being as likely an overall winner as a man.

BLUE RIBBON PANEL

From a potential field of over 130 world class endurance athletes from 25 countries, a Blue Ribbon Panel of judges decided the field of runners. The panel was formed to ensure that all race nominees had a fair chance of selection and to enhance the credibility of the Great Wall Run. The following members of the panel met in London on 10th November 1989 to select the race field:

John Holt: General Secretary, International Amateur Athletics Federation (IAAF). The IAAF is the leading athletics body in the world with membership in 182 countries; it frames the rules for international athletics and sanctions the Olympic competitions. The IAAF is sending an observer to the Great Wall Run - a privilege only normally granted to major athletic competitions.

Tom McNab: Author of 'Flanagan's Run' - a best selling novel about endurance running, and 'Rings of Sand' and 'The Fast Man'. Tom McNab is also Chairman of the British Association of National Coaches, Olympic Coach from 1972-76 and consultant for the film 'Chariots of Fire'.

Fred Lebow: President of the New York Road Runners Club, organiser of the New York Marathon and one of the leading track figures in the US.

David Griffiths: Assistant Director of the London Marathon, past Chief Executive Officer of Wembley Stadium and Sunrise Stadium, Hong Kong. David Griffiths was the inspiration of the Great Wall Run when he ran from Beijing to Hong Kong in 1983 to raise money to send the first Chinese Team to the Special Olympics in New York.

Grete Weitz: Norway's Marathon and Cross-Country star. Ladies World Marathon Champion and five times winner of the ladies World cross-country Championships. Grete is internationally recognised as one of today's outstanding female distance runners.

Malcolm Campbell: President of the International Association of Ultrarunners, former world record holder for 1000 miles (track) and participant in the 1985 trans-America race. Malcolm Campbell is in the Guinness Book of Records for having raced the most competitive miles in a single year - 5502 mls in 1985.

Maurice Patterson: Secretary and Newsletter Editor of the IAU. Race Director of the Great Wall Run, Maurice was decorated by Her Majesty Queen Elizabeth II in 1988 for services rendered to sport and to charity.

Donald W West: Chairman of the International Sports Foundation, past President of the American Youth Soccer Organisation and Director of the United States Soccer Federation.

THE RUNNERS

The field of eighteen men and seven women represent some of the best of the world's ultrarunners.

| Name | Country | Best Achievement |
|-------------------|---------------|-----------------------------------|
| Mens Field | | |
| Tony Rafferty | Australia | World ranked No1 - Track 1000 mls |
| David Standeven | Australia | 2nd - Sydney to Melbourne Race |
| Charles Khadube | Botswana | National Champion 72 km |
| Bruno Joppen | Holland | National 100 km Champion |
| Dusan Mravlje | Yugoslavia | Sydney to Melbourne Winner |
| James Zarei | Iran | Hiroshima to Nagasaki Winner |
| Rune Larrson | Sweden | Spartathlon Winner |
| Richard Tout | New Zealand | World No 1 for 24 Hours |
| Don Ritchie | Great Britain | World No 1 for 100 km |
| Pat Macke | Great Britain | Spartathlon Winner |
| Charlie Trayer | USA | National 100 km Champ - 1987 |
| Rae Clark | USA | National 100 km Champ - 1988 |
| Heinz Huglin | West Germany | National 100 km Champ - 1988/89 |
| S Morikawa | Japan | 3rd Spartathlon - 1989 |
| Tomoya Takaishi | Japan | Finisher Sydney to Melbourne |
| To be selected: | Italy x 1 | |
| | China x 2 | |

Womens Field

| | | |
|-----------------|---------------|----------------------------------|
| Eleanor Adams | Great Britain | World No 1 for 24 Hours |
| Sandy Barwick | New Zealand | Australasian 6 Day Record Holder |
| Ann Trason | USA | World No 1 for 100 mls |
| Angela Mertens | Belgium | National 100 km Record Holder |
| Brigit Lennartz | West Germany | World No 1 for 100 km |
| Hilary Walker | Great Britain | World No 1 for 48 Hours |
| Eiko Endo | Japan | Third Spartathlon - 1989 |

Country Teams

| | |
|-------------------|---------------|
| Barwick & Tout | New Zealand |
| Endo & Takaishi | Japan |
| Trason & Clark | USA |
| Lennartz & Huglin | West Germany |
| Adams & Ritchie | Great Britain |

A trip to Caboolture at the beginning of March to participate in the eight-hour fun run provided me with the opportunity of interviewing three of the most interesting ultra-runners in the country; Ron and Dell Grant, and Ian Javes. I asked some standard questions about background in running, career highlights, future aspirations, training and other interests.

RON GRANT (aged 47 years)*

From running 100 yard races at school, Ron started 'distance' running at the age of 24. He found 3 miles "real hard" but kept going which must now seem like the understatement of all time... His first ultra was a 50-miler in New Zealand in the late 60's. Interestingly Ron, when 34, decided to spend a year on speed work and is proud of his 3km in 9.31, 5 km in 16.18, 10 km 34.41 and he has a 10 mile time of 57.30. Then it was back to ultrarunning with the 340 km trip from Bundaberg to Caboolture in under 4 days.

Ron describes himself as an "adventure runner, always with the desire to run further". When asked about people who have inspired or influenced him, Ron spoke of his admiration for Tony Rafferty, "the solo adventure type" also John Young who ran the length of New Zealand, and Siggy Bauer.

The three nominations for his proudest achievement are his first marathon in 3hrs5mins, the record-breaking Round Australia Run (as detailed in My Life on the Line by Ron Grant & Margaret Carlyon, 1983, Boolarong Publications, Brisbane) and his solo run across the Simpson Desert, this being the first run by anyone in summer.

On training Ron is emphatic about the positive equation: the more training, the better the performance. Although it is important in preparation for an event, he also runs because he likes it, preferring a dirt road to bitumen but not at all keen on grass as a surface. His running schedule may vary from 100 to 150 miles a week, the back problem he has suffered from youth is only relieved by constant exercise.

'Lawrence of Arabia' is Ron's favourite film, while his best-loved book is the Bible. His taste in music ranges from Johnny Cash and other country & western performers to religious music. If time is ever available, Ron likes to go surfing.

DELL GRANT (aged 36 years)*

A late-comer to athletic pursuits, Dell admits to hiding in the library at school to avoid having to take part... She started ultrarunning in 1987 encouraged by a friend who devised a training program for her. Previously she had run only a half-marathon. Why, then, is she so good? Dell claims the genes inherited from her parents, plus a farming background, have made her strong both mentally and physically.

Not highly competitive, Dell tends to prepare herself for one race at a time. Her current goal is to run in the Australian 48 hour championship in Caboolture at the end of June, declining however to nominate her target distance.

With domestic commitments which include caring for her 15 year old daughter and son aged 13, Dell believes in a balanced approach to ultrarunning, fitting her training in with family needs, though she says running one's own business provides more flexibility. Dell often trains alone, enjoying the Mt Mee circuit with its natural environment especially in early morning. She includes some walking sessions, often up to 8 km three times a week. Husband Ron is a constant source of support and encouragement while both are involved in race organisation along with Ian Javes.

Dell describes three highlights in her career so far: five years ago she became the female veterans 10 km champion, running under 40 minutes, her p.b. marathon of 3hrs7mins50sec at the Gold Coast while her first-up distance of 172 km in 24 hours is another triumph.

Her most-appreciated book tells the story of survival on a raft for three months, 'Adrift', and in music she prefers instrumental jazz (in private, though, as Ron is not a devotee)

IAN JAVES (aged 47) *

A moderately-performed cross country runner at high school, Ian returned to running in his late thirties after giving up smoking. From running marathons (with a p.b. of 3hrs1min) Ian competed in a 50 mile road race in 1986. It was at this event that Ian learned from former president of the QMRRC, Andy Semple, that Trevor Harris wanted a 24 hour race organised in Queensland. Agreeing to help organise this event, Ian came down to Melbourne for the Vic Vets 24 hour race in early 1987 in order to gain experience and information. Somewhat to his surprise he finished in second place with 217 km. In Ian's words "I (then) realised I had some natural talent and the right mental attitude for ultrarunning".

Ian nominates his completion of the 1300 mile event in New York last year in less than eighteen days, in spite of mishaps early in the race, as his career highlight so far. In the future he would like to do p.bs. in races of 24 hours and upwards, as well he says it would be a great challenge to compete with top runners in a 1000 mile race "to see if I can better 12 days", while entering in a six-day event would see him trying to get close to 1000km.

Ian's ability to tolerate pain and discomfort, especially in the lower back area, comes to an extent from the recall of the greater suffering his father endured before his death from cancer. Training is often along a beach, enjoying the surroundings, on his own, while at other times he concentrates within as though in an imaginary race. "Mostly training is a pleasant ordeal for me" he says. In events he may use a walkman, tuning in to music with a beat; at other times country & western and folk music appeals.

Training and competing in such long distance events leaves little time for outside interests. In addition Ian has taken on the role of race organiser in Caboolture -- "perhaps we can make Caboolture the ultrarunning capital of Australia" **

* - looks much younger .

** - perhaps you already have ...

A POSITIVE APPROACH TO ULTRA EVENTS

by Stan Miskin

The importance of positive thinking in athletes is often stressed, but we are rarely given practical examples of the practice of positive thinking. "Experts" say we should "visualise the desired result," and whilst this may not be difficult with a sprint, a jump or a throw, it is a very different matter to visualize a marathon and beyond.

As one who, in my first 24 hour run in 1982, ran *further in the first 6 hours* than I have ever done since, but also covered my *shortest total distance*, I have developed a system of goal-setting and positive thinking to improve my performance. During the next two years, I improved by 24km and in November 1988, despite being 6 years older, injured and therefore less fit, I *walked* 4km further than my initial run. As the system works for me, it may be of interest to others and is described below:

- * Best results are achieved by fairly even splits - if you doubt this, look at Mike March's results. Convince yourself that the energy saved by starting slower than usual will be repaid with interest late in the race and will give you a better result.

- * You must be properly trained and have a realistic expectation (not just a vague hope) of what you can do, therefore -

- *Set a target and prepare a schedule.

- * Recognise that if you do your best, you will *automatically* gain your best possible placing. (I suggest that you think about this self-evident truth)

- *Decide not to race against the early speedsters or other competitors.

- *Stick to your schedule until late in the race as described later.

- *Think positively throughout the event, but particularly when the strain starts to tell.. NEVER think of how much remains, (a negative thought). The KEY to POSITIVE THOUGHT is to always think of HOW LITTLE remains and how quickly this amount diminishes.

e.g., at the 16 hour mark in a 24 Hour event, the negative and despairing "Oh, I STILL have 8 hours to go", seems much more difficult than the positive and encouraging "I don't feel TOO bad and I have to do ONLY HALF of what I've already done. That's no big deal!" Think like this -

At 18 hours I have to do only 1/3rd of what I have already done!

At 20 " " " " only 1/5th " " " " " " !

At 21 " " " " only 1/7th " " " " " " !

At 22 " " " " only 1/11th " " " " " " !

At 23 " " " " only 1/23rd " " " " " " !

It seems easier already doesn't it?

However, despite this approach, there may be times when you need a method (gimmick?) to strengthen your resolve. At these times, I recite to myself two extracts from Rudyard Kipling's poem "IF". In the hope that they will also

34. inspire you, I quote them below.

"If you can force your heart and nerve and sinew
To serve your turn when everything is gone,
And so hold on when there is nothing in you,
Except the will which says to you, 'Hold on!'

If you can fill the unforgiving minute
With 60 seconds worth of distance run,
Yours is the earth and everything that's in it,
And - what is more - you'll be a man, my son".
The only time you should compete with another competitor is late in the run.
When the finish is in sight (figuratively), the crowd and resultant support will
have increased and you will be nearing your goal. These things, plus your
positive attitude will induce a substantial flow of adrenelin.

You may now attack the runners ahead, defend your position from those behind
and strive for a p.b. or a record. During this period, you must think of how
little remains to be done and how you will certainly achieve it. You can push
yourself hard late in the event!

The principles of this system are applicable to marathons, and in multi-day
events, may be applied to the race as a whole or to individual days. All ultra
runners should adopt this or some other method of positive thinking to enable
them to reach their full potential. If you do so, you will KNOW that you have
done your very best and you may then be very proud of your achievement.

Stan Miskin (19th January, 1990)

MEMBERSHIP BREAKDOWN

*Our membership is still climbing, but at a much slower rate. The mighty
Vics are still in front of NSW, with Big Chris and Max (Bucklehead)
Bogenhuber still making a valiant effort to turn the tables. In this issue, we
made sure we separated ACT and NSW membership numbers. To
combine them would have been disastrous for the Vics! We might reach a
stage where we have to 'invent' a few more Vics as phantom members, just
to stay in front. Anyway, the legit. figures (well, for this issue anyway) are
as follows:*

| | | | |
|------------------------|------------|-------------------|-------------|
| <i>Vics.</i> | <i>160</i> | <i>Overseas</i> | <i>19</i> |
| <i>NSW (boo, hiss)</i> | <i>154</i> | <i>West Aust.</i> | <i>15</i> |
| <i>Qld</i> | <i>31</i> | <i>ACT</i> | <i>13</i> |
| <i>South Aust</i> | <i>28</i> | <i>Tas</i> | <i>10</i> |
| <i>Total = 430</i> | | | <i>85 .</i> |

WORLD TRACK AGE BESTS (MEN)

(as of 1st July 1989)

| | | | | |
|----------|-------|------------------------|----------|-------------------|
| 30 miles | 40-44 | Tim Johnston(UK) | 2.48.37 | Hendon 1982 |
| | 45-49 | Gerd Boldhaus(FRG) | 3.08.28 | Ronneburg 1985 |
| | 50-54 | Dennis Weir(UK) | 3.12.53 | Barry 1989 |
| | 55-59 | Otho Perkins(USA) | 3.11.01 | Worthington 1986 |
| | 60-64 | Fred Nagelschmidt(USA) | 3.42.39 | Oxnard 1986 |
| | 65-69 | Gary Rech(USA) | 4.04.41 | Rochester 1983 |
| | 70-74 | Ernie Warwick(UK) | 4.54.17 | Solihull 1986 |
| 50km | 40-44 | Tim Johnston(UK) | 2.55.07 | Hendon 1982 |
| | 45-49 | Gerd Boldhaus(FRG) | 3.15.20 | Ronneburg 1985 |
| | 50-54 | Dennis Weir(UK) | 3.19.32 | Barry 1989 |
| | 55-59 | Otho Perkins(USA) | 3.17.26 | Worthington 1986 |
| | 60-64 | Fred Nagelschmidt(USA) | 3.49.47 | Oxnard 1986 |
| | 65-69 | Gary Rech(USA) | 4.14.15 | Rochester 1983 |
| | 70-74 | Ernie Warwick(UK) | 5.07.56 | Solihull 1986 |
| 40 miles | 40-44 | Martin Daykin(UK) | 3.59.24 | Barry 1989 |
| | 45-49 | Bernd Heinrich(USA) | 4.24.54 | Brunswick 1985 |
| | 50-54 | George Kay(UK) | 4.24.06 | Barry 1988 |
| | 55-59 | Bob Emmerson(UK) | 4.37.39 | Barry 1988 |
| | 60-64 | Paul Reese(USA) | 5.40.27 | Santa Monica 1977 |
| | 65-69 | Edson Sower(USA) | 7.01.49 | Phoenix 1984 |
| | 70-74 | Ernie Warwick(UK) | 6.48.06 | Solihull 1986 |
| 50 miles | 40-44 | Gerald Walsh(RSA) | 5.16.07 | Walton 1957 |
| | 45-49 | Bernd Heinrich(USA) | 5.34.24 | Brunswick 1985 |
| | 50-54 | Harry Arndt(FRG) | 5.40.06 | Ronneburg 1986 |
| | 55-59 | Fred Nagelschmidt(USA) | 6.55.02 | Santa Monica 1979 |
| | 60-64 | Paul Reece(USA) | 7.16.30 | Santa Monica 1977 |
| | 65-69 | Cleo Casady(USA) | 9.24.25 | Springfield 1981 |
| | 70-74 | Ernie Warwick(UK) | 8.51.03 | Solihull 1986 |
| 100km | 40-44 | Charlie Hunn(UK) | 7.12.19 | Hendon 1982 |
| | | Gerd Boldhaus(FRG) | 6.46.42p | Geneva 1984 |
| | 45-49 | Bernd Heinrich(USA) | 7.00.12 | Brunswick 1985 |
| | 50-54 | Harry Arndt(FRG) | 7.12.26 | Ronneburg 1986 |
| | 55-59 | Francois Le Roux(FRA) | 7.55.40 | Lesneven 1983 |
| | 60-64 | Cliff Young(AUS) | 9.18.28 | Sydney 1982 |
| | 65-69 | Cy McLaughlin(NZL) | 11.09.19 | Auckland 1984 |
| | 70-74 | Ernie Warwick(UK) | 11.51.44 | Solihull 1986 |

| | | | | | |
|-----------|-------|--------------------|------------------------|------------------|------|
| 100 miles | 40-44 | Derek Kay(RSA) | 11.56.56 | Durban | 1972 |
| | 45-49 | Wally Hayward(RSA) | 12.46.34 | Motspur Pk | 1953 |
| | 50-54 | Denis Weir (UK) | 13.55.48 | Hull | 1988 |
| | 55-59 | Ken Mackay(UK) | 17.07.04 | Hendon | 1981 |
| | 60-64 | Cliff Young(AUS) | 14.37.54pn | Sydney | 1983 |
| | 65-69 | Cy McLaughlin(NZL) | 17.37.16 | Auckland | 1984 |
| | 70-74 | Ernie Warwick(UK) | 21.35.27 | Solihull | 1986 |
| 200km | 40-44 | Ron Bentley(UK) | 16.53.00 | Walton | 1973 |
| | 45-49 | Wally Hayward(RSA) | 17.33.25 | Motspur Pk | 1953 |
| | 50-54 | Dave Cooper(UK) | 19.09.27 | Chevilly | 1985 |
| | 55-59 | Ken Mackay(UK) | 22.32.23 | Hendon | 1981 |
| | 60-64 | Cliff Young(AUS) | 20.17.09 | Adelaide | 1985 |
| | 65-69 | Cy McLaughlin(NZL) | 22.41.00 | Auckland | 1984 |
| 24 hours | 40-44 | Ron Bentley(UK) | 259.603k/ 161m545y | Walton | 1973 |
| | 45-49 | Wally Hayward(RSA) | 256.400k/ 159m562y | Motspur Pk | 1953 |
| | 50-54 | Dave Cooper(UK) | 247.210k/ 153m1072y | Chevilly | 1985 |
| | 55-59 | Ken Mackay(UK) | 211.356k/ 131m581y | Hendon | 1981 |
| | | Francois Le Roux | 215.830k/ 134m194pn | Montfort-sur-Mer | 1986 |
| | 60-64 | Cliff Young(AUS) | 235.969k/ 146m1098y | Adelaide | 1985 |
| | 65-69 | Cy McLaughlin(NZ) | 210.129k/ 130m999y | Auckland | 1984 |
| | 70-74 | Ernie Warwick(UK) | 175.574k 109m171y | Solihull | 1988 |
| | | | | | |

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WORLD TRACK AGE BESTS (WOMEN)

| | | | | | |
|-----------|-------|------------------------|-----------|---------------|------|
| 30 miles | 40-44 | Hilary Johnson(UK) | 3.40.50 | Barry | 1988 |
| | 45-49 | Mary Ann Miller(USA) | 4.48.27 | Mesquite | 1982 |
| | 50-54 | Beryl Skelton(USA) | 4.45.08 | Rochester | 1983 |
| | 55-59 | Ruth Anderson(USA) | 4.50.48 | Santa Rosa | 1986 |
| | 60-64 | Helen Klein(USA) | 5.42.52 | Santa Rosa | 1985 |
| 50km | 40-44 | Hilary Johnson(UK) | 3.49.59 | Barry | 1988 |
| | 45-49 | Mary Ann Miller(USA) | 5.02.05 | Mesquite | 1982 |
| | | Angela Mertens(BEL) | 3.59.10p | Arcueil | 1986 |
| | 50-54 | Beryl Skelton(USA) | 4.54.56 | Rochester | 1983 |
| | 55-59 | Ruth Anderson(USA) | 5.00.18 | Santa Rosa | 1986 |
| | 60-64 | Helen Klein(USA) | 5.57.32 | Santa Rosa | 1985 |
| 40 miles | 40-44 | Monika Kuno(FRG) | 5.40.03 | Frechen | 1988 |
| | 45-49 | Sue Medaglia(USA) | 6.38.40 | Greenwich | 1981 |
| | 50-54 | Marty Maricle(USA) | 6.46.41 | San Francisco | 1986 |
| | 55-59 | Ruth Anderson(USA) | 6.34.51 | Santa Rosa | 1986 |
| | 60-64 | Helen Klein(USA) | 7.51.10 | Santa Rosa | 1985 |
| 50 miles | 40-44 | Monika Kuno(FRG) | 7.07.43 | Frechen | 1988 |
| | 45-49 | Sue Medaglia(USA) | 8.28.18 | Greenwich | 1981 |
| | 50-54 | Marty Maricle(USA) | 8.34.01 | San Francisco | 1986 |
| | 55-59 | Ruth Anderson(USA) | 8.25.03 | Santa Rosa | 1986 |
| | 60-64 | Helen Klein(USA) | 10.01.58 | Santa Rosa | 1985 |
| 100km | 40-44 | Monika Kuno(FRG) | 8.57.40 | Frechen | 1988 |
| | 45-49 | Margaret Smith(AUS) | 10.30.43 | Essendon | 1985 |
| | | Angela Mertens(BEL) | 8.28.20p | Arcueil | 1986 |
| | 50-54 | Marty Maricle(USA) | 11.04.29 | San Francisco | 1986 |
| | 55-59 | Ruth Anderson(USA) | 11.11.04 | Santa Rosa | 1986 |
| | 60-64 | Helen Klein(USA) | 12.56.41 | Santa Rosa | 1985 |
| 100 miles | 40-44 | Monika Kuno (FRG) | 15.27.46 | Frechen | 1988 |
| | 45-49 | Margaret Smith(AUS) | 16.01.43n | Sydney | 1984 |
| | 50-54 | Marty Maricle(USA) | 19.26.04 | San Francisco | 1986 |
| | 55-59 | Ruth Anderson(USA) | 20.54.24 | Santa Rosa | 1986 |
| | 60-64 | Helen Klein(USA) | 22.15.26 | Santa Rosa | 1985 |
| 200km | 40-44 | Monika Kuno(FRG) | 20.43.42 | Frechen | 1988 |
| | 45-49 | Angela Mertens(BEL) | 21.02.12 | Izegem | 1988 |
| | 50-54 | Christl Vollmershausen | 27.51.22 | Blackpool | 1988 |

I've Got a Little List.

by Malcolm
Campbell. UK.



Every year about this time I have to stress that my list of the top ten performances of the year is prepared without the help of a committee. Any notable omissions are the result of too many great performances in the varied world of ultrarunning. The most notable absence in this year's list is the performance by the New Zealander, Sandy Barwick, in the Colac Six Day Race. Before the race the World Best Performance for the event was held by Eleanor Adams with a distance of 521 miles. In the Colac Race Sandy achieved 535 miles and became only the second lady ever to pass 500 miles in a Six Day Race. In the same race Eleanor Adams achieved 538 miles.

My list is generally composed of runners who have achieved World Best Performances over a variety of distances and the exceptions are Yiannis Kouros who set a new record for the Sydney to Melbourne Race; David Standheven who defied the handicapper and reached Melbourne first and Bryan Smith who became only the fourth man in modern times to pass 600 miles in a Six Day Race.

Six Day Racing has a longer history than the modern Olympics but the event was only revived in the 1980's after a lapse of 80 years. During the early part of the decade a three man International Team Competition in a Six Day Race would probably have been won by an English Team. During the middle of the decade the winning team would probably have been from France. Now at the end of the decade the winning team would almost certainly come from Australia. There is an ebb and flow in the relative standards of various nations and as ultra-running develops internationally we are likely to see great performances from countries that have had little impact at the present time.

The South African campaign to prevent the development of ultra-distance running within the framework of the IAAF took shape with two

100km races being organised with the object of providing propaganda material. The two races were well financed but no organisation has sufficient funds to convince any reasonable person that apartheid can be acceptable. The campaign failed and the performances in the two events have no place in this list which is aimed at remembering some of the great performances of 1989.

The Top Ten Performances of 1989

1. Eleanor Adams. World Best Performance 538 miles (UK) Colac Six Day Race.
2. Yiannis Kouros. Winner Sydney/Melbourne Race (Greece) 628 miles. 5 days 2 hrs 27 mins
3. Birgit Lennartz. World Best Performance (W.Germany) Unna 100km Road Race. 7 hrs 26 mins 52 secs
4. Ann Trason (USA). World Best Performance 100 miles. New York. 13 hours 55 mins 2 secs.
5. Richard Tout (N.Z.). World Best Performance 24 Hours Indoors. 163 miles
6. David Standheven (Australia). 2nd Sydney/Melbourne Race. 5 days 13 hours 55 mins.
7. Bryan Smith (Australia). Winner Colac Six Day Race. 623 miles.
8. Suprabha Schecter (USA). World Best Performance Ladies 1000 mile road. 14 days 20 hours 18 mins 24 secs.
9. Tony Rafferty (Australia). World Best Performance 1000 mile track. 14 days 11 hours 59 mins 4 secs.
10. Al Howie (UK). World Best Performance 1300 mile road. 17 days 8 hrs 25 mins 34 secs.

1. Eleanor Adams is one of the greatest competitors in the world and when she completed over 240 kms on the Olympic Park Track at Melbourne to set a new World Best Performance, I thought that this was likely to be the best performance of the year. However Adams made a mistake in this race by not realising how close she was to 150 miles. She was the first lady to pass 140 miles in a 24-hour race and would probably have enjoyed being the first lady to pass the 150 mile marker. It is a testament to her genius that a performance of such magnitude should earn a slight query why she did not travel just a little bit further. Her greatest performance was yet to come and it

would prove to be the greatest achievement of the year by any athlete. In the Colac Six Day Track Race she set a new World Best Performance of 538 miles adding 17 miles to her previous record.

The Colac Six Day Race was one of the many marvellous races organised in 1989 and in that event Adams confirmed her position as the World's Greatest Lady Ultradistance Runner of All Time.

2. Yiannis Kouros crossed the finishing line of the Sydney to Melbourne Race about half an hour after David Standheven. Following last year's format Kouros started the race 12 hours behind the rest of the field and his running time of 5 days 2 hours 27 mins is the best time recorded in the history of the race. The distance of the race is about 628 miles and some appreciation of his performance may be helped by considering the World Best 6 Day Record which stands at 636 miles. He was only 8 miles short of this distance with over 21 hours in hand.

Kouros has dominated the ultradistance scene for most of the decade and his performances have inspired others to reach out and achieve results far beyond their imagined limitations. It is difficult to imagine how much further and how much faster this great athlete will run as he continues to push back the barriers of time and distance.

3. A few years ago a young lady from Germany wrote for information on ultradistance running. At that time Birgit Lennartz was studying to become a teacher of physical education. She had chosen as her thesis - "The Development of Ultra-Running in Germany". She was a very good marathon runner with a best time of 2.38.31 but she must have seen something in the longer distances that attracted her. A few weeks ago I learned that this 24 year old was now a teacher and was also the holder of the World Best Performance for 100 kms when she won the 1989 West German Championship at Unna with a time of 7 hours 26 mins 52 secs. 14 days after the great performance Lennartz was to become the West German Marathon Champion with a time of 2.41.23. She seems destined for considerably more honours in the future.

4. In September, Ann Trason from California was the overall winner of the USA/TAC 24 Hour Championships with a distance of 143 miles. She was four miles ahead of the first man in the

race. She is not on the list for this performance but on the way towards it she set a new World Best Performance for 100 miles with 13 hours 55 mins 2 secs. There was considerable rain during the event and the climatic conditions were far from ideal. One can only imagine the time she will record for 100 miles when conditions are favourable and it is interesting to speculate if she would have run further in 24 hours with a more leisurely 100 mile time. It really was an incredible run.

5. It is quite difficult to rank the various events and the merits of the various winners. However, a World Best Performance demands attention. The New Zealander, Richard Tout, won the Milton Keynes Indoor 24 Hour Race in England on February 19th, with a distance of 163 miles. He was 15 miles in front of the second placed competitor and was never seriously challenged during the race. Tout is expected to run in the same event in 1990 and reports indicate that he is likely to improve his record. Certainly he will start as race favourite.

6. David Standheven from Australia held the Sydney to Melbourne Course Record for 32 mins. He smashed the old record set by Kouros and confirmed (if any confirmation is necessary) that Australia is now producing some of the best multi-day runners in the world. Thirty-two minutes after he crossed the finishing line to a hero's reception Kouros passed the line and like last year Kouros had given the field a start of 12 hours. Standheven had beaten the handicapper however, and it was one of the outstanding runs of the year. His time for the 628 miles was 5 days 13 hours 55 mins.

7. There were a number of outstanding achievements in the Colac Six Day Race and the dual between Eleanor Adams and Sandy Barwick has already been mentioned. Whilst this was going on the eventual race winner Bryan Smith was heading towards number one spot on the Australian 6 Day Ranking List. In modern times only Kouros, Boussiquet and Mainnix had passed 600 miles in a Six Day Race - only Kouros had passed 1000 kms. Smith achieved 1002 kms and was only 21 kms short of the best mark achieved by Kouros.

8. The Sri Chinmoy Marathon Team organise a unique trio of ultra-distance races in New York every year. The events are staged simultaneously and are probably the best organised races in the world. The events are a 700 miler, a

1000 miler and a 1300 miler. The races take place on a one mile loop of a traffic free road in Flushing Meadow. Suprabha Schechter set a World Best Performance for 1000 miles with a time of 14 days 20 hours 13 mins 24 secs. This 33 year old from Washington D.C reduced the previous record - held by Sandy Barwick - by 27 minutes. Schechter displays a quiet confidence in her running and there is no doubt that she will be able to improve upon her new record in future events.

9. I have known Tony Rafferty for a number of years. I have noted with some interest some of his relatively modest performances in recent years and it was obvious that this very talented runner would rise to the right challenge. I read with interest of the 1000 mile challenge made by Pat Farmer to Rafferty and had the feeling it would prove to be a very competitive event. Rafferty is one of those self-motivated people that can never be written off and he was, at 50, in that dangerous age when there is perhaps a need to assert one's self. The event was a track race and took place in Sydney with Dave Taylor joining in the race. After about three days a couple of thunderstorms turned the grass track into glue-like mud and as Rafferty reports, *"It felt like lead weights were tied to my legs"*. Rafferty beat the younger men to set a new World Best Performance of 14 days 11 hours 59 mins 4 secs.

10. The 1300 mile race in the Sri Chinmoy trio of races mentioned earlier has been called "The Impossibility Race". It is a well deserved title as no-one before this year's race had ever completed it. This is probably one of the appeals of the race. Whatever the reason there were 10 starters attracted to the 1989 race and three of them finished within the 18 day time limit. Stefen Schlett from West Germany was third, Ian Javes from Australia was second and the eventual winner was Al Howie from the United Kingdom with a World Best Time of 17 days 8 hours 25 mins 34 secs. Howie has enjoyed a very successful year and won the Sri Chinmoy 7 Day Race earlier in the year. There are some who are uneasy about events over distances outside the "standard" distances. They should not be. There will always be some runners who want to go just that little bit further; who want to go beyond the limits of rigid thinking. Al Howie is one of these runners and the sporting world is the better for the fact that races exist that allow him to do so.

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80 miles over the rolling South Downs
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Ninth annual event; Record (1985) Martin Daykin
9 hrs 52 mins 46 secs
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AUSTRALIAN 100KM TRACK RANKINGS

- MARCH 1990 - TOP 120

| | | | | | |
|----|-------------------|--------|---------|---------------|--------------|
| 1 | Martin Thompson | V | 7-22-38 | Tipton UK | 24Oct1975 |
| 2 | George Perdon | 45 V | 7-26-14 | Olympic P | 23May1970 |
| 3 | Graeme Woods | 41 Qld | 7-28-13 | Coburg | 28Aug1988 |
| 4 | Bruce Cook | Act | 7-32-41 | Coburg | 14Sep1986 |
| 5 | Peter Tutty | 22 NSW | 7-44-27 | Auckland NZ24 | 22Aug1987 |
| 6 | Don Keysecker | NSW | 7-48-11 | Christchurch | 30Aug1980 |
| 7 | David Standeven | 37 SA | 7-48-45 | Adelaide 24 | 28Oct1989 |
| 8 | Anyce K Melham | 22 NSW | 7-50-37 | Llandilo 100 | 13Apr1980 |
| 9 | Tom Gillis | 42 NSW | 7-55-21 | Christchurch | 28Aug1982 |
| 10 | Bryan Smith | V | 8-04-53 | Coburg | 28Aug1988 |
| 11 | Frank Kelly | 35 NSW | 8-12-43 | Canberra | 10Oct1988 |
| 12 | John Breit | 38 V | 8-14-20 | Coburg 24 | 25/26Feb1989 |
| 13 | Owen Tolliday | 38 Qld | 8-15-24 | Adelaide 24 | 29Oct1988 |
| 14 | Tony Dietachmayer | V | 8-16-31 | Coburg | 28Aug1988 |
| 15 | Barry Brooks | 47 V | 8-16-55 | Coburg | 13Sep1987 |
| 16 | Max Carson | V | 8-31-47 | Coburg | 28Aug1988 |
| 17 | Brian Bloomer | 45 V | 8-33-17 | Box Hill 24 | 15Feb1986 |
| 18 | Ashley Parcell | 30 Qld | 8-37-14 | Box Hill 24 | 15Feb1986 |
| 19 | Bob Zwierlein | 25 V | 8-37-17 | Rosebud 12 | 6May1989 |
| 20 | Peter Schultz | SA | 8-38-45 | Adelaide 24 | 13Nov1982 |
| 21 | Kevin Cassidy | 28 V | 8-43-28 | Coburg 1000 | 28Aug1988 |
| 22 | Jeff Visser | V | 8-45-10 | Coburg | 10Sep1989 |
| 23 | Keith Fisher | 22 V | 8-47-32 | Auckland 24 | 22Aug1987 |
| 24 | Bill Beauchamp | 42 V | 8-48-50 | Coburg | 13Sep1987 |
| 25 | Nick Read | 36 Act | 8-54-28 | Coburg 24 | 13Feb1988 |
| 26 | Mike March | 45 TAS | 8-56-36 | Adelaide 24 | 28Oct1989 |
| 27 | Peter Gray | 24 V | 8-57-13 | Coburg 24 | 25Feb1989 |
| 28 | Ron Hill | 46 V | 8-58-05 | Coburg | 14Sep1986 |
| 29 | Brinkley Hepburn | 37 V | 8-59-22 | Coburg | 10Sep1989 |
| 30 | Cliff Young | 63 V | 9-02-52 | Adelaide 24 | 9Nov1985 |
| 31 | Bob Taggart | 42 SA | 9-03-07 | Adelaide 24 | 29Oct1988 |
| 32 | Joe Gobel | 49 V | 9-05-26 | Coburg | 15Sep1985 |
| 33 | Terry Cox | 49 V | 9-08-10 | Coburg | 14Sep1986 |
| 34 | Keith Swift | NSW | 9-09-21 | Hensley 24 | 23Feb1985 |
| 35 | Phil Lear | 39 V | 9-12-01 | Box Hill 24 | 4Feb1984 |
| 36 | Ian Javes | 44 Qld | 9-15-57 | Box Hill 24 | 28Feb1987 |
| 37 | John Champness | 47 V | 9-17-56 | Hensley 24 | 28May1988 |
| 38 | Geoff Hook | 42 V | 9-18-03 | Adelaide 24 | 1Nov1986 |
| 39 | Greg Wishart | 49 V | 9-22-53 | Coburg | 13Sep1987 |
| 40 | Joe Skrobalak | V | 9-23-09 | Coburg | 10Sep1989 |
| 41 | Alan Devine | WA | 9-23-12 | Perth 24 | 17Oct1987 |
| 42 | Geoff Kirkman | 35 SA | 9-24-04 | Adelaide 24 | 9Nov1985 |
| 43 | Bob Bruner | 45 V | 9-30-13 | Adelaide 24 | 5Nov1983 |
| 44 | Jack McKellar | 45 V | 9-30-14 | Box Hill 24 | 15Feb1986 |
| 45 | Rudy Kinshofer | SA | 9-32-12 | Adelaide 24 | 28Oct1989 |
| 46 | George Audley | 51 WA | 9-33-42 | Perth 24 | 18Oct1986 |
| 47 | Chris Stephenson | 28 NSW | 9-33-48 | Adelaide 24 | 3Nov1984 |
| 48 | Bob Hunter | QLD | 9-35-34 | Qld 24 | 1Jul1989 |
| 49 | Klaus Schnibbe | 42 V | 9-38-06 | Coburg | 15Sep1985 |
| 50 | Roy Sutcliffe | 54 SA | 9-38-30 | Adelaide 24 | 5Nov1983 |
| 51 | Maurice Taylor | 38 NSW | 9-39-39 | Box Hill 24 | 28Feb1987 |
| 52 | Peter Richardson | 23 V | 9-40-06 | Hensley 24 | 30May1987 |
| 53 | Dave Scott | 42 WA | 9-43-16 | Perth 24 | 27May1989 |
| 54 | Leif Michelsson | 45 V | 9-45-29 | Box Hill 24 | 28Feb1987 |
| 55 | Terry Pickard | 28 QLD | 9-45-37 | QLD 24 | 5Sep1987 |

AUSTRALIAN 100KM TRACK RANKINGS

cont.....

| | | | |
|-----------------------|----------------|----------------|-----------|
| 56 Alan Croxford | 43 WA 9-46-00 | Perth 24 | 16Oct1986 |
| 57 Alistair Molanus | 35 9-49-00 | Adelaide 24 | 9Nov1985 |
| 58 Graham Licht | 38 V 9-49-45 | Adelaide 24 | 1Nov1986 |
| 59 Gerry Riley | 54 V 9-49-54 | Coburg | 15Sep1985 |
| 60 Derek Quinto | ACT 9-49-57 | Canberra | 10Oct1988 |
| 61 Les Murphy | ACT 9-49-57 | Canberra | 10Oct1988 |
| 62 Sandy Buchan | QLD 9-52-06 | QLD 24 | 1Jul1989 |
| 63 Geoff Boase | V 9-52-47 | Adelaide 24 | 30Oct1987 |
| 64 Barry Allen | 30 V 9-55-29 | Coburg | 14Sep1986 |
| 65 Peter Quinn | 39 V 9-55-30 | Coburg | 10Sep1989 |
| 66 Graeme Wilkinson | 41 NSW 9-50-17 | Adelaide 24 | 30Oct1987 |
| 67 Tom Donovan | V 9-57-31 | Coburg | 28Aug1988 |
| 68 Charlie Lynn | 40 NSW 9-50-07 | Adelaide 24 | 9Nov1985 |
| 69 Joe Record | 45 WA 10-04-20 | Perth 48 | 16Oct1987 |
| 70 Ron Campbell | 44 V 10-04-24 | Coburg 24 | 13Feb1988 |
| 71 Ross Parker | WA 10-06-55 | Perth 48 | 16Oct1987 |
| 72 Graham Medill | 41 Qld10-07-34 | Qld 24 | 30Jun1989 |
| 73 Mike Whitecock | 39 V 10-08-11 | Adelaide 24 | 5Nov1983 |
| 74 Bruce Kirk | 25 V 10-10-41 | Coburg 24 | 25Feb1989 |
| 75 Gordon McKeown | 61 V 10-12-28 | Adelaide 24 | 3Nov1984 |
| 76 Ronald Smith | 44 V 10-12-40 | Rosebud 12 | 6May1989 |
| 77 Bruce Donnellv | 29 QLD10-13-24 | Campbelltown24 | 8Oct1988 |
| 78 Michael Bryce | V 10-15-41 | Adelaide 24 | 29Oct1988 |
| 79 Keith Crowie | V 10-15-59 | Coburg | 14Sep1986 |
| 80 Alan Peacock | 27 QLD10-16-05 | QLD 24 | 5Sep1987 |
| 81 Andrew Law | TAS10-17-06 | Olympic P | 19Aug1989 |
| 82 Graeme Townsend | 30 NSW10-17-16 | Hensley 24 | 28May1988 |
| 83 Geoff Nolloy | 42 V 10-17-21 | Box Hill 24 | 4Feb1984 |
| 84 James Wolstencroft | 34 V 10-17-31 | Coburg 24 | 25Feb1989 |
| 85 Bob Harden | 32 NSW10-18-05 | Adelaide 24 | 3Nov1984 |
| 86 Max Bogenhuber | 44 NSW10-19-41 | Box Hill 24 | 28Feb1987 |
| 87 Roger Stuart | 46 SA 10-22-33 | Adelaide 24 | 28Oct1989 |
| 88 Ross Martin | 56 SA 10-22-44 | Adelaide 24 | 9Nov1985 |
| 89 Mike Thompson | WA 10-24-08 | Perth 24 | 23May1988 |
| 90 James Sheridan | 26 SA 10-24-24 | Adelaide 24 | 13Nov1982 |
| 91 Alan Smith | WA 10-25-20 | Perth 12 | 27May1989 |
| 92 David Brown | 30 NSW10-26-12 | Hensley 24 | 28May1988 |
| 93 Howard Ross | 41 V 10-26-12 | Box Hill 24 | 20Feb1987 |
| 94 Gerry Hart | 47 V 10-26-29 | Coburg | 15Sep1985 |
| 95 Peter Logan | 35 V 10-26-42 | Adelaide 24 | 3Nov1984 |
| 96 John Kaparelis | V 10-27-47 | Coburg | 28Aug1988 |
| 97 Colin Donald | 29 V 10-28-13 | Box Hill 24 | 28Feb1987 |
| 98 Stuart Reid | Act10-30-51 | Canberra | 10Oct1988 |
| 99 Graham Stenner | 44 SA 10-34-25 | Olympic P | 19Aug1989 |
| 100 Hobby Young | 41 NSW10-34-45 | Hensley 24 | 28May1988 |
| 101 Trevor Harris | 42 ACT10-36-41 | Coburg 24 | 25Feb1989 |
| 102 Barry Patterson | 35 V 10-40-29 | Adelaide 24 | 3Nov1984 |
| 103 Alan Fox | SA 10-42-14 | Adelaide 24 | 5Nov1983 |
| 104 Tony Collins | 42 NSW10-43-27 | QLD 24 | 30Jun1989 |
| 105 Frank Piviano | 41 V 10-45-53 | Coburg | 15Sep1985 |
| 106 John Gummer | 40 V 10-47-03 | Box Hill 24 | 28Feb1987 |
| 107 Kevin Foreman | 45 SA 10-49-16 | Adelaide 24 | 5Nov1983 |
| 108 Peter Milne | 32 V 10-50-03 | Coburg 24 | 13Feb1988 |
| 109 Stan Miskin | 60 V 10-50-17 | Coburg | 15Sep1985 |
| 110 Tony Rafferty | 45 V 10-50-40 | Adelaide 24 | 3Nov1984 |

AUSTRALIAN 100KM TRACK RANKINGS

cont.....

| | | | | | |
|-----|----------------|-------|----------|-----------------|-----------|
| 111 | Rob Channells | NSW | 10-54-43 | Campbelltown 24 | 80Oct1988 |
| 112 | Graham Prosser | WA | 10-54-49 | Perth | 27May1989 |
| 113 | Robert Lachlan | NSW | 10-55-40 | Hensley 24 | 23Feb1985 |
| 114 | Paul Every | 23NSW | 10-56-33 | Hensley 24 | 28May1988 |
| 115 | Graeme Dunlop | 27V | 10-58-28 | Coburg | 15Sep1985 |
| 116 | Rod Martin | 44NSW | 10-59-02 | Hensley 24 | 30May1987 |
| 117 | Rob Burns | QLD | 11-01-06 | QLD 24 | 1Jul1989 |
| 118 | Terry Cox (J) | 23V | 11-02-39 | Coburg 24 | 25Feb1989 |
| 119 | Phil Pearce | WA | 11-02-41 | Perth 24 | 27May1989 |
| 120 | Max Kitto | 41SA | 11-03-52 | Adelaide 24 | 40Oct1987 |

WOMEN.....

| | | | | | | |
|----|--------------------|----|-----|----------|-----------------|-----------|
| 1 | Cynthia Cameron | 44 | V | 9-15-26 | Coburg | 14Sep1986 |
| 2 | Dawn Parris | 36 | V | 9-46-09 | Olympic P | 19Aug1989 |
| 3 | Sally Woods | | QLD | 10-20-24 | Coburg | 28Aug1988 |
| 4 | Georgina McConnell | 45 | NSW | 10-22-32 | Olympic P | 19Aug1989 |
| 5 | Margaret Smith | 49 | V | 10-30-43 | Aberfeldie 150K | 10Mar1985 |
| 6 | Trish Spain | 47 | WA | 10-39-32 | Olympic P 24 | 19Aug1989 |
| 7 | Dell Grant | 33 | QLD | 11-00-23 | QLD 24 | 5Sep1987 |
| 8 | Sandra Kerr | 43 | V | 11-30-24 | Rosebud 12 | 6May1989 |
| 9 | Helen O'Connor | 32 | SA | 11-38-12 | Adelaide 24 | 3Nov1984 |
| 10 | Sue Worley | | SA | 12-07-53 | Adelaide 24 | 1Nov1986 |
| 11 | Geraldine Riley | 22 | V | 12-08-05 | Box Hill 24 | 15Feb1986 |
| 12 | Cheryl Standeven | | SA | 12-29-15 | Adelaide 24 | 29Oct1988 |
| 13 | Kay Haarsma | | SA | 12-30-10 | Adelaide 24 | 13Nov1982 |
| 14 | Colleen Milbourne | | WA | 12-31-49 | Perth24 | 27May1989 |
| 15 | Wanda Foley | 42 | NSW | 12-36-39 | Campbelltown 24 | 80Oct1988 |
| 16 | Kim Talbot | 20 | V | 12-53-30 | Coburg 24 | 25Feb1989 |
| 17 | Bronwyn Salter | 40 | WA | 13-01-37 | Perth 24 | 28May1988 |
| 18 | Valerie Case | 51 | V | 14-06-44 | Hensley 24 | 28May1988 |
| 19 | Leonie Gordon | 40 | SA | 14-18-06 | Adelaide 24 | 3Nov1984 |
| 20 | Louis Gladwell | | NSW | 14-38-37 | Campbelltown 24 | 80Oct1988 |
| 21 | Marilyn McCarthy | 37 | SA | 14-43-07 | Adelaide 24 | 1Nov1986 |
| 22 | Helen Barnes | | SA | 14-45-59 | Adelaide 24 | 28Oct1989 |
| 23 | Val Warren | | NSW | 14-55-59 | Campbelltown 4 | 80Oct1988 |
| 24 | Merrilyn Tait | 39 | V | 15-31-54 | Coburg 24 | 25Feb1989 |
| 25 | Eileen Lush | 39 | SA | 15-42-59 | Adelaide 24 | 1Nov1986 |
| 26 | Carolyn Benson | 42 | SA | 17-47-15 | Adelaide 24 | 28Oct1989 |
| 27 | Patty Bruner | 46 | V | 18-36-33 | Adelaide 24 | 5Nov1983 |
| 28 | Elaine Guerres | | SA | 21-24-03 | Adelaide 24 | 9Nov1985 |

Ages are as on the day of the event.

Corrections and omissions to Gerry Riley, 69 Cambridge Cresc. Werribee 3030.
 However, if you find that your name is not on the ranking list where you feel it
 should be, please check with the Race Director of the race in which you achieved
 your best time or distance, to make sure that he has sent his race results to Gerry!!
 Often, it is the fault of the race director not passing on results that names are omitted.

MEMBERSHIP APPLICATION

A.U.R.A.

Application for Membership of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

I,
(Full Name of Applicant)

of
(Address)

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

become a member of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED.

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

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

I, a member of the Association
(Name)

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

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

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

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

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

Current Membership fee for 1990...

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

Please circle desired rate:

\$20.. within Aust;

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

Sea Mail (up to 7 weeks delivery)

\$26.. \$.26. \$28.. \$.28.

Air Mail (up to 1 week delivery)

\$29.. \$.33. \$36.. \$.38.

Send application and money to:

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

95.



BLAST FROM THE PAST

96. Mr. Experienced Ultra-runner giving advice to the Novice Ultra-runner. Geoff Hook (left) trying to tell Kevin Cassidy (running his first ultra in 1985) to turn right when the track actually turns left. Maybe this lousy advice was given because Geoff had just lost a great helper. Kevin used to lap-score for Geoff in all his ultras until he ran in the 1985 Coburg 100km Track Race.