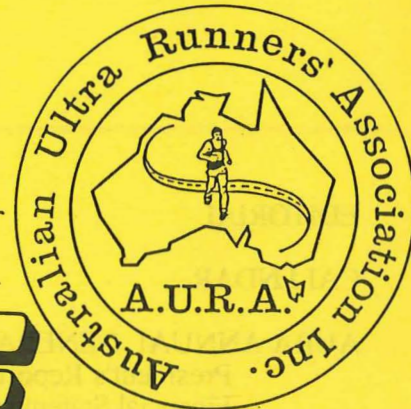
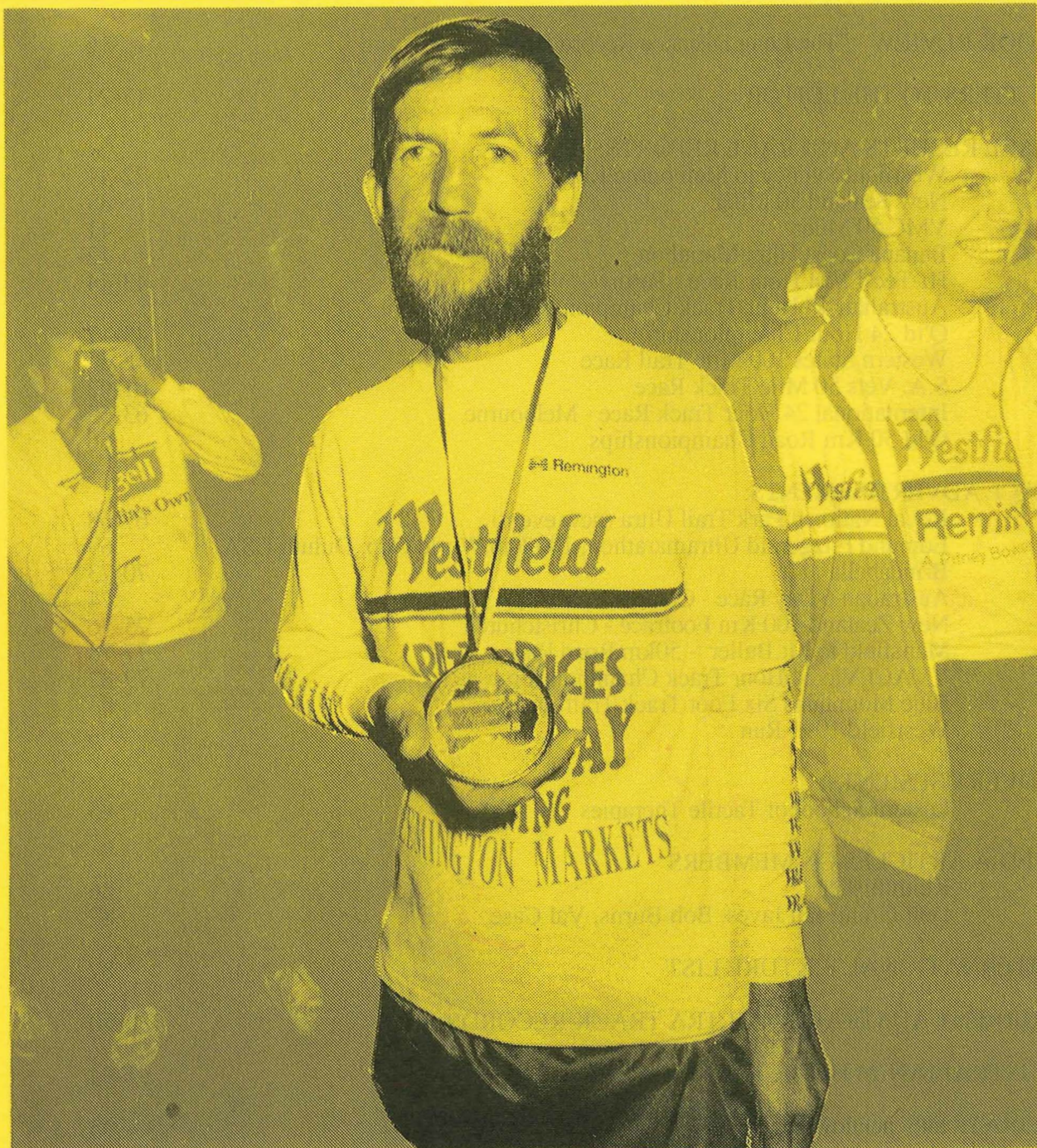


A.U.R.A. MAGAZINE



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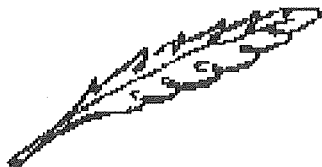
A very proud Bobby Fickel showing off his finisher's medallion from his first start in the Westfield Run. Bob has been a particularly gutsy competitor over the years. Congratulations Bob!!

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

Dear Members,

So much has happened since our previous issue of this magazine. Quite a few races have been held and two Australian records re-established. Firstly, Dell Grant in Queensland set a new 48 Hours record for women with a distance of 268.824km. Well done Dell! Secondly, Carl Barker reduced Bruce Cook's long-standing 50 mile record to 5.27.25. A fine performance, Carl!

Our previous issue was so close to the Westfield Sydney to Melbourne Run that we could only include the results. As promised, this issue contains the human interest side of the event, together with race reports and crazy extracts from diaries. The Westfield Run is such a soul-searching event, it compels some of those involved to compose poetry or attempt to psychoanalyse themselves or the race. One sometimes wonders who does it tougher, the runner or the crew?

The other long race report is from an event with small (only 2) Australian participation but a race big in stature. You may remember Max Bogenhuber's classic report of the Western States 100 Mile Trail Run a couple of years ago. Well, two more Aussies (Peter Armistead and Geoff Hook) competed in this year's event.

Maurice Taylor is to travel to England soon to compete in the Gateshead 6 Day Race. Also five other AURA members are representing Australia in Duluth, Minnesota in the 100km World Cup (under patronage of I.A.A.F.) on 27th October, 1990, as a result of their placings in Ray Carroll's 100km Race Against The Clock at Olympic Park last April. (Incidentally, placegetters in Ray's 1991 100km race on April 7th will qualify for the 100km World Cup in Italy!) We all wish you well in your races, and hope for great results. (Maurice bought \$150 worth of AURA advertising material - windcheaters, T-shirts, badges and car stickers - Thank you Maurice! What a lovely gesture!)

The first of our AURA Achievement Certificates have now been awarded to a group of 5 men and 2 women. The achievement is to complete 240km or more for men, or 200km or more for women, within 24 hours. Congratulations to Brian Bloomer, Owen Tolliday, Mike March, David Standeven, Bryan Smith, Cynthia Herbert and Dawn Parris.

Our AGM in June was again well attended and members had a great opportunity to voice their opinions and views during the meeting. AURA is your association and it is your ideas and comments that help to make it what you want it to be.

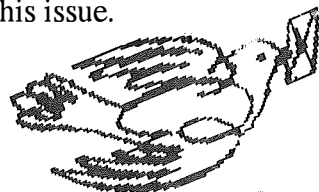
In the previous issue, we published for the first time, the complete list of Australian Track Records. Typing was done at such a late stage in the assemblage of the manuscript that no time was left to check it. Consequently a few mistakes slipped by. The corrected list is published in this issue.

Also in this issue, we publish the 24 hour track ranking lists. We apologise to those hanging out for the occasional publication of road rankings, but we need to get all the relevant information into our computer data base before we can readily produce road rankings. Unfortunately, we did not receive the results from Ray Carroll's International 24 Hour Race, held at Olympic Park, Melbourne on 4/5th August, in time to include them in this set of ranking lists. Members will have to make their own adjustments by referring to the results which did arrive in time for publication though.

At the first World 24 Hour Indoor Championship held at Milton Keynes earlier this year, Kim Talbot, Bryan Smith and Cliff Young, three of our members in the Australian team, managed by Ray Carroll and sponsored by Toto's Pizza, achieved a number of notable records, detailed in this issue. Congratulations to the three of you.

Until next issue. I hope you all stay healthy, fit and injury-free,

Best wishes,



calendar

1990

- * Sept 1/2 **24 HOUR TRACK RACE**, NSW, Sydney Striders event, New South Wales 24 Hour Track Championship, 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 (074) 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.
- * 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 7 **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.

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- * 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 17 **RAINBOW BEACH TRAIL RUN**, QLD, (beach and forest trails), 55km, Rainbow Beach, Cooloola Sands, Entry \$20, entry on the day but phone Dell Grant (074)95-2138) to indicate you are entering 5:30am start from Surf Lifesaving House. First 10k on the beach, then two equal loops through rainforest trails. Contact Dell Grant or Ian Javes, 25 Fortune Esp. Caboolture 4510, phone (074)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 Mintern, Media Director, c/o 3CS Colac, 3250, phone (052)31-5388.
- * Nov 18-24 **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.
- * Nov 25 **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE** Tasmania, 65km, 8am start (Australia's (the world's?) southernmost ultra race) Course takes in length of Bruny Island. Support vehicle and helper required. Contact Talay's Running Shop, (002)34-9945 or Kerri Law (002)72-5170
- * 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**. Vic. \$10 entry, 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.
- * Jan 27 **WYONG 24 HOUR TRACK RACE**- NSW _Contact Tony Collins 36 Bungary Road, Norah Head 2263 NSW.

- Feb 2 **CRADLE MOUNTAIN TRAIL RUN**, Tas, 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of park, approx 85-90km of tough mountain trail running with lots of bogs! Contact Richard Pickup, P.O.Box 946 Launceston, Tas, 7250, phone (003)95-4294.
- Feb 9 **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 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.
- Feb **12 HOUR TRACK RACE**, ACT at Woden Park Athletic Track. Contact Trevor Harris, 13 Southwood Retreat, Bonython 2905 Ph. (06) 293-2461 (H) or (06) 287 0409 (W)
- 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 (074)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.
- Mar 11 **HOBART TO CYGNET** (Tas) 54km .7am start from Tallay's Running Shop, Liverpool Street, \$5 entry. Need support vehicle and helper, Contact Tallay's Running Shop, Phone (002) 34-9945
- 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. \$40 entry. Contact Ian Hutchison, P.O.Box 65, Leura, NSW 2780, phone (047) 843266 (H) for entry forms.
- Easter
Mar 30 **CAMPBELLTOWN 48 HOUR TRACK RACE** (NSW) new event, Bradbury Oval, Entry fee \$50. Contactt John Shaw, 17 Buvelot Way, Claymore Phone (046) 26-6694
- Apr 7 **100K RACE AGAINST THE CLOCK**. Vic. Olympic Park, 8am start. Contact Ray Carroll (03)562-3312.

- * Apr **S.A. 12 HOUR TRACK CHAMPIONSHIP**, Salisbury, 400m track, start 6am, entry fee \$15.00, 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, & 100KM ROAD CHAMPIONSHIP**, Caboolture, Qld. 6AM start, \$20 entry fee, 1km road loop at Caboolture Show Grounds, Beerburrum Road, Caboolture. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Qld., 4510, ph (074)95-4334.

- * May **100KM ROAD RUN**, Caboolture, Qld. 6am start, 12 hour limit, \$20. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld. 4510, ph (074)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 12 **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, McGillivray Oval, contact Tony Tripp, "Lakeview", Davies Road, Claremont, 6010, WA, or Ross Parker, (09)401-7797.

- * June **50 KM ROAD RACE**, Lauderdale, Tasmania, \$2 entry. Free nosh-up at the Lauderdale Tavern after the race. Contact Talays Running Shop ph.(002)34:9945

- * June **VMC 50 MILE TRACK RACE**, (Australian Championship), Vic, at Box Hill, 400m track, 8am start, contact Geoff Hook, 42 Swayfield Road, Mount Waverley, 3149, or phone (03)808-9739.

- * June **24 HOUR TRACK RACE & 48 HOUR AUSTRALIAN TRACK CHAMPIONSHIP**, Caboolture Sports Centre, Qld. 8am start, Entry fee \$35, inc tee-shirt , contact Ian Javes, 25 Fortune Esplanade, Caboolture (074) 95-2138

- * July 14 **50 MILE TRACK RACE**, at Adelaide, SA, 440 yard cinder track, 7am start,(Adelaide Harriers track, South Terrace). For entry application form contact: Andy Docherty, 30 Lepena Cres, Hallett Cove S.A. 5158

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

- July **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 11/12 **24 HOUR TRACK RACE - INTERNATIONAL CHAMPIONSHIP**, Olympic Park, Melbourne. Contact Raymond Carroll, (03)562-3312.
- Aug **12 HOUR TRACK RACE**, St. Leonards, Tasmania, 5am start. Contact Kerri Law, 67 Gormanston Road, Moonah 7009 Tas, Phone (002) 72-5170 (H)
- Aug **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 **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 **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.to indicate you are entering.
- Aug **LAKE MACQUARIE CIRCUIT (NSW) 80K**. Start at Speers Point Park at 6am. 10 hour cut-off at 4pm. Contact Tony Bytheway (049) 59-3718 or (049) 87-4286. A Watagan Warrior's Distance Running Club event.
- Aug **ROSS TO RICHMOND ROAD RACE**, (Tas) 94km between the two oldest bridges in Australia. 7am start. Need support vehicle and helper. Contact Tallay's Running Shop, Phone (002) 34-9945.

AURA NEWSLETTER ...

calendar

N.Z. ULTRARUNNERS ASSN. CALENDAR

- | | |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 21 October 1990 | Hope-Kiwi 30 km Trail Run
(Mountain Run through the Lake Sumner Forest Park)
Contact: N.Z.U.A. c/- R Dickison, P.O. Box 2759, Christchurch |
| ? November 1990 | Kia Toa 30 Km ("Round the Ranges")
Contact: Wayne Rouse, P.O. Box 979, Palmerston North |
| 25 November 1990 | Intercontinental Cup 100 km
2.5 km lap course around University of Canterbury Campus, Ilam, Christchurch.
Contact: Colin Martin, 88 Grimseys Road, Christchurch 8005 |
| 8 December 1990 | Kepler Challenge Mountain Run 65 km, 1400m climb.
(Through Fiordland National Park)
Contact: Kepler Challenge, P.O. Box 11, Te Anau. |
| 31 December 1990 | Waitakere Challenge: 60 km Bush & Beach running
Contact: Mark Trotman, 48 Ulrich Drive, Ranui, Auckland. |
| 6 April 1991 | Run for Your Life 50 mile
(Fast flat course around circumference of Christchurch)
Contact: Dave Tanner, P.O. Box 3130, Christchurch. |

8.

NEW ZEALAND ULTRARUNNERS
P.O. Box 18-831
Christchurch

MINUTES OF ANNUAL GENERAL MEETING OF THE AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED HELD AT THE CLUBROOMS, HAGENAUER RESERVE, BARWON STREET, BOX HILL ON SATURDAY 16TH JUNE, 1990 AT 6PM.

PRESENT: 33 members of the club and other interested persons.

APOLOGIES Brickley Hepburn, Peter Quinn, Max Bogenhuber, Tony Tripp, Brian Kennedy, Trevor Harris, Val Case, Tom Donovan.

MINUTES of the last A.G.M. held on Saturday 17th June, 1989 were read. Moved Col Jerram, seconded Joan Jerram that they be accepted as a true record of proceedings. Carried.

1.0 PRESIDENT'S REPORT:

- 1.1 Geoff Hook reminded members that some outstanding achievements had been attained by some of our members throughout the year. He highlighted Tony Rafferty's record breaking track 1,000 mile race, Ian Javes' 1300 mile race in New York, when he finished second in an international field. Similarly, the fantastic performances of Bryan Smith in being the 4th person in history to run more than 1,000km on a track within 6 days, his first Australian placing in the recent Westfield Run, and his second placing in the International 24 Hour Race at Milton Keynes, UK last February. Also the performances of Dawn Parris in breaking the women's 12 Hour, 200km and 24 Hours Australian records at Olympic Park in August.
- 1.2 Membership of AURA has stablized at just under 500, with a few members dropping out and others joining up. Victoria and NSW having a battle for supremacy in numbers. Even at the moment.
- 1.3 Thanks to Ray Carroll for initiating the International 24 Hour Race at Olympic with an international field last year, and for taking a group of six of our best athletes to Milton Keynes in February, with the help of Toto's sponsorship.
- 1.4 Geoff thanked the AURA committee who have worked effectively all year.

Moved Geoff Hook/Greg Wishart that the President's Report be accepted. Carried.

2.0 SECRETARY'S REPORT:

- 2.1 Dot Browne reported that we currently have 499 members on the books, including 120 who have not yet renewed membership for 1990.
- 2.2 Thanks were expressed to those members who have included donations with their subs. These donations have enabled us to keep the fees the same for the next calendar year, even though our printing costs have escalated considerably due to the unavailability of our former printer.
- 2.3 Members' attention was drawn to the International Fixture List compiled by Ulrich Kamm advertised in the magazine and currently available for members who may be travelling overseas.
- 2.4 June Kerr was thanked for her efficient handling of AURA gear, which includes clothing and two new products, cloth badges for \$2.50 and car windscreen stickers for \$3.00, both featuring the AURA logo.
- 2.5 Dot announced the recent introduction of three new races on our ultra calendar:
 - (a) Mansfield to Mt.Buller in January '91 - 50km road race organised by Peter Armistead.
 - (b) 6 Hour Track Race at East Burwood, Vic, to be organised by Dot Browne.
 - (c) National Park Trail Race - 76.8km, NSW organised by Billy's Bushies.

- 2.6 Dot announced that two of our members, Greg Wishart and Lois Webster had recently married. Our best wishes for a very happy future to both of them.
- 2.7 Dot reported that two of our members are leaving tomorrow to compete in the Western States 100 Mile Trail Race in USA - President Geoff Hook and Peter Armistead. Good luck!!

3.0 TREASURER'S REPORT;

- 3.1 In the absence of Klaus Schnibbe, Dot Browne circulated a Profit and Loss Statement for the period from 1/1/1989 to 31/12/1989. Moved Dot Browne, seconded Godfrey Pollard that this statement be accepted. Carried.
- 3.2 Dot stated that the current Bank Balance stands at \$2146.96.

4.0 ELECTION OF OFFICE BEARERS:

- 4.1 Since the number of nominations exactly equalled the number of positions available, the following members were declared into office:
- | | | | |
|-------------|-----------------|-------------------|---------------------------------|
| President: | Geoff Hook | Hon. Sec: | Dot Browne |
| Vice. Pres: | Tony Rafferty | Assis.Hon. Sec: | June Kerr |
| Treasurer: | Peter Armistead | Ordinary Members: | Kevin Cassidy
Randall Hughes |
- 4.2 Geoff Hook referred to a letter he had received from Tony Tripp, suggesting that each state outside Victoria should elect its own AURA reps. Geoff pointed out that this is already covered in the Association's Constitution and becomes mandatory if a member, after expressing interest in being an interstate representative, requests a vote subsequent to that member's non-appointment by the incoming committee. To date, the committee has not been faced with this situation.
- 4.3 Joe Record referred to his nomination for Raymond Carroll to a new position on the committee, that of International Race Consultant. Geoff pointed out that a formal motion to create a new committee position had not been tendered within the required time framework according to the Constitution, and therefore was not able to be accepted. However, Geoff stated that if Raymond Carroll would be interested in a non-official position on the committee in this International Race Consultant capacity, the matter would be referred to the incoming committee. Joe Record wished to have recprded that he is not happy with this decision, and requested that copies of the Association's constitution be made readily available.

5.0 GENERAL BUSINESS;

- 5.1 Ray Carroll was invited to report on the international races which he has organised during the last 12 months as well as the Australian team going to the IAU 100km Ultra Distance World Cup under the patronage of the I.A.A.F, Duluth, Minnesota, USA. in which Dawn Parris, Trevor Jacobs, John Breit, David Standeven and Owen Tolliday will be competing, with the assistance of Toto's sponsorship. Ray was commended on the excellent organisation of the races he has organised at Olympic Park. and members wished Australian participants in the Duluth 100km the very best of luck. Ray advertised a 24 Hour Track Race to be held again at Olympic Park on Saturday and Sunday the 4th and 5th of August, 1990 and invited expressions of interest from top ultra athletes.
- 5.2 Geoff referred to the Motion in the Notice of Annual General Meeting, proposed by Ian Javes seconded Del Grant. and proposing that best times and distances be kept for ultra road events. Geoff stated that this is already occurring, but put the motion anyway. Motion carried.
- 5.3 Retiring committee members, Dave Herbert and Klaus Schnibbe were thanked for their excellent contribution to committee work.during the past year.

10. Meeting closed 7.35pm.

PRESIDENT'S REPORT
ANNUAL GENERAL MEETING

held at the clubrooms of the Box Hill Athletic Club, Hagenaeur Reserve, Barwon Street, Box Hill, Victoria, on Saturday, 16th June, 1990 at 6pm.

The growth in membership of AURA has continued, although not at the high rate of previous years. Membership numbers are now a shade under 500, which is an excellent achievement for a country with a relatively low population. I do not think that there would be many Australian ultra-runners who are now not members of AURA. But ultrarunners are not our only source of members; many interested people are also members and it is hoped that they continue to get value and interest from their membership of AURA.

Victoria and New South Wales are locked into a titanic struggle for the state with the most members. Victoria has been leading since the formation of AURA, but now, NSW have clawed their way to level pegging. This struggle may never resolve itself and it is certainly interesting to watch the balance fluctuate.

You will notice in the financial accounts that we have built up a small reserve. This was deliberate because our magazine was being produced very cheaply, but we knew that sometime in the future, we would have to go commercial and printing costs would become much more expensive. Well, this has recently happened, and the costs of producing our Magazine have now jumped about tenfold. It is currently estimated that our current membership fee of \$20 will allow us to break roughly even for this financial year. Hence our reserve will be a good buffer and contingency against unexpected expenditures. We don't wish to charge too high a membership fee and have no intention of recommending a rise at the moment. However, a small increase may be necessary in the next year or two. The committee is grateful to all those who have included a donation with their membership renewal. These donations have become much more important to us now and they permit us to maintain the standard of our Magazine at the present level. Thankyou to all those who have made donations over the past year.

Highlights of the past 12 months have been in the big multi-day events. Tony Rafferty won a 1,000 mile race in record time for a track event. Ian Javes became only the second person in history to complete a 1,300 mile race within the cut-off time when he finished second at Flushing Meadow, New York. Perhaps an even more difficult task was accomplished when Bryan Smith became only the fourth person in history to complete more than 1,000km in 6 days on a track. when he won the Colac Six Day Race. Also the performances of Dawn Parris in breaking the women's 12 Hour, 200km, and 24 Hour Australian Records at Olympic Park in August. Well done and congratulations to you all!

It is very pleasing to see that the number of races on our calendar has increased enormously. There is now much more variety in all states. The one drawback is fewer competitors per race. Some well-established track races have experienced a large drop in numbers of competitors and it is hoped that these races receive enough support to keep them viable. The trail races certainly seem to be gaining in popularity.

Involvement in a couple of international events has helped to promote Australian ultrarunners in the eyes of those overseas. An International 24 Hour Race, handsomely won by our own Bryan Smith, was held at Melbourne's Olympic Park Track in August. Next came the 24 Hour World Indoor Championship at Milton Keynes, U.K. in February in which our leading Australian, Bryan Smith, again performed well by finishing in second place. Bryan certainly deserves our "current best ultrarunner" title, again reinforced by his second placing in this year's Westfield Sydney to Melbourne Run, behind Kouros.

An Australian team was taken to Milton Keynes. The team, arranged by Ray Carroll, and generously supported financially by Alfred Mazioum of Toto's Pizza, all performed well, but individually suffered to varying degrees with jet lag during the race.

South Africa and drugs in sport remain important topics and I invite members to continue to broadcast their views via our Magazine. It is important to communicate your views to other members.

Finally, I would like to thank the committee, especially Dot Browne, for all their help and support over the past year. Our Association now has a really solid base from which to continue to build and expand. Thanks to each of you too for helping to make our club a worthwhile organisation.

Geoff Hook (President)

PROFIT AND LOSS STATEMENT - MAIN ACCOUNT
1/1/89 to 31/12/1989

INCOME:

369 Subscriptions	3795.00	
Donations	1117.99	
Advertising fees collected	120.00	
Re-imburement for labels used for		
Rainbow Coast Tourism - WA	20.00	
Sale of extra magazine	5.00	
Sale of 22 "Training for Ultras" books	220.00	5262.99

EXPENSES:

Postage	1111.01	
Magazine expenses	1060.63	
Bank Charges	24.20	
Computer L/Scoring program	13.02	
AURA Banner	30.00	
Registration fee	23.00	
Catering - A.G.M.	99.46	
16 "Training for Ultras"	139.98	
Envelopes & stationary	482.94	
Plaques for record holders	220.60	3204.84

PROFIT 2058.15

INVESTMENT:

Bank of Melbourne: 17.25% for 3 months.	2000.00
Matures 8/2/1990	

BANK BALANCE AS AT 31/12/1989

Opening balance 1/1/1989	\$ 2289.54	
Plus profit	2058.15	4347.69
Less Bank of Melbourne Investment		2000.00
Closing bank balance 31/12/1989		\$ 2347.69

PROFIT & LOSS STATEMENT - CLOTHING ACCOUNT TO 31/12/1989

<u>INCOME:</u>	Sale of garments	\$1143.50
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Less EXPENSES:

Atlas Screening	846.50	
Postage	88.95	
Bank Charges	.34	935.79

BANK BALANCE AS AT 31/12/1989: \$ 207.71

COMBINED PROFIT AND LOSS STATEMENT - 1/1/1989 to 31/12/1989

<u>INCOME:</u>	Main account	5262.99	
	Clothing account	1143.50	6406.49

Less EXPENSES

Main account	3204.84	
Clothing account	935.79	4140.63

OVERALL PROFIT \$ 2265.86

I certify that the foregoing statement of accounts is a true and correct record of the Association's financial transactions for the period from 1/1/1989 to 31/12/1989 and its current financial position.

I also certify that the Association does not have any assets or liabilities at the end of the previous financial year, has no mortgages, charges or securities of any description at the end of the previous financial year, has no trusts of which the Association was trustee during any part of the previous financial year.

Dated 10th February, 1990.

Dot Browne (Hon. Secretary
and Hon. Assis. Treasurer)

AURA CLOTHING

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, overlapped, 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.



AURA ACHIEVEMENT CERTIFICATES

Men 240km Women 200km

Time limit - 24 Hours

Requirements for Achievement

Certificates will be numbered and given in order of achievement.. The achievement will only be recognised once, not for subsequent attainments. Any official event will qualify for recognition of the achievement. Non-official events, or events with suspect or problematical race direction will not be considered. (The 24 Hour event is the most likely event for attainment of these achievements.)

TRACK RACES

Official results will be accepted subject to the accuracy of the track distance and the timing mechanism being satisfactory.

ROAD RACES

The required distance will have to be measured on a calibrated bicycle by a registered AIMS measurer. This person needs to supply a signed certificate for his measurement. A race official needs to certify:

- (1) that the claimant ran unassisted for the whole distance,
- (2) the method of timing and its accuracy, if it is a certified stop watch,
- (3) the readings of the timing pieces.

Note:

- (a) The distance can be 240km for men (200km for women) exactly, or the distance at the expiration of 24 hours.
- (b) Special requirements apply if the course is measured after the race - apply to AURA with brief details of your proposal before undertaking any measurement.

Certificates for performances held on a certified track will be issued automatically. Claims, with substantiating information, need to be made to Geoff Hook, c/- AURA, 4 Victory Street, Mitcham 3132, for all other courses.

The following athletes have been awarded these AURA ACHIEVEMENT CERTIFICATES:

MEN:

1. Brian Bloomer (45yrs), of Vic,	242.598km	Box Hill 24Hr.	15/16 Feb 1986
2. Owen Tolliday (37 yrs) of Qld	253.063km	Adelaide 24 Hr	29/30 Oct.1988
3. Mike March (45yrs) of Tas	260.099km	Coburg 24 Hr.	25/26 Feb 1989
4. David Standeven (36yrs) of S.Aust	242.605km	Coburg 24 Hr	25/26 Feb 1989
5. Bryan Smith (45yrs) of Vic.	254.515km	Olympic Park 24Hr	19/20 Aug 1989

WOMEN:

1. Cynthia Herbert (44yrs) of Vic.	200.625km	Adelaide 24Hr.	1/2 Nov 1986
2. Dawn Parris (36 yrs) of Vic.	203.650km	Olympic Park 24 Hr	19/20 Aug 1989

(Note: A reduced-size copy of the Achievement Certificate is reproduced for your interest on the following page)

AUSTRALIAN ULTRA RUNNERS'
ASSOCIATION INCORPORATED.

CERTIFICATE OF ACHIEVEMENT

This is to certify that

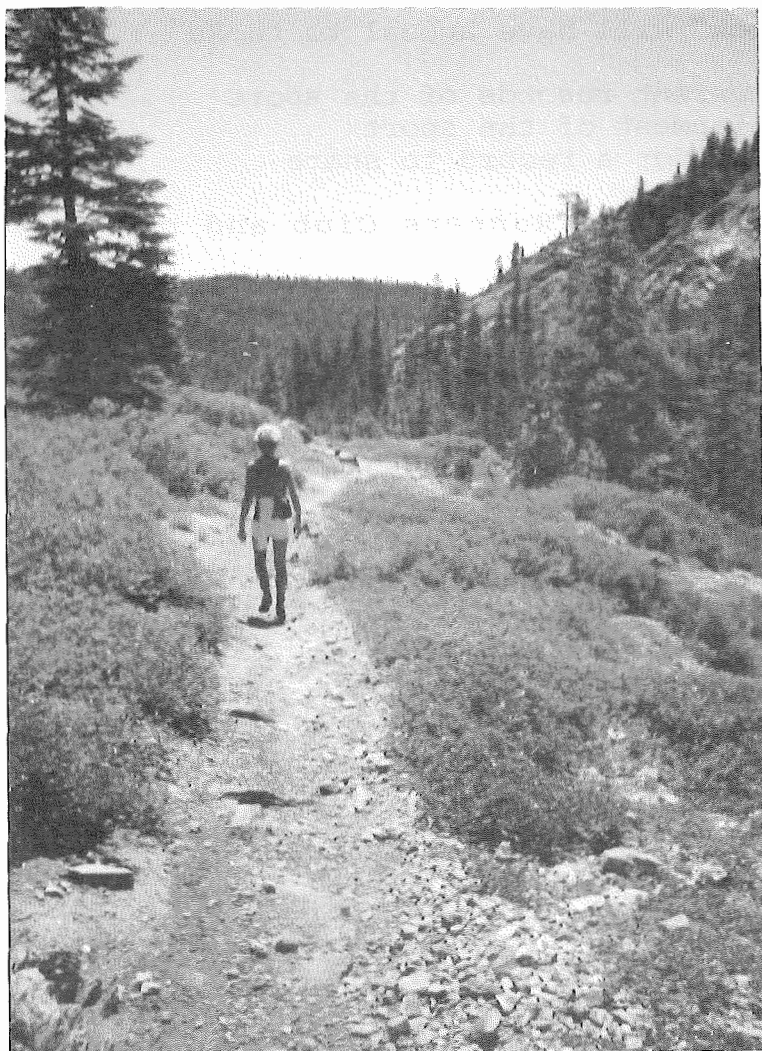
on athas joined the
elite group of male athletes who have completed at least
240 km, in a 24 hour period in an official race.



SIGNED: PRESIDENT

..... HON SECRETARY

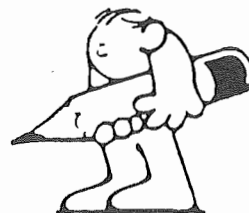
Order of Achievement Certificate No.



Peter Armistead on the Western States trail.
We all thought Pete could run but the photo-
graph certainly confounds that theory. See
Race Reports for the truth on the 100 Mile
Trail Race in California, USA.

ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



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

Please dispatch to the Editor. 15.

B O O K R E V I E W

<p>THE LONG DISTANCE RECORD BOOK. (2ND ED) COMPILED BY ANDY MILROY</p>

Running is one of those sports that easily lends itself to the keeping of records and statistics. Less easy is the painstaking work that is required to determine the "bonafide" records of the sport.

To this end, Andy Milroy has produced the sport's definitive documentation of current and past long distance running records.

The book covers a wide range of records including IAAF recognised distances, ultra records, race records and journey runs.

The **"Long Distance Record Book"** is more than a book of records. There are some historical aspects of the sport and photos of great names in the sport both past and present. For those of you who wondered how distances were measured with any accuracy in times of yore, you'll find the answer in the photo on page twelve.

The book also comes with a complete index of names including dates of birth of mentioned athletes. Again, for those of us who thought we knew all there was to know about Australian ultra performers of the past, this book contains some revelations.

The **"Long Distance Running Book"** will have appeal to those -:

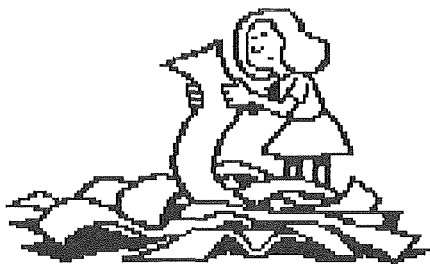
- interested in the current records of the sport
- the historical development of the sport
- and for those looking for a record to snare

It is produced by the British Road Runners Club and can be obtained from -:

Hon. Sales Secretary
Don Bonser
76 Benhill Wood Rd
Sutton, Surrey
SMI, 3SJ
ENGLAND

To avoid the cost of an International Money Order, Andy Milroy has indicated that if people send \$12 Australian Currency to the above address that will cover the cost.

This review was written by Paul Circosta, who is currently compiling record progression lists for Australian long distance records and historical profiles of Australian ultra runners.



LETTERS TO THE EDITOR

Dear Dot,

Thankyou very much for your letter of congratulations. I would like to thank all AURA members for their support whenever I am in Australia racing. I love your country and enjoy the comradeship with you all.

Kind Regards,

Sandra Barwick

Dear Dot,

I was happy to finish my first Westfield Sydney to Melbourne Run this year in 7 days18hours2min. I also took 11th placing in the race.

These are the people on my crew that I would like to give a lot of thanks to:

My Mum, Norma Gray, Raymond Carroll, Kim Talbot, David Standeven, Dearne Makiddmitres, Jim Coffey, Tod Gudde, Allan Jones, and from the army, Warrant Officer Peter Gehle, Corporal Brad Byrne, Private Peter Bent and Norma Dixon. These people did a great job on my crew, getting me from Sydney to Melbourne. They kept my drinks and foods going all day and night. They were the backbone of my run.

I would also like to give special thanks to Alfred Mazioum of Toto's for sponsoring and supporting me in this race. Another special thanks to Sue Cook, because when I got to Dandenong, Sue with her friends put signs up saying 'Go Graypower!' She also said on the radio that I was making my way to the finish line. And for the people who turned up to watch me finish, thanks for being there.

Congratulations to all the other runners who finished the race. And for anyone that I have missed, thanks very much.
That is all.

From the youngest man ever to finish the Westfield Sydney to Melbourne Run,

Peter Gray.

Mark Gladwell - the Quiet Aussie Achiever

Dear Dot,

Furstly, I would like to congratulate all the competitors in the 1990 Westfield Run. It's an outstanding achievement in any runner's book.

I would also like to personally thank MARK GLADWELL. Mark successfully defeated the gruelling distance once again and this year the bitter weather conditions made it a momentous victory. This was my fourth successful run, crewing for Mark and I would just like to say that I become prouder and more dedicated each year. I speak for all the crew Mark, when I say that you make everyone who knows you very proud.

Yours sincerely, Dave Smith (Crew)

17.

Dear Dot,

I would like to congratulate all the finishers and non-finishers of the Westfield. I witnessed two exceptional performances during the run. I saw one runner whom I feel showed great guts and courage in the highest order. That runner was Michael Bohnke, whom you would have written off at Nimity Bell. There is no doubt that other runners were in the same situation, but I am only commenting on what I saw. This fellow amazed me in the way that he tackled the situation. All things being on a par, this runner will in the future run 6 days. There were other great performances from Bryan Smith, Maurie Taylor and Sandy Barwick. Also Wanda and Georgina did very well, and Eduardo Vega and his crew deserve all the praise in the world. If you had seen him before the border, you would have shaken your head at his performance. He had the guts and the crew did the rest. Congratulations on finishing Eddy!

But what about my little mate, the flying Bobby Fickel! He and Michael Bonke have taught me a lot. Bobby has finished every race he has started. He's only small, but his heart is bigger than Phar Lap's. Congratulations to Mark Gladwell. Four in a row! The thing I like about Mark is that he is still the same person I knew before he finished the first one. Even with the success of being a champion, he has stayed modest, a truly great bloke.

Kev Mansell has also finished four in a row. Great effort! I also take my hat off to Peter Gray. He has that much talent it isn't funny. He'll go from strength to strength. Shaun Scanlon, under the circumstances ran a truly great run, guts and courage. He will finish next year. He only used the Westfield as a hit-out for the 6 Day Race.

Pat Farmer was in a class of his own. People don't realize, but when he finished the event it meant he had run the Sydney to Melbourne distance four times in one year, which I would class as the ultra performance of the year, and I nominate him as my choice for top NSW ultra runner for 1990. In the 12 months leading up to this year's Westfield, Pat had finished the Westfield Run in 1989, broke the world record along with Tony Rafferty for 1600km, run second in the Campbelltown 6 Day Track Race with 719km, and completed 1006km in the 1990 Westfield Run. Total distance for that year - 1016km + 1600km + 719km + 1006km = 4331km. It is only 810km down the highway from Sydney to Melbourne normally, which means in theory, that Pat has run to Melbourne 5 times in 12 months! That's like running to Melbourne every 10 weeks for a year. He is a better man than I am.

As for my woeful performance, it was disgraceful, but I'm proud of my 830km and I am happy to have finished the race in 1989. I wasn't good enough this year, but I can put another hole in my hat. Overall I had a good twelve months, finishing the Sydney to Melbourne in 1989, running 1280 at Granville, breaking the 700 mile world record and winning the 6 Day Race, thanks to Bryan Smith and 6 other runners not running. My 731km was well below par. But if I had run at Colac, I would have finished 7th or 8th, which I would have been happy with.

A special thanks to Dot and Geoff on the great job they do with the magazine, and I wish Tony Rafferty and David Standeven all the best in the Great Wall of China race.

Finally, congratulations to the greatest in the world of all sports, Yiannis Kouros.

Yours sincerely,
Dave Taylor.

Dear AURA members,

I would like to wish John Shaw all the best of luck in organising the 24 Hour and the 12 Hour races, as I no longer organise them. I have found that I cannot organise events and run too. I like running and my aim is to improve my performances. However, I got the events off the ground in the first place, and if John had not organised them, I would have again. But John Likes organising them. Also, the response to the 1000 mile race was poor. Only two runners contacted me, therefore, I have hit the idea on the head.

Thankyou,
Dave Taylor.

G'day Dot and Col,

I commissioned an artist by the name of Tony Wyatt to do the enclosed art work. I see it as the "Figureheads" of our two states, in the battle to have the most members of AURA. They must be published, but please keep the one of Chris for him, as it is the original. (Could be worth a fortune when he becomes famous) I tried to get one of you too Col, but Tony couldn't believe my description of you. Come to think of it, he had a bit of trouble grasping Dot as well !!!

Keep up the good work. We all depend on you now.

Regards,

Nobby Young (Gladesville NSW)



Dear Dot and Geoff,

Hi! I have enclosed this piece from our Sunday newspaper. I must say I had very mixed feelings reading this article and I can't say that I know where to start. So I will leave it up to the readers of AURA to form their own opinions.

From Gary & Karen Collins.

from Queensland Sunday Sun, May 27th, 1990

Dear Dot,

Although I did not finish the Westfield Run, please find enclosed articles. I would like to thank my husband Geoff, family, Westfield sponsors, friends and all other competitors, for all their help and support during the Westfield Run.

Also, I trained with Peter Quirk. I will talk to him about signing up with AURA.

Keep up the good work with the magazine.

Yours sincerely,

Georgina McConnell.

Dear Dot,

Please find enclosed the results of South Australian 50 Mile Track Race, held at Salisbury Athletic Track on Sunday 15th July, 1990.

An Australian 50 Mile Track Record was well won, and I will tender the forms as soon as I can get a copy of the certificate verifying the length of the track - I'm finding that no easy task, dealing with District Councils etc.

I can, however, vouch for the authenticity of the magnificent performance of Carl Barker, even though he is a 'Pommy New South Welshman'.

I have also enclosed a resume of the event for publication in the next edition of AURA.

Yours in sport,

Andy Docherty (Race Director)
South Australian Veterans Athletic Club

Dear Dot,

I recently wrote to AURA saying that I thought I had found the answer to my loss of form, and was hoping to run over 200ks. in the Perth Hi-Teck 24 Hour. Well even though I messed it up by running too fast in the first few hours, (Will I ever learn?) I still managed to go over the 200. As can be seen from the newspaper cutting, it was a 1st, 2nd and 3rd from our small town, Albany. In fact, without Albany runners, the results would have been pretty poor, with only Trish Spain and Dave Bird managing to go beyond the 100 mile barrier. As you can imagine, it was an exciting race with only 13kms. between the first three.

Now for the next one, with no more thoughts of giving it up. Just do what is needed and train over 200kms. every week. (I've got a very supportive wife!)

Yours sincerely,

George Audley (Albany, WA)

20.

SPORT
with
PAUL
SWEENEY



Big money in ultra shuffling

World ultra shuffle champ Yiannis Kouros says he might not compete in any more of those breath-taking Sydney-Melbourne walking events.

He wants a hike in prizemoney first, after collecting almost \$50,000 — including bonuses — for winning last week.

Kouros should try to develop an outrageous sense of humor, like his manager Theo Premetis, who said the run was as popular as the Adelaide Grand Prix and the Bathurst 1000, but the prizemoney had been reduced from \$25,000 last year.

But that went down well with the petrol heads! Apparently the granite Greek is the holder of more than 40 world records, a statistic with which I won't argue and certainly won't attempt to verify. I'm not really conversant with the sport of shuffling.

In a thrilling climax, Kouros walked the last 50km of an event that has been loosely termed by the organisers as "a race."

For the media exposure it attracts, that "marathon" must be one of the most boring spectacles on the calendar.

It might provide good advertising exposure for the sponsor, but it ain't sport.

Perhaps it needs the crazed calling of a Darrell Eastlake to tell us all about the riveting finish (Kouros won by almost two hours) and liven it up.

QUEENSLAND SUNDAY SUN
MAY 27 1990

Dear Dot,

Please find the enclosed article on Bob Fickel and the Westfield Run. It appeared in the 18th May issue of UNIKEN, a University of NSW publication circulated amongst staff.

I have since gained possession of the lower half of the associated photo and, well..... suffice to say, Bob's "shorts" are of the same material as his "shirt". The full photo leaves Tony Tripp's much lauded bathtime photo for dead. In fact, by comparison, Bob's stands out considerably. I just hope Bob didn't run all the way to Melbourne (un)dressed like that..

"Baring" in mind the nature of the photograph, if Bob's name doesn't appear on the donation list in the issue following the one containing this letter, I will submit the complete photo for publication.

Yours extortionately,

Paul Every.

P.S. I meant it Bob, and I know where they've attached the other electrodes!

Ed's. note: For God's sake Bob, rise to the occasion and send us some brass. It could be a horrible sight.

Ultra-marathon runner, Bob Fickell, is providing more than competition in the annual 1,000 km Sydney to Melbourne race which began on Thursday.

Bob is providing researchers in UNSW's School of Sport and Leisure Studies, St George Campus, with valuable physiological and psychological information on the effects of extreme endurance events.

Mr Peter Abernathy, a Lecturer in the School, and four students in Sport and Leisure Studies, will accompany Bob on the run, from the luxury of two campervans.

Mr Abernathy said very little research has been gathered on the effects of extreme endurance activity. "Our pilot study on the physiological and psychological effects from this event will determine whether we should conduct further tests in this area," he said.

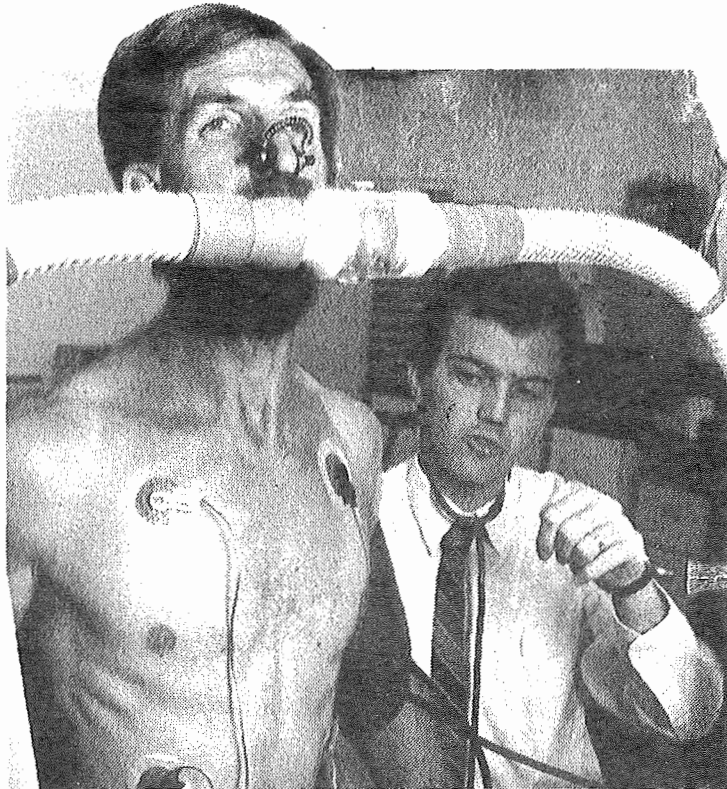
"The study will also allow the students to take special readings of extreme endurance performance and come up with a strategy for Bob to complete the race. They will be monitoring such things as sleep deprivation and nutrition.

"We hope to combine the research and coaching aspects to get Bob to Melbourne as safely and as quickly as possible."

Mr Abernathy said the School was approached by Bob's race manager, Mr Felix Straub, to carry out the study. Although it will be Bob's first Sydney to Melbourne race he is well-performed in 6-day races and 24-hour races.

Apart from the five-man on-road team, other students will provide a 24-hour back-up at the School and collate information sent to them at regular intervals during the race.

Runners have to arrive in Melbourne by midnight on Friday 25 May. At that pace, the UNSW



Sydney to Melbourne ultra-marathon competitor, Bob Fickell, will undergo physiological and psychological tests during the run. Peter Abernathy (right) and a team of students will monitor the tests.

UNSW researchers monitor ultra-marathon runner

back-up team will have been progressing at 8 kms per hour for almost one week.

Since Cliff Young produced the "gumboot shuffle" to win the first event, the race has been dominated by Greek endurance runner, Yiannis Kouros, who took out the

event in 1985, 1987, 1988 and 1989.

Perhaps the information provided by Mr Abernathy and his students will discover why he has performed so well and what other runners need to do to break the Kouros stranglehold.

RACE REPORTS

Dear Dot,

Hi, my name is Kerri Law from Moonah in Tasmania. My husband Andrew recently ran the Sydney to Melbourne run. As Andrew's wife and crew manager I would like to give you some idea of what we as a crew went through on our epic journey.

It was a nippy morning on 14 May 1990 in Tassie. Four crew members (Jake - my right hand man, Westy, Mick and Mike Maddock whom I am sure you are familiar with) were to drive one of our support vehicles up to Devonport and be ferried across by the Abel Tasman to Melbourne. The vehicle was an old Morris Campervan which unfortunately didn't even make the start of the race (thank goodness), but Andrew is very single minded and was adamant that the vehicle would be no problem at all!! Our finances were very tight so having to hire another vehicle was something we could have done without, but nevertheless it was necessary.

Andrew and I flew out the same day so we were unaware of what was happening. The guys didn't want to upset Andrew. The other support vehicle was hired from Melbourne and compared to the one that was loaned to us it was a luxury. Jake fondly named the vehicles chalk and cheese.

The night before race day all the crew were busy putting sponsors stickers on the vehicles, checking CB's were working (which they weren't), flashing amber lights, setting up in the vans etc etc. By the time we did all of this bed time was about 3 a.m. except for Andrew of course. He was so calm and relaxed, I just couldn't get over it. I was literally a nervous wreck and the race hadn't even started!!

On race day Andrew rose still very cool, calm and collected. Once we reached the Westfield Shopping Centre eventually all the athletes were being introduced and still Andrew was completely relaxed. I was in the audience watching all the goings on, nearly in tears just thinking of what he was about to do.

Andrew's aim was to be the first Tasmanian to finish the race, anything else was a bonus. The count down began with Chariots of Fire Music. He was off and running at last. Now it was down to the nitty gritty.

The organisation of the crew for the first four hours was bea-dlam. Once we all settled down a roster was set up and everything fell into place (well most of the time anyway).

We found the trip a fantastic experience from the crew's point of view and Andrew was the key factor that kept us all together. His attitude to the whole thing was excellent. He never got upset about anything, except on day 6 when one of the guys served him baked beans. I don't think he wants to look at another baked bean let alone eat them.

When Andrew first started having trouble with tendonitis in his ankle he was limping along the road in extreme agony, but even though he was in this pain he still managed to veer off the road and find a stick long and strong enough to support his own weight, and used it as a crutch so he wouldn't have to stop. The crutch was modified, but the ice water was the saviour, thank you so much Mark Gladwell for your advice. The Tasmanian crew think you are a marvel and to Pat Farmer's crew for the food when one of our vehicles was ahead for repairs - cheers!. If it wasn't for the comradery between the runners and crews I think everyone would have gone insane.

About 2.00 a.m. one day (I'm not sure which one) I was running along the road with Andrew when suddenly I zoomed as far to the right as possible. Andrew started laughing and said "don't worry Kerri, it wasn't a snake, just a bit of bark" - how did he know what I was thinking? He was just so alert to everything that was happening.

The only thing that the race doesn't cater for are comfortable pit stops for women on crews. Unfortunately there wasn't a roadhouse in site and I was desperate. I ran to the other side of the road whilst the guys in the second support vehicle waited for me. I jumped over a tuft of grass only to fall down a bank of about 10 feet into blackberry bushes. Ouch!! Jake & "Fart'n Martyn" were up above, Andrew was a fair way in front by now so I called out quietly "help". Little did I know that they were trying to find the flash for the camera so a picture could be taken - luckily they couldn't find it, and heard me calling about the second time around. A human chain was formed to get me out, my hands were scratched to bits, my face, my backside, just for a wee. We never laughed so much. It really took the tiredness etc completely from our minds.

Another incident that sticks in our minds also was when the Canberra International Hotel kindly donated a room for Andrew and crew for the night free of charge. Due to inexperience on our part we pulled Andrew out of the spa incorrectly and his shoulder was slightly dislocated. It became so painful he had to wear a sling for almost a day!! This didn't upset him at all. In fact his days running that day was better than the one before?? He was able to adjust to whatever the situation was at the time no matter who or what caused the problem.

This like so many other things made the trip quite an experience for all of us, albeit it humorous, emotional, hot tempered etc. I don't think anyone could actually get a 100% crew. Ours was 99.9%. Thank you to all the crew Jake, Martyn, Phil, Mike, Alan, Mick and Ray (our masseur) you were all absolutely fantastic.

The overall cost of the trip was \$12,000. We raised just over half of this through sponsors. The rest was our own savings, family help and each crew member paid \$500 to be a part of it. They were all absolutely thrilled when Andrew passed the finish line in 12th position. He is now the first Tasmanian to have completed the race. We are now planning for 1991. Hopefully sponsors won't be so hard to come by. Now that Andrew is beginning to be known in the ultra scene, it shouldn't be so tough. To all the other runners and crews thank you all for making the race so enjoyable for us first timers. We look forward to seeing you all next year.

I did happen to mention on ABC television news when we arrived home that Andrew was just like "superman" - four weeks later he is now Andrew Law from Moonah in Tassie, two beautiful children and a very contented wife (me) looking forward to 1991 with great anticipation.

Anyway Dot, as you can see from the above there is heaps to tell you but I would probably take up too much space in the Aura magazine, which by the way is an excellent magazine. There is some very enjoyable reading.

Kindest Regards



Kerri Law
Team Manager

Kerri has included a brief account of what happened to Andrew at certain points in the Westfield Run. Andrew has had terrible trouble with his left ankle - a fortnight ago, he had surgery - tibial tendon had snapped!. He now has plaster on for six weeks.
He ran 300km in Sydney to Melbourne with his ankle in that condition!!

11.00 a.m. 17th May 1990.

The first half an hour out of Liverpool was bedlam, campervans, runners, traffic and more traffic. Once the excitement settled it was down to the nitty gritty.

Marathon Time - 3hrs 59mins. (Andrew thought this was far too slow).

Km's Covered

51.8 - After 5 hours running - 10 minute break - rub down of feet.

108.4 - 18th May 1990.

128.1 - 2.45 a.m. - 4km before Cut off No. 1 - 1hr 45mins (Sleep/change of socks, eats).

166.5 - Complete change of clothes, shoes

171.8 End of Day 1

242.3 - Cut off No. 2 (Canberra) - Andrew was 13 hours ahead of time. He had to reach this cut off point by 11.00 a.m. 18th May 1990.

253.0 - Stopped for 3½ Hours (Canberra International Hotel) - Ray went in and told them that Andrew was on his way and if at all possible would they provide us with a room - they obliged of course - at no expense (isn't he a charmer). Andrew has 2 hours solid sleep, 1½ hours massage and a spa.

One of our crew members did not realise it at the time but he had dislocated Andrew's shoulder by lifting him out of the spa incorrectly. Andrew woke feeling very stiff in the shoulder and for the 6 hours he wore a sling to lessen the pain. For the first 3.1 km once we left the Canberra International Hotel Andrew had to walk rather than run to get his legs going again.

301.6 - End of Day 2 (129.8km)

Averaging 7.5km/hr at this stage.

336.0 - Stopped at Ray's favourite pancake parlour in Bredbo. Andrew had feet problems - muscles on arch of feet were dropping. We stopped for 40 minutes whilst Ray gave Andrew a massage and he had his pancake.

368.0 - Cut off No. 3 (Cooma)

372.5 - Treated for sore feet at Cooma Creek.

402.0 - Stopped for 2 hours - this included sleep/rub down and change of clothing and socks. At this stage it was snowing and it was bitterly cold. 40km's out of Bombala the snow set on Andrew while he was running and vision was very poor (approximately 100 metres).

24.

- 438.0 - End of Day 3 (136.4km)
- Rest, massage, shave and shampoo and something to eat. Stopped for 40 minutes.
- 459.5 - Cut off Point No. 4 (Bombala)
- 20½ Hours ahead of cut off point.
- At 9.49 p.m. on 20/5 we passed the Victorian Border. All the crew ran with Andrew (besides two drivers) and cheered and celebrated with Andrew. He thought it was no big deal as he still had to run 500 more. So that was that!! Andrew rested at this point for nearly 3 hours which included a 1 hour sleep, rub down and feet treatment.
- 20 km out of Cann River Andrew was interviewed by the media at 3.00 a.m. on 21/5. Andrew and Sandy Barwick (New Zealand runner) were the only two actually running at this stage. All the other 30 competitors were sleeping.
- 5km out of Cann River Cut off Point No. 5 - nose bleed. Rays homeopathic medicine stopped it within a minute.
- 532.4 - Another achievement - Andrew was the first Tasmanian to have run this far. Just past Eddie Westburgh's record.
- 548.3 - Cut off Point No. 5
- 27 hours ahead of cut off time. Stopped for one hour at Cann River for a massage on his feet.
- 566.1 - End of Day 4 (128.1 km)
- 597.0 - Cliff Young ran with Andrew. Young children from Cabbage Tree Creek primary school cheered and clapped Andrew along. It was great. We were unindated with muesli bars so that's what we gave the kids.
- 621.5 - Andrew picked up a rock from the ground to throw at a dog. This like many other things indicated to us how alert and perceptive Andrew was. He stayed that way throughout the entire race. He wanted to know all statistics, how far ahead or behind other runners were etc etc. even our financial situation.
- 629.6 - Sleep for 1½ hours (this included change of socks and getting Andrew going again). Our estimation of how long the gas bottle would last for unfortunately was incorrect, so at 11.00 p.m. that night we had to urgently find some gas?? After ½ hour on the CB a Westfield Official had a mate that would do it for us. This was quite critical as we had to feed Andrew every 15 minutes and majority of this was hot food. No gas - no food!!!! Luckily it worked out okay.

- 661.8 - Cut off Point No. 6.
- At this stage Andrew was 31hrs29mins ahead of cut off time.
- He had 1½ hours sleep which included a general tidy up.
- 682.8 - Lakes Entrance
- 693.7 - End of Day 5 (127.6 km) - 22 May 1990
- Andrew's left ankle was very tender - 10 minute rest.
- 711.1 - 1.56 p.m. - feet massage - stopped for 1½ hours - his feet were very sore and this is where the trouble began.
- 713.3 - 4.15 p.m. - ice on ankle. We were 5km out of Bairnsdale - rested for 5.75 hours - couldn't put any weight on his left ankle at all.
- Epsom salts, cider vinegar, bandages and ices were used to reduce the swelling.
- Back on the road at 10.30 p.m.
- 739.8 - Andrew veered off the road and made a crutch for support. This was modified by the crew to make it more comfortable for him. He struggled on for 2 km's.
- Stopped and put ice on left ankle and made it possible for Andrew to run with the ice on his foot.
- 742.3 - Stopped - Mark Gladwell (another runner) came into the van realising Andrew was having problems. He suggested that we put his feet straight into ice water. It seemed cruel but after 3hrs of constantly putting his feet into the ice water for 10 minutes at a time the swelling had gone down considerably and believe it or not Andrew was able to keep running. The comradierie between runners was fantastic, it's such a great sport. This run certainly brings out the best and the worst in the runners.
- We calculated that Andrew would have to average 4.14 km/hour to reach the cut off in Melbourne.
- Before the ankle started playing up Andrew had been in 6th position and was covering ground really well. Unfortunately the tendonitis in the ankle slowed him down considerably taking him back to 12th position. We realised that it was time to just get Andrew to Melbourne as this was his main aim. TO FINISH.
- To be able to achieve this Andrew had to have his feet dunked in ice water every 25km's from this point onwards to the finish.
- 756.8 - End of Day 6 (63.1km)
- That was Andrew's toughest day - also for the crew.

- 773.2 - Cut off Point No. 7 (Stratford)
Now 9hrs 41mins ahead of cut off time.
- 774.4 - Stopped for 2 hours. Finally made it into Sale at 6.00 p.m.
- 789.0 - Sale
- 791.4 - Re-ice feet.
- 794.9 - Blister starting on left heel. Heel wearing off shoe. Overall Andrew had seven blisters and these only occurred when it was raining fairly heavily and the wet socks rubbing on his feet caused discomfort - blisters.
- 800.0 - Andrew was rewarded at this mark with a jelly bean for running this far.
- 818.0 - Rosedale - Sleep for 1 hour and iced feet.
- 839.2 - Early morning jogger ran 5km with Andrew. Whilst talking with him we found out that his brother coaches North Hobart football team in Tassie. It's definitely a small world.
- 852.3 - 8.33 a.m. A Guy from Capt'n snooze gives Andrew a pillow. All the crew rested their heads on it and then we let Andrew. This is one example of many regarding the kindness of people along the way. Anything they could do for us was no bother. It was terrific.
- Traffic was building up fairly heavily and every second car, train was tooting Andrew on. It really boosted his morale at this stage.
- 860.1 - End of Day 7 (104.3)
Beginning of Princess Highway. Rested for 1½ before setting off on the final leg.
- 885.0 - Stopped for ice on feet - 20 minutes. Last Cut off point No. 8 (Darnum).
18 hours ahead of time.
- 907.2 - 100 km to go - more ice treatment.
- 932.0 - Sleep and ice treatment. 2½ hours break.
- 939.2 - Blisters treated.
- 950.0 - Passed Mark Gladwell - he was the last person Andrew passed - 56km to go and counting.

At this stage we estimated that Andrew would finish at 11.00 a.m.

954.3 - Feet treated once again.

969.8 - Ice on feet and blisters treated.

30km to go and we were escorted by a Race Official into Doncaster shopping centre. Mind you we had to stop at all traffic lights. If Andrew had been in the top ten (prize money contention) they would have stopped traffic. So stopping and starting every 5 to 10 minutes was extremely difficult.

20km to go and we saw the sign (Doncaster).

With 10km to go all the crew were getting extremely excited. We all run with Andrew for the last 6km with a banner saying

"Rebirth of the Tasmanian Tiger - Andrew Law"

1006 - End of Day 8. (144.9km)

1006 - It was a great feeling to cross the finish line - Andrew was absolutely thrilled that he had done what he had set out to do. That was to be the first Tasmanian to complete the run. He finished the run in a time of 8 days and 8 minutes exactly.

If we are fortunate enough to get good sponsorship for 1991 Andrew will be attempting the run again - this time with an ambition to be in the top five. He is definitely capable of such a feat and we look forward to 1991 with great anticipation.



A van driver's view on the Westfieldd Run. Surely it must be tempting to run over your competitor so you can escape the tough life of being a crew member!

RACE REPORTS

Westfield Run

Where mere mortals excel

by Terry O'Halloran

There has always been much talk about how character building involvement in sport can be – the benefits from the discipline of training, the need to co-operate with others, the setting of targets and working to achieve them.

All such wonderful images that in the end are nebulous, yet probably do in some small way transfer from sport into ordinary life.

Yet most sporting events, particularly running events last for such a short time that any sense of community or belonging is hard to develop.

And running or athletics is such a single-minded pursuit, ideally suited to the loner, that the theory of all sports building character attributes stay at that stage, going no further.

Occasionally something goes against all the best theory to confound what normally happens.

The Westfield Run, as far as the Westfield corporation is unashamedly concerned, is a media event to promote shopping centres.

I and others have written enough about it before about its legitimacy as an athletic event without going into it again.

Despite all this, out on the road it is an athletic or endurance event and its the only way the runners and their crews see it.

One such runner in this year's event was Robert Fickel.

By anyone's standard Fickel is just an ordinary runner over the shorter distances, still looking for that elusive sub



Robert Fickel savours the moment as he crosses the finish line.

three hour marathon.

Yiannis Kouros's exploits at the traditional marathon distance show that he is at least a national class athlete at that distance, but there have been so few other good marathoners move over to ultra running to draw any conclusions about how good the standard is.

However the Westfield Sydney to

Melbourne Run is where mere mortals, ordinary runners find extra depth to their character and put themselves to the biggest test in their lives.

Robert Fickel has been running for 11 years and has run every City to Surf since with a respectable best of 53:15 for the 14 kilometres.

As well he has run 32 marathons in that time coming tantalisingly close to three hours with a 3:01:34 in the Anzac Day Marathon in Sydney.

Why would he want to take on something like the 1005 kilometres between our two main cities?

"I'd done just about everything else. I'd done the six day run at Campbelltown and crewed for both Cliff Young and Sweden's Rune Larsson on the '89 run. I thought I was capable of doing it. That gave me a great insight into it and I learnt a lot. I learnt that it was a lot tougher than what you think it is," Fickel said.

The battle to get to Melbourne starts a long way before the start line at Liverpool. There are at least four major factors to consider - the training, finding the money, assembling a good crew and developing the right mental attitude.

On all four counts Fickel was well covered.

In the months leading up to the start on Thursday, 17 May, Fickel joined with a group of other entrants for a long Friday night run.

"I'd get up on Friday morning at 5am go to the market to work and get home about 7pm. I'd change, have something to eat and leave home about 8.30 to

AUSTRALIAN RUNNER

□ WHILE moans and groans seemed to be the order of the day around Sydney yesterday, as 40,000 Sun-Herald City-to-Surf runners battled stiffness and strains, we hail Graham Firkin, of Dharrug. An endurance runner with the Sydney Striders Road Running Club, he ran the 14 kilometres five times on Sunday, starting at 3.15 am. His last run, in which he was accompanied by his wife Barbara, ended at 1.30 pm.

meet the others including Kevin Mansell, Maurie Taylor and Pat Farmer. We'd run all night and I'd get home about 5.30 in the morning.

"Then I'd shower, change, have something to eat and head off to work again and be back home again at 7.30pm."

From that it is easy to see that ultra distance runners enjoy none of the luxuries that top distance runners have such as a midday rest between training runs.

The Sunday training run was anything up to a marathon.

Unlike others who were forced to pull out because of lack of sponsorship, Fickel was well supported by his employer Pony Express Holdings and others who helped raise more than the \$8000 needed to put a crew and runner on the road.

In putting together a crew Fickel had more good fortune. His crew leader Felix Staub was able to draw on the personnel of the University of New South Wales to provide assistance in the area of diet and nutrition and three experienced runners from clubs Fickel is involved with.

Peter Abernethy, a lecturer in the school of sport and leisure studies, worked closely with Robert before the run and on the road to Melbourne.

Valuable data

Abernethy said the main concern of the five crew from the university was to ensure Robert got the best possible assistance on the run and to collect data during the run on the effects of sleep deprivation and Fickel's diet.

Abernethy said it was felt Fickel was possibly slightly underdone going into the event and it was always their intention to hold him back, not to hurt him early.

"He was coming into the event after a very tough work schedule at the market often of early mornings and late afternoon work while still trying to train. But he had been doing it for years and years."

Abernethy said he was initially horrified at Fickel's mainly high fat, processed food intake, yet conversely impressed by his willingness to change to more complex foods that would assist his performance.

"For someone who worked at the fruit market, he wasn't a big fruit man," Abernethy said.

On the road Abernethy's main concern was getting enough food into their runner, a man with only 5.5 per cent body fat, and little margin to spare.

Regular feeding

Fickel was fed every 15 minutes. That was necessary because the crew had determined Fickel needed to consume the equivalent of five days normal food every day for eight days.

All the science and thought though counts for little when one talks about Abernethy's admiration for Fickel's efforts and the luck he says is necessary.

"He's a fantastic bloke with so much resolve, typical of all the other runners in the race. It's an event based on guts and I don't know how you measure that." Even with all of that you could be hit by a shopping trolley leaving Liverpool."

Fickel finished the Westfield Run in 14th place in a time of eight days six hours and 59 minutes, with just five hours to spare.

Abernethy's figures show that from the Victorian border to the finish no one ran faster than Fickel.

For Abernethy it was as much a learning process as it was for Fickel. "The first 48 hours has a carnival atmosphere to it. Then you start to realise how tough this race is.



Sandra Barwick on the road to Melbourne.

"We weren't as tough as we should have been. We'd muck around for 45 minutes after he stopped running making sure he got comfortable before he went to sleep. By the end he was down and asleep within two minutes," Abernethy said.

Eye-opening facts emerge

One interesting fact the crew has already found from its studies is the marked improvement in running performance after Robert was able to get Rapid Eye Movement (REM) sleep. "He didn't get much to Bombala, but after that he did and his running speed went up."

For Fickel there was only one flash point with the crew and that came after he was told he would be given three hours sleep, but was then woken up 30 minutes early. "That extra half hour had meant so much to me. I just said 'leave me alone' and I took off down the road."

Despite this he has great respect for the crew and hopes they will all come back in two years time after he has had the years rest he believes the body demands after such an event.

"I had a good crew, that's what got me there. They were fantastic and knew exactly what to do. I felt just as well on the last day as the first," Fickel said.

Once again Yiannis Kourous proved his superiority, albeit finally shaking his superman tag as a virus reduced him to walking for much of the latter stages of the race, finally coming in just under six days, 24 hours longer than what he was looking for.

Victorian Bryan Smith confirmed his rise into the elite level of ultra distance runners while first-timer Peter Quirk from NSW showed what potential he has with a third placing, only two hours behind the vastly more experienced Smith while New Zealand's Sandra Barwick was the only one of the three women to finish.

The last word on the Westfield Run should rest with Abernethy. "No one could have told me how hard it was."

Westfield finishers

	Days	Hrs	Mins
1. Yiannis Kourous	5	23	55
2. Bryan Smith	6	9	45
3. Peter Quirk	6	11	40
4. Maurice Taylor	6	18	40
5. Don Mitchell	6	21	27
6. Brian Purcell	7	3	20
7. John Breit	7	4	06
8. Sandra Barwick	7	4	46
9. Kevin Mansell	7	12	52
10. Tony Collins	7	14	59
11. Peter Gray	7	18	02
12. Andrew Law	8	0	08
13. Mark Gladwell	8	3	06
14. Robert Fickel	8	6	59
15. John Lewis	8	8	59
16. Rod Martin	8	9	33
17. Ross Parker	8	10	01
18. Patrick Farmer	8	10	27
19. Michael Bohnke	8	10	48

Eduardo Vega finished at 11.47 on Friday, 25 May, just after the cut-off time.

"Australian Runner"

A NIGHT ON THE WESTFIELD RUN 1990

GEOFF McCONNELL

Sitting on the back running board of the Campervan at 1 a.m. at a place called "nowhere".

The breeze was still and a million stars hung low in the sky.

The silence of the still night was deafening.

I didn't seem to mind the zero temperature.

There was a feeling of peace & contentment.

Out of the blackness far off down the road a soft yellow light glowed.

As I watched, the light grew brighter, and then it appeared in a "ribbon".

As the ribbon of yellow light drew closer it began to reflect against the hillsides.

Closer the flashing ribbon of light came, then an inaudible sound of music mixed in with the light which turned out to be Peruvian music.

From the back of the campervan I watched this unusual parade of vehicles.

The bulky vehicles, lights flashing and staring, the wild music and grotesque signage, it looked like a convoy from a "mad max" movie, and then they were gone.



Many crew discussions characterize the Westfield Run. Maurice Taylor's crew hard at it somewhere between Sydney and Melbourne.

1990 WESTFIELD RUN

These articles appeared in the race daily Gazette during the Westfield Run.

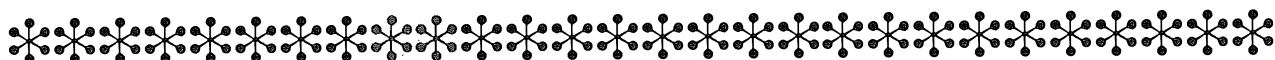
A DAY IN THE LIFE OF A WESTFIELD PARTICIPANT'S CREW

5.00am Flat battery in a place
called 'nowhere'
9.00am Crew rebellion.
11.00am 6 berth van in ditch bogged
up to the chassis.
12noon 6 berth van dragged out of
ditch by semi-trailer.
12.30pm Total crew pile into one
campervan, take off down
the road and realize that
they'd left the second van
driverless with the motor
running!
1.30pm Fire in the kitchen.
(Continue second half of the day tomorrow)

BIBBENLUKE

by Geoff McConnell

We came through Bibbenluke,
Just the other day,
We went through in the dead of night,
Some thought we'd lost our way,
But this, was, the Westfield Run.
And we were "Bala" bound
With 13k to travel,
Our charge was keen to try,
A bath so hot and soothing
It would all but make you cry,
The thought of pain and blisters,
Would soon but disappear
And the downing of an "OP" Rum,
Would fill you full of cheer.
So we thank the Hotel Bombala,
With its friendly atmosphere.
And we hope to come again,
"Cause Westfield's on next year.



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.

Thanks a million!

RACE REPORTS

Australia's Westfield Run — The Ultimate Challenge?

Reprinted from Ultrarunning, July-August, 1990

by Brian Purcell

It is hard to know where to begin to tell about my experiences running the eighth annual Westfield, Sydney to Melbourne Ultramarathon footrace. Do I begin with when my employer, Hewlett Packard, offered sponsorship last July? Or when I ran those long pavement runs on the weekends last winter to prepare for the grueling, cold, wet Australian winter? Do I just tell about the three weeks before, during and after the race? When I reflect on the seven days and nights on the Australian highways many memories, both pleasant and depressing, come flooding into my consciousness.

This year's race had 32 starters from five countries. Three women competed. Only 17 men and one woman crossed the finish line in the allotted time of eight and one half days, which is one of the best finishing percentages ever.

The race course follows the highways between Sydney and Melbourne for a total distance of 1011 km (628 miles). There is a definite logistics problem running and directing this type of race. Over 350 crew members, race officials, medical officials and media personnel followed our progress. Each runner is required, for safety, to have a minimum of seven crew people and two support vans. The cost per runner is \$8,000

to \$10,000, which does not include transportation to and from Australia or expenses incurred before and after the event. Without a sponsor it would have been impossible to compete in the race.

The Westfield race has made multi-day racing in Australia the most competitive in the world. Consider that only four people in modern history have run 1000 km in six days and all of them live in Australia — Yiannis Kourous (who moved there from Greece in March), Bryan Smith, David Standevan, and Kevin Mansell. All ran Westfield last year and three ran it this year; David did not because he is training for the China Wall run. In addition, New Zealand can boast of world-class runner Sandra Barwick, who has seven world records and was running Westfield as a "training run" for China.

The Race Begins

The race thinned out quite rapidly after the 11 a.m. start in the Westfield Shopping center in the Sydney suburb of Campbelltown. It was very exciting running through the streets with spectators cheering and my body feeling rested and strong. My first 100 km was slow and relaxed to "warm up." After three hours of warm overcast skies the first rainstorm hit and for the next four days I wore my Gore-tex suit, gloves and hat. There were only a total of about

twelve hours during the race where I could wear my shorts.

Running during the day was more difficult than at night due to traffic on the roads, and the distractions of crew, and other people. During the night I could imagine running alone on "trails" and get into a good rhythm. I moved from about 11th place to about 6th place the first night. While I slept the next morning for 45 minutes, Kourous, who had started eight hours after everyone else (a handicap to make the race more interesting to the media), ran by at a reported 13 km per hour. He ran over 100 miles in the first 16 hours. The event turned into a battle for second place.

My typical schedule for the first five days was to run for about 14 hours, then get a shower, ice bath, massage and 45-minute nap before getting back on the road. During the entire race I walked for five minutes each hour to eat PowerBars, fruit, oatmeal, rice, potatoes and other high-carbohydrate food. My fluids consisted of one of the three Exceed products every twenty minutes.

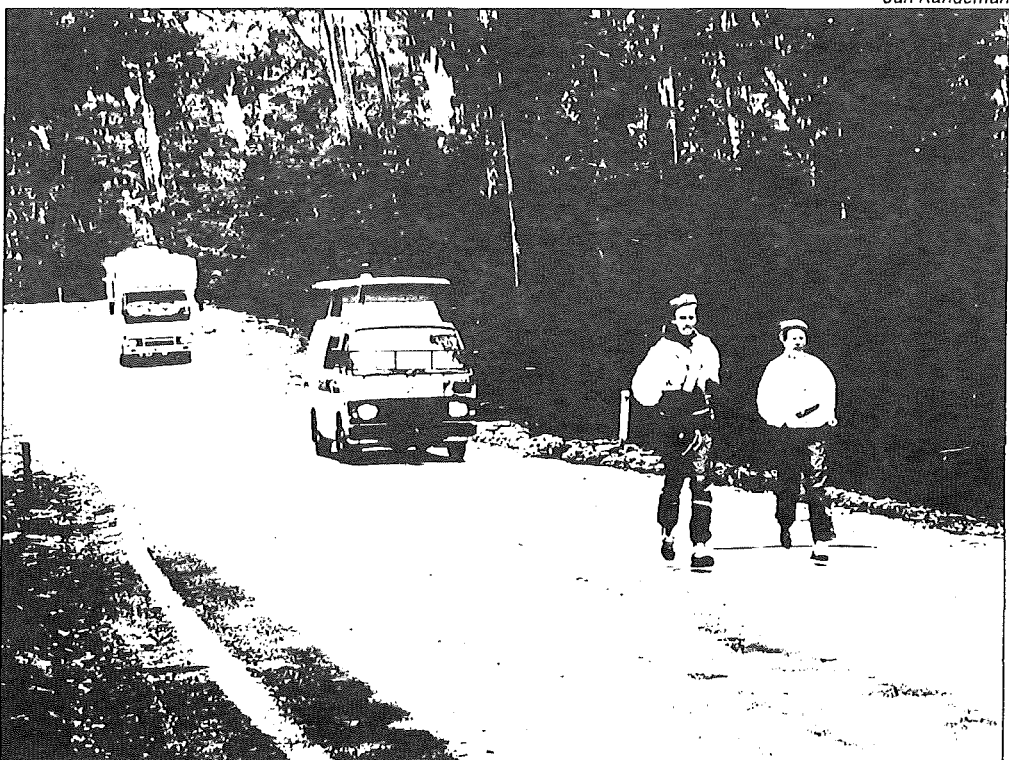
I moved up steadily for the next two days through more rain, some snow in the mountains, hills, and wind. The third night I caught Bryan Smith to move into second place and I had reduced the gap with Kourous slightly during the third day. Being used to pulling away from other runners in my other races, I expected Bryan to fall back quickly. Boy, was I wrong.

For the next two days and nights the "Americas Cup" was re-enacted between the Brian and Bryan. We traded places over a dozen times with very little said. Bryan's crew was monitoring our CB channel to find out our strategy, and when I passed him

during his sleeping breaks he was immediately wakened by his crew and put on the road to pass me back.

On day five, the weather improved. We followed the coast for the last 200 km, and Bryan just pulled away. The lack of sleep and the hard running over the prior five days had me "hitting the wall." I took two long sleep breaks during the fifth and sixth days, each lasting two to three hours. Running became painful and tiring after a couple of hours, so I switched to a fast walk of 3.5 miles per hour. It was hard to accept the fact that my pace had slowed and the other runners would pass me. Also, I could not set an American record for six days. Without the support of my crew and fellow Hewlett Packard employees, I might have quit at 500 miles.

During the next two days, three other runners passed me. Still, coming into the outskirts of Melbourne after seven days and nights was very exciting. I arrived in the late morning when traffic was heavy. It seemed that most of the drivers had been following the progress of the race. All along the way folks waved and shouted, "Good on ya, Brian!" in



About halfway to Melbourne: Purcell and crew member Jan Kahdeman, followed by their vehicles.

encouragement.

For the last six miles over 30 people from Hewlett Packard's Melbourne office followed me to the finish line. Crossing the line was absolutely fantastic. Even though I had dropped back from the leaders I was happy to have completed the Westfield run. As the endurance horse riders say, "To Finish is to Win." It really was a dream come true.

Post race recovery

Even though the race had the worst weather in its history, the finishing rate was the highest ever. The biggest disappointment was not seeing Terry Cox Jr., and Sr. (the oldest and youngest competitors) finish in their second attempt at Westfield. The story we heard was that after some kind of fist fight between Terry Sr. and his crew chief, the crew abandoned the Cox's at 800 km. Although race director Charlie Lynn tried to get a new crew, they missed the next cutoff time.

Two performances stand out in this year's race. The third-place finish by Peter Quirk, who had never done a multiday event, was outstanding, and he just missed taking second place from Bryan Smith. Sandra Barwick from New Zealand had a fantastic race and earned the best female finish ever. She finished in eighth place overall, and was just warming up for China. Look out, Ann Trason.

During the race I lost 15 pounds and, with only 5% body fat to start with, some of that loss was muscle. The recovery over the next five days consisted of 14 hours of sleep with feet elevated, three ice-water soaks per day and all the food I could eat. The race is both mentally and physically draining. It definitely lived up to my expectations. I learned a lot about my mental and physical self, and who knows, I might be crazy enough to do it again. Westfield deserves its designation as the world's most gruelling and greatest race.

The Westfield Run

Sydney to Melbourne, Australia
1011 km (628 mi) May 17-25, 1990
(times in days/hours/minutes)

1. Yiannis Kourous	5:23:55
2. Bryan Smith	6:09:45
3. Peter Quirk	6:11:40
4. Maurice Taylor	6:18:40
5. Don Mitchell	6:21:27
6. Brian Purcell, CA (543 mi in 6 days)	7:03:30
7. John Breit	7:04:06
8. Sandra Barwick, NZ	7:04:46
9. Kevin Mansell	7:12:52
10. Tony Collins	7:14:59
11. Peter Gray	7:18:02
12. Andrew Law	8:00:00
13. Mark Gladwell	8:03:05
14. Robert Fickel	8:06:59
15. John Lewis	8:08:59
16. Rod Martin	8:09:33
17. Ross Parker	8:10:01
18. Patrick Farmer	8:10:27
19. Michael Bohnke	8:10:48

Ultra-Crewing at the Westfield Run — It Also Takes Training

Reprinted from Ultrarunning, July-August, 1990

by Jan Kahdeman

Crewing for 100-milers and 24-hour track runs is hard, but crewing for the 1000-some-odd kilometer Westfield Run is harder. I don't know if I can say it is seven times as hard, but I can unequivocally say that it lasts seven times as long.

Our friend Brian Purcell, who was crazy enough to enter the event, trained and trained. Perhaps we crew should have trained for our roles. We would have practiced jumping in and out of moving vehicles onto uneven highway shoulders with armloads of thermoses, bananas, and yogurt, and pouring boiling water into paper cups in jouncing vehicles in the middle of the night without scalding ourselves. We would have had time trials for setting up and tearing down massage tables, medical supplies, and changes of clothes in two to three motel rooms a day. We would have run f.a.t.icks, sprinting from van to van. And of course, we would have required many, many hours of group therapy and role playing.

Instead, our group trained while on the job. And I have a new appreciation for what it takes to keep someone running as comfortably as possible for 628 continuous miles.

We gathered before the race in a suburb outside of Sydney. Westfield requires that each runner have a minimum of seven people on the support crew, and two vehicles — a small, camper-van-style motor home and a big, six-berth motor home. Brian and I were met by our U.S. massage therapist/sports trainer Vicki Chung, and by friend Craig Steele.

Key organizers from Brian's ever-helpful corporate sponsor Hewlett Packard got together with race director Charlie Lynn to come up with an experienced crew chief for us, and to fill the other crew spots. We ended up with a crack crew team of eight members. The Australians were crew chief Craig White, a sports trainer and two-time crew member for U.S. runner Marty Sprengelmeyer; Adrian Hart, a security supervisor and former driver for the Yiannis Kourous crew; Ian Brown, an HP employee from the Melbourne office; Stuart Beasley, a telephone installer; and Col Parry, a retired policeman and sometime opal miner.

I found all of the crew members to be likable, although I was quite alarmed to find two smokers among them. Later I discovered that it was quite common to have smokers on the crews. I guess more people smoke in Australia. But we did establish a rule banning smoking inside the vans. Although this rule was broken, I protested

loudly when it was, and squelched the smoking problem, sort of.

We spent the few days before the race getting the vehicles outfitted with their flashing yellow lights, CB radios, and race numbers and other signage. We had crew meetings which were presided over by Craig White, and we Americans began to concentrate in earnest to understand the Australian accent and vernacular. We would basically work six-hour shifts, and duties would be parcelled out at Craig's discretion as he got to know us. We all vowed to obey crew chief orders at all costs. We all vowed to stick to our shifts, and to sleep when we were not on duty. How hard it was to keep our vows as the days and nights of the race wore on!

Duties would include driving (on the left side of the road) and maintaining the vehicles, cooking Brian's food and our own, organizing the gear, keeping nutritional records and log books, doing dozens of organizational things at the rest stops, and "running" to Brian. Running entailed dashing out to him with a rotation of drinks (Exceed electrolyte, high-carbo, and protein drink), Power Bars, vitamins, ibuprofen pills, and various mushed, mashed and watery foods like potatoes, rice and vegetable broth. Runners handed something to Brian every 15 to 20 minutes, and kept to a careful, pre-arranged schedule.

Underway at last

The start of the race was both exciting and uneventful. The crew was up, and we were getting along famously. Almost everyone either secretly or vocally wished to be on the road running for Brian. Several hundred kilometers into the race, the crew would not be so eager for exercise. Brian cruised along conservatively for over a dozen hours, sitting somewhere in the middle of the pack. The highway was divided and the shoulder was good — for a while.

Brian moved up steadily, and experienced his first mood dip a few hours before the 48-hour mark. He wanted to take a break, but Craig wanted to push him beyond his 48-hour barrier (the farthest he had ever run before). Brian began to feel dizzy, and a race doctor was called. After a consultation, we decided to cut back on Brian's fluids and to increase his solid foods. This worked wonders and Brian began to pick up.

Brian ran well all through the night and into the next day. He hit the halfway point in the snow and sleet sometime in the afternoon of the third day of running. He was particularly pleased to be joined by Cliff Young for a few kilometers, enjoying a short chat, and this boosted Brian's spirits

considerably. Cliffy was not running this year, but as a Westfield legend, he still had his own official van, and ran with various runners along the course for "inspiration and motivation."

Brian had taken some three or four rest stops at motels by this point, which Hewlett Packard employee Gwen Welsh and freelance PR man Jim Usher booked ahead for us as best they could. After a few bumbles the first couple of times, we began to get a system for a smooth, fast rest stop.

First, someone in the big van (the whale) collected the things we needed for the stop from the little van (the minnow). We needed the folding massage table, the heavy black bag of medical supplies, a bag containing Brian's clothes, an assortment of fresh shoes, and a dozen blankets and pillows for keeping Brian warm and for elevating his poor feet. Then the whale went on ahead to the motel, and set up the room before Brian arrived. With luck, someone remembered to wait outside and guide Brian to the correct room.

When Brian got to the room, Craig White, Vicki and I would be there. Brian would get some help removing his clothes, then he would take his contacts out and hand them to me. I'd go off and perform the little three-bottle cleaning ritual that they required. Brian would usually get some help into the shower, and then he'd stagger to the massage table, where we'd get his feet in the air and pile on the blankets. Vicki would begin to work her massage magic with Craig White while I cut the blister bandages off his

feet. We'd lay out a remarkable array of second skin, bandaids, spray adhesives, lubes, ointments, foot pads, wraps and tapes. I'd get new foot bandages ready and apply them as per Vicki's instructions.

Brian developed rashes that had to be coated at every stop with various lanolin ointments. His nipples had to be recovered with this clear stuff that stuck to the hairs. Ice bags and cold packs had to be wrapped around his legs. We also had a great plastic garbage can that we filled with ice and water and submerged him in up to his knees when it was warm enough and we thought he required the additional torture.

All this massage part of the program lasted no more than 30 minutes. We had to work fast. Then Brian was moved to the bed for a sleep break that lasted from 30 minutes to two hours. He never got to sleep longer than about two hours, because it was said that the runners got too deep a sleep that way and could not get going again when they woke. We were never in a single motel room for longer than two and a half hours!

While Brian was sleeping we took turns showering if we could do it without disturbing him. We trundled his clothes off to the wash, because he had only two pairs of tights and one polypro shirt, and they were always in demand due to the cool weather conditions.

A battle at the front

On the fourth day of running, Brian had moved up so far in the ranks that it became apparent to him that he was dueling for

second place behind Kouros. He and Bryan Smith played leapfrog for two days. Smith is a veteran multi-day runner, and he knew some psychological tricks for doing battle with Brian. At night he would get ahead of Brian, then pull over and sleep in his van until Brian came by. His crew would then wake him, and he would get on the road and pass Brian again. This went on and on.

Brian had been running on a high for a day and a half. The crew tracked his mood, and was wound up and excited to be in second or third place. Kouros, we heard, was having a tough race this year. At one point he was only 30 kilometers ahead. It was here that some tactical mistakes were probably made.

The crew chief, and to an extent, almost everyone in the crew, got caught up in Brian's placing. Egos began to run wild — there were times when you would have thought that members of our crew were doing the running, for all the involvement they felt. Craig White decided to have Brian simply get a massage and to forfeit his usual sleep at a stop. Brian whined about this, saying he was tired and was looking forward to the rest. I think it was having Kouros so near that made Craig say no. So Brian ran on.

Reality sets in

The fifth night, however, Brian had his second big mood dip. He was still battling with Smith. Finally, he tired of the cat-and-mouse game and demanded a break on the side of the road. When he insisted on something, there was nothing that anyone could do to change his mind.

The crew was starting to wear thin and get irritable now. Common gripes included not being notified when their next work shift would commence, not being awakened early enough to get a cup of coffee or tea before going on duty or tearing off to set up a motel room, etc. It began to become obvious that Vicki and I, being the only women, were the only ones who were handling the cooking and the clothes, while the key men handled the "tactical plan." The old, patriarchal division of labor was rearing its ugly head in Australia, and we didn't want to protest too loudly, for fear we would cause problems and work against Brian. But everyone in the crew was resenting something or other, and everyone displayed some degree of irritation and snappishness. After all, we'd been living on four to five hours of sleep a day for five days now, and we had at least two more nights to go.

The nights were the toughest for me. At first Brian ran well at night — less traffic, fewer distractions. But as he tired, the nights became endless. I took to spending more time with him on the road at night when I brought him his drinks and food. He struggled to keep going for six hours at a time. Then, after his sleep break, he'd only feel fresh for a few hours, and then have to struggle again. The wall was looming, Bryan Smith was outdistancing Brian, and other

Jan Kahdeman



Purcell, with 600 km done, gets one of his many "ice baths" for sore and swollen feet.

runners were coming up and slipping by.

During the sixth night Brian uttered my favorite quote of the race: "You guys can go ahead if you want to, but I'm staying here." He was prepared to lay down on the side of the road, if necessary, to sleep. Some of the crew got into a dangerous state of mind at this point, in my opinion. Because their hopes and dreams (and their egos) were wrapped up in placing well in the race, they had a tough time adjusting their expectations for Brian from finishing just behind Kourros to just plain finishing. And everyone wanted to be done. We all realized that we would have to endure a seventh night on the course, at a dead walk. A couple of members of the crew who did not know Brian well decided that the way to motivate him might be with threats, like "run or I'll kick your butt." I felt that Brian was so tired that there was very little left to motivate. Amazingly, he was still determined to finish the race himself. He just knew that he was going to slow down and walk it in. I also felt that I knew Brian well enough to know that threats were a good way to end the race that very night, on that lonely, cold road. Brian is not the kind of guy you can bully into running.

So I made a little speech to the crew, advising against threats, and suggesting that anyone who didn't want to stay on the slower boat to Melbourne could get a ride there in a faster car and meet us at the finish. My speech did not make me popular. I

probably sounded like I was trying to be superior. But I feel that the crew did get better aligned for awhile, and that we all adjusted our expectations and goals.

The seventh night of the race the crew seemed to begin to crumble from real exhaustion. What Brian must have felt like I can only surmise, but it seemed that he was more clear-headed than we were. One driver backed into a tree, I was left on the side of the dark road, putting out Brian's stopping cone at four in the morning, while they whisked him down a side street to a dark motel, and Vicki sprained her ankle jumping into the van. To her credit, she was dashed to a hospital, X-rayed, wrapped up, and back in time for the next scheduled massage. We crew snapped and grouched at each other, and tried not to. It was a strain. I hate to think what may have happened if we'd had to spend yet another night on the highway.

The final hours of the trip into Melbourne held elation mixed with an ample quantity of relief. I walked with Brian and made small talk, and in the end, the entire crew except the two who had to drive walked over the line with him. Two of the guys carried Vicki with her wrapped ankle. Brian was sixth, which is the best placing ever for an American at Westfield. He was happy with his finish and glad to stop.

A slow trip back from the dead
The hours after the race were anticli-

mactic for me. Although Brian was done running, he still required a lot of care. He was what I call "brain dead," in that he didn't smile or carry on much of a conversation for a good five days. His life revolved around eating, sleep, ice baths, and massage. I got caught up on my sleep and over my own soreness from lots of walking and running, but I wanted the old Brian back, and it seemed to me that he was taking his time in returning.

At the post-race party we heard other crew horror stories. In a past year a crew ran over their runner's foot during the race. It sounds weird but now I can see that it wouldn't take much to have a disaster like that happen. A few crew people vowed to never crew for their runner again. And we had a crew chief that was punched out by his runner, after which the crew simply abandoned their runner on the side of the road. I thought we had tough times, but it began to seem that our crewing was pretty smooth compared with some of the things I heard.

Now we're back home and things seem pretty normal again. I hope the Aussies are all back home and feeling normal, too. I hope I finish Western States, with Brian reversing roles and crewing for me! And if he wants to run any 24-hour races, I won't think crewing is such an ordeal, now that Westfield has put ultra-crewing into perspective for me.

FATHER AND SON - WESTFIELD RUN

by Terry Cox (Junior)

G'day Ultrarunners, Dot & Geoff,

Now it has been two years since I started running. At last my dreams are opening up for me. For two years, I have been inspired by my Dad. I admire his enthusiasm, his dedication and his professional attitude. My Dad is so very strong and has a heart of gold. Like I said, it's been two years since Dad and Mum introduced me to ultra-running. What an experience it has been!

I must tell you all a funny thing that happened to me while on a training run. Dad sent me out on this run on my own, first time ever. I was scared of being on my own, even frightened. You might think that's strange. But there I was. The sun was shining and it was such a great day for a run. Dad, Mum and myself have a great bond of love binding us. It's so beautiful.

As I ran up Jetty Road, round into Eastbourne, through the beautiful countryside, I was attempting to do something I had never achieved on my own before. As I settled into my run, I spotted a goat, or he goat spotted me! Ha! Ha! As he got nearer and nearer, I started to get faster and faster. Dad had the stop watch on me at home. His last words had been, "Don't go fast!" If only he had seen this goat running after me! Well he caught up with me and started to butt me up my backside, as if to say, "Come on, you're running too slow!" I tried to shoo him off. I spat at him but still he butted me. So I was forced to run faster, and hide behind trees and bushes, but still he found me. I ran and ran. I came to a garden with big gates. I ran inside. He followed. I jumped the fence, and shook him off. I ran home. When I got home, Dad said "That's too fast!" When I got my breath I told him what had happened. We laughed so much. Now everytime I go out, Mum says, "Watch the goat son" It must have done me some good because I have been chosen Sports Star of the Year. I know you will all be pulling for me.

While I am on the subject of running, I would like to say something about the Westfield Run. This was my second go at the Westfield. It was Dad's 5th attempt. Believe me, he deserves a medal. When my Dad was running his race, he would look back to see where I was. If I was struggling, he would run back to help me. He would not leave me. He encouraged me all the way. It's more than a family bond with Mum, Dad and my sister Lydia. It's something so very special. My Mum came on the Westfield. What a motivator she is! When we were down and feeling sick, she would get out of the van and would say, "Come on lads.

We're not quitting. We've put so much time and effort into this. I've not come this far for you to pack up. Come on, get on with it." Then she would give us a cuddle, and sing till we came out of our doldrums. What a Mum! She drove all the heartaches and hassles away.

All the training and preparation we'd done was starting to show. With grit and determination we pressed on. Dad did his first marathon in 4hrs.30min and so did I. Dad and I were in great spirits. It was cold, so very cold. Yet my heart was in good form because we were in Cooma. In the first Westfield I did, I could only make Cooma, but this time, I was there with my Mum, Dad and sisters and Mark. They all shouted, "Good on you Terry!" I looked great and so did Dad. We were in terrific spirits. This time, I was running so differently. My inner self was saying, "Good on you". I looked at Dad. He said, "Son you look very contented" and I felt that way. My legs felt great, my mind was relaxed. It was a good feeling. Each cut-off time seemed easy. Dad and I could not believe we were running so well. Then we came to the border. We had a party, then we started off again. We were cheered on. It started to rain, increasing to a steady down-pour, but it did not concern us. We kept in good spirits

Things were tough though because every day our main big van kept breaking down. We know now what was wrong. We needed three big vans and 14 crew, not just 7 looking after the two of us. Mum came as our motivator, but she ended up doing our massages, bathing us, organising our changes of clothes. Every time we asked, there they were, same as at home, undies, socks, shorts, whatever, ready and prepared. She did the washing and cooked special meals for Dad and me. Mum managed everything, despite being ill. Still good old Mum kept going. She has a heart of gold. She is a great motivator.

When we got to Orbost, Mum decided to take herself and my sister home. We took off, promising to finish for her. That was her dream. But we did not see what was in front of us. As we started out of Orbost, things started to happen. With strains and partial tears, I suffered immediate pain and muscle spasms and shin splints which got worse until it got chronic.

The distance was too wearing. Dad was fit enough to go on, but he decided to stop with me. We had covered 894km. Yes, we are very disappointed in not finishing. We did not push ourselves enough. But we achieved a respectable distance. We are proud to have come so far with all the difficulties we had. It was an excellent run. Mum was totally exhausted.

We never made it, but to Peter Gray and his mum, congratulations. What a wonderful performance. We reckon you are great, mate! And to our Mum, we say thanks for all you have been through. To my Mum and Dad, you are totally professional. It's so great to have people who plan with great care, and make the difficult decisions for you. Yes, you worked brilliantly. We knew we were up against long hours on the road, cold wind in our faces. Wondering about our dreams.

Our dreams are simple: Only three things we want in life.

1. To have a water heater so we can have warm baths instead of cold. (How many of you jump into cold cold showers. cold cold baths. We do.
2. A washing machine.
3. A drier.

I'm not groaning. We go into the Sydney to Melbourne for a reason. To accomplish our dreams. We don't go in it for publicity, cameras etc. We are a family that battles together. We will always strive together. When 1991 comes, we will be in it again, hoping to make our dreams come true.

Terry Cox (Junior)

Ed's comment: Thankyou for another of your "straight from the heart" stories Terry. We all wish you all the best in the Sports Star of the Year quest. A fantastic effort to have run so far.

RECORDS BROKEN BY SOME OF OUR AUSTRALIAN TEAM MEMBERS AT MILTON KEYNES, U.K.

At the first World 24 Hour Indoor Championship held at Milton Keynes, UK, earlier this year three of our members in the Australian team, managed by Ray Carroll and sponsored by Toto's Pizza, achieved the following records:

Kim Talbot: Australian Indoor "Records" for 24 hours, 30, 40 and 50 miles, 50, 100 and 150km.

Cliff Young: World, Commonwealth, Australasian, and Australian M65+ Age Group Indoor "Records" for: 24 hours, 30, 40, 50 and 100 miles, 50, 100 and 150km.

Bryan Smith: Austrasian and Australian Indoor "Records" plus M40+ and M45+ Age Group Indoor "Records" at the same levels for - 24, 30, 40 and 50, 100 and 150 miles, 50, 100, 150, 200 and 250km. **37.**



Terry Cox x 2. No prizes for guessing which is Senior and which is Junior. It's great to see a father and son team tackle the tough Westfield Run.

This is a reproduction from nzua, June 1990, Issue 16, and it shows the top Kiwi runners are getting very close to 5 hours for 50 miles on the road. Far better than us. Any takers to challenge them?

Prince tantalisingly close to breaking 5 hrs in 50-miler

THE PRESS

2/4/90

Russell Prince (Sumner) came within seven minutes of winning \$10,000 when he won the Run For Your Life Brighton 50 mile race in Christchurch on Saturday.

His time of 5hr 6min 50s broke the 1973 record of 5hr 18min 9s held by Roger Alcorn and is believed to be the fastest by anyone in Australasia.

It is also close to a world class time, but Prince had to break 5hr to earn a \$10,000 bonus.

Prince would have been even closer to the magic 5hr mark if he had not taken a wrong turn early in the race when he had a two minute lead. He followed the lead car down a wrong turn and had to retrace his steps, losing four and a half minutes.

Second, also in a fast time, was a former Papanui High School pupil, Neville Mercer (Takapuna). Mercer was third behind Prince and Nelson's Don Mitchell last year but went one better on Saturday and took 20s off last year's time. Prince's winning time last year was 5:23:13 and he

thought he was capable of running much faster than that.

The 1988 winner, Jeff Hill (Anglican) was third in 5:32:19, two minutes down on his 1988 time, while Stuart MacDonald (Palmerston North) finished fourth in his first Brighton 50 miler, in 5:36:31.

Don Mitchell used the race as part of his build-up for the Winfield Sydney to Melbourne race in May. He was one who was surprised that Prince was able to recover from his early mishap, regain the lead, and still go on to run a record time.

Jane Ross (Rover) ran a steady race with relentless ease to win her third successive women's title, finishing ninth over-all in a field of about 30.

She went through the 25 mile mark in 3:02:39 and finished in 6hr 31:21, just outside the women's record of 6hr 27:46 which she set last year. She attributed the difference to the southerly wind which the runners had to contend with on the exposed roads near Halswell and Prebbleton.

"I went as hard as I could but the head wind was stronger this year," she said.

She also did not have to worry about any other women pushing her, for Helen Grant (Sumner), the former record-holder, did not start. Grant is considering running in a 100km race in Christchurch near the end of the year.

Prince said after the race that he was now looking at the possibility of competing in the annual London to Brighton race of 52.7 miles later this year.

Asked how he ran off the course, Prince said that he was concentrating on his breathing and intake of refreshments and was following closely behind the lead car. Instead of following Travis Road east to Burwood Road, the car turned left into Bassett street, which is the course for the annual Christchurch marathon.

Prince said he did not realise anything was amiss until nearly at the Avon River end of Bassett Street. He then turned

around and ran back to Travis Road, to find he had lost five places and four and a half minutes. He still went through 5 miles in 33:35, three minutes behind Hill, who was over a minute ahead of Mercer, followed by Mitchell, MacDonald and Mel Radcliffe (New Brighton).

By 10 miles Prince had moved into second, only a minute behind Hill. He took the lead in Russley Road, at about 13 miles and raced away to open up his winning break. He went through 20 miles in 1:59:31 — a minute faster than last year in spite of losing the four and a half minutes by going off course.

His other splits were 2:29:27 at 25 miles, 2:59:10 at 30 miles, 3:29:48 at 35 miles, 4:00:56 at 40 miles and 4:35:08 at 45.

Prince said that it "knocked" him to go off course, but he reasoned with himself that he was four minutes faster than anyone else in the field anyway. He said he told himself to brush it aside and not panic. He said he

could run 10 miles in 51 minutes, so getting through in 61 minutes was still within himself, even with the four and a half minutes extra. Once he was in the lead he just held on to his schedule until the finish.

It was his third road race win in three weeks. He won the One-Day Tour of 32km, then the 11.5km Teddington to Diamond Harbour race then stepped up the distance to win the 50. He has a string of successes to his credit in triathlons and endurance events.

Results.—
Men: R. Prince (Sumner), 5:06:50, 1; N. Mercer (Takapuna), 5:27:20, 2; J. Hill (Anglican), 5:32:19, 3; S. MacDonald (Palmerston North), 5:36:31, 4; D. Mitchell (Nelson), 5:46:49, 5 and first veteran; M. Radcliffe (New Brighton), 5:47:29, 6; S. Alken (Sumner), 5:56:23, 7; P. Worters (Rover), 6:29:59, 8; J. Ross (Rover), 6:31:21, 9 and first woman; D. Lawrence (Q.E.), 6:36:15, 10 and second veteran; R. Dolby (Dunedin), 6:40:35, 11 and third veteran; S. Payne (St Martins), 6:42:04, 12 and fourth veteran; G. Ashwell (Rover), 7:05:00, 13; M. Stowers (St Martins), 7:21, 14 and second woman.

Patrick Austin,
91 Fowler Road,
ILLAWONG. NSW. 2234

9th July, 1990.

Dear Dot,

I enjoyed meeting you after the V.M.C. Marathon. Mountain Man, Stephen Todd and myself had a new run up and it was a suitable finale to our week with the Sydney-Melbourne Westfield Run.

I crewed for Maurie Taylor who finished fourth after running the 1010 km in an evenly paced 6 days 18 hours and 40 minutes.

I met Maurie for the first time only a couple of weeks earlier when we had a meeting at MacDonalds Restaurant, Parramatta. I also met the other 6 crew members that night. Three had crewed with Maurie before. They were Ray, his son, Susanna, a friend, and Marroo. The others, Victoria, Jason, Stan and myself were newcomers and were complete strangers to each other and had not met Maurie before this.

We discussed broadly some of the aspects of the run. Maurie set out his objectives:

1. Get to Melbourne
2. For the crew to have an enjoyable time together
3. Run to Melbourne in as fast a time as he could.

He also said there would be nobody in charge of the crew. Each of us was equal. He set out no roster and said "we were all adults and therefore would work it out between us".

On the way home after the meeting I said to my wife, Janice, "this could be a real disaster. If it blows up I am going to take my bag and get a bus to Melbourne". Fortunately, I was wrong - the system and the crew worked perfectly. I think we were all determined to help Maurie in his effort as much as possible and it was this single-mindedness that allowed the system to work so well.

As Maurie was running 10 hrs and resting 2, we were kept moving most of the time. Six drivers may seem a lot, but over a period of days you discover you need every one of them. Susanna supplied the largest jar of chocolate peanuts I have ever seen, which kept the driver happy. A happy driver seems to be a driver who is eating!

Victoria was really skilled at cooking and made up some home-made vegetable soup (or should I say van-made) and even pikelets on another occasion. No mean feat in a swaying van.

As there was no roster, sleep was something you took when you wished or when you had the opportunity. This is probably one of the major weaknesses of the "no roster" system. Sleeping in the second van is always hard, especially during the day, as the van may be going slow and then take off on a trip to town or on some other task. During the night it is slightly better as the second van takes up station behind the first van.

"Toileting" was more of a problem to the women than the men needless to say. On one occasion someone "wanted to go" when we were next to some large mounds of gravel which ordinarily would have provided excellent cover. The only problem was that as she was squatting in all her glory behind the mounds a stream of cars came along. To her surprise it was a dual carriageway and she was squatting next to the roadway carrying the incoming Sydney traffic.

Washing became a forgotten event. The only real wash I had on the trip was when we stopped at Cooma for a couple of hours and I had a shower and rinsed through some much needed clothing.

It was interesting to see the various reactions of people to the run. Maurie was going through Canberra when he was stopped by the traffic lights. A woman pulled up next to him and said in a puzzled voice "are you in the Melbourne to Sydney run"? Maurie said he felt like replying "yes, I am just jogging down to the start".

At Nimmitabel he made a short stop to change his shoes. It was just starting to snow and a lady drove up in her car. I was standing outside the van and she said to me "you are welcome to come up to my house, I have a nice fire going and you can sit in the lounge for a while". I said thanks and told her that Maurie had to get back on the road. She just looked at me and repeated the offer. I think by the look on her face she thought we were pushing Maurie out and making him run.

At Orbost, the second van had gone off to do the laundry. Jason was running drinks to Maurie and I was driving. Maurie decided he would like an ice block. Jason came back and told me, but I had no money on me and didn't know where there was any, so I told Jason to run over to the shop and beg an ice block off them and tell them we would send the money back with the second van. I kept following Maurie up the road and we were just disappearing over a hill away from the shop when I saw Jason come running out and galloping up the road after us with the ice block thrust out in front of him like an Olympic torch.

Stan, a Chiropractor specialising in sports medicine, used to check and stretch Maurie after each break. On one occasion, I was running drinks to Maurie after one of these stops. It was the only time Maurie mentioned any pain. He said "I was lying in bed and had a pain in the groin. I was going to mention it to Stan then changed my mind, but Stan found the pain and he quite eased it. That's good isn't it".

About 150 km from Melbourne I saw Eduardo Vega. He was sitting in his van having his feet attended to and said "this is a great race - I love it" and you could see he meant it. To me that shows the class of runners that line up for the world's greatest road race.

After two days, time starts to lose meaning. It's either day or night and you are basically performing the same functions. The whole trip became to me a series of events, just like the ones I have mentioned. If someone has a vague feeling about running to Melbourne, get on a crew. Watching someone else do it is the perfect cure and as long as you remember the first objective is to get your runner to Melbourne, then you will have a great time.

I believe we were a good crew and Maurie achieved his three objectives easily.

Regards,

Pete

VMC
MELBOURNE INC.



50 MILE

TRACK RACE

SATURDAY 16th JUNE, 1990

(INCORPORATING THE AUSTRALIAN CHAMPIONSHIP)

RESULTS

	NAME	MARATHON	50KM	FINAL TIME
1.	Geoff BOASE (39, QLD)	3.04.49	3.37.39	6.15.28
2.	Ron CAMPBELL (47, VIC)	3.04.18	3.44.08	6.38.13
3.	Brickley HEPBURN (39, VIC)	3.27.24	4.08.12	6.52.53
4.	Joe SKROBALAK (37, VIC)	3.28.50	4.14.46	7.02.24
5.	Bruce KIRK (26, VIC)	3.35.47	4.15.58	7.10.19
6.	Kevin CASSIDY (29, VIC)	3.27.54	4.07.28	7.10.28
7.	Colin JERRAM (46, VIC)	3.31.49	4.20.04	7.26.03
8.	Peter QUINN (40, VIC)	3.37.26	4.21.29	7.34.21
9.	Michael GRAYLING (33, VIC)	3.34.05	4.25.04	7.44.58
10.	Ken WALTERS (57, VIC)	3.34.35	4.21.24	7.45.23
11.	Tony POWER (30, VIC)	3.38.09 *	4.25.10	7.50.41
12.	Tom DONOVAN (59, VIC)	3.45.40 *	4.33.25	7.51.33
13.	Dawn PARRIS (F) (37, VIC)	3.47.57	4.39.05	7.57.02
14.	Jim WOLSTENCROFT (35, VIC)	3.41.18	4.34.00	7.59.55
15.	Greg WISHART (51, VIC)	3.49.40	4.37.39	8.28.17
16.	Trevor HARRIS (43, ACT)	3.42.12	4.39.58	8.32.26
DNF	Bruce INGLIS (34, NSW)	2.52.13	3.23.14	(37.5ml)
	Frank PROWSE (38, VIC)	3.02.13		(28 ml.)
	Joe RECORD (49, VIC)			(17.25 ml)
	Jaques GAILLARD (43, VIC)			(6.75 ml.)

* Time is the next completed lap after the marathon distance was achieved)

BANANA COAST ELECTRICS ULTRA-MARATHON 1990 COFF'S HARBOUR TO GRAFTON - 13th May 1990

by Steel Beveridge

This year saw the most entries in the eight year history of this event, with sixteen runners of varied background parting with the \$5.00 required to officially challenge the back road between Coff's Harbour and Grafton. Before the start, three had decided that Mother's Day could be better spent in other pursuits, so thirteen left the Coff's Harbour Post Office, that same number that started in 1989 and 1988.

Some, like Doug Markulin, Steel Beveridge and the two Jims, Robinson and Bennington, knew what lay ahead. They had covered this course in this direction before. Geoff Hain was getting his first view of 'the other side of the trees', having run from Grafton on his previous efforts. Others were experienced ultra men for whom only the terrain was new, the distance would not inspire the same trepidation that no doubt was being felt by the novices.

In the final wash-up, conditions were the best for some time, with the first half passing for all in relative comfort. Two novices called a halt during the second half as fatigue and an overly ambitious early pace took their toll. Nevertheless, both were pleased with having run further than ever before and, in Stephen McMahon's case, having raised over \$6.000 for charity. (Wow!)

The early speed came in familiar guise as Jim Bennington cruised past his home town of Nana Glen, through Glenreagh and into the hills beyond, with a comfortable lead. However, the third victory was to elude him again as Paul Mahony and Greg Hardwick passed before the finish at Grafton Post Office. Indeed, Jim found himself with serious competition for third in the shape of Jim Robinson, who closed to within 57 seconds at the end.

At opposite ends of the age range, Frank James at 54 and Theron King at 19 found the extra distance of the 85kms. taxing, but were convincing in their determination to see it through. As for everyone else, there must have been a special magic in that first glimpse of 'the Big River'. Moreover, the finishing straight along Victoria Street, with its avenue of trees makes the final kilometre one of those rare experiences only one who has run there from Coff's Harbour can understand.

Next year, it's from Grafton to Coff's, on Sunday 12th May.

RESULTS:

1. Paul MAHONY	38yrs	East Gosford	7hrs1min15s.
2. Greg HARDWICK	21yrs	Taree	7hrs14min32s.
3. Jim BENNINGTON	39yrs	Nana Glen	7hrs25min16s.
4. Jim ROBINSON	44yrs	Buronga	7hrs26min13s.
5. Anthony HARBER	36yrs	Lake Albert	7hrs49min57s
6. Doug MARKULIN	47yrs	Manly	7hrs52min3s.
7. Ashley WARNER	44yrs	DeeWhy	8hrs31min44s
8. Geoff HAIN	43yrs	Lynch's Creek	8hrs33min23s.
9. Steel BEVERIDGE	39yrs	Mullaway	9hrs9min20s
10. Frank JAMES	54yrs	Caves Beach	9hrs32min5s
11. Theron KING	19yrs	Wamberal	9hrs38min18s.

Mahoney's ultra marathon

EAST Gosford athlete Paul Mahoney just missed breaking the seven-hour barrier in winning the 1990 Coffs Harbour to Grafton ultra marathon run yesterday.

Mahoney covered the 85km from Coffs Harbour post office to Grafton post office in seven hours, one minute, 15 seconds.

Second in was Greg Hardwick of Taree in 7-14:32 with Jim Bennington of Nana Glen third, a further 11 minutes behind.

Thirteen runners contested the event with 11 beating the heat to complete the gruelling journey.

Six of the 11 bettered the eight-minute mark.

Bennington, who has twice won the event, scoring in both 1986 and 1987, set the early pace and held the lead for the first 35km.

Mahoney and Hardwick then took over with Mahoney proving too strong at the finish.

It was the first attempt at the annual event for the 38-year-old athlete but he is no stranger to long distance running.

He has finished two 24-hour races and a Sydney-Wollongong and has a personal marathon (42.2km) best of two hours 38 minutes.

The Coffs Harbour-Grafton race was first run in 1983 with Ken Shephard the winner.

THE DAILY EXAMINER Monday May 14 1990.

HI-TEC 12/24 HOUR RACE - PERTH - 26TH/27TH MAY, 1990

by Charlie Spare

This race was once again held at McGillvray Oval on a one kilometre track, at mid-day on the Saturday. There were 9 starters in the 24 Hour Race, all with previous experience and four in the 12 Hour Race, three being newcomers to ultrarunning.

In the 12 Hour Race. Alan Doak-Smith led early with 11km per hour until forced to drop out during the fifth hour with a leg injury. He was the only experienced ultrarunner. The others succumbed to the weather, which was cold and windy, with heavy rain during the 3rd and 4th hours. The only runner to last 12 hours was Julie Bird. This means that there are now Mum, Dad and two daughters running ultras. Their aid tent is now known as the "Birds'Nest"

For the first few hours in the 24 Hour, George Audley was pushed by Alan Croxford, Graham Prosser and Les Evans. They all dropped out later, Graham and Alan with leg injuries, and Les with plain old-fashioned fatigue. Phil Pearce and Bert Oostdam moved steadily through the field to give Albany athletes the trifecta. Trish Spain was the only woman but she did not look very comfortable at all and never really moved as well as she normally does through the night. Sue Leikas had to work on Saturday. She joined in at the sixth hour but dropped out at the 11th hour. George Audley passed 100 kilometres in just under 10 hours and 100 miles in 17hrs 51min 39s. By this stage, Phil Pearce was right behind him and was not letting him have any rest. Phil has to be the big improver of this race, his second ultra, from 183 kilometres last year.

The conditions were pretty miserable throughout, with rain virtually every hour on the hour, just as I collected information for the leader board. It usually only lasted long enough to make everyone feel cold and miserable. The heaviest rain started about 5 minutes after the race finished, just as I started round with the wheel, and the rain finished in time for the presentations.

Thanks to Kevin Bullivant of Hi-Tech for sponsorship, A.S.T.A. for the sports' masseurs, Dave Marsh for his trophy for the first past 100 miles, Jeff Witham for his work with the leader board and especially Tony Tripp for organising the whole event so well.

NOTICE TO ALL READERS OF AURA;

Do you live in an area of drought? If so, contact Tony Tripp. Have him organise an ultra for you. Rain guaranteed for the duration of the race. He has not had a dry race yet!

RESULTS:	12 HOUR	24 HOUR
Julie BIRD	74.040km.	George AUDLEY 205.103km
Alan Doak-Smith	52.000km	Phil PEARCE 200.808km.
Michele PERRY	42.000km	Bert OOSTDAM 190.150km
Gunnar NYGREN	31.000km	Trish SPAIN 170.109km
		Dave BIRD 162.084km
		Les EVANS 152.000km
		Alan CROXFORD 144.000km
		Graham PROSSOR 102.000km
		Ken EATT 73.575km
		Sue LEIKAS 30.000km

HI-TEC 24 HOUR

	Marathon	50 miles	100km	150km	100 miles	Final Dist.
George Audley(Alb.)	3.29.37	7.18.35	9.36.50	16.29.17	17.51.39	205.103
Phil Pearce(Alb.)	3.54.34	7.58.09	10.35.27	16.50.32	18.04.46	200.808
Bert Oostdam(Alb.)	4.06.04	8.27.52	10.54.14	17.51.51	19.15.56	192.150
Trish Spain(F)	4.09.04	8.21.22	10.57.00	19.32.00	21.33.52	170.109
Dave Bird	4.40.30	10.38.13	13.50.35	20.09.58	21.41.53	162.84
Alan Croxford	4.03.16	8.26.32	10.49.35	-	-	144.00
Graham Prosser	3.57.00	8.32.15	12.26.36	-	-	102.00
Ken Eatt	5.21.42	-	-	-	-	74.575
Sue Leikas (F)	-	-	-	-	-	30.00

12 HOUR

	Marathon			Final Dist.
Julie Bird (F)	5.43.09	-	-	74.00
Alan Doak Smith	3.24.06	-	-	52.00
Michele Perry	6.45.20	-	-	42.00
Gunnar Nygren	-	-	-	31.00

1st Woman 24 hours - Miss Geraldine Watson Cup - Trish Spain
 1st Person 100 miles Dave Marsh Trophy - George Audley
 1st Man 24 hours Hi-Tec Trophy - George Audley
 2nd Man 24 hours Ron Grant Cup - Phil Pearce
 1st Woman 12 hours - Trish Spain Cup - Julie Bird

THE WEST AUSTRALIAN MONDAY MAY 28 1990



HI-TEC HEROES: George Audley (centre, 1st), Phil Pearce (left, 2nd) and Bert Oostdam (3rd) with their trophies after the Hi-Tec 24-hour race, which finished yesterday.

Albany trifecta in 24-hour race

MOST men who approach middle age look forward to their retirement. But planning an easy life is not on the agenda of three Albany men — George Audley, Phil Pearce and Bert Oostdam.

The trio dominated the annual Hi Tec 24-hour race, which finished at McGillivray Oval yesterday, to become the first country athletes to fill the placings in the gruelling race.

Audley, 54, completed 205.203km, to finish 4.394km ahead of the 49-year-old Pearce. Oostdam, 46, was third with 192.151km.

Trisha Spain won the women's section for the sixth successive year with

By DAVID MARSH

170.109km and Dave Bird was the other runner to break 160km, recording 162.841km.

Spain also broke her state 80km (8.21.22) and 100km (10.55.00) records and equalled her 150km (18.41.52) record.

Audley, who in 1988 was the only athlete to complete the Perth to Albany race, the Colac six-day event in Victoria and the Westfield Sydney to Melbourne race, won the award for being the first to run 160km when he clocked 17hrs 51min 39sec — 13min 7sec ahead of Pearce.

Julie Bird, 21, became the youngest to win a 12-hour race

in WA by recording 74.040km to win the Hi Tec event yesterday.

Race organiser Tony Tripp announced plans yesterday to hold a 187km race from Perth to Bunbury in October.

THE AUSTRALIAN 48-HOUR TRACK CHAMPIONSHIP
and
THE QUEENSLAND 24-HOUR CHAMPIONSHIP

22 - 24 June 1990

R A C E R E P O R T

by

Val Case

PREAMBLE:

For those twenty-four hour runners who have wondered what it would be like to keep on going, a forty-eight hour event is the answer. This year's event at Caboolture is only the fourth staged in Australia (W.A. 1987, Victoria 1988, and Queensland 1989 were the previous venues). Last year's event was adversely affected by rain, not so this year. Weather reports prior to the event were ominous, but Friday 22nd June dawned fine and this continued for the two-day event, although 8 degrees during the nights meant gloves and beanies for most of us.

Pre-race predictions of the winner gave almost equal chance to three of the ten contestants: Ivan Javes from Caboolture had won last year with over 327klms, Bill Beauchamp had achieved 347klms at Aberfeldie (Vic) in January '88, while David La Pierre came over from Vancouver, B.C. with a 313klms earlier this year and a goal of doing 200 miles on the (to him) unfamiliar surface of grass. Dell Grant had been training solidly to prepare herself for an attack on the women's record of 261klms held by Cynthia Herbert.

Race directing was shared by two couples - Stephen and Robyn Fredericks for the first twenty-four hours, with Dave and Corinne Sommers handling the second. Something went amiss here, though, as Corinne fronted up as the sole female competitor in the 24 hour event, leaving husband Dave to "carry the load"!

One cannot speak too highly of the organization. Our running lane was measured inside the normal 400 metre inside lane with clear indication of intermediate distances according to direction changes. If this doesn't make sense perhaps I should remind readers of the two-hourly turn-around during the whole event. One advantage of this is that you get to see your fellow competitors faces occasionally!

The most admirable aspect was the organization of lapscorers and support crew for non-local runners. These friendly, competent and obliging people are the real heroes and can never be thanked enough.

THE POWER WALKERS:

A novel aspect of this ultra event was the concurrent staging of a 48-hour power walking relay using the outside track of the sports field. Individually doing 2 or 4 hour sessions, their total effort came to 360klms which is near the current Australian record. Their lapscorers and supporters were a bright and supportive addition to the trackside scene. As well with sponsorship, they raised \$1,800 for Camp Quality --well done!

THE FIRST DAY:

At 8 a.m. the bunch of ten starters, ranging in age from 73 (John Peterson) to 23 (Lindsay Phillips) set off in pleasant conditions which became quite warm during the afternoon. David La Pierre had a handy lead over Ian Javes at the 12 hour mark. However, soon after Ian developed stomach problems with bouts of vomiting which affected his performance. Bill Beauchamp found himself somewhat out of form while John Peterson, a doubtful starter because of recent "flu, retired from the race after covering 51klms. Dell kept up her usual consistent pace to be a close fourth at 24 hours. The "quiet achiever", Bob Burns, was the one to watch - at the half-way mark he was in second place and going well. By contrast some runners struggled for most of the time being off the track longer than they may have wished. Muscle cramps were a problem for several at various stages. One of the power walkers, Mary-Anne, is also a masseur: she expertly attended to my thigh muscle cramp early in the event and later tackled Dave Holleran in the power walkers' tent. His screams and yells could be heard all over the track - he should be called Dave Hollering.....

THE SECOND DAY:

8 a.m. Saturday morning saw another bunch of nine fresh runners line up for a start. No clear-cut favourite showed out in this one as only Stephen Lewis had competed in a 24-hour run before. However, with speed and consistency, Bruce Hargreaves took the lead early and was not challenged. Both he (178klms) and Geoff Hain (163klms) broke the 100 mile standard while Corinne Sommers achieved nearly 133klms in her first ultra.

The lead in the 48-hour event changed in the last 12 hours with David La Pierre showing signs of distress, his smooth economical running style deteriorating to a half walk. After passing David with about 5 hours to go, Bob Burns then tailed him, walking and running when he did. These tactics paid off with Bob becoming the Australian 48-hour champion for 1990, capping off a most successful year for him: Tamworth 24-hour win with 198klms, and the Queensland 12 hour road win with 112klms. Congratulations, Bob, you are a worthy champion!

DELL GRANT SET A NEW AUSTRALIAN WOMEN'S RECORD:

She ran 268.8klms to become the Australian Female 48-hour Champion and record-holder. She would be the first to say that it wasn't easy! In her rest period of four hours she was unable to sleep, consequently was really tired on the second day, and after reaching the record just went through the motions of staying on the track to the finish. I was lucky enough to sleep immediately even on twenty-minute breaks, but was less successful with tolerating solids and lasted the distance mainly on Maximum (a glucose electrolyte drink favoured by triathletes).

John Peterson returned late on Saturday night and resumed his race, ending with 107klms. Both Ian Javes and David La Pierre are capable of better performances while Bill Beauchamp was definitely out of touch with this one. At one stage his crew lost him for an hour. He had become disorientated and sat down amongst the lapscorers thinking he was outside his own tent! He wandered back about an hour later to the relief of his crew.

Some enduring memories of this event will be Lindsay Phillip's strange garb and idiosyncratic running/stumbling style, Dave Holleran's handstands at odd times, Charlie in his blanket, Ian Javes' unique variations in style and never to be forgotten are all the wonderful people who crewed for me.

Many of the runners obtained sponsorship for Camp Quality which helps make it all worthwhile.

So now all you runners who haven't tackled a longer event than 24 hours -- come to Caboolture next year and have a go!

You won't regret it!

AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIPS

CABOOLTURE

June 22 - 24 1990

Name	D.O.B.	50 KM	50 ML	100 KM	150 KM	100 ML	200 KM
1 BURNS Bob	12.6.43	5.48.55	9.38.50	12.25.30	21.25.00	22.51.27	30.26.30
2 la PIERRE David	18.9.40	4.34.00	7.52.41	10.02.49	16.48.30 ⁺	18.21.45 ⁺	27.42.00 ⁺
3 JAVES Ian	14.9.42	4.46.00 ⁺	8.04.36 ⁺	11.19.10	24.49.48	25.58.55	31.52.27
4 GRANT Dell (1F)	7.11.53	5.31.51	10.19.28	12.44.27	22.59.46	25.10.46	32.10.42
5 BEAUCHAMP Bill	1.6.45	5.35.09	10.07.48	13.25.00	23.16.36	25.07.05	32.59.19
6 PHILLIPS Lindsay	17.9.65	5.39.10 ⁺	10.37.00 ⁺	13.42.50 ⁺	29.24.50 ⁺	33.02.00 ⁺	39.39.00 ⁺
7 CASE Val (2F)	25.1.37	7.09.58	12.57.33	17.03.05	30.10.56	32.41.00 ⁺	42.39.06
8 HOLLERAN Dave	26.5.56	7.44.48	12.53.01	20.55.19	37.30.30	36.16.12	
9 WAKEFIELD Charlie	13.9.53	7.51.07	15.42.02	23.25.59	37.52.50	42.01.34	
10 PETERSEN John	19.7.16	7.42.27	43.15.16	46.41.00			

Name	250 KM	300 KM	12 HR	24 HR	36 HR	48 HOURS
1 BURNS Bob	38.41.53	46.41.35	97.941	167.189	232.457	307.945
2 la PIERRE David	37.29.30 ⁺	47.47.24 ⁺	116.961	191.335	242.873	301.379
3 JAVES Ian	42.39.04		100.072	143.483	219.513	278.164
4 GRANT Dell (1F)	42.40.37		94.049	153.033	218.734	268.824
5 BEAUCHAMP Bill			99.215	153.793	210.221	247.868
6 PHILLIPS Lindsay			90.049	129.297	170.937	240.301
7 CASE Val (2F)			76.450	128.774	172.494	220.143
8 HOLLERAN Dave			74.891	105.482	159.571	182.738
9 WAKEFIELD Charlie			65.730	102.807	140.243	170.443
10 PETERSEN John			51.719	51.719	51.719	107.856

QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS

CABOOLTURE

June 23 - 24 1990

Name	D.O.B.	50 KM	50 ML	100 KM	150 KM	100 ML	12 HR	24 HOUR
1 HARGREAVES Bruce	10.3.53	4.34.13	7.58.23	10.16.36	16.43.25	18.32.45	115.073	178.333
2 HAIN Geoff	12.8.46	5.27.08	9.13.00	11.46.23	21.26.32	23.26.52	100.303	163.401
3 CHATTERTON Ray	30.12.48	6.28.00 ⁺	11.24.00 ⁺	15.02.00 ⁺			84.717	144.074
4 SOMMERS Corinne (1F)	10.2.61	5.23.00	10.05.23	13.07.23			91.934	132.946
5 MOYLE John	7.5.51	6.17.10	12.00.01	15.54.50			80.905	130.645
6 LEWIS Stephen	14.12.58	5.49.46	9.54.55	12.55.40			94.226	128.059
7 BREGANT Anthony	1.1.68	7.16.11	11.29.38	14.00.52			84.741	106.572
8 WHITEMAN Peter	14.1.42	9.22.05	16.06.05	22.42.49			62.548	101.871
9 PITMAN John	22.2.40	5.10.48	8.58.43				86.982	86.982

+ Approximate times only due to lapscore errors

The Western States 100 Miler

by Peter Armistead

I read an article by Max Bogenhuber shortly before we left for the Western States Run, under the heading, "What Price the Silver Buckle". After failing to achieve one myself, I can't really answer the question, but going by the smile on our President's face for the week after the event, I'd say it was a bargain. Hookie's 23 and a half hours for the 100 miles may not seem all that good, but I assure you, for this course, it was a top effort. Unless you saw for yourself the country you have to traverse, you could not comprehend how tough a run it is.

Norman and Helen Klein and their 1200 or so volunteer helpers staged a great event. I just hope they'll accept my entry again next year. It's hard for us in this country to understand, but people actually break their necks to help out in the Western States. The event is billed as the ultimate endurance challenge, and as far as a 100 miler goes, it may not be far from the truth. Apart from the 17000 feet of climbing and 22000 feet of downhill in the run, the heat, around 110 degrees fahrenheit in the canyon, made the run a great challenge.

Geoff Hook and myself were given a great time and we can't speak highly enough of the American hospitality. Our hosts in San Francisco, Fred (Max's brother) and Edith Bogenhuber, both top-class ultra-runners, gave us a tough initiation to the trail with a 30 mile run on a 100-110 degrees fahrenheit day just three days after our arrival. I've got a sneaky suspicion Max put them up to it. Fred also gave us a going-away present on our departure day with an easy three miler. Well this was what he led us to believe. Two hours of hills later, he thought we'd had enough. I've recovered from the Western States Fred, but I'm still getting over that little run. By the way, congratulations to Fred on a great run in the Western States. He came 14th overall and was first over 50! I'm sure Fred's wife Edith is Fred's biggest asset.

The Western States certainly knocked Hookie out. On the plane trip home, he flaked out with a huge Fijian woman asleep on his shoulder. They made a romantic couple. I would have taken a photo for AURA except that my camera was broken. There is no doubt in my mind that trail running is by far the greatest challenge. Road running by comparison, is like a Sunday School picnic.

Roll on next year!



A hard training session in progress. Pete (left) and Hookie relaxing in the spa with a Californian red and the countryside through which the Western States trail passes, in the background.

FROM DOWNUNDER TO THE HIGH SIERRAS or HOW WE SURVIVED THE WESTERN STATES.

by Geoff Hook

Let me get one thing sorted out right from the start - this account is the official (and correct) version and anything you hear or read from Peter Armistead is to be taken with a grain of salt.

I was glad when Peter changed his mind about the World Veterans' Games in Finland and decided to tackle the Western States Endurance Run with me. The W.S. is a 100 mile trail race in the Sierra Nevada mountains in central California during the middle of the northern summer. It is the longest running and therefore the biggest of the 6 100 mile trail races in the States.

From late last year the build-up began, low key at first but a crescendo by race start. Training patterns were devised and executed. I then organized to overnight with Max Bogenhuber's brother, Fred and sister-in-law Edith in San Francisco. Fred fixed us up with accommodation, near the W.S. Trail at the 63 mile mark, with his good friend Russ Melanson. A 3 week attack was planned, 2 before for training and trail familiarisation and 1 after for reward as tourists.

We were glad to leave the torturous hill repetitions at Ferny Creek and the cold weather behind us when we boarded our 747-400 flight to San Francisco. Peter's first big problem occurred when I lost my passport, airline ticket and \$2000 cash in San Francisco International Airport. Luckily a good samaritan handed them in to airport police otherwise I was threatening to have to use Pete's money.

It was great to see Fred and Edith again and have some runs with them around San Francisco - Wunderlich park and the Dipsea trail. The weather was beautiful for tourists but hot for runners (especially those straight out of winter). We had a couple of touristy days in San Francisco before getting a hire car arranged by Fred.

Off we drove to Foresthill via Sacramento to buy numerous pairs of running shoes - our favourite brands at 1/3 to 1/2 Australian prices. I delayed for as long as I could, that is Pete getting behind the steering wheel. I could avoid it no longer so I shut my eyes and hung on to my seat with whitened knuckles. Surprisingly, Pete coped well at the start with driving on the right hand side of the road. Later on he was a disaster - I'm sure he had watched too many kamikaze movies the way he would charge up the left hand side of the road with on-coming cars bearing down on us with lights flashing. One could imagine it was pointless worrying about the WS 100 (only about half seem to finish the tough trail race) but we seemed destined to not even start.

We met Russ and took an instant liking to him. His laid-back friendly attitude put us at ease at once. His brand new timber cabin was a disaster of disorderliness inside which made us feel at home immediately. Russ was intending to finish off the interior of the house himself but hadn't quite got around to it yet and so was still living out of boxes. 49.

A big training run had been organized for the same day. We had dropped Edith off in Auburn to run in from the finish and we got Russ to drop us off at California Street, the start of the loop 38 miles to the finish. A very ambitious trial for Peter and me because we ran through a hot afternoon. After 16 miles, Fred, Pete and I arrived at Ruck-A-Chucky to a welcome tuna sandwich supplied by the indomitable Russ who had kindly driven around. The river was flowing swiftly and one other runner was swept down some rapids before finally making the other side. We also made it by swimming to the other side but not before some tense moments as the current swept us down close towards some more rapids. Edith met us after we had made the long climb out of Ruck-A-Chucky and together with another runner out training, we pressed on in the heat. Pete and I were stuffed by the time we reached Highway 49 (about 31 miles) and had had enough of this rapid heat acclimatization. However, Fred had told Russ to meet us at No Hands Bridge so we had another 3 odd miles to cover before we could call it quits. Fred and Edith carried on to the finish being better acclimatized to the heat.

Subsequent days, until a few days before the race, a bit more of the course was covered, especially going over again some of the sections we would be covering at night time, until about 75 miles of the trail had been covered. Our training runs were now kept fairly short due to the heat and sometimes Pete and I ran alone due to the need to shuttle the car. It was on one of these occasions that I nearly trod on a rattle snake basking in the sun amongst the dust of the track. I was running fast downhill and my foot was aiming for the centre of the snake (lengthwise along the track). With only inches to go, I saw the almost camouflaged reptile, changed stride in mid air and just cleared its tail. We both got a fright, the snake sliding off the edge of the track and I leapt up to embrace the sun. After I recovered, the rest of my journey downhill to meet up with Pete running in from a prearranged point, was punctuated with leaping 10 feet into the air everytime I rounded a bend and saw a stick or shadow on the track. All Pete could say when I met him was, "Did you get a photograph?" I did have my camera with me but the last thing I would have thought of was going back and asking Mr. Rattle to pose. On another occasion, Pete, when by himself, claims to have seen a cougar. Now I think the poor boy was overawed by things and either saw a big pussy cat or a cardboard replica someone had left out to scare the runners.

Now, if you ever travel with Pete, you need a great deal of tolerance to accommodate his eccentricities. What do you make of a person who: writes right across the back of a postcard and then asks "where do you put the stamp and address?"; goes out on a training run with a different make of shoe on each foot; loses the petrol cap off the motor mower and then runs over it; puts his name and race number upside down on his drop bags to be delivered to some aid stations; parks our car nose to kerb in Auburn town and sends a huge footpath based flowerpot skidding across its surface; says to Russ (our host) after he just came back from a visit to a lady friend (not his girlfriend) in town to discuss matters of their mutual assistance on an aid station during the race - "Did you score a goal?"; later on, again says to Russ while we are lounging back in the spa and Russ had been describing the visits by his girlfriend from LA - "How many times have you scored in this spa?"; finally, surprisingly, comes out with this great philosophical statement - "The man who asks "Why do you run?", has never run. The man who asks, "What is love?", has never loved. Only lovers and runners know."

All of this frivolity served only as a light break from the tension of the build up to the race. Everyone we met up with over in America were talking about the race in one form or another. So with our long build up in Australia and then living and training near the trail for 2 weeks, both Pete and I were heartily sick of the tension and couldn't wait for the race to arrive so we could get it behind us. We longed for the presentations, which were held on the only cloudy day of our visit. You could tell most

of the people who ran in the race by the way some were hobbling around. Even one was on crutches because he claimed his feet were pulverised to hamburger mince. Only the top runners, and those who had done correct downhill training looked unaffected, with Pete and I in the latter category (well me anyway). We had decided to shout Russ a raft trip but deferred it till after the race in case we stuffed up our chances in the event. Well that was a mini disaster the day after the event with both Russ and me nearly being lost to the swirling waters of the American River. Here's a tip for you - never go rafting with a gungho raft captain!

It was sad to say goodbye to our mate Russ, but we had to move on. We visited the lovely Mono Lake, Yosemite National Park, stayed with Barry (the expatriate Aussie) just outside Yosemite, visited Sequoia National Park to see the largest trees in the world, and then back to San Francisco for a 3 mile run (which lasted 2 hours) on our last day in America before gladly boarding our flight back to Australia and looking forward to regaining our old lifestyles and a bit of quiet living once again.

The moment has arrived. The object of all our hard, long, dedicated training is at hand. We are milling around casting furtive glances at other competitors. Who do I know? Can I do anything other than make nervous small talk with a similarly looking overawed runner? We are all like ants cringing under the massive grandeur of ink black mountain peaks all around us. A very faint turquoise band of light emerges from the east, behind the still ink black mountain peaks. Morning is about to break but hopefully not our spirits. In fact, for me, it was a huge relief that the soul destroying preparation was at last behind me and only the race lay ahead. To succeed or fail we could now embrace the race as if a long lost lover was again reunited with almost forgotten carnal pleasures.

Tension was so thick in the air that it is amazing an entrepreneur has never been present to cut it up, package and sell it. The countdown was accompanied by cheers and applause from the many spectators (friends and/or crews of the competitors who made the moment most memorable for us all) until the boom of the starter's rifle heralded the beginning of our big battle to achieve a result that was secret to each and everyone of us.

The sky was just light enough for us to see the ground we were running on without the aid of torches. A 4-wheel drive track initially led us steeply up towards one of the now-not-so-ink-black mountain peaks. After winding up the mountainside and crossing a couple of roaring creeks, we eventually left the track for our first taste of the Western States Trail. Small groups were talking but most were deep in thought or concentration as we climbed higher and higher in courteous single file. Curses were uttered when feet slipped backwards in loose scree - valuable energy was being wasted.

I was very surprised, and pleased, to breast Emigrant Pass (elevation 8,750 feet) in exactly 1 hour from an elevation at the start of 6,200 feet. That was 4.7 miles completed, now only 95.4 were left and 23 hours remaining for the covert silver buckle.

Small snatches of the magnificent views were taken as we wound our way down off Emigrant Pass to Hodgsons's Cabin, the first aid station, 9.5 miles into the race. It wasn't all downhill, rather long undulations for a total vertical climb across the whole race of 17,000 feet. Sounds easy, doesn't it? However, when you consider that your quadracept muscles can easily be destroyed long before the total of 23,000 feet vertical equivalent of downhill running is completed, the word "easy" doesn't even rate a mention.

The trail was narrow but in reasonably good condition with occasional stretches of loose rock and scree or hard, fixed, partially buried larger rocks. Runners had to keep quite agile throughout the race to maintain a good footing on the uneven ground and coping with the sudden twists and turns that were required now and again.

Our good mate, Russ, together with his lovely girlfriend Diane and station captains Charlie and Nanci Gabri were a delight to see at the first aid station near Hodgson's Cabin. Not much was eaten here but water bottles were filled as the approaching hot day was already evident in the early morning.

On, on we ran through ever changing scenery of mountains, canyons, trees, flowers and rocks. The famous Cougar Rock was passed with photographers' assistants cajoling us to smile for the obligatory photograph, both climbing the trail and another with Cougar Rock as a backdrop.

On and on through aid stations Red Star Ridge and Duncan Canyon towards Robinson Flat, the first major aid station and medical check at 30.2 miles.

Pete and I never planned to run together because we would only hold each other back from time to time as "low periods" were entered and exited. I expected Pete to at least pull 1 or 2 hours ahead of me by race finish and he didn't start to do this until 28 miles. Until this point we were always in sight of each other, swapping the lead (between each other, not the race) now and again and swapping rude comments between each other which remain unprintable here. Was I too fast, or Peter very conservative? Only time would tell.

I achieved Robinson Flat just before 11 o'clock. (Pete had already passed through this station.) The trail was dry and dusty and the sun started to beat down mercilessly upon toiling competitors. Pete had made his first mistake way back at Hodgson's Cabin where he had changed from his starting tee-shirt into a singlet. It might have felt cooler to run in a singlet through the heat of the day but the powerful sun had unprotected skin to reek havoc on. The cool (not cold) start at 5 am warranted at least a tee-shirt, which I kept on throughout the whole race, not needing any additional clothing during the mild night which followed.

Norman Klein hard working Race Director, was there at Robinson Flat with megaphone announcing new arrivals he recognised to all and sundry. It gave me a lift when he recognised me and my country of origin. All was soon forgotten in the mellee of people and a mixed bag of colourful noise. Weigh-in completed - 11lb up - good. A young girl had taken my belt before weigh-in and dashed off to fill my water bottles. Such enthusiastic helpers, always bright and cheery make the Western States run a memorable experience. Thank you helpers (all 1300 of you).

I rammed some food down my throat, strapped my water belt on, grabbed another handful of food and started off along the course with which I was more familiar. I hadn't gone more than ten steps (looking at the colourful throngs of people singing out encouragement to us competitors) than I went over on my ankle and nearly fell. A protruding rock nearly got me - and when I was only walking too. I seem to fair much better at top speed down rocky slopes where my concentration is at a maximum. The wrench in my ankle was painful and so I let out several swear words which I didn't try to conceal from the bystanders. Fortunately no damage was done and the pain eased in a dozen or so steps. What a fright I got - I certainly didn't want to go down with a sprained ankle (especially while walking on relatively flat ground so early in the race).

The field was well strung out by now and the periods of not seeing another competitor on the trail were increasing. The next 10-15 miles were fairly

easy, mostly 4-wheel drive track with a reasonable surface. The time was approaching midday and the heat was becoming quite noticeable. I recognised my energy level was down when I wanted to walk up some gentle hills. I was even moving fairly slowly downhill so I knew trouble was looming - and I hadn't achieved half way!

I reached Deep Canyon II Aid Station in roughly 8 hours (40 miles) as I had hoped. Soup, sandwiches, cantaloupe and watermelon did not seem to revive my doldrums as I continued to slow up. Temperatures were approaching their high for the day at around 36-38°C (approximately 40°C in the canyons) and the 3 toughest canyons were about to be tackled. My pre-race training had resulted in strong quad muscles so I was able to run reasonably well down into each canyon. The climbing out was painfully slow and I was passed by many runners. The aid stations at the top of each canyon were a welcome relief but the heat was still knocking me around (the disadvantage us Aussies have in coming straight out of our Winter).

Last Chance Aid Station is appropriately named because it is the last chance to pull out before the 3 tough canyons. Devil's Thumb witnesses runners dripping in sweat and arriving exhausted. El Dorado Creek is just over half way but the thermostat has been turned up and you feel as though

9/10ths of your energy has been used. Michigan Bluff was a welcome oasis as the sun continued to pound the last vestige of life from me. I struggled through the last of the tough canyons to reach the major aid and medical check station of Foresthill late in the afternoon. I was pretty shattered by this stage but nevertheless rather heartened because Foresthill almost represented home territory since Pete and I had spent the last 10 days close by. On reaching the official check-in point, 2 pretty girls in bright dresses (wildwest saloon bar girl styles) danced a small jig and lifted their colourful dresses a little. No reaction from me - I was so stuffed. They lifted a little higher. I broke out in a wide smile. Everyone cheered and clapped. They had achieved their aim of making each runner smile as they came in.

I looked anxiously for Russ and Diane as the only people I knew to look out for, and soon they were with me giving encouragement. My weight was still o.k. but lack of energy was the major problem. I couldn't avoid the desire to sit down and rest and was tendered by a nice helper who brought me anything I wanted to eat and drink. After 15 minutes I knew I must get going. Time was fast slipping away to achieve a sub-24 hour performance. I was only about 40 minutes up but running slower than the required pace and with 38 miles to go. There were many occasions in the next 38 miles when I nearly gave up, dropping to as low as 10-15 minutes up on 24-hour performance times and still slowing down. Russ and Diane thrust a prearranged ice-cream into my hand and wished me well.

Wow! What a power boost. The ice-cream took about 15 minutes to work but it got me going again down the relatively easy California Street Loop. Another factor was the lessening effect of the sun. The air temperature didn't stay oppressively hot as it can do on the final stretches of the Western States. It slowly turned into very pleasant running conditions. The hot part of the day had taken its toll on me from which I was never to fully recover, but I was able to make reasonable speed during bouts of slight energy surges.

I began to regret my decision not to take my emergency torch at Foresthill. My next emergency torch lay at California Street Loop #3, the light was beginning to fade and I hadn't reached #2. My main torch was at Ruck-A-Chucky - an over ambitious goal. I was hoping I could get a spare torch at #2, but no - I had to literally fly from #2 to #3 in failing light. Luckily for me it was mostly switchback downhill and with my legs o.k. (despite low energy), I had to call out from a long distance to runners ahead of me on the trail. They must have shaken their heads in disbelief as I flashed by, feet not touching the ground. I didn't have

time for explanations. I just made it to #3 in bad light with no broken ankle. Running from now on would be thankfully a little slower because torchlight doesn't permit top speed.

The California Street Loop was marked by changing fortunes. I would sometimes have a surge of energy and pass many runners in separate groups and pull well away from them. Then I'd hit the lows and find they would all pass me and disappear into the distance.

I didn't see many people from #4 to Ruck-A-Chucky with night closing in and a half moon and stars trying to light up our way. The first glimpse of the aid station lights around the river bend was a real boost to flagging spirits. I was still pushing hard for the sub-24 hour performance and time of day leaving Ruck-A-Chucky was most important to this goal. Just 150 metres from Ruck-A-Chucky I passed Pete and nearly fell over with surprise. He should have been at least an hour ahead of me (i.e. through Ruck-A-Chucky in daylight - a situation we knew that one could walk the remaining distance and still achieve a sub-24). Pete related his sorry tale of a touch of heat stroke had finally got to him between #2 and #3 and made him sick. He was already a few lbs down and his sickness pushed him to 7-8lbs down. Consequently, the medical people forced him to rest for 3 hours at Ruck-A-Chucky. I felt so sorry for him because I knew how I would feel in the same circumstances. If it was touch and go for me, I knew he had lost his chance at the sub-24. I just hoped he would be able to carry on later and finish within the 30 hour cut-off.

I spent some time at Ruck-A-Chucky trying to fuel-up to gain energy. I was only 11lb down so my energy conversion had been stuffed-up by the previous hot day. I launched myself at the river and was thankful the flow had been throttled back by the dam upstream. I would have drowned if the level was the same as during our training run crossing. A large group of dedicated volunteers was standing waist-deep in the water, holding the guide rope rigid for me and shining powerful torches down into the water so I could step from large rock to rock. By this method, I never went deeper than mid-thighs (neck high for Ross Shilston). The volunteers never touched or assisted me directly but the rigid rope and their encouragement saw me across safely. I thanked them all profusely and marvelled at their dedication by standing in the water - I wandered for how long at a time.

More food and my first coffee on the other side, a quick word to Edith as she passed me and I set off reluctantly up the steep hill out of Ruck-A-Chucky. With only about 25 minutes up, I had to keep pushing. Walking uphill in the pale moonlight should have been pleasant, but it wasn't. Green Gate Aid Station was achieved, which signalled more downhill and flat to undulating conditions ahead. The long haul to Auburn Lake Trails was characterised not so much by other runners but by their bobbing flashlights in the distance as the trail snaked its way in and out of gullies and ravines. A helicopter overhead must have seen some strange patterns of dancing lights on the ground below. Energy levels continued to fluctuate and by Auburn Lake Trails, I was only 10-15 minutes up. With 15 miles still to go, I didn't see how I could finish under 24 hours because I was not maintaining the required minimum pace. It was at this aid station that I received my first (and only) serious questioning by a medical person - I must have looked dodgy, despite my weight coming back to aim. I pressed on, determined to fight it out to the finish, although desperately wanting to ease up to reduce the pain and fatigue.

You heard Brown's Bar Creek Aid Station long before you could see it. They had the loudest music system of all and were playing really funky music to try and motivate us competitors. Things were looking up, I had actually picked up 5 minutes (I don't know how) and they had potato soup - my favourite. After several cups, I departed with renewed vigour. The night was mild to warm so running, when you could do it, was nice. My running versus walking ratio slowly increased until the (seemingly) massive climb

up to Highway 49. I had pulled back another 5 minutes but it felt like it should have been 30.

A quick feed, over the highway and I started to get the distant smell of the finish line. Over confidence nearly brought me down during a couple of stumbles going too fast downhill. I survived but got shaken up in my tired state.

The sound of traffic was uncharacteristically welcome - No Hands Bridge wasn't too far away. No one was passing me now and I would occasionally pass others. If this was a second wind, I wasn't going to let it dissipate.

At No Hands, it was just 3 1/2 miles to go. What an incredible feeling. A quick bite of fruit and off into the blackness to eventually meet the last long stiff uphill climb to Auburn. I needed a power bar in this section because I hadn't been eating enough to sustain my energy and other competitors were beginning to catch up to me. The power bar gave the necessary power boost to have me sailing (metaphorically) up the hill. No need to stop at Robie Point (a minor aid station), I was now on bitumen that led all the way to Placer High School and the finish.

The last mile was relatively fast. A great feeling welled up in me upon reaching the entrance to the athletic track at Placer High School. Just 300 metres to go. I covered that last 300 metres as though I was doing training repetitions and crossed the line elated in high emotion in 23:31.

Hearty congratulations from Race Director Norman Klein topped off a great event. A quick medical check saw me finish the run 11lb up so weight was never a problem for me. Edith and Fred were there also, with Edith having now finished 2 Western States under 24 hours and Fred having again amazingly run under 20 hours. What a great talent this pair have.

A quick rub down by a couple of gorgeous masseuses, a couple of bottles of mineral water and my recovery was complete. Due to my rigorous training regimen, my legs were in great shape despite 23,000 feet of downhill. Many hobbling finishers bore testimony to inadequate training.

Dawn broke, 24 hours passed and no sign of Pete. I spent the next 5 hours anxiously hoping he would still come through and finish before the 30 hour cut-off. I didn't dare go and shower in case I missed him and I didn't know whether to go back down the trail to encourage him or not. I was able to determine from race communications that he had gone on from Ruck-A-Chucky and had been sighted at Auburn Lake Trails. I kept my fingers and legs crossed as long as they didn't cramp-up on me.

With less than 1 hour to go I was becoming increasingly anxious. Then down the hill came Peter with his pacer. I was so relieved, Pete wasn't moving too fast but was able to manage a jog for the final 300 metres. I was so glad, even though I knew Peter would be disappointed at not achieving a sub 24 - it was still better than not finishing at all.

I have nothing but praise for the small army of volunteer helpers. We were made to feel like kings and queens at aid stations, so much encouragement was freely given and it was sorely needed many times. Assistance with getting food and fluids at all aid stations was just superb. Thank you Western States helpers and organisers.

Hey Pete! I've just worked it all out. I reckon you took a dive in the race because you knew your wife wouldn't let you go back again for such a great holiday if you had run under 24 hours. If you hadn't have finished at all, she would have called you a wimp. So you did the smart thing and ran 29:25 so she would want you to go back next year and finish the job off. Good one Pete - you may fool Annette but you can't fool me.....

DATE: 30TH JUNE TO 1ST JULY 1990. APPROXIMATELY 360 STARTERS

Western States Endurance Run finishers

1. Tom Johnson.....16:38:52	53. Marc Reynolds.....23:25:07	105. Thomas Bugliosi.....26:50:12	158. Don Choi.....28:41:24
2. Dave Scott.....17:14:23	54. Odin Christensen.....23:25:23	106. Steve Schiller.....26:50:48	159. John Swanson.....28:41:30
3. Tim Twietmeyer.....17:26:13	55. Robert Brokke.....23:26:26	106. John Spomer.....26:50:48	160. Robert Dayton.....28:41:37
4. Raymond Scannell.....17:27:31	56. Edith Bogenhuber.....23:27:12	108. Jim Heard.....26:52:36	161. Jerry Agin.....28:42:46
5. Sean Crom.....17:57:51	57. Chuck Mather.....23:27:14	109. Beth Matteson.....26:55:04	162. Gary Sharifi.....28:44:27
6. Jim Gensichen.....18:02:51	58. Charles Savage.....23:27:29	110. Orin Dahl.....26:55:58	163. Samuel Branch.....28:44:49
7. Jussi Hamalainen.....18:18:26	59. Michael McKenna.....23:28:02	111. Michael Murphy.....26:57:22	164. Judy Palmer.....28:47:13
8. Bill Finkbeiner.....18:22:06	60. Geoff Hook.....23:31:36	112. Ken "Cowman" Shirk.....26:58:09	165. Karen Ide.....28:47:25
9. Ann Trason.....18:33:02	61. David Kristensen.....23:33:43	113. Steve Varga.....26:59:19	166. Joan Mork.....28:48:43
10. John Coffey.....18:54:35	62. Doug McKeever.....23:35:02	114. Charles Rombough.....27:01:27	167. Martin Hillyer.....28:49:17
11. Bernd Leupold.....19:30:16	63. Pat Whyte.....23:35:48	115. Richard Laine.....27:02:34	168. David Chamberlain.....28:50:20
12. Rick Spady.....19:41:13	64. Roy Haley.....23:36:08	116. Gordon Dugan.....27:02:58	169. Jan Kahdeman.....28:51:04
13. Steve Mahieu.....19:51:54	65. Richard Shields.....23:38:48	117. Paul Jeffers.....27:05:48	170. Geoffrey Kurland.....28:51:06
14. Alfred Bogenhuber.....19:54:54	66. Eugene Trahern.....23:39:49	118. Burgess Harmer.....27:07:20	171. Eugene Kavanagh.....28:51:23
15. Kevin McCarey.....20:13:11	67. Nick Bassett.....23:40:48	119. Jeffrey Hinte.....27:12:45	172. Ken Burge.....28:53:45
16. Don Aycock.....20:32:18	68. Donald Hunt.....23:44:38	120. Steven Silver.....27:15:30	173. Laurie Staton.....28:55:33
17. Joe Schlereth.....20:55:31	69. Judy Milkie-West.....23:44:51	121. Dick Collins.....27:20:21	174. Antonio Rossmann.....28:57:35
18. Bruce Von Borstel.....21:10:55	70. Bjorg Austrheim-Smith.....23:48:00	122. Pete Schoener.....27:21:25	175. Brendan Spratt.....29:01:40
19. Ted Adamski.....21:13:03	71. Shelley Dunlap.....23:48:25	123. Richard Traiser.....27:22:48	176. Geoff Miller.....29:02:05
20. David Stevenson.....21:13:03	72. Bill Carlson.....23:49:54	124. Russ Spilde.....27:23:09	177. Peter Artz.....29:04:25
21. John Demorest.....21:24:24	73. Ed Humphrey.....23:50:33	125. Irvin Nielsen.....27:27:07	178. Robert Tuller.....29:06:17
22. Ignace Matthys.....21:33:37	74. Frank Gerard.....23:52:26	126. Eb Engelmann.....27:28:57	179. Patrick Lowe.....29:07:33
23. Robert DeVelice.....21:50:43	75. Robert Thomas.....23:52:50	127. Karsten Solheim.....27:36:16	180. Dong Ngo.....29:09:23
24. Lynn O'Malley.....21:53:57	76. Martyn Greaves.....23:54:00	128. Jim Miller.....27:37:35	181. Ed Stadum.....29:12:39
25. Dennis Herr.....21:54:05	77. Timothy Murphy.....24:09:28	129. Larry Carroll.....27:43:43	182. Chuck Haraway.....29:21:57
26. Toni Belavustegul.....22:10:22	78. Michael Martin.....24:23:55	130. Jeff Mailloux.....27:44:43	183. Richard Buck.....29:22:15
27. Michael Nolan.....22:12:24	79. Dale Garland.....24:25:17	131. Frank Sievenpiper.....27:44:57	184. Steve Shopoff.....29:22:51
28. Eric Clifton.....22:13:32	80. Diane Eastman.....24:41:54	132. Dennis Werth.....27:45:16	185. Stuart White.....29:23:48
29. Michael Hernandez.....22:15:21	81. Robert Livingston.....25:12:33	133. Dave Lang.....27:46:16	186. Peter Armistead.....29:25:14
30. Fred Zalokar.....22:16:13	82. P. Chris Hart.....25:21:53	134. Brad Norris.....27:49:06	187. Ron Behrmann.....29:26:03
31. Randy Stillman.....22:21:05	83. Martin Fatzer.....25:32:51	135. Ryoichi Morita.....27:52:28	188. Vivian Terwilliger.....29:27:09
32. Gary Hilliard.....22:26:16	84. Glenn Olszewski.....25:33:47	136. Doug Arnold.....27:53:00	189. Daniel O'Flaherty.....29:30:58
33. Robert Stavig.....22:28:52	85. Michael Sandlin.....25:39:58	137. Melinda Creel.....27:53:30	190. Helga Lahoud.....29:33:27
34. Rae Clark.....22:29:30	86. Kyle Meintzer.....25:47:51	138. James Gustafson.....27:58:38	191. Ed Williams.....29:33:35
35. Jim Pellon.....22:29:59	87. Will Uher.....25:56:34	139. Diane McNamara.....28:00:54	191. Kitty Williams.....29:33:35
35. Tom Green.....22:29:59	88. Keith Henriques.....26:01:10	140. Joe Hernandez.....28:04:44	193. Joel Whitaker.....29:35:02
37. Gordon Hardman.....22:35:05	89. Jody Jeppson.....26:07:34	141. Jerzy Gorski.....28:05:22	194. Robert Adjemian.....29:35:30
38. Shelby Hayden-Clifton.....22:35:15	90. Thomas Knutson.....26:10:30	142. John Klingman.....28:05:35	195. Brian Kessler.....29:35:44
39. Marshall Ulrich.....22:36:25	91. Tom Bunk.....26:14:07	142. Gary Goulet.....28:05:35	196. Darrell Schlee.....29:37:22
40. Richard Gates.....22:50:18	92. Wm. A. Bigelow.....26:16:34	144. Jeff Buck.....28:14:48	197. Paula Beard.....29:38:08
41. Martha Cedersstrom.....22:53:56	93. Al Hill.....26:19:23	145. Greg Peck.....28:15:51	198. Miles Paul.....29:39:05
42. Raymond Villeneuve.....23:10:05	94. Eddie Harrison.....26:19:50	146. Steve Bartis.....28:29:52	199. Cliff Young.....29:40:25
43. Robert Baska.....23:13:16	95. Ruben Alarcon.....26:21:13	147. George Hall.....28:21:41	200. Alan Bradley.....29:40:56
44. David Hudson.....23:17:12	96. Wayne Bohlman.....26:21:43	148. Dennis Scott.....28:23:27	201. Judy Milgram.....29:41:38
45. Douglas Latimer.....23:18:47	97. Ty Russell.....26:24:04	149. Ken Okubo.....28:23:36	202. Carol Swaney.....29:43:13
46. R. Bryon Frenyea.....23:19:40	98. Bogdan Ambrozewicz.....26:30:19	150. Howard Klein.....28:27:18	203. Tim Lang.....29:44:54
47. John Lahoud.....23:21:22	99. Rollin Stanton.....26:30:28	151. Larry Simonson.....28:34:44	204. Ralph Goldstein.....29:47:26
48. Michael Degner.....23:21:31	100. Kathy D'Onofrio-Wood.....26:33:11	152. David Selzer.....28:35:23	205. Jim Braden.....29:47:34
49. Linda Elam.....23:21:42	101. Chuck Eidenschink.....26:36:28	153. Daniel Bowers.....28:37:45	206. Bill Matella.....29:49:59
50. Mike Pelechaty.....23:23:17	102. Larry Mabry.....26:37:07	154. Eldrith Gosney.....28:37:47	207. Gloria Takagishi.....29:50:32
51. Ed Masters.....23:23:48	103. Robert Barker.....26:43:22	155. Fred Nagelschmidt.....28:38:24	208. Sharlene Kelley.....29:52:44
52. Joseph Braininburg.....23:25:05	104. Tony Credico.....26:48:59	156. Barbara Cesal.....28:38:54	
		157. Meg Slavin.....28:39:57	



It's amazing that smiles could be arranged. About 15 minutes before race start. From left to right: Geoff Hook, Edith Bogenhuber, Fred Bogenhuber and Peter Armistead.

NEWSPAPER REPORTS OF THE WESTERN STATES - _100 MILE TRAIL RUN

PAGE B-2—AUBURN JOURNAL—Monday, July 2, 1990



Journal photo by Robert Downing

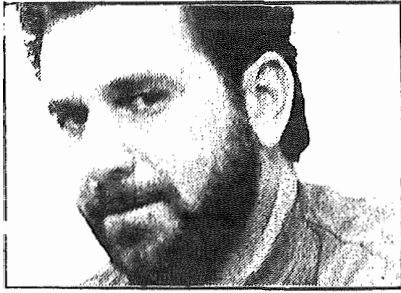
Tom Johnson, the 1990 Western States champion, runs along a dirt trail equipped with two water bottles.

Sunday, July 1, 1990—AUBURN JOURNAL—PAGE D-3



Journal photo by Robert Downing

At top, Ann Trason, the defending women's champion, was running in top form again on Saturday.



JEFFREY WEIDEL

Western States foot patrol

How are your feet? No doubt they are in better shape than an estimated 375 individuals who set out for Auburn early Saturday morning.

No one's feet actually go unscathed traveling the rugged Western States Endurance Run course, which covers 100 miles of rough terrain from Squaw Valley to Auburn's Placer High School.

Those dogs should earn combat pay for the abuse they put up with, no doubt unwilling participants in the quest of their ultra marathon owner. Not even extreme precautionary measures can ward off the inevitable — aching feet. Everyone gets them, from the first person to cross the finish line on Saturday evening to the stragglers who walk in Sunday morning.

"Everyone has a foot problem somewhere along the way," said Dennis Grandy, a man who knows a little something about sore feet. "Even the top 10 runners have their problems."

Grandy is the unofficial "foot doctor" for Western States. A practicing podiatrist in Auburn and Sacramento, Grandy donates his time each summer to the race. An occasional ultra runner himself, Dr. Grandy understands the problem from a medical and participant's point of view.

"I only do this once a year, but I get a lot of satisfaction out of it," Grandy said. "I'm just glad to be helping out. If I had more spare time, I would like to be running Western States myself. Some day I will."

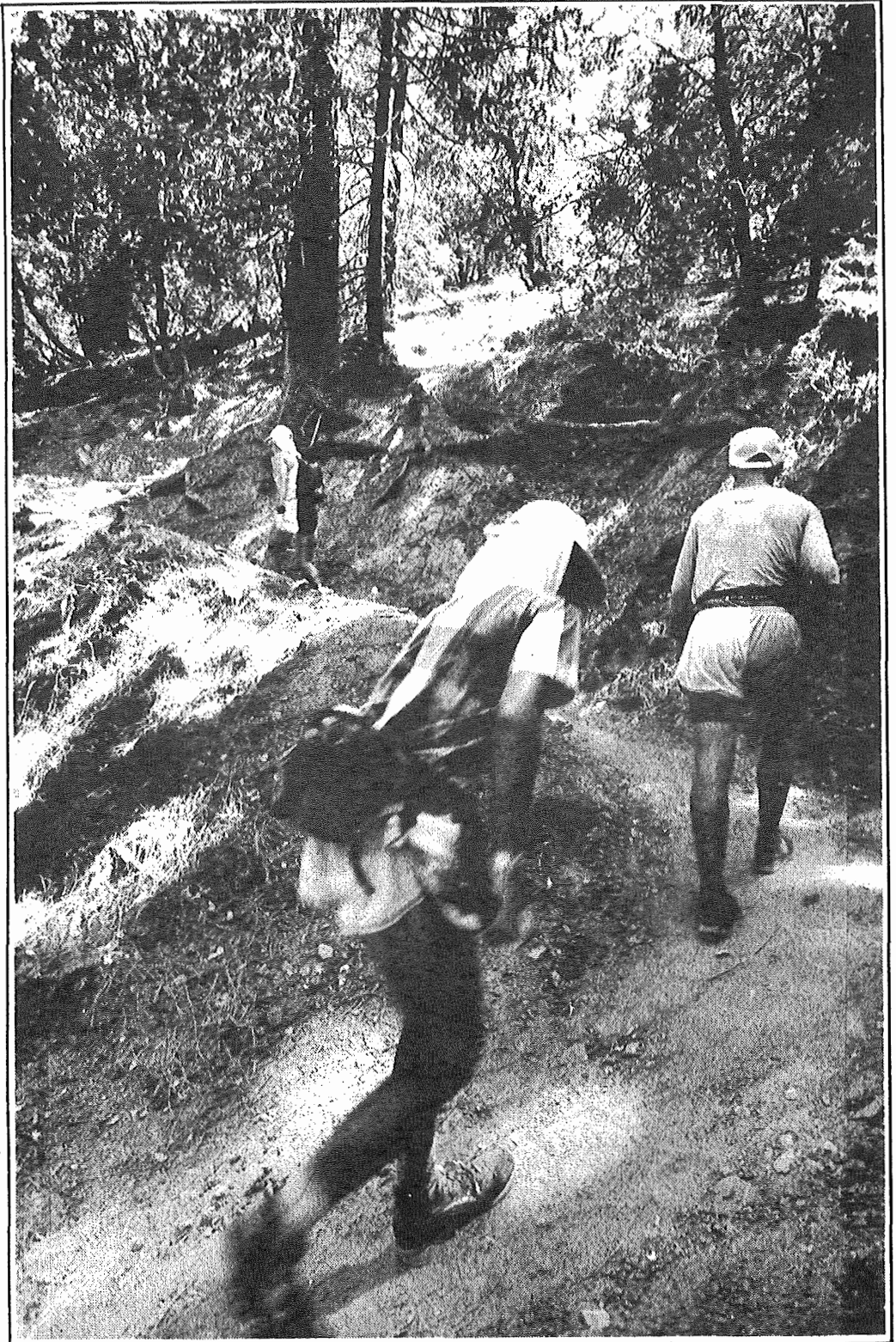
For now, Grandy is content setting up his legion of foot

doctors. For the second straight year he enlisted the help of 10 podiatrists, plus 40 students from his alma mater, the California College of Podiatric Medicine, to provide care for the runners.

At 10 of the 26 race checkpoints a team of five people were on hand for assistance. A cool drink and a little food are often less welcome sites than one of Grandy's people.

Traveling the frequently rocky course, with its 17,000 feet of ascent, plus 21,000 feet of descent, can leave some runners screaming for relief from their painful feet. Grandy has seen it all in his six years at Western States. Blisters the size of silver dollars aren't uncommon. And painful blister has stopped many a runner from reaching Auburn.

However, the majority of runners manage to push through



RUNNERS inch their way up the steep serpentine near Devil's Thumb. Mountain Democrat — Placerville, CA. Monday, July 2, 1990

the pain. Grandy remembers one runner a few years back covering the final 80 miles with a sprained ankle.

"The pain threshold of these people is very high," Grandy said. "They just keep going, no matter how bad it hurts."

As usual, Grandy was quite busy on Saturday, checking in and out of various medical spots during the day. Later in the evening he could be found at the

finishline, making sure everything was ready for the incoming wounded.

He manages to catch a little sleep each year, camping at the football field at Placer. He doesn't sleep for long, realizing that the most crucial part of his foot team's work is at the finish.

"Sunday morning is our busiest time," he said. "That's the time most people need a lot of help."

Grandy's quite proud of his work at Western States and rightfully so. He feels the other five 100-milers in the United States offer little in the way of foot care. It's a problem he would like to rectify.

"I've been pretty successful here," Grandy said. "I would like this to be a model across the country."

A good foot doctor is a prized commodity at Western States. Just ask any runner.

Runners fight sweltering heat — and win

FORESTHILL — It didn't seem to matter that they had survived 62 grueling miles of rough terrain through the blazing heat.

Displaying their supreme conditioning, the first Western States runners to pass through the Foresthill aid station late Saturday afternoon looked more confident than exhausted or spent.

With a throng of onlookers and support crews cheering their approval, the ultra runners wore smiles on their faces, the lilt in their paces still strong and sure. Thirty-eight miles to go? No problem.

"The ones we've seen so far, considering

the heat, are in amazingly good shape," said Dr. Robert Lind, the race's chief medical advisor. "The heat is taking its toll, even early in the race. This is I'd say one of the hotter (races), or medium hot."

The weather averaged in the low 90s throughout the early portions of the course, warmer than the previous two years. By 5 p.m., 48 runners had reportedly dropped out of the race, succumbing to fatigue and the heat, especially through the merciless canyons.

According to Lind, who has worked all 14 Western States runs, the heat radiating off the granite in the canyon reaches an unbearable 120 degrees.

"That's what you're really running in," he said.

Nevertheless, the hot weather appeared to have minimal effects on the runners arriving at Foresthill, where no one had dropped out.

The runners compensated for the heat with a slower pace, more than 30 minutes behind last year's.

"They're feeling it," said Terry Nephew, a pacer awaiting runner Joe Schlereth. "They're running more conservatively this year."

With the heat comes the need for a larger quantity of liquids. One runner, during his weigh-in said he drank three bottles of water from Michigan Bluff to Foresthill, a 6.3-mile stretch.

Volunteer medical staff weighed all run-

ners, checking for signs of dehydration. When a runner loses more than three percent of his body weight, the medical staff has the runner drink liquids until his weight reaches a safe level for him to continue.

According to Lind, every one-percent decrease in body weight diminishes a runner's performance by two percent.

"We look at all of them," said Lind. "We help keep their body weight level. That's the best thing for the runners."

Runners were also able to receive relief for their aching feet. Sunset Podiatry of Rocklin had a station set up with two tables to treat all foot ailments, such as blisters, loose toe nails and pain from perpetual pounding.

"Ninety-nine percent of what we do are blisters and skin problems," said Dr. Doug Hight. "They all pretty much know what they need when they get here."

One runner, Dennis Herr of Vir-

ginia, rested on a table as Hight's assistants bandaged his feet.

"My feet are a little sore," said Herr, running his second Western States. "I'm just nipping it in the bud."

The podiatry service was a God-send to John Demorest, another runner with blistered feet.

"These guys are great. I'm glad you guys are here," said Demorest, a renewed man.

Just as gratifying to the runners was the sizable fare of food and drink available for them to ingest on the run or while they rest.

The Foresthill table was filled with pretzels, cookies, crackers, M&M's, fruit and peanut butter and jelly sandwiches. Even chicken soup, mainly on hand for runners arriving during the cool evening. The beverage of choice was Exceed, a nutrient drink.

Crew members and pacers met their runners and supplied them with whatever they needed, from water and food to a new pair of socks, preparing them for the long, hot road and darkness that

lay ahead.

"The worst is over," said Herr. "It's still going to be hot going down to the river."

Then, bandaged to endure more punishment, Herr surges on to Foresthill Road, down a side street and out of sight. Once again, he's alone in the heat.

By David Kull
Journal Sports Writer

—AUBURN JOURNAL—Sunday, July 1.





DAVID KULL

Western States in retrospect

The sight at Placer High School on Sunday afternoon resembled a scene from a convalescent hospital rather than an awards' ceremony.

One by one, Norm Klein, race director of the Western States Endurance Run, called the runners to a table to present them with either a silver or a brass belt buckle for finishing the 100-mile run.

But most could barely walk. Like elderly men and women with painfully arthritic legs, the ultra-marathon runners walked gingerly to the front table on bruised and blistered feet following what was for most 24 hours of torture.

Robert Barker had more trouble than most. The local runner, who completed the race in more than 26 hours, required the support of crutches.

He described his feet as being tenderized slabs of meat. Sort of like ground beef pounded into hamburger patties.

Nevertheless, he made it the full 100 miles on his first try.

I don't know about you, but I can't imagine running 100 miles. I don't even like driving that far. That's the distance from Auburn to Reno, a two-hour drive.

No matter how crazy running 100 miles sounds, you have to admire those who ran this weekend. The 208 runners who finished the race, and even the other 150 who didn't, dared to test their limits.

Just think of where we would be without courageous people like that. Flying was once considered impossible for humans. Now we have airplanes. We couldn't possibly talk to people hundreds of miles away. So now we have telephones. We couldn't touch the moon. Now there are space shuttles.

Men and women stepped beyond the bounds of human reason to accomplish the seemingly impossible. Because of these dynamic people, modern society continues to progress instead of stagnating.

By the same token, ultra-marathon runners exert themselves to see how far the body and mind can carry them. They are trailblazers, setting a course for the frontier of human capability and potential.

The course was too much for many. The aid stations along the Western States course rang up the numbers of those who dropped out, the physical and mental torment too great for them to bear any longer.

Even the experienced ultra-runners were vulnerable to

the relentless heat, the rough terrain and the overwhelming distance. Herb Tanzer, the Western States champion in 1987, pulled out at Robinson Flat, 30 miles into the race.

There is little material reward for Western States finishers. No cash prizes. No luxurious trips to Hawaii. Just a simple belt buckle. Silver for completing it in under 24 hours, brass for under 30.

But the belt buckle holds special significance for the runners. It symbolizes an immense accomplishment, conquering an endeavor few will try and even fewer will ever complete.

It's also proof of the "you can do it if you try" mentality. It shows that all common people are capable of great things.

I'm further reminded of Barker and his crutches. Despite excruciating pain in his feet, he somehow managed to propel his body to the finish line. He wasn't going to settle for less.

"I'll tell you, it's the hardest thing you can imagine," he said. "You just don't know unless you try it. I ran for 10 hours with my feet burning like coals. But the only thing to do was to keep going. If you have to literally crawl in, crawl in."

Barker, and the other Western States runners, are an inspiration. We all need to push ourselves more in another grueling race. One called life.

AUBURN JOURNAL—Tuesday, July 3, 1990



The infamous river crossing Ruck-A-Chucky. The rapids can be seen to the right of the picture.

S. AUSTRALIAN VETERANS 50 MILE TRACK RACE
SALISBURY ATHLETICS TRACK - SUNDAY 15.7.90

RECORD SMASHED IN MAGNIFICENT TIME.

*It was the best of days,
It was the worst of days,
It was a day of triumph,
It was a day of anguish,
It was the spring of hope,
It was the winter of despair,
(In fact it was another one of those days of ultra running)*

BUT 5 hours 27 mins. 24.5 secs MADE IN EXTRAORDINARY.

Thirteen intrepid souls out of fifteen entrants faced the starting pistol of Don Parker on a brisk morning here at the Salisbury Athletic Track. Only three of them were eventually to complete the distance of 50 miles. But for one of them at least a hunger was going to be satisfied.

Carl Barker from Coogee, in winning the race, smashed the Australian 50 Mile Track Record by a massive **8 MINUTES AND 8 SECONDS**.

David Standeven, despite being physically ill during the later part of the race, came second. He was a little more than one and a half minutes outside his best time with which he won this event last year.

Murray Cox in coming third, knocked 1 hour 16 minutes off his personal best and ran the last two or three miles as if he was just starting - He was on a high!

Ross Martin came fourth, a thousand yards or so off the 50 mile mark - Ross had introduced David Scott to the distance and had nurtured him along staying with him until the last hour before leaving him, but maybe a little too late, jeopardising his chance to complete the distance - David was gritting his teeth and was still there in sixth place at the finish, just a little short of 49 miles. His longest distance prior to this was the marathon.

Max Grigoul, also shepherded two first timers around the track. Sam and Joe Schinella had never run in a marathon, let alone an ultra before to-day. So they had a baptism of fire and gave a good account of themselves. Joe dropped behind a bit, but still covered over 44 miles for tenth place. Sam came eighth, just a few yards short of 48 miles, with Max striding out at the end for seventh place, with a little over 48 miles.

With 49 miles 519 yards, Sue Worley was fifth overall and first female. She ran on to complete the 50 mile, but unfortunately, as she was outside the time, the Femal Trophy was withheld for the second year in succession.

Helen Barnes, who was so close last year to taking out the trophy didn't quite run up to expectation this year, but still covered over 44 miles for ninth place. It may be that Helen is doing a bit too much long distance lately. However, she has a lot of experience now and knows her own limitations.

Sue Bardy, never expected to complete the distance and wanted to know how far she could cover in 9 hours. Well she covered a respectable 36 miles. The furthest she has ever gone and looked relatively relaxed for most of the time - Where to from here Sue?

With slightly less than 4½ hours gone, Tony McCool and John Moyle called it a day, both of them with leg problems - Tony had high hopes for a successful run and was looking good, but after going through the marathon in 3.07.25 he was obviously in trouble. After a massage under the skilful hands of Jack Webber, Tony carried on, but decided to call it quits after reaching 50k.

John Moyle, running in joint third place for the first 10 mile, started dropping off the pace. By the 20 mile mark, John, who has run thousands of miles for charity on the road was having difficulty adjusting to track. A leg injury didn't make it any easier and after a massage decided to give it away at the marathon distance.

What can be said about Barkers run!! it was excellent, but for a slight hiccup between the thirty and forty mile mark, the AUSTRALASIAN title might also have been his, as it was he also collected the 40 MILE RECORD. just in passing.

He was watered and fed by Steve Dunn, no mean ultra runner himself and who in fact won this event in 1988, and watched over by Rudi Kinshoffer who ensured that every single lap was recorded - Rudi is a 200k plus ultra runner, so Carl was in good hands and his result was worth the effort. Two other South Australian ultra runners, Roger Stuart and Graham Stenner (another Sydney to Melbourne runner) were nursing injuries, but nevertheless spent the entire day helping the masochists on the track - Thanks a lot guys.

Thanks to all others who gave up their Sunday to help. I have to single out for special thanks Max Barnes, who always makes his time and equipment available to us. Thanks Max. And thanks also to Don Parker without whose knowledge and experience of athletics and his workload this event would not be the success that it was, and lastly, the long suffering wives Marlene Parker and Maire Docherty whose tolerance levels must be tested to the limits.

It is hoped that this event will be held next year at the same venue "Salisbury Athletic Track" on Sunday 14th July, 1991. Hope to see all you aspiring record breakers there !!!

ANDY DOCHERTY,
RACE DIRECTOR,

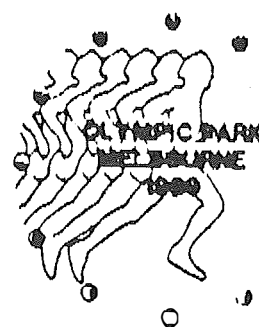
SOUTH AUSTRALIAN VETERANS 50 MILE TRACK RACE 15.7.90

	AGE	10 MILE	20 MILE	MARATHON	30 MILE	50K	40 MILE	50 MILE
CARL BARKER	34		1. 01 00		1. 02 30		1. 10 31	1. 12 30
		1. 00 53	2. 01 53	2. 40 06	3. 04 23	3. 11 28	4. 14 54	5.27 24 5
DAVID STANDEVEN	38		1. 06 23		1. 06 35		1. 23 20	1. 17 09
		1. 06 27	2. 12.50	2. 54 16	3. 19 25	3. 27 48	4. 42 45	5. 59 54
MURRAY COX	44		1. 20 39		1. 22 42		1. 33 37	1. 54 06
		1. 19 39	2. 40 18	3. 31 49	4. 03 00	4. 11 21	5. 36 37	7. 30 43
ROSS MARTIN	60		1. 33 22		2. 10 54		2. 4 14	
		1. 27 58	3. 01 20	4. 11 13	5. 12 14	5. 26 05	7. 16 28	49m658yds
SUE WORLEY	42		1. 49 30		1. 54 41		1. 55 51	
		1. 38 20	3. 27 50	4. 38 05	5. 22 31	5. 35 25	7. 18 22	49m519yds
DAVID SCOTT	51		1. 33 22		2. 10 54		2. 04 04	
		1. 27 58	3. 01 20	4. 11 13	5. 12 14	5. 26 05	7. 16 28	48m1754yd
MAX GRIGOUL	47		1. 36 57		1. 58 28		2. 11 15	
		1. 26 00	3. 02 57	4. 09 37	5. 01 25	5. 13 16	7. 12 40	48m384yds
SAM SCHINELLA	31		1. 36 39		1. 55 30		2. 11 18	
		1. 28 16	3. 05 55	4. 11 57	5. 01 25	5. 13 16	7. 12 43	47m1705yd
HELEN BARNES	40		1. 49 27		1. 57 06		2. 19 38	
		1. 39 53	3. 29 20	4. 42 00	5. 26 26	5. 39 33	7. 46 04	44m929yds
JOE SCHINELLA	32		1. 37 39		2. 20 40		2. 16 23	
		1. 28 16	3. 05 55	4. 19 35	5. 26 35	5. 41 00	7. 42 58	44m374yds
SUE BARDY	56		2. 29 12		2. 25 33			
		1. 59 38	4. 29 00	5. 53 02	6. 54 33	7. 15 31	36m 182yds	
TONY McCOOL	46		1. 11 50		1. 52 48			
		1. 08 39	2. 20 29	3. 07 25	4. 13 17	4. 21 28	31m1506yds	D.N.F.
JOHN MOYLE			1. 57 19					
		1. 19 39	3. 17 58	4. 29 46	27m1547yds	D.N.F.		



TOTO'S

We Were the First, We Shall Remain the Best



"ONE DAY IN THE LIFE"

The 4th & 5th of August proved to be a very successful and exciting challenge in the second International 24 hour Footrace at Olympic Park in Melbourne where runners from all over Australia and five International athletes took part.

I would like to personally thank all the runners for their remarkable efforts and congratulate them all for their achievements especially if they broke personal bests. Olympic Park is most certainly an amazing track to run on and I'm sure you would all agree how magnificent it was to have the Worlds Greatest Runner - YIANNIS KOUROS partake in the event. To witness this man break the World 200km record and then to see him only 2.8 kms off the World 24 Hour Record our hearts were all in our mouths as he completed the event without so much as a limp! Congratulations Yiannis you are indeed a marvel to watch. Although Yiannis has run 200 kms in 15:11:10 this was unofficial so he therefore broke Don Ritchies record by almost 40 minutes in a new official time of 15:51:39.

Other great performances were that of John Breits (VIC) who finished in 2nd place overall without ever going below 5th position and running a personal best of 238.469kms. David Standeven (SA) and Owen Tolliday (QLD) battled it out for 3rd and 4th place and only finished one lap apart after the whole 24 hours! It's incredible when you can imagine these races to be so close. Congratulations to you both. All three of these athletes are travelling to Minnesota in October so this has indeed been a great way to warm up for the World Cup 100km Championships. Well done. Would you believe only 3.1kms separated all three at the twenty four hour mark? Amazing! Fifth place went to a truly lovely French gentleman Max Courtillon. What a result this was having completed 217.3kms at the age of 65 years. It was most certainly a privilege to have this man in our event and we congratulate him for his effort. We trust he enjoyed his stay in the land Down Under thanks to the patronage of Jacques Gaillard (VIC) and his wife. Only 158 meters behind Max was Victorian Brickley Hepburn who also ran the race of his life with a personal best of 217.222kms. So very close! Congratulations Brickley a top effort indeed! And yet another pb went to the runner in 7th place Murray Cox (SA) who ran a distance of 208.330kms. In eighth place a first time 24 hour runner Joe Skrobalak completed 192.922kms. We look forward to watching all of these athletes in their next event as it seems everyone is improving beyond expectations. It was a pleasure to watch you see how far you could all run in this one day of your life!

Dawn Parris (VIC) although displeased with her performance ran another great race to finish in 13th place overall and take out the womens section with 170.168kms. Congratulations Dawn and all the best in USA in October. We're all very proud of your achievements in the ultra scene. Keep it up. My thanks to the other two ladies who ran and did so well Wanda Foley with 149.3kms and Marilyn Tait with 143.8kms.

All in all I was very pleased with the way the race went and again I would like to make point of all the help from the Eastern School of Tactile Therapies students and graduates who without this race would not be where it is at. Many thanks must go to Dot Browne and Geoff Hook for their continued support and all members of AURA who helped in some shape or form. Although I don't have enough space to thank everyone I would like you all to know I truly appreciated all of your support and thankyou.

To Toto's and in particular Alfred Mazloum, again we can't thank you enough for your continued support in the small field of ultra running. Although you can help him in return by joining the Toto's Sports Club and give back a little of what he puts in. 63

TOJO'S INTERNATIONAL 24 HOUR CHALLENGE FINAL RESULTS

one day in the life how far can woman and man run in the cycle of the sun

OLYMPIC PARK- MELBOURNE

PLACE	COMPETITOR	MARATHON	50km	50ml	100km	150km	100ml	200km	150ml	250km	12 hr	24 hr
1	Y.KOUROS	2:51:42	3:24:58	5:40:29	7:09:54	11:11:30	12:06:25	*15:51:59	19:46:18	20:33:16	159.600	280.86
2	J.BREIT	3:09:41	3:48:46	6:37:21	8:33:09	14:12:35	*15:18:59	*19:41:35			120.800	238.46
3	D.STANDEVEN	3:03:56	3:59:56	6:15:58	10:18:48	15:13:11	16:11:29	20:13:26			117.200	235.74
4	O.TOLLIDAY	3:19:07	3:55:03	6:43:32	8:35:33	14:15:05	15:24:27	19:36:45			133.200	235.34
5	M.COURTILLON	3:48:08	4:31:36	7:24:14	9:18:51	14:42:46	16:01:48	21:20:54			125.600	217.38
6	B.HEPBURN	3:36:35	4:20:36	7:20:38	9:28:55	15:31:33	16:43:20	21:39:44			120.800	217.22
7	M.COX	3:58:50	5:44:29	8:00:27	10:10:40	16:26:55	17:40:29	*22:38:18			108.400	208.33
8	P.QUINN	3:42:47	4:27:36	7:35:04	*9:46:19	*16:56:04	*18:35:51	*23:39:09			*104.400	*201.70
9	J.SKROBALAK	3:37:03	4:23:20	7:44:18	10:03:57	*17:20:29	*19:17:42				103.600	192.92
10	B.BEAUCHAMP	3:53:55	4:41:35	8:08:18	10:45:37	17:51:59	19:44:09				109.200	186.31
11	C.YOUNG	3:33:23	5:02:44	8:35:49	10:54:19	18:34:00	20:09:34				*108.400	183.91
12	G.AUDLEY	3:54:15	4:44:06	8:51:58	11:27:27	20:27:21	22:07:48				102.800	173.37
13	D.PARRIS	4:07:18	5:09:52	8:45:38	11:04:41	20:34:51	22:31:14				104.800	170.16
14	G.WISHART	3:31:30	4:22:16	8:48:50	12:41:51	22:05:18	23:38:29				95.200	161.94
15	T.COX (S)	3:37:58	4:27:25	8:19:03	11:48:19	22:56:45					100.800	158.28
16	W.FOLEY	4:58:53	6:05:59	10:55:13	14:53:19						87.200	149.35
17	G.REGTIEN w/d	2:57:38	3:34:28	* 6:10:35	8:04:04						138.000	147.60
18	M.TAIT	5:32:50	6:41:06	12:16:52	15:30:59						78.400	143.81
19	P.GRAY	5:32:36	6:44:11	12:05:33	16:24:35						79.600	139.48
20	J.RECORD w/d	3:19:07	3:59:43	7:05:12	9:28:10						117.600	138.40
21	J.GAILLARD	4:49:33	5:52:24	11:26:54	*15:23:12						83.600	*138.16
22	J.PETERSEN	5:46:09	* 6:57:24	13:26:05	17:23:50						71.600	136.76
23	N.MERCER w/d	3:17:43	3:53:31	6:17:06	*7:57:37						120.000	120.00
24	T.COX (J)	3:40:04	4:49:00	11:24:37	21:53:57						83.200	109.07
25	B.BOYLE w/d	3:46:18	4:32:26	8:29:36	10:58:40						101.200	101.20
26	I.JAVES w/d	3:31:04	4:13:10	7:14:11	10:26:05						100.400	100.40
27	S.BADIC w/d	2:48:22									45.600	45.60
CODE	* PB w/d Withdrawn											

TOTOS INTERNATIONAL 24 HOUR CHALLENGE FINAL RESULTS

one day in the life how far can woman and man run in the cycle of the sun

HOURLY PLACING
OLYMPIC PARK- MELBOURNE

PLACING	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Kouros 1st	2	2	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	1
BREIT 2nd	16	16	2	23	23	23	23	18	18	18	23	23	23	5	5	5	5	5	5	29	29	5	5	
STANLEY 3rd	23	23	23	26	26	26	18	23	23	23	29	29	29	29	29	29	29	29	29	5	5	29	26	2
TODAY 4th	5	26	26	5	18	18	26	5	5	5	18	5	5	23	6	6	26	26	26	26	26	26	29	2
5th	26	5	5	18	5	5	5	26	29	29	5	6	6	6	23	26	6	6	5	6	6	6	6	6
6th	7	7	22	29	22	29	29	29	6	6	6	13	13	13	13	13	13	13	13	13	13	13	13	13
7th	22	22	18	22	29	22	22	22	22	22	13	18	26	26	26	23	9	9	9	9	9	9	9	9
8th	30	18	29	14	14	14	14	13	13	13	22	22	22	9	9	9	21	21	21	21	21	21	21	21
9th	31	29	7	30	13	13	13	6	26	21	26	26	21	21	22	21	23	24	24	24	24	24	24	24
10th	29	30	30	13	24	24	6	21	21	24	21	21	18	22	21	24	24	3	3	3	3	3	3	3
11th	18	8	31	8	21	6	24	24	14	9	24	24	9	24	24	22	3	23	31	31	31	31	31	31
12th	14	31	14	24	6	21	21	14	24	3	3	3	3	3	3	3	31	31	23	23	1	1	1	1
13th	8	14	8	21	8	4	4	9	9	26	9	31	24	31	31	31	22	22	19	1	19	19	19	19
14th	13	13	13	7	30	8	8	3	3	3	31	9	31	18	19	19	19	1	1	19	23	30	30	30
15th	21	24	24	4	4	3	3	8	4	4	14	19	19	19	1	1	1	19	22	22	30	23	8	8
16th	6	6	21	6	3	30	9	4	31	31	4	1	1	1	18	8	8	8	30	30	8	8	23	10
17th	3	3	4	3	9	9	19	19	8	19	19	4	8	8	8	18	30	30	8	8	22	22	10	23
18th	4	21	6	1	1	1	30	31	19	8	1	8	30	30	30	30	18	18	10	10	10	10	22	27
19th	24	4	1	31	7	19	31	30	30	1	8	14	4	4	4	10	10	10	18	27	27	27	27	12
20th	12	19	3	2	31	31	1	1	1	30	30	30	14	14	10	11	11	27	27	18	12	12	12	22
21st	1	1	19	9	19	7	7	7	7	7	10	10	10	10	14	4	27	11	11	11	11	11	11	11
22nd	11	9	9	19	11	11	11	11	11	11	7	7	11	11	11	14	12	12	12	12	18	20	20	20
23rd	19	11	11	11	2	10	10	10	10	10	11	11	7	27	27	27	4	27	20	20	20	18	18	18
24th	9	12	12	10	10	12	12	27	20	12	12	12	27	12	12	12	14	4	4	4	4	4	7	7
25th	10	10	10	12	12	27	27	20	12	27	27	27	12	7	20	20	20	14	14	14	14	7	4	4
26th	20	20	20	27	27	20	20	12	27	20	20	20	20	20	7	7	7	7	7	7	7	14	14	14
27th	27	27	27	20	20	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2

Trace your race number to follow your progression in the race.

50 KILOMETRES QUEENSLAND ROAD CHAMPIONSHIPS

TOOWOOMBA - 1.2 KM CIRCUIT - 19th AUGUST 1990

		D.O.B.	Marathon	50 km
1	McLEOD Col	3.1.36	2-49-04	3-24-58
2	BOASE Geoff	6.2.51	2-53-25	3-28-49
3	SOMMEPS Dave	22.11.57	2-59-35	3-43-48
4	MESALIC Asim	4.1.47	N.A.	4-24-39
5	LOEKEN Rene	25.12.55	3-59-25	4-42-33
6	WILLIAMS Geoff	25.3.51	3-52-35	4-50-33
7	NARAYAN Prinesh	17.5.70	4-21-13	DNF (44k)
8	MOLONEY Brian	15.3.49	3-53-32	DNF (42.8k)
Women				
1	WRIGHT Glenys	28.5.49	4-22-11	5-15-49
2	STREET Carol	15.8.41	4-37-52	5-30-00

5 HOUR FUN RUN

		D.O.B.	Marathon	50 km	Total Distance
1	MEDILL Graham	28.3.48	3-03-32	3-41-49	66.049 km
2	GUARD Roger	21.9.46	3-12-02	3-48-51	63.960
3	BURNS Bob	12.6.43	3-30-03	4-14-48	57.154
4	WALKER Graeme	9.4.48	3-46-04	4-46-30	51.835
5	AGOSTON Zigmond	29.4.48	3-55-30	4-49-20	51.811
5	JESS Harry	26.5.43	3-55-30	4-49-28	51.811
7	PHILLIPS Lindsay	17.9.65	3-34-52	4-52-40	51.200
8	CONNOLLY Denis	15.1.47	4-06-38	4-59-22	50.123
9	BRYANT Ron	27.01.56	4-02-48	4-54-35	50.000
9	DUNGLISON Sandra (F1)	22.5.49	4-06-20	4-55-36	50.000
9	GREEN John	31.12.41	3-54-55	4-40-14	50.000
12	MARCHETTI Raymond	2.3.50	4-13-40	--	49.034
13	HOLLERAN Dave	25.6.56	4-11-04	--	48.812
14	CHATTERTON Ray	30.12.48	4-11-24	--	47.733
15	GRANT Ron	15.2.43	4-21-53	--	47.600
15	SEWARD Sam	10.8.43	3-59-12	--	47.600
17	HEAP David	7.12.38	4-16-56	--	46.400
18	GREEN Ron	11.1.40	3-59-58	--	44.000
18	PASCOE Gavin	1.7.48	3-47-28	--	44.000
20	MORRIS Kevin	29.10.60	4-13-23	--	42.800
21	PETEPSEN John	19.7.16	5-27-20	--	42.195
22	DUNGLISON Ron	5.6.39	--	--	32.000

Toowoomba, on the ranges turned on its best weather for this event, with a warm, cloudless day and for the first day in many - no westerly wind. The 1.2 km circuit around the university grounds proved ideal for the first ultra distance event held in Toowoomba. The local road runners club were strong supporters of the event, not only in competitors but also helpers. The outstanding runner of the day had to be Col McLeod, who at the age of 54 has set a new Queensland record for 50 kilometres on the road. Col, in fact, set a new PB for the marathon at the age of 50 and a new PB for the half marathon last year. Col is from Toowoomba, as is Graham Medill, who won the 5 Hour Fun Run. Geoff Boase from Buderim came second in the 50 k, with Caboolture runner Dave Sommers third. Roger Guard of Toowoomba came second in the fun run, and ran the whole distance bare footed, as he does in all his events. He then caused much amusement by putting running shoes on for the presentation ceremony. Bob Burns, the Australian 48 Hour Championship winner this year came in third. More ladies started in the event than is recorded, as two withdrew. Glenys Wright put in a brave run to win the 50 k event, as she has a chronic knee problem, and Carol Street, was more than happy with her performance as this was her first ultra, with the half marathon being her previous longest event. Sandra Dunglison was the only lady remaining at the end of the fun run. Ages ranged from 20 year old

66. Prinesh Narayan to 74 year old John Petersen. It was pleasing to see so many new competitors trying their first ultra as well as seasoned veterans.

D M Grant

RACE ADVERTISEMENTS

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ROYAL NATIONAL PARK ULTRAMARATHON UPDATE

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Preparations for this new event, to be held on Saturday, October 20th, are proceeding exceptionally well.

Although the organisers, The Billy's Bushies, are generally known as a motley bunch of runners, they certainly do know how to put on an event, as has been proved by their very successful staging of the Royal National Park Triathlon for the last eight years.

With the triathlon being the best of its kind in NSW, and the park being such an excellent venue for a run, this group of athletes decided to stage this ultramarathon in the park.

The event is proudly supported by the St George Building Society, which allowed the organisers to provide a good pool of prize money, which in turn has assured a quality field for the event.

With the event still twelve weeks away, entries are coming in at a fast rate, with the possibility of the event being closed to entries prior to the official close-off date if the numbers get too great.

To date a number of ultra running's big guns have already entered. Among them: Bob Telfer from Kirrawee - he has twice won the Sydney to Wollongong 50 miler and has come fourth in the Sydney to Melbourne; Charlie Lynn from Campbelltown - he has run over 230 km in 24 hours, has finished 2nd in the Bathurst 100 km and is the race director for the Westfield Sydney to Melbourne; Geoff Hook from Melbourne - a veteran of many ultra runs, he is one of only two Aussies to have won the prestigious silver buckle at the Western States 100 miler in the USA, Carl Barker from Bondi - current holder of the Australian 50 mile record, and winner of several ultra runs; Big Chris Stephenson from Cronulla - although still only in his early thirties he is a veteran of many ultramarathons including a run of under 16 hours for 100 miles.

Undoubtedly there will be numerous other big gun runners as the race day approaches. There have also been enquiries for entry forms from overseas, which will give the event that special international flavour.

This type of event is relatively new here in Australia, but has a huge following in the USA with as many as 450 runners taking part in 100 mile races across some of the toughest terrain available. The proximity to a city like Sydney and the organising ability of the Billy's Bush runners will guarantee that this event will be big this year, and will grow from there.

The beauty of the course, taking in trails along beaches, rain forests and rocky escarpments, together with the sheer torture of the toughness of any event that covers 77 kms of mostly bush trails, would also make good viewing on any sports show on TV.

A solo, 76.8 kms,
dawn-to-dusk,
ultra marathon
run through the
magnificent Royal
National Park,



just south of Sydney.
A combination of
bushtrail and hill
running awaits the
endurance athlete.

Organised by Billy's Bush Runners Inc.
P.O. Box 380, Sutherland, NSW 2232, Australia

Saturday 20th October 1990

RACE DETAILS

Date: Saturday, 20th October, 1990.
Start: Grays Point Public School,
Angle Road, Grays Point, NSW.
Time: 5.00 am.
Finish: Loftus Street, Bundeena, NSW.
At Bundeena R.S.L. Club.
Time Limit: 12 Hours.
Entry Fee: \$30.00 (T-Shirt \$14.00 extra).
Closing Date: Monday, 1st October, 1990.
Cash Prizes: Outright Winner \$1000.00.
1st Male and 1st Female (other
than outright) \$400 each.
Cash Prizes down to 10th place.
Medallions: To all official finishers.
Detailed race information will be mailed to
all entrants prior to the event.

RACE RULES

Competitors must

- Follow designated course at all times.
- Do not accept outside assistance.
- Leave designated checkpoints prior
to official cut off time for check point.
- Strictly obey all directions given
by race officials.

Age Limit

- 17 years minimum.

This is a physically demanding event
and should only be attempted by the well
conditioned athlete. Aid stations, stocked
with food and drink, will be provided at
appropriate intervals, as the terrain permits.
However, water should be carried
throughout the run.

ENTRY FORM

NAME:

AGE:

SEX:

ADDRESS:

STATE:

POSTCODE:

COUNTRY:

In case of emergency contact person, STD area code and phone number:

WAIVER: I, the undersigned, in
consideration of and as a condition of
acceptance of my entry in the Royal
National Park Ultra for myself, my heirs,
executors, and administrators hereby
waive all and any claim, my right or cause of
action which I might otherwise have for or

arising out of loss of my life, or injury,
damage of any description whatsoever
which I may suffer or sustain in the course
upon my entry or participation in the event.
I will abide by the event rules and
conditions of entry and participation.
I attest and verify that I am physically fit and

sufficiently trained for the competition 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. I hereby grant full
permission to use any photographs,
videotapes, motion pictures, recordings, or
any other records of this event for any
legitimate purposes

Signed:

Date:

Size of optional T-Shirt (\$14.00)

Send entry to: Royal National Park Ultra, P.O. Box 380, Sutherland, NSW 2232, Australia.
Cheques payable to: Royal National Park Ultra.

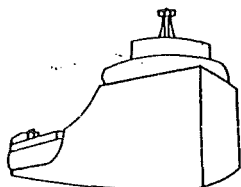
9th Annual Edmund Fitzgerald Ultramarathon

Duluth, Minnesota • October 27, 1990

IAU

100K WORLD CUP (Under Patronage of IAAF)
100K U.S. TAC National and Minnesota Championship

IAAF

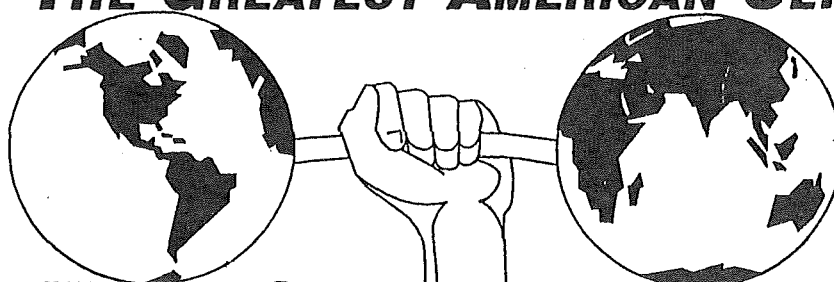


Entry Fee	BEFORE SEPT. 1	AFTER SEPT. 1
100K	75.00 U.S.	125.00 U.S.
50K	50.00 U.S.	75.00 U.S.



"THE GREATEST AMERICAN ULTRA"

RUNNING TIMES MAG.



"OFFICIAL WORLD CHAMPIONSHIP OF ULTRARUNNING"

For more information, call Bill Wenmark, 612-476-0015.

TAC REQUIREMENTS: This is the TAC (The Athletic Congress) U.S. National Championship for 100K for open and masters men and women. For U.S. residents to be eligible for either the national or state championship competition you must be a TAC member. Foreign competitors must be a member of their of their country's federation and will be eligible. Apply for a TAC number through your local TAC office. You are free to run either event as a non-TAC member, but will not be eligible for the TAC championship awards or be in the TAC championship results.

Entry Form

Name _____ Age _____ Sex _____

Address _____ Phone: (H) _____ (W) _____

City _____ State _____ Zip _____

Birthdate: Mo. _____ Day _____ Year _____ 100K _____ 50K _____ T-shirt size _____

TAC Member ☐ Yes ☐ No TAC Number: _____ Country _____ Citizenship _____

National Athletics Federation membership number _____

Signature _____

In consideration of the acceptance of my entry, I, the signer, intending to be legally bound for myself, my heirs, executors, and administrators, do hereby release any and all sponsors of this race, and their representatives, successors, and assigns, from any and all liability arising from illness or injuries that I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photographs, videotapes, motion pictures, and recordings of me participating in this event without obligation or liability to me. I also understand that entry fees I pay are not refundable. I have read the foregoing and certify my agreement by my signature above.

Send the above registration form to:

Edmund Fitzgerald Ultramarathon, c/o ALARC Running Club
18665 Rutledge Road, Minneapolis, MN 55391 USA

Make checks payable to: **American Lung Association Running Club**
(U.S. Funds)



A.C.T. CROSS COUNTRY CLUB INC.
(ULTRA-MARATHON DIVISION)

PRESENTS

THE

1990 BRINDABELLA CLASSIC

"AUSTRALIA'S TOUGHEST DOWNHILL MOUNTAIN RACE"



Proudly Sponsored/Supported by:

* INSTANT COLOUR PRESS *
* WIRELESS INSTITUTE OF AUSTRALIA *

EVENT INFORMATION

Start: 8.00 am sharp, Sunday 11th November 1990,
Mt Ginini (approximately 1-1/2 hours drive
from Canberra City, via Cotter Reserve).

Finish: Cotter Reserve (approximately 20 minutes
drive from Canberra City).

Entries Close: Monday 15th October 1990. Race numbers
will be posted to entrants prior to race
day. Post entry form and remittance made
payable to 1990 Brindabella Classic to:

The Race Organiser
1990 Brindabella Classic
13 Southwood Retreat
BONYTHON ACT. 2905

Entry Requirements: * Minimum Age - 18 years
* This is a demanding 50 km course - entrants
should ensure that they are sufficiently
trained to complete the course.

Entry Restrictions: The Race Organisers reserve the right to refuse
any entry.

Late Entries: May be accepted - at the discretion of the
Race Organisers.

Time Limit: 7 hours. The Race Organisers reserve the
right to withdraw, at any time during the
event, any entrant who is considered to be
unlikely to complete the course in 7 hours.

Race Records: Men Trevor Jacobs - 3.48.30

Women Linda Thompson 4.11.00

Awards: First Male: The Jack Maxwell Trophy
First Female: The Miles Franklin Trophy
All Finishers: Brindabella Classic pottery goblet

N.B. Runners completing their sixth Brindabella Classic will receive a pottery carafe.

Runner

Identification: Entrants **must** wear the number supplied to them in a conspicuous place on the front of their clothing. The number is required for identification of each runner at each drink station.

Drink Stations: There will be drink stations supplying water and bananas at regular intervals along the course.

Withdrawals: Any entrant who withdraws during the event is requested to immediately notify a drink station attendant.

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

Facilities: **Start:** NONE, other than superb view (weather permitting).

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

Traffic: The roads used in this event will not be closed to traffic. This is not expected to present any problem as these roads are seldom used, however, caution should be exercised.

Transport: Transport will be provided from the finish (Cotter Reserve) to the start (Mt Ginini) for those runners indicating the requirement for transport on the entry form. Transport will depart from the Cotter Hotel car park at **6.30 am sharp**.

Directions to Start:

To reach the start:

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

Allow about 1-1/2 hours from Canberra to the start.

Directions to
Finish:

To reach the finish:

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

Allow about 25 minutes from Canberra to Cotter Reserve.

Spectator

Access:

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

It will also be possible to drive along Warks Road from its junction with Brindabella Road to the point where runners leave Warks Road to join the Cotter 18 course (41 km into the run).

Total Fire Ban: In the very unlikely event of a total fire ban, the forests will be closed to the public. If this occurs, the run will be rescheduled for the following Sunday.

Enquiries:

Trevor Harris

Derek Quinto

Home: (06) 2932461

Home: (06) 2382309

Work: (06) 2870409

Work: (06) 2753075

WARNING:

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

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

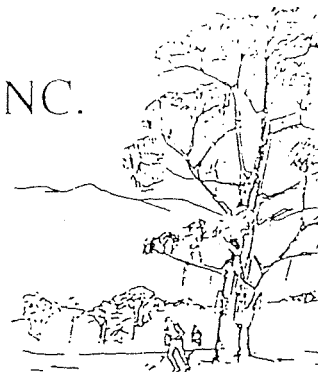
SECTIONS OF THE COURSE ARE VERY EXPOSED AND THE WEATHER IS CHANGEABLE.

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

1989 BRINDABELLA CLASSIC - SUNDAY OCTOBER 22ND

We've just received these 1989 Brindabella results . The event was held last October.
A BIT LATE!! We can't read them. Can you?

1989 BRINDABELLA CLASSIC Sunday, October 22	
1	Trevor Jacobs 3:48.30
2	Bruce Cook 3:55.00
3	Bruce Inglis 4:00.31
4	Kevin Hardaker 4:18.00
5	Jon McKenzie-Hicks 4:25.00
6	Prashar Siegemann 4:29.13
7	Goone Goonan 4:30.45
8	Greg Byrne 4:32.45
9	Oliver Williams 4:33.05
10	Bill Lloyd 4:34.06
11	Bill May 4:35.90
12	Phil Jones 4:36.11
13	Jeffrey Beeson 4:36.35
14	Mika Ward 4:45.40
15	John Thorn 4:46.45
16	Simahin Pierce 4:49.37
17	Geoff Hook 4:50.21
18	Terry Strachan 4:50.48
19	John McGovern 4:53.41
20	Mark Alexander 4:54.31
21	Geoff Stanton 4:59.06
22	John Hart 4:59.13
23	Bob Fixel 4:59.40
24	Philip Melzino 5:00.47
25	Chris Patrick 5:00.47
26	Nick Reid 5:04.40
27	Helen Stanger (F) 5:04.23
28	Trevor Harris 5:05.02
29	Kevin Cassidy 5:07.56
30	John Jamieson 5:08.12
31	Barry Moore 5:08.42
32	Patrick Austin 5:09.18
33	Christopher Guy 5:14.26
34	Werner Golla 5:14.37
35	B Chris Stephenson 5:15.46
36	Doug Marulin 5:17.06
37	Sue Drennan (F) 5:17.14
38	William West 5:17.14
39	Samuel Coates 5:18.23
40	Carol Harding (F) 5:19.45
41	Roy Toole 5:19.45
42	Helen Charters (F) 5:24.08
43	Brian Barker 5:24.08
44	Randall Hughes 5:25.35
45	Robert Dent 5:18.15
46	Andrew Watt 5:33.52
47	Ashley Warner 5:34.38
48	Dale Thompson (F) 5:35.25
49	Alan O'Toole 5:38.27
50	Mark Leary 5:38.38
51	William Godwin 5:38.38
52	Debra Whitten (F) 5:39.45
53	John Shepherd 5:41.13
54	Ernest Warner 5:41.44
55	Derek Quinto 5:45.10
56	Phella Coates (F) 5:45.48
57	John Fanagan 5:47.16
58	Prabir Bothwell 5:50.21
59	Alan Whitham 5:51.14
60	Barry Rutherford 5:53.32
61	William Hamard 5:54.04
62	Brian Cowell 5:56.10
63	Ken Walker 5:56.42
64	Barry Whittier 5:58.25
65	Animesh Hampton 5:58.27
66	Peter Janovsky 5:59.44
67	David Miles 5:59.44
68	Sue Turner (F) 5:59.12
69	Paul Goden 6:00.40
70	Vai Bulmer (F) 6:10.03
71	Malcolm Edgar 6:10.03
72	Johny Bert 6:17.21
73	Grahame Kemulish 6:18.33
74	Gregory Reid 6:18.42
75	Philly Monodovic 6:22.21
76	Chris Fawcett 7:21.52
77	Michael Roddy 7:21.52
78	Linda Richardson (F) 6:28.13
79	Philip Jamieson (F) 6:28.31
80	Laurence Robinson 6:28.31
81	Bill Keats 6:29.13
82	Barbara Allen (F) 6:33.01
83	Peter Allen 6:33.01
84	Ken Ingersole 6:33.32
85	Peter Quayle 6:35.48
86	Bob Lillis 6:37.09
87	Ted Lillis 6:41.09
88	Tony Krantzke 6:41.32



THE
1990 BRINDABELLA CLASSIC

ENTRY FORM



**AUSTRALIAN
6 DAY RACE
COLAC INC.**

MEDIA RELEASE

AUSTRALIAN SIX DAY RACE - A NEW ERA

THE 1990 AUSTRALIAN SIX DAY RACE WILL UNDERGO SEVERAL CHANGES TO ENHANCE WHAT HAS BECOME A WORLD CLASS EVENT.

THIS YEAR THE EVENT WILL COMMENCE AT 8.00 ON THE SUNDAY NIGHT (NOVEMBER 11TH). THE RACE ORGANISING COMMITTEE HAS MADE THE CHANGE WITH THE HOPE THAT MORE PEOPLE WILL BE ABLE TO WITNESS THE START OF THIS AMAZING EVENT. IT IS ALSO ANTICIPATED THAT A STRONG FAMILY ENVIRONMENT WILL BE CREATED IN MEMORIAL SQUARE AS A LEAD UP TO THE SPECTACULAR STARTING CEREMONY.

SIX DAYS LATER ON SATURDAY NOVEMBER 17 AT 8.00PM, THE EVENT WILL CLIMAX WITH THE EXCITING FINISH AND PRESENTATION CEREMONY. IT IS PLANNED THAT DURING THE SIX DAYS, ENTERTAINMENT AND FAMILY FUN WILL COME TO THE FORE.

THE 1990 AUSTRALIAN SIX DAY RACE WILL SEE AN ADDED FEATURE. THE RACE COMMITTEE HAS SET ASIDE \$3000 TO BE AWARDED TO THE RUNNER WHO CAN BREAK THE CURRENT WORLD SIX DAY RACE RECORD. THE CURRENT RECORD OF 1023 KM HELD BY YIANNIS KOUROUS WAS CLOSELY CHALLENGED BY LAST YEARS SIX DAY RACE WINNER, BRYAN SMITH, WHO MISSED THE MARK BY A ME 21KM. THE HOLDER OF THE RECORD AT THE COMPLETION OF THE EVENT WILL BE PRESENTED WITH THE BONUS. IT IS ALSO EXPECTED THAT ALL PRIZE MONEY WILL ALSO INCREASE.

FOR FURTHER INFORMATION:

GLENN MINTERN
MEDIA DIRECTOR
C/- 3CS
TELEPHONE: 052 315388

1990 GARDEN-CITY 100K FOOT RACE

IN CONJUNCTION WITH

1990 INTER-CONTINENTAL CUP



DATE
SUN 25 NOV 1990

TIME
6 AM

VENUE
ILAM UNIVERSITY CAMPUS, CHRISTCHURCH, N.Z.

FOR MORE INFORMATION

Contact: J. SHIVAS, 35 CORFE STREET, CHRISTCHURCH 4
PHONE: 485-819

990 GARDEN-CITY 100K FOOT RACE

*In Conjunction with the
1990 IAU INTERCONTINENTAL CUP*

START	6am 25 November 1990
COURSE	Picturesque University Campus grounds of Christchurch, 40 laps of 2.5K. Entrance off either Clyde Road or Ilam Road. Certified course.
TIME LIMIT	12 hours
AGE LIMIT	Over 18 years
CLOSING DATE	17 November
ENTRY FEE	\$15 Member of N.Z.U.A. \$20 Non members First Man and Women receive Trophy
NOTE	Runners to supply own seconds Pick up race information etc on morning prior to race start Runners receive free T-shirt
PRIZE GIVING & FUNCTION	7 o'clock at Ferrymead Tavern 25 November, Ferrymead Road

GENERAL INFORMATION

IAU INTER-CONTINENTAL CUP

As from 1990 the International Association of Ultrarunners (IAU) is introducing a new competition – the IAU Inter-Continental Cup. From April to December of this year a series of 100km races are being held around the world including all six inhabited continents. The races are being held under IAAF rules and on measured courses. The aim of the competition is to give runners in all the major ultrarunning countries a chance to compete against one another – if not in person then at least on paper. The courses include the forests of West Germany, lake districts of England, North America and Japan, the desert of Botswana, the hills of Spain, Italy and Australia, and, of course, the picturesque university campus roads of Christchurch, New Zealand.

CONDITIONS OF ENTRY

- (1) No pacing of Runners
- (2) Seconds to wait at start/finish area
- (3) The run officials reserve the right to reject any application

**Please send completed form and entry fee to
Race Organisers 1990 Garden-City 100K Foot Race
35 Corfe Street, Christchurch, New Zealand.**

NAME _____

ADDRESS _____

SEX M / F DATE OF BIRTH ____/____/____

PHONE _____ WORK _____

No. OF COMPLETED ULTRAS _____

SIGNED _____

MANSFIELD TO MT.BULLER 50 KM. ROAD RACE INFORMATION FOR RUNNERS

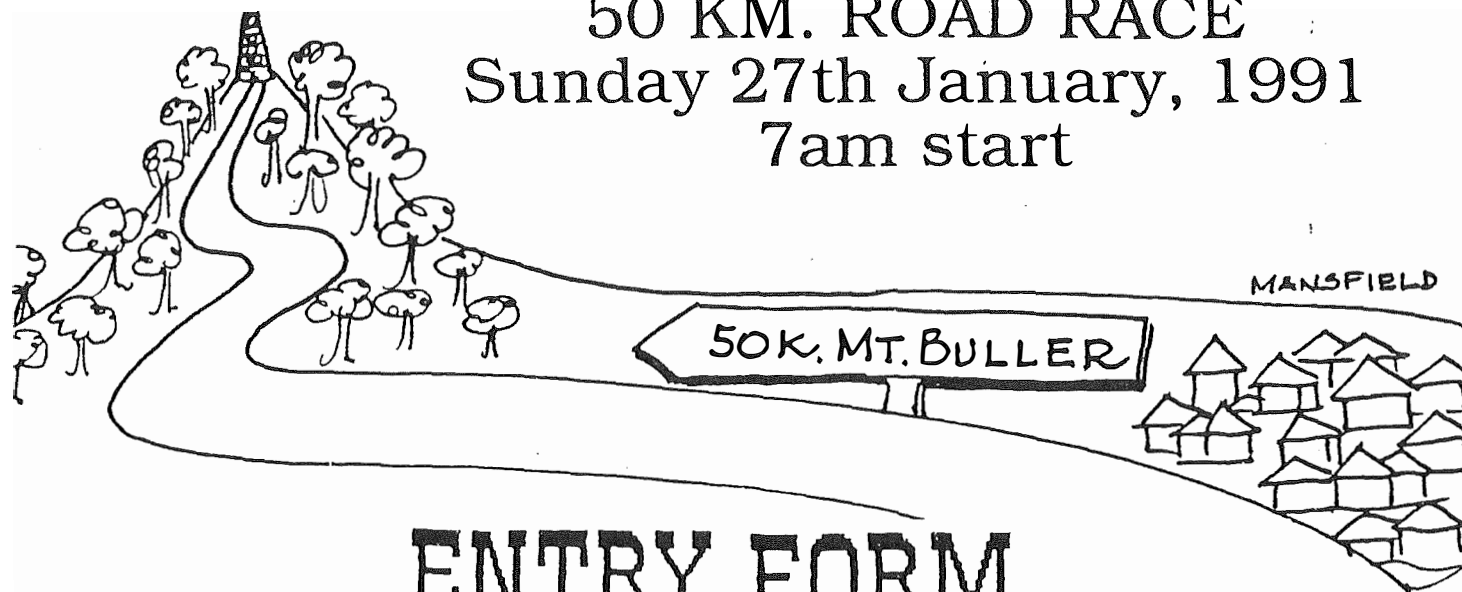
- Race Date: Sunday 27th January, 1990
- Start Time: 7am (daylight savings time)
- Report in: 6.30am sharp.
- Entry fee: \$10.00 payable to Peter Armistead.
- Entry to: Peter Armistead, 26 William Street, Frankston 3199 Vic.
- Closing date: 31st December, 1990
- Race start Location: At the Mansfield Dairy, on the corner of The Parade and the Mansfield - Mt.Buller Road (500m. on the Mansfield side of Pullins Ski Hire).
- Accommodation: A variety of accommodation is available at Mansfield and Merrijig, and further details will be advised on receipt of entry.
- Support team: It would be advisable for each runner to provide a support vehicle for themselves. A number of drink stops will be provided by organisers, but further assistance, clothing changes and food stops may be needed by the runner. Runners must be aware that dramatic temperature differences and variable weather conditions occur between the Mansfield area and the Mt.Buller climb. Runners will need to have warm, waterproof clothing available for the final 16km should weather conditions deteriorate. Even in mid-summer this is a necessary precaution.
- Safety Precautions: Runners must run on the right hand side of the road, facing the traffic at all times during the race and take extreme care with oncoming cars.
- Clothing: If no support vehicle is provided by the runner, clothing bags and gear will be taken from the start to the Arlberg Hotel at the finish.
- Finish: Drinks and refreshments will be provided for runners at the Arlberg Hotel at the finish.
- Results: Apart from the major prizewinners, certificates will be awarded on the day and results will be posted to each entrant. within two weeks of the race.

MANSFIELD TO MT.BULLER

50 KM. ROAD RACE

Sunday 27th January, 1991

7am start



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"/>	<input type="text"/>
SURNAME	FIRST NAME	INITIALS	SEX M or F	
<input type="text"/>				
ADDRESS: number and street				
<input type="text"/>	<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"/>	<input type="text"/>
Relationship	TELEPHONE HOME	WORK

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the MANSFIELD TO MT.BULLER 50 KM ROAD 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.

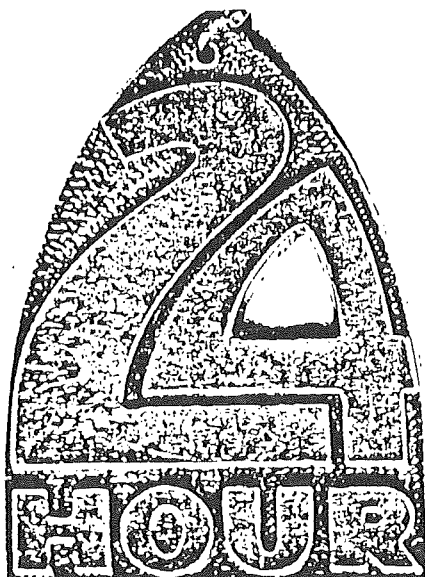
This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

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

ENTRY FEE: \$10.00 (Cheques payable to Peter Armistead)

ENTRY FORMS TO: Peter Armistead,
26 William Street,
Frankston 3199 (Phone 03. 781 4305)

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



TRACK RUN ENTRY FORM

RUNNER'S PROFILE: Please give us a brief summary of your running career in terms of your best ultra performances, number of marathons completed, most outstanding race, best marathon time, plus any other sports in which you are active. Also, tell us about any other interests/obsessions you might have.

.....

.....

.....

.....

.....

RUNNER'S CREW/LAPSCORER: Please supply the names of at least one crew member and a lapscorer who will help you in the race. Remember, no crew, no start!

CREW MEMBER:

LAPSCORER:

TEE-SHIRT ORDER: Commercially-printed official Tee-shirts, featuring the words 24 Hour Run, 1991 and with a large 24 Hour Medal design will be available for \$8.00 (to be paid for with your entry). Kindly indicate your choice of size & colour.

Please circle: Size required 12 14 16 18 20 22 No. of tee-shirts:
Colour: white black gold navy red sky blue aqua maroon

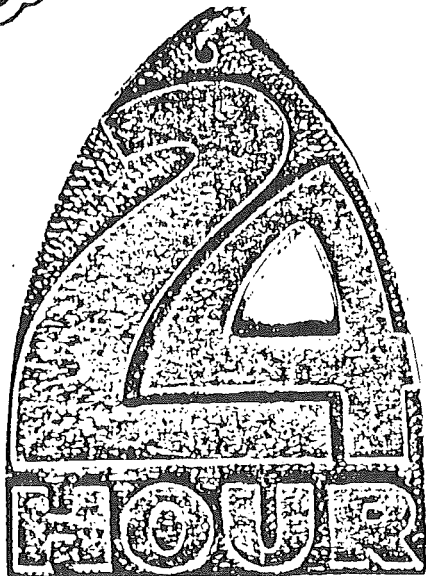
Please note that no tee-shirts will be sold on race-day; only those ordered will be supplied and can be collected on race-day.

DECLARATION: I have read the Race Information and Race Rules attached to this entry form and agree to abide by the Rules and Conditions. My medical condition is satisfactory for the purpose of participating in a 24 Hour Race, and I have trained fully for the event. I declare that neither I nor my support crew will in any way hold the Organisers or sponsors responsible for any injury, illness or accident to my or their persons, or loss of property or death, resulting from my participation in the race.

Signed: _____
PROUDLY SPONSORED BY



Cheque/Money order \$25.00
(+ tee-shirt \$8 if
ordered) enclosed



TRACK RUN INFORMATION

RACE DATE: Saturday & Sunday 23rd & 24th February, 1991

TIME: 12 noon on Saturday 23rd February, 1991

REPORT IN: 11 a.m. sharp

ENTRY FEE: \$25.00. Cheques/money orders payable to : Dot Browne (V.V.A.C.I.)

ADDRESS FOR ENTRIES: 4 Victory Street, Mitcham 3132 Victoria.

CLOSING DATE: Friday 8th February, 1991

LOCATION: Harold Stevens Athletic Track, Outlook Road. Coburg.
(Melways Ref. Map 18A10) - off Murray Road.

ACCOMMODATION: The Harold Stevens Ground Management will allow runners and crews to camp overnight at the track on the Friday night prior to race day. However, a Little Athletics meeting will be taking place at the track between 6pm and 9pm, so runners and crews can only set up camp either before or after these times. There are both motels and camping grounds (with on-site vans) within 1km. of the track, should they be required. Details of these will be given with confirmation of entry.

LAPSCORING: A manual lapscoring system will be used throughout the race (with lap-score sheets provided by the organisers). However a computerised lap-scoring system will be used as a back-up. Runners must provide their own lap-scorers.

SOUVENIR TEE-SHIRTS: Official commercially-printed Tee-shirts will be sold this year, but must be ordered with your race entry. Order form on the next sheet.

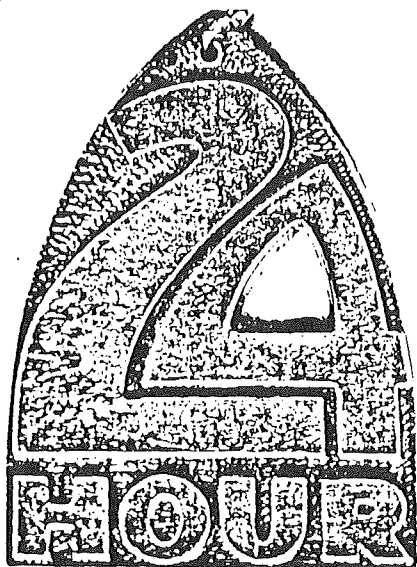
FACILITIES:

1. Changing rooms, showers plus portable toilet adjacent to track.
2. Canteen open for full 24 hours.
3. Lawn areas adjacent to track available for camps to be set up.
4. Masseurs available for full 24 hours.
5. Race doctor available for assistance of runners.
6. Chairs, table and tent provided for lap-scorers.
7. Light refreshments provided for lap-scorers.
8. An urn of boiling water available for full 24 hours for crews.
9. A Leader Board updated every hour will display results at each hour.

PROUDLY SPONSORED BY

Westfield

Dot Browne
Race Director
(03)874 2501



TRACK RUN INFORMATION

AWARDS: A Finisher's Certificate will be issued to every starter, showing the distance covered. Medals will be awarded to those runners completing more than:

100km.	-	Bronze medal
160km.	-	Silver medal
200km.	-	Gold medal

A Graveyard Award will be presented to the runner who completes the most number of laps between the hours of 12 midnight and 6a.m.

A Perpetual Trophy and Winner's Trophy will be presented to the male and female winner, plus trophies for second and third male placings.

WITHDRAWAL: Entrants who notify the organisers of their withdrawal from the race by Friday 8th February, 1991 will receive a full refund of entry fee.

RACE RULES

1. All runners (including interstate runners) **MUST** supply their own support team.
2. Victorian runners **MUST** supply their own lapscorers. Lapscorers will be provided for interstate runners.
3. All runners must supply their own food and drinks for themselves and their support crews. Light refreshments will be supplied for lap-scorers.
4. Official race numbers must be worn on the outer garment both **BACK** and **FRONT** and must be clearly visible by officials and lapscorers at all times.
5. The inside lane is for runners only. Walkers must move out to lanes 2 and 3.
6. No pacing allowed. Support crews must not run with their runner.
7. Runners must move to the third lane when eating or drinking. Support crews may accompany their runner at this stage.
8. Runners must not run more than two abreast at any time.
9. Runners must leave and enter the track at the same point when stopping.
10. Runners must indicate to their lap-scorers when they intend to stop for any reason. (food, drink, walk, toilet etc.)
11. The race will start clockwise, and will reverse direction every 6 hours.
12. No artificial aids or drugs may be used except specific prescription drugs for specific medical conditions.
13. The Race Director, in consultation with the Race Doctor, may require any runner to withdraw from the race at any time for any reason.

PROUDLY SPONSORED BY

Westfield

DOT BROWNE
Race Director
(03)8742501

THE 1991 SIX FOOT TRACK MARATHON ENTRY FORM

CONDITIONS OF ENTRY

1. All runners shall obey directions from race officials.
2. The race committee reserve the right to reject any application.
3. All runners must have completed a sub-4 hour official marathon.
4. All entered runners will read the race rules.

WALVER

I the undersigned, in consideration of and as a condition of acceptance of my entry in the SIX FOOT TRACK MARATHON for myself, my heirs, executors and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of my life, or injury, damage of any description whatsoever which I may suffer or sustain in the course upon my entry or participation in the event. I will read and abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the competition of this event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved of otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them. I hereby grant full permission to use any photographs, videotapes, motion pictures, recordings or any other records of this event for any legitimate purposes.

Please print clearly

FIRST NAME

ADDRESS

POSTCODE

CONTACT PHONE NUMBER

SEX M / F Date of Birth ____/____ /____ (this is needed)

Road Marathon P.B. / / Marathon 19
 H M S

No of road marathons you have completed

Circle the Six Foot Track Marathons you have completed :-

'84 '85 '86 '87 '88 '89 '90

Are you an A.U.R.A. member ? Y / N

Date ____/____/____

Please send entry fee (\$40.00) and this completed form to :-

— \$
— SP

RACE INFORMATION WILL BE MAILED TO YOU.

RACE ENQUIRES TO Ian Hutchison Race Organiser H(047) 843 266

**** INVITATION ****

The Race Director of the 1991 Westfield Run wishes to invite you to apply to enter the World's Greatest Race.

The event will start in Sydney and finish in Melbourne. It will probably happen in May 1991. The exact date will be confirmed later.

You will probably have seven and a half days to complete the event. This means you will have to cover an average of 136km per day for the duration of the event. No doubt that this is a little tougher than in the past but it is the World's Greatest Race!

It is BYO crew, vehicles and everything else.

We will meet you half-way with the clothing - you provide the bottom half and we will provide the top half. Head-dress is optional.

We provide the event, the razzamataz, the officials, the media and the challenge.

You provide the guts, the determination and the will to win.

Together we provide the World's Greatest Race.

Please return the following proforma if you want to run in '91.

NAME: Ph No: (W) (H)

ADDRESS:

.....P/Code

Please send me an Entry Form for the 1991 Westfield Run

Mail this slip to: Charlie Lynn, Race Director, Westfield Run, 3/67 Jacaranda Ave, Bradbury NSW 2560

.....
(Signature)

W A VERLEY GARDENS MASSAGE AND FLOAT CENTRE

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

• FLOTATION

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

FOR FURTHER INFORMATION AND APPOINTMENT
RING (03) 562 3312

FOUNDER & DIRECTOR -

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

of

ESTABLISHED 1983

School

offers courses in

- RELAXATION MASSAGE
- REMEDIAL MASSAGE
- SPORTS MASSAGE
- ORTHO-BIONOMY

Therapies

CO-ORDINATOR
& INSTRUCTORS -

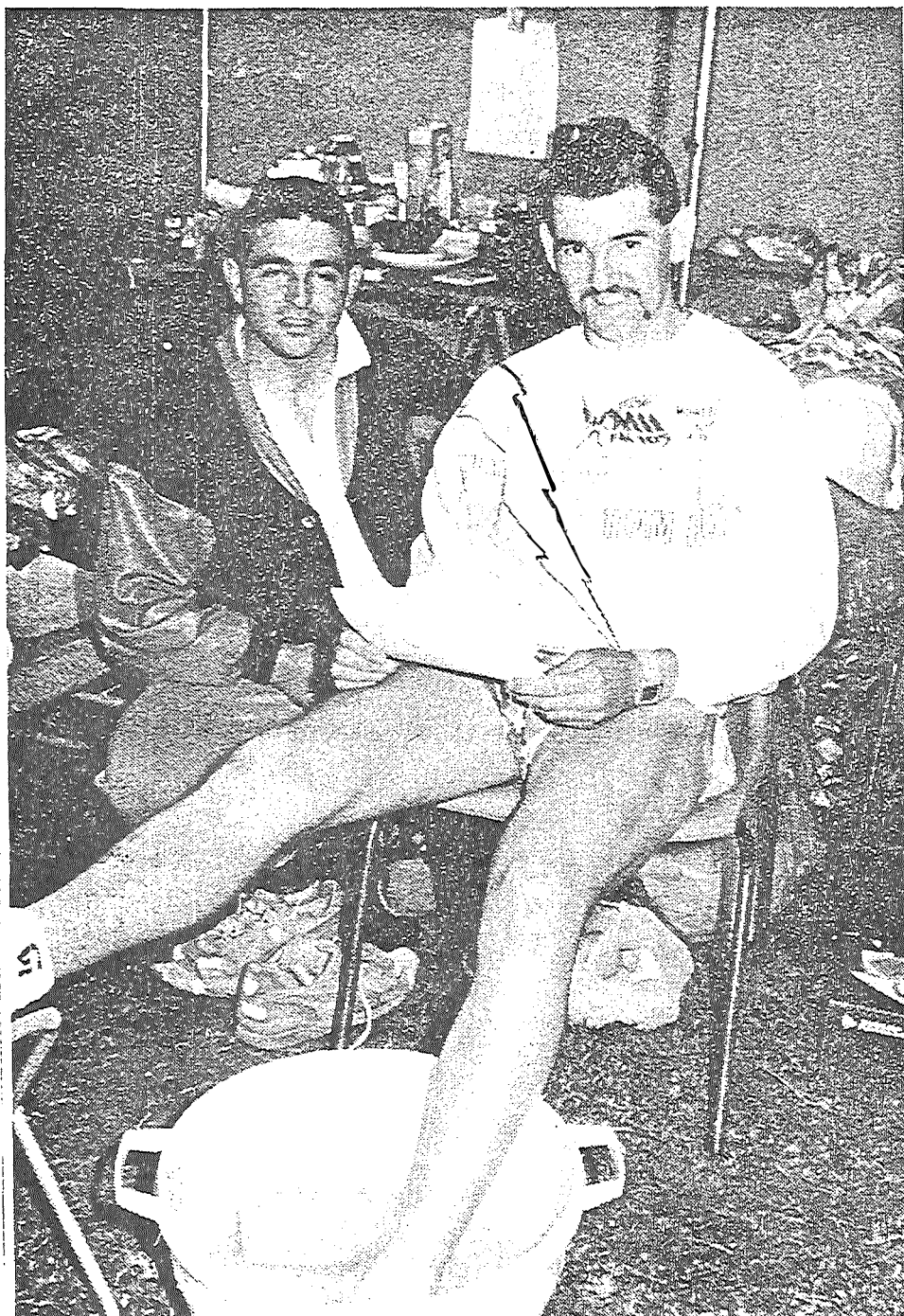
DR. MICHAEL TOWSTELLES
RAYMOND CARROLL
DARYL FOLEY
KIM TALBOT
SUE COOK
ROLF MEISS
ANNETTE WALSH

Eastern

Mulgrave

03 5623312

OFFICIAL MASSEURS
AT THE COLAC
6 DAY RACE



Shane and Keith Fisher on Wednesday.... "if he wasn't my brother I'd tell him where to go".

Six day racing the Keith Fisher way

by Peter Hanlon

In the world of ultramarathon running you encounter many different types of people.

There are the ageing eccentrics who run long after anyone thinks they should, the housewives who take up the challenge and more often than not succeed, the middle-aged record breakers, and Keith Fisher.

At first glance it is easy to picture him as another Dermott Brereton of the football world or a Greg Matthews cricket clone; his psychedelic shorts, mirrored glasses and closely shaven head somehow out of place in the placid sport of ultradistance running.

But it is his relationship with brother, Shane, and the unique training program he undertakes which sets him apart from the others in his field.

Keith refers to Shane as his coach while Shane prefers the term 'crew manager', but whatever way you look at it if you get the two together it seems something out of the ordinary is bound to happen.

Like the time Keith spent the afternoon at the Geelong Food and Wine Festival, drinking beer until midnight, after which Shane drove him to Torquay, dropped him off, and let him run home.

Or the drives to Apollo Bay which were followed by the same procedure, Shane drives home while Keith runs.

"It is all aimed at wearing him out and then making him get up and go again," Shane said.

"If he can adapt his body to those sort of conditions then his chances in events such as the six day race have to be good."

Strangely enough, these radical training procedures are Keith's own idea, with Shane used as his alarm clock and chauffeur when it comes time to make

another midnight dash around the coast.

"He stays out until two or three in the morning, comes home and sleeps for an hour, and then makes me wake him up and drive him somewhere in the car," Shane said.

"All I hear is 'Shane take me here' or 'Shane take me there' all of the time.

"Sometimes I think it's lucky we're brothers or I'd tell him where to go," he added with a laugh.

But the endurance training seemed to be paying off for Keith who was keeping to his aim of only sleeping two hours each night in a bid to stay up with the leaders.

However, on Wednesday this was being hampered by an achilles tendon injury which had inflamed and made running difficult.

"He lost 10 hours with feet injuries last year and now this has happened," Shane said.

"He's got a pulse magnet on it at the moment which is supposed to draw out the pain and reduce swelling, and hopefully he will be able to run through the night and make up some ground."

The fact that the magnet did work and by yesterday Fisher's limp was gone and he was running well is history.

He can now push for his aim of 820 km by Sunday, on a par with what he will need to complete next year's Sydney to Melbourne marathon.

And after running the last 160 km of last year's Westfield run with Greek legend, Yiannis Kouros, he has learnt many valuable lessons needed to succeed as an ultramarathon runner.

"Kouros showed Keith what is required to be mentally tough in order to succeed in these races, and he has benefitted a lot from the time spent with him," Shane said.

If the night time runs from Torquay and Apollo Bay are anything to go by, there would be few who would doubt Keith Fisher's mental toughness.

As for his mental stability.....

Goss runs in 48-hour meet

By Glen Norris

PREMIER Wayne Goss will run the last few laps of the Australian 48-Hour Track Championships at the Caboolture Athletics Oval on Sunday.

Mr Goss, who is a keen jogger in between his Government duties, also will attend the presentation ceremony which will follow the end of the championships.

David La Pierre, of New Hampshire in the United States, will pose a major threat to Australian runners competing in the championships. La Pierre is an experienced runner with a best marathon time of two hours 36 minutes.

He has contested all ultra distance events in the United States and Canada from a 50-mile event to a six-day event in New Jersey.

In January, he ran 313km in 48 hours and is no doubt hoping to better this distance in the Australian event.

He will certainly be making a few Australian runners nervous and perhaps upset their best laid plans.

Also contesting the 48-hour event is Ian Javes, of Caboolture, who last year broke the old world record for 1300 miles (2080km) in New York. Javes is looking to break the current Australian record for the 48-hour marathon of 384km. Also competing will be Victorian Bill Beauchamp.

Dell Grant, wife of Around Australia runner Ron Grant, is aiming to break the women's record of 261km. Other runners will come from Townsville, Victoria and New South Wales as well as from south-east Queensland.



• Dell Grant and Ian Javes are geared for glory at the 48-hour championships this weekend.

Caboolture Shire Chairman Stan Muldoon will be the official starter at 8am on Friday.

The Queensland 24-Hour Track Championships start at 8am on Saturday and is run in conjunction with the 48-hour event. This event has drawn runners mainly from Queensland and New South Wales.

The major sponsors of both marathon events is the Defiance Flour Milling Company.

Runners will raise money for Camp Quality, a non-profit volunteer organisation providing camping experiences for children with cancer. The runners gather sponsors at so many cents a kilometre.

Also raising money for Camp Quality is a team of 12 power walkers participating in the 48-hour championships. Mrs Grant is working with the Caboolture Special School to send two children to Melbourne for the Special Olympics.

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)

Case finishes second

TOWNSVILLE runner Val Case finished second in the women's section of the Australian 48-hour Ultra-Marathon Athletic Championships in Caboolture yesterday.

Case covered a distance of 220.4 km on a 400m oval during the two-day run and was placed seventh overall.

It was the ultra-marathon runner's first attempt over 48 hours after she had taken part in three 24-hour events.

NEAR NORTH COAST NEWS, Wednesday, June 27, 1990

Burns tops over 48 hours

BRISBANE athlete Bob Burns was the winner of the 48 hour run for Camp Quality that ended at Apex Park, Caboolture, on Sunday morning.

Burns took out the trophy at the 308km mark but Caboolture's Dell Grant stole the limelight.

She won the women's section and set a new Australian women's record in the race of 268.8 km.

Second in the men's section, at 302km, was Canadian athlete David La Pierre who had trouble with the midday heat and the chlorinated water.

The overall amount raised had not been tallied early this week but the Caboolture power walkers made their own major contribution of \$1800.



• BOB BURNS ... 48 hour winner.

The Current Australian Track Records were printed in our previous issue of the Magazine. Unfortunately, no proof reading of the typing was undertaken and a few errors slipped by. The corrected version appears below.

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)	2dys.22.29.03	Colac, Vic (NS)	17/11/88
1000km	Tony RAFFERTY (Vic)	8dys.8.46.59	Parramatta NSW (S)	20/8/89
1500km	Tony RAFFERTY (Vic)	13dys.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)	1 day.15.58.42*	Colac Vic (NS)	16/11/88
500 Miles	Bryan SMITH (Vic)	5dys.7.39.57*	Colac Vic (NS)	19/11/88
1000 Miles	Tony RAFFERTY (Vic)	14dys.11.59.04*	Parramatta NSW (S)	26/8/89
6 Hours	Unknown - Open for claim			
3 Days	Bryan SMITH (Vic)	512.400km**	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

MEN CLASS 3 RECORDS (continued)

1200km	Tony RAFFERTY(V)	10days.9.52.58	Parramatta NSW (S)	22/8/89
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)	20/8/89
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	Bryan 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

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)	1 day 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 24 HOUR TRACK RANKINGS

(top 150 males - on results to hand at 18/8/1990)

1	Mike March	45	TAS	260.099Km	Coburg	25/26Feb89
2	David Standeven	37	SA	256.157Km	Adelaide	28/29Oct89
3	Bryan Smith		V	254.515Km	Olympic P	19/20Aug89
4	Owen Tolliday	38	QLD	253.063Km	Adelaide	29/30Oct88
5	Brian Bloomer	45	V	242.598Km	Box Hill	15/16Feb86
6	John Briet	38	V	238.202Km	Coburg	25/26Feb89
7	Cliff Young	63	V	235.969Km	Adelaide	9/10Nov85
8	Ashley Parcell	30	QLD	234.959Km	Hensley	23/24Feb85
9	Geoff Molloy	40	V	232.400Km	Box Hill	2/3Feb85
10	Keith Fisher	23	V	232.207Km	Coburg	25/26Feb89
11	Joe Record	38	WA	230.029Km	Crystal P	Oct79
12	Barry Brooks	46	V	227.574Km	Box Hill	28Feb87
13	Frank Kelly	34	NSW	225.275Km	Hensley	28/29May88
14	Peter Gray	25	V	224.888Km	Coburg	10/11Mar90
15	Geoff Kirkman	35	SA	220.560Km	Adelaide	9/10Nov85
16	George Audley	51	WA	219.361Km	Perth	18/19Oct86
17	Terry Cox (Jun)	24	V	217.373Km	Coburg	10/11Mar90
18	Ian Javes	44	QLD	217.070Km	Box Hill	28Feb87
19	Greg Wishart	50	V	216.784Km	Coburg	25/26Feb89
20	Bill Beauchamp	41	V	213.875Km	Box Hill	28Feb87
21	Charles Lynn	40	NSW	213.839Km	Adelaide	9/10Nov85
22	Bob Hunter		QLD	213.458Km	QLD RRC	1/2Jul89
23	Anyce Melham	32	NSW	213.287Km	Adelaide	28/29Oct89
24	Graeme Woods	40	QLD	212.559Km	Qld Uni	5/6Sep87
25	Bob Bruner	47	V	211.584Km	Box Hill	15/16Feb86
26	Alan Croxford	43	WA	210.934Km	Perth	18/19Oct86
27	Gerry Riley	56	V	210.272Km	Adelaide	1/2Nov86
28	Robert Channells		NSW	209.146Km	Campbelltown	28/29Oct89
29	Jack McKellar	45	V	208.915Km	Box Hill	15/16Feb86
30	Nick Read	36	ACT	208.859Km	Coburg	13/14Feb88
31	John Bell	41	V	208.450Km	Box Hill	15/16Feb86
32	Tony Collins	42	NSW	208.091Km	Campbelltown	28/29Oct89
33	Alan Peacock	27	QLD	207.410Km	QLD Uni	5/6Sep87
34	Bob Taggart	42	SA	206.849Km	Adelaide	29/30Oct88
35	James Wolstencroft	34	V	205.848Km	Coburg	25/26Feb89
36	Howard Ross	40	V	205.634Km	Box Hill	15/16Feb86
37	James Sheridan	27	SA	205.426Km	Connecticut	25Sep82
38	Brickley Hepburn	37	V	205.235Km	Olympic P	19/20Aug89
39	Brad Boyle	29	NSW	204.717Km	Campbelltown	28/29Oct89
40	Graeme Wilkinson	40	NSW	204.716Km	Hensley	29/30Nov86
41	Patrick Parsons		V	203.812Km	Coburg	10/11Mar90
42	Graham Stenner	44	SA	203.526Km	Coburg	25/26Feb89
43	John Champness	47	V	202.934Km	Hensley	28/29May88
44	Maurice Taylor	38	NSW	202.666Km	Box Hill	28Feb87
45	Rudy Kinshofer		SA	202.089Km	Coburg	10/11Mar90
46	Alan Devine		WA	202.000Km	Perth	17/18Oct87
47	Graham Pirkin	51	NSW	201.792Km	Campbelltown	8/9Oct88
48	Mike Thompson		WA	201.228Km	Perth	27/28May89
49	Phil Pearce		WA	200.808Km	Perth	26/27May90
50	Barry Allen	30	V	200.776Km	Box Hill	28Feb87
51	Murray Cox	44	SA	200.710Km	Coburg	10/11Mar90
52	Peter Armistead	44	V	200.612Km	Coburg	10/11Mar90
53	Dan Gray	40	NSW	198.571Km	Hensley	30/31May87
54	Bruce Donnelly	30	QLD	198.140Km	Campbelltown	8/9Oct88
55	Robert Nash	37	V	197.778Km	Coburg	13/14Feb88
56	Graeme Townsend	30	NSW	196.770Km	Hensley	28/29May88

57 Ron Hill	46	V	196.715Km	Hensley	29/30Nov86
58 Alistaire McManus	34		196.662Km	Hong Kong	17/18Nov84
59 Keith Swift	43	NSW	196.400Km	Hensley	23/24Feb85
60 Alan Fox		SA	196.340Km	Adelaide	5/6Nov83
61 Ronald Smith	43	V	195.382Km	Coburg	13/14Feb88
62 Bob Burns		QLD	194.819Km	Tamworth	24Mar90
63 Ross Martin	56	SA	194.695Km	Adelaide	9/10Nov85
64 Bob Marden	34	NSW	194.562Km	Hensley	30/31Mar87
65 Bruce Cook	31	ACT	194.258Km	QLD	5/6Sep87
66 Michael Whiteoak	39	V	193.030Km	Adelaide	3/4Nov84
67 Bert Oostdam		WA	192.150Km	Perth	26/27May90
68 Klaus Schnibbe	42	V	191.890Km	Adelaide	9/10Nov85
69 Geoff Boase		V	191.850Km	Adelaide	28/29Oct89
70 Peter Milne	32	V	191.634Km	Coburg	13/14Feb88
71 Chilla Nasmyth		NSW	191.008Km	Hensley	29/30Nov86
72 Andrew McCombe		SA	190.138Km	Adelaide	3/4Nov86
73 Ross Parker		WA	190.000Km	Perth 48	16/18Oct87
74 Roger Stuart	43	SA	189.962Km	Adelaide	1/2Nov86
75 John Bencze	57	V	189.052Km	Coburg	13/14Feb88
76 Keith O'Connell	49	NSW	188.957Km	Hensley	28/29May88
77 Geoff Hook	42	V	188.704Km	Adelaide	1/2Nov86
78 Pat Farmer	26	NSW	188.180Km	Campbelltown	8/9Oct88
79 Bob Fickel	37	NSW	187.654Km	Campbelltown	28/29Oct89
80 Chris Stephenson	29	NSW	187.631Km	Box Hill	15/16Feb86
81 Terry Cox	49	V	187.359Km	Hensley	29/30Nov86
82 Stan Miskin	59	V	187.104Km	Adelaide	3/4Nov84
83 Kevin Mansell		NSW	186.140Km	Hensley	29/30Nov86
84 Ken Murray	48	NSW	185.445Km	Hensley	23/24Feb85
85 George Perdon	46	V	185.175Km	Olympic P	19Sep70
86 Michael Bryce		V	184.699Km	Adelaide	29/30Oct88
87 Ian Taylor	35	NSW	184.456Km	Hensley	30/31May87
88 Bruce Kirk	25	V	184.391Km	Coburg	25/26Feb89
89 Tony Dietachayer	24	V	184.000Km	Coburg	13/14Feb88
90 Kevin Cassidy	26	V	183.695Km	Hensley	30/31May87
91 David Yeaman	51	V	183.514Km	Coburg	13/14Feb88
92 Michael Bohnke		NSW	182.166Km	Wyong	27/28Jan90
93 Col Jarram	45	V	182.149Km	Coburg	10/11Mar90
94 Dave Taylor	34	NSW	182.047Km	Box Hill	15/16Feb86
95 Frank Pearson		NSW	181.621Km	Hensley	23/24Feb85
96 Trevor Harris	40	ACT	181.390Km	QLD	5/6Sep87
97 Rod Martin	45	NSW	181.387Km	Hensley	28/29May88
98 Ian Partington		WA	181.261Km	Perth	12/13Oct85
99 Terry Pickard	28	QLD	181.232Km	QLD Uni	5/6Sep87
100 David Brown	30	NSW	181.081Km	Hensley	28/29May88
101 Max Kitto	41	SA	180.649Km	Adelaide	4/5Oct87
102 Roy Sutcliffe		SA	180.517Km	Adelaide	13/14Nov82
103 Tony McCool		SA	180.482Km	Adelaide	9/10Nov85
104 Stephen Grant	29	NSW	179.898Km	Coburg	13/14Feb88
105 Peter Logan	36	V	179.679Km	Adelaide	5/6Nov83
106 John Kaparelis	21	V	179.268Km	Coburg	25/26Feb89
107 Graham Medill	41	QLD	179.191Km	QLD RRC 48	1Jul89
108 Frank Biviano	42	V	179.006Km	Adelaide	1/2Nov86
109 Andrew Law		TAS	179.002Km	Olympic P	19/20Aug89
110 Guy Schubert	36	SA	177.652Km	Adelaide	1/2Nov86
111 Peter Tutty	22	V	177.470Km	Auckland	22/23Aug87
112 Howard Neville			177.027Km	Chemsley Wd UK	9Jul83
113 Tony Tripp	41	WA	177.027Km	Coburg	13/14Feb88
114 Peter Quinn		V	176.900Km	Coburg	10/11Mar90

115	Peter Pfister	45	V	176.725Km	Box Hill	2/3Feb85
116	Gordon McKeown	61	V	176.421Km	Adelaide	3/4Nov84
117	Tony Rafferty	46	V	176.400Km	Colac 6Day	24Feb86
118	Ken Hough	44	V	176.061Km	Coburg	25/26Feb89
119	Ray Ramelli	40	V	175.756Km	Box Hill	15/16Feb86
120	Ralph Bristow		V	175.552Km	Campbelltown	28/29Oct89
121	Joe Gobel	45	V	175.518Km	Box Hill	15/16Feb86
122	Max Bogenhuber	46	NSW	175.321Km	Hensley	28/29May88
123	Eduardo Vega		NSW	175.226Km	Hensley	30/31May87
124	Peter Richardson	22	V	174.109Km	Hensley	30/31May87
125	Peter Schultz		SA	174.080Km	Adelaide	13/14Nov82
126	Brian Kennedy	56	WA	173.000Km	Perth	27/28May89
127	Tony Ashwell	50	SA	172.640Km	Adelaide	1/2Nov86
128	Lyndsay Phillips	33	QLD	171.350Km	Campbelltown	8/9Oct88
129	Ian Hutchinson	40	NSW	171.200Km	Hensley	19/20Jul86
130	Roger Weinstein		V	170.955Km	Coburg	10/11Mar90
131	Colin Donald	29	V	170.842Km	Box Hill	28Feb87
132	Don Spenser	48	SA	170.616Km	Adelaide	3/4Nov84
133	John Sinclair	45	SA	170.549Km	QLD	5/6Sep87
134	Bill Gutteridge	56	SA	168.311Km	Adelaide	1/2Nov86
135	Ray Ellis	57	V	168.038Km	Coburg	13/14Feb88
136	Jim Turnbull	51	WA	167.969Km	Perth	28/29May88
137	Keith Marshall	59	V	167.903Km	Box Hill	15/16Feb86
138	Graham Kerruish	48	NSW	167.612Km	Coburg	13/14Feb88
139	David Bird		WA	167.293Km	Perth	28/29May88
140	Martin Hanneman		QLD	167.240Km	Tamworth	24Mar90
141	Gary Clark	39	WA	167.113Km	Perth	18/19Oct86
142	Paul Every	23	NSW	166.919Km	Hensley	28/29May88
143	Gerry Hart	46	V	166.870Km	Box Hill	2/3Feb85
144	Paul Woodhouse	25	NSW	166.417Km	Hensley	30/31May87
145	Robert Byrth	37	SA	166.234Km	Adelaide	9/10Nov85
146	Reg Williams	32	V	165.642Km	Box Hill	4/5Feb84
147	Claude Martin	52	V	165.498Km	Aberfeldie	24/25Jan88
148	Tony Power			164.955Km	Coburg	10/11Mar90
149	Michael Grayling	32	V	164.719Km	Coburg	25/26Feb89
150	Stephen Lewis		QLD	164.712Km	QLD RRC	1/2Jul89

100KM INTERNATIONAL CHALLENGE TRACK RACE

Once again, Ray Carroll has announced that the above race, to be held at Olympic Park, Melbourne on April 7th, 1991, will be a selection race for an Australian team to be taken to the "IAU 100km Ultra Distance World Cup under the patronage of the IAAF".

The IAU race will be a road race held at Firenze - Faenza, Italy on 25th May, 1991.

Contact Ray Carroll for an application to participate in the Olympic Park race.

DONATIONS

THANKYOU THANKYOU THANKYOU THANKYOU

Thankyou again to the following members who have so generously donated extra funds to help our finances since our last issue.

Andy Docherty \$10; Kevin Cassidy \$10; Keith Marshall \$10; Joe Skrobalak \$10; Brad Boyle \$7; Kaven Dedman \$5; Barry Stewart \$2; Michael Grayling \$10; John Shaw.

AUSTRALIAN 24HR TRACK RANKINGS(Results rec to 18/8/90)

WOMEN

1 DawnParris	36 V	203.650Km	Olympic P	19/20Aug89
2 Cynthia Herbert	44 V	200.615Km	Adelaide	1/2Nov86
3 Georgina McConnell	46 NSW	195.355Km	Olympic P	19/20Aug89
4 Trish Spain	47 WA	191.207Km	Perth	27/28May89
5 Margaret Smith	49 V	177.600Km	Box Hill	2/3Feb85
6 Dell Grant	33 Qld	172.001Km	QLD Uni	5/6Sep87
7 Helen O'Connor	35 SA	171.426Km	Adelaide	1/2Nov86
8 Cheryl Standeven	SA	168.584Km	Adelaide	29/30Oct88
9 Kim Talbot	20 V	168.493Km	Coburg	25/26Feb89
10 Wanda Foley	42 NSW	165.055Km	Coburg	13/14Feb88
11 Sandra Kerr	44 V	165.009Km	Coburg	10/11Mar90
12 Sue Worley	39 SA	164.568Km	Adelaide	1/2Nov86
13 Geraldine Riley	22 V	164.412Km	Box Hill	15/16Feb86
14 Jill Bower	WA	163.461Km	Perth	12/13Oct85
15 Val Warren	NSW	162.793Km	Campbelltown	28/29Oct89
16 Bronwyn Salter	40 WA	161.462Km	Perth	28/29May88
17 Kay Haarsma	SA	161.053Km	Adelaide	13/14Nov82
18 Colleen Milbourne	41 WA	161.044Km	Perth	27/28May89
19 Marilyn Tait	39 V	154.708Km	Coburg	25/26Feb89
20 Lucille Gladwell	NSW	153.411Km	Campbelltown	28/29Oct89
21 Valerie Case	51 V	151.255Km	Hensley	28/29May88
22 Marilyn McCarthy	37 SA	147.777Km	Adelaide	1/2Nov86
23 Helen Barnes	SA	139.015Km	Adelaide	28/29Oct89
24 Marcia Leahy	NSW	133.716Km	Campbelltown	28/29Oct89
25 Mary Young	24 V	132.892Km	Box Hill	2/3Feb85
26 Eileen Lush	39 SA	131.566Km	Adelaide	4/5Oct87
27 Carolyn Benson	42 SA	131.293Km	Adelaide	28/29Oct89
28 Leonie Gordon	40 SA	124.455Km	Adelaide	3/4Nov84
29 Patty Bruner	46 V	110.601Km	Adelaide	5/6Nov83
30 Elaine Gutterres	49 SA	103.690Km	Adelaide	9/10Nov85
31 Robyn Davis		95.275Km	Wyang	27/28Jan90
32 Carolyn Vaughan	34 NSW	92.800Km	Box Hill	2/3Feb85
33 Kelly Humphries	NSW	82.000Km	Tamworth	24Mar90

Ages are as on the day of the event.

If your name has been missed from the rankings, check that your race director has forwarded the results to AURA or myself before these rankings were compiled (18/8/90).

Corrections and omissions to me:- Gerry Riley, 69 Cambridge Cres. Werribee 3030.

03 7413071.



Peter Quirk is greeted by his wife Jan and daughter Danielle, at the finish of the 1990 Westfield Run . Danielle suffers with Rett Syndrome.

MEMBERSHIP APPLICATION

A.U.R.A.

Application for Membership of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

I,
(Full Name of Applicant)

of
(Address)

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

become a member of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED.

In the event of my admission as a member, I agree to be bound by the rules of the Association for the time being in force.

.....
(Signature of Applicant) (Date)

I, a member of the Association
(Name)

nominate the applicant, who is personally known to me, for membership of the Association.

.....
(Signature of Proposer) (Date)

I, a member of the Association, second
(Name)

the nomination of the applicant, who is personally known to me, for membership of the Association.

.....
(Signature of Seconder) (Date)

Current Membership fee for 1990...

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

Please circle desired rate:

\$²⁰..... within Aust;

	N.Z.	Asia	U.S.A.	Europe
Sea Mail (up to 7 weeks delivery)	\$ ²⁶	\$ ²⁶	\$ ²⁸	\$ ²⁸
Air Mail (up to 1 week delivery)	\$ ²⁹	\$ ³³	\$ ³⁶	\$ ³⁸

Send application and money to:

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



Caboolture's Dell Grant appears to be lacking in enthusiasm for an early breakfast offered by her husband Ron in the closing stages of the 48 hour race at Apex Park on Sunday. Dell had just passed the point - at 5.15am - when she had established a new Australian women's record for the 48 hour event. Her new record was 268.8km. Congratulations Dell!!