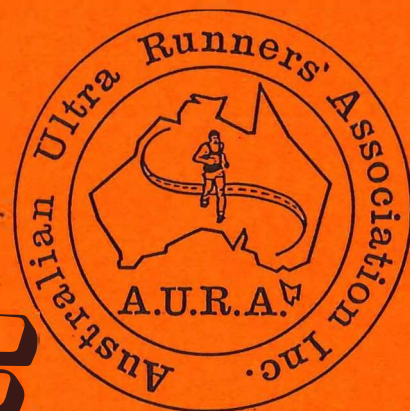




A.U.R.A. MAGAZINE



Vol 5, No.2

June 1990



THERE'S POWER IN THIS SMALL PACKAGE

David Standeven, first across the finishing line in the 1989 Westfield Sydney to Melbourne Run, shown here prior to the finish of that event. Even though the super-Greek, Yiannis Kouros was awarded the race due to his delayed start of 12 hours, David beat Yiannis by 32 minutes in crossing the finish line. David's total time of 5days13hours55minutes broke the best time for the course, but he only had that glory for 32 minutes. What a great effort David. Congratulations!!!

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

Well another Westfield has come and gone and Bryan Smith has proved himself once again to be a world class ultra-runner. Heartiest congratulations to not only Bryan, but to ALL the Westfield finishers. To make the distance in this one is to be a winner. We were delighted to find that 17 of the 20 finishers were AURA members. How come Peter Quirk slipped through our network? Some-one sign him up! He's the only Aussie who's not a member!

A list of basic Westfield results is included on page 44 of this issue but we are hoping that those who ran or crewed will give us their own personal accounts of the ordeal for our next issue. Deadlines for copy - 15th August!

As I typed up the Westfield Results, I couldn't help thinking how little our clinical analysis of times and arrival dates conveyed the real story out there on the road - the agonies, the ecstasies, the tensions within the crews, the interaction with the truckies on the CBs, the support going through the towns, the nervous breakdowns when another runner got too close, the pressure on both runners and crews to meet the various cut-off times along the way, and the intense competition for placings in the last couple of days. If you were in it, tell us about it. Please!

On a more practical note, we've expanded our AURA clothing order form to include cloth badges and vinyl car windscreen stickers, so that you can personally display to the world that you're a crazy ultra-runner. June Kerr is continuing to do a great job handling the AURA orders so send yours to her if you haven't already done so. And when you get your photograph in the local newspaper, be sure to wear your AURA gear!

Thankyou to those who have sent me articles for inclusion in this issue. We've received some crazy ones. Gordon Burrowes has ferreted out some indispensable hints on stretching which you can't possibly do without. and Pat Cooper has revealed to the world for all time, what a complete cad that Peter Armistead is.

One of our loyal members, an experienced ultra runner and a 1989 Westfield finisher, Greg Wishart did the right thing and married the lovely Lois Webster a month or so ago. And already he's sucked her into running ultras! Congratulations Greg and Lois! Great news! A truly magnificent union!

Well that's it folks. Hope you do some good ones this year. But keep us informed! Some Race Directors have been very slack in not sending us their results! Good luck and take care!

Regards,

A handwritten signature in cursive script that reads "Dot Browne".

calendar

CALENDAR

1990

- * 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 **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,

- * 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 29 **THREE LAKES RELAY (SOLO RUN)**, Lakes Ginninderra, Burley Griffin and Tuggeranong, Canberra, ACT. Enter on the morning of the run. \$10, self-help type run, instructions, directions and map supplied. 7am start, 65km, 7 hour time limit. Contact Trevor Harris, 13 Southwood Retreat, Bonython ACT 2905, phone (06)293-2461(H), (06)287-0409(W)

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

- * 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 11 **THARWA TO HALL ENDURANCE RUN (THE RUN)**, 80km, Canberra ACT, 6am start from Tharwa General Store. Very tough run, \$15 entry. Contact Trevor Harris, 13 Southwood Retreat, Bonython ACT 2905, phone (06)293-2461(H), (06)287-0409(W)
- * Aug 17 **50 MILE TRACK RACE, NSW CHAMPIONSHIP** at Bass Hill, Sydney, NSW. Bankstown Sports Athletics event. 6.30am start, \$10 entry, contact Gavin Beahan, 122 Flinders Road, Georges Hall, NSW, 2198.
- * Aug 19 **5 HOUR FUN RUN & QUEENSLAND 50KM ROAD CHAMPIONSHIP**. 7am start, University of Southern Queensland, West Street Toowoomba, 1km road loop, \$20 entry on the day. Contact Graham Medill (076)38-2023.
- * Sept 1/2 **24 HOUR TRACK RACE**, NSW, Sydney Striders event, Hensley Athletic Field, Wentworth Avenue, Pagewood, Sydney, 11am start. Contact Nobby Young P.O.Box 1000 Gladesville 2111 \$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
- * 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 **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.
- * 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 **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE**, contact Distance Runners Club of South Australia, P.O.Box 102, Goodwood, SA, 5034.
- * Oct 6 **COBB & CO TRAIL RUN + RIDE AND TIE**. Trail run 60km, 7am start. Ride and tie, 6.30 am start. \$20 entry fee. For enquiries, phone Dell Grant, (074)95-2138.
- * Oct 6/7 **PERTH TO BUNBURY, W.A. ROAD RACE**, 187km, 10am Saturday start, 30 hour cut-off at 4pm Sunday. Contact Tony Tripp (09)384-6036.

- * 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. 8am start, \$50 entry, contact Sipra Lloyd, P.O.Box 554, North Adelaide, 5006, phone (08)239-0690 (H) or (08)231-5944 (W)

- * Oct 28 **SIX HOUR TRACK RACE**, East Burwood, Victoria, Bill Sewart Athletic Track, East Burwood, entry fee \$15.00, 9am start, contact Race Director: Dot Browne, 4 Victory Street, Mitcham 3132 Vic. Entry form in this issue. Phone (03)8742501.(H)

- * Nov 3 **RAINBOW TRAIL RUN**, QLD, (beach and forest trails), 55km, Rainbow Beach, Cooloola Sands, \$20. 5:30am start. Contact Ian Javes, 25 Fortune Esp. Caboolture 4510, phone (071)95-4334.

- * Nov 11 **A.C.F. BRINDABELLA CLASSIC**, ACT, approx 50km trail run over the Brindabella mountains, just south of Canberra. 8am start, 7 hour time limit, entry \$30 or \$35 if using bus, \$40 late entry. Entries close 26/10/90. Contact Trevor Harris, 13 Southwood Retreat, Bonython, ACT 2905 phone (06)293-2461(H), (06)287-0409(W) or Barry Moore in Melbourne (03)233-6529.

- * Nov 11-17 **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, or Glenn Minter, Media Director, c/o 3CS Colac, 3250, phone (052)31-5388.

- * 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 6 **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 **50KM ROAD RACE - MANSFIELD TO MT BULLER**. New event. Entry forms available from Peter Armistead, 26 William Street Frankston 3199, ph (03)781-4305 or Dot Browne, 4 Victory Street Mitcham 3132, ph (03)874-2501.

6.

- * 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 23/24 **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 **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 **TAMWORTH 24 HOUR CHARITY RUN**, NSW, Viaduct Park, Tamworth. 10am start. Contact Dallas Earsman, Barreng Street, Tamworth 2340.
- * 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 17 **12 HOUR TRACK RACE (AUSTRALIAN CHAMPIONSHIP)**, ACT, Bruce Stadium, 400m certified, (best track in Australia) ACT Cross Country Club. Entry \$30, inc free tee-shirt. Contact Trevor Harris, 13 Southwood Retreat, Bonython, ACT 2905, phone (06)293-2461(h), (06)287-0409(W) or Derek Quinto (06)238-2309(H) (06)243-6464(W). Entries close 22/2/91 (no late entries).
- * Mar 23 **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, Leura, NSW 2780, phone (02)669-4715 for entry forms.
- * Apr 7 **100K RACE AGAINST THE CLOCK**. 8am start. Contact Ray Carroll (03)562-3312.
- * Apr **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 **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 **12 HOUR (DAWN TO DUSK) ROAD RUN**, Caboolture, Qld. 6AM start, \$20 entry fee, 1km road loop at Caboolture Show Grounds, Beerburum Road, Caboolture. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Qld., 4510, ph (071)95-4334.
- * May **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 **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 **BANANA COAST ULTRA MARATHON**, NSW, 85km, Coff's Harbour to Grafton, 6am start, contact Steel Beveridge, 20 Arrawarra Road, Mullaway, 2456, NSW.
- * May **WESTFIELD SYDNEY TO MELBOURNE RUN**, Parramatta, NSW to Doncaster Vic, 1015km, contact Charlie Lynn, c/o Westfield Run Office, suite 3, 67 Jacaranda Avenue, Bradbury NSW, 2560, phone (046)28-4820.
- * May **12/24 HOUR TRACK RACE**, WA, Perth, 1km grass track, McGillvray Oval, contact Tony Tripp, "Lakeview", Davies Road, Claremont, 6010, WA, or Ross Parker, (09)401-7797.

AURA NEWSLETTER ...

calendar

AURA MEMBERSHIP by STATES

<i>Victoria (HELP!)</i>	<i>168</i>	<i>South Australia</i>	<i>35</i>
<i>NSW</i>	<i>168</i>	<i>West. Australia</i>	<i>25</i>
<i>ACT</i>	<i>15</i>	<i>Tasmania</i>	<i>15</i>
<i>Queensland</i>	<i>47</i>	<i>N.T.</i>	<i>1</i>
<i>Overseas</i>	<i>23</i>	<i>TOTAL</i>	<i>497</i>

(We are seriously thinking of replacing Big Chris as NSW representative. He's doing too good a job of recruiting!)

AURA CLOTHING & ADVERTISING MATERIAL

We have four items of clothing available - a T-shirt, a singlet, a long-sleeved T-shirt, and a fleecy long-sleeved windcheater, crew neck, all excellent quality, solid colours and reasonable prices. The size of the logo on the gear is a 20cm diameter circle.

We also have printed cloth badges and car windscreen stickers.

Committee member, June Kerr is handling our orders, so please send your Order Form and cheques directly to her. (Cheques still payable to AURA please) Don't forget to add the indicated postage costs if you want your gear posted direct to you. Delivery time is 3-4 weeks.

Order form below. Send to: June Kerr, 108 Eastfield Road, Croydon 3136 Vic.
Telephone (03) 723 4246 (H)

AURA CLOTHING ORDERS

COSTS:	T-shirt	\$8.00	Postage	\$1.30
	L/S T-shirt	\$12.00	Postage	\$1.30
	Singlet	\$8.00	Postage	\$1.30
	Fleecy Windcheater	\$18.00	Postage	\$2.50

COLOURS: red white gold aqua grey

SIZES 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES - Black AURA logo on bright green background, overlocked, circular, standard 3" size, suitable for sewing on track-suits or windcheaters.

COST: \$2.50, no extra for postage required.

CAR WINDSCREEN STICKERS - vinyl, black AURA logo on white background, approx. 10cm (4") diameter.

COST: - \$3.00 each, no extra postage required.

.....
Kindly fill in details in BLOCK LETTERS.

NAME:.....

ADDRESS:.....

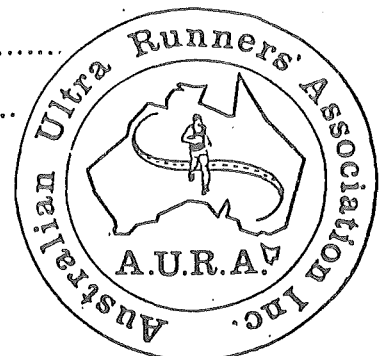
.....Post code.....

TYPE:.....

SIZE:.....COLOUR.....

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

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



COMMITTEE REPORT

ITEMS OF INTEREST

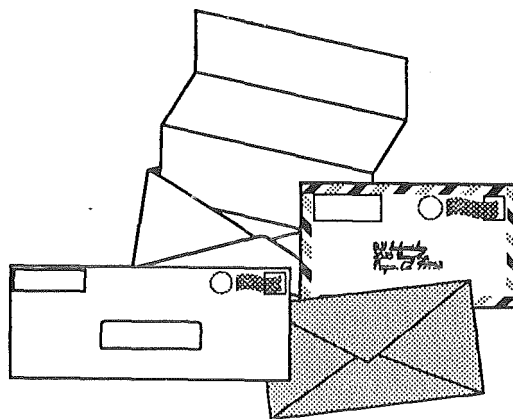
From our Recent Committee Meeting held on 9/4/1990

1. Gerry Riley will be moving to Ballarat and wants someone to act as Statistician. Col Browne has kindly volunteered. Gerry will continue in the job until all records are transferred onto computer and under Col's control. This task will take several months to complete.
 2. AURA will not be involved in age records. However, in the future, when the computer for race rankings is up and running, age ranking lists may be easy to produce and publish. Also, AURA will not be involved in ultra relay records.
 3. The design for an Achievement Award is almost complete and certificates will be issued shortly. Specifically, the achievements are 240km for men and 200km for women within an official race and 24 hour time period.
 4. AURA will be backing its first race, the well-established Bogong to Hotham trail ultra, of approximately 60km., usually held in January each year. AURA is largely responsible for the high increase in participants in this race, and the organiser, Russell Bulman, believes the backing of an Incorporated Association has become essential.
 5. We are looking into personal insurance for either our Association and its members in general or for specific races. If any member has any information or experience in this matter, we would be grateful for his/her advice.
 6. Using the AURA logo, we will be having sew-on cloth badges and sticky-back vinyl windscreen labels for sale in the near future. Also, an AURA medallion will be produced for use with record plaques, AURA-backed races. etc.
 7. Australian Track Records ratified:
 - David Standeven, 200km in 18:01:50 on 29/10/1989.
 - Dawn Parris, 200km in 23:25:40 on 20/8/1989.
 - 12 Hour distance of 117.6km on 20/8/1989.
 - 24 Hour distance of 203.650km on 20/8/1989.
 - Margaret Smith 100 miles in 16:01:33 on 21/4/1984.
 8. Documentation not yet received for record ratification:
 - Bryan Smith during the 6 Day Colac Race in Nov.'89
 - Sue Whiting during the Parramatta 50km Race in March'90.
-

"International Ultra Training "booklet edited by Andy Milroy

Since the publication of our last magazine, in which Hookie did a book review of the above training booklet, we have received 24 copies of this publication from the U.K. We have sent 12 or so to those members who have requested a copy, and still have 12 copies left, so please send a cheque for \$13.00, payable to AURA Inc. to Dot Browne, 4 Victory Street, Mitcham 3132 if you would like one. Members seem to think it's good value.

Letters to the Editor



Dear Geoff,

My letter printed in AURA May'89 told of my "Post Ultra Depression". Dot's article on the Victorian 24 Hour in the last issue (March'90) contained a sentence that said the lot. "The disappointment of failure tends to linger on for ages" It sure did.

In the Perth 24 Hour, it was only in the last hour that I moved into third place with a disappointing 184km. Then in the Perth to Albany after about 5 hours, tummy trouble. I struggled on for another 24 hours before my crew finally persuaded me to quit. A month later in the Albany Marathon, 27km. and tummy trouble again. I finished in a poor 3hours 21min.

Everybody said, "Time for a rest", so I did. Two months turned into three as I came off a horse and broke my collarbone. Three weeks of 120km. per week and the Bunbury 12 Hour. After 3 hours, tummy trouble again forced me out. Time to take stock. Should I give up ultra running? Out came my running diary and I happened to glance at the back page and my yearly distances. It stood out a mile. 1987 - 10,001km, 1988 - 7,729km, 1989 - 5783km. Less and less. I didn't need rest, I needed to get some kilometres under my belt.

So, out with the running shoes and the next five weeks saw 180, 220, 240, 250 and 250kms. per week. Then the test. Friday 13th (Good Friday), at 1300 hours, I set out on what I hope will become a 100 mile road run on the W.A.Calendar. From Albany to Mt.Barker, to Denmark and back to Albany. Any person who has visited Albany will know it's quite a hilly course.

It went like a dream. I got tired of course with only five weeks training, (I spent 62 minutes resting in the van) but was back in Albany with a 162km. run in a total time (including the rest) of 17 hours 50 minutes 40s. I was more than pleased to find out there was only one faster road time and seven faster track times in W.A.

What did it take out of me? Well, to recover, I only ran 165km for the following 2 weeks, but last week, I was back to 250km. I hope when you get the Perth 24 Hour report, (which is only a couple of weeks away), you will find that I'm back to the 200km plus.

To conclude, I hope that this letter will show other AURA readers the value of keeping a running diary and helps anyone who is going through what I did - 12 months of hell.

Running again,

George Audley (Albany WA)

Dear Dot,

I've been in the highlands of Papua New Guinea working and am only just catching with my mail. You should be congratulated on both the Association and the Newsletter, both of which seem to be going from strength to strength.

I notice that many of the reports on the 1990 Sydney to Melbourne are highlighting runners' complaints on the prize money and organisation. There is no doubt they have a valid complaint concerning prize money, however, concerning the organisation - is this an area where AURA can become more involved?

Regards,

Leigh Treleven.

Ed's note: Thanks for your letter Leigh. Although both Geoff and I and probably the other AURA committee members would love to become more involved with the Westfield organisation and give Charlie Lynn some help, the practicalities of our situations are such that we are not able to. We are all holding down full time jobs in a variety of occupations and none of us can get the time off work. Personally, I find that just keeping up with the AURA correspondence and magazine and organising the odd race myself is as much as I can handle. But thanks anyway.

I also believe that runners who criticize the Westfield organisation do not realize the organisational nightmare that Charlie Lynn and his team have on their hands. So many details to attend to, so many problems to solve, so many runners to protect, so many crew members to keep happy and all the problems which do arise are so far apart!. I organised a 206km Melbourne to Colac road race a few years ago. It gave me a small taste of the type of problems which arise in ultra road races, and I developed a healthy respect for Charlie and his crew from then on.

Dear Geoff,

Through the auspices of the AURA magazine, may I take this opportunity to convey a very big thank you to Trevor Parris and his two daughters for helping me out recently at the Rosebud 12 Hour Race. I was in somewhat of a dilemma going down there to run as I could only muster one person to crew for me, That was my wife, and of course she was totally pre-occupied with the lap-scoring and was unable to leave her post in order to prepare hot drinks and food etc. Consequently, I had decided to do these things myself and just simply put up with the time that was lost whilst off the track doing so.

At the first drink break I took, Trevor, who was looking after his wife Dawn, noticed that I had no helpers and immediately voluntarily undertook the duty upon himself, in addition to his own chores, placing all my needs and requirements on his trackside table. From that point onwards, he and his two girls looked after me as well as looking after Dawn. Even to the extent of massaging my aching legs on a couple of occasions.

The two girls were a great help in running drinks etc out to me and giving me encouragement each time I passed.

So to all concerned, my wife Eileen, the organisers, sponsors, officials and the Parris family, my sincere thanks to you for an enjoyable day.

Yours in running,

John Champness.

"Ultrarunning" Magazine liason

We are pleased to announce that we have at last formed a liason with our American counterparts, the editors of "Ultrarunning" Magazine, and they are happy to swap magazines, so this is great. Hopefully, some of your articles/letters/ results will be reproduced in their issues so that our runners will begin to receive the world-wide recognition they deserve. Ripper!!

Dear Dot,

Thanks for the recent issue of the magazine. Another excellent effort. I would like to make a suggestion that AURA start an "Ultra Runner of the Year" Award. From 1991, points could be awarded for placings in races, Australian records that get broken, and achievement goals that get set. Different sized races might have to have a different point allocation. I'm sure we could find a sponsor for the award, and it would create more interest with in the sport.

Regards,

Philip Essam (East Sale)

Ed's note: Sounds like a goer Phil! Any more comments from members on this one?

Dear Dot,

I was disappointed that there was NO report on the Campbelltown 24 Hour Race held last October. I guess because it was my first 24 hour (and the same for a number of other athletes in that race), I was looking forward to reading the race reports later on in the mag. Oh well! That's the way it goes sometimes,

Regards,

Brian Mannix.

Ed's note: I can quite understand your disappointment Brian. I just wish some of you race directors would get your act together and take the trouble to send us your results and a race report. It's just part of the job of being race director, whether you like it or not.

Surely when you send results to your participants, you can send both us and Gerry Riley a copy too!!

We save YOU heaps of advertising costs by printing your entry forms and putting your race on our calendar. The very LEAST you can do is to give us some feedback. We have received NOTHING from the race directors of the following races:

8 Hour Fun Run & 50 Mile Road Race - Q'ld (Mar'90)

Ballarat 50 Miler (Dec' 89) Thanks Peter Gray for your copy.

Adelaide to Victor Harbour - 100km Road Race (Oct'89) Thanks Peter Gray!

Bruny Island Jetty to Lighthouse 64km Road Race in Tas (Sept'89)

6/12 Hour Race - Bunbury, WA. (Mar'90)

50km Track Race, Parramatta NSW (Mar'90)

Dear Dot,

I wonder if the committee would allow the following ideas to be discussed at the A.G.M.

1. Each state outside Victoria to elect its own AURA reps., not the central committee as is the case now. If this proposal were accepted by the members, it would stop any future problems arising. At the moment, the committee could unfortunately be accused of favouritism and being undemocratic in this respect. I know this is not the case.

The added benefits of this proposal, is that state reps. will have to work harder to keep in touch with their members if they wish to be re-elected. The AURA members then have a direct say in who represents their state and can air their views through this person. This not only takes pressure off the AURA committee, but allows for new blood and ideas to come to the fore, as it were.

2. How to implement the election of state reps.:

Members in each state send a letter to the AURA secretary stating their interest in being a state rep. The names are then placed on a separate sheet of paper, which is put at the back of the last issue of the magazine before the AGM. For example, NSW members would only be aware through this method, of who was standing for that state, and so on. All that interested members have to do, is put ticks next to the 2 names of their preferred reps. and send the sheet to the person appointed by AURA's committee to supervise the election in each state. That person must not be a member standing for election in that state, or just resigned from being a rep. The results would be sent to the Secretary. However, where only two people nominate for the position of state rep., there should be no need for an election.

OR

3. Instead of the results being sent to a person resident in the state where the election is taking place, all votes are sent to the AURA secretary. This would entail a great deal of work.

I am aware that in some states, only two would nominate for state reps. where only two are needed. Sometimes, just getting one to nominate would be difficult, but then no one in the future can complain about it all being undemocratic. The members would have a choice. If they don't use it, it's their fault.

I am not standing for the position of state rep. this year, but I shall next year. I am sure Geoff will be re-elected as President.

Regards,

Tony Tripp (WA)

Dear Dot,

A few lines to let you know about the race between ultrarunners and camels and horses (!!). It will be held some time in September and the distance will be about 700kms. The course will be adjacent to the Murray River, and will start in the vicinity of Albury Wodonga and finish at Patchewollop.

Support vehicles are essential for all who take part. Those runners interested, please ring Drew Kettle, or write. His phone number is (052)334529, address "Greenslopes" Yeodene, Victoria.

Good to see you at the 100K race Dot. I can do better than 10hrs.12 min.

Congratulations to Geoff Hook on a great effort.

Bye for now,

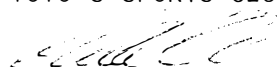
Cliff Young.

TOTOS SPORTS CLUB INTERNATIONAL

Hello Dot,

Thankyou for all your assistance at our recent 100km RACE AGAINST THE CLOCK at Olympic park, we are indebted to you for your continual support in our ventures, and we look forward to this continued alliance. Enclosed in this envelope are the details of the race including the final results and lots of other information, to incorporate in your next print of AURA. Also inclosed is an invitation to any young AURA members or offspring of your members, who may be interested in writing to our young WEST GERMAN gentleman. Whilst in Milton Keynes last feburary we meet most of the Athletes from the race at our lodgings in Newport Pagnell. We found some new and interesting friends. One West German Athlete, known to all as PETER II, Peter Samulski has a young son of about 13 years, who is interested in corresponding with any Australian teenagers, who need not be fanatics of the Ultra Distance Running world, just interested in making contact with a European who dreams one day of travel in Australia. Could I leave the details of his address with you to screen prospective penpals as I gather you know your members. Thankyou once again for your support and enthusiasm Dot, we are most grateful.

TOTO'S SPORTS CLUB INTERNATIONAL



Official Member

SUE COOK

HELLO

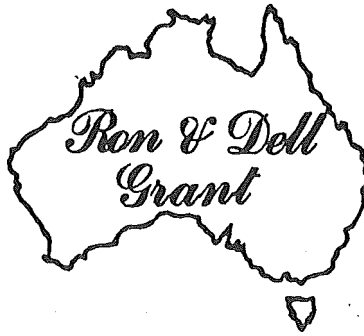
ANYONE OUT THERE OF TEENAGE YEARS EITHER MALE OF FEMALE WHO WOULD BE INTERESTED IN MAKING REGULAR CONTACT VIA A PENPAL RELATIONSHIP WITH A YOUNG WEST GERMAN GUY, PLEASE CONTACT AURA FOR ADDRESS DETAILS

ROLAND SAMULSKI

Werneueg 151

4400 MUNSTER

WEST GERMANY



53 Valley Drive,
CABOOLTURE,
QUEENSLAND,
AUSTRALIA.
4510

Phone (071) 95 2138

18th May 1990

Mrs Dot Browne
AURA
4 Victory Street
MITCHAM VIC 3132

Dear Dot, Geoff and Committee

We recently held a 12 Hour/100 Kilometre race in Caboolture on a 1 kilometre road loop at the Caboolture Show Grounds. When trying to ascertain what the Australian records were for that time/distance for men and women, Owen Tolliday and I found that very scant records were kept due to Aura's policy of only officially keeping track records. Quite a few of us here in Queensland then signed the enclosed petition, requesting that road best times and distances now be started to be compiled, printed in the magazine from time to time for the interest of runners and thus presenting them with new challenges. We realise that this procedure isn't going to come about overnight, but we feel somebody has to get the ball rolling, and the little problems can be sorted out along the way. These problems would most likely be, type of road - hilly or flat, point to point or loop, measured accurately be a surveyor or by calibrated wheel or bicycle or car. But all this can be worked out in due course.

We feel that now is a good time to put this plan into action, with the new computer making Gerry's job easier to not only process, but also retrieve the necessary information. I have enclosed a list of our Queensland records to date to show what we have done as a starter. Perhaps if each state representative sent in a similar list that would at least be a start, and more comprehensive ranking lists can be compiled as results of events are sent from this point onwards.

We don't want to do anything radical, or put the committee on its ear with worry, but I see from your draft dated March 1989 of "Definitions, Standards and Requirements" under 'Types of Ultra Races' that Road Race gets listed and then further on in point 7.0 you go on to expand how to claim a Road Championship and best performance. So you have obviously thought about making a category for road races and recording the results, but nothing more has come of it. Gerry seems to have recorded bits and pieces, as Owen got David Standeven's 100 Kilometre road best time from last year from him, but as for women, or anything in 12 hours - nothing.

In your magazine we noticed that the Milton Keynes event was billed as "the Indoor International Championship (including the British Championship) 24 Hour Track Race". But according to your draft

as quoted above, point 3.1.2 a non standard track must be in an oval configuration between 300 metres and 500 metres. We all know that Milton Keynes is nearly 900 metres inside a shopping centre, so is no a genuine oval shape. After discussing these various points amongst ourselves, we feel that you would have to agree with us that now is the time to review this and make a few changes.

We don't wish to set a precedent even, as USA has been recording track and road records and bests for some time now. You will notice in their magazine on ultrarunning that more events are being held off tracks than on. To make things simple, they list road, track and trail all together and just put 'T' for track and 't' for trail after the listing and let readers make their comparisons. I have enclosed a photo copy of this. If the procedure of compiling ranking listings becomes too complicated month by month and consumes too many pages of the AURA magazine, perhaps a booklet could be printed once a year of current listings and sold seperately to runners and race organisers. The onus then being on race organisers to check with Gerry prior to each of their events for any updating of their event.

My next point affects all race organisers I am sure, and that is the cost of hiring athletics tracks. We in banana land up here don't have much choice when it comes to venues. We like to hold quite a few events per year and are filled with enthusiasm, and new faces are lining up all the time, so we don't want to be restrictive when it comes to venues, range of events, and recognising the good performances of our runners. The only synthetic track this side of Townsville is at the QEII stadium in Brisbane, and costs \$500 per day to hire, not including lights at night. That is why we have never used it. As well as the fact that it is prior booked every Saturday. There is now moves afoot to rip it up and turn the stadium into the Broncos football headquarters (can you believe that!) and sometime build another track somewhere. There has been plans for a synthetic track for Maroochydore at the Sunshine Coast for five years now but still no action. So it may be hard for Victorians to understand our problem where athletics tracks are a dime a dozen, but you can see how hard it is obtaining 'official' venues. We have the use of the Caboolture athletics track which is cinder with a grass surface, and is a very well cared for track as well. Because of this fact we are not permitted to use it (thrash it) more than once a year so we have to save the right to use it for our big event - the 24 hour/48 hour in June. For our other events on a piece of road in the Sports Centre and the road loop at the Show Grounds it costs us the equivalent of a carton of beer per usage, but for the athletics track it is \$300 for the two days of the 48 hour. We don't want to get into the scene where we have to find a sponsor before we can put on an event due to outrageous costs. We keep everything simple and runners come for the joy of running and mixing with their friends. I might add that we as race organisers can also compete and enjoy ourselves in this atmosphere.

It seems such a shame that good performances by our runners and those interstate on road courses are not recorded, and updated, and displayed to their peers through the magazine. In the past all that has been lost, but if this situation started to turn around now, more events may be organised in other states on various and interesting courses, other than athletics tracks, for the price of a carton of beer given to the groundsman for his help. Of course more ultra runners would inevitably result in more members for AURA and a wider interest from the general public in the sport.

We have established an event in Caboolture that has really caught on amongst marathon runners and budding ultra runners - the 8 Hour Fun Run. We had dreadful rain throughout the event in March, but still had nearly 40 entrants. If fine, we could have had 50 to 60. That would have been impossible to hold on an athletics track, but is ideal on our 1 kilometre course at the Sports Centre, which can be measured just as accurately by a surveyor as any athletics track.

Dot, if possible could this letter be printed in AURA magazine as we would like any runners and race organisers interested in this matter to express their opinions also. We are looking forward to hearing the committees views in the near future.

Happy running

Jan Jones
DM Grant



A NOTE ABOUT THE MATERIAL YOU SEND IN ...

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

- (1) Please send ORIGINAL newspaper clippings. Photocopies do not print well.
- (2) No highlighter on any material please!. It stuffs up the printing process.
- (3) Send a duplicate copy of your race results to our club statistician, Gerry Riley (address in the Rankings). Otherwise your runners' performances will not feature in the Australian Rankings.
- (4) We could do with more photographs of you all, preferably taken at races (but not necessarily. Remember our sensational shot of Tony Tripp taken in the bath!) We're just curious to see what you look like!
Bruce Cook, one of our ACT members is doing a great job putting all the photographs through the screen bromide process. In layman's terms, it means converting your beautiful face to dots, so that it will print more satisfactorily. Your photographs will be returned of course.
- (5) All printed material should be of good contrast where possible. Please type letters on a good typewriter. Faint typeface doesn't copy well, nor does dot matrix printer. We would appreciate not having to double handle the material you send in.
- (6) We have facilities to be able to accept floppy disks of your articles, race reports etc. The facilities comprise Macintosh or IBM compatible. Disks will be returned after use of course, and this process will gradually reduce our necessity to re-type much of the material we use in the magazine.

Thanks a million!



QUEENSLAND BEST TIMES AND DISTANCES

<u>Men</u>			<u>Women</u>	
Event	Road	Track	Road	Track
50 KM	Owen Tolliday Caboolture Mar 90 3 - 42 - 28	Graeme Woods Coburg Aug 88 3 - 14 - 44 C	Dell Grant Caboolture Sept 89 4 - 26 - 53	Sally Woods Coburg Aug 88 4 - 30 - 45 C
50 MILE	Owen Tolliday Univ. Qld Oct 88 5 - 44 - 29 C	Graeme Woods Coburg Aug 88 5 - 43 - 50 C	Rhonda Bushby Univ. Qld Oct 83 6 - 37 - 55 C	Sally Woods Coburg Aug 88 7 - 52 - 52 C
100 KM	Peter Sullivan Caboolture Apr 89 8 - 01 - 27	Graeme Woods Coburg Aug 88 7 - 28 - 13 C	Robyn Wallace Univ Qld Jun 88 10 - 10 - 10 C	Sally Woods Coburg Aug 88 10 - 20 - 24 C
100 MILE	Graham Medill Univ Qld Jun 88 16 - 59 - 40	Owen Tolliday Adelaide Oct 88 14 - 28 - 18 C	Robyn Wallace Univ Qld Jun 88 20 - 14 - 30 C	Dell Grant Univ Qld Sept 87 20 - 10 - 43 C
200 KM	Graham Medill Univ Qld Jun 88 22 - 11 - 20 C	Owen Tolliday Adelaide Oct 88 18 - 16 - 44 C	—	—
1000 KM	Ian Javes New York Oct 89 9-2-44-33 C	—	—	—
1000 MILE	Ian Javes New York Oct 88 13 - 18 - 35 - 50 C	—	—	—
12 HOUR	Peter Sullivan Caboolture Apr 89 138.562 km	Bob Hunter Caboolture Jun 89 120.062 km C	Dell Grant Caboolture May 90 110.00 km	Dell Grant Univ Qld Sept 87 107.6 km C
24 HOUR	Graham Medill Univ Qld Jun 88 209.604 km C	Owen Tolliday Adelaide Oct 88 253.063 km C	Robin Wallace Univ Qld Jun 88 163.334 km C	Dell Grant Univ Qld Sept 87 172.001 km C
48 HOUR	Ian Javes New York Oct 89 276.806 km C	Graeme Woods Aberfeldie Jan 88 367.838 km C	—	—
6 DAY	Ian Javes New York Oct 89 782.139 km C	Lindsay Phillips Campbelltown Nov 89 525.455 km C	—	—
2000 KM	Ian Javes New York Oct 89 17 - 4 - 55 - 36 C	—	—	—
C - Denotes Certified Course				

Reply to Ian Javes/Del Grant's Motion/Letter

by Geoff Hook

- 1) AURA does not have a policy of only officially keeping track records. AURA Statistician, Gerry Riley volunteered for the work. The position has therefore neither been elected nor appointed by the committee, therefore we were not in any position to direct Gerry how or what to do. We have been grateful for what he has done.
- 2) We concentrated on track records and rankings to get them right and all guidelines approved and issued. Some road rankings are kept and these have been published already. In the course of time, these will improve and increase - there are bigger problems to overcome (rules, regulations, measurement and guidelines with road races)
- 3) When the computer is fully operational (expected later this year) the keeping of road records and rankings will become easier and is therefore expected to blossom..
- 4) We have no problem with the motion and agree with the intent. The outcome would have occurred anyway, without the motion.
- 5) Milton Keynes is under the RRC of Great Britain and therefore not under our jurisdiction . Not that we would want to have jurisdiction anyway. What they call it is their affair. Nevertheless, I have already written to Andy Milroy (IAU Statistician) on this point and received a reply. His explanations and arguments are quite plausible and he has a good case (Too complex to be reproduced here in its entirety. However, it was an INDOOR track and is therefore not comparable with outdoor track championships or road championships). We will be setting our own rules, regulations, guidelines etc. probably in line with my draft , with ammendments. I am not rushing into finalising it yet because it would seem a good idea to match the IAU rules etc, rather than for us to be radically different in some areas. I am on the IAU Technical Sub-Committee looking at the whole question of international/national rules etc. I feel it prudent to bide our time in this direction at the moment.
- 6) The emphasis on tracks is simple. They are reproducible and comparable the world over. Road courses are not. However, some road loop courses in the 1km region, accurately measured with a steel tape, may become a standard comparable road course the world over in the near future (e.g. Flushing Meadow).
- 7) No-one expects Queensland ultrarunners to miss out because they don't have access to athletic tracks for their events. However, if you want to get on the track ranking lists, or break a track record, you have to run track. Road records (best performances) and rankings will grow naturally with time.
- 8) Don't forget road marks will require a lot more work by all concerned. Courses should be measured and certified by calibrated bicycle, split times need accurate registration and recording and full results sent to the AURA Statistician. At the moment, our statistician is not being supplied with many road race results and race splits and yet receives a lot of criticism from runners who expect him to have processed results he has never received!
- 9) You can never compare results on a standard 400m athletic track to those achieved on a 1km track, due to the differences in curvature which affects performance, no matter whether the 1km course is more accurately measured than the 400m. track. I believe our current proposal regarding standard and non-standard tracks is okay. However, the 300-500m span has been contracted to 350m - 450m. (This is still only proposed).
- 10) Unfortunately, the motion was unnecessary because AURA does not have a policy of excluding road results, and rankings were going to develop with the new computer system anyway. All the motion achieved is to complicate the AGM. This matter could have been easily resolved via a letter and a reply. Members should acquaint themselves with the facts before putting up unnecessary motions.
- 11) Rankings can be built up on the computer quite easily. Runners can request race organisers or State Representatives to dig up old race results and send them to Dot Browne. Only official race results

are acceptable, not notification from individual runners. (e.g. the list of Queensland Best Times and Distances attached to the letter is not acceptable - only official race results can be used) Distances and times must be only those currently acceptable (refer Current Australian Track Rankings, elsewhere in this issue) Odd distances (or times) like the Sydney to Woolongong race (approximately 50 miles) are unacceptable. We can credit the finishers with a 50 mile time but that doesn't seem to do justice to their performances. Westfield do not produce split times or distances for their Sydney to Melbourne Race probably because it would require too much man-power. Results from uncertified courses would be acceptable initially, but future races will need certification and confirmation.

FOOD ADDITIVE NUMBER CODES

E-103 forbidden	241 suspect
104 suspect	250 blood pressure
105 forbidden	problems
110 dangerous	251 blood pressure
111 forbidden	problems
120 dangerous	252 blood pressure
121 forbidden	problems
122 suspect	311 skin rash
123 very dangerous *	312 skin rash
124 dangerous	320 cholesterol
125 forbidden	321 cholesterol
126 forbidden	330 carcinogenic
127 dangerous	330 cold sores
130 forbidden	338 digestive disorders
131 carcinogenic	339 digestive disorders
141 suspect	340 digestive disorders
142 carcinogenic	341 digestive disorders
150 suspect	407 digestive disorders
151 suspect	450 digestive disorders
152 forbidden	461 digestive disorders
153 suspect	462 digestive disorders
171 suspect	463 digestive disorders
173 suspect	465 digestive disorders
180 suspect	466 digestive disorders
181 forbidden	477 suspect
210 carcinogenic	
211 carcinogenic	
212 carcinogenic	
213 carcinogenic	
214 carcinogenic	
215 carcinogenic	
217 carcinogenic	
220 destroys Vit.B-12	
221 intestinal disorders	
222 intestinal disorders	
223 intestinal disorders	
224 intestinal disorders	
226 intestinal disorders	
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231 skin disorders	
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233 skin disorders	
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240 suspect	

* E-123 is very dangerous and prohibited in U.S.A. and the U.S.S.R.

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List of colouring and additives has been published by the Hospital Centre of Chaumont, France based upon information from the Research Centre of the Hospital of Villejuif, France.

RACE REPORTS

CAMPBELLTOWN MALL 24 HOUR TRACK RACE 28/29TH OCTOBER 1989 - BRADBURY OVAL RESULTS

Name	Distance	Name	Distance
1. Bryan SMITH	232.395km	23. Wanda FOLEY (F)	143.756km
2. Rob CHANNELS	209.146km	24. Eduardo VEGA	143.689km
3. Tony COLLINS	208.091km	25. Steven GRANT	142.430km
4. Brad BOYLE	204.717km	26. Bruce DONNELLY	134.825km
5. Bob MARDEN	190.212km	27. Marcia LEAHY (F)	133.716km
6. Bob FICKEL	187.654km	28. Peter MANNING	132.690km
7. Ralph BRISTOW	175.552km	29. Dallas EARSMAN	132.178km
8. Trevor HARRIS	172.816km	30. Nick READ	132.095km
9. Michael BOHNKE	168.622km	31. Dave TAYLOR	131.441km
10. Georgina McCONNELL (F)	167.951km	32. Peter FORD	129.306km
11. Kevin MANSELL	167.551km	33. Robyn DAVIS	126.574km
12. Keith O'CONNELL	167.372km	34. Dennis HAMS	126.000km
13. Valerie WARREN (F)	162.793km	35. Bernie FARMER	122.781km
14. Carl BARKER	162.477km	36. Shaun SCANLON	122.737km
15. Greg LOVE	162.400km	37. Dennis TOLLEY	118.959km
16. Paul MAHONY	162.400km	38. James HOLMES	105.796km
17. Brian MILLS	161.034km	39. Maurice TAYLOR	81.311km
18. Harry NEWMAN	160.456km	40. Jean-Claude MORRE	80.800km
19. Brian MANNIX	155.813km	41. Ken MURRAY	75.600km
20. Lucille GLADWELL (F)	153.411km	42. Dennis QUARREL	60.876km
21. Graham KERRUISH	151.995km	43. Mark GLADWELL	58.000km
22. Graham ALLEN	146.144km	44. Frank PEARSON	38.000km

Ed's note: Humble apologies for the late publishing of the results of this event. Results were not forwarded to AURA until 16th May 1990 - 7 months late !!!



Happy it's over, Patrick Farmer congratulates Dave Taylor in his Six Day win.
Australian 6 Day Track Championship - November 1989. Now for the Westfield 1990!!



FISHERS GHOSI
AUSSIE
6 DAY RACE
START FINISH
CAMPBELLTOWN
(046)27 1840 **tile centre**

Patrick Farmer and Dave Taylor in the final lap of the Australian Six Day Track Championship at Campbelltown, NSW, November 1989. Taylor and Farmer duelled over the closing stages with the winning margin after 6 days - a mere 11.8km!



Winners Wanda Foley and Dave Taylor in front of part of the large crowd that attended the final morning of the Australian Six Day Championship, November 1989. Both runners contested this year's Westfield Run.

ADELAIDE TO VICTOR HARBOR - 100KM ROAD RACE
 _ULTRA MARATHON & ULTRA-RELAY
 8TH OCTOBER 1989

Wasn't it a lousy day! It was good at the start, overcast, cool but not cold, little wind. But.....

Cement Hill, at the end of Brighton Road was the first sign of worse to come. For the Relay teams, this hill was at the end of the first runner's leg, and his or her legs were very tired by then. The wind had made itself obvious. Next bad sign was the strength of the wind along the Esplanade at Noarlunga and later at Aldinga. For the Relay runners, Sellicks Hill and the Esplanade and Justs Road winds were a severe drain on the third leg runners. But for the ultra-runners, the winds were a constant battle, robbing them of energy at quite a rapid rate.

All Relay teams finished the event, but out of the 7 ultra runners, three had to withdraw, and the severe wind must take much of the blame. The conditions encountered by the runners were far worse than those last year, and for each of them, their performances this year were excellent. The Distance Runners' Club offers each entrant their enthusiastic congratulations.

RESULTS:

Name	Marathon	50km	70km	100km
1. David Standeven	3.20.20	3.58.52	5.47.01	8.30.33
2. Don Cox	3.52.10	4.40.00	6.39.07	9.39.31
3. Murray Cox	3.30.00	4.01.47	6.34.20	9.48.20
4. Peter Gray	3.43.30	4.35.00	7.04.00	10.39.20
DNF:				
Paul Tracey	3.25.00	4.08.53	6.36.34	8.11.01 (80KM)
John Forner	3.34.00	4.29.30	7.27.00	
Colin Ricketts	3.52.00	4.44.20	7.33.00	

C.H.A.S.E. CARNIVAL ULTRA MARATHON - DEC 1989
 50 MILE ROAD RACE
 RESULTS

1. Safet Badic	5.53.56	9. Kevin Cassidy	7.52.47
2. Jeff Visser	6.39.41	10. Tony Power	8.06.11
3. Ron Campbell	6.55.48	11. Bryan Whitecross	8.16.03
4. Brickley Hepburn	7.07.56	12. Peter Gray	8.23.37
5. John Fokatis	7.17.32	13. A. Carlton	8.35.31
6. Colin Jerram	7.27.40	14. G. Keating	8.38.37
7. Bill Beauchamp	7.41.31	15. Sandra Kerr (1st F)	9.04.11
8. Greg Wishart	7.47.53	16. Norm Johnston	9.16.46

(Cliff Ryan retired at 40 miles - time 7.41.42)

Dear Dot,

Greg Wishart and myself ran this race only three weeks after the Colac 6 Day Race. Greg took out the trophy for the Over 50 Men. The Geelong ultra runners took out 2nd, 3rd, 4th and 12th placings, so well done Geelong! Greg Wishart, Bill Beauchamp and myself have run the CHASE 50 Miler every year since 1985. Sandra Kerr won the women's race both this year and last year.

'Bye,
Peter Gray

FRANKSTON TO PORTSEA 55KM ROAD RACE
SATURDAY 7TH APRIL, 1990
by Kevin Cassidy

It was a fairly mild morning when my girlfriend, Margaret and I arrived at the Davey Street intersection about 30 minutes before starting time. As the place was deserted, I thought that perhaps the race had been cancelled. "Well", I said to Margaret, "I'll run the course anyway and declare myself the winner". However, a short walk around the corner and I found Laurie and Jan Brimacombe. Jan is a seasoned marathoner and was fronting up for her first ultra. In a matter of minutes, runners started arriving from all directions. We all threw in \$2.00 to cover the refreshments at the finish, and by starting time, the race was boasting a record 15 starters. Many were quite vocal about the fact that President Hook was absent.

Around 8am, somebody said "GO!" and away we went. Paul Patton bolted away, and was never seen again, recording a new course record, whilst Chris Benn and Jim Wolstencroft also broke away and disappeared from view. Kon Butko and myself ran together at the front of the main bunch.

The first 20km was fairly demanding with a succession of ups and downs and two difficult hills before levelling out at about halfway. I picked up my pace a bit, and overtook Jim, who was starting to fade, but I decided that it would be foolish to chase the two runners ahead of me. The course then lead us onto the beach front for a long, flat section. Margaret gave me drinks every 5km and I felt okay, but I was having problems with the traffic. The roads were narrow, and without marshalls or a following vehicle, it became very dangerous.

The final 10km was hard work as we tackled a series of roller-coaster hills all the way to the finish. I thought I had a comfortable hold on third position, but with less than a kilometre to go, Kon appeared over the hill behind me and gave me a hell of a fright. I still finished third, but only just.

At the finish, we received a certificate and a block of chocolate. This has occurred over the last few years at the suggestion of Geoff Hook, who, as mentioned previously, was noticeably absent. One by one, the runners crossed the finish line, and a special cheer was reserved for the final finisher, Norm Johnston. Norm is a real character. During the run, he decided that his bum-bag was becoming a hindrance, so he hid it behind a road-side tree. Then on the car trip back home, we had to stop and search for Norm's bag. It was found intact.

As we left, I mentioned to Kon Butko that I would write a race report. "Well, make sure you give Hookie a bagging for not turning Up", he laughed.

Well, there you have it, Hookie. The Peninsula Road Runners are eagerly awaiting your reply. Peter Armistead may also try to explain why he wimped out despite being present at the start.

RESULTS: (Weather: fine, mild, 18 degrees, slight head-wind)

1. Paul Patton	3.42.27	8. Jan Brimacombe (F)	5.06.21
2. Chris Benn	4.11.34	9. Alan Witt	5.07.29
3. Kevin Casidy	4.32.00	10. Philip Dodin	5.08.18
4. Kon Butko	4.33.00	11. Jim Wolstencroft	5.10.05
5. Geoff Womersley	4.53.23	12. Martin Dixon	5.14.45
6. Peter Nelson	4.56.35	13. Phil Barnes	5.43.48
7. Simon Cass	5.03.14	14. Norm Johnston	6.18.22
		DNF Cliff Ryan (35km)	3.30.00

Dear Kevin,

Thank you for your lucid race report on the Frankston to Portsea race. You capture the spirit of the start so well. I'm surprised you went ahead with your bagging of me in your report after I was nice enough to put a big photograph of you in our previous issue. Maybe you were upset to have me in the photo alongside, or that it was relegated to the back page. I'm deeply offended at the bagging and if this was earlier times, a challenge would be issued (pistols, not running, because you are too good for me now) So think yourself lucky!

I also take this opportunity to correct a false statement in your report and also to explain why I didn't attend the race. I only suggested certificates, NOT chocolate. And despite what you think about me being wimpish, I believe that running a PB track 100km the next day was a reasonable excuse for not turning up for a Frankston to Portsea the day before.

Your faithful and obedient servant,

Hookie. §

AURA CLOTH BADGES AND VINYL CAR STICKERS NOW AVAILABLE!!

After several requests from members, we now have available AURA 3" cloth badges, suitable for sewing on to track suits, windcheaters etc. Price \$2.50.

Also, if you want to advertise the fact that you are one of an exclusive breed - an ultrarunner, consider purchasing a white vinyl car windscreen sticker advertising our club, price \$3.00

Both these new items are available from June Kerr. Fill out the normal order form.

W.S. Nagy
7 Sorlie Place
CHAPMAN. ACT. 2611.

23 Apr, 1990.

Dear Dot,

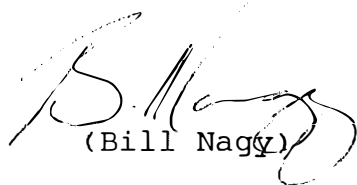
Please find enclosed a personal account of my participation in Canberra's inaugural 12 Hour Track Race which was held on Sunday 25 February 1990 at the Woden Park Athletic Track in Canberra.

I would like to publicly record my appreciation of the excellent job done by Trevor Harris in organising this event and for his personal encouragement to me and others both prior to and during the race. I would also like to thank the band of assistant race organisers and the many "behind the scenes" workers. A special thanks to my crew who were also first timers and to the two local sponsors who so generously supported the event.

No report of this event would be complete without mention of the particularly gutsy effort put in by Lorraine Harris who walked for 12 hours and achieved the creditable distance of 42.980 km.

To those of you who missed the event all I can say is put this one on your calendar for next year. I have it on good authority that this event is to become Australia's 12 Hour Track Championship and is to be run on a synthetic surface in Canberra next year.

Yours in running,


(Bill Nagy)



CANBERRA'S INAUGURAL 12 HR TRACK RACE

OR

MY FIRST TIME

Sunday 25th February 1990 dawned grey and threatening. 5.30am and not so much as a hint of sunlight; not entirely unusual for Canberra at this time of the year. For once however, despite it being a weekend, I was more than a little excited at the prospect of facing a potentially drab and overcast day in Canberra for it was today that I was going to attempt to do something that I had never done before - to run around a 400 m track for twelve consecutive hours. Time for a quick shower and the obligatory stretching.

6am and still no discernible change in the weather outlook - good! I remembered that yesterday had started out in much the same way and that when the sun finally did break through in the afternoon the temperature and humidity had combined to make conditions almost unbearable. I nervously gulped down a light breakfast much the same as I had in preparation for other early morning starts. Some inner sense kept telling me that 12 hours was a long time and surely the sensible approach was to start the race with a full tank (stomach). None of my previous reading had helped to resolve this basic issue; opinions certainly varied; why couldn't the experts agree; how are we novices expected to work it out! No time to quibble over such issues I thought as I fiddled for the tenth time with the clothes I had laid out for myself the night before; and in the end, would it really matter. I guess I was about to find out. Time to get my trusty support crew (family) out of bed and run another check of what seemed an endless list of things which still had to be packed for the day's activities.

6.25am I know now that I'm going to be late at the start. Next time I'll organise things better. It seems that no matter how much preparation is done the night before there is never enough time on race morning to finish things off. I guess you know the feeling. Time for another and hopefully final trip to the great porcelain god of all runners; at least I'll have a few minutes for some essential contemplation. What of race strategy? Isn't it too late to be considering such fundamentals. Suddenly I realised that I hadn't even set my self an objective or target distance for the race. Should I simply aim to survive and finish or should I push for something more respectable. Quickly I decide that my priorities will be survival first and respectability second and above all else to beat Big Chris and Derek Quinto at any cost.

At last the cars are packed, or are they! Ever had the gnawing feeling that you have forgotten something important? At last we are finally on the road and heading for the race venue. Suddenly I realise that all the previous nervousness has now passed, the brain has occupied itself with a new set of issues and has switched off to all the stress related inputs it was receiving just minutes earlier. Clever thing the brain.

Just as I begin to relax and savour my new found feeling of contentment, I realise that I have just run a red light and that I'm going to be horribly late at the start if I ever get there at all. A knot has appeared in my stomach - that feeling of nervousness is with me again.

6.40am and we've arrived at Woden Park Athletic Track, 20 minutes behind schedule; I hope this is not an omen! Surely the rest of the day will be better. Frenzied activity all round the track; everyone is busy and has no time to chat. I find a clear spot and park the car. Suddenly it dawns on me that this is the moment of truth; now there is no turning back. Good - that's one major obstacle out of the way but I recall that there are many more to come. No time to relax yet, there is so much yet to be done. I bark directions at my crew, why is it that they don't seem to know what has to be done. Didn't we rehearse putting up the tent in the back yard yesterday. Of course I suddenly remember, neither I or my sleepy band of workers have done anything like this before. I remind myself to take it easy, I certainly don't want to get them off side at this early stage of proceedings. I had a faint suspicion that I was going to need their understanding and support later in the day and didn't that prove to be an understatement!

There seemed hardly enough time to organise the myriad of things which had yet to be done when I heard the fateful announcement "all competitors are to report to the starter". For a brief moment my mind went blank - probably in fear - but my years of military training took control of the situation and like a good soldier obeying orders my body began moving to the start line. Pretty soon my mind also followed. Things became clearer. Gone were the doubts about adequacy of preparation and training etc. No longer was I concerned about the experience level of my support crew. They were clever enough to work it out, they too would survive. A quick glance around me at the start line revealed some familiar faces. I immediately felt relieved. Are there any races that MM and Big Chris don't support? And yes over there was Wanda Foley too. The customary hand shakes and wishes of good luck were appropriately completed. The count down had begun, and in what seemed like an instant we were off.

In the midst of the confusion I hadn't even bothered to set my watch. What the heck, there was a big one

permanently stationed at the start/finish line. Besides, I'd already managed to cock up so many other things prior to the start of the race that this was accepted as just another item on the list. The mood was at first jovial, Big Chris and Derek Quinto were in good form. Many challenges and counter challenges echoed around the track as the competitors struggled to assert their ascendancy. My training partner, Trevor Harris took off like a scalded rabbit despite earlier assurances that he was going to treat this run just like any other "training run". I found out later that his aim was to burn off the big fella (Chris) who we knew couldn't help but to take up the challenge. Bruce Cook started exactly as expected, fast, with local runner Trevor Jacobs in hot pursuit. Though Bruce eventually pulled out before the finish, Trevor went on to finish but paid for his early pace later in the race.

The initial light hearted atmosphere gradually gave way to a more serious approach as all runners got down to the real business of the day. As the day lengthened, the form runners came to the fore. Despite the protestations of a few, the weather during the run proved to be near ideal; about one hour of sunlight in all. Had it been a repeat of the day before, I have no doubt that many would not have finished. In fairness I would have to say that I never had a moment of boredom during the 12 hours of the race particularly after I found out at about the 5 hour mark that two young attractive female physios had set up shop just off the track to support the runners. Unfortunately my several trips to visit the two girls eventually proved to be my downfall costing me more time off the track than I had bargained for. Unknown to me at the time was the fact that Derek Quinto a (local) mortal adversary had actually paid the two girls a substantial sum of money to attract my attention from the task at hand. Another who fell victim to the attractive pair was dirty Dave Taylor. In fact Dave's prolonged absences from the field, in the hands of the attractive girls, were of such duration that race organisers were moved to conduct a separate inquiry into this matter at the conclusion of the race.

I couldn't help but be impressed by many things during the race. The organisation of the race particularly as a first time event in Canberra, was outstanding. Trevor Jacobs also a first time runner in this type of event ran a superb race as was evidenced by his result. Peter Gray is displaying great form as did Derek Quinto, MM, Big Chris and Wanda Foley.

A heartfelt thanks to Henry the chiropractor who kept me going when the 'flesh got weak' and a special debt of gratitude to my support crew who still can't understand why normal people would want to do such things to their bodies. To my wife Wendy, sons Bradley and Rhys and old time friend Greg White a thousand thanks.

I can still recall a conversation with Derek Quinto over the final laps of the race as we ran together. I seem to remember that we both vowed that we wouldn't do this again in a big hurry and that a 24 hr race was definitely out of the question - no way! Well the aches and pain soon passed while the euphoria of finishing has remained. I have a suspicion that Derek and I will both be back again next year and perhaps that 24 hr run is not entirely out of the question either.

Finally, well done Trevor Harris and your band of willing workers. This race has the potential to develop into the best of its kind and is deserving of our support.

Well that is the story of my first time and the first time for Canberra. To those veterans out there I guess this all sounds a bit familiar, to me it was special.

Regards

Bill Nagy

Note: Results for this race were published in our previous issue. (Vol.5 No.1)

P.S. I understand that the race organisers are still awaiting a ruling from AURA regarding the legality of Derek Quinto's run in the race. Video evidence produced by that infamous personality of track and trail - Big Chris, indicates that Derek was accompanied by his loyal pooch for at least a third of the race and officials fear that this may well constitute a form of pacing. Understandably Derek was rather tight lipped about the incident after the race and has refused to make any public statement about the allegations until he has had an opportunity to study the evidence. Derek's dog was taken into custody by race organisers at the conclusion of the race and I understand was to be subjected to a urine test. Incidentally the dog showed better form than Derek throughout the race and one wonders why the dog wasn't officially entered in the race as it is a definite medal prospect. More on this later!

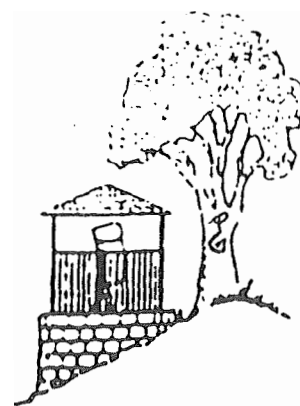
The Blue Mountains Six Foot Track Marathon

Katoomba to Jenolan Caves

AUSTRALIA'S PREMIER MOUNTAIN RUN

Six Foot Track Marathon
P.O. Box 65.
Leura, N.S.W. 2780
Race Organiser:
Ian Hutchison, J.P.

04/05/90



Dear Six Foot Tracker,

Congratulations on completing the 1990 Blue Mountains Six Foot Marathon, one of the most challenging marathons.

This year's 7th annual event attracted 242 starters of which 226 finished! (16 slim hipped purse carriers with pulled heart muscles didn't make it). We also had four buckles presented, we hope to present more next year !!

Temperatures were in the vicinity of 17-22 degrees and the Cocks River was down - hence no swim, sorry to all the tri's.

Special thanks must go to the 14 Blue Mountains Volunteer Bush Fire Brigade Units for their wonderful support during the run!

Thanks must go also to Caves House for their assistance and hospitality.

For accommodation for next year's run.

Caves House, Jenolan Caves NSW 2790 phone 008 027927 (be quick)

Hampton Hotel/ Motel - Caves Road phone 063 593302

Forest Lodge - phone 063 356267

Binda Cabins - Caves Road, Kiara Hill (book thru Caves House)

Yours in health,

Ian Hutchison
Race Organiser
H (047) 843 266

Chris Stephenson
Race Secretary

Copy deadline
for next issue
-15th August!



The Blue Mountains Six Foot Track Marathon

24/3/1990 Katoomba to Jenolan Caves 24/3/1990

No	RUNNER		X	FINISH	No	RUNNER		X	FINISH
==	=====		=	=====	==	=====		=	=====
1	PAUL	WOODHOUSE	M	3,41.31	56	ROBERT	RAINBOW	M	4,54.48
2	ROGER	HARDY	M	3,47.49	57	ROBERT	HARDY	M	4,55.35
3	GREG	LOVE	M	3,48.25	58	JONATHAN	HICKS	M	4,56.32
4	TERRY	CHRISTIAN	M	3,59.24	59	ERIC	HIGGINS	M	4,56.34
5	WARWICK	SELBY	M	4,02.17	60	HELEN	CHARTERS	F	4,58.36
6	BILL	LLOYD	M	4,03.09	61	HARVEY	DARLOW	M	4,57.03
7	PETER	ARMISTEAD	M	4,08.00	62	GRAY	DREVER	M	4,57.13
8	MAX	BOGENHUBER	M	4,07.59	63	LEN	DON	M	4,57.29
9	ANDREW	HICKS	M	4,13.06	64	GEORGE	BICZO	M	4,57.23
10	DOUG	EDWARDS	M	4,17.09	65	DEBBIE	WHITTON	F	4,57.59
11	MAURICE	QUINN	M	4,17.12	66	DAVID	JENKINS	M	4,58.33
12	GEOFF	HOOK	M	4,18.02	67	CHRIS	GUY	M	5,00.05
13	PRACHAR	STEGEMANN	M	4,19.41	68	RICHARD	TWISS	M	5,02.06
14	PAUL	MAHONY	M	4,19.44	69	DEREK	QUINTO	M	5,02.34
15	TERRY	STRACHAN	M	4,20.03	70	SUE	DREVERMAN	F	5,03.03
16	OLIVER	WILLIAMS	M	4,20.15	71	PHILIP	JAMIESON	M	5,04.01
17	NOVAK	THOMPSON	M	4,22.39	72	CREESE	SYRED	M	5,05.18
18	JOHN	WORSWICK	M	4,24.22	73	WAYNE	CLARKE	M	5,05.48
19	CARL	BARKER	M	4,27.51	74	JOHN	MCGOVERN	M	5,08.04
20	JAMES	WHARTON	M	4,28.11	75	TOM	MORROW	M	5,06.05
21	RICHARD	BILEWICZ	M	4,29.40	76	NGAIRE	BRUCE	F	5,08.17
22	STEPHEN	MONTGOMERY	M	4,30.15	77	ANDREW	WEST	M	5,06.54
23	BILL	ARNOLD	M	4,30.42	78	PETER	BURKE	M	5,06.55
24	BARRY	COATES	M	4,30.46	79	COLIN	SMYTH	M	5,07.46
25	SEAN	CUNNINGHAM	M	4,31.40	80	JOHN	IRVINE	M	5,08.08
26	ALAN	PEACOCK	M	4,33.56	81	ALEX	PAYNE	M	5,09.07
27	MARK	BRISBY	M	4,34.40	82	KEITH	MOBBS	M	5,08.50
28	GREG	BURTON	M	4,34.41	83	MALCOLM	EDGAR	M	5,10.54
29	BOB	DARBY	M	4,34.49	84	BOB	FICKEL	M	5,13.08
30	BRUCE	HARGREAVES	M	4,34.58	85	IAN	CLARKE	M	5,13.26
31	SARINA	BAKER	F	4,35.27	86	GREG	BYRNE	M	5,13.41
32	PETER	GOONPAN	M	4,35.28	87	BRUCE	COOK	M	5,14.32
33	PETER	MALINOWSKI	M	4,38.04	88	GRAHAME	MURPHY	M	5,15.11
34	JOHN	HART	M	4,39.07	89	TONY	RE	M	5,15.50
35	ALLAN	WHITHAM	M	4,39.34	90	RICHARD	VALLACK	M	5,18.17
36	BARRY	WHITTON	M	4,41.34	91	RAY	DEAN	M	5,18.34
37	SUE	WHITING	F	4,41.44	92	PETER	OWEN	M	5,19.38
38	GORDON	MCDUGAL	M	4,42.28	93	MARK	FOLEY	M	5,19.59
39	PHIL	MEZZINO	M	4,42.54	94	PAT	ENGLISH	M	5,20.16
40	MARK	ALEXANDER	M	4,44.10	95	PAUL	RUSSELL	M	5,21.41
41	BILL	NAGY	M	4,44.34	96	TERRY	ROSE	M	5,23.52
42	PETER	BARNES	M	4,45.14	97	JOHN	TROTTER	M	5,24.51
43	GARY	KNIGHT	M	4,48.03	98	JOHN	HAMILTON	M	5,25.14
44	KERRY	DOWLING	M	4,46.58	99	ALISON	CARPENTER	F	5,25.27
45	STEPHEN	SCHEFFLER	M	4,48.10	100	STEEL	BEVERIDGE	M	5,25.38
46	JOHN	FITZMAURICE	M	4,48.12	101	JOHN	TURNER	M	5,25.47
47	ROSS	SHILSTON	M	4,48.23	102	BILL	RANNARD	M	5,25.59
48	BRUCE	DRISCOLL	M	4,49.14	103	WARREN	BROADBENT	M	5,26.48
49	STEPHEN	JACKSON	M	4,49.37	104	KEITH	O'CONNELL	M	5,27.03
50	GARY	LEAHEY	M	4,49.55	105	JOHN	SHEPHERD	M	5,27.44
51	DANIEL	HATCHETT	M	4,51.27	106	BOB	WILLIAMSON	M	5,29.23
52	RUPERT	AGNEW	M	4,52.34	107	TREVOR	HARRIS	M	5,30.33
53	GRAEME	SHIPLEY	M	4,52.40	108	HARRY	PERRY	M	5,31.04
54	ROBIN	ANDERSON	M	4,52.54	109	BOB	WEBBER	M	5,33.54
55	MIKE	WARD	M	4,54.38	110	JOHN	BYRNES	M	5,35.50

The Blue Mountains Six Foot Track Marathon

Katoomba to Jenolan Caves

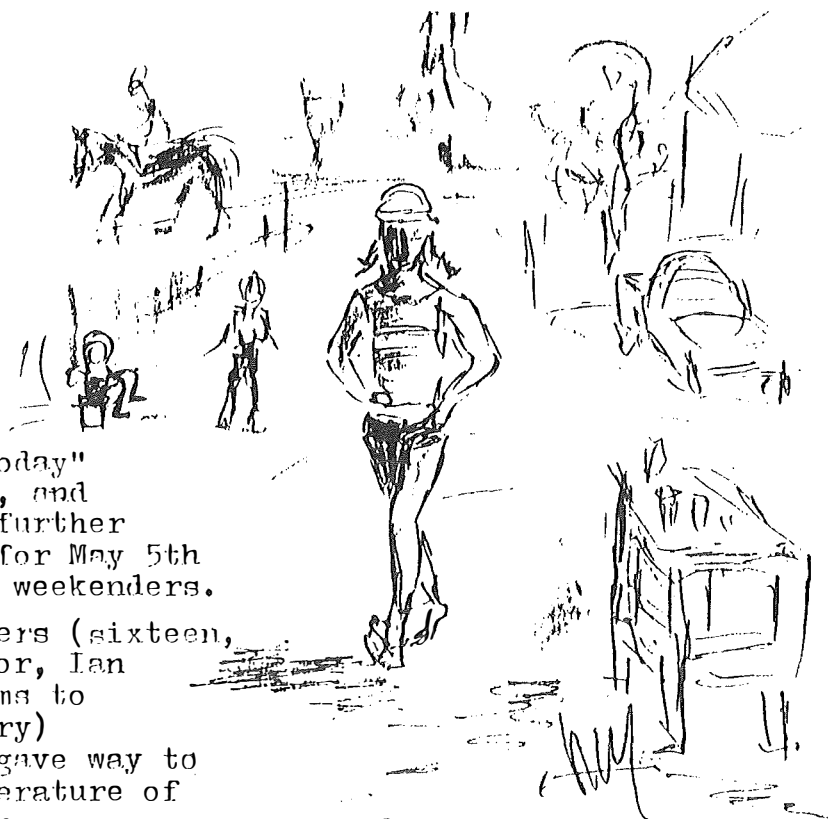
No	RUNNER	X	FINISH
===	=====	=	=====
111	MARK LONDON	M	5,35.50
112	STEVEN FRANCKEN	M	5,35.57
113	RAY CLARKE	M	5,36.23
114	ALF FIELD	M	5,37.12
115	TONY CROSBY	M	5,37.12
116	PAUL EISENHUTH	M	5,37.45
117	DAVE GIRVAN	M	5,38.08
118	JOHN FLANAGAN	M	5,39.00
119	LLOYD VENABLES	M	5,39.08
120	PRISCILL COATES	F	5,39.13
121	JOHN McINTOSH	M	5,39.29
122	SIMAHIN PIERCE	M	5,39.40
123	TREVOR HAMILTON	M	5,39.54
124	JOHN SIMON	M	5,40.49
125	DOT BROWNE	F	5,41.07
126	TONY BRIGGENSHAW	M	5,41.45
127	HARRY NEWMAN	M	5,41.50
128	DENIS ROBERTSON	M	5,41.51
129	JOHN MELNYCZENKO	M	5,42.15
130	ANIMESH HARRINGTON	M	5,42.25
131	ANDREW CALDER	M	5,42.35
132	IAN WHITFIELD	M	5,44.39
133	COLIN O'BRIEN	M	5,45.34
134	DAVE McMAHON	M	5,45.55
135	MIKE THORPE	M	5,46.10
136	GREG REYD	M	5,47.02
137	WARWICK LACEY	M	5,47.57
138	PETER CARTMELL	M	5,48.00
139	PATRICK AUSTIN	M	5,49.04
140	ROB WEBB	M	5,50.21
141	ROBERT JACKSON	M	5,50.40
142	WARREN HARDY	M	5,51.46
143	GRAEME SKELTON	M	5,53.26
144	JENNY COLLINS	F	5,55.25
145	ANGELA DEAKIN	F	5,55.29
146	MICHAEL GREEN	M	5,56.08
147	KATHY GREEN	F	5,56.08
148	GARY PATTRICK	M	5,56.16
149	GEORGE IRWIN	M	5,58.20
150	PETER TILNEY	M	5,58.32
151	ROY TOOLE	M	5,58.46
152	RON WIGGER	M	5,58.46
153	COLIN BROWNE	M	5,59.15
154	GRAHAME KERRUISH	M	5,59.28
155	PETER JANOVSKY	M	5,59.30
156	ROBERT DREW	M	6,00.32
157	SUE HILL	F	6,02.14
158	JIM SYDNEY	M	6,02.43
159	KEVIN O'KANE	M	6,04.47
160	LEMMY MOORE	M	6,04.49
161	TOMMY HILL	M	6,04.54
162	FELIX STAUB	M	6,04.56
163	JOAN EISENHUTH	F	6,05.00
164	WANDA FOLEY	M	6,10.00
165	ERNIE HATTON	M	6,10.01

No	RUNNER	X	FINISH
===	=====	=	=====
166	ALLAN HEATH	M	6,14.20
167	ROBERT SINMS	M	6,14.21
168	JEFF NEWAY	M	6,15.13
169	ADRIAN BLAKE	M	6,16.33
170	JOHN AYLIFFE	M	6,16.39
171	BRUCE MURRAY	M	6,16.45
172	RITCHIE VENN	M	6,17.29
173	TED LILLIS	M	6,18.10
174	BILL KEATS	M	6,20.49
175	IAIN DOW	M	6,23.19
176	BRIAN WALKER	M	6,23.20
177	DENNIS BEDFORD	M	6,23.23
178	DAVE KENNEDY	M	6,23.24
179	FRED NAYLOR	M	6,24.21
180	ROBERT STOREY	M	6,24.23
181	ALAN O'TOOLE	M	6,25.07
182	MICHAEL RILEY	M	6,25.07
183	BRIAN TYDEMAN	M	6,27.27
184	BARBARA ALLEN	F	6,28.21
185	PETER ALLEN	M	6,28.22
186	CLIVE WENNERBOM	M	6,28.45
187	JOHN LITTLETON	M	6,29.16
188	BRIAN TAILFORD	M	6,29.33
189	MARK WARREN	M	6,31.59
190	LEN CLARK	M	6,34.58
191	HARRY DEAKIN	M	6,36.20
192	MARILYN KINCHIN	F	6,37.16
193	BRENDA HAMILL	F	6,38.21
194	ALEX HAMILL	M	6,38.22
195	IRWIN LIGHT	M	6,38.22
196	BARBARA BLAKE	F	6,40.42
197	NOEL VAUGHAN	M	6,43.04
198	MARGARET VAUGHAN	F	6,43.04
199	DOMINIC BOIDIN	M	6,45.20
200	BENEDICT BOIDIN	M	6,45.20
201	DAMIEN BOIDIN	M	6,45.21
202	KEITH GILLIES	M	6,50.35
203	MICHAEL HODGSON	M	6,51.56
204	BERT GRIFFIN	M	6,51.57
205	MICK LONG	M	6,52.05
206	GARY AULD	M	6,52.06
207	RON DYER	M	6,52.26
208	JOHN BRETT	M	6,53.07
209	LYN CRIBB	F	6,54.13
210	RODNEY ROODS	M	6,54.15
211	PAT COOPER	F	6,56.28
212	TONY KRANTZCKE	M	6,56.35
213	DICK CAMPBELL	M	6,56.42
214	DEREK BAMBRICK	M	6,58.42
215	NIGEL KINGSMILL	M	7,01.18
216	PETER SMITH	M	7,07.42
217	IAN HUTCHISON	M	7,08.27
218	CHRIS STEPHENSON	M	7,08.27
219	BRYCE COURTENAY	M	7,09.23
220	PAUL ALLEN	M	7,10.33

DAWN TO DUSK

Q.M. R.R.C.
(Ultra Division)

CABOOLTURE Qld.



"The weather-man says fair today" as Buddy Holly fans remember, and indeed the weather-man went further and predicted 'fine to hot' for May 5th delighting thousands of long weekenders.

But not so the fifteen starters (sixteen, if you count the race director, Ian Javes, who retired after 50kms to avoid aggravation of an injury) for whom the cool dawn soon gave way to clear blue skies with a temperature of 28° for most of the afternoon.

In spite of these conditions three runners performed superbly --

Owen Tolliday completed the 100 km in 8.28.38 to become the Queensland Road Champion, while Bob Burns (112.433) just managed to stay ahead of the incredible Dell Grant who, with 110km, improved by 22km on her only other 12 hour event.

The heat of the afternoon reduced most to longer periods of walking than usual though three entrants chose this method -- John Peterson at the age of 75 race-walked nearly 77.5 km while Leah Hudson and Wendy Miller-Creurer actually looked as though they enjoyed their twelve-hour stroll resulting in 60 km. My personal new ultra experience was the development of painful heat cramps, and, with the evaporation of sweat, strange encrustations of sodium chloride on the legs. Next time I'll take Ron Grant's wise advice on running in the heat....

Lasting memories will be of Dell's cheerful consistent running with pigtailed bobbing, and Owen's intense concentration. The current Queensland record of 8.1.27 for 100 km set by Peter Sullivan (1989) looked in danger but for the development of a groin-strain mid event.

The course itself had some variation in surface, basically bitumen with some gravel (curse of the open toe shoe wearer) and a choice of turn-around, each accurately measured so that faster runners could swing out on a semi-circle of grass instead of the sharper turn around a marker for those staying on the road surface. Being a Showgrounds venue various activities were taking place including some leisurely equestrian schooling -- I'm sure those horses thought were all mad!

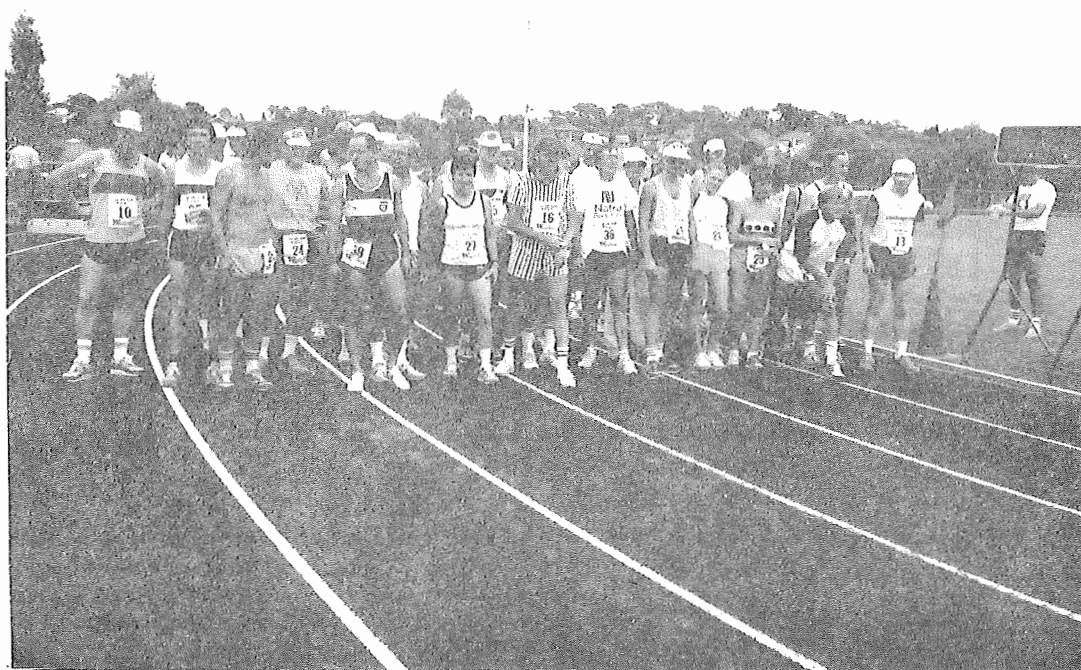
The next ultra event is the Big One -- Australia's only 48 hour championship beginning on June 22nd, with the 24 hour starting next day on the 23rd. The reverse of this 12 hour event takes place on September 8/9 when the Dusk to Dawn will be held.

Vae Cere

QUEENSLAND MARATHON & ROAD RUNNERS CLUB

12 HOUR RUN AND 100 KM. ROAD CHAMPIONSHIP

Caboolture		1 km. Road Circuit		5th May 1990		
Place	Name	50 km	50 Mile	100 km	Final Distance	D.O.B.
1	Burns, Bob	4.33.33	8.05.59	10.30.02	112.433	12.6.43
2 (F1)	Grant Dell	4.52.19	8.19.54	10.43.30	110.000	7.11.53
3	Walker Graeme	4.43.30	9.45.00		97.377	9.4.48
4	Lewis Stephen	6.04.54	10.09.33		94.377	14.12.58
5	Chatterton Ray	5.57.24	10.46.41		89.358	30.12.48
6	Whittaker Peter	5.08.42	9.55.10		84.000	13.4.59
7	Meiers Michael	4.59.41	11.16.43		81.000	11.3.64
8	Chalmers Bruce	6.22.42	8.55.28		81.000	14.9.52
9	Brown Dave	4.33.44			80.467	14.3.57
10	Petersen John	6.56.10			77.470	19.7.16
11 (F2)	Case Val	6.43.03			75.000	25.1.37
12 (F3)	Lewis Daine	8.10.42			65.000	25.2.57
13 (F4)	Hudson Leah	9.41.00			60.000	15.10.50
13 (F4)	Miller-Creurer Wendy	9.41.00			60.000	3.2.50
100 Kilometre Road Championship		1. Tolliday, Owen				
		3.45.54	6.34.05	8Hrs 28 Min. 38 Sec.		10.10.49



THE CALM BEFORE THE ONSET OF PAIN!
 The line-up at the start of Dot's 24 Hour Track Race on 10th/11th March, 1990
 - see report and results, previous issue.

TAMWORTH 24 HOUR CHARITY RUN

24/25TH MARCH 1990

VIADUCT PARK, TAMWORTH NSW

No	Name	Marathon	50Miles	100Miles	Total
1.	Robert BURNS	4.13.33	8.31.18	19.27.02	194.819km.
2.	Robert CHANNELLS	3.51.55	8.03.42	18.41.16	179.576km
3.	Martin HANNEMANN	4.24.53	9.03.12		167.240km
4.	Ken MURRAY	5.52.23	13.08.28		142.465km
5.	Dallas EARSMAN	4.37.10	10.46.50		135.644km
6.	Darryl KLUMP		13.20.29		129.043km
7.	Dennis HAMS	6.21.59			122.026km
8.	Brian DUFFY	5.28.20	13.07.02		120.269km
9.	Steve LEWIS	4.13.41	8.59.14		120.000km
10.	Anthony LITTLE	4.49.30	11.00.25		120.000km
11.	Robin GUNNING		12.51.49		119.588km
12.	Ron CLISSOLD	4.22.56	9.09.15		110.809km
13.	David TAYLOR	4.25.38	17.18.44		106.038km
14.	Ian JAVES	3.49.56	8.42.24		105.200km
15.	Lesley FILMER				91.438km
16.	Daniel GREEN	5.03.09	11.15.12		87.043km
17.	Kelly HUMPHRIES	4.47.03	10.50.05		82.000km
18.	John HENDERSON				78.801km
19.	Dennis PARKER				61.432km

Dallas Earsman.

Blisters could not stop 'amazing' run

By **MURRAY HARTIN**

Brisbane's Robert Burns battled blisters, a desire to quit and the Viaduct Park athletics track to win the Tamworth 24 Hour Charity Run.

Burns covered 194.9km in a marvelous effort to finish 15km ahead of Robert Channels — but late on Saturday night things looked grim.

The race began at 10am on Saturday and Burns said he had to go through the "twelfth hour" syndrome.

"In these types of races it's around about the twelfth hour that gets to you," Burns said.

"You get uppers and downers and I wasn't feeling good at the twelfth."

Sports medical attendant Dave Russell was amazed to find Burns out on the track when he returned to Viaduct Park yesterday morning.

"He hobbled over to us at about 2am and he had bad blisters," Russell said.

"I thought he wouldn't be able to go on.

"But it was incredible, I got back here and he was leading, these people are just amazing."



Sports Medicine

Common Sports Injuries and their Management

Sports injuries are classified into three categories - extrinsic, intrinsic and overuse. Here we look at intrinsic injuries, which includes a wide range of muscle tears, muscle strains, tendon and ligament tears and sprains. Thanks to the Australian Institute of Sport.

Hamstring Tear -

With a strain, or partial tear, an acute force pulls the muscle apart as it is trying to contract. This produces a local bleeding into or around the area of muscle injured and this then sets up an immediate pain and spasm of that section of muscle. Unfortunately muscle does not regrow, it scars instead. Because the muscle scars, one is left with muscle shortening and the muscle is set for chronic recurrent muscle strains.

The management of hamstring injury depends on immediately stopping the bleeding with ice, compression and elevation. Forty-eight hours after the injury, emphasis is on stretching and mobilisation of the limb and as much as possible within the limits of pains.

Achilles Tendon Rupture -

Because tendons and ligaments do not have a good blood supply they heal extremely slowly. They do scar, however. An acute tear or rupture of the achilles tendon is described by the victim as being shot in the back of the leg. There follows an immediate weakness, and there is an obvious notch just above the back of the heel where the tendon should be - but isn't. Immediate management varies between surgery and immobilisation in a cast. The first aid for such an injury is one of ice, compress, elevate and get help.

For a partial tear of achilles tendon, where the pain is felt but not the disappearance of tendon into the calf, the management is that of rest, ice, compress and elevate followed by physiotherapy and graded exercises. Useful treatment includes running in water.

Rupture of Biceps Tendon -

This is commonly seen in gymnasts and weightlifters. The rupture of the biceps tendon usually involves the longer tendon and an immediate pain or snapping sensation is noted whilst lifting or straining. There is no treatment needed for this and functional disability is rare.

Rectus Femoris Strain -

The rectus femoris is the main muscle on the front of the thigh. The problem is that of disruption of the fibres with localised bleeding and ensuing spasm of muscle - swelling pain. The management, as with all soft tissue injuries - rest, ice, compress, elevate, then physiotherapy and active stretching. Moderate injuries should recover in six weeks.

Adductor Strain (Groin Strain) -

The management is that of muscle injury described above. The problem with groin strain is that of recurrence over time after the initial injury despite physiotherapy. Often the muscles can calcify at the point of injury and this may have a part to play in the chronic pain associated with this particular problem. Very occasionally, steroid injections for this problem have been used with variable results. In an established strain with disability, surgery as indicated which involves tenotomy, whereby the shortened muscle is artificially lengthened by the knife.

Lumbar Disc Problems -

Subject to mechanical strain or imbalance, either acutely or over a period of time, intervertebral discs may collapse or slip out sideways and backwards producing the common nightmare of chronic back pain seen in so many of our community. A disruption of disc may also produce sciatica.

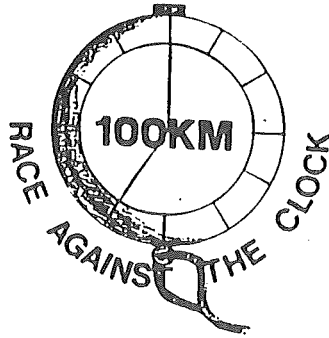
The management of acute back pain rests on relief of muscle spasm, regaining normal spinal posture as soon as possible with physiotherapy and back exercises, then maintenance of a fit back with suitable exercises and swimming. Occasionally surgery is needed - the results of which are not always as satisfactory as one would like. The feature of back injury is that once an injury has been sustained the back is unlikely to fully recover. If the back is less than 100 per cent after injury then we aim to get back to 98 per cent. ■

Tamworth 24 Hour Charity Run winner
Burns.

TOTO'S

we were the first we shall remain the best

Sunday April 8th 1990



OLYMPIC PARK, MELBOURNE

TOTO'S SPORTS CLUB INTERNATIONAL'S "RACE AGAINST THE CLOCK", the first successful event we have organised since the formation of the Club, pre empts upcoming and future activities in the field of Ultra Distance Running. The TOTO'S 100km RACE AGAINST THE CLOCK will be on again next year, 7th April 1991 at Olympic Park, Melbourne commencing at 8.00am. We have already recieved International application to compete in this ongoing event.

We witnessed an inspiring event on all levels, from the enthusiasm and commitment of all the competitors , to stay on the track and strive for their best 100km times. A magnificent performance was exhibited by SAFET BADIC of Yugoslavia, breaking the Australian All comers Record with a 100km time of 7:02:34. Congratulations go to our winners; Safet Badic with 7:02:34, David Standeven 7:42:16, John Breit 7:44:09, Trevor Jacobs 7:54:07, Owen Tolliday 7:55:07 and our Female Winner Dawn Parris with an 100km time of 10:42:21. The four Australian Winners and our First female will travel to Deluth Minnesota USA in October this year to compete in the 100km World Cup. They will represent Australia in the team and individual events.

Many thanks must go to those involved on the day and prior to the event in setting up a World class race. Without the financial backing and continual support in making our dreams reality TOTO'S SPORTS CLUB INTERNATIONAL and the Australian Ultra Distance Running would not have access to World Class events such as this 100km Race. We extend many thanks and appreciation to ALFRED MAZLOUM of TOTO'S RESTAURANTS, DOT BROWNE and GEOFF HOOK of Aura, the lapscorers for their continued support and encouragement of the athletes during the race, The EASTERN SCHOOL of TACTILE THERAPIES for its dedicated students and to OLYMPIC PARK MANAGEMENT; PETER JONES and BAMBI GORDON and to our professional scoreboard operator JASON LOUCAS for continual updates.

I hope each individual Athlete acknowledges the input of these people in making this Inaugural 100km RACE AGAINST THE CLOCK possible and the continued support they offer to give us all something to strive for.

Yours in Ultra Running,


RACE DIRECTOR & ORGANISER

Raymond K Carroll

Suites 2 & 3

Waverley Gardens Shopping Complex
Cnr. Jacksons/police Rd
MULGRAVE 3170

TOTO'S

SPORTS CLUB INTERNATIONAL

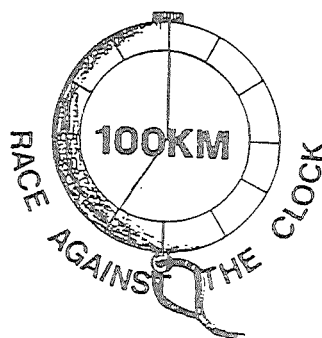
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TOTO'S

Sunday April 8th 1990

OLYMPIC PARK, MELBOURNE

FINAL



RESULTS

PLACE	COMPETITOR	ORIGIN	RACE NO	MARATHON	50 KM	50 MILE	100 KM
1	S. BADIC	YUG	1	2:52:15 :82	3:24:11 :11	5:31:20 :73	7:02:34 :58
2	D. STANDEVEN	SA	12	2:59:22 :20	3:35:58 :77	6:00:57 :62	7:42:16 :89
3	J. BREIT	VIC	3	2:58:36 :39	3:33:49 :89	6:03:18 :27	7:44:09 :37
4	T. JACOBS	NSW	8	3:07:15 :72	3:44:29 :67	6:21:41 :51	7:54:07 :63
5	O. TOLLIDAY	QLD	16	2:52:45 :63	3:25:53 :16	5:57:28 :72	7:55:07 :45
6	J. RECORD	VIC	10	3:09:34 :66	3:46:37 :33	6:22:33 :43	8:06:39 :98
7	P. GRAY	VIC	5	3:03:09 :33	3:46:15 :58	6:38:34 :77	8:33:25 :33
8	G. HOOK	VIC	7	3:26:52 :51	4:06:19 :16	7:03:58 :14	8:56:58 :47
9	R. HILL	VIC	6	3:22:52 :98	4:05:33 :52	7:15:38 :02	9:31:12 :35
10	B. BEAUCHAMP	VIC	2	3:37:18 :10	4:21:19 :53	7:39:42 :55	9:53:17 :47
11	C. YOUNG	VIC	19	3:31:00 :86	4:47:32 :77	8:09:15 :65	10:12:07 :58
12	J. SKROBALAK	VIC	11	3:27:02 :42	4:18:36 :53	7:53:23 :44	10:19:38 :49
13	D. PARRIS	VIC	9	3:52:26 :90	4:41:42 :09	8:15:27 :57	10:42:21 :22
14	G. WISHART	VIC	18	3:21:50 :64	4:05:20 :49	8:32:29 :81	11:05:48 :82
15	M. TAIT	VIC	13	4:28:50 :97	5:43:29 :22	9:39:24 :61	12:12:27 :13
16	B. COOK	ACT	4	3:00:36 :62	3:34:29 :33	6:02:27 :15	84km
17	J. VISSER	VIC	17	3:27:57 :29	4:21:59 :51	-	64km
18	M. THOMPSON	VIC	15	3:08:23 :49	3:49:42 :44	-	62.4km

Peninsula Healthy Lifestyle

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

12 HOUR TRACK RACE - ROSEBUD, VIC. 5TH MAY 1990



How many laps you did in each of the 12 hours.

FNAME	SURNAME	1 st HR	2 nd HR	3 rd HR	4 th HR	5 th HR	6 th HR	7 th HR	8 th HR	9 th HR	10 th HR	11 th HR	12 th HR	Total Km	Place	
David	Standeven	34	33	31	33	31	29	28	27	24	27	29	30	356	142.060	1
Peter	Gray	33	30	30	29	29	27	25	22	26	26	24	25	326	129.816	2
Brickley	Hepburn	29	30	29	29	27	27	27	25	22	24	25	23	317	126.441	3
Len	Loveless	30	30	31	30	24	22	23	24	22	23	24	24	307	122.550	4
Joe	Skrobolac	30	29	28	26	28	24	24	24	20	23	22	25	303	120.393	5
Michael	Grayling	30	28	28	28	22	21	21	23	23	20	19	27	290	115.723	6
Greg	Wishart	31	32	29	24	20	21	20	18	18	18	22	19	272	108.407	7
Ron	Hill	33	31	29	24	23	22	18	19	15	18	18	17	267	106.500	8
Dawn	Parris	27	26	25	25	22	23	22	20	19	19	18	17	263	105.003	F1 & 9
Rudy	Lombardi	25	27	25	26	25	19	21	15	13	23	20	17	256	102.176	10
John	Champness	27	25	25	22	18	22	22	17	18	16	17	18	247	98.344	11
Norm	Johnston	26	25	24	23	20	18	18	16	19	16	21	18	244	97.459	12
Sandra	Kerr	23	24	23	22	21	23	16	21	17	19	16	18	243	96.759	F2 & 13
Sharon	Skrobolac	24	24	23	21	20	18	17	16	14	16	14	21	228	90.754	F3 - 14
Cliff	Ryan	29	27	22	20	14	22	14	20	14	17	14	12	225	89.574	15
Jean Claude	Morre	28	26	22	20	19	17	19	17	11	14	14	9	216	86.195	16
Jacques	Gaillard	29	24	19	15	17	19	14	16	15	15	17	15	215	85.952	17
Geoff	Hook	30	28	23	10	18	16	12	20	12	18	16	2	205	81.749	18
Graeme	Bishop	24	25	24	17	18	15	13	14	13	11	13	16	203	80.957	19
Grace	Smith	15	14	14	15	14	15	14	14	14	15	15	15	174	69.375	F4 - 20
Ali	Zwynenburg	14	14	16	14	14	13	13	13	13	12	13	13	162	64.873	F5 - 21
Peter	Armistead	32	35	34	28	14	10	0	0	0	0	0	0	153	60.894	22

"Percy Cerutti Run" record smashed

Runner, David Standeven smashed the existing record for the Percy Cerutti Memorial twelve hour run held at Rosebud last Saturday. *5th May 1990*

The race in which twenty two runners took part was started by Herb Elliott and Nancy Carney (Percy Cerutti

widow).

Percy Cerutti, Australia's most famous middle and long distance coach made Portsea world famous as a centre of health and fitness. Percy founded the Victorian Marathon Club and was an inspiration to

all who met him both for his lifestyle and his coaching.

Athletes, especially runners came from all over the world to Percy's training camp at Portsea, to gain the benefit of the unique blend of coaching he provided. Cerutti believed in dealing with the whole person - not only muscular fitness but the health of the whole body and mind.

Besides runners, other athletes and sportsmen trained at the Portsea Camp. Whole Australian Rules League Football teams spent time with Cerutti to peak their performances. As well he was in great demand in lecturing and demonstrating his methods all over the world.

Geoff Hook President of the Australian Ultra Marathon Runners Association.

David Standeven who set a new record for the Percy Cerutti Memorial 12 Hour Ultra Run of running twelve hours 142.06 kilometres.

Nancy Carney said at the end of the presentations than recently an overseas visitor to Sydney for a business conference who had been trained by Percy flew down to see her at Portsea. Percy still lives, she said, in the hearts of people all over the world.

Participants said that this year's was a great race. This seemed to be, the general opinion. Brian Jones's organisation and his Peninsula Healthy Lifestyle sub-committee were unanimously applauded with special commendation to Connie Jas-inctus and Jo Mellere for a massive job providing food and drinks for the contestants and their handlers.

This event is growing yearly and surley will become an enduring inspiration for all those whose aim is athletic excellence and the adoption of a healthier life style.

THE FLYER, May 1990



Pictured above on left are Wife of the late Percy Cerutti) and race organiser Brian Jones presenting Race Winner David Standeven with his award. At rear is nutrition advisor to PHL, Jo Mellere.

Runners results

		LAPS	KMS
1	David Standeven	356	142.06
2	Peter Gray	326	129.816
3	Brickley Hepburn	317	126.441
4	Len Loveless	307	122.550
5	Joe Skrobaloc	303	120.393
6	Michael Grayling	290	115.723
7	Greg Wishart	272	108.407
8	Ron Hill	267	106.5
9	Dawn Parris	263	105.003
10	Rudy Lombardi	256	102.176
11	John Champness	247	98.344
12	Norm Johnston	244	97.459
13	Sandra Kerr	243	96.759
14	Sharan Skrobalac	228	90.754
15	Cliff Ryan	225	89.574
16	Jean Claude Morre	216	86.195
17	Jacques Garllard	215	85.952
18	Geoff Hook	205	81.7489
19	Graeme Bishop	203	80.957
20	Grace Smith	174	69.375
21	Ali Zwyrnburg	162	64.873
22	Peter Frimstead	153	60.894



• FIVE minutes from the finish... Gee-long's Brickley Hepburn running into third place. He covered 126.4 km in 12 hours.



• TWELVE-hour track race winner David Standeven (right) receives his trophy from event organiser Brian Jones.

MACQUARIE FIELDS 12 HOUR TRACK RACE

BRADBURY OVAL, NSW.- 14TH APRIL'90

RESULTS

NAME	DISTANCE	NAME	DISTANCE
1. Anyce Kip Melham	130.000km	15. Harry Clements	89.700km
2. Bruce Donnelly	128.500km	16. Denis Hams	88.950km
3. Bob Fickel	109.440km	17. Graham Kerruish	88.950km
4. Alan Staples	106.500km	18. Ralph Bristow	86.600km
5. Dave Taylor	102.600km	19. Mark Gladwell	85.850km
6. Helen Stanger	101.390km	20. Lucille Gladwell	83.600km
7. Les Davis	98.050km	21. Kevin Mansell	83.600km.
8. Shaun Scanlon	97.300km	22. Larry Smith	79.850km
9. Pat Farmer	96.550km	23. Dallas Earsman	78.250km
10. Warren Costello	95.800km	24. Peter Gander	71.400km
11. Harry Newman	93.450km	25. James Holmes	66.050km
12. Wanda Foley	91.950km	26. Ken Murray	64.650km
13. Shane Leahy	91.950km	27. Robyn Davis	63.840km
14. Maurice Taylor	91.200km	28. Bernie Farmer	56.200km

At last our 12 Hour Race was held on the 14th April, 1990 after being postponed from the 3rd then the 10th February. Twentynine runners participated and Anyce Kip Melham won the race with 130km on a 750m. course. Bruce Donnelly came 2nd with 128.5km. It's the best run Bruce has put in for quite a while. Bob Fickel came third with 109.44km, improving with every run.

In the ladies, Helen Stanger was the winner with 101.39km (6th overall). That was her first run since the Parramatta 50k. So with only a few runs between, it was a top effort.

I thought one of the best runs was by Shane Leahy, only 16 years old. Shane won the Encouragement Trophy. Medallions and certificates were awarded to all the runners.

I would like to thank all the runners and their crews for making our first 12 Hour Track Race the success it was. Also thanks to Mayor Jim Kremner for his support for the event.

John Shaw (Race Director)



Winner clocks 130km in half a day

WINNERS are grinners . . . organiser John Shaw (left) and Campbelltown Mayor Jim Kremner (far right) with the winner and second placegetter after the race.

DESPITE the constant threat of rain, 29 enthusiastic runners started the Macquarie Fields 12-hour race at Bradbury Oval last Saturday.

1990 WESTFIELD RUN - SYDNEY TO MELBOURNE FINISHERS

Place	Name	Age	Origin	History	Performance
1.	Yiannis KOUROS	34	Greece	Winner '85'87 '88'89	6.35pm May 23 5days23hrs55min
2.	Bryan SMITH	46	Vic	4th in '88 & '89	8.45pm May 23 6days9hrs45min
3.	Peter QUIRK	29	NSW	First start	10.40pm May 23 6days11hrs40min
4.	Maurice TAYLOR	38	NSW	Competed in 4 Westfield Runs	5.25am, May 24 6days18hrs40min
5.	Don MITCHELL	42	NZ	6th in 1989	8.27am May 24 6days21hrs27min
6.	Brian PURCELL	33	USA	First start	2.20pm May 24 7days3hrs20min
7.	John BREIT	32	Vic.	22nd in 1988 744km in 1989	3.06pm May 24 7days4hrs06min
8.	Sandra BARWICK	40	NZ	17th in 1988 Westfield	3.46 May 24 7days4hrs46min
9.	Kevin MANSELL	39	NSW	Completed 3 Westfield Runs	11.52pm May 24 7days12hrs52min
10.	Tony COLLINS	42	NSW	928km in 1988 13th in 1989	1.59am May 25 7days14hrs59min
11.	Peter GRAY	25	Vic	First start	5.02am May 25 7days18hrs02min
12.	Andrew LAW	30	Tas.	First start	11.08am May 25 8days 0hrs08min
13.	Mark GLADWELL	42	NSW	Completed 3 Westfield Runs	103pm May 25 8days03hrs05min
14.	Bob FICKEL	38	NSW	First start	5.59pm May 25 8days06hrs59min
15.	John LEWIS	51	NZ	First start	7.59pm May 25 8days08hrs59min
16.	Rod MARTIN	47	NSW	564km in 1988 Westfield Run	8.33pm May 25 8days09hrs33min
17.	Ross PARKER	41	WA	Competed in 5 Westfield Runs	9.01om May 25 8days10hrs01min
18.	Patrick FARMER	28	NSW	Competed in 3 Westfield Runs	9.27pm May 25 8days10hrs27min
19.	Michael BOHNKE	26	NSW	First start	9.48pm May 25 8days10hrs48min
Note:Eduardo VEGA		49	NSW	Competed in 2 Westfields	11.47pm May 25 Missed cut-off time by only 47 min.



IMAGES FROM LAST YEAR'S WESTFIELD SYDNEY TO MELBOURNE

Above: Yiannis wins again for the fourth time in record time although due to a delayed start, he was beaten across the finish line by lion-hearted David Standeven.

Left:: Bryan Smith who eventually finished fourth, looking as fresh as a daisy out on the road.

Bottom: Kevin Manrell who became the third (and finished in third place) person in this race to run over 1000 under 6 days.



RACE ADVERTISEMENTS



ROYAL NATIONAL PARK ULTRA
P.O. BOX 380, SUTHERLAND, NSW 2232.
ORGANISERS BILLY'S BUSH RUNNERS INC

A TRAIL ULTRA FOR SYDNEY

Venue:

Royal National Park, in Sydney's south.

Date:

October 20, 1990.

=====

A new distance running event, called "The Royal National Park Ultra", is being organised by Billy's Bush Runners, to be held in October this year.

It is anticipated that this event, with St George Building Society as proud sponsor, will attract the cream of trail and ultra-marathon runners from throughout Australia.

The course, which has been accurately measured at 77 klms, features every type of terrain possible, traversing the park from Grays Point on the park's north-western boundary to Otford and Helensburgh in the south, before turning north to finish at Bundeena, a settlement located at the mouth of beautiful Port Hacking.

Runners will follow a course designed to take in the best possible features of the park, such as enchanting rain-forest trails, unspoilt surf beaches and clifftop tracks with panoramic coastal views. Heavy demands will be placed upon the competitor's fitness however, due to the many hills and rugged nature of the course.

Fully equipped aid stations will be set up along the course to cater for the runner's every need, thus eliminating the need for seconds. The race finishes at Bundeena RSL Club, where shower facilities are available.

Prizes include: \$1,000 to outright winner

\$ 400 to 1st Male other than outright winner.

\$ 400 to 1st Female other than outright winner.

Cash Prizes to outright 10th place.

Medallions to all finishers.

For further information, and entry form, send a stamped self-addressed envelope to:-

the address shown above or contact Roger Hardy on

(02) 521-3692 (H).

=====

ROYAL NATIONAL PARK ULTRA RUN NOW MEASURED!!

The Royal National Park Ultra, announced in March and proudly supported by the St. George Building Society, has now been measured. Runners will have to cover a distance of 76.8km (47.7miles) of the Royal National Park, south of Sydney, to reach the finish. Although not a full 50 miler, the run will challenge competitors, fast and slow alike. The course includes sandy beaches, rain forests and seaside cliff tops. The event will be held on Saturday, 20th October, 1990.

With a cut-off time of twelve hours, it is expected that the first runner will cross the finish line in less than seven hours.

The format of the race will be based on that used by the long trail races held in the USA, with coloured ribbons used for course markings and aid stations stacked with food and drink. There will also be provision for competitors to leave 'drop bags' at the start of the race, and have them delivered at designated aid stations. Cut-off times are set for all aid stations and will be strictly enforced.

The lure of \$1,000.00 for the winner and \$400.00 for the first male and female, other than the outright winner, is sure to attract a high number of top ultra runners. There will also be minor cash prizes all the way down to tenth place.

Communications will be provided throughout the race, thus adding to the runners' safety. If the race should create a surplus of funds, then these will be distributed to a local charity.

Although still six months away, the race is already generating a lot of interest in the running community, with requests for entry forms being received almost daily.

Race entry forms may be obtained by sending a stamped, self-addressed envelope to:

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

For more information, telephone:

The Race Director:	Roger Hardy	(02) 521 3692 (H) or
The Publicity Officer:	Max Bogenhuber	(02) 525 6443 (H)
		(02) 439 3888 (W)

Ed's note: Congratulations, Roger and Max and Billy's Bushies for getting this trail race off the ground. It sounds just fantastic. We all wish you every success with the event.

DONATIONS - THANKYOU! THANKYOU!

Once again, we are most appreciative of those members who have included a donation with their 1990 subscription. They have enabled us to keep our subscription rates at the same rate for 1990 and 1991 even though we have unfortunately lost our cheap printer recently and are now forced to pay current commercial rates for the printing of our magazine. So thank you so much again to the following members, whose donations we have received since the 2nd April, 1990:

Brian Kennedy	\$10	Keith Marshall	\$10
Bankstown A.C.	\$10	Terry Lansdown	\$10
Brian Blomer	\$100	Terry Cox (Snr)	\$10
Jim Wolstencroft	\$30	Graeme Hoffman	\$10
Shaun Scanlon	\$10	Barry Brooks	\$10
Don McDonald	\$5	Harry Clements	\$5
Peter Tutty	\$5	Bill Ranse	\$10
Peter Ryan	\$40	Bob Burns	\$5
Carl Wagner	\$5	Julie McKie	\$5
Claude Martin	\$5	Peter Manning	\$10
Ted Clayton	\$10	Alistair Wallace	\$10
Peter Smith	\$10	Graeme Alford	\$7

SIX HOUR TRACK RACE

An ideal race for the novice ultra runner.

BILL SEWART ATHLETIC TRACK,
BURWOOD HIGHWAY, EAST BURWOOD
SUNDAY, 28TH OCTOBER, 1990
START TIME: 9 A.M.

ADDRESS FOR ENTRIES: Dot Browne (Race Director)
4 Victory Street,
Mitcham 3132 Victoria.

ENTRY FEE: \$15.00 (Cheques payable to Dot Browne)

CLOSING DATE: Friday 12th October, 1990

LOCATION: Bill Sewart Athletic Track,
Burwood Highway, East Burwood, Victoria.
(Melways Ref: Map 62 B8)

AWARDS: Certificates and medals to all finishers.
Trophies to first three males and females.

Confirmation of entry and further race information will be posted on receipt of entry.

ENTRY FORM

IMPORTANT: PRINT CLEARLY! Please complete this Entry Form in BLOCK LETTERS. LEAVE ONE BLANK SPACE BETWEEN WORDS/NUMBERS where applicable.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	INITIALS	SEX M or F <input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS: number and street		DATE OF BIRTH	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
suburb or town	POSTCODE	TELEPHONE HOME	WORK

Person to be notified in case of emergency:

<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME
<input type="text"/>	<input type="text"/>
Relationship	TELEPHONE HOME
	WORK

WAIVER

I, the undersigned, in consideration of and as a condition of my entry in the SIX HOUR TRACK RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of 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 event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them

Signed.....Date



6 DAY RACE COMMITTEE
C/- COLAC & DISTRICT
PROMOTION AND COMMERCE
INCORPORATED



P.O. Box 163
Colac 3250
Victoria

A P P L I C A T I O N F O R M 1990 12.11.90 - 18.11.90

NAME:

ADDRESS.

.

PHONE:.....BUSINESS PHONE.....

AGE:.....NATIONALITY.....

PERFORMANCES OVER PAST TWO YEARS:

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ENTRIES CLOSE: June 30th 1990 - to above address.

Please note this is an application only the final field will be notified after applications close.

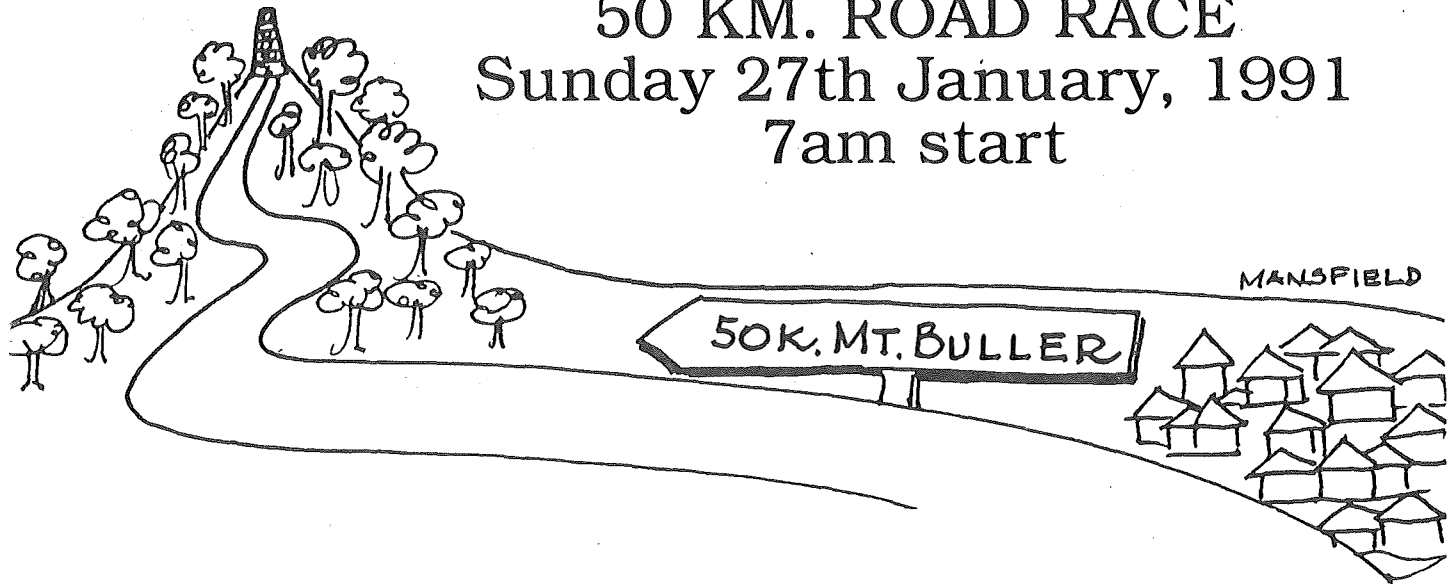


MANSFIELD TO MT.BULLER

50 KM. ROAD RACE

Sunday 27th January, 1991

7am start



An exhilarating challenge on a sealed road through beautiful country, starting on the outskirts of the Victorian town of Mansfield, travelling through undulating farm-land, before climbing to the summit of Mt.Buller and finishing finally outside the Arlberg Hotel in Mt.Buller Alpine Village.

First 32km.	Mansfield through Merrijig to Mirimbah	undulating farm-land.
32 - 48km	Mirimbah to the summit of Mt.Buller	uphill climb.
48 - 50km.	Summit of Mt.Buller to Alpine Village	downhill run, 800m on a rocky track.

PRIZES:

First Male
Second Male
Third Male

First Female
First Veteran Male
First Veteran Female

ENTRY FEE:

\$10.00 (Cheques payable to Peter Armistead)

ENTRY FORMS TO:

Peter Armistead,
26 William Street,
Frankston 3199
(03) 781 4305

CLOSING DATE:

31st December 1990

Confirmation of entry will be posted after the closing date, together with more details of the race, including local accommodation options.

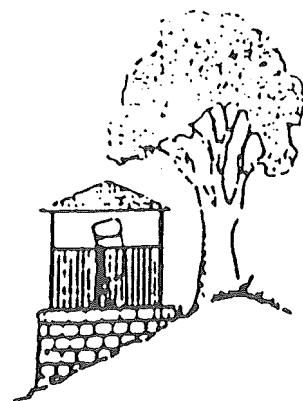
DEDICATION DETERMINATION DISCIPLINE

The Blue Mountains Six Foot Track Marathon

Katoomba to Jenolan Caves

AUSTRALIA'S PREMIER MOUNTAIN RUN

Six Foot Track Marathon
P.O. Box 65,
Leura, N.S.W. 2780
Race Organiser:
Ian Hutchison, J.P.



- START** : 10.00am Saturday 23th MARCH 1991.
- COURSE** : "The Explorer's Marked Tree" Katoomba along the original Six Foot Track to Caves House, Jenolan Caves.
- TIME LIMIT** : 7 1/2 Hours
- AGE LIMIT** : Minimum of 18 years
- AWARDS** : **FIRST** - The Blue Mountains Six Foot Track Perpetual Trophy
- The Blue Mountains Six Foot Track Winner's Plate
- Holiday Package in the Blue Mountains
- : **SECOND, THIRD** - Silver Plates
- : **FIRST FEMALE** - Billy's Bushies Silver Plate
(donated by L.J.Hooker, Mascot & Comfrig Manufacturing)
- : **ALL FINISHERS** - Medallions and Certificates.
- : **RUNNERS WHO HAVE COMPLETED 6 SIX FOOT TRACK MARATHONS** - Buckle
- ENTRY FEE** : \$40.00

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

All proceeds to the Blue Mountains Volunteer Bush Fire
Brigade (manning the start, finish and all 14 aid stations).

- NOTE** : ACCEPTED ENTRIES ARE NOT TRANSFERABLE.
- : ENTRIES CLOSE ON 23rd FEBRUARY 1991.
- : NO LATE ENTRIES ON RACE DAY.
- : RACE INFORMATION WILL BE MAILED TO YOU.

FOR RACE ENQUIRES

Race Organiser Ian Hutchison H (047) 843 266

All Proceeds to the Blue Mountains Volunteer Bushfire Brigades

Race Director:
IAN JAVES
25 Fortune Esp.,
Caboolture Q. 4510
Ph: (074) 95 4334



Race Secretary:
DELL GRANT
53 Valley Drive,
Caboolture Q. 4510
Ph: (074) 95 2138

Queensland Marathon & Road Runners Club Inc. ULTRA DIVISION

LOOKING FOR A NEW CHALLENGE - BECOME AN ULTRA DISTANCE RUNNER

5 HOUR FUN RUN and QUEENSLAND 50 KILOMETRE ROAD CHAMPIONSHIP

Date: Sunday 19th August
Start: 7 am
Venue: University of Southern Queensland, West Street, Toowoomba
1 kilometre road loop. Medallion to all who do the marathon
distance or more.

\$20 entry fee - all proceeds to Camp Quality. Entries on the day,
but please phone Graham Medill 076 382023 to indicate you are entering.

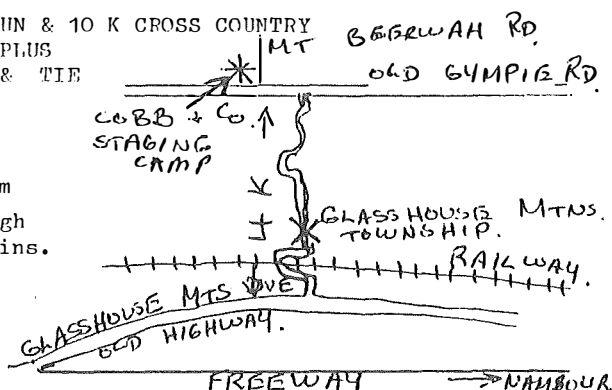
DUSK TO DAWN - 12 HOUR CHALLENGE

Date: September 8/9
Start: 6 pm 8th Sept, finish 6 am 9th Sept.
Venue: Caboolture Sports Centre, 1 kilometre road loop. Medallion
to all who do 60 k or more.

\$20 entry fee. Entries on the day, but please phone Dell Grant
074 952138 to indicate you are entering.

COBB & CO. TRAIL RUN & 10 K CROSS COUNTRY PLUS RIDE & TIE

Date: Saturday 6th October
Start: Ride & Tie - 40 k 6.30 am
Trail Run - 60 k 7 am
Cross Country - 10 k 7.30 am
Venue: Rough trails and roads through
the scenic Glasshouse Mountains.
All courses well marked.
All start from Cobb & Co
Staging Camp - see map.



60 k Trail Run - \$20 entry fee
10 k Cross Country - \$5 entry fee
Entries on the day, but please phone Dell Grant 074 952138 to indicate
you are entering. (Trail runners only. Cross country runners just turn up.)
Ride & Tie entrants please contact Kev. Dellow 074 951264. Even if you
don't own a horse, Kev. will be matching up horses with riders and runners.

Trophies and medallions in all events.

RAINBOW BEACH TRAIL RUN

Date: Saturday 3rd November
Start: 5.30 am from Surf Life Saving Club House
Venue: 55 kilometres comprising of first 10 k on the beach, then two
equal loops through rainforest trails. Trail will be marked
and have water stops approx. every 5 k. Crews can feed their
runner twice at the rainforest turnaround, and twice at the start/
finish area.

Rainbow Beach is via Gympie - turn off the Tin Can Bay Road.
\$20 entry fee. Entries on the day, but please phone Dell Grant
074 952138 to indicate you are entering.

The Rainbow Beach Trail Run is on the same day as the Rainbow Beach Fun
Run. A great day for all the family - childrens races mid afternoon,
followed by the adults fun run along the beach. Presentations for all
events (including ours) in the evening with BBQ and entertainment.

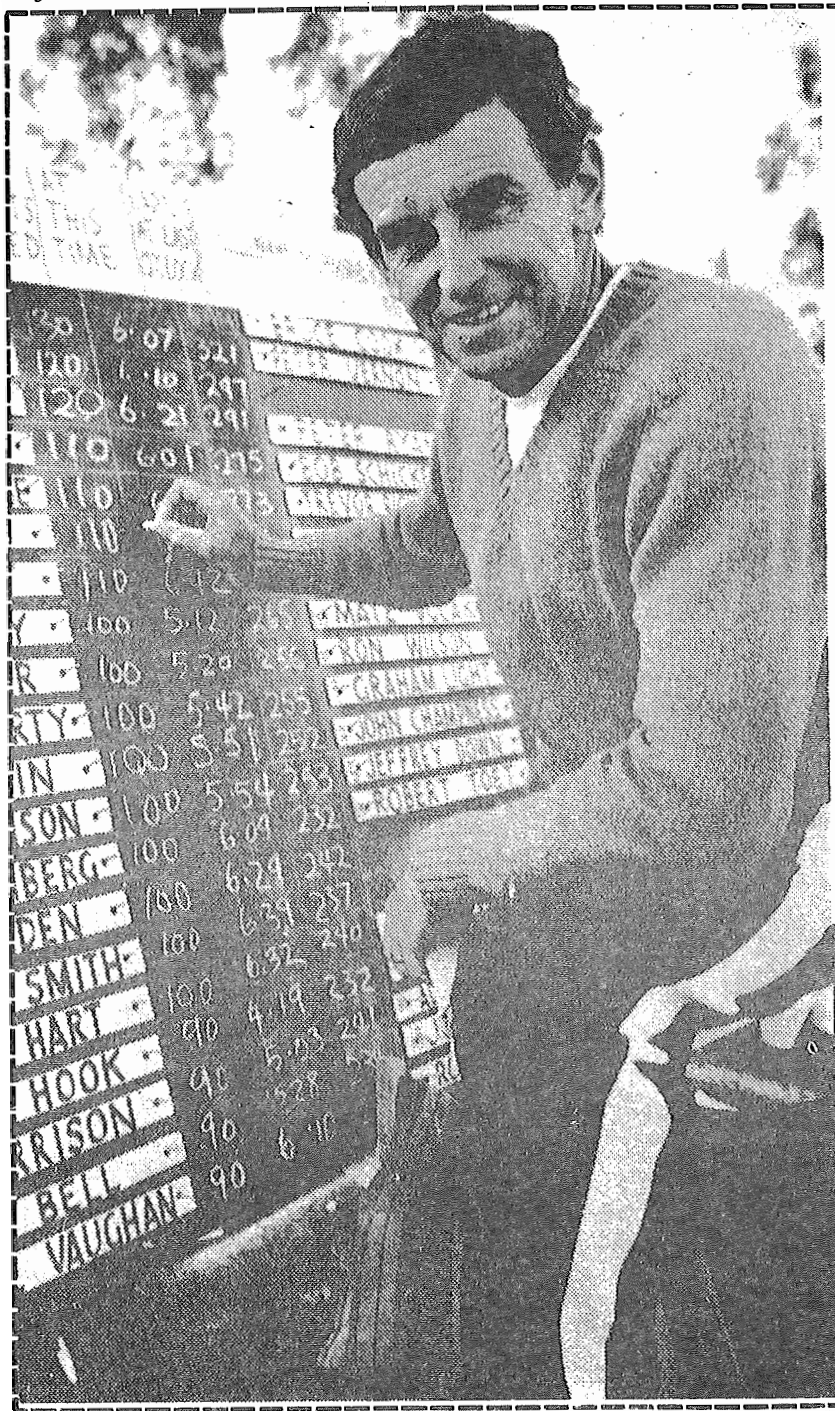
Accommodation available: (074)

Rainbow Beach Caravan Park 863222
Rainbow Waters Holiday Park 863200

Mikado Motor Inn 863211
Gazebo Gardens
Resort Motel 863255

MEDIA ARTICLES ON MEMBERS

Page 44 — NUNAWADING GAZETTE, Wednesday, February 6, 1985



TOP LEADER BOARD OPERATOR

The photograph above is one that we've dug up out of the archives. It shows Colin Browne, long-suffering husband of our Secretary, keeping the leader board up to date in one of our early 24 Hour events. What a well-behaved little fella he is!

Hot day for the runners

A total of 40 runners, including three women competed in the 24 hours race at Hagenauers Reserve, Box Hill North on Saturday and Sunday in an attempt to qualify for the big Sydney to Melbourne race to be held in April.

Pictured (right) at work on the progress tally board of completed laps is Colin Brown of Mitcham.

The event started at 6 pm on Saturday and at the hottest part of Sunday the temperature above the rubberised track was measured at 54 degrees Celsius.

Geoff Molloy clocked best time in the event and achieved an Australian 24 hours record.

Several of the runners, including Tony Rafferty have already qualified for the April event but still took part at the weekend.

Another qualifying race will be held in Sydney before a top quality line-up of 30 runners is selected for the big annual Sydney-Melbourne event.

First woman to finish on Sunday, broke the women's Australian 24 hours record.

INTERNATIONAL FIXTURE LIST

For any AURA planning an international trip (business or pleasure), and would like to experience one or more of the ultra-distance races overseas, he/she can apply to:

Ulrich Kamm,
Fiedlerstrasse 1a,
8000 Munchen 71,
West Germany.

Ulrich will send you an extensive International Fixture List. This document lists all the ultra races world-wide, so you can plan your holiday or business trip with an added attraction of participating in an international race.

Cost is \$12.00 Australian.
(Air Mail)

Trainee flight attendant aims to fly in Surf to City

"CENTRAL COAST SUN"

East Gosford athlete Paul Mahony runs faster with each passing year.

Mahony, 38, will be competing in Sunday's 2GO Central Coast Fair Surf to City Fun Run.

In 1976 Paul raced in the 2GO Surf to City, finishing the course in 59 minutes. He is now capable of covering the distance in 38.1 minutes.

His team, which includes Kevin Dean and Mark Hooper, won the men's team event in the Run last year and if the runners' recent performances are anything to go by, then this combination will be hard to beat on Sunday.

Dean and Mahony, along with Greg Love and Mick Collins, were members of the Terrigal Trotters Running Club team which won the State men's team marathon title, in Sydney last month.

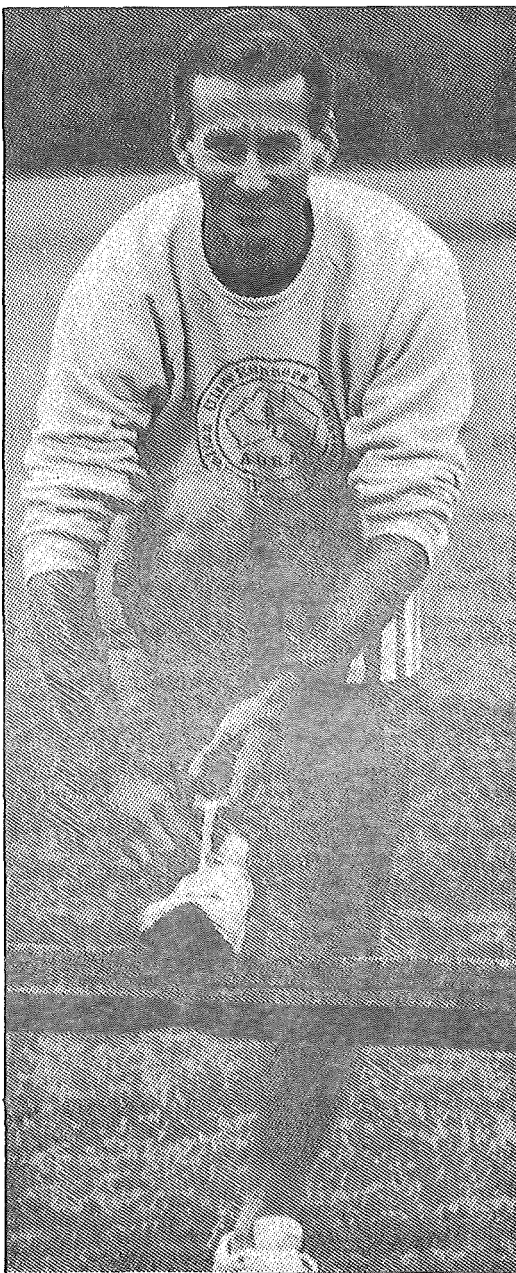
Hooper is also in form - he won the men's novice half-marathon, held in conjunction with the State marathon titles.

Mahony hardly gives himself a rest after competing in marathons.

The trainee Qantas flight attendant completed the New Zealand Kiwi Laga Ironman Triathlon in March, and two weeks later he competed in a 46km event in the Blue Mountains.

Two weeks ago he won the 85km Coffs Harbour to Grafton ultramarathon against a class field.

In the past six months Paul has also run in two 24 hour track races, finished in the top 10 placegetters in the Palm Beach to Manly 30km run and completed the Australian long course championship triathlon in Canberra.



□ TRAINING to fly, Paul Mahony. Photo by Laurie Andrews.

ENDURANCE runner Paul Mahoney is showing his disappointment at missing this year's Sydney-Melbourne Ultra Marathon in a different way.

Paul, who initially qualified for the run, was forced to withdraw due to a change of employment, has focused his attention north instead of over the Victorian border.

He competed in the demanding Coffs Harbour to Grafton marathon against a field which contained some of the best marathon runners going around coming home in first place in a time of 7hrs1min.

Paul hopes that by next year he'll be settled into his new job and will take his place in the ultra field.

It's just come to my attention that the Terrigal Trotters competed in the annual Anzac Day marathon at the Sydney Athletic Field showing the opposition a clean pair of heels.

The Trotters, who meet at 6pm each Wednesday in the Leagues Club park, were represented by Kevin Dean, Greg Love, Paul Mahoney and Mick Collins, taking out the teams event. "CENTRAL COAST EXPRESS"

ARTICLES

COACHES' CORNER by Graeme Davis

OVERRATING the importance of strength training in long distance running can be as harmful as UNDERRATING it. Until recently, experts divided strength into the components of maximum (absolute) strength, relative strength (absolute strength per kilo of bodyweight), power (speed strength) and strength endurance. Modern research has isolated an additional component in the ability of a muscle to develop energy from elastic deformation.

This ability explains the metabolic efficiency of running with reduced outlay of mechanical work. The muscles and connecting tendons develop potential energy during the eccentric (yielding) work phase to utilize it during the concentric work phase (overcoming), exploiting non-metabolic energy. The use of non-metabolic energy during a muscle contraction occurs directly after the preliminary stretching of the muscle, thus reducing the energy expenditure needed for the mechanical work.

In long distance running, the energy expenditure to complete one running stride is performed in two phases, the eccentric and the concentric. The muscles of the support leg operate in the eccentric phase, that occupies 15-20% of the total running stride. This is followed by the concentric phase which makes up about 30-35% of the running stride.

As the athlete's performance level improves, a decrease of the total muscular contraction time is observed. The relaxation time is now increased by 40-60%, showing that the improved power output of the contractions produces the same work in less time.

Methods and Means:

Long distance runners develop strength while running, however athletes can improve strength significantly by performing specific exercises which involve more INTENSIVE work than in competitive running. These exercises are among the fundamental methods in the training of runners, and include the following:

1. Running in harder than normal conditions, e.g. sand or water.
2. Hill running at a moderate pace with frequent accelerations,
3. Interval sprint training.
4. Running with weighted resistances, e.g. weight belt, heavy shoes.
5. Uphill bounding.
6. One legged and two legged multiple hops and bounding from one leg to the other.
7. Static muscle contractions at joint angles that correspond to running action angles.
8. Specific strength training with free weights and other aids.

SPECIFIC STRENGTH TRAINING

1. Leg presses or barbell squats, 5-8 repetitions with 80-90% maximum effort.
2. Leg flexion and hip and knee extensions. These are performed such:
 - a. Standing on one leg, extend the other leg against resistance.
 - b. Standing facing gymnastic wall bars, extend backward the thigh against a resisting device e.g. rubber spring or pulley.

These exercises should be performed in conjunction with leg presses and barbell squats. Note that weight training should be built up to 80-90% effort with a correct program.

CONCLUSION

It must be stressed that the development of the various strength capacities is not an end in itself. Strength is only a component of the total training process of a runner. OVERRATING the importance of strength training, or structuring it improperly is just as harmful as UNDERRATING its value.

PETER'S FAILURES

by Pat Cooper

At the recent weekend in the Blue Mountains, Peter Armistead was detailed to look after me. The purpose of this weekend was to run (?) the 6 Foot Track Marathon across the mountain ranges - no, not across, up and down (very little down) the Great Dividing Range between Katoomba and Jenolan Caves. Peter Armistead had talked of this run being one of scenic delights, an exquisite challenge, and primarily, one that was possible for a normal, run-loving person. He failed firstly by deceiving me.

He also failed miserably in doing his allocated job of looking after me, which he had promised his wife Annette he would do. Despite his rather feeble attempts towards the end of the weekend to remedy his failing and to ease his conscience by periodically turning around from the front seat of the bus to where I was slumped, totally exhausted, drained and brain cells burnt to oblivion, to say, "Are you all right Pat?", nothing else suggested itself to Peter as being a way to help.

Despite coming seventh in a field of very big deal runners, and despite the course being possibly one of the hardest runs not just in Australia but in the whole world (according to a local radio station), Peter must look back at the weekend with feelings of remorse. He had failed, in so many ways.

- (a) He failed to be there or anywhere near when I most needed looking after. He started on the front-line when his position should have always been within earshot of me. I called and called till my yells echoed off the nearest range - no Peter. I called from the crouch position as I clawed up to the Pluviomer rocks, and jumped over 3 black snakes and one red-bellied that lay waiting for me, alone and abandoned in the Blue Mountains with no friend to help.
- (b) He failed to warn me that it wasn't meant to be easy - it wasn't even meant to be possible! He didn't mention that every track would be strewn with boulders especially weathered to roll when a lonely unsuspecting runner put a wearied, worn-out foot on them,
- (c) He failed to allow me to get enough rest before the ordeal. I suffered a rude avalanche of wake-up calls at some black unearthly hour, disturbing a nightmare about the impending day. He recited a totally false weather report and was grotesquely cheerful about the impending doom.
- (d) He failed by not getting the bus to stop often enough on the way to the start to relieve the frightening tenseness of the inner self behind bushes or in some bemused garage owner's conveniences. Did his skinny frame not contain an area that tied itself in knots before the ordeal?
- (e) He failed by celebrating and neglecting me.. He was not even the one who handed me the Toohey's Old as I fell tearfully across the finish line (that had almost faded out due to its having been crossed by just about everyone else).
- (f) He failed by wanting to dance (if a little like a sun-dried grass-hopper) when the only place any caring person would have taken his charge, was to bed...well, the cabin.
- (g) He failed by singing raucous country and western in the bus on the way home, and keeping me awake. At least he could have sung decent Sunday songs.
- (h) He failed in common decency. His language!! To let me hear that he'd be f....d if HE'D wait up for his wife till 1.30 (when we dropped off one of our crew and she found her husband was still up), was pretty raw.
- (i) The promised cultural input was casually neglected. "She can see it next year" was his comment as we swept past Musconi's Masterpiece at Gundagai, without stopping.

I could go on but I won't. However, despite your many many failures, Peter, thanks for a great weekend, but next year, DO IT BETTER!!

"DEVELOPMENT OF THE 24 HOUR TRACK RACE"

Reprinted from: "Marathon and Distance Runner" Oct. via NZUA Newsletter, September 1989.

ROUND AND AROUND AND...

Maurice Dillon analyses the development of the 24-hour track race

Since 1980 the results of the mega marathon racing scene have gone a long way towards increasing public interest. The distinct upturn in popularity of ultra long distance events is no doubt due to the appearance of new champions and the subsequent world records they have achieved in the 24 hour track race which has been the spring board for other mega distance events such as the 48 hour and the six day contests. The challenge of the 24 hour world record has been a stimulus for long distance runners throughout the world. The potential of a 24 hour race is infinite, for which it is difficult - if not impossible - to set the limits of future achievement. Who would dare say what further impetus the record will undergo between now and the year 2000? Perhaps the time is ripe for an examination to be made of the 24 hour world record in some depth?

About 200 years ago it was said that any long distance walker of that period, worth his salt, should be able to cover 100 miles in 24 hours. However, we have to look to the golden age of mega distance racing and the days of the professional pedestrians from around 1873 to 1888 when, in New York and London, titanic running races took place on indoor tracks. These athletes were heroes of the day, fighting out prodigious running duels that sometimes lasted six days and nights. Charles Rowell, an outstanding English athlete, was remarkable in that he caused the real breakthrough by introducing running into what had been a walkers' event. In fact the rules were changed so that running could be blended in with walking and so the six day "Go as you please" race was born.

Rowell was in his late twenties in the winter of 1882 when he challenged the American champions in a six day event at the old Madison Square Garden. Before the race he had set himself the awesome target of trying for 700 miles in six days and so establish, what he hoped would be, an unbreakable world record. A severe bout of colic forced him out of the race on the fifth day, but notwithstanding this he had produced a magnificent performance during the first half of the race setting seven world records: 100 miles 13:26:30; 300km 32:27:09; 200 miles 35:02:28; 300 miles 58:17:06. At 24 hours he clocked 150 miles 395 yards, 48 hours, 258 miles, 220 yards and 72 hours 353 miles, 220 yards. His 24 hour distance is particularly relevant to this article as it was to remain unbroken for fifty years.

It was in 1931 that Arthur Newton regenerated interest in the 24 hour record. He was 49 when he took on five professional runners at Hamilton, Ontario, on a twelve laps to the mile indoor track laid down in a skating arena. In order to break Rowell's record Arthur Newton had to call on all his vast experience and stamina. It wasn't as easy as he had anticipated but finally his unyielding determination produced a new world record of 152 miles, 540 yards.

After the race Arthur Newton wrote about it in one of his books. "After about 100 miles I was getting tired but I knew that if I just kept up a gentle seven miles an hour or thereabouts I'd collar the coveted record. . . After 18 hours running I was getting desperately tired. You can't keep your mind off your condition, it won't answer to the helm as it does when you're fighting fit. I remember at the time thinking never again would I dream of risking such punishing discomfort. . . Somehow I battled through the remaining hours. After all it was once in a lifetime and I had been working for years to get to this stage, so I just had to hang on, no matter how tired I felt."

Newton's positive attitude did not fail him as he bettered Rowell's record by 2 miles, 145 yards - a new world record of 152 miles, 540 yards.

It must be said that Arthur Newton is undoubtedly the founder of ultra distance running as we know it today. His influence during his life time on the sport is immeasurable. He was an Englishman who emigrated to South Africa at the beginning of the century and he first made a name for himself in the famous 54 mile Comrades Marathon, which he won in 1924. This was the start of an outstanding career. He later turned professional and competed in the two American transcontinental races and also snow shoe events which were popular in Canada at that time.

It was probably when he retired from active competition that his influence on ultra distance running came to the fore. In 1952, along with Ernest Neville, he fostered the idea of the Road Runners Club, which became a reality on the 30th June 1952 when Neville was elected the first president of the RRC council.

Once the RRC was formed the club organised the London to Brighton road race, now the Blue Riband of ultra running. 1953 was an important year for the club as interest was much increased with the decision to cover the whole range of road running from ten miles and upwards. This appealed to the majority of runners and subscriptions for membership were received from all over the world.

Wally Hayward, from South Africa, was one of the earliest members. He was a runner of proven class and already Wally had 26 years of athletics behind him. In 1930, at the age of 21, he won the notoriously tough Comrades Marathon, a distance of 54 miles plus. In 1938 he represented South Africa in the three miles and six miles at the Empire Games, Sydney, Australia.

World War Two interrupted his running career, and it was during his service in the Middle East that he was awarded the British Empire Medal. After the war, and on his return to South Africa, he took up marathon running, winning the National Championship. He represented his country in the 1952 Olympic Marathon in Helsinki where he finished tenth.

In 1953, Wally Hayward was invited to compete in the 52 miles 694 yard London to Brighton road race. He was 45 years old when he took the boat to Britain, but he was to justify everyone's confidence in him, smashing the London to Brighton record by 22½ minutes in 5:29:40.

Having established his reputation, arrangements were made for him to attack Hardy Ballington's 100 miles record, Bath to London. Hayward annexed the record by over one hour, recording 12:20:28. After this devastating performance he was persuaded by Arthur Newton to stay in England to prepare for an assault on the 24 hour world record, which was, in fact, still held by Arthur Newton.

The race at Motspur Park track was to cut new ground as it was the first 24 hour competition for amateurs on a standard outdoor track. Hayward's main challenger in the race, undoubtedly, came from Derek Reynolds of Blackheath Harriers, winner of the London to Brighton race of 1952. Arthur Newton and Peter Gavuzzi assisted Hayward in his preparation and worked out a race strategy. They based Hayward's schedule on the theory that one had to put in a lot of miles early on to make up for the final hours, when the pace was sure to drop. It was reckoned that Hayward could do about 170 miles plus in 24 hours. However, what seems feasible on paper rarely works out in practice.

On that gloomy day in November, back in 1953, everything went according to plan. Hayward kept up a steady 8mph and reached 50 miles in 6:06:44. Moving strongly around the track he eased down about half a mile an hour, which was planned.

However to drop one's speed deliberately when running well sometimes proves to be a psychological worry which can react adversely on one's physical condition.

At 100 miles Hayward clocked 12:46:34 which was a new world record and well up on schedule for 170 miles. After the 100 mile distance was reached it was decided that Hayward would come off the track for a shower and massage and then continue.

Welshman, Tom Richards, who won a silver medal in the marathon at the London Olympics of 1948, was at Motspur Park and takes up the story.

"I think Wally made a big mistake when he came off the track. I remember him being laid out on the massage table in the changing rooms. He had stiffened up so much that it was as if rigor mortis had set in. We took it in turns trying to massage some life back into his legs. His huge calf muscles were solid, like oak. He must have lost the best part of forty minutes while off the track. Arthur Newton and I eventually persuaded him to start moving again. We helped him to the edge of the track and Wally started to walk, then jogged until he settled into a painful, awkward looking, style of running. He certainly paid dearly for his fast start. One must always remember speed kills, even in relation to a race as long as the 24 hours. I reckoned his pace was now to about 5¼ miles per hour. If it hadn't been for the motivation of getting the record I doubt if Wally would have continued."

The fact that Derek Reynolds was making ground on Hayward may also have been a factor in his determination to stay with it. Nevertheless, in the final eleven hours he was only able to cover 59 miles. In spite of all this Wally was able to record an excellent 159 miles, 562 yards which was good enough to beat Arthur Newton's record by 7 miles, 22 yards. Derek Reynolds finished second with a UK best national performance of 154 miles, 1226 yards,. It must be said that Newton and Hayward's records are not strictly comparable as Hayward's 24 hour record was established on a conventional outdoor track, thus beginning a new era in ultra running, so making the indoor and outdoor records separate entities.

After the race Wally Hayward recalled his feelings. "It was a terrible race, a very hard one. I really made a hash of it. Coming off at 100 miles was the biggest mistake I ever made. I just couldn't get going again. For me, it was a wasted opportunity. I should have gone considerably further than I did. At the end of the race I had lost over half a stone in weight and it took me a long time to recover. If anyone breaks my record, good luck to them!"

For the next twenty years it appeared that Hayward's record was going to be a one off, as it wasn't seriously challenged until Ron Bentley of Tipton Harriers exceeded Hayward's record at the Walton track on the 4th November 1973 in the Accolade 24 hour race. Of the fifteen competitors to face the starter, Ron Bentley, Joe Keating - Ealing and Southall Harriers (winner of the London to Brighton 1973) - and Tod Cotbitt of the USA were the athletes most likely to beat the record.

Ron Bentley led the field after 29 miles and his pace at this stage was almost comparable to Haywards, but unlike Hayward he eased off somewhat before reaching 100 miles in 13:09:52. Bentley, however, did not leave the track and in the next six hours ran at a consistent 6½mph, which took him well clear of the field. At this stage, he was inside Hayward's record performance and had nine hours left. At 200km he recorded 16:53:00 a new best on record as opposed to Hayward's 17:33:25.

Possibly the most critical point of the race came at about 20 hours when there was a violent storm which swept across the ground causing the track to become water-logged and a squad of attendants was needed to clear the water off the running surface. This undoubtedly slowed Bentley and the rest of the field, his subsequent pace dropping to about 4¼mph for this period. Told he was in sight of Derek Reynold's UK best performance of 154 miles, 1226 yards Bentley was motivated to raise his pace and he passed it with two hours of the race left to be run.

Although Ron had pulled a muscle in his right leg, the knowledge that he had only to cover 4 ¾ miles to beat Hayward's record kept him going. After 22 hours, 59 minutes and 38 seconds he passed the old and established a new world record.

Soon after Ron Bentley stopped to have his legs massaged. Reaction set in and when he finally returned to the track he was unable to run, but finished the final fifty minutes walking round the track covered in a blanket with the acclaim of the spectators ringing in his ears. It was a very emotional experience. At 6pm, a starter's pistol signified that the race was over and when the distance had been calculated Ron Bentley had added nearly two miles to the greatest distance an amateur had covered on the track in 24 hours. His final distance was 161 miles 545 yards.

Incidentally this was probably the first ultra track race to get television coverage, a BBC television crew recorded the final hours. Afterwards Ron Bentley related his experiences during the race. "It was absolutely marvellous to beat the record. After all, Wally Hayward was one of the "greats". I thought that if I could get to 100 miles in around 13 hours I would get the record and that's how it turned out. But when we had that violent rain storm, doubts started to creep in. You see, I pulled a muscle in my right leg with about 3½ hours to go and it swelled up big. In fact, all my muscles seemed to ache but I wouldn't dare stop. I just couldn't find the time."

"After I'd broken Hayward's record I was mentally as well as physically drained. I had lost my concentration and couldn't run again. I was content to walk around the track with a blanket over my shoulders. With two minutes to go the crowd shouted at me, 'Run! Run! I threw off the blanket and suddenly I was flying. I don't know where I found the energy, perhaps it was emotion. I remember I was so elated that I was able to have a joke with Ted Corbett. 'Ted,' I said 'This was just the heat the actual trial is tomorrow.' Seriously I was very pleased to beat Hayward's distance. I had trained for it and I got it. I am now content and satisfied to know that I have been at the top."

In 1979 at Huntington Beach, California, Park Barner was reported to have run 162 miles, 537 yards on a quarter mile track. Barner who comes from Harrisburg, Pennsylvania is a well known ultra runner in the States, where he has won a number of long distance races. His running background credentials would, in all possibility support his world record claim for the 24 hours. However, after the RRC had been notified and had received intermediate times of the run, this was still insufficient information for the record to be ratified. Eventually the RRC stated that Barner's 162 miles, 537 yards was an uncertified mark; ineligible for record purposes since no laps or elapsed times were taken.

Incidentally, it is worth noting the RRC still include Barner's distance in their all-time list for 24 hour records.

In April 1980 an unknown French long distance runner by the name of Jean Gilles Boussiquet laid claim to the 24 hour record. This was achieved on a track in the grounds of the French National Military Academy, at Coetquidan, where Boussiquet was reputed to have run 162 miles, 231 yards. The time sheets for the race were sent forward to the RRC for ratification and it appeared that every kilometre during the 24 hour period was accounted for. Sad to relate the significant lap sheets, that showed every recorded lap time were never received so that the claim for the record was unacceptable.

A similar fate, a few months later befell another continental athlete. The Frenchman Ramon Zabalo. He asserted that he had run 163 miles in Toulouse. This claim was also ineligible as no lap times were taken and the intermediate distances for the run have never come to light.

With the advantage of hindsight, it is realistic to assume that Boussiquet was unfortunate in that he did not have his 24 hour record ratified. Veteran long distance runner Malcolm Campbell was in the race at Coetquidan in 1979, where he finished fourth, and he assured me that the times were recorded for every lap and that Boussiquet did actually run the distance stated. Malcolm wrote to me about the event and said that Boussiquet did not falter during the race and that he maintained his pace throughout the 24 hours. He finished his letter on a note of prophesy. "There is no doubt in my mind that we will hear a lot more of Jean Gilles Boussiquet."

It was not long before the prophetic statement of Malcolm Campbell came true. Just six months after Coetquidan, Boussiquet arrived in England to take part in the Blackburn 24 hour track race at Whitton Park on the 11th and 12th of October, 1980. I met Boussiquet at Blackburn and in conversation he told me. "At last I have an opportunity to run a 24 hour race in England. I know that those officials still doubt my performance at Coetquidan, and need more proof. I am determined to show them that my claim was justified. I have prepared myself to improve on it, here, at Blackburn."

The race attracted an experienced field of sixteen ultra runners. Three of these were French, Bernard Gaudin, Gerard Stenger and, of course, Boussiquet, made up a formidable French trio. Local hero, Dave Jones, Blackburn Harriers, was probably the favourite on the strength of his run at Crystal Palace in the 24 hour track race of 1979. Mike Newton (SLH) and Mark Pickard (Epsom & Ewell Harriers) were also in the line up and appeared to have a good chance on their current form.

From the starting gun Mike Newton went into the lead, which he held for the first 18 hours of the race. Later he recalled: "Boussiquet was running with an amazingly economical style and I knew that if I was unable to maintain my pace he would gradually wear me down and overtake me. At 100 miles I was over half an hour in front of him and I thought to myself - I'm OK now, I've got the cushion I planned for. At the 200km mark I recorded 16:42:31 a new world record for that distance.

"However, I had my problems. At about 3am in the morning the conditions became very cold and the temperature dropped well below freezing - so much so, that my drinks solidified into ice. It was decided that after 200km I should come off the track for a hot drink and change into warmer clothes - track suit and hood. I am afraid this was a crucial mistake, within seconds of stopping my leg muscles tightened right up. Probably through the excitement I gulped down the drink too quickly and this caused stomach cramps. After some time I eventually returned to the track, but I could hardly produce any movement and I must admit that, with six hours to go, I was nearly finished. However, I pulled myself together and managed to complete the 24 hours."

During this drama Boussiquet's quietly pattering feet had been propelling him nearer and nearer to Newton. He was still moving along at 7mph and took the lead for the first time with 5½ hours to go. At 150 miles he was ten minutes ahead of Bentley's record schedule and it became obvious, that barring a mishap, he must add at least seven miles to the record.

At 23:10:50 Boussiquet passed Ron Bentley's world record. This had been a brilliant display of 24 hour track running, but in the concluding half hour Boussiquet was forced to walk. After the race he confided in me. "My feet had become so blistered that I had to walk for the last thirty minutes or so, but I didn't care. I was so happy. I had proved to your English RRC that I was capable of beating the record I set at Coetquidan, which I did by over three kilometres."

In fact, Boussiquet covered 164 miles, 192 yards and this time he was unanimously accepted as the new world record holder. Mike Newton took the second place with 154 miles, 791 yards and Mark Pickard, at the tender age of 21 ran 150 miles, 1477 yards and probably learned a lot from this race, as a year later, at Barnet, he set a new UK National record for 24 hours.

During the long winter of 1980/81 there was good news for ultra runners. The importance and prestige of the 24 hour track race had spread across Europe and Lausanne Sports of Switzerland decided to organise and promote a 24 hour at the Pierre de Coubertin Stadium on the 2nd and 3rd May, 1981. The new world champion Jean Gilles Boussiquet back in his village of St. Pierre du Amilly, about 30km south east of Bordeaux, was quietly preparing himself. He told me that he was sure he could beat his Blackburn distance. He knew the Lausanne race would attract a top class field and that he would have to run up to the best of his form.

The stadium Pierre de Coubertin situated by the side of Lake Geneva, four kilometres from the town of Lausanne. The stadium is part of a vast sporting complex in the Plage de Vichy. The race, as forecast, had indeed attracted a field of considerable talent. Boussiquet's rival Ramon Zabalo from Toulouse, who claimed he had run 163 miles, was there; also in the line up was the brilliant Czech ultra runner Vaclav Kamenik, who had run 100km in 6:29:34 at Grunheide, East Germany. He was now trying the mega distance for the first time in his career and many experts felt he had the class to make an impressive debut. In fact, a number of people made him the favourite.

The local Swiss contingent was sure that their best long distance runner, Alain Cornioley could make his presence felt, if any of the big names were to crack. Also in the field were the experienced British runners Mike Newton and Dave Jones. In all, sixteen athletes lined up for this formidable event.

From the start the pace, for a 24 hour race was fast and as expected Kamenik dominated the race for 100km, recording 7:34:58 at that point, second was Henri Metzger (France) in 8:10:13, followed by Cornioley, 8:10:55. Newton was timed at 8:25:27 and Boussiquet, 8:30:09. Surprisingly Zabalo retired from the race after only 80km. Boussiquet recalls: "I knew I was running well. The synthetic surface of the track suited my style. I must admit that Kamenik at this stage looked very strong. My attendants were very worried. They told me not to let him get too far in front, but for myself I wasn't concerned as the likelihood of him keeping up this sort of pace was uncertain."

As the race continued, it was significant that Boussiquet at 140km was three minutes in front of his Blackburn time. However, the Czech continued to lead.

As the race continued into the early hours of Sunday morning, Kamenik's lead had stretched to over ten miles and the long striding action of the formidable Czech seemed unfaltering as he frequently lapped the other runners. At 100 miles he was timed at 12:28:16 - the fastest 100 miles ever run in a 24 hour race. Hanging on to second place Cornioley, 13:32:36 just in front of Boussiquet, 13:34:56, with Newton on 13:51:25.

At 3am it started to rain and gradually increased into a steady downpour. With the rain came a dramatic change in the fortunes of Kamenik. His speed began to drop and Boussiquet started to gain on him.

All the runners put on rain proof clothing except Boussiquet who continued to run in his original vest and shorts, his cap keeping his head dry as he moved through the puddled track seemingly unconcerned with it all.

Vaclav Kamenik in contrast was labouring, the flowing action was no longer there and he was suddenly indistinguishable from his fellow competitors jogging and shuffling around the track. The changing fortunes of the race swung directly in Boussiquet's favour, when Kamenik was forced to leave the track for massage on his cramped-up thigh muscles.

From then on Boussiquet stamped his authority on the race in his own inimitable way and cruised through the 200km mark in 16:54:40 - 27 minutes ahead of his Blackburn time. Kamenik returned to the race, well wrapped up in wet-suit and hood, but no longer running.

Eventually the rain subsided, but there was an inch and a half of water on parts of the track, which attendants frantically tried to clear. Through all this Boussiquet had kept going, his pace uninterrupted, almost mechanically. But unlike a clockwork man his spring did not run down, his running mechanism remained as smooth and predictable as the movement of the finest Swiss watch. At 150 miles he was 45 minutes in front of his Blackburn time.

A large crowd gathered in the stadium for the final stages of the race. They cheered and applauded every runner, but it was Boussiquet who received their highest accolade - especially when the public address system announces that after 23 hours 12 minutes Jean Gilles Boussiquet had broken his existing world record. Boussiquet waved and smiled to the crowd but he was determined to put his record out of reach. It was the most convincing performance I have ever seen of non-stop running.

When the gun was fired for the conclusion of the race Boussiquet appeared almost disappointed unlike the other competitors who were glad to see the ordeal over. Boussiquet bettered his record by 5 miles, 513 yards, having gone out on a limb, just as at Blackburn. Each time, Blackburn and Lausanne, he had proved beyond doubt, that his Coetquidan record was genuine. The result of the race showed that it was the best in depth 24 hour ever run, the first five runners exceeded 140 miles.

1. Jean Gilles Boussiquet, 169M 705y; 2. Mike Newton, 156M 791y; 3. Alain Cornioley, 154M 421y; 4. Vaclav Kamenik, 141M 1509y; 5. Gerald Rosset (Swiss) 140M 716y. Sometime later Boussiquet recorded his feelings about the race. "Everything went well for me, I found running for 24 hours easy. Honestly I could have gone on for another couple of hours, I felt so well. My wife and family supported me all the time during the race. Their help was invaluable. Kamenik set a very fast pace and this was just the stimulus I needed, especially when he took the lead and went a long way in front. This took the pressure off me and I was able to run as I pleased. Gauging my performance in relation to my training, I think I can still go further, perhaps 175 miles in 24 hours will not be impossible. You know, it's my best distance and I feel sure that physically and perhaps mentally I have not yet reached my best."

The news of Boussiquet's great victory at Lausanne made an immediate impression on the world of long distance running. Many ultra buffs held the opinion that the record would stay across the Channel for some time. Taking everything into consideration they were justified in their opinion, there appeared to be nobody good enough to lay down a challenge.

However, the experts were once again to be proved wrong. Dave Dowdle and Gloucester AC came onto the scene. In a way, the rise of Gloucester AC and Dave Dowdle are synonymous. In 1979, Gloucester AC entered a team in the London to Brighton. Their chances were not seriously considered but, in spite of this, they won the Len Hurst Belt for the first time home.

The Gloucester club then gained a considerable amount of fame in ultra races and they became a force to be reckoned with. The basis of their strength was due to Dave Dowdle and Martin Daykin, both exceptionally talented long distance runners. In April 1981, Gloucester AC organised a 100 mile road race, consisting of ten, 10 mile laps around the rural lanes near Tewkesbury. There were thirty starters and the race developed into a tremendous battle between Daykin and Dowdle, a fascinating duel right up to the finishing line. Daykin was completely exhausted, but somehow hung on to win in 12:16:46. Dowdle was only 150 yards behind - 12:17:09. He looked remarkably fresh for someone who had just run 100 miles and his appearance inspired the opinion that Dave was the man to regain the 24 hour world record for Britain. Surprisingly Dowdle had no inclination to run a 24 hour track race and he didn't contest the RRC 24 hour at Copthall Stadium, Barnet in October 1981.

However the following winter Dave arranged a special training programme with perhaps the 24 hour race in mind, although at that time, he was still uncertain whether to participate in such a testing event. Gloucester AC in 1982 went ahead with their plans to promote a 24 hour race at the Blackbridge track, Gloucester and the organisers, Chris O'Carroll, managed to persuade Dowdle to run.

It was obvious that the race was going to be of the highest calibre. Boussiquet was to be in the line-up, along with several other world class ultra runners such as Mark Pickard, UK 24 hour record holder with 163 miles 1249 yards and Martin Daykin, winner of many 100km races on the Continent, plus international six day runners, Joe Record from Australia and Don Choi from the States.

A fundamental change in the rules for ultra track allowed men and women to compete in the same race for the first time in a 24 hour. As a result the field included two very good women athletes Lyn Fitzgerald, Highgate Harriers and Ros Paul of Barnet AC.

On Saturday 22nd May, 1982 at 10am the 24 hour count down started. The tall figure of Mark Pickard led the field and at 50 miles he was timed at 6:10:39. Daykin was second, ten minutes behind while Dowdle was third 12½ minutes down on the leader. The strong winds during the morning made it difficult for the competitors, although the afternoon and early evening was sunny and quite warm.

Boussiquet, as expected started the race at a modest pace, but to anyone familiar with his style must have been aware that he did not look relaxed and easy. In fact, he seemed to be struggling from the start, for once it seemed that this was not his day. Later after a bout of sickness and several stops - lying down in his tent for half an hour, which virtually put him out of contention although he made a brave attempt to get going - he was finally persuaded by his helpers to retire.

A similar fate befell Don Choi, who retired soon after reaching 100km. Meanwhile Martin Daykin, who had been lapping the track in very positive fashion, about 1:46 a lap, took the lead before 70 miles and led Pickard by 9:48 at 80 miles. The 100 mile times were: Daykin 12:52:10; Pickard 13:10:43 and Dowdle 13:31:29. Word filtered through that Daykin had a specific goal in mind - the 200km world record.

During the night he ran on strongly to record 16:20:46 - and stopped, unaware that he was a lap short of the 500 necessary to cover 200km. At this point in the race he retired, not realising that he had failed to complete the distance. There will always be a question in my mind as to why, with the record in the offing, the lap sheets were not carefully scrutinised while Daykin was coming up to the 200km mark.

With Daykin prematurely out of the race Dowdle had put in a concerted effort and overtook Pickard after 110 miles. Dowdle had now settled down into a distinct rhythm and continued to lap the track at the same speed continuously without faltering. At last the pendulum swing of record schedules, plus and minus, was in his favour, as at 150 miles Dowdle claimed his first world record with 20:55:05, just two minutes superior to Boussiquet's Lausanne time. Even so, his forward march into Boussiquet territory was uncertain as his superiority over the world record holder was so fine that he must, at all costs, keep going without any deviation of pace.

With two hours to go, at 8am in the morning, there was a severe downpour of rain, but even this did not affect Dowdle's morale, as with the bit between his teeth he was on the brink of glory. Urged on by a sizeable crowd he passed Boussiquet's record after 23:48 of virtually non-stop running. With the final gun he had finished with the magnificent distance of 170 miles 974 yards.

The first to congratulate him was Boussiquet, who had watched the final hours from the side of the track. A brave Mark Pickard was second with 157M 515y. For the ladies, Lynn Fitzgerald had set a string of women's ultra records which included the 200km and the 24 hours.

Dave Dowdle had a few words to say after the race. "I viewed Boussiquet with a strong degree of apprehension, but I was confident to rely on my training. I had reached 240 miles since Christmas. Unfortunately, Boussiquet became ill during the race and retired. I was aware that Martin (Daykin) looked much more of a danger. Later it dawned on me that it was his intention to try only for the 200km record, since it was obvious that he would not be able to keep up that pace for 24 hours. I was really upset when we found out that he was a lap short and did not get the record.

"After 20 hours I was feeling really tired and I could feel my determination weakening. Joe Record ran with me and gave encouragement which I needed badly. Quite a good crowd had come into the ground as the local radio had given out the news that a world record was imminent. This gave me the motivation I needed and it was one of the greatest moments in my life when it was finally calculated that I had become the first man to run over 170 miles in 24 hours. My grateful thanks go to Gloucester AC and all those concerned with the organisation.

You know, when I finished Ron Bentley and Boussiquet were the first to congratulate me. It just goes to prove how strong the bond is between us ultra distance runners." I think it is interesting now to analyse the five definitely authenticated world records.

Dave Dowdle	170 miles	974 yards	Gloucester
J.G. Boussiquet	169 miles	705 yards	Lausanne
J.G. Boussiquet	164 miles	192 yards	Blackburn
Ron Bentley	161 miles	545 yards	Walton
Wally Hayward	159 miles	562 yards	Motspur Park

World record holders' intermediate times and distances in 24 hours

	50 miles	100 miles	200km	150 miles	1st 12 hrs	2nd 12 hrs	Total
Dowdle	6:22:02	13:30:08	17:00:17	20:55:05	89.9 miles	80.7 miles	170.6 miles
Boussiquet, (at Lausanne)	6:43:50	13:34:56	16:54:40	20:57:00	88.3 miles	81.1 miles	169.4 miles
Boussiquet, (at Blackburn)	6:36:28	13:48:06	17:21:34	21:11:59	87.9 miles	76.2 miles	164.1 miles
Bentley	6:08:11	13:09:52	16:53:00	21:20:27	92.1 miles	69.2 miles	161.3 miles
Hayward	6:06:44	12:46:34	17:33:25	22:15:02	94.4 miles	64.9 miles	159.3 miles

An examination of the intermediate times of the record holders show that Hayward and Bentley started relatively fast, running at just over 8mph for the first six hours. It can be seen that Bentley's schedule was planned for him to slow down somewhat after 100 miles. Hayward, however never recovered after 100 miles and the good base he had built gradually crumbled, when his pace deteriorated dramatically and stayed at about 5½ mph. Boussiquet, at Blackburn showed that if one could maintain a controlled pace at a slower speed one could still break the record.

He ran 7 3/4 and 6 1/2 for 22 hours. For the final two hours he could only cover nine miles, but he only needed 3 mph, at that stage to take Bentley's record. At Lausanne, Boussiquet's performance was even more notable, in that, his pace didn't vary much between 7 1/4 and 6 3/4 mph for the full 24 hours. He was the first man to run the whole distance without faltering. Dowdle at Gloucester ran at 7 3/4 mph for the first eight hours then slipped to 7 1/4 mph for the second eight hours. However, the final eight hours gave him the record as he was able to maintain 6 mph, which allowed him to consolidate the advantage he had gained in the first few hours comparable to Boussiquet Lausanne distance.

The age of the record holders is not particularly significant. Hayward was 45, Bentley 41, Boussiquet 36 and Dowdle 27. The one salient factor I have been able to discover is that all broke the record for the first time - if we include Boussiquet at Coetquidan.

In my opinion, a top class ultra runner coming fresh into the 24 hour race has every chance of breaking the current record.

Our worthy president Geoff Hook is taking off to USA on June 17th with his arch-rival, Peter Armistead. They've both signed up for the 100mile Western States trail race, and hope to come home with a prestigious buckle each to prove that they can run the torturous trail in less than 24 hours. (Eat your heart out, Maxie Bogenhuber!) I'd be just as worried about coping with Peter Armistead's nasty tricks if I were you Hookie. He's been known to play some particularly nasty ones on a person while they're running. His speciality is running on ahead, then leaping out of the bushes just as you're about to pass and scaring hell out of you. You really can't take him anywhere. Good luck anyway!

KANGA RUED

by Alvin Goodwin

We have all heard runners tell tales of confrontations they have had while out training, mostly with dogs or irate motorists. One of my favourites concerned a well-known Sydney veteran and a dog called Blacksmith.

My personal experience happened on a country road near Maitland, when I was out for an early morning jog. As I rounded a bend, a monster of a grey kangaroo hopped across the road in front of me. He had apparently been feeding in a grass paddock on my left and was heading for a patch of bush in the paddock on my right.

The roadside fence consisted of five strands of plain wire with about ten inches between each wire. No doubt, the roo had a system worked out for manoeuvring himself through the fence under normal circumstances, but seeing me gave him a scare and he took off like Ben Johnson. In his panic, he forgot all about the fence and hit it at about Ben's top speed.

The wires stretched as far as they could then flung the roo backwards as though he had been shot out of a catapult.. He landed in an undignified tangle of tail and legs, but quickly regained his feet, then glared first at the fence, and then at me. He paused a while to do a few calculations, decided I was to blame for the whole incident, started gnashing his teeth and bounded straight at me. When he was about four metres away, he gave an almighty leap, and sailed through the air with his two back feet stuck out in front of him, aimed at my chest.

Now I have always had pretty good reflexes, so quick as a flash, I dropped to my hands and knees and he passed clean over the top of me, and before he could turn and continue his attack, I grabbed the end of his tail with both hands, and hung on.

Kangaroos are severely handicapped without the full use of their tails, as this one soon found out. He glared at me again, gnashed his teeth a few times, then made a lunge at me. Just as he lunged, I gave a yank on his tail, which made him lose balance and crash down on his side.

After a couple of minutes of lunge, yank and crash, my arms started to tire and I began to realize the seriousness of my position. At first I thought an early morning motorist would come to my rescue, but when that didn't eventuate, I decided my best plan would be to manoeuvre old roo as close as possible to the fence, then when he was down, slip through the wires and try to keep the fence between us.

After a bit of trial and error, I worked out a technique that had us slowly moving towards the fence when, "Hooray!! Hooray!!" along came a car.

The kangaroo ceased his struggle and eyed the vehicle with suspicion, while I maintained my grip on his tail.

The car was a shiny pale blue Merc. and its sole occupant was a red-faced man in his forties nicely dressed in a pale grey suit with a white shirt and a dark grey tie. He got out of the car, looked at us for a few seconds, then said in a deep bellowing voice, "Hey you, what do you think you're doing with that poor creature?" Naturally, I thought he was joking, so I said, "He's a fine looking specimen. I thought I might sell him to the zoo".

The red face went about four shades redder and he roared at me, "Zoo! Zoo! I'll give you zoo. I'll have the law on you, that's what I'll do" He started to walk towards us, and roared again, "No, I'll do better than that, I'll arrest you myself. I'll make a citizen's arrest. Now you let that poor animal go this instant"

While all this was going on, the 'poor animal' had been sizing up the situation and had decided Red Face was on my side, and as he wasn't having much luck with me, changed his attack to him, and just as Red Face was insisting that I 'let the poor animal go', the old roo made a monstrous lunge in his direction, and just as he lunged, I released my grip on his tail.

Red Face's reflexes were somewhere between poor and non-existent. Those two big hairy feet hit him about chest high and he went down as though he'd been hit by a double-decker bus, and instead of offering some sort of resistance, he just lay there yelling, "Help me! Help me!"

For an animal who had probably never been in a similar situation, the kangaroo seemed to know just what to do. He hooked the toe-nails of his front feet into Red Face's nice white shirt, then commenced moving his powerful hind feet in a scratching motion on his midriff something similar to, but a trifle more vigorous than a hen scratching for tit-bits for her chickens.

Pretty soon, bits and pieces of grey suit started flying through the air, and Red Face kept hollering, "Help me! Help me!" I decided to offer a bit of advice and said, "Try grabbing his tail, it's his weak link!" He never let on he heard me.

Pretty soon, bits and pieces of white shirt started flying through the air, then some bits and pieces of human skin, I thought to myself, "Crikey, he's not going to stop until he's scratched his way clean through to the backbone". So I seized his tail and after a bit of a struggle, I managed to pull him off.

Red Face scrambled to his feet without so much as a 'Thank-you', and automatically started in to dusting himself off, then noticed blood on his hands. "That's blood!", he said. Then he inspected his damaged abdomen and let out a yell that sent a shudder through old roo that I felt right to the tip of his tail. "I'm bleeding. I'm bleeding!"

He raced to the Merc, jumped in and took off in a shower of gravel. We watched him disappear down the road, then the roo glared at me, gnashed his teeth a couple of times and made another lunge. I thought, "Oh well. Back to plan one", and yanked on his tail.

Eventually, I did manoeuvre him alongside the fence, and as he hit the ground, I let go of his tail and quickly squeezed through the wires and stood on the other side of the fence. He picked himself up and lunged at me, but managed to stop as his body pressed against the fence. He glared at me some more, then shoved his head and chest between the third and fourth wires. Next, he lifted his big right foot, trod down hard with it on the fourth wire; this opened up a gap big enough for him to wriggle the rest of his body through.

As soon as he was through the fence, he made another lunge at me, but of course, while he was getting through the fence, I had slipped back through to the other side. He glared at me again and gnashed his teeth a bit, then looked over his shoulder at his patch of bush across the paddock. He gave me one last glare, then hopped off towards the bush.

I have never told this story before. I didn't think anyone would believe it. Do you?

By. GORDON R. BURROWES.

Peter Lovesey, whose article in the April edition of AURA MAGAZINE gave a history of Ultra-running attempts of the 1000-miles-in-a-1000-hours variety, is also a writer of Detective stories.

His series of Detective stories set in 19th Century England which feature Sergeant Cribb & Constable Thackeray of Scotland Yard includes "Wobble to Death".

"Wobble to Death" takes place in London in 1879 & the setting is a 6 day race or "Wobbles" which has been organized by a shady promoter.

On the second day a "leading contender for the title of Champion Pedestrian of the World" is murdered.

The race continues while Cribb & Thackeray conduct their investigations & then a second runner is murdered.

Peter Lovesey's colorful reconstruction of 19th century London is brilliant. In this story it is the London sporting world and the new cult of 6 day racing. The birth of our sport of ultra-running is faithfully recreated. Some early records & statistics are listed throughout the book to help create the right atmosphere.

Those first 6 day runners (Wobblies) were a rough & tough lot - not as refined as today's ultra-runners!

PENGUIN CRIME "WOBBLE TO DEATH" PETER LOVESEY.



RUNNING IS MURDER!

"Run for Your Life" is the story of Sarah, a Californian housewife & jogger who is preparing to run her first Marathon. (Can you still remember that first one?)

Sarah also happens to be a "thriller writer" & during the weeks she is preparing for the Marathon she maps out the plot for her next thriller - the story of a housewife preparing to run her first Marathon who is harassed during her preparation by an unknown assailant & then murdered on Marathon day.

Somehow the events of the plot start becoming real. Sarah finds herself being harassed during her training runs in just the way the character in her story is harassed.

"Someone knows the plot of Sarah's latest novel-in-progress & is transforming it into horrifying reality" says the blurb. "Should she go to the Police? Should she tell her family? Perhaps it is one of her own family?"

The culmination of the plot of Sarah's "thriller" is that the character is murdered as she crosses the finishing line of the Marathon. Despite her family's protestations, Sarah insists on running the Marathon!

FUTURA BOOKS "RUN FOR YOUR LIFE" BARBARA ABERCOMBIE.



"Moscow 5000" revolves around the preparation of a fictional set of 5000 metre finalists for the Moscow Olympics. The plotting & intrigue that goes on in the preparation of the runners for this prestigious event is a thriller in itself. Interwoven with it is a terrorist threat to set off a stolen incendiary device which will engulf the entire Lenin Stadium in a sea of "liquid fire" during the running of the final. The authorities will not postpone the final or reveal the threat because of damage to their image in the eyes of the world.

The Russian detective must find the terrorists before they carry out the threat. As the writer lines his runners up for the start of the 5000 metre final the reader is as tense as the runners. The tension is there because this race seems so real but also because the Russian detective is carrying out his final frantic search of the Lenin Stadium for the sole remaining terrorist & the incendiary device!

FONTANA "MOSCOW 5000" DAVID GRANT.

As would be expected from Stephen King, the author of "The Shining" and "Salem's Lot",



"The Long Walk" is another type of story altogether. An annual ultra-road-walk in the America of the future sponsored by the Government for the entertainment of the people & controlled by the Armed Forces.

The winner receives anything he wants to ask for as his prize - no limits.

100 young men are chosen from the 1000's of annual applicants by a series of mental tests & interviews. The rules are simple: maintain a minimum walking pace of 4 miles per hour at all times, no stopping for any reason whatsoever (food & drink are provided).

The walking pace of each contestant is monitored by a computerised radar vehicle manned by armed soldiers who are the referees & judges. Three warnings are allowed & then the fourth time you are out of the race. If you receive a warning you can erase it by walking for an hour without any more warnings. So three warnings can be erased in three hours -but allow that fourth one to build up & KAPOW!! That's right, in this ultra race of the future those who can't keep up the pace are shot. The winner is the last survivor. (It may not be wise to allow some of our Race Directors to read this story.)

NEW ENGLISH LIBRARY (HODDER & STOUGHTON). "THE LONG WALK" STEPHEN KING in The Bachman Books.



MISCELLANEOUS ARTICLES

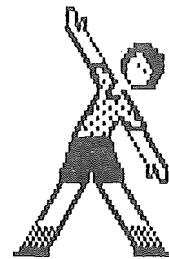
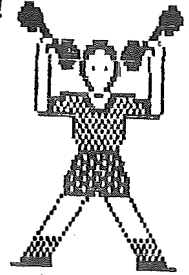
STRETCHING FOR DISTANCE RUNNERS

by Gordon Burrowes

Every running magazine or book you pick up has some advice on stretching. Over the years, I have made a collection of these articles and now I have summarised all this expert advice for my fellow runners. Most of the facts about stretching listed below are collected from running magazines - Fun Running, Interclub, Distance Running, Ultra Running and Veterans. They include magazines from Australia, Britain, America and New Zealand. Some of the facts are from books on running and training procedures and some are just from club newsletters. Some of the authors are qualified medicos and physios, some are just experienced runners passing on their knowledge, and some are highly qualified coaches.

Here is the BURROWES COLLECTION OF STRETCHING - all you ever wanted to know and all you ever need to know about stretching and running. May it do you as much good as it does me!

1. NEVER commence running until you have done your stretching.
ONLY stretch after completing your run.
2. STRETCHING warms up the muscles used for running.
NEVER stretch cold muscles.
3. A LIGHT JOG is all that is necessary before stretching.
ONLY STRETCH when you have generated deep-down heat in your muscles by a sweat-producing run.
4. HOLD each stretch for at least 60 seconds to overcome the normal elasticity of the muscle.
The ONLY benefit from stretching occurs in the first 10 seconds of the stretch.
5. PAIN means gain!
PAIN means strain!
6. NEVER bounce a stretch.
PULL into the full stretch position and then increase the stretch with short bouncing motions.
7. SETS of 8 repetitions daily are required for stretching to be effective.
YOU ONLY need to stretch each muscle group once, just before running.
8. The ONLY stretch distance runners need is the lean-forward-straight -legged-calf-muscle stretch
ALL RUNNERS need to do a range of stretches.
9. The HURDLER'S STRETCH is for ballet dancers and acrobats only.
RUNNERS should stretch the hamstrings by raising the leg to the hurdling position.
10. STRETCHING is simple and runners can teach themselves.
STRETCHING should only be taught by experts or injuries will occur.
11. JUST go ahead and stretch. There is not technique to stretching.
BE CAREFUL to only stretch the muscle in a direct line with the longitudinal axis of the muscle.
12. STRETCHING cannot hurt you.
SOME stretches are dangerous and should be avoided.
13. STRETCHING and flexibility exercises are the same thing.
FLEXIBILITY exercises are for sprinters and hurdlers only and many so called stretching exercises are actually flexibility exercises.
14. STRETCHING is aimed at improving the running muscles.
STRETCHING provides balance by exercising muscles not used in running.
15. NEVER stretch an injury.
STRETCHING is essential to help the recovery process for injuries.
16. BETTER to have no stretching at all than incorrect stretches.
ANY stretching is better than none.
17. STRETCHING and strengthening exercises are all the same thing.
STRETCHING is static, strengthening is dynamic.
18. ALL DISTANCE RUNNERS are vandals at heart, Look around before the beginning of any big race and see the runners trying to push down walls and trees.
SAVOUR that deep religious moment before the beginning of a distance race as each runner silently turns his face to a wall and worships the Great God Stretch!



Ed's note: Thankyou Gordon for your most enlightening article!

EATING FOR SUCCESSFUL RUNNING

ROSEMARY STANTON
NUTRITION CONSULTANT

Good nutrition will not, by itself, improve fitness. But you cannot achieve your full potential unless you eat foods which provide the fuel your muscles need for peak performance.

The typical Australian diet is not suitable for anyone wanting to exercise. It has far too little complex carbohydrate and too much fat. And most people do not drink enough water to allow for the sweat losses which occur when you exercise in the Australian climate.

For peak performance, follow these important suggestions:-

COMPLEX CARBOHYDRATE AND GLYCOGEN

Complex carbohydrates are made up of thousands of glucose units which provide the ideal fuel to power the muscle cells. Carbohydrate is stored in the muscles cells as glycogen which is the major fuel for both aerobic and anaerobic exercise.

Only 17% of the kilojoules in the typical Aussie diet come from complex carbohydrate. Health authorities recommend a minimum of 45%. For the serious runner, 50% or more of the diet as complex carbohydrate gives muscles the ability to store even more glycogen.

You'll find complex carbohydrates in breads and cereals, grain foods such as rice, cracked wheat, rye, oats and barley, and also in pasta, potatoes, vegetables, legumes and bananas.

WATER

It's easy to forget, but plenty of water is vital for maximum performance. Exercise increases sweating; so does the Australian sun - even in winter. It takes time for the body's thirst mechanism to replenish the water losses after a good run. If you train hard almost every day, you will need to drink more water than your thirst dictates. If you fail to replace your water losses, performance falters.

To tell how much water you're losing, weigh yourself before and after a run. For every kilogram you have lost, you will need to drink a litre of extra water. You can also tell if you're drinking enough by checking that your urine is clear (it should only look yellow first thing in the morning).

If you want something other than water, make sure you dilute it to a maximum sugar content of 2-3% (about one-quarter of the level found in soft drinks and fruit juices). It's also important to replace water losses before replacing salt losses. Salt losses are minimal in a trained sports person, and will be easily replenished from a normal diet.

THE MEAL BEFORE YOU RUN

The energy for a run comes from the glycogen stored in the muscles during the previous few days. There's no way to provide instant energy just before any event. The pre-event meal is to keep blood sugar levels normal and prevent hunger pangs.

Try to eat a meal about 3 hours before running. Ideally it should consist largely of complex carbohydrates and have little fat. It it's breakfast, a glass of fresh juice, some wholegrain breakfast cereal with dried fruits or banana, served with milk (low fat if you like), and some toast is ideal. Add extra fruit, and a poached egg if desired.

If you are running later in the day, sandwiches with healthy fillings such as salad with chicken, turkey, egg or a little very lean meat or cheese, plus some fruit and a glass of fruit juice or low fat milk, would be suitable for the previous meal. Or have some rice, pasta or potatoes with vegetables or salad, a bread roll and some fruit or juice. Avoid fried foods and fatty take-aways.

It is not a good idea to eat sugar or glucose within the hour before a run. Sugar can cause an increase in insulin which may then cause a temporary drop in your blood sugar level. Once exercise begins, the exercise itself controls the output of insulin and this effect should not occur.

About an hour before the event, try to drink 300-400 ml. water. At each drink station, remember to take a drink. During training, stop at any tap or bubbler you pass and have some water. This is especially important if the day is warm. Dehydration is the fastest way to ruin your chances of finishing. After your run, remember to drink as much water as you can in preparation for your next day's training.

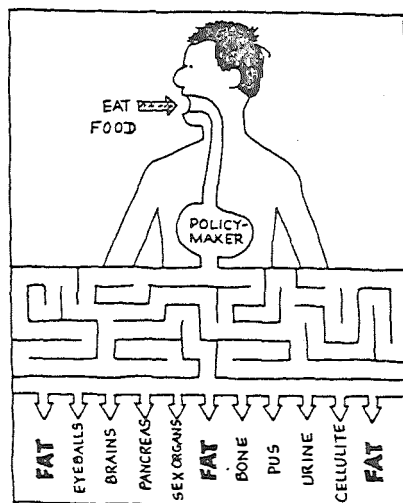
Do NOT take salt tablets - they draw water out of the muscle. Cramps are usually caused by a lack of water - not a deficiency in salt.

TRAINING DIET

The same types of foods are needed by everyone; the exact quantities depend on:

- * your body size
- * how much lean muscle tissue you possess
- * and how much training you do

If you are eating about the right amount, your weight will remain stable. If you are gaining weight, you need to cut down the quantities you eat (never skip meals) and/or increase the time you devote to exercise. If you are losing weight, you are not eating enough; try to eat more at meal times or eat more frequently.



..... A GRAPHIC ILLUSTRATION
OF THE DIGESTIVE SYSTEM!!

Learning to Value Yourself

Dr John Court

Feeling that you are worthwhile is very important. *Knowing* that you are worthwhile is even more valuable. Yet most of us have inferior feelings and don't live up to our own or other people's expectations.

In fact, some of us are in a vicious circle that works against us. We don't value ourselves the way we should, and this means that we are not able to assert ourselves, so are treated as being people of low worth; thus perpetuating the myth that we don't matter as persons.

Sense of self-worth starts very early in life—as does the sense of not being 'good enough'. Let me share with you some heredity facts that can undermine your self-confidence—especially when you are young.

If you are overweight, people might ridicule you.

If you are thin—the same thing happens.

Very short—or very tall—having moles, scars and birth marks—all draw censure.

As we grow older, looking attractive, being intelligent or well-developed sexually are deemed to be important, and society can be tough on those who don't fit the mould.

Then many of the things that happen to us affect our sense of self-worth. It's difficult to feel good if you grow up with fighting or uncaring parents; with siblings who tease; with sexual abuse; within a family that suffers divorce or death. The list is endless.

Let's face it, there are few people who escape these dilemmas, so that self-worth is not likely to come easily or naturally to us. We really have to work at it.

One thing you can do to help is to act assertively. This means not being a doormat and passive—or being angry and aggressive—but finding the healthy balance between the two that we call assertiveness.

Here is a description of love written by St Paul and put into a modern context by Darrell Franken:

The Greatest of These is Assertiveness

If I speak with the tongue of ordinary people
And have not self-worth,

I can be mentally ill and easily sick.

If I look pretty, and have a good brain and physique,

And my father owns a thousand chain stores

But I do not have self-worth, I am nothing.

If I give away all my money to make friends,

And deliver a new car to every neighbour,

But I do not have self-worth, I gain nothing.

Self-worth is patient and kind to others—

Self-worth is not jealous or boastful.

It is not arrogant or rude.

Self-worth does not insist on its own way.

It is not irritated or resentful.

It does not rejoice in personal success.

It rejoices in the achievements of others.

Self-worth bears all things.

Self-worth believes all things.

Self-worth hopes all things.

Self-worth endures all things.

Self-worth never runs out of sunshine.

As for passiveness, it brings on depression.

As for aggressiveness, it hurts others.

As for assertiveness, it comes out of self-worth.

For passiveness is a problem,

And aggressiveness is a problem...

So when assertiveness comes out of self-worth

Then passiveness and aggressiveness will go away.

When I was a child I was more passive.

I spoke non-assertively.

I acted non-assertively.

I thought non-assertively.

When I grew up I found out I had a right to be assertive.

Now I practise assertiveness carefully,

And if I practise it in the future, I will gain even more self-worth.

FOOD FOR SPORT

DR ANDREW SEMPLE

Doctors are often asked for nutrition advice by the weekend sportsman and the elite athlete. Does a pasta supper really help in the next day's fun-run? What, if any, vitamin and mineral supplements should be swallowed? Does water at half-time cause cramps?

A healthy diet can optimise performance; an inadequate one can jeopardise one's chances whether a week-end runner or a potential Olympian. Basic nutrition advice to the sports-person can be summarised as follows -

PROTEIN: In 400 BC athletes used to consume the flesh of a strong animal, suffering from the misconception that such a diet would make them stronger. Many of today's athletes still believe this extraordinary concept, swallowing many expensive protein supplements gleefully promoted by those who seek to make a profit at others' expense.

Athletes (particularly those in a training phase) do have slightly elevated protein requirements compared to the average person. However, the Australian diet is more than adequate to meet the additional requirement. Increased muscle tissue can only be achieved by appropriate weight resistance exercise, plus sufficient carbohydrate to meet the extra energy demands.

CARBOHYDRATE: The body is a finely tuned machine that requires a special high octane fuel - CHO. Unrefined CHOs should make up the major portion of the sportsperson's diet, e.g. bread and cereals (particularly the wholemeal varieties), fruit and vegetables, dried peas and beans, etc. Porridge oats and wholemeal pasta may well be the rocket fuel of the 1990s. At least 55-60% of the kilojoules should come from CHO foods. This percentage can be increased for endurance athletes who need to maximise their glycogen stores, particularly in the days preceding a competition.

FAT: Unfortunately diets today are extremely high in fat, both visible and invisible. Much of it is added by the manufacturer. High fat diets appear to be associated with many of the diseases of affluent countries e.g. CHD, diabetes, obesity and even certain cancers. It is recommended that everyone (and particularly sports-people), try to reduce their fat intake significantly to 25-30% of the kilojoules eaten.

Many athletes in an effort to reduce their fat intake have excluded red meat from the diet. Australian meat tends to be quite lean and if small lean portions are cooked appropriately, they play a very important role in the diet as they are a significant source of iron, zinc and vitamin B12.

Take-away foods can be extremely high in fat, and should be eaten only very occasionally and chosen wisely.

VITAMIN AND MINERAL SUPPLEMENTATION: There is no evidence that any vitamin supplement will improve the performance of a well nourished athlete. Many subjective reports indicate that an alleged improvement reflects the training program rather than a supplement.

Fortunately in today's 'enlightened' times, many women as well as men are turning to the delights of the sports field. This then poses a new set of nutritional problems for the G.P. from sports anaemia to athletic amenorrhoea (particularly in endurance athletes gymnasts and ballet dancers). These conditions are often aggravated by inappropriate diets chosen in an effort to control weight. One of the possible complications resulting from prolonged amenorrhoea is premature osteoporosis. It is vital that correct nutritional advice be imparted to those athletes at risk.

FLUID AND ELECTROLYTE INTAKE: One of the most dangerous practices in any sporting activity is to neglect fluid intake. Water is necessary to regulate body temperature and prevent dehydration. The thirst mechanism is somewhat tardy in response and patients should drink more than it dictates. Check urine - it should be frequent, copious and clear. (Do runners ever get sick and tired of my harping upon this fact???)

Fluids that are palatable and dilute enough to be readily emptied from the stomach are advisable. Concentrated solutions (such as the commercially available sports drinks) can have a reverse osmotic effect and can exacerbate any effects of dehydration. Soft drinks can increase the BSL, possibly resulting in hyperinsulinaemia and a rebound hypoglycaemia - definitely to be avoided if wishing to optimise performance.

Electrolyte losses in the trained person are minimal and can easily be met by the normal diet. Salt tablets should be avoided, they can result in nausea and even vomiting due to their adverse osmotic effects on the GIT.

So it can be readily observed, those runners who desire this optimum performance, whether it be for a major event or just the regular run at West End on a Sunday, a healthy diet free of 'fads' is the way to go.

LOWER LIMB INJURIES

DR ANDREW SEMPLE

Q.M.R.R.C. Magazine,
March 1990

Lower limb injuries are due to poor body structure, in-adequate stretching, immobility of muscles, over-training and persistence of training at high levels when small injuries occur. I shall discuss injuries below the knee - namely Achilles problems and shin splints.

Achilles tendinitis

In patients with this condition the pain can occur anywhere from the middle of the back of the lower leg to the bottom of the heel. Achilles tendinitis most frequently troubles runners, with a pain that hurts most in the morning and diminishes as the day progresses. It also hurts most at the beginning of the run, and recedes as the workout progresses. For this reason, many runners ignore the pain, continue running, and go on to develop a chronic problem.

The injury is proved by demonstrating that it hurts to stretch the tendon; standing with one foot in front and to the side of the other, and keeping the heel on the ground, the patient should bend the forward knee anteriorly. This brings the entire lower leg forward and stretches the Achilles tendon.

First, the runner must discontinue hard running until the pain diminishes. Conditioning can continue on a stationary bicycle, if that doesn't cause pain. When able to walk painlessly, the patient can begin stretching, which is the treatment of choice.

The pain in tendinitis is usually due to adhesions between the tendon and its sheath. Since the tendon cannot move freely in its sheath, it pulls on it, and this causes the pain. To start the return to running, an exercise designed to stretch the Achilles tendon until it can be performed without pain, will then indicate it is safe to resume running. This exercise will be performed by standing in such a position that the heel of the foot will be lower than the toes; try this for up to twenty minutes, or until the pain begins. When it can be performed painlessly for twenty minutes or without pain, then it is safe to resume running.

Shin splints

Anterior shin splints is another running injury, most likely to occur in people who have a short Achilles tendon. The pain is in the muscle on the outside front of the lower leg; it may occur only during running, or it may hurt all the time.

The most common cause is a muscle imbalance in which the tight, strong calf muscles tear the weaker, smaller opposing anterior shin muscles. Unless the athlete has a strong shin muscle and a flexible calf muscle, shin splints are a logical consequence of the mechanics of running.

To check for a tight Achilles tendon, stand in stocking feet and keeping the heel on the floor, bend knee forward as far as possible; if you cannot attain an angle of 30° between the shin and the floor without pain, an inflexible Achilles tendon is probable.

Posterior shin splints can present as pain in the muscle located in the medial front compartment of the lower leg. The most common cause is excessive pronation, or flat feet, and most usually have normal arches, but because the feet roll inward more than is normal, the arches seem to disappear.

Here is how flat feet can cause posterior shin splints: during running, the athlete lands on the outside bottom part of his foot, which then rolls inward. This motion helps protect the leg and

foot, because it distributes the force of the foot strike (three time body weight) throughout the entire leg. However, when the foot rolls inward, the lower leg also turns inward and twists the shin muscle. This inward twisting can pull the shin muscle away from the bone, sometimes forcefully enough to damage the muscle.

Pain on the front outside of the lower leg deserves careful attention; it is not always due to shin splints. Usually you can differentiate with your fingertips. A stress fracture, for example, will hurt if you press your thumb against the bone. The diagnosis is most likely shin splints when the pain occurs only with pressure applied to the fleshy shin muscles. A small hairline fracture of the tibia can mimic the pain of shin splints. It is often not detectable on X-ray for the first three weeks; after that, however, some X-rays can pick up the callus that forms over the crack.

A hindered blood supply usually causes pain during running, improving with rest. On the other hand, with shin splints the pain is still present if the muscle is squeezed after the patient stops running.

Treatment of shin splints depends on the cause. If the cause is a weak shin muscle and tight calf muscle, the treatment is to make the calf muscle more flexible, as described in the discussion of Achilles tendinitis. To strengthen the shin muscle, try riding a bicycle and pedal UP using toe clips; the resistance on the bicycle should be set to create difficulty in pedalling for three to five minutes each day for three days; then gradually increase the amount of exercise time, stopping immediately and restarting the next day if there is significant pain.

Treatment of flat feet can be as simple as the purchase of inexpensive arch supports; ideally, the supports should be worn all the time in leather walking shoes with laces, although this may be cosmetically undesirable for some women. The athlete should run only when wearing good running shoes with features that limit pronation: a flared heel, a rigid plastic insert around the heel, a foam pad under the arch, a firm saddle to hold the foot on the arch support, and a thick collar that prevents the foot from sliding in the shoe. Usually arch supports are too thick to use in running shoes- they raise the heel and reduce the support that

the shoe itself provides. In fact, since running shoes are designed to prevent excessive pronation, any tampering with them is likely to defeat the purpose of the shoes. Orthotic devices are more effective than built-up arches, and the serious athlete is best encouraged to consider this option. Orthoses have acrylic posts at either end to limit the rolling-in motion. Furthermore, they can be made to dictate the precise angle at which the foot plants on the ground.

MEMORY JOGGERS FOR TREATING WEAR-AND-TEAR INJURIES

Certain general rules are applicable to the treatment of all wear-and-tear injuries, although each injury responds best to specific exercise and rehabilitation techniques; when the injury is still in the acute phase, treatment can be abbreviated as RICE:

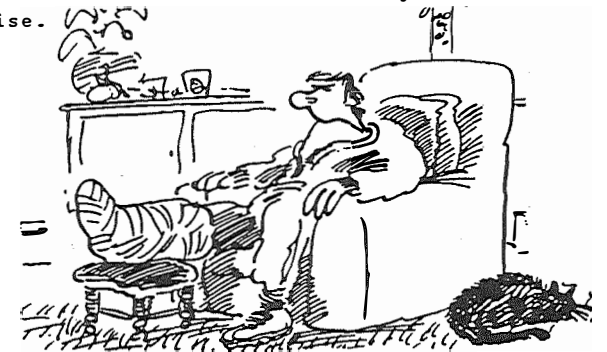
- | | |
|---------------|--|
| R(est) | Continuing the activity will worsen the injury. |
| I(ce) | Because cold constricts blood vessels, it minimises intramuscular bleeding. |
| C(ompression) | Wrapping the injury prevents swelling. |
| E(levation) | Raising the injured part discourages fluid accumulation in the injured tissue. |

After the acute phase has passed, keep in mind these general rehabilitation guidelines -

Tendinitis responds to stretching exercises.

Muscle and ligament injuries require strengthening exercises.

Joint injuries are treated with range-of-motion exercise.



HAS HE GOT SHIN SPLINTS, OR DID HE KICK THE CAT?

RUNNING INJURIES: MOST RESULT OF TRAINING ERRORS

DR. ANDREW SEMPLE

Self-induced training errors account for the majority of running injuries, contends the author of a review about this, from the University of Tennessee College of Medicine. Although most runners have one or more biomechanical abnormalities, less than 20% of injuries are due to anatomical variations alone.

Too rapid increase in mileage, overuse, and failure to attend to strength and flexibility were cited as the cause of most of the injuries that affect at least 60% of runners. Wearing inadequate or worn shoes and running on cambered or uneven surfaces are less common training errors.

According to this article, most musculo-skeletal injuries are the result of microtrauma to bone, ligaments, or muscle-tendon units. In a study of 1650 patients, injuries were 42% knee, 12% pelvic, hip, and thigh, 28% leg, and 18% foot and ankle. A study of 120 runners revealed significantly more knee injuries among men and significantly more pelvic, hip, and thigh and leg injuries among women. Stress fractures, always associated with overuse, are more common in adolescent girls than in boys; avulsion fractures of the pelvis are seen primarily in adolescent athletes.

A list of common running injuries included stress fractures of the pubic rami, ischium, femoral neck or shaft, tibia or fibula, and metatarsal bones. Tendinitis of the gluteus medius, adductor/hamstring, patellar/quadriceps, Achilles, and peroneal were recorded. Bursitis, sacroiliitis, calf muscle tear, and ankle sprain were also named.

The following were cited as important in the diagnosis of a running injury; a review of the running history, knowledge of past injuries, determination of the characteristics of the present pain, and a physical examination that includes measurement of leg length discrepancy and range of motion, and observation of the patient's walk.

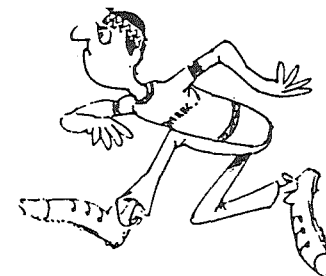
The author detailed the management of running injuries. Appropriate treatment includes reduction, or possibly cessation, of running until symptoms disappear, stretching/strengthening exercises, orthoses, RICE (rest, ice, compression, and elevation, for ankle sprains), change in shoes or running surface, and, occasionally, nonsteroidal anti-inflammatory drugs and corticosteroid injections. Orthopaedic referral is suggested for serious or persistent injuries.

Merely advising an individual to stop running is not acceptable. Substitution of alternate aerobic exercise during the healing period and modification of running technique is the preferred management strategy.

DEFINITION OF OVERUSE

<u>Novice:</u>	More than 6-12 miles/week
<u>Experienced:</u>	More than 10% per month increase in mileage
	Single run more than three times average daily mileage
	Speed training before 25 miles per week for three months
	Frequent hill or speed work (hard/easy)
	Continuous high mileage more than 25 miles per week
	Return to previous mileage after lay-off.

* * * * *



YOU TOO, CAN RUN THIS WAY WITH PROBLEMS IN YOUR SACRO-ILIAC, AND
AND NOTE THE WRETCHED CONDITION OF THE ACHILLES TENDON!

SPORTS MEDICINE VIEWS

DR. ANDREW SEMPLE

Have you even wondered why you feel exhausted after a race, and why recovery is so variable?

An article by Glenn Coward in the July 1989 edition of "Canberra Runner" explains that strenuous exercise, especially when it becomes anaerobic such as sprinting or doing interval or fartlek training or downhill running, depletes and perhaps exhausts, muscle glycogen, thus causing fatigue. This process is also aggravated by protein breakdown in muscle.

A method which improves both muscle glycogen and protein resynthesis would make it possible for athletes to train strongly on hard days, and recover quickly with less chance of becoming chronically fatigued. This increase in protein synthesis would mimic the actions of banned anabolic steroids.

Insulin, a hormone produced by the pancreas, is also a powerful stimulant of muscle protein synthesis. Insulin promotes the uptake of plasma-bound amino acids from the blood to the muscle. Insulin also acts on the muscle cell increasing its uptake of blood glucose. This glucose is converted into glycogen and stored in the muscle cell during the recovery phase.

However, during exercise and up to four hours post-exercise insulin levels are very low. This situation does not favour glucose uptake, but there are two additional mechanisms working within the muscle fibre which enhance glucose uptake and thus, glycogen synthesis. The first of these is exercise-induced glucose uptake via increased cell permeability to glucose, and the second is increased muscle cell sensitivity to insulin.

It appears that glycogen depleted fibres have improved glucose uptake and glycogen synthesising power during recovery. The synthesis rate reaches a peak between one and four hours after exercise, and thereafter starts to decline. Exercise stimulates a muscle enzyme called glycogen synthase which is directly responsible for synthesis of glycogen from glucose. Insulin is known to stimulate the action of glycogen synthase. It is then clear that insulin is a potent stimulant of protein and glycogen synthesis in muscles after they have been exercised.

How can post-exercise insulin levels be elevated?

The pancreas secretes insulin in response to elevated blood glucose and amino acids. The proposal is to ingest a highly sugared, cold drink, e.g. soft drink, juice etc, which once absorbed, will elevate blood glucose levels and cause the pancreas to secrete insulin. This hyper-insulinemia will promote the removal of glucose from the blood into the muscle cells, where the activated glycogen synthase will convert it to glycogen. The insulin will also promote amino acid uptake and protein synthesis in the same muscle fibres.

In conclusion, if a highly sugared drink is ingested within half-an-hour of intense exercise, and a further half-an-hour after that a high protein drink is ingested, e.g. concentrated skin milk, this will ensure elevated levels of glucose, amino acid and insulin, which are necessary for enhanced glycogen and protein synthesis in the exercised muscle.

Q.M.R.R.C. Magazine, December 1989

MICHAEL BROWNE

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ACRYLIC WINS THE SPORTS SOCK TEST

Since nearly all athletic footwear studies have focussed on shoes, the California College of Podiatric Medicine decided to see how socks affect foot problems. The investigators were "astounded" by the results.

Apparently, natural is not always best. Acrylic socks were found to be "clearly superior" to cotton socks for the prevention of blister formation in runners.

According to Dr Douglas Richie, Jr, "We were astounded. Our data are in direct conflict with currently held recommendations by coaches, athletic trainers, sports physicians and athletes who should all reconsider the notion that cotton socks are superior for vigorous athletic activity."

He presented his data during a meeting of the American Podiatric Medical Association and he underscored that the "common knowledge" regarding the superiority of cotton athletic socks is not based on any objective evidence. "In preparing to do our study we could not find any scientific evidence that has proven the validity of the recommendation for natural fibres, yet the advantages of natural fibres continue to be propagated year after year". At the meeting he presented the results of his double-blind crossover investigation involving 60 long distance runners in 800 runs, averaging 50 minutes. The acrylic socks were superior in preventing friction blisters and dissipating moisture. In general, cotton socks produced twice as many friction blisters and the blisters formed were three times the size of those seen on runners wearing acrylic socks.

Dr Kirk Herring, who carried out the study at the San Francisco campus, said acrylic socks might be appropriate for all individuals involved in "vigorous sporting activities".

Why is cotton harder on the feet? The laboratory studies suggest that acrylic fibres are wicking moisture off the surface of the foot and that reduces the friction coefficient on the surface of the skin.

Also, cotton has an inherent tendency to compact as it gets wet and to become abrasive with repeated use, causing a greater friction coefficient against the skin.

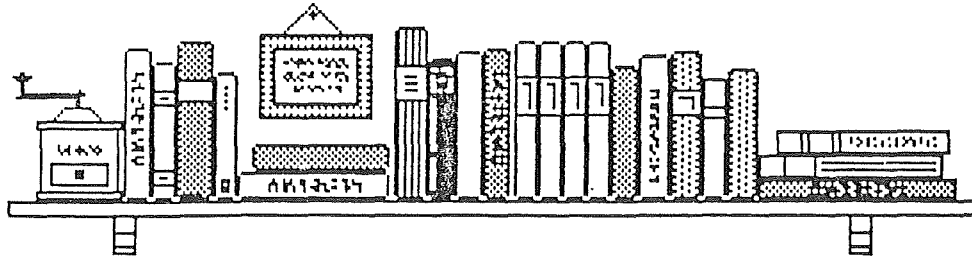
Although the vacillating consumer might try to get the best of both worlds, Dr Richie suspected the worst sports sock might actually be a blend of acrylic and cotton. He explained that natural fibres deteriorate more easily than acrylic fibres. Thus, as the cotton deteriorates over time from washing, those fibres would tighten from washing, causing an irregular wear pattern with perhaps an even higher friction coefficient than is seen in either a pure cotton or acrylic sock. He noted that the favoured status of cotton is so ingrained that many authorities have been 'outraged' by his data.

The bottom line is that no one has ever questioned if there is any scientific validity to the past recommendations favouring natural fibres for athletic socks. Now there is evidence, and he concluded, "We're so confident that we can tell anyone that there is no question that when it comes to blisters, acrylic is the fibre of choice."



ACRYLIC OR COTTON, THEY ALL SMELL LIKE THIS AFTER A RACE!

Q.M.R.R.C. Magazine, March 1990



IAU Newsletter, Autumn'89

THE BOOK REVIEW.

"Ultramarathon Canada 1989." By David Blaikie.

The Canadian Ultrarunning community are particularly fortunate in that one of their number, David Blaikie, has produced for the last three years the most comprehensive statistical compilation in the world of a national ultrarunning scene. His 1989 edition surpasses that of previous years and contains the alltime Canadian ultra rankings, alltime age group rankings, full results of all the 1988 Canadian ultras and a calendar for 1989.

In addition to this there are detailed profiles of Canadian ultrarunners (1950-1989), as well as the results of David Blaikie's researches into the sport's history in similar profiles from 1800s to 1950s. For those who like to keep a running streak going i.e. running every day no matter what - the leading Canadian exponents are also chronicled. Also included are some good photographs of notable Canadian ultra performers. I would recommend this booklet to anyone interested in a complete picture of a nation's ultrarunning, and anyone who enjoys browsing through a mass of ultra statistics painstakingly and interestingly arranged.

Unfortunately, like the "Ultra Summaries" of Nick Marshall before, David has found that his booklets have attracted too few subscribers. The 1989 edition will, sadly, probably be the last. It is perhaps an indictment of many ultrarunners that they are too pre-occupied with their own performances and care little apparently for the sport as a whole. However David intends to continue his surveys of the Canadian scene through a newsletter - "Ultramarathon Canada" which will be published six times a year - January, March, May, July, September and November. The price to Canadians will be \$10 a year. For anyone wanting detailed information on Canadian ultra runners and Canadian ultra races this newsletter should be a must.

Obtainable from:-

Seneca House Books,

36 Seneca Street,

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K1S 4X1.

\$9.95 Canadian. PP 142.

OVERSEAS NEWS

The History of the England's Bath Road 100 Mile

Reproduced from Ultrarunning, April 1990

by Mike Aris

"Amazing Scenes at Hyde Park; Many Thousands Greet World's Record Holder — The Wonder Athlete"

If you read these actual newspaper headlines today you could imagine that Zola Budd had just won the Sunday *Times* Fun Run but this was January 8, 1928. And the 'Wonder Athlete'? This was Arthur F. H. Newton who, the previous day, had broken his own world 100-mile record by running along the Bath Road from Box to London.

Newton was an Englishman who emigrated to South Africa in 1902, and eventually became the world's greatest ultrarunner. How this happened is a long story and well-told elsewhere (see Newton's own book *Running in Three Continents* (1940)). However, Newton's Bath Road run of 1928 was the first in a series of astonishing runs along this ancient highway by Newton and others which was to culminate in Ron Hopcroft's record of 12:18:16 some thirty years later.

Early days

The Bath Road had been the scene of various athletic adventures in the eighteenth and nineteenth centuries. The very first issue of *The Sporting Magazine* claims that in 1732 Beau Nash's Irish footman Bryan more than once ran from London to Bath in a day. In July 1763 it is reported that a sergeant in the Gloucester Militia walked from London to Bristol in 19 hours 35 minutes for a 30-guinea wager. The most famous of all of the pedestrians, Foster Powell, ran 100 miles on an out-and-back course from Hyde Park Corner in 21:20:09 on July 13–14, 1788.

The Newton era

The modern story, however, begins in 1927. Newton had been set up by the prospering and record-breaking Bulawayo Harriers of Rhodesia, where he then lived, to have a crack at the 100-mile amateur record. A course was measured out on the Gwelo to Bulawayo road, with a few hundred yards added just to be on the safe side. After putting away a "real good breakfast" he reports that he "ambled off" to record 14 hours 43 minutes, beating a relay team of six men in the process. This run lopped about an hour and a half off the existing amateur record of 16:07:43 held by Hatch of America.

Newton's record was set on a dirt road at 4,500 feet altitude in terrific August heat. His clubmates wondered just how much better he could do under more favourable conditions and subscriptions were collected throughout Rhodesia in order to raise sufficient funds to send Newton off to England and prove his worth on the Bath Road.

Newton sailed for England where he was already well known for his record-breaking runs in 1924 on the Brighton Road. He met up again with Joe Binks, organizer of the Brighton runs and himself an ex-holder of the British mile record. Binks was the athletics correspondent of the *News of the World* and, as well as organizing Newton's Bath Road run, also organized the considerable publicity surrounding the event.

Newton, who had spent most of the last twenty-five years perspiring in central and southern Africa, prepared for his run by being snowed up in a cottage in the Chiltern Hills. It was one of the worst winters for years. He reports floundering through five-foot-deep snow drifts while still managing to get some training done when he could find snow sufficiently flattened by traffic. The Bath Road was so snowed up that he was unable to drive over the course before running it, but at the last minute it poured with rain and this cleared the roads somewhat. Even the rather stoic Newton reported that "I almost began to feel a little doubtful as to the wisdom of trying for the record under such conditions."

Nothing seemed to go right for Newton. Accommodations at Box was so over-taxed that he had to share a bed with another man the night before the race and "go mighty short of sleep into the bargain." However, everything was fixed and, at two o'clock in the morning, the gale of the previous day having spent most of its force, he was sent on his way by Harold Abrahams, the Olympic sprint champion.

The course was from the Bear Inn at Box, a village about six miles out from Bath, to the clock at Hyde Park Corner. Convention has it that it is 100 $\frac{3}{4}$ miles between these points and there is to this day a stone in the wall opposite the pub with this information on it. This referred to the "old" Bath Road. There have been various alterations to the road since the 1920s and a certain amount of controversy surrounds the exact route taken by later runners. Although times on the different routes are not exactly comparable, it is generally accepted that later runners broke each others' records by sufficiently large enough margins to counteract the effects of taking alternative routes. Newton ran the "Old Bath Road" running through Twyford and Colnbrook and not along the By-Passes, but who did, and who did not, take the Colnbrook By-Pass still raises passions in some quarters.

Newton had a team of four runners running twenty-five miles each to race against, and these were actually racing, not pacing, him. Newton shot off at better than seven-minute miles, going through the first twenty-five miles in 2 hours 53 minutes beating his

opponent by over a minute. All this was on a very dark road but it was far from lonely as hordes of cyclists followed Newton.

At Calne (13 mi) he was cheered on by Walter George, who had been world ten-mile record holder the year of Newton's birth. Newton must have needed all the support he could get. The *News of the World* reported that the weather conditions would have disheartened a lion. A southwesterly wind drove into his right side all the way and heavy rain fell at intervals. It was terribly cold, and now and then he had to plough through flood water. But on and on he ran.

Trouble dogged Newton all the way. The fast start and the terrible weather began to tell and, following "a substantial meal of hot minced beef," he hit a bad patch and started to slow. However, he kept going and reached 50 miles in 6 hours 41 minutes and had a great reception at Reading. From this point he suffered cramps but these were relieved by frequent draughts of his famous "magic drink" — lemonade with added salt and sugar. Incidentally, Newton was a great believer in adding salt to his drinks and this became accepted practice for distance runners. Modern exercise physiologist now doubt the usefulness of this.

By the time he got to Maidenhead (74 mi) he was 35 minutes behind schedule but, with grim determination, he "took hold of the bit" and slogged it out.

From this point Binks' publicity began to be rather counterproductive. Crowds thronged the roadside between Maidenhead and Hyde Park. People thumped Newton on the back and several times spun him round as a joke. On various occasions he had to appeal to the crowds to let him through. He was completely mobbed at Hammersmith and only got through with the help of the police. By now he was being followed by hundreds of people and "feeling quite ill."

Newton had planned to finish in Hyde Park at 3:25 p.m. and it was estimated by Binks that up to 50,000 were waiting to see him finish. Movie cameras were set up, only to be dismantled when it grew dark, but still the crowds poured into the park. Then at 4:30 p.m., the news spread that Newton was running down the road outside the park, the "authorities" having refused him permission to finish inside.

Chaos broke out. People rushed out of the park through every available exit and "mounted police, cars, omnibuses and people were all mixed up in a confused mass. Suddenly there appeared a white-clad figure followed by cars and cycles and a shouting mob." He crossed the "finishing line" in 14:22:10 and was immediately lost to view. In another of his gems of understatement, Newton "wished the vigour of his supporters had been a little less pronounced." Newton finally managed to take refuge in St. Georges Hospital opposite the park, but the crowd, chanting "we want Newton," tried to storm the doors and had to be driven back by the police. Newton still had the strength to address the crowd and,

shouting as loudly as possible, wished them good night.

So ended the first modern 100-mile record attempt along the Bath Road. Was any reader a witness to this event 61 years ago?

Although Newton had established a new amateur record for the 100 miles he was anything but pleased with the run. Not one to make excuses, even he felt that the conditions had spoiled the chance of making a good time. However, he was not to attempt the Bath road for another six years. He left almost immediately for America where, among other things, he contested the transcontinental races of 1928 and 1929 and also set a world 24-hour record.

Late in 1932 Newton, now a professional, sailed for Europe and early in 1933 he was again training on the Bath Road, intending to get to know every inch of it and have a serious attempt to produce a fast run in May. Unfortunately, he was persuaded to postpone the attempt until July in order to go to France to demonstrate his "electric running platform" at a theatre in Nice.

The day Binks picked for the run, July 1, turned out to be the hottest day of the year. It was damp heat, unlike the dry heat of Africa, and Newton suffered badly. By 70 miles Newton was 40 minutes inside his 1928 time, but then he was struck with stomach trouble. I have been unable to discover what he ate on this run. He dropped 20 minutes over the next 15 miles and 'gave it his best' some 15 miles from home. All was not lost, however, for he had set a new world record of 7:15:30 for 60 miles.

Newton's third attempt was fixed for just three weeks later. By now he had developed a serious inflammation of the right Achilles tendon. A week before the race it seemed to ease up so he went out for a 30-mile training run to see how it would stand up. As it appeared no worse, Newton decided to go ahead with the 100-mile run — a decision he was to bitterly regret. The day before the race the tendon got worse but Newton was reluctant to cancel the run because of inconveniencing the officials.

He was finally forced to retire at 30 miles, limping dreadfully. He admitted that he had retired 20 miles too late and, as a result, suffered for eight months afterwards. Let this be a warning to us all! A year later and Newton, having made a complete recovery, made his fourth and last attempt on the Bath Road. This was July 20, 1934, and he was 51 years old. He had logged 629 running miles the previous month and was as ready as he could ever be. Again he found the heat troublesome and again he had stomach problems at 70 miles. However, in spite of a difficult last 30 miles, he persevered and reached Hyde Park Corner in 14:06, some 16 minutes faster than his 1928 run.

This was his last record attempt at any distance. He was never really pleased with any of his 100-mile runs, calling them his "sea of troubles." Bad luck and, some would say, overly optimistic early pace, prevented him from reaching his potential. In his own writings Newton gives relatively little space to the Bath runs. He concluded, "any other man with sufficient training will do better."

Hardy Ballington

This "any other man with sufficient training" appeared in the form of Hardy

Ballington from Durban, South Africa. Ballington was the first of a long series of great South African ultradistance runners. He was born in 1913, started running at age 19, retired from active competition in 1947 and died in 1974.

Already three times a winner and record holder of the "Comrades," Ballington had, like Newton, been sent over to England with the help of money collected by subscription. The express purpose was to break both the Brighton and Bath Road records.

On May 22, 1937, he clipped just one second off Newton's 1924 time for the Brighton Road but he had battled against strong headwinds all the way. Ballington was disappointed with his time and wanted to better it under more favourable conditions, but his time in England was limited. So after a few days rest he started training along the Bath Road.

Ballington seems to have taken Newton's comments about "sufficient training" rather seriously. According to Noakes' *Lore of Running* (1986), Ballington logged 1,100 miles in the month of June. Contemporary opinion was that Ballington was somewhat overtrained. Ballington himself complained that he was "fagged out."

He spent the final week at the Bear Inn at Box and at 3:30 a.m. on July 3, 1931, "with a lean sickle moon low down on the Eastern Horizon" the 24-year-old Ballington set off, running solo, for London. Newton and various officials travelled in a couple of cars and Ballington was followed by the usual crowd of cyclists. Once again it was a very hot day (we are told that Wimbledon was delayed for two hours owing to the heat), but Ballington judged the pace well. At 60 miles he was 19 minutes outside of Newton's time but ran steadily and, fortified by Newton's magic drink and jam sandwiches, crossed the line in 13:19:21, thus cutting about an hour off Newton's record.

Wally Hayward

No further attempts were made until after the war when, in October, 1953, two more South Africans, Wally Hayward and Jackie Mekler, together with Derek Reynolds of the Blackheath Harriers, left the Bear Inn at 3:00 a.m. This run was again organized by Joe Binks, but officials from the newly-formed RRC acted as timekeepers. The runners were seen off by Newton, Peter Gavuzzi (Newton's partner from the transcontinental races), and Sam Ferris.

Hayward had twice broken the Comrades record and, just four weeks earlier, had won the Brighton in the record time of 5:29:40. Born in 1908 he was 45 years old, with a long running career behind him.

The weather was favourable and Hayward did not disappoint. Gavuzzi fed him regular helpings of his special home-made custard and Hayward reached Hyde Park Corner in 12:20:28, cutting over an hour off Ballington's time and setting a seemingly impossible target for future contenders. Although Hayward set the record, it was a tremendous performance all-round with Mekler breaking Ballington's time by 12 minutes and Reynolds, suffering from the after effects of flu, still beating Newton's time and establishing a British record of 13:47:18.

Ron Hopcroft

Hayward's Box-to-London time has never been bettered, but just five years later on October 25, 1958, Ron Hopcroft, John T Legge, and Bill Wortley left Hyde Park Corner to run in the opposite direction, a change brought about by the increase in traffic. The London end was apt to get very congested late in the day so it was thought better to end the run in the quiet little village of Box.

Ron had been inspired by watching Hayward's run and he had won the 1956 Brighton. Ron set himself a target of seven-minute miles and he kept this up for over 60 miles. At this point he took on tomato soup and Bovril sandwiches but, recalling the event, he says he should have eaten more and earlier. After Marlborough the geographical problems of running from London to Bath become apparent. It gets hilly at the end. At 80 miles Ron was walking for short distances but he picked up and was running well at 95 miles. From there it is more or less uphill for the next three miles.

Harry Dennis, writing in *RRC Newsletter* no. 33, describes this last stage. "But it was up, up and up for three miles. By this time he had a retinue to compare with the Lord Mayor's but none could help, other than with pleading and exhortations almost turned to threats to urge him on and on. Near the top of the hill and approximately two miles to go and 16 minutes left for the record, Ron rallied and started to run, gathering momentum with every stride."

Newton, the man who had started it all and was now in the last year of his life, was there to see him record a new world best time of 12:18:16. This has been beaten as a 100-mile record but still stands as the Bath Road record. Ron was reported to be completely recovered after a beer and a bath and he, too, is still standing today. So, too, is Wally Hayward who, in 1978, set a world marathon age record of 3:06:24 for 70-years-olds. In 1988 he ran 9 hours 44 minutes for the Comrades at age 79!

Two years later Mekler, following his 1960 record run in the Brighton, tried to make it a double and take the Bath Road record. Ron Hopcroft guided him through West London on the way out but Jackie retired at 50 miles owing to injury and cold. This was the last record attempt but mention must be made of the heroes who have run the Bath Road, without a thought of records, just "because it was there." John Legge was forced to drop out of the 1958 run with a foot injury but he later completed the course with a solo run, as did David Cooper, now a well-known ultrarunner. These people are part of the history, too. Are there others out there who have made this great run, and is anybody else planning to have a go?

I popped into the Bear the other day. It is called "Baylys" now. The walls are covered with the usual reproductions of old prints, the stuff you see in every pub in England. But where are the photos of Newton, Hayward and all? This pub has a unique place in history, but nobody knew, and nobody cared.

This article first appeared in the British *RRC Newsletter*.

The Everest Marathon: Only 26 Miles, But Not Much Air

Reproduced from Ultrarunning, April, 1990

Gorak Shep is a group of huts used seasonally as trekking lodges, renowned neither for their comfort nor the quality of their food. It is tucked between a lateral moraine of the Khumbu glacier and a sandy lake-bed and is 17,000 feet above sea level. Its name translates roughly from the Sherpa language as "dead trekker." Seventy-nine runners had, in order to arrive here, either avoided or overcome altitude sickness, digestion problems, throat and chest infections, dehydration, injury, cold and demoralization. As Woody Allen said, "Ninety percent of life is just showing up."

Our camp was 40 or more tents on the sand. In a flush of communal spirit, we had all helped to erect the mess tent for our last supper. Coffee and porridge were brought to us in our sleeping bags on a perfect morning — calm, with a clear sky and a crisp view of Nuptse and the other mountains that surrounded us. Though the temperature was 8°F, two of the favorites started in shorts. They may have been feeling the pressure more than the temperature. We lined up and counted off, as we had rehearsed the previ-

ous evening; a few seconds after seven o'clock we ran, jogged, and walked over the sand and up onto the moraine.

Some of those who set out fast slowed down dramatically after a hundred yards or so. At such altitudes, running at a normal pace can be anaerobic, like sprinting. It's important to find a pace that's sustainable. I felt relief at being in the race at last; though I hadn't spent two weeks walking to the start with the others, I was aware as soon as they turned up, invading the quiet village of Namche, of the pressures within such a large group of people living cheek-by-jowl, trekking through a strange country with the uncertainties of the race itself ahead. Due to illness, I hadn't run much in the previous few days, so I was doubly happy to be doing what I'd come to do.

I kept overtaking the same Gurkhas, after they had either found better routes across the rocks, or got away from me on one of the steep and rough descents. Though I passed them on uphill sections of easy running, they would hardly pause at refreshment stops while I waited for my four cups

of hot tea mixed 50/50 with cold water. This pattern persisted for miles; it was not until Punki Tenga, the lowest point on the course at 16 miles, that I overtook the most persistent of them for the last time. By Sarnassa, at the top of the hill, there were ahead of me the three fastest Gurkhas, Jack Maitland from Britain, and eight minutes in front of me, a member of the Sherpa trekking staff who had helped to cook breakfast that morning and would be back at work in the evening.

This was the point at which I had begun to suffer two years previously. This time, I was drinking more, taking sips from a water bottle as I walked the steeper uphill. At 20 miles, above Namche, I was told that Jack was in the lead together with Kusang, one of the Gurkhas. With no one just ahead to chase, I was enjoying the fast running over the good trails of the last few miles. I was surprised to overtake Ang Dendi, the Sherpa, before the turnaround point at 23 miles; he was walking slowly, either dehydrated or tired. This last six-mile loop claims many victims in the competition.

The following day, three inches of snow fell in Namche. While the faster competitors would have been unaffected by this, it demonstrated how justified are the minimum equipment requirements and the elaborate medical support at this race. Somehow, eight doctors agreed to volunteer their time



Robert Howard

Stewart Dutfield keeps focused on the rocky trail ahead, though one supposes he also found time for a few glances at the scenery.

to travel here, not to race but to provide support every three miles along the course. The only non-finisher, who broke an ankle after five miles, was treated and carried down the valley by the doctor stationed at Dukhla.

The first five finishers had been training at altitude for several weeks. Jack and I had lived above 11,000 feet for a month, while the soldiers from the Second King Edward's Own Gurkhas in Hong Kong (who took five places in the first ten) had been training hard in the Annapurna area before coming to Namche.

In the Everest Marathon, more ever than in any other race, getting to the start in good condition is the best part of the battle. Most runners went through "bad patches" during the one-day bus ride and the two-week trek from Kathmandu to the start. Unaccustomed altitude is only one of the problems. One highly-rated British runner turned back a few days from the start, as illness, cold, and minor injury had destroyed her motivation. She may be regretting this even now. Other runners had lost their keenness and performed indifferently on the day. Huw Parry, on the other hand, twisted his ankle badly on the first day of trekking, started the race still in pain, and finished despite going two miles off-route (his ankle was later found to be broken).

The race is organized every two years to benefit charitable organizations working in rural Nepal in the fields of medicine, education, dentistry, and clean water. While individual runners get their own sponsorship for the charities, the organizers also donate all proceeds and unused medical equipment.

In 1991, an optional extension to the Everest Marathon tour will offer the Dead Sea Marathon — the highest and lowest races in the world within a couple of weeks. In 1990 there will be an "Annapurna Adventure Run" of about 20 km. For more details, contact Diana Penny, BUFO Ventures, 3 Elim Grove, Bowness-on-Windermere, Cumbria, LA23 2JN, England. More-detailed reports are also available for the 1987 and 1989 runs.

Stewart Dufield

The Everest Marathon

Gorak Shep to Namche Bazaar, Nepal
26.2 mi Nov. 25, 1989
Trails, 17,009' to 11,286'

1. Jack Maitland, 27, GB	3:59:04
2. Kusang Hurung, Nepal	4:02:35
3. Birkaram Purja, Nepal	4:12:30
4. Devijang Gurung, Nepal	4:16:46
5. Stewart Dufield, 34, NJ	4:28:39
11. Martin Jones, 46, CA	5:06:51
16. Dawn Kenwright, 34, GB	5:44:32
29. John Duff, 50, CAN	6:22:02
37. Gene Arias, 42, US	6:56:26
42. Eckart Lemberg, 61, US	7:29:38
44. Catherine Hagen, 26, CAN	7:39:42
Ian Schokking, 29, CAN	7:39:42
Ken Eaphren, 34, US	7:39:42
47. Steven Fuller, 40, MO	7:41:54
53. Clayton Wagner, 49, CO	8:34:29
54. Larry Grossman, 33, VA	8:36:10
Tim Stanley, 34, VA	8:36:10
56. Dan Newbill, 58, HI	8:47:50
60. Doug Stewart, 51, CO	9:01:01
61. Gary Hill, 50, NE	9:12:30
62. Paula Strupeck, 32, US	9:35:43
Jack Gardner, 43, US	9:35:43
79 starters	

Six 100-Milers in a Summer: An Effort by the Whole Family

Reproduced from Ultrarunning, April, 1990

by Gordon Hardman

Marshall Ulrich and Gordon Hardman, both from Colorado, ran all six of the trail 100-milers last summer, buckling at each one. UR asked them to share their recollections of the events and any suggestions for people preparing to try any of them this year.

When someone hears that you have just finished, in one season, the six major trail 100-milers in North America, you are liable to get some interesting reactions. These range from the blank, uncomprehending, "Huh? by car?" to the blasé "Oh yeah; I gotta do that sometime, but I'm working on a sub-40 10-km."

Since the running season is now largely over, and I am doing little other than fill in entry forms for next year, I found time to ruminate and produce the following reflections.

Following up on the questions I recall being asked during the "Mindless Summer," I thought that it would be appropriate to address the races in terms of "The Most?" as in "Which was the most difficult?" Each of these races is special in its own way, and has a unique claim to be "The Most" of some particular aspect of ultrarunning. In chronological order then, here is one vision of what is "The Most" in each race. You may then draw your own conclusions as to why you should run towards (or away) from each.

"I have a dream, a fantasy, to help me through reality; and my destination makes it worth the while, pushing through the darkness still another mile."

— Abba

Old Dominion

OD (June 10 last year) was the first and, this year, the most controversial. At the time it seemed like it would also lay claim to "The most perfect weather," but we could not foresee that all six would be near-perfect in this regard. Attempting all six still seemed like an impossible task; Angeles Crest was too far away, and Western States too close.

Years before I started ultrarunning, my wife Molly and I would spend weekends at a friend's cabin near King's Crossing, West Virginia, right in the center of the loop which forms the main part of the OD course. Using this as a base was most pleasant for the crew. The Fort Valley, which is encircled by this loop, is a place where few people would have a hard time passing a weekend. The little strip of fertile land has some small farms, many weekend cabins, and a few permanently occupied homes. Passage Creek threads the patchwork together, and is stocked with trout from a fish hatchery at the northern end. The hills that flank the valley are all national forest land, and great trails are everywhere to be found in the extensive deciduous forests.

None of the six 100-milers is exactly 100.000 miles. However, no race committee in history can have agonized and contorted over a trail course's length in quite the way OD did after the race this year. I would not like to have been in Mike Robertson's shoes for the rest of the summer. With the 24-hour time limit, and the controversy surrounding the late inclusion of a finisher (Mike Robertson) who did not make 24 hours, this race is also "most likely to experience a drop in attendance next year." However, it is a solid member of our community; we should all hope it soon is over its current malaise.

"If you can fill the unforgiving minute, with sixty seconds worth of distance run, your's will be the world and everything that's in it, and what's more you'll be a man my son."
— Kipling

Western States

WS (June 24) is the most famous. It also has the most drama, most excitement, and most general brouhaha. More spectators, more race helpers, more history, more aggravation for crews. What more can be said? If ultrarunning has a golden mean, then Norman and Helen Klein (and their 1200 volunteers) have most nearly approached it. If I were Sports Director for NBC, this race would be "Most Likely To Be On Prime Time."

With the late course change at OD, Molly had arrived at its first aid station after I did, so she was keen to make up for this at Western States. However, a misunderstanding over the suggested travel times from the start to Robinson Flat led to her missing me there, too! I was beginning to get used to seeing my crew only around mile 50 or so.

This leads to a tip: Western States is a logistical headache for crews. If you can, it is far better to use drop bags for this race and let your crew basically be spectators. If they get there ahead of you, they can locate your drop bag, open it, set up a lawn chair, etc. If, however, they are hung up somewhere, neither you nor they have to panic. WS is the most demanding for crews, but the same principle will make any trail 100 more enjoyable for you and your crew. WS is like a small motley army making its way through the wilderness. It would not work if it were not for the aid stations, which are terrific and very reliable. Use them.

"Never before, in the history of [ultrarunning] has so much been owed by so many to so few."

— Churchill

Vermont

Vermont (July 29) is the newest. The race director, Laura Perry, also has to have been the hardest working person in ultrarunning this year. It had the most aid stations (35). It was probably also the easiest course. The course has been used for a 100-mile horse race for some years, though this year most equestrians were in Canada for a "more attractive" event.

This race also had the most maple trees. These were everywhere, as were the pipes, tanks, and other paraphernalia which collect their sap for syrup production. Great accommodations are available within easy driving distance to the start. It is also the only race to have camping right at the start.

I soloed this one (no crew) and it was a blast.

As mentioned in the description for OD, who cares if the race is 95, 100 or 112 miles (like Leadville)? This race was scenic, competently directed, at least partially on trails, and there were real silver belt buckles at the awards ceremony. What more can you ask for? In "The Most" categories again, it is the most likely to be sold-out next year. I am sure Laura will make efforts to ensure accurate distance, and to move more of the race onto trails. (This is almost inevitable since she has obviously got all other aspects well covered.)

An interesting aspect of this race was the use of "self-service" aid stations to fill in between the manned ones. This worked pretty well, though one or two I got to were out of something I wanted, but with another one only three or four miles away, it didn't matter much. This is an idea more races might want to consider. It can either provide more frequent aid, or allow the race to be put on with fewer volunteers.

*"I lift up mine eyes unto the hills;
from whence cometh my help?"*

— Psalms

Leadville

LT (August 19) is the highest. It probably also has the greatest amount of community involvement. Co-race director, Ken Chlouber, in his other guise of politician, was interviewed recently and I quote (approximately): "I threw my hat into the ring for governor, and the Republican committee threw it back out again. They were afraid that I would just say what I thought." If Ken thinks about politics the way he thinks about race courses, I'm with the committee.

My crew for this one was headquartered in a motor-home parked at Halfmoon Campground, right on the course, and a good choice. I had the most crew members for this, being close to home. The weather was good during the day, but late during the night we had the most rain we were to see in any of the six. This was a cold dousing, and could psych you out if you did not eat enough. The most impressive aid stations were at LT, where army tents, some heated almost to ignition point, made it very difficult to return to the cold and dark outside.

Again, I am sure the course is not 100 miles exactly (it's at least 112!), but I would not change it; it is a classic. The only minor alteration might be to move the section from Fish Hatchery to Halfmoon onto trails; though I believe the only option here is through wilderness land, and so the Forest Service is not keen.

The race committee's philosophy is that for each of the major climbs the runner should be self-sufficient. You should stock up at the aid stations, located in between these, and then it is you and the mountains. I really like this approach — not only does it test your running ability, but your ability to

prepare for the next "leg" in real time. If you do not eat enough, or fail to pick up that pair of gloves, you can have a cold hour or two to regret it.

*"A tale I could unfold, whereat the
lightest word would harrow up thy soul, and
cause thy young blood to freeze, and thy two
eyes like stars from their spheres to start,
thy knotted and combined locks to part, and
each particular hair to stand erect like the
quills on the fretful porcupine."*

— Shakespeare

Wasatch

Wasatch (September 9) is the whackiest. If you want one race that stretches the envelope in all the zaniest, most wonderful, exhilarating ways, you have it right here in John Grobbs's unique high-altitude tour-de-force. Near the end of this race, I was reduced to a gibbering wreck, screaming at the aid-station volunteers about "Bloody Utah miles," and causing my one-year-old son to sob uncontrollably at the mere sight of me. Molly's comments about the state of the roads between aid stations are simply unprintable in a family magazine.

If you have sworn never to do a 100-miler in your life, this is the one. I, on the other hand, will not be kept away by wild horses (or wild sheep-herders). I think Ferdinand de Souza put it best when he described the race as "perversely provincial." This race also is in the wildest territory, with some of the most stunning scenery. The view of the Great Salt Lake from the top of Chinscraper (five miles into the race, 5,000 feet above the start!) is worth the climb.

It also had the most reasonable entry fee and was probably the most difficult for crews. Accommodations seem only to be available some ways from the start, and being point-to-point adds to the headaches for the crew.

All in all, for me it will remain the pinnacle of the trail 100s. In my fantasies I am running down a gnarly Wasatch trail chasing a crimson cheetah . . .

*"Though we never thought that we could
lose, there's no regret."*

*If I had to do it all again, I would my
friend..."*

— Abba

Angeles Crest

AC (October 14) is the most difficult at which to buckle. It also is nearest to a large metropolitan area, though you would never know it, so skillfully has Ken Hamada and his crew threaded the course through the San Gabriel Mountains. It is also the last in the series and although, as Marshall had said to me at the Wasatch awards ceremony, "We can make it through AC on willpower," it is a certified ass-kicker no matter how many ultras you have run. With 30 miles to go, I estimated that I would finish between five and twenty minutes outside the buckle time of 24 hours. Since I had the other five buckles, this would simply not do. Of all the 600 race miles, the final 30 were the most "heart-in-the-mouth" of the lot. I was the last to buckle, with only seven minutes to spare. *Most scary.*

Crews have an interesting problem in this one — for about the last 30 miles they

have no access to their runners. Do they go back to the motel and sleep (if it is even in driving distance)? Or go and hang around at the finish at the Rose Bowl for umpteen hours in the dark?

This race had the most memorable return trip. When we arrived back at the Denver airport, there was a surprise — a group of our friends were there waving a huge banner and cheering! They had brought flowers and, of all things, a laurel wreath. The other passengers must have wondered why all the fuss about this weary, grimy, bearded individual, staggering off the plane? Perhaps some sort of cult?

*"To travel hopefully is a better thing
than to arrive."*

— Stevenson

So there you have it. Run, do not walk, to mail your entries. Oh, by the way, here is a lexicon of the most frequently heard (or possibly just best remembered) words and phrases — divorce, stress fracture, expense, never again, crazy, insane, asinine.

Marshall and I agreed that you should budget an average of about \$1000 per race, unless you are going to be extremely parsimonious; this also figures in the fact that you have to make some of the trips fit around family vacations. This is (at least for us) a significant family commitment. We also agreed that the most difficult part of doing these was persuading our families to get enthusiastic about it, and to persuade them not to evict us for the summer. Next to this, staying "up" for racing for an entire summer was most tricky; the physical aspect is not too tough.

Marshall and I have training regimens at opposite ends of the spectrum. Marshall's approach to a recovery week after a race is an easy 70 miles or so; mine is to put my feet up, watch TV, and drink some beer! I averaged about 25–30 miles a week; I am not sure but suspect Marshall averaged around two to three times that much. There was one eight-week period where I ran 125 miles, and that included a 100-mile race! It is therefore quite clear that training is at least one good reason why Marshall finished ahead of me in all the races. I think his string of high-place finishes will not be bettered for a long time. As I have demonstrated, however, it is possible to buckle at all of them on the minimum of training.

As I mentioned, the physical aspects of this for me were not too tough. With all the races except the last one, I went out with only one thought — to finish in good enough shape to start the next one healthy. I consequently found that two weeks was plenty of recovery time. I had no sprained ankles, torn muscles or tendons; and in fact no blisters of any consequence. I did seem to be more prone to catching colds during the week after a race, and did miss quite a few planned workouts as a result.

Starting with this relaxed attitude, I had a lot of time to talk to people and made a lot of good acquaintances out on the trails. This is a wonderful sport, with inspiring people to be found from the first runners over the line, down to the last to miss a cutoff.

The weeks following the last race were somewhat of a letdown. These blahs lasted clear up until I mailed in my entry form for Western States 1990! See you there.

Some Useful Information if You're Running a Trail 100

Reproduced from "Ultrarunning"

April, 1990

by Marshall Ulrich

In the summer and fall of 1989, Gordon Hardman and I had the pleasure of running all six of the trail 100-milers in North America.

My goal was first and foremost to finish all of these races within the year and secondly, to finish as many as possible in the top ten to see if I could not only run them, but run them well. In this second goal I succeeded in five of the six.

The following personal evaluation of the six races attempts to assist a person with the goal of running any or all of these races by outlining the unique characteristics of each race as I experienced them.

Whether you choose to run them for pleasure or competitively, don't be afraid to try. I found it to be less physically demanding than I had anticipated, but perhaps more demanding in personal commitment.

Old Dominion

This is the first in the series. Some of the challenges you will encounter are numerous water crossings (have plenty of sock changes) so expect to have your feet wet for much of the run. Unstable and rocky footing particularly near the tops of most hills is another characteristic of this course. Aid stations are adequate for the most part, although the lead runners often reached them before they were set up. Just as a precautionary measure, be prepared and carry plenty of food and water, particularly in the last twenty miles.

Clothing should consist of hot-weather gear with lighter-weight warm clothing for the evening. Temperatures can range from hot and humid to somewhat cooler nights.

Two 16-ounce water bottles were adequate throughout the run with some supplemental food.

Trail markings were sometimes confusing and not as frequent or obvious as I would have liked. Combine this with darkness and fatigue and it can be disastrous; so, as in all races, familiarize yourself with the trail ahead of time if at all possible.

To rate these races is not an easy task and not everyone will agree but my opinion is that Old Dominion is probably the second fastest course behind Vermont; however, the cutoff time of 24 hours creates a challenge many find difficult to meet. Careful and conservative pacing will get you through this one. Pacers are allowed the last twenty miles or so.

Western States

This is the key to completing the race series as entry is done by lottery. The other races can be gotten into easily enough by early entry, but beware of Leadville as it was filled up two months prior to the race in 1989.

Western States trails are well-groomed and runnable. You only have to contend

with a few rocks. Other factors to consider are heat and dust, particularly in the canyons. I take along a bandanna to filter the dust if needed or to dip in every available stream to cool myself. Unless you encounter rain, your feet will stay dry for most of this race except for the one major river crossing.

Hot weather gear is needed for most of the run except for early morning and night running. Two water bottles are sufficient throughout the run with the possible exception of the very first leg of twenty miles.

Crewing for Western States is more difficult than many races, perhaps second only to Wasatch. In some places crews cannot get in to meet their runner easily unless they are shuttled in. In other places they may have to walk and carry supplies for two miles or more. Traffic and congestion can be extreme so plan your time well and avoid thinking you can rush in on short notice to meet your runner.

Roads are extremely dusty and add to the discomfort. This, combined with large numbers of cars and long hours on narrow, winding roads, can set the scene for unpleasant experiences and short tempers for some. Flexibility is a key and many of these unpleasant crew experiences could be avoided if the courtesy of all crew members in following race crew policies are adhered to.

As a final note to runners on this point, be kind to your crew when they do finally meet up with you as they have been participating in their own ultramarathon.

The aid stations are something you would expect from a California event. Spectacular is probably an inadequate description.

As far as the profile of the race goes, the one section that has created the greatest physical challenge for me the past few years is the California Loop. It is not as extreme as many other sections of the trail, but mentally you expect it to be easier (it has more downhill than up) and you may even think you can make up for previously lost time. If you have this attitude you can find yourself with problems later on in the race.

When making plans for Western States, arrange for lodging in advance. Some like to stay at the finish in Auburn and others at the ski area in Squaw Valley, which is where the race starts. An ideal situation is to stay in Squaw Valley prior to the race start and in Auburn after the finish. This is not always possible, though, as lodging is somewhat limited in Auburn.

Vermont

It is a quick and beautiful course consisting of rolling hills, well-groomed trails and roads, and one river crossing. Temperatures can get warm, but are usually moderate with nights being slightly cool.

With thirty-two aid stations you really need no more than your water bottle (no need to run with a pack). The only complication with the aid stations was the fact that it was a first-time race and many volunteers had no previous experience with ultras, but

they were eager learners and certainly did what they could to make things run smoothly. It was great having so many aid stations without the concern of either carrying supplies or hassling with drop bags, because then your attention can be focused on running.

Crewing is easy with the possible exception of finding one's way. Vermonters have a unique way of giving directions. Usually this is done by landmarks ("take a right at the red barn") as opposed to road signs. However, as far as the trail itself, you won't find one that is better marked. The maps and directions given to crew members aren't as difficult to follow as they appear.

Lodging for this race is available in Woodstock as well as the surrounding area. The bed and breakfast accommodations are clean, plentiful, and delightful!

Leadville

I would rate Leadville third in difficulty behind Wasatch and Angeles Crest with Western States, Old Dominion and Vermont following in that order. Be aware that each has its unique challenges. The altitude is a major factor in Leadville with Hope Pass looming in the distance not once but twice. The weather in Leadville is fairly seasonal for a city at 10,000 feet but as is often heard, if you don't like the weather in Colorado, wait a minute. Consider all extremes and have clothing for any and all of these extremes available. Nights can be quite cold.

There is one river to cross in the Leadville 100 but it must be crossed twice as it is an out-and-back course. Footing on most of the trail is very good with a fair portion of the race being run on roads. Aid stations are very well equipped and staffed. You will find all the usual things to eat and drink.

Crewing for this run is probably one of the easiest, with roads and crew access points easily accessible. You might have a slight walk with supplies at certain points, but it is usually not very far. Parking is limited to one side of the road in most cases. These are narrow mountain roads which can be dusty and crowded so the same rules apply here as in other races. Follow the rules and be courteous.

Community support in Leadville is great. Much of Colorado's economy today is tourism and they really are very happy to have you as their guests. However, lodging can be scarce, so make your plans early. Campgrounds are plentiful.

Buckling at Leadville has a cutoff time of 25 hours. The time allowed at Wasatch is 30 hours with 24 hours at Old Dominion, Vermont, Western States, and Angeles Crest.

Wasatch

General consensus has Wasatch as the toughest of the series and I would have to agree. Trails can be difficult to find and follow — sometimes even non-existent. These conditions do improve over the second half of the trail, but it is still steep and extremely difficult. Wear good, stable shoes and come prepared to have your shins scratched by scrub oak.

Weather can change from cold in the morning to hot in the afternoon and back to freezing in the evening and night hours.

Dress warmly in the late hours of the night and particularly going over Catherine Pass and beyond.

Aid stations are farther apart than the other races as are crew access points. Drop bags can be very helpful and/or essential in the sections in between.

Extra food and up to three water bottles from the start can help. Careful thought should be given to how much one will need. It's better to be over-prepared.

Crewing is very difficult as long drives in and out of the mountains on rough roads are required and long waits in some areas are likely. It can, however, be run without a support crew as this was the only race in the series where I did not have a crew person.

Course markings are fairly good but because of the off-trail or minimal-trail sections, it would pay to pre-run the course or run with someone who is familiar with it. A compass and maps (provided in the race packet) are also helpful.

The only challenge Wasatch doesn't have is a water crossing. Aside from that, be prepared! While you need to finish the race in under 30 hours to buckle, you are allowed up to 36 hours to finish. Lodging should not be a problem for this race as Salt Lake City

and Layton, Utah, are nearby.

Angeles Crest

This is the last, but certainly not the least. Gordon and I agreed that this might be the most difficult in which to buckle.

The course traverses well-groomed trails with a lot of altitude gain and loss; it ranks second most difficult behind Wasatch.

Cool nights and warm to hot days should be expected and clothing should be planned appropriately.

There are plenty of aid stations with the usual bill of fare, in other words, plenty to eat. Two bottles of water took me through all of Angeles Crest. Also, river crossings are not a part of this race so you needn't worry about the extra gear one might need for this.

There are no special crewing requirements, but the last thirty miles has no crew access, so if you do need supplemental provisions at this point, make sure to have them in drop bags.

Pacers are allowed the last fifty miles at Angeles Crest, Leadville, and Wasatch. You can have your pacer meet you for the last thirty-five miles at Western States, the last twenty-five at Vermont, and the last twenty

at Old Dominion.

Summary

Overall, running the six races in 18 weeks was not as demanding physically as expected (in fact, six weeks after running the series, I ran a 202-mile 48-hour run without any problems). My average training was about one hundred miles per week. I would back off slightly the week following a race peaking again in the middle weeks and tapering again the week prior to the next race. Gordon's training mileage was less but we both feel that a reasonable amount of training mileage is essential.

We both found that the time taken from family and jobs was difficult. We both had a good support group and that is important. The cost factor is also very real, as is the time commitment. You must plan well for these other aspects, as well as for your training, in order to do your best at making all six races count.

Pick as many or as few as you want to run and have fun! The people you meet and friends you will acquire will be the highlights of the experience. Best wishes and good luck!

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AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN TRACK RECORDS

_as at November, 1989

MEN - CLASS 1 RECORDS (Official rankings are kept and AURA plaques issued)

50km.	Bruce COOK (ACT)	3.09.50	Parramatta NSW(NS)	5/3/89
100km.	Martin THOMPSON (NSW)	7.22.38	Tipton , UK (S)	24/10/75
200km.	David STANDEVEN (SA)	18.01.50	Adelaide SA (S)	29/10/89
50 miles	Bruce COOK (ACT)	5.35.32	Box Hill, Vic (S)	29/6/85
100 miles	George PERDON (Vic)	12.25.09	O.P. Melb.Vic (S)	23/5/70
12 Hours	George PERDON (Vic)	155.800km**	O.P. Melb.Vic (S)	23/5/70
24 Hours	Mike MARCH (Tas)	260.099km	Coburg Vic (S)	26/2/89
48 Hours	Bryan SMITH (Vic)	382.400km**	Colac, Vic (NS)	16/11/88
6 Days	Bryan SMITH (Vic)	906.400km	Colac, Vic (NS)	20/11/88

MEN CLASS 2 RECORDS (Only official rankings are kept)

150km	George PERDON (Vic)	11.32.35	O.P. Melb, Vic (S)	23/5/70
250km	Mike MARCH (Tas)	22.53.39	Coburg, Vic (S)	26/2/89
500km	Bryan SMITH (Vic)	22.22.29.03	Colac, Vic (NS)	17/11/88
1000km	Tony RAFFERTY (Vic)	138.8.58.04	Parramatta NSW (S)	25/8/89
30 Miles	Bruce COOK (ACT)	3.04.14*	Parramatta NSW (NS)	5/3/89
40 Miles	George PERDON (Vic)	4.16.18	O.P. Melb, Vic (S)	17/7/71
200 Miles	Bryan SMITH (Vic)	10.15.58.42*	Colac Vic (NS)	16/11/88
500 Miles	Bryan SMITH (Vic)	50.7.39.578*	Colac Vic (NS)	19/11/88
1000 Miles	Tony RAFFERTY (Vic)	140.11.59.04*	Parramatta NSW (S)	26/8/89
6 Hours	Unknown - Open for claim			
3 Days	Bryan SMITH (Vic)	512.800km**	Colac Vic (NS)	17/11/88

MEN CLASS 3 RECORDS (Rankings may or may not be kept. and if so, may be incomplete)

300km	Bryan SMITH (Vic)	1day11.37.25.	Colac Vic (NS)	16/11/88
400km	Bryan SMITH (Vic)	2days2.55.23	Colac Vic (NS)	17/11/88
600km	Bryan SMITH (Vic)	3days15.13.44	Colac Vic (NS)	18/11/88
700km	Bryan SMITH (Vic)	4days16.48.02	Colac Vic (NS)	19/11/88
800km	Bryan SMITH (Vic)	5days 6.57.53	Colac Vic (NS)	19/11/88
900km	Bryan SMITH (Vic)	5days22.37.40	Colac Vic (NS)	20/11/88
1100km	Tony RAFFERTY (V)	9days10.16.27	Parramatta NSW (S)	21/8/89
1200km	Tony RAFFERTY(V)	10days.9.52.58	Parramatta NSW (S)	22/8/89

CURRENT AUSTRALIAN TRACK RECORDS

1300km	Tony RAFFERTY (V)	11days.11.52.03	Parramatta NSW (S)	23/8/89
1400km	Tony RAFFERTY(V)	12days 9.03.56	Parramatta NSW (S)	24/8/89
150 Miles	Mike MARCH (Tas)	22.07.40*	Coburg Vic (S)	26/3/89
250 Miles	Bryan SMITH (Vic)	2days 3.40.50*	Colac Vic (NS)	16/11/88
300 Miles	Bryan SMITH (Vic)	2 days20.38.00*	Colac Vic (NS)	17/11/88
400 Miles	Bryan SMITH (Vic)	3days22.27.45*	Colac Vic (NS)	18/11/88
600 Miles	Tony RAFFERTY (V)	8days 1.38.58*	Parramatta NSW(S)	21/8/89
700 Miles	Tony RAFFERTY (V)	9days 17.36.17*	Parramatta NSW (S)	21/8/89
800 Miles	Tony RAFFERTY (V)	11days 9.14.38*	Parramatta NSW (S)	23/8/89
900 Miles	Tony RAFFERTY (V)	12days19.20.07	Parramatta NSW (S)	25/8/89
36 Hours	Bryan SMITH(Vic)	302.800km **	Colac Vic (NS)	16/11/88
96 Hours	Bryan SMITH (Vic)	654.800km **	Colac Vic (NS)	18/11/88
120 Hours	Bruan SMITH (Vic)	759.200km **	Colac Vic (NS)	19/11/88

WOMEN CLASS 1 RECORDS_(Official rankings are kept and AURA plaques issued)

50km	Cynthia CAMERON (V)	4.13.09	Box Hill Vic (S)	28/6/86
100km	Cynthia CAMERON (V)	9.15.26	Coburg Vic (S)	14/9/86
200km	Dawn PARRIS (Vic)	23.25.40	O.P.Melb.Vic (S)	20/8/89
50 Miles	Cynthia CAMERON (V)	6.52.42	Box Hill Vic (S)	28/6/86
100 Miles	Margaret SMITH (Vic)	16.01.43	Manly NSW (NS)	21/4/84
12 Hours	Dawn PARRIS (Vic)	117.600km**	O.P. Melb Vic (S)	20/8/89
24 Hours	Dawn PARRIS (Vic)	203.650km	O.P.Melb.Vic (S)	20/8/89
48 Hours	Cynthia HERBERT (V)	235.824km**	Colac Vic (NS)	16/11/88
6 Days	Cynthia HERBERT (V)	738.000km**	Colac Vic (NS)	20/11/88

WOMEN CLASS 2 RECORDS_(Only official rankings are kept)

150km	Cynthia CAMERON (V)	17.40.42	Box Hill Vic (S)	15/2/86
250km	Cynthia HERBERT (V)	1 day 22.31.34	Colac Vic (NS)	16/11/88
500km	Cynthia HERBERT (V)	4days 2.25.07	Colac Vic (NS)	18/11/88
1000km	Vacant			
1500km	Vacant			
30 Miles	Cynthia CAMERON (V)	4.05.01*	Box Hill Vic (S)	28/6/86
40 Miles	Cynthia CAMERON (V)	5.28.31*	Box Hill Vic (S)	28/6/86
200 Miles	Cynthia HERBERT (V)	2 days 9.59.59 *	Colac Vic (NS)	17/11/88
500 Miles	Vacant			
1000 Miles	Vacant			
6 Hours	Cynthia CAMERON (V)	70.067km**	Box Hill Vic (S)	28/6/86
3 Days	Cynthia HERBERT (V)	383.600km**	Colac Vic (NS)	17/11/88

CURRENT AUSTRALIAN TRACK RECORDS

WOMEN CLASS 3 RECORDS (Rankings may or may not be kept and if so, may be incomplete)

300km	Cynthia HERBERT (V)	2days 6.15.45	Colac Vic (NS)	16/11/88
400km	Cynthia HERBERT (V)	3 days 6.19.41	Colac Vic(NS)	17/11/99
600km	Cynthia HERBERT (V)	5 days 0.03.14	Colac Vic (NS)	19/11/88
700km	Cynthia HERBERT (V)	5 days 18.37.25	Colac Vic (NS)	20/11/88
800km	Vacant			
900km	Vacant			
1100km	Vacant			
1200km	Vacant			
1300km	Vacant			
1400km	Vacant			
150 Miles	Cynthia HERBERT (V)	1day 17.23.35.*	Colac Vic (NS)	16/11/88
250 Miles	Cynthia HERBERT (V)	3days 6.47.51*	Colac Vic (NS)	17/11/88
300 Miles	Cynthia HERBERT (V)	3 days 23.34.48*	Colac Vic (NS)	18/11/88
400 Miles	Cynthia HERBERT (V)	5 days 7.10.22*	Colac Vic (NS)	19/11/88
600 Miles	Vacant			
700 Miles	Vacant			
800 Miles	Vacant			
900 Miles	Vacant			
36 Hours	Cynthia HERBERT (V)	206.000km **	Colac Vic (NS)	16/11/88
96 Hours	Cynthia HERBERT (V)	486.000km **	Colac Vic (NS)	18/11/88
120 Hours	Cynthia HERBERT (V)	599.200km**	Colac Vic (NS)	19/11/88

LEGEND

- * Times are the next official recorded times AFTER the nominated distances were passed.
- ** Distances are the previous official recorded distances BEFORE the nominated time was passed.
- (S) Standard Track (i.e. standard IAAF shape with a nominal distance of 400m or 440 yards).
- (NS) Non-standard Track (i.e. non-standard shape with a nominal distance between 350m and 450m. inclusive).

For notification of errors or corrections, please contact Geoff Hook, c/- AURA Inc.,
4 Victory Street, Mitcham 3132. Any claim must be fully supported by appropriate
documentation (i.e. lap-score sheets and track details)

AUSTRALIAN 12 HOUR TRACK RANKINGS

AUSTRALIAN 12Hr TRACK RANKINGS (May 90') (Top 100)

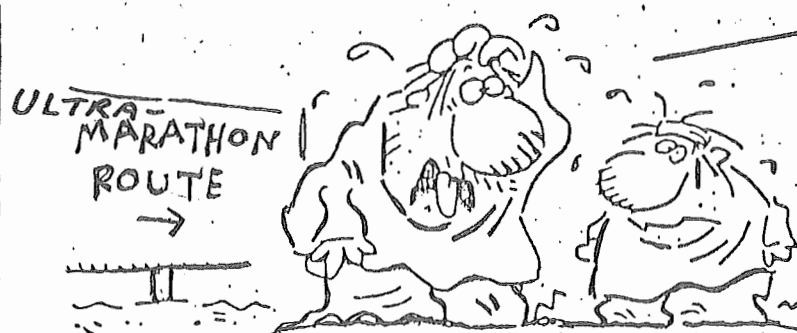
1	George Perdon	46	V	156.005Km	Olympic P	23May70
2	David Standeven	37	SA	142.060Km	Rosebud	5May90
3	John Briet	38	V	138.000Km	Coburg 24	25/26Feb89
4	Bryan Smith		V	137.438Km	Box Hill	16Jul88
5	Owen Tolliday	39	Q	135.990Km	Adelaide 24	29Oct88
6	Trevor Jacobs			134.380Km	Woden	25Feb90
7	Mike March	45	TAS	131.600Km	Coburg	25Feb89
8	Peter Tutty	23	V	131.391Km	Box Hill	16Jul88
9	Keith Fisher	22	V	130.000Km	Auk NZ 24	22Aug87
10	Peter Gray	25	V	129.816Km	Rosebud	5May90
11	Rob Zwierlein	25	V	128.129Km	Rosebud	6May89
12	Len Loveless		V	128.120Km	Rosebud	7May88
13	Peter Armistead	40	V	126.921Km	Rosebud	7Mar87
14	Frank Kelly	34	NSW	126.800Km	Hensley 24	28May88
15	Brickley Hepburn	38	V	126.441Km	Rosebud	6May90
16	Anyce K Melham	30	NSW	124.000Km	Hensley 24	28May88
17	Bob Taggart		SA	123.920Km	Adelaide 24	29Oct88
18	Ron Hill	48	V	122.711Km	Rosebud	7May88
19	Barry Brooks	40	V	122.000Km	Coburg 24	25Feb89
20	Michael Bryce		V	121.165Km	Rosebud	7May88
21	Greg Wishart	50	V	121.031Km	Box Hill	16Jul88
22	Joe Skrobalak			120.393Km	Rosebud	6May90
23	Bob Hunter		Q	120.062Km	Qld 24	1Jul89
24	Tony Dietachmayer		V	119.915Km	Rosebud	7May88
25	Geoff Hook	44	V	119.513Km	Rosebud	6May89
26	Sandy Buchan		Q	116.878Km	Qld 24	1Jul89
27	Ross Parker		WA	116.738Km	Bunbury	3Mar90
28	Ian Javes	47	Q	116.580Km	Qld 48	30Jun89
29	Max Carson		V	116.430Km	Rosebud	7May88
30	David Yeaman		V	116.419Km	Rosebud	7Mar87
31	Graham Medhill	41	Q	115.026Km	Qld 48	30Jun89
32	Michael Grayling	33	V	115.723Km	Rosebud	6May90
33	Bill Beauchamp	43	V	114.800Km	Olympic P 24	19Aug89
34	James Wolstencroft	34	V	114.800Km	Coburg 24	25Feb89
35	Ron Smith	44	V	114.440Km	Rosebud	6May89
36	Bruce Kirk	25	V	114.408Km	Coburg 24	25Feb89
37	Graeme Townsend	30	NSW	114.400Km	Hensley 24	28May88
38	Derek Quinto		ACT	114.092Km	ACT	25Feb90
39	Reg Williams	37	V	113.971Km	Rosebud	7May88
40	Gerry Riley	56	V	113.532Km	Rosebud	7Mar87
41	Howard Ross	42	V	113.531Km	Rosebud	7Mar87
42	Tony Tripp	41	WA	112.582Km	Box Hill	16Jul88
43	Klaus Schnibbe	44	V	112.553Km	Rosebud	7May88
44	Bill Nagy			111.656Km	Woden	25Feb90
45	Alan D Smith		WA	111.568Km	Perth	27May89
46	Joe Record	47	WA	111.200Km	Coburg 24	25Feb89
47	Nobby Young	41	NSW	110.800Km	Hensley 24	28May88
48	Roger Stuart	45	SA	110.643Km	Adelaide 24	29Oct88
49	Graham Prosser		WA	110.353Km	Perth	27May89
50	Chris Stephenson	32	NSW	110.000Km	Coburg 24	25Feb89
51	John Champness	47	V	109.600Km	Hensley 24	28May88
52	Trevor Harris	42	ACT	109.200Km	Coburg 24	25Feb89
53	Tom Donovan		V	108.909Km	Rosebud	7Mar87
54	Rod Martin	45	NSW	108.800Km	Hensley 24	28May88
55	Paul Every	23	NSW	108.400Km	Hensley 24	28May88
56	Rob Burns		Q	108.219Km	Qld 24	1Jul89
57	Andrew Law		TAS	108.002Km	Olympic P	19Aug89

AUSTRALIAN 12 HOUR TRACK RANKINGS

58 Robert Channells	43	NSW	108.000Km	Woolgoolga	2Apr86
59 Chris Le Dieu		V	107.550Km	Rosebud	7Mar87
60 Geoff Boase		V	107.430Km	Qld 24	1Jul89
61 Graham Stenner	44	SA	107.200Km	Coburg 24	25Feb89
62 Terry Cox (J)		V	106.894Km	Rosebud	7May88
63 Tony Collins	42	NSW	106.882Km	Qld 48	30Jun89
64 Murray Cox	42	SA	106.400Km	Coburg 24	25Feb89
65 David Brown	30	NSW	106.000Km	Hensley 24	28May88
66 Rick Jenkins			105.737Km	Box Hill	16Jul88
67 Ralph Bristow		V	105.560Km	Rosebud	6May89
68 Dave Bird		WA	105.552Km	Perth	27May89
69 Stan Miskin	61	V	105.524Km	Rosebud	7Mar87
70 Doug Wright		WA	104.459Km	Bunbury	25Feb90
71 John Benzce	55	V	104.400Km	Coburg 24	25Feb89
72 Cliff Young	66	V	104.400Km	Olympic P	19Aug89
73 Nick Read	36	ACT	104.400Km	Hensley 24	28May88
74 Ray Ellis		V	104.199Km	Box Hill	16Jul88
75 Keith O'Connell	49	NSW	104.000Km	Hensley 24	28May88
76 Max Bogenhuber	46	NSW	103.600Km	Hensley 24	28May88
77 Ken Hough	42	V	103.397Km	Rosebud	7Mar87
78 Stephen Lewis		Q	103.305Km	Qld 24	1Jul89
79 Phillip Barnes		V	103.035Km	Rosebud	6May89
80 Graham Firkin	50	NSW	102.400Km	Hensley 24	28May88
81 John Kaparelis	21	V	102.400Km	Coburg 24	25Feb89
82 Rudy Lombardi			102.176Km	Rosebud	5May90
83 Mark Pritchard			101.685Km	Bunbury	25Feb90
84 Tony Rafferty	49	V	101.611Km	Box Hill	16Jul88
85 Jeff Christoffel		Q	100.758Km	Qld 24	1Jul89
86 Graham Stenner	43	SA	100.400Km	Hensley 24	28May88
87 Patrick Parsons		V	100.145Km	Rosebud	7May88
88 Geoff Hain	39	NSW	100.000Km	Woolgoolga	2Apr86
89 Lindsay Phillips	34	Q	99.707Km	Qld 24	1Jul89
90 Stephen Foulkes	34	V	98.309Km	Box Hill	16Jul88
91 Ray Carroll		V	97.966Km	Rosebud	7May88
92 Norm Johnson	53	V	97.459Km	Rosebud	6May90
93 Ross Martin	59	SA	97.366Km	Adelaide 24	29Oct 88
94 Stuart Currie	42	Q	97.366Km	Adelaide 24	29Oct88
95 Bruce Cook		ACT	96.800Km	Olympic P	19Aug89
96 Stephen Grant	30	NSW	95.600Km	Hensley 24	28May88
97 Eduardo Vega	47	NSW	95.600Km	Hensley 24	28May88
98 Kevin Cassidy	27	V	95.200Km	Hensley 24	28May88
99 Guy Schubert	38	SA	94.549Km	Adelaide 24	29Oct88
100 Grahame Kerruish	50	NSW	94.198Km	Woden Pk	25Feb90

Frank and Ernest

by Bob Thaves



I USED TO BE
ABLE TO CALL ON
MY BODY FOR THAT
EXTRA EFFORT, BUT
LATELY IT'S HAD AN
UNLISTED NUMBER.

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AUSTRALIAN 12 HOUR TRACK RANKINGS

WOMEN.....

1 Dawn Parris	36	V	117.600Km	Olympic P 24	19Aug89
2 Cynthia Herbert	44	V	115.251Km	Adelaide 24	1Nov86
3 Georgina McConnell	45	NSW	110.800Km	Olympic P	19Aug89
4 Trish Spain	47	WA	109.913Km	Olympic P	19Aug89
5 Sandra Kerr	43	V	104.450Km	Rosebud	6May89
6 Cheryl Standeven	33	SA	99.000Km	Adelaide 24	29 Oct88
7 Kim Talbot		V	95.460Km	Box Hill	16Jul88
8 Wanda Foley	44	NSW	94.195Km	ACT	25Feb90
9 Merrilyn Tait	39	V	93.359Km	Rosebud	6May89
10 Sharon Skrobolac			90.754Km	Rosebud	6May90
11 Valerie Case	51	V	86.697Km	Box Hill	16Jul88
12 Alison Bird		WA	79.389Km	Perth	27May89
13 Donve Cadman			71.709Km	Box Hill	16Jul88
14 Grace Smith			69.375Km	Rosebud	6May90
15 Carolyn Benson		SA	68.397Km	Adelaide 24	29Oct88
16 Ali Zwynenburg	62	V	64.873Km	Rosebud	6May90
17 Maureen Riley	57	V	61.539Km	Rosebud	7May88
18 Lydia Ann Cox		V	55.550Km	Rosebud	7May88
19 Lorraine Harris		ACT	42.980Km	ACT	25Feb90

Corrections and omissions still go to Gerry Riley , 69 Cambridge Cresc, Werribee 3030 for the next couple of months until we have transferred all the rankings records over to our new IBM computer (which Colin Browne is in the process of doing). However, as stated in the last issue, 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/she has sent race results to Gerry! Often it is the fault of the Race Director not passing on results that names are omitted.

ULTRA DISTANCE RUNNING CLUB

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

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

ULTRA DISTANCE RUNNING CLUB

NAME:.....

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

TELEPHONE NUMBER:.....

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)

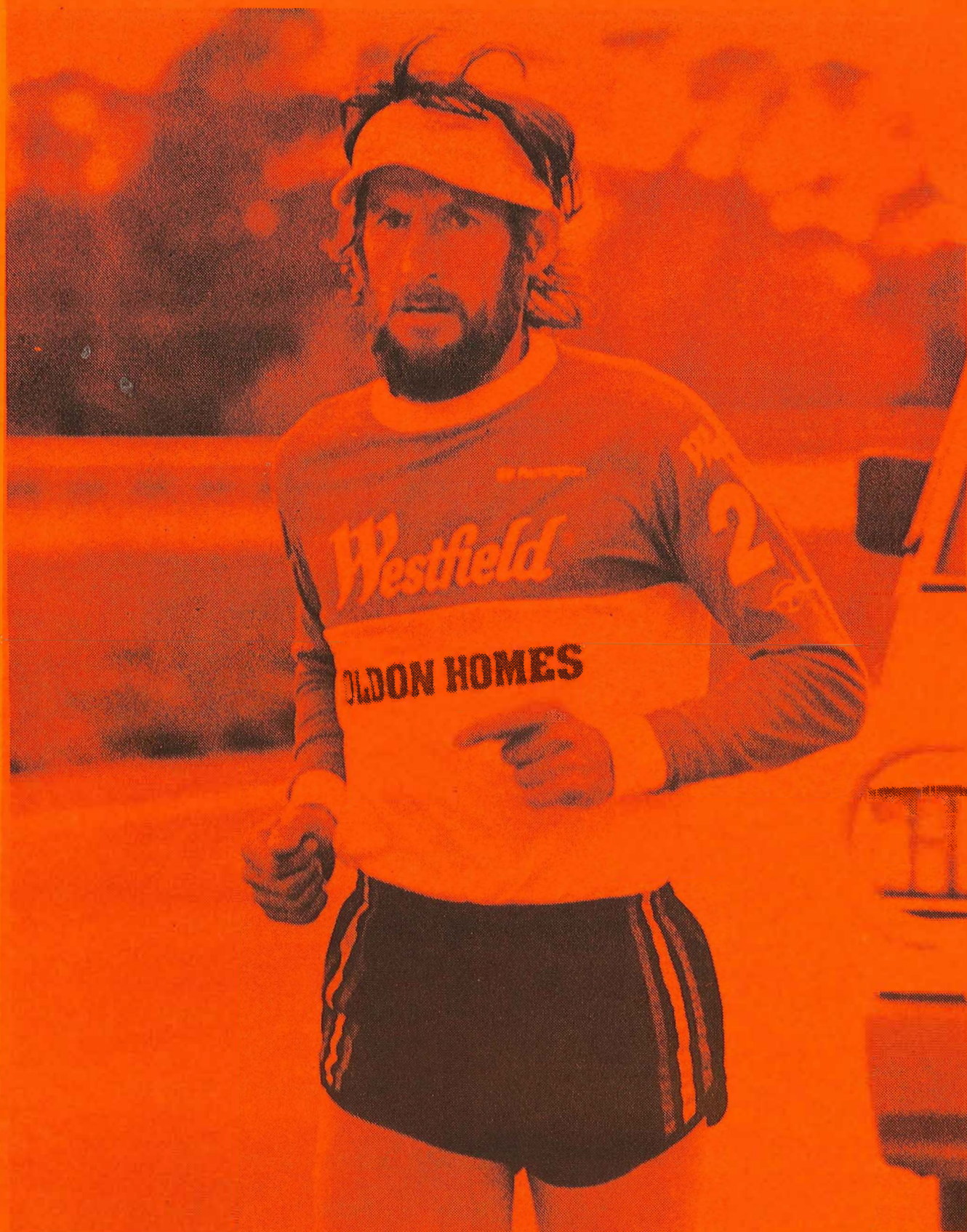
\$26.. \$26.. \$28.. \$28..

Air Mail (up to 1 week delivery)

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Send application and money to:

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



**THE FOURTH PERSON IN HISTORY TO COVER OVER 1000KM IN SIX DAYS ON A
STANDARD TRACK.**

Bryan Smith on his way to finishing fourth in last year's Westfield Sydney to Melbourne Run in a time of 7days4hours5mins. He performed much better this year, finishing in second place (behind the invincible Kouros) with a p.b. of 6days 9hours 45mins. Well done Bryan!!