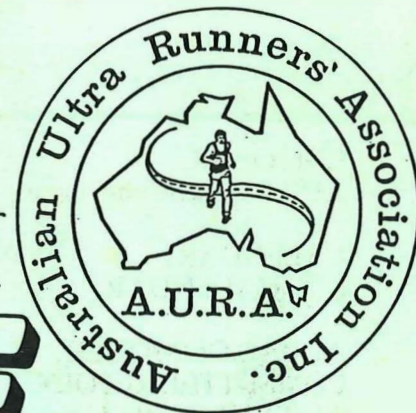


A.U.R.A. MAGAZINE



Vol.5 No.4

November, 1990



PETER GRAY, from Geelong, Victoria is the youngest contestant to have completed the Westfield Run. He finished in eleventh position overall, took 186 hours to complete the event and averaged 5.4km per hour for the whole distance. He is always ably assisted by his loyal mother, Norma, who has become a familiar face at all Peter's runs.

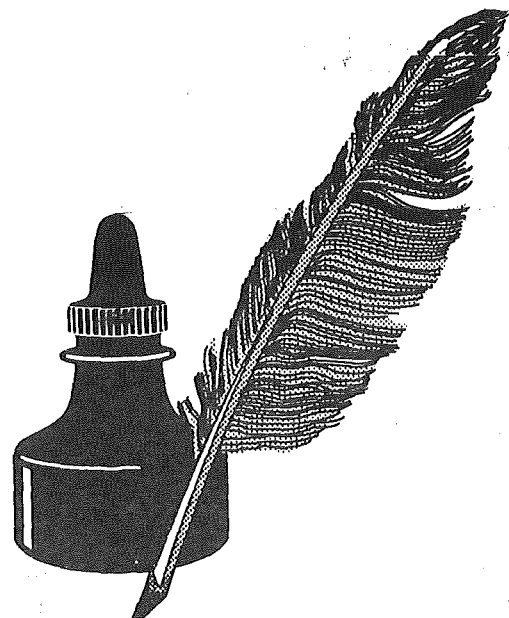
AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
(Incorporated in Victoria)

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

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EDITORIAL



Hi Folks!

You may have noticed that we accidentally forgot (well, sort of...) to publish the state by state breakdown of membership numbers last issue. As a matter of fact, it was a bit of a worry. The Vics and NSW were still locked together in a titanic struggle, still fairly even.! We spent many sleepless nights down here in the AURA office worrying about it, I can tell you, and decided we better put Disaster Plan No.1 into action. Firstly, I persuaded a few recruits to shift house and cross the border. As well as this, I've spent many long hours pounding the pavements - doorknocking, since our last issue. So far I've recruited three little old ladies and a Methodist minister. I feel sure they'll become VITALLY interested in ultrarunning once they receive their first mag. However, they thought they were paying their gas-bill, but really they were subscribing to AURA.

I've also had a complaint from Ross Shilston (You know the one, that little hairy pot-hunting bastard from Frankston, Victoria, who won \$100 for coming in the first 10 of the National Park Ultra). Well Ross reckons there's NO WAY he's going to renew his subscription to AURA if he has to look at ONE more photograph of Peter Armistead. Reckons the last issue was the Peter Armistead album! I must admit that we DID have three photos of him, but then we're desperate for photos aren't we??

PLEASE send us some of YOU so that, firstly, we keep Shilston as a member, seeing he's a Victorian, and secondly, so that we don't have to put up with MORE photos of Armistead and Hookie.

Thanks for sending us all your great letters and race reports. You've been great. Keep them coming! The only things we're missing are dates for the 1991 races. Race Directors, please phone them through as soon as you know them.

Have a great Christmas and holiday break and take care of yourselves,

Best wishes,

A stylized, cursive handwritten signature that reads "Dot Browne".

Dot Browne (Hon.Sec)

AURA MEMBERSHIP DETAILS - STATE BY STATE

The Mighty Vics.	170	West Australia	15
New South Wales	157	Aust. Capital Territory	15
Queensland	38	Tasmania	11
South Australia	25	Overseas	21
TOTAL	452		

calendar

1990

- * Dec 9 **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, phone (03)781-4305 or Dot Browne, 4 Victory Street Mitcham 3132, phone (03)874-2501.
- * Jan 27 **WYONG 24 HOUR TRACK RACE**, NSW. Contact Tony Collins 36 Bungary Road Norah Head 2263 NSW.
- * 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 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 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, phone (06)293-2461 (h) or (06)287-0409(w).
- * Mar 2 **8 HOUR FUN RUN & 50 MILE ROAD LOOP RACE**, Caboolture, Qld., entry \$20, 5pm start, 1km road loop at Caboolture Sports Centre. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld, 4510, ph (071)95-4334.
- * Mar 3/4 **6 OR 12 HOUR RACE**, Bunbury, W.A., organized by Bunbury Marathon Club, contact Brian Kennedy, 123 Mininup Road, Bunbury, phone (097) 219018
- * 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 10 **12 HOUR TRACK RACE (AUSTRALIAN CHAMPIONSHIP), ACT.** Bruce Stadium, 400m certified (best track in Australia) ACT Cross Country Club. Entry \$30, inc free T-shirt. Contact Trevor Harris, 13 Southwood Retreat Bonython Act 2905, phone (06)293-2461(h) or (06)287-0409(w) or Derek Quinto (06)238-2309(h) or (06)243-6464(w). Entries close 22/2/91. (No late entries)
- * Mar 11 **HOBART TO CYGNET ROAD RACE**, Tasmania, 54km, 7am start, from talays Running Shop, Liverpool Street. \$5 entry . Need support vehicle and helper. Contact Talays Running Shop, phone (002)34:9945
- * Mar 23 **BLUE MOUNTAINS SIX FOOT TRACK MARATHON**, NSW, 46km, mountain trail run, 10am start from Katoomba to Jenolan Caves. Contact Ian Hutchison, P.O.Box 65, Leana, NSW, phone (02)669-4715 for entry forms.
- * Mar 30 **CAMPBELLTOWN 48 HOUR TRACK RACE**, NSW. New event, Bradbury Oval, entry fee \$50. Contact John Shaw, 17 Buvelot Way Claymore. Phone (046)26-6694.
- * Mar **TAMWORTH 24 HOUR CHARITY RUN**, NSW. Viaduct Park, Tamworth. 10am start. Contact Dallas Earsman, Barreng Street Tamworth 2340.
- * Apr **FRANKSTON TO PORTSEA ROAD RACE**, Vic, 34 miler, contact Kon Butko, 66 Allison Road, Mt.Eliza, 3930, phone (03)787-1309. 7am start, cnr. Davey St. & Nepean H'way. Own support needed.
- * Apr 7 **100KM 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, late entry fee, \$30. Contact Don Cox, P.O.Box 196 Gumeracha S.A. 5233, phone (08)389-3303(h), (08)267-7000 ext 6457(w).
- * May **12 HOUR (DAWN TO DUSK) ROAD RUN**, Caboolture, Qld. 6AM start, \$20 entry fee, 1km road loop at Caboolture Show Grounds, Beerburrum Road, Caboolture. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Qld., 4510, ph (071)95-4334.
- * May ? **12 HOUR TRACK RACE**, Rosebud, Vic, Olympic Park, 400m grass track, Percy Cerutti Memorial Race, 8am start, entry forms from Brian Jones (059)86-8640, P.O.Box 450, Rosebud, 3939, Vic.
- * May 12 ~~12~~ **BANANA COAST ULTRA MARATHON**, NSW, 85km, Coff's Harbour to Grafton, 6am start, contact Steel Beveridge, 20 Arrawarra Road, Mullaway, 2456, NSW.
- * May 16-23 **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 **100KM ROAD RUN**, Caboolture, Qld. 6am start, 12 hour limit, \$10. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld. 4510, ph (071)95-4334.

- * May **12/24 HOUR TRACK RACE**, WA, Perth, 1km grass track, McGillvray Oval, contact Tony Tripp, "Lakeview", Davies Road, Claremont, 6010, WA, or Ross Parker, (09)401-7797

- * 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 15 **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.

- * Aug **ROSS TO RICHMOND ROAD RACE**, Tasmania, 94km, between the two oldest bridges in Australia, 7am start. Need support vehicle and helper. Contact Talays Running Shop phone (002)34:9945

- * June **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, 4510, phone (071)95-4334

- * 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 Crescent, Hallett Cove Sa 5158.

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

- * July **THREE LAKES RELAY (SOLO RUN)**, ACT . Lakes Ginninderra, Burley Griffen 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) or (06)287-0409(w).

- * Aug **50 MILE TRACK RACE** 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 **12 HOUR TRACK RACE**, St.Leonards, Tasmania, 5am start. Contact Kerri Law, 67 Gormanston Road Moonah Tas 7009, phone (002)72-5170(h).

- * Aug 11/12 **24 HOUR TRACK RACE - INTERNATIONAL CHAMPIONSHIP**, Olympic Park, Melbourne. Contact Raymond Carroll (03)562-3312.

- * Aug **THARWA TO HALL ENDURANCE RUN (THE RUN)**, ACT. 80km, Canberra, start afrom Tharwa General Store. Very tough run, \$15 entry. Contact Trevor Harris, 13 Southwood Retreat Bonython ACT 2905, phone (06)293-2461(h) or (06)287-0409(w).

- * Aug **5 HOUR FUN RUN & QUEENSLAND 50KM TRACK 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. 80km. 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 Warriors' Distance Running Club event.
- * Sept 28/29 **SRI CHINMOY 24 HOUR TRACK RACE**, SA, (Australian Championship) Olympic Sports Field, regapile surface, Kensington, SA. 7am start, by invitation, qualifying race for World Championships in Switzerland, May 1992. Contact Sipra Lloyd P.O.Box 554, North Adelaide, 5006, phone (08)239-0690 or (08)231-5944.
- * Sept **24 HOUR TRACK RACE**, NSW, Sydney Striders event, Hensley Athletic Field, Wentworth Avenue, Pagewood, Sydney, 11am start. Contact Nobbie Young, P.O.Box 1000 Gladesville 2111. Entry fee \$50, Westfield trial.
- * Sept **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)95-2138.
- * Sept **100KM TRACK RACE**, at Coburg, Vic, 400m track, 7am start, \$15 entry, contact Kevin Cassidy, 4 Grandview Road, Preston, 3072, Vic, phone (03)478-3687.
- * Sept **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).
- * Sept **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 **SRI CHINMOY 100KM TRACK RACE**, NSW Academy of Sport track, Narrabeen Lakes, 400m track. Send a SAE to P.O.Box 383 Edgecliff NSW 2027 for entry forms. Contact (02)326-2663.
- * Oct **ROYAL NATIONAL PARK ULTRA, 70-80KM TRAIL RACE**, NSW. Royal National Park, Sydney, starting at Gray's Point at 5am and finishing at Bundeena. 12hour cut-off. Organized by Billy's Bushies. For further information / entry forms send SAE to The Royal National Park Ultra, P.O.Box 380 Sutherland NSW 2232.
- * Oct **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE**, contact Distance Runners Club of South Australia, P.O.Box 102, Goodwood, SA, 5034.
- * Oct **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 6 **SIX HOUR TRACK RACE**, VIC. Bill Sewart Athletic Track, East Burwood, entry fee \$15, 9am start. Contact race director, Dot Browne, 4 Victory Street Mitcham 3132, phone (03)874-2501(h)
- * Nov **A.C.F. BRINDABELLA CLASSIC**, ACT, approx 50km trail run over the Brind-

abella mountains, just south of Canberra. Contact Trevor Harris, 13 Southwood Retreat Bonython ACT 2905, phone (06)293-2461(h) or (06)287-0409(w) or Barry Moore in Melbourne (03)233-6529.

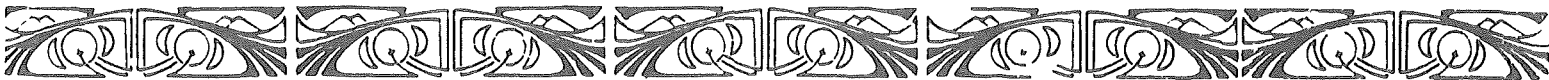
- * Nov **RAINBOW BEACH TRAIL RUN**, QLD, (beach and forest trails), 55km, Rainbow Beach, Cooloola Sands, \$20. Entry on the day but phone Dell Grant (074)95-2138 to indicate you are entering. 5-30 start from Surf Lifesaving House. First 10km on beach, then two equal loops through rainforest trails. Contact Dell Grant or Ian Javes, 25 Fortune Esp. Caboolture 4510, phone (071)95-4334.
- * Nov **CAMPBELLTOWN CITY SIX DAY TRACK RACE**, 400m grass track. 10am start \$120 entry, prize money 1st, 2nd, 3rd, M & F. Contact John Shaw, 17 Buvelot Way, Claymore, NSW, 2560, phone (046)26-6694.
- * Nov **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE**, Tasmania, 64km, (Australia's (the world's?) southernmost ultra race). Course takes in the length of Bruny Island. Support vehicle and helper required. Contact Talay's Running Shop, phone (002)34:9945 or Kerri Law (002)72-5170.

AURA MAGAZINE ...

calendar

New Zealand Ultrarunners Association's Calendar

- ? Nov 1990 Kia Toa 80 km ("Round the Ranges")
Contact: Wayne Rouse, P.O.Box 979, Palmerston North.
- 25 Nov 1990 Garden City 100K Foot Race
(in conjunction with 1990 IAU 100k Intercontinental Cup)
Contact: Colin Martin, 88 Grimseys Road, Christchurch 5.
- 8 Dec 1990 Kepler Challenge Mountain Run 65 km, 1400m climb.
Contact: Kepler Challenge, P.O.Box 11, Te Anau.
- 31 Dec 1990 Waitakere Challenge: 60km Bush & Beach running
Contact: Mark Trotman, 48 Urlich Drive, Ranui, Auckland.
- 6 Apr 1991 Run For Your Life Brighton 50 mile
Contact: Canterbury Road Running Committee, Box 3130, Chch.
- May 1991 100 Mile Road Race: Arthurs Pass to Christchurch.
Contact: Wayne Cuthers, C/- NZUA, Box 2759, Christchurch
- Jun 1991 Tree To Sea 80 km (Putaruru to Mt Maunganui)
Contact: Jan Fleming, RD2, Tirau. Ph. (0814) 27605



A U R A

MEMBERSHIP RENEWAL FOR 1991

Membership fees for this year are due on 1/1/91. If you haven't already renewed your membership, please do so as soon as possible.

The commercial cost of producing the AURA Magazine, including postage, is quite high. More than $\frac{1}{2}$ your Membership Fee is consumed by this alone. The rest of your fees go towards general running costs of the Association. We will not increase the fee until our expenses start to exceed income. Of great assistance are the donations some kind members include with their membership renewal. We really appreciate these, thank you! All donations will be acknowledged in our Magazine unless we are specifically instructed otherwise.

Membership fees for 1991 are: - \$20 within Australia.

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

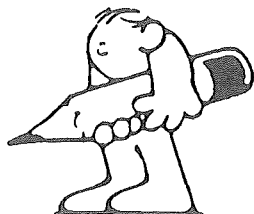
All prices are in Australian dollars and the higher overseas rates are necessary to cover the higher postage costs associated with our Magazine.

All 1990 financial members will receive the 1st 1991 issue of our Magazine. If you don't pay your 1991 membership fee, you will not receive any further issues of our Magazine.



ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



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

Please dispatch to the Editor.

INTERNATIONAL FIXTURE LIST

For any AUR/ member planning an international trip (business or pleasure) and would like details of ultra races overseas, he or she can apply to:

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

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

Cost is \$12.00 Australian.
(Air Mail)

A.U.R.A. 1990 COMMITTEE

PRESIDENT_	GEOFF HOOK, 42 Swayfield Road, Mount Waverley 3149 Vic. (03) 808 9739 (H) , (03) 826 8022 (W), FAX: (03) 827 7513
VICE PRES:	TONY RAFFERTY, GPO Box 2106, Melbourne Vic 3001 (03) 842 6412 (H)
HON. SEC:	DOT BROWNE, 4 Victory Street, Melbourne 3132 Vic. (03) 874 2501 (H), (03) 874 5878 (W)
ASSIS.HON SEC:	JUNE KERR, 108 Eastfield Road, Croydon South 3136 Vic. (03) 723 4246 (H), (03) 870 8096(W)
HON.TREAS:	PETER ARMISTEAD, 26 William Street, Frankston 3199 Vic. (03) 781 4305 (H)
ORDINARY MEMBER (Vic)	KEVIN CASSIDY, 4 Grandview Road, Preston, 3072 Vic. (03) 478 3687 (H)
ORDINARY MEMBER (Vic):	RANDALL HUGHES, Clarkes Road, Yarrambat 3091 Vic. (03) 436 1444 (H)
ORDINARY MEMBER (NSW):	CHRIS STEPHENSON, G.P.O.Box 1041, Sydney 2001 NSW (02) 259 3981 (W) (02) 523 2996(H)
ORDINARY MEMBER (NSW):	MAX BOGENHUBER, 89A Grays Point Road, Grays Point 2232 NSW (02) 525 6443 (H)
ORDINARY MEMBER (ACT):	BILL NAGY, 7 Sorlie Place, Chapman 2611 ACT (06) 288 3113 (H)
ORDINARY MEMBER (ACT)	TREVOR HARRIS, 13 Southwood Retreat, Bonython 2905, ACT (06) 293 2461 (H) (06) 287 0409 (W)
ORDINARY MEMBER (Tas):	KERRI LAW, 67 Gormanston Road, Moonah 7009 Tas (002) 72 5170
ORDINARY MEMBER (TAS)	Position vacant
ORDINARY MEMBER (SA):	ANDY DOCHERTY, 30 Lepena Cres, Hallett Cove 5158 SA (08) 387 2624 (H)
ORDINARY MEMBER (SA):	Position vacant
ORDINARY MEMBER (WA)	CHARLIE SPARE, 9 Rinaldo Cres, Coolbellup 6163 WA
ORDINARY MEMBER (WA)	Position vacant
ORDINARY MEMBER (Q'ld)	IAN JAVES, 25 Fortune Esplanade, Caboolture 4510 Q'ld (071) 95 4334 (H)

South Africa.....

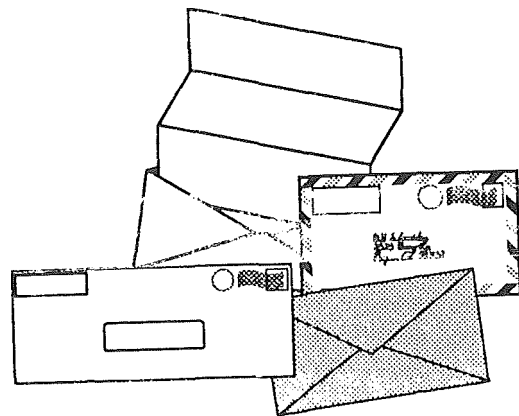
In reply to a number of requests we list below the situation concerning the athletes who took part in the Stellenbosch 100 km Race, South Africa in February 1989.

Lucien Taelman.	Belgium	Life suspension given by National Federation effective from 30.3.90
Jean-Paul Praet	Belgium	Life suspension given by National Federation effective from 30.3.90
Jean-Marc Bellocq	France	Life suspension given by National Federation. Suspension terminated 8.9.90
Attila Kovacs	Hungary	Suspended for 5 years by National Federation effective from 29.3.90
Boris Bakmaz	Italy	Suspended by National Federation in April 1989. Suspension terminates 31.12.90
Domingo Catalan	Spain	1 year suspension terminated 6.2.90. Now again eligible for competition.
Antonio Mestre	Spain	1 year suspension terminated 6.2.90. Now again eligible for competition
Stefan Fekner	Canada	6 month suspension terminated. Now again eligible for competition.
Yiannis Kouros	Greece	Still awaiting adjudication by National Federation.
Barney Klecker	USA	Still awaiting adjudication by National Federation.

The situation of the athlete taking part in the Comrades Marathon, South Africa on May 31st 1990 is:

Jean-Marc Bellocq	France	Still awaiting adjudication by National Federation.
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Letters to the Editor



Dear Dot,

I hope this letter finds you fit and well and keen for more miles on the road. Enclosed is a ditty (composer unknown) about a friend and fellow AURA member of ours, Dave Girvan. I'm sure most people, especially NSW runners will know Girvo. He usually has Woy Woy written across his chest - that's when he's not running fancy dress with a pretty mate, Lyn Cribb. And I'm also sure that quite a few runners have had the pleasure of sampling his infamous lamingtons (made of sponge rubber).

Tragically, Girvo turns 60 next year in 1991 (young bugger!) and we'll be celebrating this event at Caves House after his sixth Six Foot Track jog. Ane while downing a few of Mountain Man's home brew, we might join together and sing this "Ballad of Girvo". Well, he's knocking on the door now. Time for a run.

'Bye, and keep fit,

Greg Love.

THE BALLAD OF GIRVO

Chorus: Well I'll tell you all a story of a bushy come to town,
A wild man with women, a comic and a clown,
So fill your glasses carefully, and don't you spill a drop,
And drink a toast to Girvo, the cookie at the shop.

Verse 1: Now Girvo started cooking at the age of 3 or 4,
His sister used his rock cake for a weight at the front door,
His brother loved surprises, so Girvo cooked him one,
A three foot golden rock cake in the shape of a big bum.

Verse 2: They say he likes his liquor, but I'm not sure that's true,
They say his eyes are always red, some say his eyes are blue,
One thing is said by Girvo, his body stood the test,
He ain't drinking any more, he ain't drinking any less.

Chorus

Verse 3: Well Girvo's into jogging, he runs both here and there,
From a one K sprint to a 20k. run, he doesn't really care,
You see he runs for drinking, and drinks for running too,
With a can in sight he'll run all night, Oh! What that boy can do!

Chorus

Verse 4: They say that Dave cooks shearers, or was that a shearer's cook?
Next time you're down at Woy Woy, just take a little look,
His window's full of goodies, tarts and cakes and pies,
And when Lyn bends down to pick them up, you can't believe your eyes!

Chorus.

LETTERS TO THE EDITOR

Dear Sir,

With regard to your article 'Australian Westfield Run - the Ultimate Challenge?' printed on Page 33 of last issue, I would like to add a few personal observations and commendations. Firstly, might I offer congratulations to Brian Purcell for his excellent run. His description of the race is spot on with no bull-shit. It is the toughest race in the world. Whilst there may not be mountains to climb (such as in Colorado) the hills are unceasing. No-one to my knowledge has worked out the vertical travel. My own experience leads me to believe that the course is set by placing a dot on the top of every hill and mountain and then joining up the dots, as in a child's game.

There is little to add to Brian's story except for the fact that 50% do not finish. It is my ardent belief that the majority fail because they do not have a good crew capable of motivating them. I know the reasons for failure are usually given as this injury or that injury, such as sprains, inflammations etc. or exhaustion, dehydration, hypothermia, and so on. All of these reasons cover up the fact that the runner allowed the toughness of the course to get to him, and he succumbed to the pain. As a three times competitor in the Westfield (in 1988, covered 928km, 1989; 13th place in 8 days 2 hours; 1990, 10th place in 7 days 15 hours), I have seen so many of the DNFs a day or so after the race and, although sore and stiff, not really showing much except depression at pulling out. I know how they feel. In 1988, 928km, a stress fracture to the right heel, severe pain, but with 33 hours to reach the final cut-off, some 80km away. Feeling unable to continue, I demanded to drop out of the race. Every one of my crew came individually to me to try and persuade me to continue. I resisted, because the tiredness of 7 continuous days and nights running and the pain of shin-splints and achilles tendonitis over hundreds of kilometres had broken down my will-power so much that the added pain of the stress fracture which occurred suddenly at 920 km just seemed too much to bear. My crew-manager, a medico, obliged by shooting me full of pethidine. The race was over for me. Next day, the depression set in. In the subsequent two years, my crew now know that the correct way to have handled the 1988 problem was to have NOT listened to my plea to pull out, rather to put me to bed for a couple of hours and let pain-killers, ice and massage subdue the pain, while the sleep would rest me and restore my will-power.

As example of this, Patrick Macke covered the final 100km in 1987 with a stress-fracture of the foot., Dick Tout has finished with severe shin-splints and knee so swollen that he could barely bend them, even Yiannis Kouros suffered a muscle-pull in 1990 which cost him hours and hours to fix and overcome.

A crew that knows when NOT to listen to the runner and can recognise problems for prompt treatment and can motivate him when he needs it, will make all the difference between success and failure. Incidentally, I know of no runner in this race who has ever suffered long-term damage or required any surgery for injuries sustained from running the race. Maybe some physiotherapy, definitely a long rest (3 months or so), but no real damage, which emphasises my point, that the real problem with DNFs is failure of the will-power.

The race is a superb exercise in goal-setting and achieving, stage by stage. Visualisation, I think they call the process. It is a magnificent event, and I'm sure that Charlie Lynn, Race Director, would welcome many more entries from overseas, so would all the Aussie battlers, such as myself. However, anyone coming over must work on how to co-ordinate his/her crew. My crew all had designated jobs, which they stuck to; all worked together harmoniously, without a cross word; all have signed up again for next year. We raised money for research into children's cancer (over \$100,000 over 3 races) and this, I think was the great motivator, not only to me, but to all my crew also. They needed a good reason for being there, away from their families, working for no pay or glory, and often suffering abuse from me when I was in a hole.

Yours sincerely,
Tony Collins.(Norah Head NSW)

(P.S. No, Brian, you don't need to be crazy to run another Westfield, but it sure helps mate!)

15

Hi Dot!

It is now 4.5 years since my knee operation and being told repeatedly by specialists that I would never be able to run again. After repeated break-downs, I am now running just under 100 miles a week. I applied for entry to Westfield again, but was shocked by the expense and conditions.

I always felt that if any runner used a doctor, physiotherapist or chiropractor, he should be disqualified. Now in Westfield it is mandatory. A runner told me after the 1985 Run that he only got through by having pain killing injections from his doctor, who was a member of his crew. He should have been disqualified. My grandmother could finish the run under those conditions!

I further believe that too many overseas runners are being brought out to compete. Australians are notorious for the way they treat their own, but suck up to foreigners. Before long, the Westfield and the Great Otway Classic will be made up of just foreigners, or the runners with the most money behind them.

It doesn't end there. Why did the running boom of the 60s fade? What used to be "fun-runs" have become races for the top athletes who pick up all the goodies, trips and prizes per courtesy of the thousands who run or did run for the fun of it. Now, so many have had a gut full of it.

Raising \$10,000 for a Westfield Run in a small country town in a depressed rural area is impossible, so it looks like I go back to solo runs.

Such runs were done by blokes who pioneered the ultra game - the Perdons, the Raffertys and the Emertons, but where is the recognition? It is interesting to note in our magazine that in 24 Hour rankings, George Perdon is way down the list. His 150 miles and 800 yards run around Albert Park Lake (22/10/72) is not listed because it was not "official". What crap! It was done in full public view like many of his other feats. Consider his 143 miles in 20 hours before he was forced out with injury. He would have been close to 170 had he gone the distance. And what of Tony Tafferty's pioneering runs? Don't we recognise them? What of Ron Grant's round Australia jaunt? Sorry Ron, you didn't do it.

In 1986, I ran from Melbourne to Kyabram in 15 minutes under 24 hours. That's 126 miles. It was up over Pretty Sally, through the Ranges, through the Rushworth State Forest on 18 miles of rough gravel roads in 44 degrees temperature, yet I can't claim I did it. I could go on and on.

What about AURA recognising solo runs and making some famous "unofficial" runs "official"? Like George and Tony's run across Australia as an example.

Australia, I believe has produced the best ultra athletes in the world. Let's recognise them!

Keith Marshall.(Kyabram)

Ed's note:

We do not know of any race that bans the use of doctors, physiotherapists or chiropractors. In fact, it would be outrageous to have such a ban. The safety and well-being of the competitor must come before many other considerations. Not all competitors need the use of these specialists in a race, but the likelihood increases for the longer ultra-distance races, i.e. multi-day events.

Use of performance-enhancing drugs and/or pacing are both considered to provide unfair advantage. However the use of doctors, physiotherapists and chiropractors are not. The main aim of most competitors is to finish the event, and if a minor injury can be partially overcome enough for them to struggle through ahead of the cut-off time, then why should we deny them this chance to achieve a personal goal?

Unlike low key, low budget races put on by runners for runners, the Westfield Run is designed as a media event, and as such, both Westfield (the organiser) and the runner (the competitor) get something out of it. Westfield have no interest in putting on the race purely for the runner. However it provides a unique opportunity for some of our members to test themselves over several days under gruelling conditions. If a runner, or a group of runners do not like the way Westfield organises the run, or the conditions set down, they can organise their own event with an entry fee which covers the costs. A lower budget than Westfield's would result in less or no media interest and have less return for the competitor. 16.

The Westfield Run is a big event and it is only right that a number of international runners are brought out to compete against our best. The fact that some of our runners place extremely well against top international competition enhances both the Run and our Australian ultra-distance athletes. The amount of time, effort and money that needs to be put into a multi-day road ultra is enormous and Westfield have a right as organisers to make it an elite event.

In fact, next year, the cut-off time will be reduced by one day in order to reduce the number of non-elite runners struggling through. This is a shame from the runners' point of view, but a necessary change by the organisers, who have the delicate job of placating police concerns over the safety of an event strung out over several hundred kilometres. As we said, there is always the possibility of a second event for non-elite runners if someone wants to organise it. Westfield are not obliged to put on an event for all who want to compete, at a cost which all can afford.

Solo runs are now not officially recognised because there are plenty of official races to attain any desired achievement and record that you wish to go for. Solo runs can never have the credibility of an official race although we do not doubt your Melbourne to Kyabram performance, Keith. Well done! It was a great effort in tough conditions and there is no reason why you cannot claim you did it.

However, at the present time, lack of any official recognition keeps the flood-gates closed against a potential torrent of claims from solo runs that cannot be verified. In the 1960s and 1970s, there were hardly any organised ultradistance races, and great runners like George Perdon and Tony Rafferty were forced to do solo runs. Fortunately, most of their runs were well-controlled, witnessed and documented so that we are able to recognise some of them because they are worthy of recognition. In particular, George's 24 hour run around Albert Park and some of his marks in his trans-continental run are recognised. Don't forget, these are road-best performances (not to be confused with the track records previously published in this magazine) We are currently working on the 'road bests' list and will publish it when it is finalised. Thanks for your letter. Any other comments from members?

Dear Dot,

I would like to thank the Sri Chinmoy organisers for putting on a great 24 Hour Race. They helped everybody out in the race. For instance, in the middle of the race when I was slowing down, they played "Rocky" music which helped me pick up the pace.

I would also like to thank all the people who lap-scored for me throughout the race. Another thanks to the massage team for being track-side. They did a great job on my legs. Biggest thanks of all goes to my mum, Norma. She was a great help to me in this race as she has been in many other races, feeding me and looking after me the whole time. Mum was very proud of my performance. I said to her before the race that I would do my best.

I would like to congratulate all the runners on their performances, especially Murray Cox when he took out second spot even though he had leg troubles early on in the race. Cliff Young did well to take out seventh. Cliff, you are a great runner and a good friend. And for anyone that I may have missed, thank you very much.

From this year's winner of the Sri Chinmoy 24 Hour Race in South Australia,

Yours sincerely,

Peter Gray

P.S. Thanks Dave Taylor and Terry Cox (Jnr) for the nice words in the last AURA magazine.

Ed's note: Fantastic to see you win one Pete! We were rapt to hear you did so well and are back into form.

Dear Geoff,

I received your letter today and certainly do appreciate your kind remarks. We truly thrust our entire lives into Western States, but I don't know of anything else that I would rather do. Regarding the 1991 race, you and Peter (Armistead) will automatically be accepted, so get your entry forms in. I have sent several additional entry forms if you know of anyone else who may be interested in running. I've also sent some entry forms for our 6 Day Race, if you're interested. A number of Australians, including Geoff Smith have expressed interest in participating. It will be a quality event.

The coverage of Western States in AURA was really marvellous. We all thank you for getting the word out about Western States to the Australian runners, and we would love to have more of them participate. Please give it your best shot to making it back to Squaw Valley in June. Our regards to Peter.

Sincerely,

Norman Klein (Race Director ,
Western States Endurance Run,
11139 Mace River Court,
Rancho Cordova,
California 95670)



Dear Dot,

In a desperate attempt to improve my performances, I decided to observe (and incorporate) other runners' styles. So I started with RON GRANT's stuck-out elbows, added the CYNTHIA HERBERT (also KEVIN CASSIDY)) breast-high arm action, with a dash of IAN JAVES' fly-swatting behaviour.

For the lower body, I tried to copy the BILL BEAUCHAMP (and CAROL STREET) short fast step in an upright motion in conjunction with the CLIFF YOUNG low-knee raise/long stride effect. I remembered seeing PETER GRAY in a forward-leaning stance, so I put that in too.

Stringing that sequence of priceless peculiarities together should have given me a real competition edge. And maybe it will when I can manage to stop falling over....

Now with regard to Paul Every's dismissive comment (AURA mag, Sept'90) re. the Tony Tripp in the Tub exposure, in the interest of modesty, the original WAS air-brushed...wasn't it???

And a final comment about the non-appearance in the last magazine of my invention. If I happen to see, or hear of this device being used, I shall have to conclude that 'pat.pend.' means nothing to you, and it may well become a Case for the Investigators...

Cheers, and keep up the good work,

Val Case.

Ed's note: You've scared us into printing your invention in this issue, Val. Good luck. Hope you sell a million!

Dear Dot,

I am writing to thank (through the magazine), the folk in South Australia for their help and friendliness during my recent visit. Especially Andy and Marie Docherty for putting me up and giving me the run of their house. Also Don Parker and Marlene, especially for her encouragement over the last 10km, which I really did appreciate though I didn't show it! Thanks also to Steve Dunn for his enthusiastic and professional help, Rudi Kinshoffer for his accurate time-keeping, Jack Webber for the massage, and all the other competitors and folk. Good on ya S.A.!

Regards,

Carl Barker.

(Ed.'s note: Just a reminder that Carl smashed Bruce Cook's Australian 50 Mile Track record in this race, when he ran the distance in 5hours 27minutes 24.5secs. What a run! Congratulations Carl!)

1st November 1990

Dear Geoff,

I was a bit surprised with the content of your recent correspondence and that fact that you were disturbed by something lacking?? in the 50 Mile Track Race held here in S. Australia. Your concern about competitors not being allowed to run and complete the 50 mile after the official cut off time, is understandable but really unfounded.

Stop me if you have heard this one!
I am under the impression that A.U.R.A. is trying to bring some sanity into the records of U.ltra Distance, e.g., I have just received forms to fill in to authenticate Carl Barker's record run - I fully support what A.U.R.A. is trying to do.

If an event has an official starting time and an official finishing or cut off time, then the competitor must be aware that only the distance covered within that time can be officially recognised; if he or she decides to continue on after the cut off time, they must rely for their times on clocks and watches other than the official ones which, should be stopped where possible, at the official cut off time.

The official time for the S. Australian 50 Mile Run is one half hour longer than your 50 Miler in Melbourne, it is intended to increase that time by another half hour, and all competitors will be informed that they can continue after that, if the resources are there which allows them to do so.

While it may be alright for me or one or two others to carry on and stay for as long as necessary, it is not so good to ask other people to come along and help for a designated time and then extend that time, they invariably do it, but may not be as easily available for the next event - We have not got the depth of ultra runners as other states and consequently have less "helpers" so the ones we do get we like to look after! - Well Geoff, that's my story and I'm stuck with it.

Kind regards,



Andy Docherty.

Geof Hook's reply to Andy Docherty's letter:

Maybe you misunderstood the intent of my letter Andy. As far as accuracy and precision in ultra-distance records are concerned, (a point not mentioned in my letter), I can see no room for compromise in the important aspects such as lap-recording, distance measurement and time-keeping. Allowing competitors to continue on after the official cut-off time will not compromise the integrity of ultra-distance records.

Giving competitors an official time even if they come in after the official cut-off time is purely a decision of the race director/organiser. In many cases, it is, I agree, not convenient to allow competitors to carry on after the allotted time, and this is bad luck for those competitors.

In large races, it becomes essential that the cut-off time is strictly observed e.g. South Africa's Comrades Marathon and the American 100 mile trail runs. But our races have low numbers of competitors and I would like to see those who are close to a cut-off time being allowed to carry on and finish, and their times included in the official results. To put all that effort into an event for a zero result seems too harsh to me. Some first time ultra runners or experienced ultra-runners having a bad day would surely appreciate the opportunity to finish if they came in soon after the cut-off time. 19.

Dear Dot and Geoff,

I have included a letter which I sent to Paul Sweeney, the author of the article from the "Sunday Sun" which you reproduced in the last issue of AURA. As well as the article 'Big Money in ultra shuffling', he had on the same page complained about the loss of the true "Olympic Spirit" in sport. I received no reply to my article.

Paul,

Judging by your effort in the Sunday Sun of May 27, it would appear that you obtained your certificate for sports' journalism from a Corn Flakes packet.

In one part of the article, you are bemoaning the fact that there has been a loss of the true Olympic Spirit, and then later you have the hide to bucket Yiannis Kouros and ultra running in general. You admit at one stage that you are 'not really conversant with the sport of shuffling.' I suggest that a good sports' writer should research his topic and put his brain into gear before putting pen to paper.

The most prominent event in the Olympics is the marathon. This supposedly commemorates Pheidippides who ran from Athens to Sparta in a futile attempt to gain aid for a battle against the Persians. This run was a few hundred kilometres and was therefore an ultra run. The 42.195km of the marathon race is simply the distance covered in the long race of the Olympic Games held in London.

In your article, you imply that ultrarunning is not a sport. How do you define Sport? Perhaps if you regard something as sport only if it amuses large masses of people, who are spectators, then you may be correct. I personally would prefer to define sport as something that displays athletic achievement or a perfected skill.

Kouros set out in this year's Sydney to Melbourne race to attempt to run the distance in under five days, which would have added another phenomenal performance to his already long list. However, after contracting a cold and suffering an injury, it became obvious that he would not achieve his goal. Thus he used his commonsense and walked the final part, knowing that he had the race in his keeping. This is no different to, say Dick Johnson finding himself well ahead in the final stages of the Bathurst 1000, but with an engine starting to miss a beat. Does he continue to flog the motor and risk not finishing, or does he use commonsense and conserve the engine?

Since I competed in the 1988 Sydney to Melbourne race, I know the costs involved. It cost me \$15,000 - \$20,000. (crew travel costs, fuel, food, hire of 3 vehicles, lost work time, medical expenses). Halfway through the race, I developed 'shin-splints', but due to some expert strapping from the physiotherapist in the crew, I managed to finish the race in the respectable time of 7 days 18 hours. The injury sustained meant 4 days in hospital after the race, two weeks with the leg in plaster and 3 months with extensive physiotherapy to get the leg back to normal. You should be able to see from this that even if Kouros did receive \$50,000 as you stated (the prizemoney was advertised as \$25,000), then well over half of this probably went in expenses. I'll bet you wouldn't get Greg Norman anywhere near a golf tournament that offered such a pittance in prize-money, and believe me, Kouros is held in higher esteem in the ultra-running sphere than Greg Norman is in the golfing sphere. A top ultra-runner needs to train at a level in excess of 200km. per week for an extended period to achieve a competitive standard. How many sportspeople do you know who spend such time and effort to perfect their skills?

Kerry Saxby, who has broken 28 world records, would be regarded under your definition as being other than a sportsperson because she moves too slowly with a type of 'shuffle'. Would you expect Deek to run a marathon at the same pace as Carl Lewis runs the 100 metres? Of course not. Naturally, as the distance of a race becomes longer, then the pace and style of the race has to change and so an ultrarunner often has a style close to that of a race-walker. Wally Lewis and Guy Leech may be great sportsmen in their own sphere, but would look like whimps if they took on Kouros or some of Australia's top ultra runners in an ultra event.

In late September and early October of 1989, I competed in the longest race in the world, a 1300 mile race, twice the distance of the Sydney to Melbourne race, held in New York. The competitors ran

around a one mile circuit in Corona Park, Flushing Meadow, in an attempt to cover the distance in under 18 days, a feat never previously achieved. I managed to achieve that feat, although I was beaten across the line by Al Howie, a Scottish born Canadian resident. There was no prizemoney for this event, and it cost me about \$10,000, but this does not deter myself and other ultra-runners from achieving such ultra-running feats. Surely I and others do not deserve to be labelled as not being sportspersons when our deeds and attitudes are more in keeping with the true Olympic Spirit than most other sports.

I would suggest that you attend an ultra run at some time in the future before you make any further comments about the sport. I must agree that the Westfield Run is largely put on for the advertising exposure for the sponsors, and this is why I and other top Australian ultra runners will not compete in this event again. I refuse to again spend my hard-earned money on advertising Westfield and risking my body and crew on what is an unsafe course. Westfield so limits the advertising space and exposure for individual sponsors that they are almost impossible to acquire. To draw an analogy, it is like Tooheys failing to contribute any more money to the Bathurst 1000, but insisting that all cars are covered with mainly their advertising.

So why don't you get ULTRA-tuned,

Ian Javes. (Caboolture, Q'ld)

Dear Dot,

While I am talking about not receiving a reply (from Paul Sweeney, sports writer) and handing out brickbats, I would like to admonish the organisers of the Colac 6 Day Race. Because I am so heavily involved in organising ultra races, I can only afford to give maximum effort to one or two events per year. For 1990, I decided to compete in a 6 Day race and see how close I could go to the 1,000km. Accordingly, I wrote to the Colac Six Day Race Committee in April expressing my wish to be considered for this event.. On my performance in the 1300 mile race in New York, where I covered almost 800km in the last 6 days of an 18 day race, I felt I would have to be rated amongst the top half dozen multi-day runners in Australia. I have twice contacted people involved in the organising of the race by telephone and yet I have had no reply, and still remain in the dark as to the make-up of the field. Surely the organisers could have the courtesy to reply and perhaps explain why I am not good enough to compete in this race.

Norm Klein, the organiser of the Western States Trail Run received my letter of enquiry about a 6 day race he is organising in Sacramento, California at the end of December. He immediately telephoned me and followed up with a letter full of information. Personally, I feel that if the organisers of the Colac race can't get their act together, then I feel that the ultra-runners of Australia should boycott the event. Perhaps they may have far too many applications for their field of 15. This would suggest that maybe it is time to take our major ultra events off 400 metre tracks onto larger circuits to allow for larger fields. How many marathons are conducted on 400 metre tracks just so the top runners can set 'records'? Not one that I have heard of. Marathon runners are happy enough to be awarded 'best times', so why haven't our top ultra runners ridded themselves of this fetich for setting 'records' on 400 metre tracks. I feel if nothing is done about this current trend, our sport of ultrarunning will stagnate.

A further point I think the ultra-runners of Australia should ponder over is their involvement (or lack of involvement) in organisation of ultra races. I would like to see more of them helping out in the organisation of races. Give back to the sport a little of what you are getting out of it.

Regards,

Ian Javes.

Dear Dot,

My sincere thanks to Alfred of Toto's for sponsoring myself and four other runners - Owen Tolliday, David Standeven, Trevor Jacobs, and John Breit to travel to Minnesota for the 100km. World Road Championships. Alfred, we did you proud.

Ray Carroll and Kim Talbot, thank you for all of the work and effort you both put into organising and preparing a very difficult itinerary. It was nice to see Ray relax now and again.. Kim was great working out the finances and she didn't need a calculator. A very big thank you must go to Lana Startseff, who looked after me for the 100km run. You were always there for me. Thanks Lana.

To all the masseurs and their families, you all took me under your wings and made me feel very comfortable. Thanks so much for your assistance and friendship.

Owen, John, David and Trevor, the advice and encouragement you all gave me meant so much to me. I felt very proud to be associated with a great Australian team.

Trevor broke an Australian record that had stood for 15 years. John was unfortunate to start the run with a very bad chest cold. His time may not have been his best, but he still finished. Australia finished as a team second overall. (We were great!!!)

To my family at home, thank you for the wonderful home-coming.

Signing off from cloud 9,

Dawn Parris.

Ed's note: Heartiest congratulations from all of us in AURA to Owen Tolliday, David Standeven, Trevor Jacobs, John Breit and Dawn Parris for your fantastic performances in Duluth, Minnesota. We were so proud of you all.

Dear Dot,

I wish to thank yourself and many others of the ultra-running movement for your help and encouragement, and also all those who helped with the food in Toto's 24 Hour International Race in Melbourne.

It was an experience of a lifetime for me, at my age to run against world champions, who were all very friendly and treated me as an equal.

If the weather had been as warm as the treatment and welcome, I might have managed a few more kilometres.

Kind regards,

John Petersen.(Camp Hill, Q'ld)

Ed's note: Congratulations on your incredible efforts, John, You are an inspiration to all of us.

Dear Paul Every,

In reference to your letter in last issue, I'm sorry to have to say this mate, but Bobby Fickel hasn't come good with the donation, which means that you're going to have to produce the bare facts about Fickel. I realize it's going to be traumatic for members, but that threat you made was pretty serious and now you're going to have to honour it, in view of Fickel not rising to the occasion. We may have to resort to a sealed section in next issue. Keep it away from young children PLEASE. It could do permanent damage. "Playboy" mag. will be a ho-hum job after this little number.

Yours in collaboration,

Dot Browne. 22.

RACE RESULTS AND RACE REPORTS

ROSS TO RICHMOND RUN - TASMANIA 95KM - 19TH AUGUST 1990

The Ross to Richmond run (95km) is an historic one - between the two oldest functioning bridges in Australia.

Running conditions were superb with a tail wind to make the going very comfortable.

The time to beat for this year's run was 7hrs 33 minutes which was the record set by Andrew Law in 1989.

The field consisted of 4 ultra runners and because of the low number of ultra runners in Tassie the race was open to relay teams as well. This gained lots of attention, the result being 8 relay teams. Each team consisting of nine people.

So that everyone finished roughly around the same time relay teams times were staggered according to their ability and the solo runners started 2 hours earlier than the relay teams.

Solo runners were Alan "Easy" Rider, Eddie Westburgh "Fast Eddie" (both former Sydney to Melbourne contenders), Ivan Davis and Tim McDevitt. Andrew Law was still in plaster (due to his tendon operation), so he found out what it was like to be a crew member and crewed for Alan Rider. His comment was "by gee the time goes fast".

After the first 10km of the race a newcomer to the running scene the "Green Machine" Ivan Davis (36) led in first place. Throughout the race it was a battle between Ivan and Alan. Alan was only 2 km behind for most of the race, but ran out of gas in the last 10 km. At the 80km mark Alan needed thigh massaging and his neck was stiffening up, this gave Ivan an advantage of increasing his lead further. This was Ivan's second ultra run, what a fantastic effort, he has now set a new record of 7hrs 32min 46secs. Alan finished in a time of 7hrs 50min. This is Alan's third run in the Ross to Richmond with a first place and two seconds. Eddie had to pull out at the 70km mark due to injury. Tim McDevitt also a first timer and a employee of the "Green Machine" (Army) finished the race to run third, also in a great time.

Everyone enjoyed the run due to the excellent conditions and the fantastic scenery we have in Tassie. It was a great day had by all, its a great race and we are now looking forward to the Bruny Island (63km) run in November. If any ultra runners are in Tassie at any time please do not hesitate to look us up.

Kerri Law

Regards, Kerri Law

QUEENSLAND 50 KILOMETRE ROAD CHAMPIONSHIP

TOOWOOMBA - 1.2 CIRCUIT - 19TH AUGUST, 1990

RESULTS

Place	Name	D.O.B.	Marathon	50km
1.	Col McLEOD	3.1.36	2.49.04	3.24.58
2.	Geoff BOASE	6.2.51	2.53.25	3.28.49
3.	Dave SOMMERS	22.11.57	2.59.35	3.43.48
4.	Asim MESALIC	4.1.47	N.A.	4.24.39
5.	Rene LOEKEN	25.12.55	3.59.25	4.42.33
6.	Geoff WILLIAMS	25.3.51	3.52.35	4.50.33
7.	Prinesh NARAYAN	17.5.70	4.21.13	DNF - 44K
8.	Brian MOLONEY	15.3.49	3.53.32	DNF-22.8K

Women:

1.	Glenys WRIGHT	28.5.49	4.22.11	5.15.49
2.	Carol STREET	15.8.41	4.37.52	5.30.00

5 HOUR FUN RUN

		D.O.B.	Marathon	50km	5Hrs.
1.	Graham MEDILL	28/3/48	3.03.32	3.41.49	66.049km
2.	Roger GUARD	21/9/46	3.12.02	3.48.51	63.960km
3.	Bob BURNS	12/6/43	3.30.03	4.14.48	57.154km
4.	Graeme WALKER	9/4/48	3.46.04	4.46.30	51.835km
5.	Zigmond AGOSTON	29/4/48	3.55.30	4.49.20	51.811km
6.	Harry JESS	26/5/43	3.55.30	4.49.28	51.811km
7.	Lindsay PHILLIPS	17/9/65	3.34.52	4.52.40	51.200km
8.	Denis CONNOLLY	15/1/47	4.06.38	4.59.22	50.123km
9.	Ron BRYANT	27/1/56	4.02.48	4.54.35	50.000km
10.	Sandra DUNGLISON (1stF)	22/5/49	4.06.20	4.55.36	50.000km
11.	John GREEN	31/12/41	3.54.55	4.40.14	50.000km
12.	Raymond MARCHETTI	2/3/50	4.13.40		49.034km
13.	Dave HOLLERAN	25/6/56	4.11.04		48.812km
14.	Ray CHATTERTON	30/12/48	4.11.24		47.733km
15.	Ron GRANT	15/2/43	4.21.53		47.600km
16.	Sam SEWARD	10/8/43	3.59.12		47.600km
17.	David HEAP	7/12/38	4.16.56		46.400km
18.	Ron GREEN	11/1/40	3.59.58		44.000km
19.	Gavin PASCOE	1/7/48	3.47.28		44.000km
20.	Kevin MORRIS	29/10/60	4.13.23		42.800km
21.	John PETERSEN	19/7/16	5.27.20		42.195km
22.	Ron DUNGLISON	5/6/39			32.000km

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 1.2km circuit around the university grounds proved ideal for the first ultra distance 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 50kilometres on the road. Col, in fact, set a new p.b. for the marathon at the age of 50 and a new p.b. for the half-marathon last year. Col is from Toowoomba, as is Graham Medill, who won the Five Hour Fun Run. Geoff Boase, from Buderim came second in the 50km, 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 on running shoes 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 50km. 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 a half-marathon being her longest previous event. Sandra Dungleison was the only lady remaining at the end of the fun run.

Ages ranged from 20 year old 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.

Dell Grant.

Ed.'s note. Thanks for the results and report, Dell. Some potential new AURA members?? Incidentally, our statisticians really appreciate you recording the competitors' dates of birth. This knowledge will be very necessary when we are fully computerised and want to pull out age-group rankings for particular events.

Dave heads field home

BUNBURY'S Dave Hedley showed a clean pair of heels to defeat allcomers in a Applebee's Citizens six hour ultra marathon at Hay Park last Saturday night.

In a dramatic finish Hedley proved too strong for Steve Jones.

However, a winner was not known for at least several minutes until record sheets were inspected and the track measured.

The result could hardly have been closer with Dave Headley covering 62.048kms and Steve Jones covering 61.612kms. Les Evans was third home with 52.714kms.

A special 750m track was prepared for Bunbury's first ever Ultra event and Bunbury was represented by Mark Pritchard and Doug Wright in the 12 hour event.

A courageous effort was put in by Wendy Bird who battled leg and knee injuries to win the women's event with 22.872kms.

This was a top performance from a person who has never even run in a fun run.

The 12 hour event went to the favourite Ross Parker who had to battle stomach upset half way through the race before he recorded a top distance of 116.738km.

Parker was pleased with his performance which was part of his preparations for the

Sydney to Melbourne ultra marathon in May.

Third home was Bunbury's Doug Wright who covered 104.089km.

It was Wright's first attempt at an ultra.

Bunbury member Mark Pritchard was pleased with his fourth place and 100.685km result.

Pritchard overcame a stomach upset early in the race to settle into a well planned programme which his crew kept a close watch on.

Last Thursday evening David Dye put in a devastating run over 10km to record 34.35 in hot humid conditions.

Sebastian Reeve was second home in 37.37 followed by ever improving George Garland in 39.05.

The rest of the field enjoyed the race with Brian Kennedy just finished in front of Lyle James.

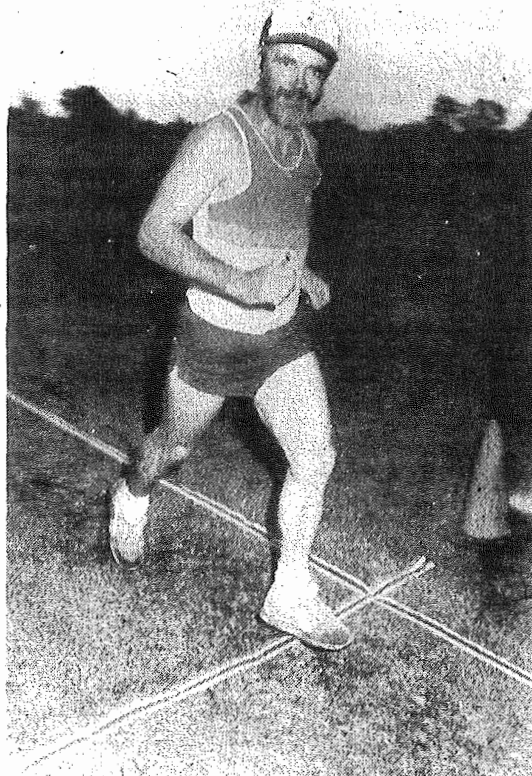
The 5km event was an all the way win for Matthew Lowth in 17.50.

Lowth's times will fall quickly as he gets more strength.

Second home was Peter Eckersley in 19.25 followed by Gordon Burgess 20.01.

Jason Gobby was in excellent form when he won two Country State Championships last weekend.

He won the 1500m under 15 in the good time of 4.32.1 and he recorded 9.50.1 for the 3000m win.



● Bunbury's Dave Hedley proved too strong in the six hour event at Hay Park last Saturday.

Karen-Gobby put in a top performance to be placed second behind Sue Malaxos in the State women's 1000m track championship.

The President's Award for "guts and determination" went to Jacqui Clarke who was running in her first Ultra and fought off stomach problems and leg soreness to finish with a fantastic three lap sprint.

South Western Times, Thursday, March 8, 1990

THE INAUGURAL APPLEBEE & CITIZENS 6 & 12 HOURS TRACK RACE BUNBURY RUNNERS CLUB - WESTERN AUSTRALIA

by Brian Kennedy

Being the first ever ultra to be held in the South West, the Bunbury Runners Club decided to keep it rather low key so that we could get some experience in such a race, with its highs and lows.

It was impossible to get a suitable track with suitable lighting, until we were able to get the assistance of the local Ladies' Hockey Association and the Bunbury City Council to mow a 750 metre grass track marked with a multi coloured safety tape supplied by SCM Chemicals.

The day of the race saw the usual last minute preparations going on and the weather not looking too good. At 6pm, the field of 9 in the 12 hour and 4 in the 6 hour set off in light drizzle and the hope that they would all see the time out.

In the field were three very well-known ultra runners in Ross Parker, Trisha Spain and George Audley, with Bunbury first timers, Mark Pritchard and Doug Wright in the 12 hour and Dave Hedley and Steve Jones in the 6 hour.

The rain cleared after two hours and the beautiful full moon appeared and all the runners were in good form except George Audley, who was suffering from stomach upset and big-hearted Wendy Bird was finding it a bit tough going, as she had never entered a race before, not even a fun run.

As the race progressed, Parker was showing his class with the first marathon out of the way in 3.33.44 and Trish Spain was next through that mark at 4.14.17.

George Audley retired with only 31km up and Charlie Spare was next to go at 51km.

In the 6 hour, Bunbury runners Hedley and Jones were having an exciting race, with Jones going through the marathon in 3.41.25 and Hedley in 3.57.50. At the 50km mark, Hedley was closing in and was only 2 min.28s. behind the determined Jones.

The exciting finish of the 6 hour saw Hedley covering 62.048km and Jones 61.612km, only 436 metres difference!

Meanwhile, Ross Parker continued to press for a big distance and was on target for a 120km + distance. Trish Spain in her usual determined style was holding down second spot from Doug Wright and Mark Pritchard. Ian Partington and Max Van Weert called it a night just after 50km and the renowned "never again" Charlie Spare (whose new nick-name is "I will return again") re-appeared on the track and continued on at a very slow pace because of huge blisters on both feet.

The excellent running conditions were upset by the local water upsetting all the runners except those from Bunbury.

Throughout the night, we had several direct crosses to the local radio station and a visit from the local police who enjoyed what they saw.

And so, the race finished at 6am, followed by the presentation of 4 beautiful Citizen watches to the runners, Ross Parker, Trish Spain, Dave Hedley and Wendy Bird. Our sponsors, Applebees the Jewellers and Citizen Watches were very pleased with the race and will again sponsor the second 6 or 12 Hour Track Race on the 3rd and 4th March, 1991

BUNBURY RUNNERS' CLUB - 6 & 12 HOUR ULTRA - MARCH 3, 1990

sponsored by Applebees the Jewellers & Citizen Watches

12 HOUR

	NAME	AGE	20 MILE	MARATHON	50 KM	40 MILE	50 MILE	100 KM	TOTAL
1	Ross Parker	38	2:41:31	3:33:44	4:19:52	5:47:08	7:43:51	9:57:50	116.738
2	Trish Spain		3:14:12	4:14:17	5:10:12	6:46:48	8:37:33	11:01:03	107.459
3	Doug Wright	44	3:01:53	4:18:14	5:20:09	7:14:39	9:18:45	11:34:12	104.089
4	Mark Pritchard	42	3:35:24	4:47:35	5:46:44	7:35:08	9:36:20	11:44:37	101.685
5	Jacqi Clarke	24	3:23:27	4:29:33	5:33:20	7:28:00	9:37:50	-	96.109
6	Charlie Spare	50	5:50:46	7:40:38	9:16:08	-	-	-	63.223
7	Ian Partington	43	2:57:47	3:56:38	4:56:13	-	-	-	57.075
8	Max Van Weert	36	2:57:44	3:53:43	5:26:42	-	-	-	51.000
9	George Audley		-	-	-	-	-	-	30.000
=====									
	<u>6 HOUR</u>								
1	Dave Hedley	37	2:56:22	3:57:50	4:52:25				62.048
2	Steve Jones	44	2:41:16	3:41:25	4:49:57				61.612
3	Les Evans	35	3:08:45	4:51:49	5:51:10				52.714
4	Wendy Bird	47							22.872

DUSK TO DAWN

QUEENSLAND 12 HOUR
CABOOLTURE
1KM. LOOP - 8/9/1990

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

Cool but fine conditions prevailed for the all-night runners in this 12-hour event held on a 1 km road loop at the Caboolture Sports Centre. Fourteen runners started at 6pm on Saturday, September 8th with one withdrawal during the event -- Bob McNamara had flown in from New Zealand but after running strongly early in the race had to retire at 51 km due to sciatic pain.

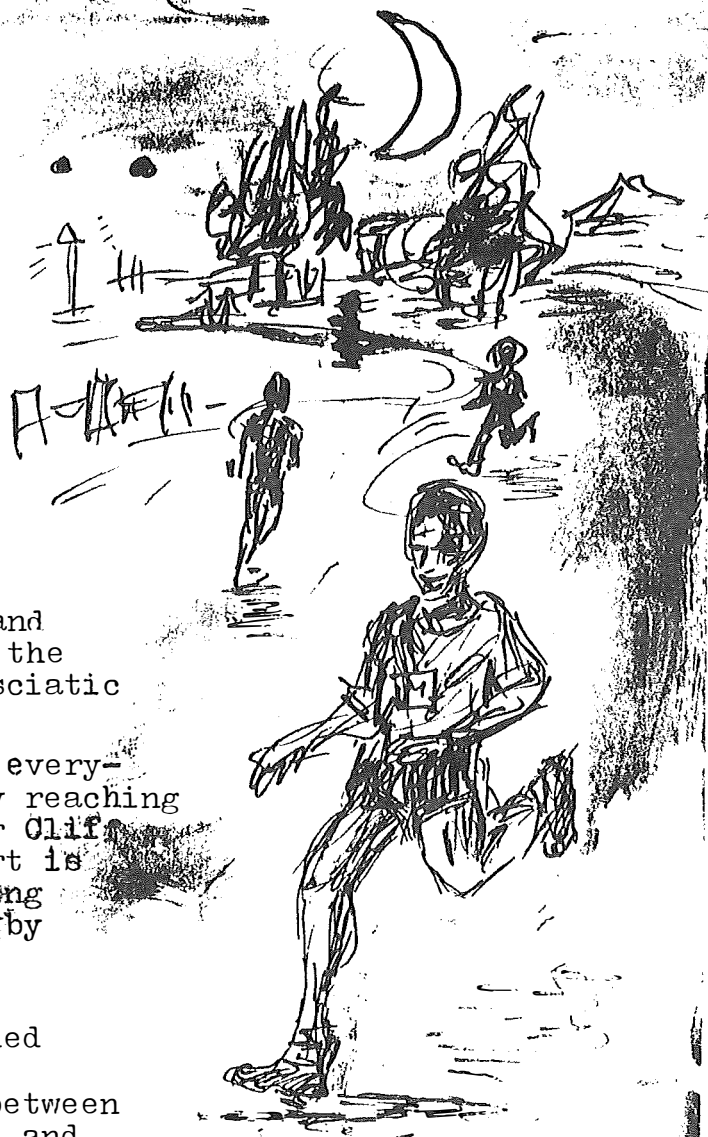
The winner, Gary Parsons, astounded everyone with his courage and consistency reaching 121.75 km to beat novice ultrarunner Cliff French by nearly 5 km. Gary's effort is remarkable as three years ago, during the Moreton Bay Marathon he was hit by a car, suffering a broken leg and ankle. What a come-back !

The next two pairs of runners provided exciting competition: Bob Burns and Lindsay Phillips had less than 1km between them at the finish, as did Ron Grant and Geoff Hain. Lindsay hopes to do well in the Campbelltown 6 day race in November in order to Qualify for next Year's Westfield Sydney to Melbourne.

Carol Street, in only her second ultra race, finished with a most commendable 93.75 km, 'streets ahead' of her more experienced (but slower) rival in the female category. With limited opportunity to train Carol showed the perseverance necessary for success in ultra events and has great potential for the future.

A very special entrant started his effort at 12 md -- Barry Stewart, a disabled runner from Kingaroy, Q. achieved 50 miles (81 km) in 17hours24min34sec. which set a new world record for the category I.A.4 (ambulant with aids).

In the capable hands of race organisers Ian Javes and Dell Grant the usual blend of efficiency and friendliness prevailed. Breakfast was a welcome adjunct to the presentation ceremony held early on Saturday morning, with the cheerful helpers and lapscorers earning the gratitude of all the runners.



Val Case

DUSK TO DAWN - 12 HOUR RUN CABOOLTURE - 8/9TH SEPTEMBER, 1990

(1km road course - Organised by the QMRRC - Ultra division)
RESULTS

Place	Name	DOB	50km	50Mile	100km	12Hr.
1.	Gary PARSONS	(23/12/49)	4.23.07	7.27.05	9.36.56	121.748
2.	Cliff FRENCH	(10/5/43)	4.53.43	7.41.50	9.52.40	117.367
3.	Bob BURNS	(12/6/43)	5.08.04	8.57.45	11.27.36	105.198
4.	Lindsay PHILLIPS	(17/9/65)	4.59.36	8.37.24	11.13.43	104.269
5.	Ron GRANT	(15/2/43)	5.36.15	9.31.18	11.49.33	101.190
6.	Geoff HAIN	(12/8/46)	5.47.25	9.38.33	11.54.10	100.725
7.	Carol STREET - 1st F.	(15/8/41)	5.29.25	9.47.56		93.748
8.	Rene LOEKEN	(25/12/55)	6.00.15	9.57.25		92.000
9.	Arthur COX	(25/8/48)	6.07.14	10.51.57		86.000
10.	Val CASE - 2nd F.	(25/1/37)	6.19.39	11.23.25		84.242
11.	Roy CHATTERTON	(30/12/48)	6.55.04			72.216
12.	Carl HEBEL	(23/10/39)	7.38.07			68.000
13.	Errol MASKEY	(25/6/48)	6.20.38			63.000
14.	Bob McNAMARA					51.000
	Disabled runner:			World record		
	Barry STEWART			17.24.34		

Henri Girault from France
completed his 187th 100km
race - Wow!!



THE 1990 BATHURST 100k FOOTRACE FINAL RESULTS Saturday 15th September

PLACE	RUNNER		SUBURB		H, M. S
=====	=====		=====		==,==,==
1	GEOFF	BOASE	MOOLOOLABA	QLD	8,18.18
2	BRYAN	SMITH	MELTON	VIC	8,22.38
3	PETER	ARMISTEAD	FRANKSTON	VIC	8,24.12
4	MAURICE	TAYLOR	CAMPSIE	NSW	8,36.45
5	ROBERT	HERD	TRANGIE	NSW	8,48.12
6	MICHAEL	BOHNKE	WAGGA	NSW	9,07.44
7	JEFF	VISSER	BELMONT	VIC	9,49.40
8	GEOFF	HOOKY	MT WAVERLEY	VIC	10,38.34
9	MARK	FOLEY	BAULKHAM	NSW	11,15.48
9	BRAD	BOYLE	INGLEBURN	NSW	11,15.48
11	BRIAN	COLWELL	BONDI	NSW	11,24.35
12	HENRI	GIRAULT	NAINTRE	FRANCE	11,29.14
13	WARREN	COSTELLO	WESTMEAD	NSW	14,40.00
14	BILL	CLINGAN	GEORGES HALL	NSW	wussy
15	TREVOR	HARRIS	CHAPMAN	ACT	wussy
16	WANDA	FOLEY	BAULKHAM	NSW	wussy

Race record - Bill Clingan 8 h 17m 17s (28/09/85)

THE 1990 BATHURST 100 k

15th September

by Big Chris

The 8th running of this event was started outside the Bathurst Courthouse at a nice and cool 6.00 am.

We had 16 runners on the day and heaps of depth in the field.

Just look !!

Bryan Smith - Australia's best ultra runner

Bill Clingan - Bathurst 100k race record holder and top marathon runner.

Geoff Boase - two times winner of the VMC 50 miler.

Maurice Taylor - Westfield warrior and 6 day headbanger.

Micheal Bohnke - Westfield warrior

Trevor Harris - World record holder of the 1000 hours.

Wanda Foley - 6 day Amazon.

Brad Boyle and Peter Armstead - both 200k/24 Hour men.

Warren Costello and Brian Colwell - ran a 24 hour track event the week before.

Mark Foley and Jeff Visser - sniffing around the bigger events.

Henri Girault - flew out from France just to collect another 100k event to his personal total of 176.

Last, but not least - el Presidenta - Hooky.

From the start, Bill Clingan went out hard, he wanted to break the race record and also break the 8 hour barrier.

The course consists of running the Mt Panorama car race circuit and then a great circle around Bathurst at approx 10 km radius from the center of town. The course starts and finishes at the main focus point of Bathurst - the Courthouse.

The morning was typical country - very cool and icy on the fingers, but once the sun was up the day was very pleasant.

Bill Clingan was consolating his lead with a cracker of a pace.

Places behind were Geoff Boase, Peter Armstead then Bryan Smith.

The rest of the runners and crew were strung out behind for over 5 km. Bill kept on hammering the pace, the sun was getting higher in the cloudless sky, the day was getting noticeably hotter.

The 70k point is a very long uphill, and on this hill Bill spat the dummy and retired. He has won two marathons in the two preceding months (2.30 pace) and found them having an effect on his performance in this event. I drove back through the field to tell the other runners of Bill's retirement, it had a most profound effect on Geoff who stepped up the pace. The 80k to 90k points takes runners through the roller coaster which has some very mean hills and Geoff moved past Peter.

Bryan Smith was just 4 minutes behind Peter at this time and looked very strong and determined.

The last 10k was full on racing for these three could see each other. Peter Armstead made a final push to overtake Geoff, but to no avail.

Bryan was ready to pounce and moved past Peter. Geoff - never looking around, just kept the pace up and ran strongly to the finish - only one minute outside the race record. Bryan ran in for second with Peter, third. Maurice Taylor was fourth and finished fresh - a prelude for his 6 day at Gateshead, England in a couple of weeks.

Robert Herd was fifth, winner of this event last year. Micheal Bohnke was next in, he wanted to pull out at the 50 k point, but didn't take into account his crewman, Max von Bogenhuber who read the riot act to him and kept him going to the finish.

We had presentation at the Commercial Hotel at 6.30 pm, everyone receiving their goblets. Henri Girault remarked that the course is as tough as any in Europe.

It is a run that all ultrarunners should do at least once.

Roll on next year.

Boase beats the best in gruelling foot race

Queensland's Geoff Boase defeated the cream of Australia's ultra marathon runners in the Bathurst 100 kilometre foot race on Saturday.

Winner of the Australian Marathon (50 miles) in Melbourne the last two years, Boase registered a time of 8 hours 18 minutes and 18 seconds.

Bryan Smyth (Victoria) one of Australia's leading marathon runners finished second, four minutes and 20 sec-

onds behind Boase with fellow Victorian Peter Armstead finishing third.

For the second successive year Smyth has finished runner-up in the Bathurst event having been beaten last year by Robert Herd, who finished fifth this year.

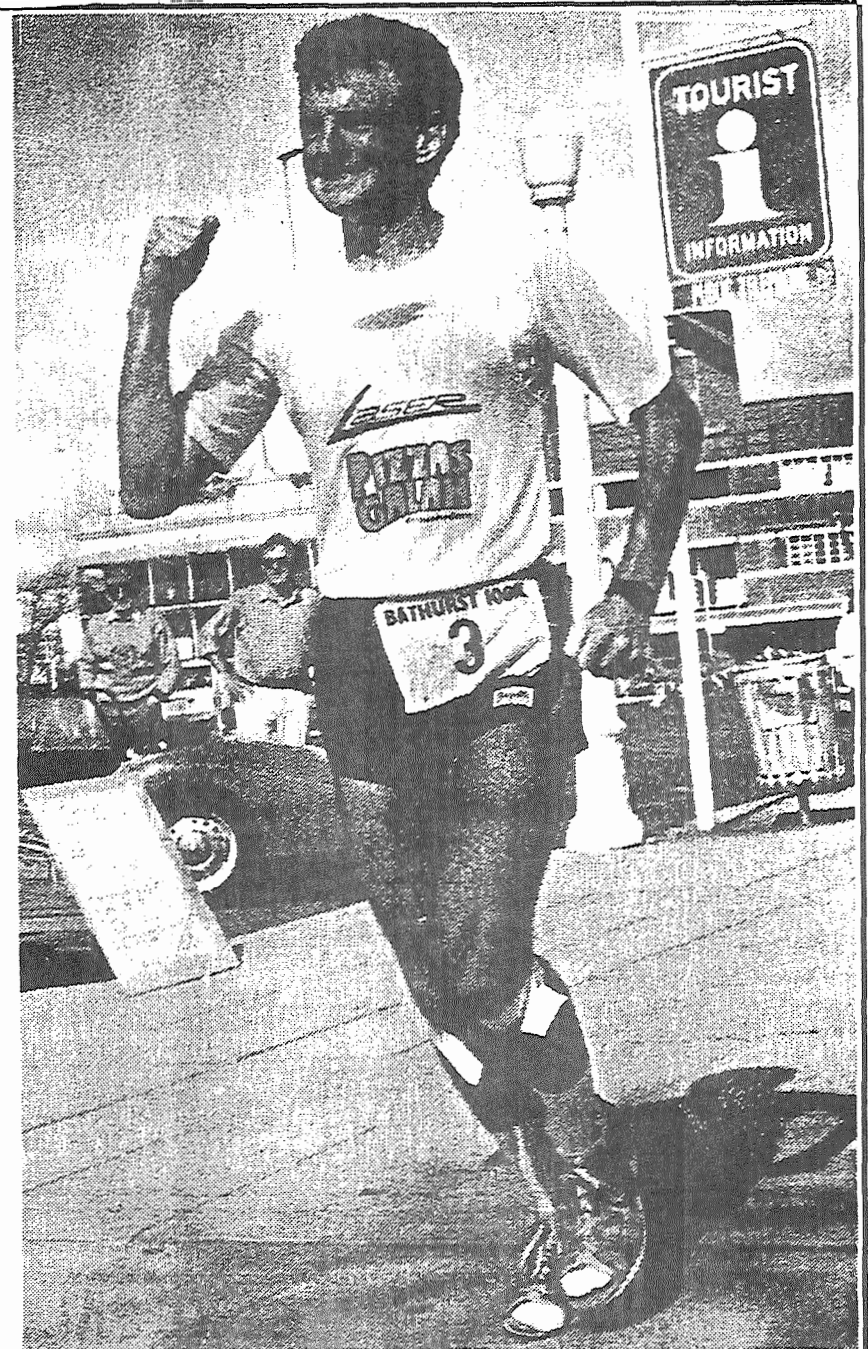
The race, held annually on the streets of Bathurst and surrounding roads began at Bathurst Court House at 6am.

After leaving the Court House, runners went around Mount Panorama, Limekilns Road, Eleven Mile Drive, Mt Rankin, Ophir

Road, Hen and Chicken Lane, Georges Plains, Cow Flat Road, Lagoon Road, Gormans Hill Road and back to the finish line at the Court House.

A number of runners in Saturday's gruelling 100km race also competed in yesterday's Edgell Jog including Frenchman Henri Girault who the previous day completed his 187th, 100km race.

Results: Geoff Boase (Queensland) 8 hours 18 minutes 18 seconds 1, Bryan Smyth (Victoria) 8h 22m 38s 2, Peter Armstead (Victoria) 8h 24m 12s 3, Maurie Taylor (Campsie) 8h 36m 45s, Robert Herd (Trangie) 8h 48m 12s 5, Michael Bonhke (Wagga) 9h 07m 44s 6, Jeff Visser (Victoria) 9h 49m 40s 7, Geoff Hook (Victoria) 10h 38m 34s 8, Mark Foley (Baulkham Hills) 11h 15m 48s 9, Brad Boyle (Campbelltown) 11h 15m 48s 9, Brian Colwell (Bondi) 11h 24m 35s 11, Henri Girault (France) 11h 29m 14s 12, Warren Costglo (Westmead) 14h 40m 00s 13.



A delighted Geoff Boase nears the finishing line in first place after completing the gruelling Bathurst 100 kilometre foot race on Saturday.

-The Western Advocate, Monday, September 17, 1990

SRI CHINMOY 100KM - SYDNEY 30/9/1990

SYDNEY, September 30, 1990. It was the first time the Sri Chinmoy Centre had staged an ultradistance event in Sydney. The field was small, only 10 starters. There were no records broken and no media coverage (except own intrepid reporters from AURA), yet as the event unfolded the race produced its own kind of magic.

Our alarm clocks rang at 3.30am signalling the start of the day. It would be another 2 hours before dawn would reach the Sydney coastline.

So it was, that in the silent moonlit hours we prepared for the day ahead. After meditation, we packed our vehicles and made our way down from the high plateau, along the ocean road, past the sweeping, majestic beaches of Collaroy and Narrabeen, over the bridge which crossed the entrance to the still, inland waters Narrabeen Lake to the natural forest surrounds of the NSW Academy of Sports.

By 5am runners, eager to start their the 100km adventure, had already gathered outside the track. Within the hour, tents were erected, drink and food tables were in place, counters were at their posts and the last shoe laces were being tied. The stage was set.

Just a little after 6am the race was underway. Carl Barker, who holds the Australian 50-mile record, took the early lead and past through the first 10km in 38 minutes. Carl's plan was to run at this pace for as long as possible. Originally Carl had wanted to break the Australian 100km record however, in the few days preceding the race Carl was hit by a virus. As Carl past through 20km and 30km at the same pace the effects of his illness became evident. At 35.2km after only 2hrs 16min 45sec on the track he had to pull out.

This left the race wide open. Graeme Townsend, Tony Collins and Brad Boyle had started out conservatively and each had a chance of winning. It was Graeme, whose steady pace eventually won out. His splits were very even up to 80km, slowing down only fractionally over the last 20km to finish in 9hrs 17min 56sec.

At 60km only a minute separated Tony Collins and Brad Boyle for 2nd a 3rd place. Tony eventually pulled away from Brad over the later stages. Tony finished in 9hrs 36min 40sec and Brad in 9hrs 50min 29sec.

Now with the first 3 places decided and 10 hours into the event the race was almost over. Not quite, some of the greatest moments were yet to come.

There was Kevin Mansell, finisher of 4 Westfield Sydney-Melbourne races (last year he placed 3rd overall), who never looked like stopping. We finally got him to take a rest, after he crossed the finish line in 10hrs 27min 46sec.

Steel Beveridge, running his longest race ever, pushed on through every lap determined to finish. In the closing stages his enthusiasm overcame his aching and weary body as he literally sprinted around the track. His last lap was clocked at 1min 35sec. Steel's finishing time was a solid 10hrs 51min 47sec.

Then there was Shaun Scanlon, taking it to the limit. An amazing effort by Shaun as he kept up a relentless pace over the last 10km to
32. come within 2 1/2 minutes of the 12 hour cut off. Shaun brought every one to their feet as he passed the line in 11hrs 57min 35sec.

Warren Costello also run the race of his life. He clocked up 90.4km in 11hrs 59min 31sec. Brian Colwell, who had to call it a day at 55.2km after 6hrs 20min stayed to the end to cheer on the troops. David Taylor too withdrew due to injury after 6hrs 20min clocking up 52.8k.

Some of the race officials had travelled from as far away as Adelaide to be at the event. Len Tomlinson, who just turned 84 this October, was one of them. Towards the end of the race, after helping out all day, Len took to the inside track for a few laps. His form as a champion sprinter of more than 60 years ago was evident as he smoothly paced by the remaining competitors. (Back in Adelaide now, Len is in serious training for the '91 Peace Run*. He wants to do both the New Zealand and Australian sections!

At 12 hours the race was over but the experience for the runners, helpers, lap counters and race organisers will last for a long time to come.

- Animesh Harrington

* The Peace Run is an international relay staged every two years by the Sri Chinmoy Marathon Team. It is the largest (involving over 100,000 people from nearly every country on earth) and longest (50,000km) relay in history.

The Australian section of the Peace Run will start in Adelaide on May 5, 1991, travel to Melbourne, Canberra and Sydney and finish in Brisbane on June 5, 1991. Along the way the runners will meet with dignitaries, celebrities and politicians. In both 1987 and 1989 the relay was met by the Prime Minister.

If you have a few hours, days or weeks free next year and would like to join in Peace Run '91 then contact: Animesh Harrington, PO Box 383 Edgecliff 2027. Ph:(02) 326 2663.

SRI CHINMOY 100KM TRACK RACE

NSW ACADEMY OF SPORT TRACK - NARRABEEN LAKES, SYDNEY
SEPTEMBER 30TH. 1990

RESULTS

Place	Competitor	Marathon	50km	50 Miles	100km.
1.	Graeme Townsend	3.27.53	4.13.33	7.11.11	9.17.56
2.	Tony Collins	3.36.07	4.19.49	7.25.54	9.36.40
3.	Brad Boyle	3.44.55	4.30.15	7.39.31	9.50.29
4.	Kevin Mansell	3.49.53	4.39.59	8.07.51	10.27.46
5.	Steel Beveridge	3.59.03	4.46.11	8.28.43	10.51.47
6.	Shaun Scanlon	3.58.54	4.58.57	9.10.43	11.57.35
	Warren Costello	4.28.20	5.30.00	10.40.32	
	Brian Colwell	4.13.59	5.17.53		
	David Taylor	4.10.03	5.29.51		

The determination in your heroic effort
Will permeate your mind and heart
Even after your success or failure
Is long forgotten.....Sri Chinmoy.

FINISH OR BE DAMNED IN NEW YORK

1300 MILE RACE 17/9/1990 - 5/10/1990

(A Sri Chinmoy Marathon Team event - Report by Tony Rafferty)

If you stand on the corner of 42nd Street and Broadway long enough you will bump into a member of your family, or so the saying goes. It didn't happen to me.

I walked across the world's busiest intersection and a man in a dark blue designer-label suit and a flashing diamond on his finger, brushed my shoulder: "Good quality crack sir. Coke, very cheap," he shouted in my ear above the scream of a police siren. He walked briskly in front of me and the morning sun reflected in his black leather shoes. Then he looked back hoping for a new customer.

A Rolls Royce glided past and stopped abruptly under the giant Camel sign overlooking Times Square. Suddenly, the driver of a dented Yellow Cab swerved to avoid a crash, thrust two fingers in the air and swore at the chauffeur.

Three boys rushed from the Rolls with their schoolbags bobbing on the back of bullet-proof jackets.

A crowd gathered at the corner of 7th Avenue as a Harlem family of six staged a rap dance. Dimes, quarters and an odd dollar filled two of the six red baseball caps that lined the sidewalk. The crowd on their way to work clapped to Michael Jackson's MOONWALK before a friendly policeman asked everybody to move along. An all-black jazz band played BOURBON STREET PARADE, across the street.

Fruit juice, two eggs, wholemeal toast and 'bottomless-coffee' for \$2.95 on the West 88th Street corner, lured me in for breakfast. A young man in a green cap, flaming-red tee shirt and shorts, and brand new Reeboks, strolled past my table to a winerack and selected a good red. Then, whistling, he waltzed off along Broadway. The owner shrugged his shoulders: "If I chase him he'll pull a gun on me. Why bother. I'll put it down as a breakage," he said casually. I thought: "Only in the Big Apple."

Two hours earlier I'd run a circuit of Central Park as a final workout in preparation for the world's longest ultra-marathon - the 1990 Sri Chinmoy Marathon Team's 1300 mile race - at Flushing Meadow Park.

Last year's winner, Canadian Al Howie, (45), credited with the Land's End to John O'Groats record, completed the 1300 miles on the one mile circuit in 17 days 8 hours 25 minutes 34 seconds. This year seven runners took up the challenge through the lush-green parkland with an 18 day cut-off time.

The spectacular 140ft high, 700,000lbs, stainless steel Unisphere - a present to New York from United Steel for the 1964 World Fair - watched over the paved course with five main curves, a few sharp twists, surrounded by trees, soccer ovals, baseball pitches, gridiron fields and picnic grounds.

Resourceful race director, Tarak Kauff, lined us up and spiritual leader, Sri Chinmoy, started the race at noon on a sunny Monday, 17th September.

The circuit's only gradient is hardly noticeable at first but as fatigued legs longed for relief, it became a mini-mountain towards the end of the race.

The race 'village' erected a few days before the event was designed for the runners' comfort and availability. The lap scoreboard, medical centre, shower, vegetarian canteen, dormitory and toilets sat on the trackside along the first 100 metres.

In 1988, Charlie Eidel, (43), covered 507 miles in seven days. Early in this race the New Yorker ran hard, fast and tense. With his

head down he ran too many miles too quickly, showing his inexperience in multi-day races. Placing third after six days with 428 miles, his ambition to become the first American to complete 1300 miles in less than 18 days looked hopeless. Severe muscular soreness at 455 miles forced him out of the race the next day. He should benefit from the ordeal.

Baltimore runner, Bruce Holtman, (40), with a seven day, 475 miles, personal best last year had little good fortune this time. He retired the same day with 402 miles on the board.

The only woman competitor, West German, Christel Volmerhausen, (57), with quiet determination challenged the leader, Singapore-born, Ronnie Wong, (43). At the six day mark and a score of 451 miles, he led by 20 miles. The veteran West German has 95 ultras on record and holds the women's world best time for 1000 miles in her age group - 16d 1h 59m.

Last year Wong completed the Montreal marathon in 2h 38m 47s. He responded to Volmerhausen's thrust with a combination of pace and endurance - slow gentle running when Volmerhausen was out of sight and as a psychological ploy, swift sprints to overtake her.

Cheerful Jesse Riley, (27), from Key West, Florida, managed 811 miles in last year's race to gain fifth place. A win in the 505 mile Lewis and Clark trail run in seven days eleven hours, supplied the confidence to attempt the 1300 mile race again. At six days he scored 415 miles.

The long race was new ground for New Jersey runner, Patrick Cooper, (25). With a 67 mile win in the Elkins Park 12 hour run and seventh place in the Sri Chinmoy 100 mile race last year, exhaustion finished his bid after a gallant eight days and 425 miles.

A horrid race is the best description of my attempt in this unique event. Three infected toes on the third day from blisters after heavy rain, resulted in lengthy visits to the medical centre. The staff worked tirelessly late at night to keep me running. Limping hour after hour caused an Achilles tendon strain which forced me to walk round the curves and run the straights. After six days I totalled a mediocre 396 miles in fourth position.

It seemed at this time that Al Howie's record was safe.

Cool nights and sunny days with cloud cover made conditions ideal for running.

One night after another Volmerhausen stalked the leader. On a moon-lit evening and only six miles behind fatigue and sleep deprivation caused her to wander sideways across the track. She trampled through a manicured flower-bed outside the Flushing Meadow tennis centre and staggered towards the New York subway just a stone's throw away. "Christel," I shouted. "Sleep. You must sleep." The language barrier prompted me to tilt my head and join my hands, prayer-style, against my cheek. A lap later wrapped in a blanket the tenacious athlete snored on a bench outside the dormitory.

Thousands of people packed the park on weekends for recreation and sport. Irish, English, Puerto Ricans and Brazilians kicked soccer balls. Children fed the squirrels and men and women played pitch and putt on the mini-golf course.

A massive sculpture of Zeus, King of the Olympian gods, stood majestic as we ran, shuffled, walked and limped lap after lap in mutilated shoes and bandaged feet.

The deafening roar from jet aircraft at near-by La Guardia airport made a deep sleep impossible before midnight. Some days planes would take off and land every five minutes. They flew so close we could read the company's name. Strangely, after two weeks the body adapted. Then a lone trumpet player practised his scales at 3 o'clock every morning from an apartment block far away. I preferred the clamour of the jets than the piercing blast from the amateur musician.

Ronnie Wong, concerned that Volmerhausen still had the strength and mental toughness to challenge his lead reduced his rest breaks and established a 72 mile margin when he passed the 1000 mile mark on the 15th day.

Jesse Riley moved into 3rd place with long strides and strict discipline to record 816 miles.

The finishing pattern for the race was set and I didn't challenge the inevitable. I struggled in 4th place with 782 miles in a survival shuffle feeling every stone like the jab of a needle. The dedicated Sri Chinmoy lap counters and their loyal support encouraged me to "hang in". My attitude now was "finish or be damned."

The night before the end a homeless man prepared his bed on a bench in his usual spot under a tree. During the race he had looked and wondered in silence as we ran past every 15 minutes.

I said: "Only one day to go." He told me that there were a lot of crazy people in New York but that we were now top of his list.

Furiously frustrated after many hours with my feet immersed in a bucket of warm water sprinkled with epsom salts and iodine, and visits to the ever-patient medical crew, I finished the race with 903 miles. (3rd place in the men's race. 4th overall).

Ronnie Wong, running relaxed in a style similar to his hero, Don Choi, totalled 1177 miles to claim the sparkling first prize trophy.

The popular Christel Volmerhausen scored 1119 miles for a courageous second place and smiling Jesse Riley from Hemingway country strode to 975 miles and a personal-best performance.

New York, "the world's most exciting city" is a place of contrasts where the wealthy rub shoulders with the derelict. In Manhattan people live in apartments surrounded by pot plants. The less fortunate, mostly black, sleep on park benches, in bus shelters or subway entrances.

This "city that never sleeps" is overwhelming, pulsating, gawdy and violent. At the same time it's beautiful, sophisticated, friendly and charming. A microcosm of the world. Its frenetic energy draws me like metal to a magnet.

Some people say that the Big Apple has turned sour, others say it's rotten at the core. I think it's the place to reach out to new dimensions, to travel new ground.

Despite the din, the crowds and the disappointment I've been inspired symbolically by Zeus and encouraged by Tarak Kauff and the marathon team to reach for the stars again in another attempt to complete 1300 miles in less than 18 days.

TONY RAFFERTY. NOV. 1990.

Hedley loses weight and wins ultra-race

WEST AUSTRALIAN 7/10/90.

AFTER returning from a holiday in the United Kingdom four years ago, Dave Hedley looked in a mirror and didn't like what he saw — an over-nourished body which was about 22kg overweight.

The Bunbury rigger and scaffolder immediately embarked on a fitness campaign, which culminated in his winning the inaugural Lighthouse Beach Resort Perth to Bunbury ultra-marathon yesterday.

Hedley, 38, clocked an excellent 20hr. 46min. 39sec. for the testing 187km course — 43min. 16sec. ahead of Albany's Bert Oostdam with Bunbury's Kevin Martin third in 23hr. 16min. 25sec.

By DAVID MARSH

Race favourite George Audley withdrew 8km south of Waroona with stomach cramps.

Hedley ran the first 100 miles (161km) in 16hr. 50min., one of the fastest times recorded by an Australian making a debut over the distance.

"I felt very tired after reaching 100 miles," Hedley said.

"At the start I ran at a comfortable pace. People were telling me I was

going too fast, but I found it easier than going slower."

Hedley's only previous ultra race was over 62km to win the Bunbury six-hour event in March.

After winning the women's section in 24hr. 11min. 58sec., Trish Spain, Australia's No. 2 female endurance runner, announced her retirement.

Dear Dot,
Herewith a report on the Perth to Bunbury race. We hope to have the race again next year, but with a possible route change to cut out heavy traffic on the Albury Highway in the first few miles.

Yours in running,
Charlie Spare.

PERTH TO BUNBURY ROAD RACE - 187 KMS. WESTERN AUSTRALIA 6TH & 7TH OCTOBER, 1990

Report by Charlie Spare

On Thursday 4th October, the weather was fine and warm with the forecast stating that it would stay that way for a few days. You beauty Trippy! Decent weather for a change! Friday 5th, still fine with the new forecast wet and windy for the weekend. Back to normal Tony.

By the time the race started from the Burswood Casino at 10am on Saturday 6th, the rain had gone, but there was a very cold wind blowing. It was strong and the runners had it on their left shoulders for the first few hours.

Seven runners started and quickly sorted themselves out. Armadale at 27kms. saw George Audley leading from Dave Hedley and Bert Oostdam, with Trish Spain, Kevin Martin, John Thompson and Dennis Sutton spread out behind. Pinjarra, at 85km had Dave Hedley going through well in front of Bert Oostdam, both looking very strong. George Audley was in trouble. He had stopped for a rest with stomach trouble. Also at this point, Dennis Sutton decided to pull out; he was obviously underdone for an event of this length. Later George Audley had to stop again and finally pulled out at round the 110km point.

After this point, the only real race was for third place, Kevin Martin and Trish Spain trading places for a while, with Kevin being the stronger over the last few hours. Trish was not as fit as usual. The only reason she entered was because no other Perth runners had.

Dave Hedley looked very strong in only his second ultra (previously he'd run 62km. in a 6 hour event). He only slowed with a leg injury in the last few kilometres. He certainly looks the star of the future. Bert Oostdam and Kevin Martin improve with every event, giving W.A. considerable strength in ultrarunning. At the finish, Trish Spain announced that she would not be running any more ultras - a big loss, as she always gave her best and never made excuses.

John Thompson made it to the finish just inside the time limit of 30 hours, with the help of a very efficient crew. All the runners reported that the early going was very tough with the wind playing havoc with their energy levels, but the night was still and cool - ideal running conditions.

The race was well organised by Tony Tripp and Brian Kennedy and the Bunbury Runners Club and was generously sponsored by the Lighthouse Inn.

RESULTS:

- | | | |
|----|---------------|------------------------|
| 1. | Dave Hedley | 20 hours 46min 39sec. |
| 2. | Bert Oostdam | 21 hours 29min. 55sec. |
| 3. | Kevin Martin | 23hours 16min.25sec. |
| 4. | Trish Spain | 24hours 11min 58sec. |
| 5. | John Thompson | 29hours 32 min 49sec. |

Thanks for the report Charlie!

GLASSHOUSE TRAIL RUN - QUEENSLAND

Standing just north of Caboolture, like silent sentinels, are the nine weird rock formations known as the Glasshouse Mountains. They were named by Captain Cook during his epic voyage up the east coast of Australia in 1770. Take a drive to Beerburrum and then down a country road through pine plantations to the Glasshouse Mountains lookout to view them.. Mt.Tibrogargan (354m), a massive hunk of trachyte, crouches beside the highway, its rugged face sculptured by nature in the likeness, some say, of an aboriginal warrior. It is a haunting area in which to run as one thinks back thousands and millions of years ago when the strange volcanic plugs were once active volcanoes.

This was the venue for the Glasshouse Trail Run conducted by the Ultra Division of the Queensland Marathon and Road Runners Club. Three courses were on offer -

1. Maxi - Loop 1 and 2 to make about 55km.
2. Midi - Loop 1 to make about 35km.
3. Mini - About 10km.

These distances are approximate because the race organiser had no desire to take a measuring wheel over the entire course. All three events commenced with part of the aptly named Goat Track just below the Glasshouse Mountains lookout. Sandy Buchan of Caboolture would vouch for its ruggedness since he finished the race with gravel rashes from head to foot as a result of a tumble. Probably he was trying to keep up with the speedy Buderim runner, Geoff Boase, who won the Mini Run. Lyn Gordon of Wamuran followed her success at the Pomona King of the Mountains Race with a comfortable win in the women's section of the Mini Run, although Maryborough teenager, Joanne Evans put in a creditable performance to finish second. Sharon Chatterton and Jeanette Goodwhip were so busy chatting that they missed a turn and covered a somewhat extended version of the Mini Run.

Meanwhile, the runners in the big events left the Goat Track to run around Turbubudla (The Twins), then clamber up and down Beerburrum. From here they followed tracks and roads to a spot between Tibberooowuccum and Tibrogargan. Some adventurous souls took the recommended 'short cut' over Tibberooowuccum but did not share the organiser's view that it was a short cut. Leaving Tibberooowuccum behind, the runners began the slow grind up to the starting point at the lookout to complete loop one. Gary Parsons of Caboolture, showed that he has recovered from serious injury in the Moreton Bay Marathon a few years ago, to lead the field at the end of loop one. He decided to call it quits at that point since he intends competing in the Honolulu Marathon in November and did not want to flatten himself. Albany Creek's veteran, Rein Evenhuis was hot on Gary's heels but also declined to continue into loop two. Another Caboolture runner, Arthur Cox, was third fastest for loop one.

Ten hardy souls continued on to complete loop two, which once more began with the Goat Track, followed by a climb up Hennessey's Hill. The course then took a route around Mt.Beerwah and past Mt.Coonowrin (Crookneck) back to the lookout.. Ashley Keating and Darren Morley, both of West End in Brisbane, ran all the way together and crossed the line with hands linked to take equal first place for the Maxi course. Ashley said that only the thrill of finally winning an event stopped him from using a string of profanities he had been conjuring up for the organiser as he traversed some of the tougher sections. Brian Evans from Maryborough finished a creditable third after leading for a large part of the second loop. Other men to complete the gruelling Maxi course were, in order: Cliff French (Beachmere), Bob Burns (Brisbane), Ron Grant (Caboolture), Stephen Lewis (Ipswich) and Ray Chatterton (Brisbane).

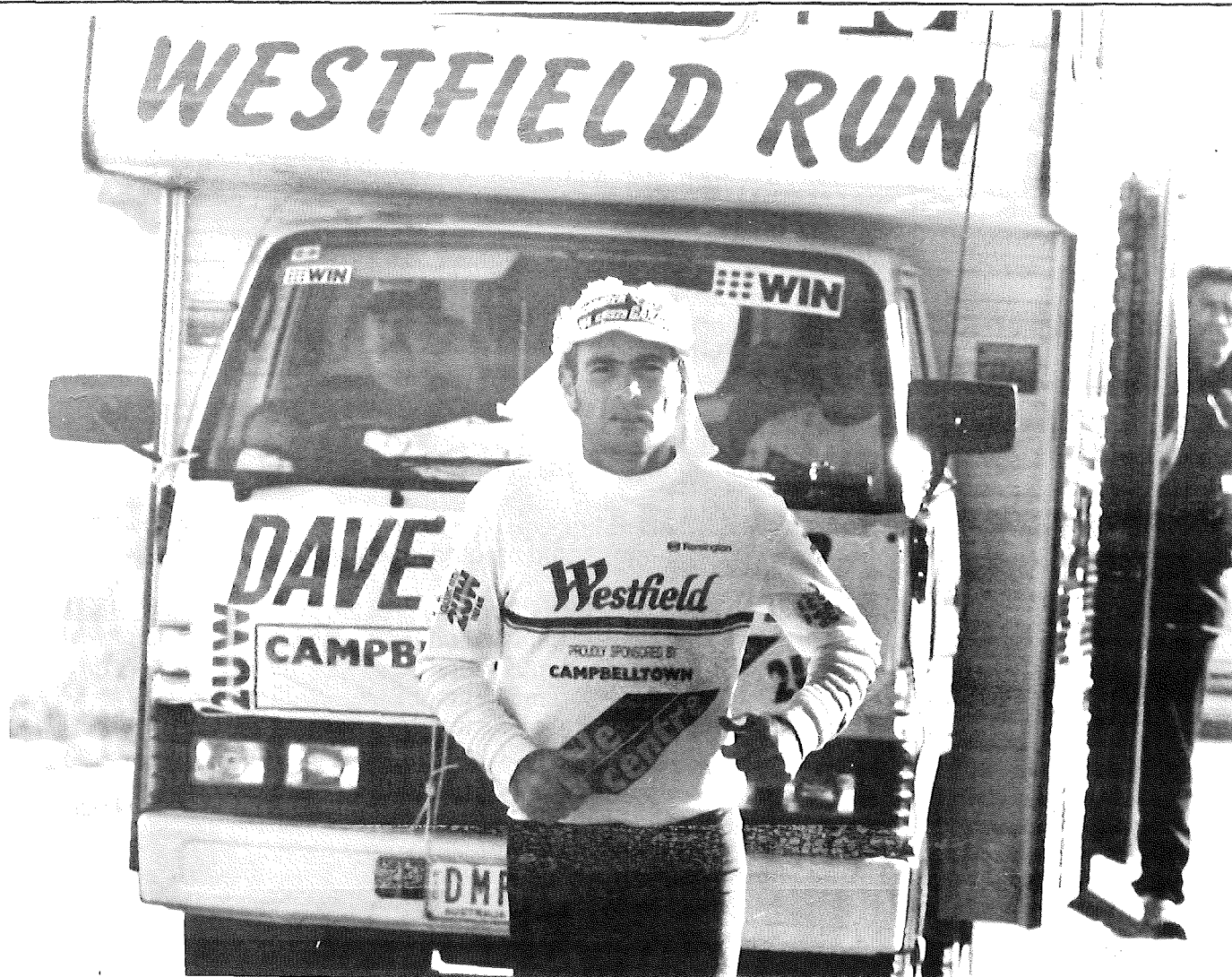
Carol Street, a Caboolture motel proprietress, continued her run of amazing performances by taking out the women's section, with Phillipa Bolt of Kurwongbah also completing the tortuous run. It was only in early July that fellow Caboolture runners had to do some fast talking to get Carol to compete in the Gold Coast Half Marathon (21k). Since then, Carol has completed a 50km race in Toowoomba, covered 92km in a twelve hour run, and now finished this gruelling course in a little over seven hours.

In retrospect, all runners seemed to agree that although the course was a tough one, they found it interesting and would be prepared to front up again next year. Special thanks to Kev and Cheryl Dellow, Sandra Cox, Ken Monson and family and Brendan Burns, who manned water stops and kept the runners fuelled. The event was conducted with the kind permission of the Queensland Forest Services with helpful advice from Murray Keys.

Ian Javes (Race Director)

RESULTS - GLASSHOUSE TRAIL RUN - QUEENSLAND

MEN		WOMEN	
MINI	1. Geoff BOASE 2. Sandy BUCHAN 3. Chris FRENCH 4. Danny EVANS	49m 17s. 50m 58s 1hr 12m 42s Took wrong trail	1. Lyn GORDON 2. Joanne EVANS 3. Sharon CHATTERTON =3. Jeanette GOODSHIP
			53m 30s. 1hr.3m.14s. 2hr 51m 37s. 2hr 51m 37s.
MDI	1. Gary PARSONS 2. Rein EVENHUIS 3. Arthur COX 4. Danny COCKS 5. Lindsay PHILLIPS 6. Allan BOLT 7. Frank HEATH 8. John PETERSEN	2hr 47m 58s 2hr 48m 30s 3hr 21m 36s 3hr 37m 40s 4hr 02m 34s 4hr 14m 10s 4hr 27m 05s 4hr 56m 14s	
MAXI	1. Ashley KEATING =1. Darren MORLEY 3. Brian EVANS 4. Cliff FRENCH 5. Bob BURNS 6. Ron GRANT 7. Stephen LEWIS 8. Ray CHATTERTON	5hr 52m 45s 5hr 52m 45s 6hr 00m 37s 6hr 07m 20s 6hr 16m 21s 6hr 36m 12s 8hr 10m 02s 8hr 20m 19s	1. Carol STREET 2. Phillipa BOLT
			7hr 09m 50s 8hr 20m 19s



DAVE TAYLOR from Appin in NSW, completed 842km in this year's Westfield. Dave was one of the original ultra runners to get the Campbelltown 24Hr. and 6 Day races started. These races have become two of the most popular events on our ultra-running calendar and are now managed by John Shaw.

1990 CAMPBELLTOWN 24 HOUR RACE

by Big Chris

We were blessed with fine weather throughout the event with just some gust wind in the afternoon.

There was a good bag of runners with some new ones to get a glimpse of their souls.

The race started at 11.00 am and once the runners got the feel of the grass track and settled into their pace, things went smoothly for several hours. One of the gusts of wind blew over timing clock and knocked out some of the segments of the figures, this was not liked by the lapscorers.

Charlie Lynn took off and returned with his Westfield clock which worked perfectly for the rest of the event - thanks Charlie !!

A couple of runners were using this event as a warm up for the Campbelltown 6 day to be held on the same track in November.

Chilla Nasmyth was showing great form as was Bruce Donnelly, Kevin Mansell and Tony Collins.

Bryan Smith had a rub down at 8 hours as he was carrying a muscle strain, sustained at work the preceding week. Bruce Donnelly ran strongly and moved past Chilla in the closing stages.

Helen Stanger, first female and fifth overall put in a creditable 188k, six weeks before she put in a 200k plus in another 24 hour event.

Mark Foley just missed out on 100 miles but won a bet (seafood platter) from Wanda Foley for beating her pb in a 24 hour race.

Marcia Leahy race walked the last hours and was rewarded with her 100 mile plus pb, it was great to see pushing herself and busting through the barrier.

Presentation of the awards was 30 minutes after the finish and printed results were also given out. Ladies runners were presented flowers with their awards.

Congrats must go to John Shaw for his organising of the premier event.

A special encouragement trophy called The Ernie Cattle Memorial Award was presented to Mark Foley for his first 24 attempt and effort.

Ernie Cattle was to run in this 24 hour, but for his untimely death.



LEND-LEASE CAMPBELLTOWN MALL

24 HOUR TRACK RACE - 13/14TH OCTOBER 1990

BRADBURY NO 2 OVAL CAMPBELLTOWN - 400 METRE GRASS TRACK
OFFICIAL RESULTS

FINAL RESULTS

RUNNER	MARATHON	50 Miles	100 km	150 km	100 Miles	200 km	KM	Miles
Bryan Smith	3.26.49	7.39.21	9.37.52	15.23.47	16.37.36	21.06.38	222.516	138.265
Bruce Donnelly	3.57.50	8.12.50	10.48.15	17.15.35	18.36.47	22.50.25	207.929	129.201
Chilla Nasmyth	3.54.23	8.19.32	10.35.45	16.58.00	18.30.03	23.20.25	204.213	126.892
Kevin Mansell	3.55.32	8.53.20	11.26.16	19.03.21	20.23.27		191.637	119.077
Helen Stanger - W	3.59.30	8.31.45	10.59.41	18.16.53	19.50.50		188.252	116.974
Tony Collins	3.36.40	7.58.40	10.46.40	19.31.55	21.05.16		181.494	112.775
Keith O'Connell	4.37.48	9.44.34	12.45.25	20.39.06	22.07.30		173.600	107.870
Alan Staples	5.17.25	10.30.58	13.19.03	21.19.36	22.42.51		171.636	106.649
Patrick Farmer	3.48.19	7.38.50	10.41.16	21.01.30	22.39.50		171.484	106.555
Georgina McConnell-W	4.24.08	10.05.30	13.26.50	21.18.59	23.08.20		165.852	103.055
Martin Hannemann	4.12.40	8.38.00	11.14.05	20.49.11	23.30.00		164.552	102.248
Brad Boyle	4.51.50	9.52.44	12.38.39	21.36.27	23.37.05		163.328	101.487
Marcia Leahy - W	5.39.40	11.14.34	14.55.00	22.30.30	23.50.10		162.328	100.866
Val Warren - W	5.31.13	11.39.50	14.53.40	22.42.48			160.238	99.567
Mark Foley	4.43.40	10.10.40	13.06.46	22.22.47			157.727	98.007
Ron Wigger	4.47.40	9.39.38	12.28.18	22.31.21			157.028	97.572
Brian Colwell	4.42.08	9.49.50	12.39.30	23.37.25			153.867	95.608
Larry Smith	4.57.24	11.31.35	15.23.44				145.554	90.443
John Timms	5.41.22	11.42.19	15.05.36				145.193	90.219
Graeme Wilkinson	4.08.20	8.38.20	12.26.03				143.600	89.229
Tony Farnham	5.32.32	11.43.48	14.47.18				140.930	87.570
Shaun Scanlon	4.24.23	10.20.57	14.31.56				138.565	86.100
Denis Hams	5.05.28	12.37.45	16.01.33				136.485	84.808
Chris Norris	4.23.16	9.57.20	13.58.25				135.001	83.886
David Taylor	4.10.50	10.37.40	16.18.08				132.893	82.576
Merrilyn Tait - W	5.25.59	12.54.24	17.40.04				122.157	75.905
Micheal Bohnke	4.23.30	8.51.30	10.59.37				122.000	75.807
Bill Holland	6.20.39	18.16.59	22.56.39				101.155	62.855
Bernie Farmer	6.48.54	16.49.50	23.27.10				100.853	62.667
Grahame Firkin	4.29.59	9.11.08					93.600	58.160
Robin Davis	10.54.39	21.34.10					92.165	57.269
Lucy Gladwell - W	5.24.46	11.09.49					85.200	52.941
Warren Martin	3.57.00	12.01.50					84.400	52.444
Ken Murray	4.28.35						70.000	43.496
Dallas Earsman	6.12.55						50.800	31.566
Mark Gladwell	5.40.41						42.800	26.595
John Nimac							36.400	22.618

National Park Ultra, female winner, receiving the Max Bogenhuber prize.



ROYAL NATIONAL PARK ULTRA - 76.8KM TRAIL RACE _SYDNEY 20th OCTOBER 1990

by Geoff Hook

I went to Sydney not expecting much of a performance from myself and I wasn't disappointed. The Vics. were not entirely let down because "my little mate"(or should I say "tiny" mate), Ross Shilston acquitted himself very well by coming eighth. He claims to have held himself back, waiting for the pain the race was supposed to have produced, and near the end, when the pain had not evolved, he further claimed he wanted to jump off a large rock and break a leg to feel the pain he was being cheated out of. What an outrageous statement!!! I was tempted to feed him to the large, green, St.George Building Society dragon at the presentations afterwards, but the dragon confided to me that he would not be able to handle Ross's fur coat; the hairs would stick uncomfortably between his teeth, and his flames do not start until some small distance past his mouth and could not be relied upon to burn out these hairs. Anyway.... Ross's moment of truth will come next year when he will have to finish better than fifth place and at least 20 minutes quicker to prevent the bagging that will be his due for his arrogance about a course that, while not tough, is certainly demanding.

Ross and I flew to Sydney, late afternoon/early evening on the Friday before the race. We stayed with Big Chris and Helen who were putting up another interloper, Fred Bogenhuber from USA. It was great to see Fred again and he was making the usual excuses about how unfit he was feeling for the race. In the past, Fred has usually put in a good race after such assertions, but it was not to be this time. Younger brother, Max, trounced him (for the first time??) by finishing in fourth place to Fred's 13th place. Fred swears he'll be back with vengeance next year, better prepared.

We thought we may have wanted the services of Peter "Brassbuckle" Armistead to wake us up for the 5am start the next day, but we managed without him. It was great fun catching up with all my old mates in Billy's Bushys. I knew it would be a well-conducted race and in this aspect, I was correct. Well over 100 assisted on the day to make it a memorable occasion for all concerned.

A short distance after the start, at Grays Point, the slightly muddy track turned to glue. The sticky muck clung to our running shoes and then more would stick to it. It didn't take long before it felt like we were running in hob-nailed army boots, and had grown a few more centimetres in height. If the conditions had have stayed this way right through, there is little doubt that I would not have had the strength to finish. I'm sure all the runners were glad when all the sticky mud was left behind.

We had been warned about the leech track and so, guess where I was forced to take a pit stop?? You guessed it. I later found two big black bastards working their way up my shoe, anxious to latch onto my warm-blooded flesh. It took repeated squashing and scraping with my other shoe to dislodge them, such was their tenacity for getting a taste of my blood. I have been told that they sometimes drop out of the trees and land on your head. A much faster way to raw flesh, for sure.

The race had all types of terrain, cool forests with good dirt roads or trails, open heathland with wiry tundra and rocky trails, sandy beaches and other trail sections, some bitumen roads and shopping centres, grassy football fields and paddocks. There were plenty of hills, but nothing too onerous. Hence it wasn't really a tough course, just demanding.

Since I wasn't in much shape for such a demanding run, I was sure glad to see the finish line and slip into a few quiet beers, free, courtesy of Billy's Bushys and the RSL Club, at the finish line. Trust the Bushys to finish at such a fine watering hole!!

The wording on the certificate neatly summed up the great event - "Having completed the Royal National Park Ultra within the required time limit, and as this course incorporated several of our regular Saturday runs, you are now a qualified BILLYS BUSHY and entitled to all of the privileges that go with that honour."

Congratulations to the male and female winners for great performances. Don Wallace, finishing in 5:47:43 is reputed to have not walked any section of the course - a really gutsy effort, considering the steep little hills near the finish when the body was tired and weary. Seventy-two finishers out of seventy-eight starters is a very good result.

ROYAL NATIONAL PARK ULTRA
by Ross Shilston

THERE ARE THREE TYPES OF PEOPLE IN THIS WORLD :-

- THOSE WHO MAKE IT HAPPEN
- THOSE WHO WATCH IT HAPPEN
- THOSE WHO ASK, "WHAT HAPPENED?"

TO THOSE WHO ASK "WHAT HAPPENED?" YOU MISSED A FANTASTIC EVENT
SO MAKE SURE THAT NEXT YEAR YOU EITHER WATCH IT HAPPEN OR MAKE
IT HAPPEN.

THIS DETAILED RACE REPORT HAS BEEN BROUGHT TO YOU BY THE PETER
ARMISTEAD SCHOOL OF PHILOSOPHY FOR BUDDING AUTHORS.

(NOW, MR. EDITOR, PUT A PHOTO OF ME ON THE HALF PAGE THAT IS LEFT.)

We have a photograph
of Ross to put in this
space but his head has
sprung up so much
that it won't fit in this
space - so we leave
it blank.

ROYAL NATIONAL PARK ULTRA
by Ross Shilston

I WAS TIRED AND IN A MOMENT OF WEAKNESS I AGREED. HOOKIE STRUCK
AT A STRATEGIC TIME. HERE WE WERE BEING PAMPERED IN FIRST CLASS
SEATS ABOUT TO DEPART SYDNEY AFTER A VERY ENJOYABLE WEEKEND AND
HE ASKS WILL I WRITE A RACE REPORT. I SHOULD HAVE SAID NO, THIS
HAS BEEN HARDER THAN THE ACTUAL RACE.

(P.T.O.)

THE ROYAL NATIONAL PARK ULTRA WAS EXCELLENT. WHEN YOU ENTERED YOU RECEIVED A BOOKLET WITH A VERY DETAILED DESCRIPTION OF THE COURSE TOGETHER WITH A COURSE MAP AND PROFILE.

5a.m. SATURDAY MORNING AND 78 PEOPLE SET OFF TO CONQUER THE 76.8KM COURSE. THE ORGANISERS MUST HAVE HAD HEART FAILURE WHEN SOME OF THE LEAD RUNNERS TURNED THE WRONG WAY AFTER ONLY 100 METRES.

ONCE IN THE NATIONAL PARK IT WAS ALMOST IMPOSSIBLE TO TAKE A WRONG TURN WITH PINK RIBBON EVERYWHERE TO GUIDE YOU.

WITH SEVEN AID STATIONS AND NUMEROUS WATER STATIONS ALONG THE WAY YOU COULD GET BY WITHOUT CARRYING YOUR OWN WATER BOTTLE, WHAT A RELIEF! THESE AID STATIONS HAD JUST ABOUT EVERYTHING. I'M SURE THAT IF YOU WANTED A FOUR COURSE MEAL IT WOULD HAVE BEEN POSSIBLE. THE SERVICE WOULD HAVE BEEN A LOT QUICKER THAN THE RESTAURANT BIG CHRIS, HELEN, HOOKIE AND I WENT TO ON SATURDAY NIGHT.

THE AID STATION AT HELENSBURGH MUST HAVE BEEN A BEAUTY, WHY ELSE WOULD BIG CHRIS BE THERE WHEN I ARRIVED AND STILL BE THERE WHEN I LEFT 5 MINUTES LATER? HE CERTAINLY WAS IN NO HURRY TO LEAVE.

THE COURSE WAS GREAT WITH GOOD TRAILS GOING THROUGH BUSHLAND, RAIN FORESTS, ROCKY ESCARPMENTS, COSTAL TRACKS AND BEACHES. THE TERRAIN UNDERFOOT WAS GOOD ENOUGH TO ALLOW YOU TO LOOK AT SOME OF THE SPECTACULAR COASTAL SCENERY THAT WAS ON DISPLAY.

MY FAVOURITE PART WAS THE LAST 15 - 20 K RUNNING ALONG THE CLIFF TOP WITH THE OCEAN BELOW. THIS WAS THE PART FRED BOGENHUBER DESCRIBED BEFORE THE RUN AS BEING UNRUNNABLE BECAUSE SOME SADISTIC AXEMAN HAD CHOPPED DOWN ALL THE TREES LEAVING THE STUMPS EXPOSED. WITH A NEGATIVE ATTITUDE LIKE THAT IT WILL COME AS NO SURPRISE TO LEARN THAT YOUNGER BROTHER MAX WON THE BOGENHUBER BATTLE. 4TH & 13TH.

THIS SECTION WAS ALSO THE PART THAT SUGGESTS THAT WHAT MY SATURDAY MORNING COMPANIONS SAY ABOUT ME IS CORRECT. WELL, AT LEAST ONE OF THE THINGS, NOT ALL ! AFTER RUNNING WITH MARK STEINBURG FROM 20K TO 60-65K I CHARGED OFF.

AT THE FINISH EACH RUNNER WAS ENTHUSIASTICALLY WELCOMED AND WELL LOOKED AFTER WITH FOOD AND DRINK LAID ON, THE SUTHERLAND SPORTS INJURY CLINIC PROVIDING MESSAGES, AND A SHOWER UPSTAIRS.

THE PRESENTATION WAS WELL ATTENDED AND EVERY FINISHER WAS ACKNOWLEDGED. IT'S THE FIRST PRESENTATION I'VE ATTENDED WHERE A GREEN DRAGON HAS MADE THE PRESENTATIONS. THANK HEAVENS THE DRAGON HAD TO LEAVE BEFORE IT WAS HOOKIE'S TURN. WOULD THE REAL JOLLY GREEN GIANT PLEASE STAND UP?

TO ROGER HARDY, THE RACE DIRECTOR, AND TO ALL THE HELPER'S FROM BILLY'S BUSHIES CONGRATULATIONS ON CONDUCTING A VERY SUCCESSFUL ULTRA.

TO USE THE WORDS OF THE SPONSOR, THE ST. GEORGE BUILDING SOCIETY, "WHAT A GREAT IDEA."

SEE YOU NEXT YEAR.

44.

WORLD CUP 100KM. CHAMPIONSHIP RESULTS

DULUTH MINNESOTA USA - OCT.'90

Men's Division

DIV	CLASS	NAME	HOME	50M TIME	100 Km TIME	PACE min/mile
PL	PL					
1	1	Roland Vuilleminot, 44	France	05.11.41	06.34.02	06.21
2	1	Russell Prince, 35	New Zealand	05.12.51	06.38.00	06.25
3	2	Stefan Fakner, 38	Canada	05.16.50	06.42.12	06.29
4	3	Yiannis Kouros	Greece	05.18.30	06.43.34	06.30
5	4	Heinz Huglin, 39	Germany	05.25.19	06.50.51	06.37
6	5	Erik Seedhouse, 26	Great Britian	05.26.12	06.55.14	06.41
7	2	Herbert Cuntz, 42	Germany	05.33.06	07.05.30	06.51
8	6	Christian Roig, 38	France	05.39.21	07.06.50	06.53
9	7	Bruno Joppen, 38	Holland	05.36.06	07.07.49	06.54
10	1	Don Ritchie, 47	Great Britian	05.33.37	07.11.14	06.57
11	8	Bill Clements, 32	Seattle, WA.	05.38.14	07.15.29	07.01
12	9	Ray Krolewicz, 35	Pontiac, S.C.	05.45.07	07.21.15	07.07
13	10	Steve Warshauer, 33	Santa Fe, NM	05.41.34	07.21.53	07.07
* 14	11	Trevor Jacobs, 38	Australia	05.48.55	07.22.12	07.07
15	12	Hartmut Haebler, 39	Germany	05.44.29	07.25.15	07.10
16	13	Christopher Gibson, 37	Pittsburg, PA.	05.49.58	07.28.48	07.14
17	3	Robert Perez, 42	Corpus Christi, TX.	06.03.49	07.36.52	07.22
* 18	4	Owen Tolliday, 41	Australia	05.57.25	07.39.48	07.24
19	14	Heinz-Werner Janicke 38	Germany	06.08.55	07.46.00	07.30
20	5	Raymond Scannell, 41	Sacramento, Calif.	06.08.37	07.48.17	07.33
21	15	Joseph Schieffer, 39	Oakland, CA.	06.01.53	07.55.32	07.40
22	16	Gregory Boyd, 33	Vandals Heights, MN.	06.16.42	07.57.57	07.42
* 23	17	David Standeven, 38	Australia	06.16.32	08.05.16	07.49
24	18	Rae Clark, 38	Camino, CA.	06.17.21	08.05.39	07.49
25	19	Nigel Robinson, 35	Great Britian	06.24.12	08.06.58	07.51
26	6	Manfred Traeger, 41	Germany	06.14.59	08.07.40	07.51
27	7	Dennis Herr, 43	Harrisonburg, Va	06.28.34	08.08.34	07.52
28	20	Patrick Folmen, 38	St. Paul, MN.	06.23.07	08.13.41	07.57
29	21	David Wroldstad, 31	Jamestown, ND.	06.40.44	08.18.32	08.02
* 30	22	John Breit, 33	Australia	06.26.43	08.20.17	08.04
31	8	Roy Pirrung, 42	Sheboygan, WI.	06.33.07	08.22.22	08.06
32	1	Richard Sitter Jr., 51	Erie, PA.	06.37.09	08.23.21	08.07
33	2	Tim Brown, 51	Stillwater, Mn.	06.34.12	08.24.41	08.08
34	9	Hollis Lenderking, 40	San Francisco, CA.	06.39.46	08.25.34	08.09
35	23	Robert Manson, 37	Canada	06.44.21	08.25.59	08.09
36	10	Richard LeTourneau, 42	Stillwater, Mn.	06.52.00	08.28.00	08.11
37	11	Steve Shopoff, 43	Flano, TX.	06.47.42	08.32.42	08.16
38	24	Rick Clark, 35	Tampa, FL.	06.23.32	08.44.35	08.27
39	25	Rob Peitzman, 29	St. Paul, Mn.	06.45.18	08.46.19	08.29
40	12	Harry Sloan, 42	Duluth, MN.	06.52.50	08.47.05	08.30
41	13	Robert Dahl, 44	Burnsville, MN.	06.54.45	08.47.09	08.30
42	26	George Palermo, 38	Sacramento, Calif.	06.57.50	08.52.04	08.34
43	14	Richard Schulten, 43	Guilford, CT.	06.54.35	08.54.39	08.37
44	27	Mark Wice, 35	Fall Creek, WI.	07.07.55	08.55.53	08.38
45	15	Bob Stavig, 41	Mpls., MN.	07.04.42	09.01.54	08.44
46	28	David Warady, 33	Huntington Beach, Ca.	06.41.48	09.09.29	08.51
47	2	Randolph Koppa, 48	St. Paul, MN.	07.02.26	09.12.10	08.54
48	29	Staurt Johnson, 31	Fairway, KS.	07.13.53	09.17.32	08.59
49	30	Karlheinz Kobus, 24	Germany	07.12.42	09.26.04	09.07
50	31	Doug Thomas, 36	Minnnetonka, MN.	07.14.19	09.26.20	09.08

*These show the results of our Australian Team members who competed in this event as a result of placing in the qualifying 100km race held at Olympic Park, Melbourne on 8/4/1990.

Women's Division

			SOM TIME	100 km	PACE min/mile
1	1 Eleanor Adams, 42	Great Britain	06.11.36	07.55.08	07.39
2	1 Ann Trason, 30	Oakland, CA.	06.17.21	08.06.15	07.50
3	2 Martha Vass, 28	Hungary	06.26.54	08.07.12	07.51
4	3 Katharina Janicke, 36	Germany	06.30.55	08.19.37	08.03
5	1 Sigrid Lomsky, 48	Germany	06.34.41	08.26.36	08.10
6	4 Randi Bromka, 38	Aspen, Co	06.30.30	08.40.07	08.23
7	2 Hanni Zahender, 44	Germany	06.48.14	08.46.37	08.29
8	5 Huguette Jouault, 39	France	06.58.52	08.49.30	08.32
9	6 Susan Olsen, 33	Burnsville, MN.	06.57.37	08.56.01	08.38
10	3 Angelika Bottcher, 41	Germany	07.06.46	09.01.26	08.43
11	7 Dawn Parris, 37	Australia	07.21.16	09.10.47	08.53
12	8 Linda Gentling, 39	Rochester, Mn.	07.27.55	09.23.02	09.04
13	1 Sandra Kiddy, 53	Bishop, Ca	07.14.19	09.23.34	09.05
14	9 Theresa Daus-Weber, 36	Lakewood, CO.	07.00.00	09.31.27	09.13
15	10 Renee' Simmons, 39	Clinton, Iowa	07.49.51	09.58.30	09.39
16	4 Carmel Vrabel, 42	Rochester, MN.	08.01.26	10.01.49	09.42
17	11 Diane McNamara, 36	Belchertown, MA.	08.06.01	10.06.03	09.46
18	12 Mary Bystedt, 37	Canyon, MN.	08.03.29	10.26.53	10.06
19	2 Mary Croft, 44	Bayport, Mn.	08.58.08	10.08.01	10.46
20	3 Izumi Yamamoto, 48	New York, NY.	08.41.23	10.10.13	10.48
21	13 Debbie Roth, 38	Eden Prairie, Mn.	08.51.27	10.20.46	10.58
22	1 Mae Horns, 56	Edina, MN.	09.06.07	10.30.02	11.07
23	5 Karen Aydelott, 44	Minneapolis, Mn.	09.11.06	10.35.09	11.12
24	14 Vivian Vives-Stoltz, 32	Mpls., Mn.	09.33.01	10.56.26	11.33
25	6 Jo Wells, 40	Canada	09.17.35	10.57.25	11.34
26	15 Pam Smith, 36	Riverside, CA	09.45.58	11.00.44	12.35
27	16 Jennifer Finne, 37	Davenport, Iow	10.24.20	11.08.36	12.43

*These show the results of our Australian Team members who competed in this event as a result of placing in the qualifying 100km race held at Olympic Park, Melbourne on 8/4/1990.



Bathurst 100km placegetters: (l.to r) Bryan Smith (2nd),
Peter Armistead (3rd), and Geoff Boase (1st)

SRI CHINMOY 24 HOUR TRACK RACE

Adelaide

October 27-28 1990

The ninth annual Sri Chinmoy Track Race was run in almost intolerable heat with the mercury pushing itself up to 38C and the clear blue skies relentlessly allowing the scorching sun to burn mercilessly down on each ultra runner as they made their way around the track in the daylight hours.

An added torture was provided by the black cinders of the track absorbing, retaining and radiating back the solar energy power which was sapping each indomitable runner of precious energy. Despite the heat, the serious danger of sun stroke, fluid loss causing sure dehydration and distress, the 26 runners who elected to plod around the track remained remarkably cheerful during the entire event. Only one or two entrants needed to withdraw as a result of the heat.

Ross Martin (SA) the only runner to have competed in all nine Sri Chinmoy 24 Hour events was hobbled by a leg injury 2 hours into the race. He decided to walk for the remaining 22 hours and finished 15th overall with a creditable 122.6 kms total.

Geoff Boase (Qld) who held the lead briefly between the 5th and 6th hour had to pull out with knee problems at the 15th hour. Anyce Melham (NSW) retired around the 11th hour, hopefully to come back refreshed, but never made it back on the track again.

However, the race belonged to Peter Gray from Geelong who handled the pressure of the excruciating heat, the brief competition from Geoff Boase and the relentlessly ticking clock to valiantly cover 202kms in what one runner described as the worst conditions he had ever experienced in an ultra race.

Peter had his mother as helper and this paid off well with a steady, consistent pace throughout. At the 16th hour he was still ticking over with a 9.1km per hour pace, by the 24th hour he was still going strong with an 8.78 km per hour pace. A commendable effort in which he clearly exhibited his superiority over the field.

Murray Cox (SA), one of the most improved and inspiring ultra runners around at present commenced the race content to sit at the 8th to 10th position overall, gradually working his way up the field to finish his 100 miles in 19 hours 23 minutes and take out 2nd place with 190.5kms total. This slight runner (60km) lost 5 kms in body weight fluid during the event and at one stage left the chiropractic tent with a heavily bandaged knee. Despite all obstacles he ran what can only be described as an outstanding race given the conditons.

Cliff Young, hoping to make it to 200km, was found in 17th place during the heat of the day. With remarkable recuperative powers, he ran himself steadily through the night into 7th place overall at the finish.

Mention must also be made of Bob Wiese (SA), in his first 24 hour race who attained 100 miles and fourth place overall in a very tough race.

The talented Sue Worley put in a valiant effort among the women taking out 10th place with 141.076kms and was still able to smile at the end of it all looking fresh enough to run another race.

Thanks must go to all handlers, helpers, officials chiropractors and lap counters who encountered the same barely tolerable heat conditions as the runners. Special thanks to the Sri Chinmoy Marathon Team members from Melbourne, Sydney, Canberra and Newcastle who so faithfully travel to Adelaide each year to make the event a great one.

SPECIAL ANNOUNCEMENT: The 1991 Sri Chinmoy 24 Hour Track Race will not only be the 10th annual, but will also be the qualifier for the World Championship 24 Hour event to be held in Basel, Switzerland in May 1992. The Swiss Sri Chinmoy 24 Hour Race has been designated a world championship event by the IAAF and the IAU. The Australian Sri Chinmoy race will send the male and female winners to the race in Switzerland

MINIMUM DISTANCES winners must cover are:

Men.	209.2km (130 miles)
Women:	177.023km (110 miles)

The Australian event to be held in Adelaide will be run at Olympic Sports Field - Kensington (regopile surface) on the 28th and 29th September, 1991. A limited number of runners from around the nation will be invited to participate. We are looking forward to this historic event!

Sri Chinmoy 24 Hour Run

SATURDAY & SUNDAY 27/28TH OCTOBER, 1990

	NAME	FINAL	MARATHON	50 Kms	50 Miles	100 Kms	100 Miles	200 Kms
1	Peter GRAY Vic	202.014	3:32.43	4:25.07	7:36.03	10:01.39	18:06.23	23:41.10
2	Murray COX SA	190.535	4:25.30	5:27.40	9:01.48	11:42.23	19:23.00	
3	Roger STUART SA	171.809	4:39.50	5:47.03	9:54.25	12:29.15	22:05.26	
4	Bob WIESE SA	163.857	4:42.39	5:45.59	10:04.57	14:15.44	23:33.29	
5	Rudi KINSHOFFER SA	157.750	3:57.43	4:46.46	8:59.49	11:39.03		
6	Eduardo VEGA NSW	150.344	5:08.21	5:58.49	11:52.07	15:33.20		
7	Cliff YOUNG Vic	148.427	5:44.21	7:14.31	13:16.16	16:40.41		
8	Stephen DUNN SA	146.299	4:32.31	5:42.20	11:42.08	14:47.08		
9	David HOLLERAN Qld	145.462	5:13.54	6:35.42	12:52.07	17:13.02		
10	Sue WORLEY SA	141.036	5:27.30	6:52.07	12:03.50	16:33.10		
11	Geoff BOASE Qld	131.966	3:43.17	4:28.13	7:49.35	10:28.13		
12	Carolyn BENSON SA	130.655	6:52.56	8:06.51	13:53.08	17:32.40		
13	Michael GRAYLING Vic	128.913	5:46.55	10:43.41	14:51.59	18:03.00		
14	Terry BUXTON SA	128.707	5:43.27	7:19.10	12:38.09	16:54.09		
15	Ross MARTIN SA	122.614	5:55.33	7:29.40	14:47.02	19:32.42		
16	Dick CROTTY SA	120.763	7:25.07	9:27.34	15:34.19	19:48.52		
17	Kevin CASSIDY	111.173	4:12.03	5:01.29	11:54.39	19:13.20		
18	Peter GARLICK SA	110.607	4:57.43	9:32.01	13:59.42	20:12.41		
19	John MOYLE SA	108.289	4:52.00	6:37.45	18:01.52	22:00.56		
20	Eileen LUSH SA	102.608	6:56.41	8:35.29	13:59.17	18:15.45		
21	Jacques GAILLARD Vic	95.821	8:00.31	10:21.42	19:47.38			
22	Anyce Kip MELHAM NSW	94.952	3:47.29	4:33.21	7:53.03			
23	Helen BARNES SA	93.429	7:32.20	9:18.47	9:27.35			
24	Graeme RUSSELL Vic	82.479	3:48.33	4:38.40	9:40.22			
25	Kaven DEDMAN SA	51.097	8:27.47	12:52.21				
26	Susan BARDY SA	24.945						

SIX HOUR TRACK RACE EAST BURWOOD - SUNDAY 28TH OCTOBER 1990

by Dot Browne

The 33 runners who started at East Burwood track on Sunday 28th October were part of quite an historic occasion - the first Six Hour Track Race to be held in Victoria ever!. And what a race it was. Who could have predicted that they would experience such appallingly hot conditions. Someone told me it reached 33 degrees that afternoon when they were plugging around... and around...and around. A mate of mine calculated that it would have been 53 degrees centigrade on that black rubberised surface. And the hot north wind up the back straight didn't help. Not exactly ideal conditions for an ultra. Great for catching an early tan though.

The amazing thing for me as Race Director was that they all coped so well with the adverse conditions, even though two thirds of the first were novices at ultrarunning. Of course Dr.Don McMahon's little pep talk on the dangers of dehydration and "melting muscles" just before the start scared them into accepting drinks and sponges almost every lap as the sun rose. So much so that their weight checks every two hours revealed only a few of them had lost any weight at all.

We had almost every member of the Croydon venue of the Victorian Veterans Athletic Club there at some stage during the day and I was particularly grateful to them all for giving me so much support. They handed out sponges and filled water cups for six hours, made sandwiches and hot drinks and even cooked pancakes for lapscorers. They filled up water bins, lapscored, crewed, massaged and weighed the runners, worked out placings and final distances in a hurry, presented medals and certificates and even helped me clean up after -wards. The list goes on. I value their help and friendship tremendously. Thanks also to my husband Colin who updated the leader board every hour.

A few of us kicked on at the ground until 7 o'clock that night. I don't know where those extra four hours went after the finish, but we had a ball just sitting in the shade, sipping the odd drink and having great post-mortems and discussions about the event and other things. We didn't really want to go home, the atmosphere was so great. Eddie Stack did the roving musician bit, swaying on the fringe of the group, entertaining us playing his mouth-organ.

One of my first-timers, Charles Cameron, commented on the encouragement from other competitors that he received throughout the event - something that he hadn't experienced in other competitive pursuits that he had taken part in. But we in the ultrarunning game know that this is part and parcel of ultrarunning isn't it, and is one of the reasons why ultrarunning events are so special to the people involved. It's certainly why I am happy to organise such events. The friendships and rapour that is built up between runners, their crews and lapscorers and the organisers is something too beautiful to put into words. Thankyou if you were part of this one.

One notable feature of the field of competitors was that two-thirds were of veteran age, and four of them were over 60, which shows that ultrarunning is a sport an older person can definitely get into. Also, with so many novice ultra-runners in this race, I should be able to con a few of them into joining AURA. (Eat your heart out Big Chris! You little ripper. All of them Victorians!)

Congratulations to Jeffrey Smith from Ferntree Gully, 31 years, who won the event. What a well-paced and well-judged performance. He ran 7.5 minute mile pace consistently from start to finish. Jeff tells me it's his second ultra. He ran the Ballarat 50 miler two years ago, but of course, he's delighted with this one. Graeme Alford in 5th position was out first novice. Fantastic effort Graeme! Shirley Young's performance at 60 years of age was also sensational. Some of you may not realize that Shirley is the ONLY female to have completed EVERY Melbourne marathon!

I feel that, due to the success of this first Six Hour event in Victoria, it will definitely become a permanent race on our ultrarunning calendar.

Dot Browne (Race Director)

49.

SIX HOUR TRACK RACE EAST BURWOOD - 28th OCTOBER, 1990

by Jeff Smith

Ten minutes to race start and the doctor was issuing warnings to ensure we would take in plenty of fluids. The day had dawned hot and windy with an expected top of 30 degrees, a perfect day to be at the beach, but here, six hours on the track??? Just shows you how unpredictable Melbourne's weather can be. As it turned out, it reached 33 degrees and it was Melbourne's hottest October day in 13 years! I was glad I had plenty of water on hand, and to my surprise, I almost used the lot by going through 7 litres.

My plan was not to start off too quickly as it was to be a long six hours under that sun. I instructed Bob, my handler that I wanted to drink every 10 minutes and eat every 20. I wanted to be sure that I wouldn't lose too much weight, always keeping in mind what the doctor said, "Too much weight loss and you're out of the race!" I was a little worried about constantly going around and around on a 400 metre track, as I had had only one track race previously, a 10km which I absolutely hated. But I guess that is what makes ultra races different. There is a special type of atmosphere, with all the runners, handlers, lapscorers and officials working together towards a common goal.

The time was passing quickly, as I hoped it was for all the lap-scorers. I felt for them, sitting under that annoying sun. I had conned my brothers, Tony and Peter in for this little chore. It's surprising, they're still talking to me. They remarked that they were looked after extremely well by Dot Browne and her band of helpers.

First "weigh in" around the two hour mark and I had not lost any weight. I was pleased. At the three hour mark we changed direction, a great chance to unwind!! I was sticking to my race plan, drinking every 10, eating every 20.

I must give special thanks to those people who manned the "sponge station" at one end of the track. Their commitment and encouragement was something I looked forward to every couple of laps. I am sure I speak for all the runners when I say that without their help, our job would have been far more difficult.

Four hours had now passed and it was time to "weigh in" again. I had not lost any weight which made me very happy. At the five hour mark, to my surprise, I found myself in the lead. With one hour to go, my plan was to walk as little as possible, and continue with my fluid intake every 10 minutes. I was now far more conscious of the race clock, positioned right beside the track, than at any other stage during the race. Twenty more minutes had passed and I said to myself, "Only 40 minutes to go". I continued to look at the clock constantly during that last 40 minutes. With about five minutes to go, we were handed our little sand-bags. The clock now read 5:57:53. More words of encouragement from those special "sponge people" - "Come on Jeff! You'll get another lap in!". The siren sounded and what a thrill it was to have my wife, Sue and 3 kids there to see me finish this one. They had been along to see me plenty of times before, but not quite like this.

In closing, I would like to thank Dot Browne and her helpers for organising such a terrific event. Even though the weather conditions were less than ideal, the day as a whole was a resounding success. Also, thanks, Bob, Tony and Peter.

Jeff Smith.

SIX HOUR TRACK RACE

BILL SEWART ATHLETIC TRACK, EAST BURWOOD

SUNDAY 28TH OCTOBER 1990

RESULTS

Overall Placing	Competitor	Age	Marathon	50km	Final Distance
1.	Jeffrey SMITH	31 years	3.33.35	4.12.29	70.804km
2.	Peter QUINN	40 years	3.31.35	4.15.57	68.518km
3.	Brickley HEPBURN	39 years	3.39.30	4.21.53	67.732km
4.	Joe SKROBALAK	38 years	3.32.49	4.16.43	67.433km
5.	Graeme ALFORD	30 years	3.47.27	4.34.16	62.538km
6.	John BELL	45 years	3.38.51	4.44.33	62.062km
7.	Hans JENSEN	43 years	3.42.47	4.42.06	61.807km
8.	Shirley YOUNG (1st F)	60 years	3.54.32	4.42.34	61.793km
9.	Fred BLACKMAN		3.51.32	4.45.40	60.435km
10.	Terry COX (Jnr)	25 years	3.55.25	5.06.55	57.840km
11.	Lawrence CROUCH	50 years	4.16.07	5.12.45	56.869km
12.	Tom DONOVAN	59 years	4.26.30	5.18.23	56.708km
13.	Greg WISHART	52 years	4.09.07	5.17.02	55.732km
14.	Tony POWER	30 years	4.28.37	5.32.49	54.181km
15.	Lorrie BISHOP (2nd F)	43 years	4.43.25	5.38.06	53.420km
16.	Andrew HALLAM	26 years	4.16.55	5.37.25	53.068km
17.	Lester BUCHANAN	50 years	4.40.29	5.43.17	52.451km
18.	Philip SODERSTROM	43 years	4.50.02	5.48.40	51.907km
19.	David YEAMAN	54 years	4.23.48	5.43.10	51.754km
20.	Frank TUTCHENER	63 years	4.37.41	5.48.48	51.073km
21.	Bill BAXTER	52 years	4.58.50	5.58.59	50.176km
22.	Ernest HARTLEY	40 years	4.52.50	5.59.19	50.128km
23.	Norbert WICHMANN	38 years	5.07.07		49.774km
24.	Charles CAMERON	37 years	5.24.42		47.249km
25.	Norm JOHNSTON	53 years	5.10.20		46.425km
26.	Tony PULVIRENTI	24 years	5.33.00		45.558km
27.	Graeme ROBERTSON	45 years	5.35.51		44.540km
28.	Norma DICKSON (3rd F)		5.42.26		44.245km
29.	Denis SINNOTT	60 years	5.49.31		43.142km
30.	Grace SMITH (4th F)	72 years			37.702km
31.	Lavinia PETRIE (5th F)	47 years			34.800km
32.	Dorothy HICK (6th F)	49 years			29.551km
33.	Jan STRONG (7th F)	45 years			28.328km

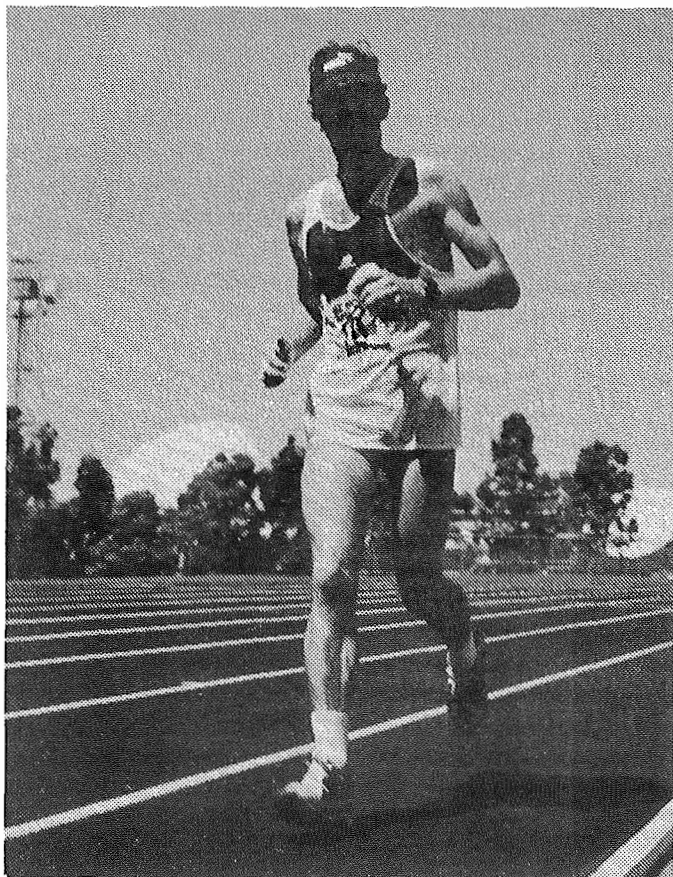
SIX HOUR TRACK COMPETITORS - 28/10/1990



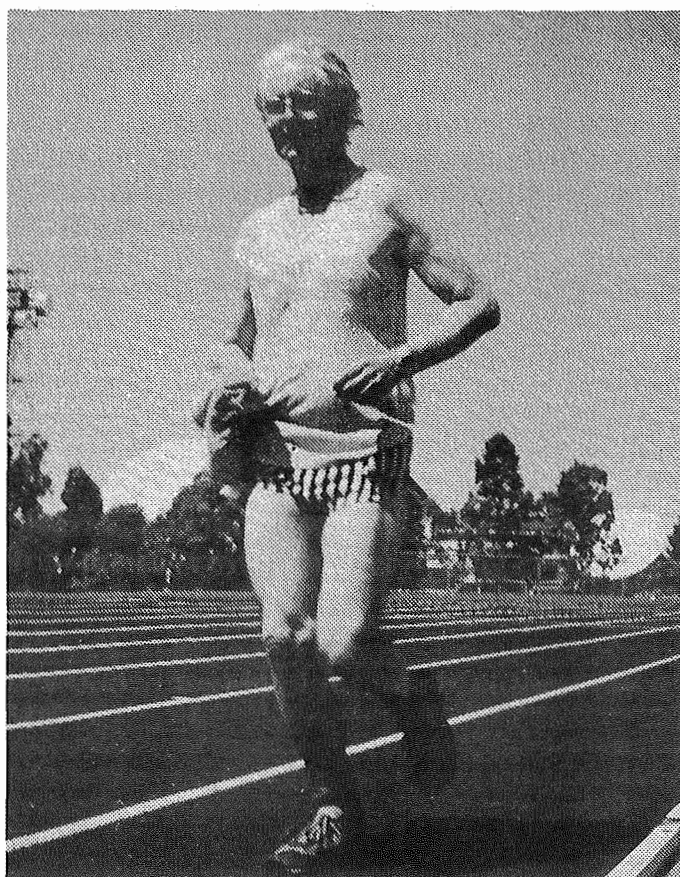
Hans Jensen, novice ultra-runner
ran 7th place with 61.807km.



Charles Cameron, novice ultra-runner,
took 24th place and ran 47.249km.



Jeffrey Smith, in his 2nd ultra,
won the event with 70.804km



Dave Yeaman took 19th place
and covered 51.754km.

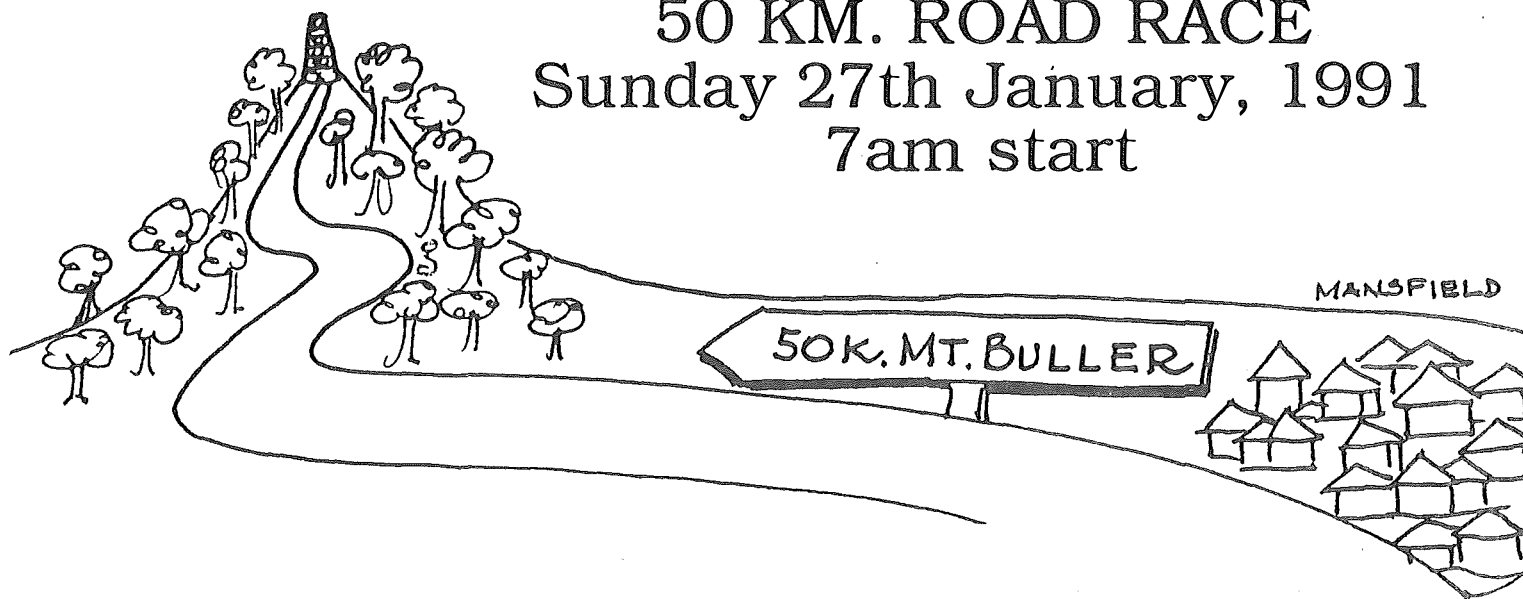
RACE ADVERTISEMENTS

MANSFIELD TO MT.BULLER

50 KM. ROAD RACE

Sunday 27th January, 1991

7am start



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

First 32km.

32 - 48km

48 - 50km.

Mansfield through Merrijig to Mirimbah

Mirimbah to the summit of Mt.Buller

Summit of Mt.Buller to Alpine Village

undulating farm-land.

uphill climb.

downhill run, 800m
on a rocky track.

PRIZES:

First Male

Second Male

Third Male

First Female

First Veteran Male

First Veteran Female

ENTRY FEE:

\$10.00 (Cheques payable to Peter Armistead)

ENTRY FORMS TO:

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

CLOSING DATE:

31st December 1990

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

DEDICATION DETERMINATION DISCIPLINE

MANSFIELD TO MT.BULLER

50 KM. ROAD RACE

INFORMATION FOR RUNNERS

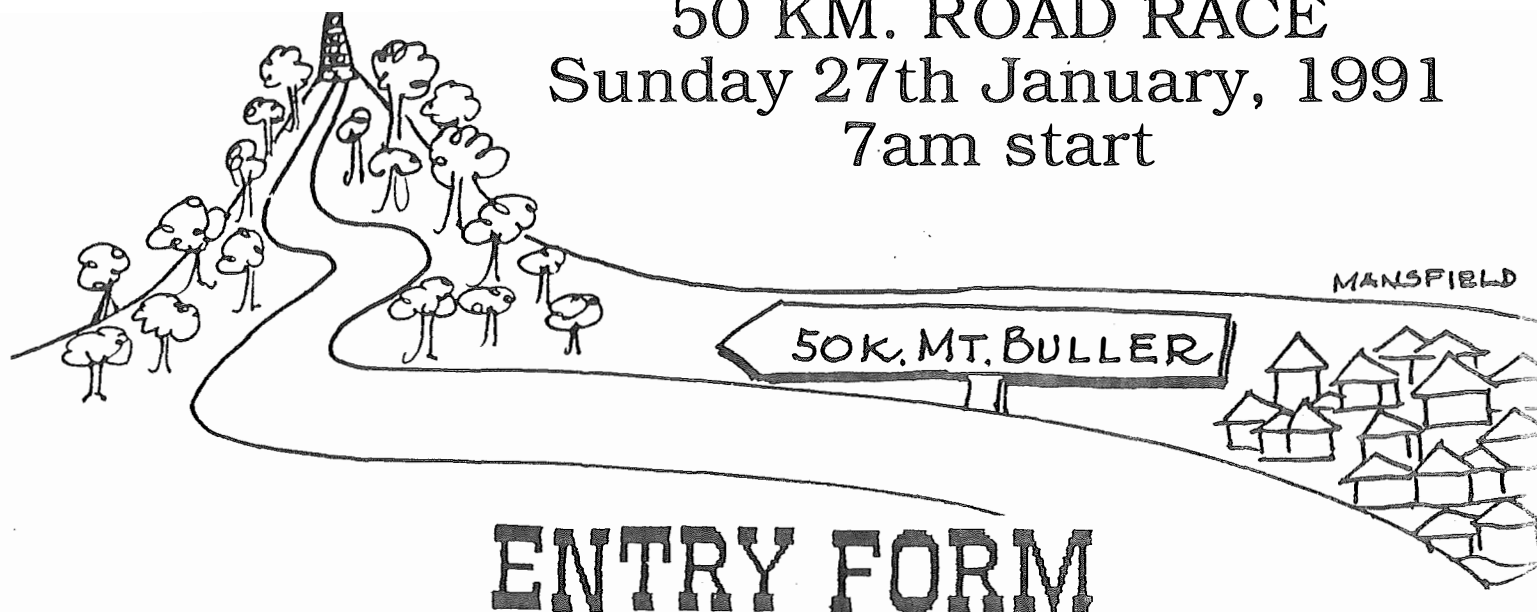
- Race Date: Sunday 27th January, 1991
- Start Time: 7am (daylight savings time)
- Report in: 6.30am sharp.
- Entry fee: \$10.00 payable to Peter Armistead.
- Entry to: Peter Armistead, 26 William Street, Frankston 3199 Vic.
- Closing date: 31st December, 1990
- Race start Location: At the Mansfield 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"/> SURNAME	<input type="text"/> FIRST NAME	<input type="text"/> INITIALS	<input type="text"/> SEX M or F	
<input type="text"/> ADDRESS: number and street			<input type="text"/> DATE OF BIRTH	
<input type="text"/> suburb or town	<input type="text"/> POSTCODE	<input type="text"/> TELEPHONE HOME	<input type="text"/> WORK	

Person to be notified in case of emergency:

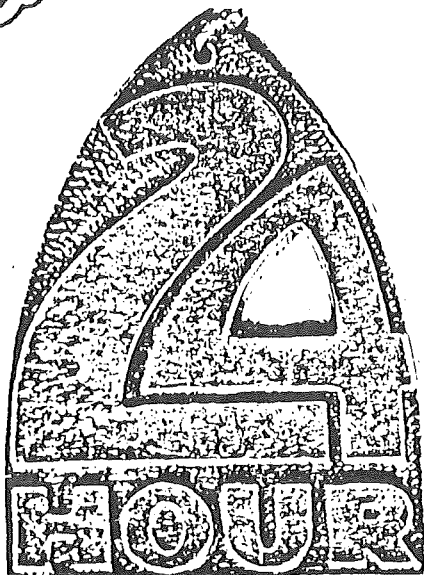
<input type="text"/> SURNAME	<input type="text"/> FIRST NAME			
<input type="text"/> Relationship	<input type="text"/> TELEPHONE HOME	<input type="text"/> WORK		

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.....



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 lapscore 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.

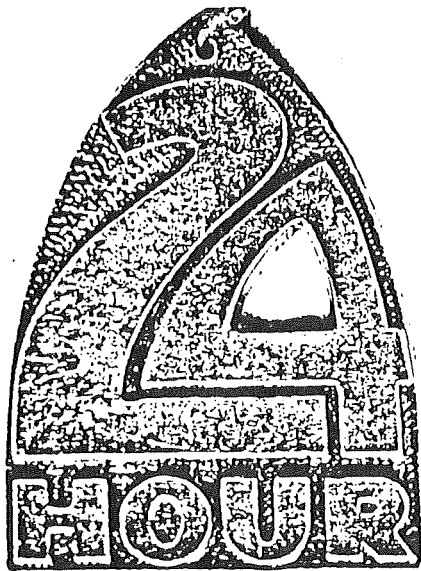
FACILITIES:

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 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.

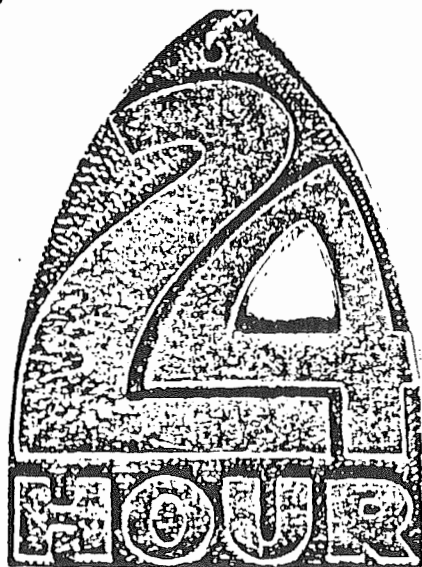
Please circle: Size required 12 14 16 18 20 22 No. of tee-shirts:
Colour: white black gold navy red sky blue aqua maroon

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

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



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

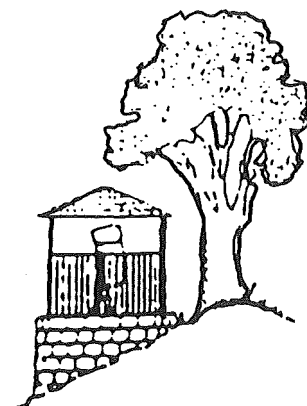
DOT BROWNE
Race Director
(03)8742501

The Blue Mountains Six Foot Track Marathon

Katoomba to Jenolan Caves

AUSTRALIA'S PREMIER MOUNTAIN RUN

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



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

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

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

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

FOR RACE ENQUIRES

Race Organiser Ian Hutchison H (047) 843 266
60.

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.

WAIVER

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

SURNAME

FIRST NAME

ADDRESS

SUBURB

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

RUNNING CLUB

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

Signed

Date ____/____/____

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

Race Organiser
SIX FOOT TRACK MARATHON
PO BOX 65
LEURA NSW 2780

40	\$ PAID
	SP

RACE INFORMATION WILL BE MAILED TO YOU.

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

12 & 24 HOUR WALK EVENT - GERMANY

Ulrich Kamm, our International Ultra Calendar Co-ordinator has advised us of a special inaugural 24 and 12 Hour Walk which will take place on June 29th and 30th, 1991, in Munich, Germany. Besides race-walkers, other strong walkers can participate also.

It will take place on a beautiful 1 mile loop. In addition to awards for the top women and men, awards will be given to the best teams and best countries.

Information and application forms: Sri Chinmoy Marathon Team
Mr. Marc J. Voelckner,
Race Director,
Pflegerstr. 48
D - 8000 Munchen 60
Telephone: 089 - 8114091

AURA also has more information on this one, if you are interested.



ANDREW LAW, from Tasmania finished 12th in this year's Westfield Run. He took 192 hours to complete the run and averaged 5.2km per hour. His wife, Kerri was Team Manager of his crew and wrote an article on their experiences in the run in last issue.

INVITATION

THE FACTS ABOUT THE " WESTFIELD RUN '91"

START: Sydney, 16th May 1991
FINISH: Melbourne, 23rd May 1991
DISTANCE: 1015km (approximately)
TIME ALLOWED: Seven and a half days.
TOTAL PRIZEMONEY: A\$1,000,000.00
HANDICAP SYSTEM

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)**

Fax No.: (046)28-3615

ADVERTISEMENTS

The Ultimate TorsoPacs.™

"What is the Ultimate Torso Pac?" This is one brand of the water bottle waist belt that the American trail runners have been successfully using for years. These "snap-on" belts are ideal for carrying water on those long runs and races, and the water-bottle is easy to pull out of its pouch - it slides out easily (but it doesn't jump out no matter how hard you bounce) The belts are lightweight and the belt can be fitted with a second bottle, via the add-on holster. Additional small pouches for carrying food and/or clothing can be added.

These types of belts are not distributed in Australia and only a few runners who have been to America have one. If enough runners are interested in purchasing them, the company may feel obliged to find an Australian distributor, resulting in more easy access for Australian consumers. In the meantime, if you want one, the manager of a sports' store in California has offered to handle sales.

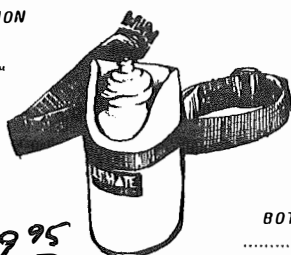
Contact: Delmar Fralick, c/- Fleet Feet, 1730 Santa Clara, Roseville, CA 95661, ph. USA (916)783 4558 for prices including delivery. Prices listed below are U.S. dollars excluding postage and packaging.

ULTIMATE TORSOPACS™

ITEM / DESCRIPTION

▲ Competitor™

A single nylon foam-insulated holster with bottle on an adjustable quick-release waist belt.



19⁹⁵

COLOR

Black, Fuchsia, Royal, Red, Turquoise, Red/Royal, Fuchsia/Royal, Yellow/Royal, Fuchsia/Turquoise, Hot Pink/Turquoise

BOTTLES

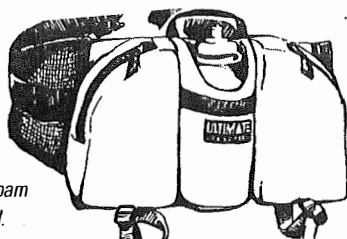
1 - 20 fl. oz.

WEIGHT

6.5 oz.

▲ Runner™

Single holster with tandem zippered pockets, lash straps, mesh nylon sides and foam padded backband.



37⁹⁵

Red, Turquoise, Royal/Fuchsia

SIZE

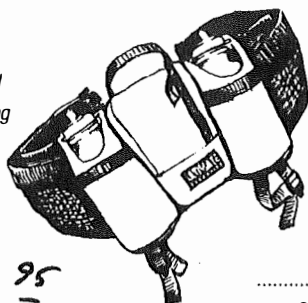
125 cu. inches

1 - 20 fl. oz.

12 oz

▲ Extender™

Has twin holsters, 20 oz. bottles, and lash straps flanking a tapered back pocket on a padded mesh backband.



43⁹⁵

Turquoise, Fuchsia, Royal/Red

60 cu. inches

2 - 20 fl. oz.

15 oz.

▲ Trekker™

Large, divided, zippered center pouch and lash straps with twin holsters and 20 oz. bottles. Grab handle and load stabilizer included.



64. 49⁹⁵

Royal Blue, Black/Turquoise

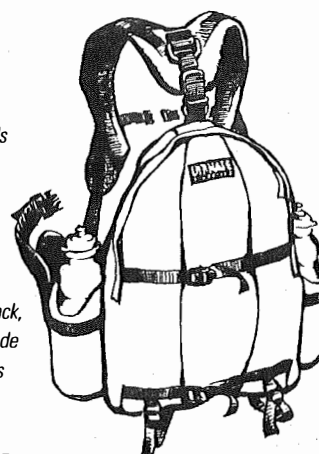
370 cu. inches

2 - 20 fl. oz.

18 oz.

▲ Voyager™

Unique pivoting shoulder yoke holds a pleated teardrop bag with vertical and horizontal compression/lash straps. Padded nylon and mesh back, twin holsters include large 28 oz. bottles



Turquoise/Fuchsia
Royal/Red

79⁹⁵

1150 cu. inches

2 - 28 fl. oz.

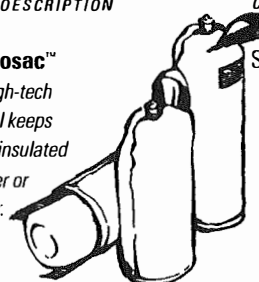
26 oz.

ULTIMATE ACCESSORIES™

ITEM / DESCRIPTION

Thermosac™

New high-tech material keeps bottles insulated in winter or summer.



COLOR

Silver

SIZE

L (28 oz)

S (20 oz)

9⁹⁵

6⁹⁵

Add-on Holster

Extra bottle holster slides on the belt of any Ultimate TorsoPac.™



Black, Fuchsia
Red, Royal,
Turquoise

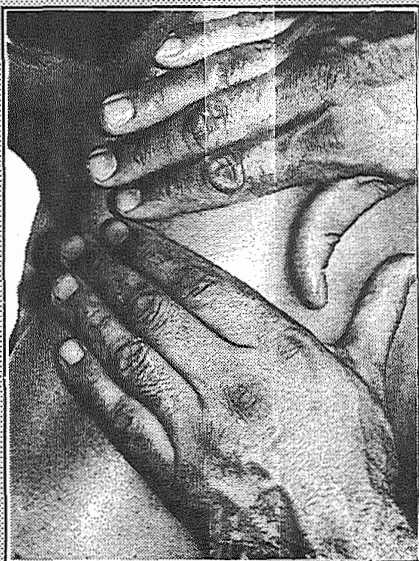
17⁹⁵

Learn To Massage

"EDUCATION THROUGH TOUCH"

Learn to **MASSAGE** and rediscover the **BODY** through touch.
The physical contact is important for learning and change.

"The first step in freeing emotional or muscular tension is making ourselves more aware of its existence..."



At **E.S.T.T.** there are introduction courses for home use or as a step towards a career in **MASSAGE**.

- Weekend Workshops
- Basic 10 week courses
- (Morning (with creche) Also evening classes
- Introductory, Advanced and Practitioner Training in Sports and Relaxation Massage
- In Essence Aromatherapy Products
- Retail Shop
- Massage Clinic Available

Introducing January Intensive Full Certificate 1991
Starting Monday 7th January, 1991

For full details please ring Course Administrator Kim Talbot PH: (03) 562 3312

EASTERN SCHOOL OF TACTILE THERAPIES

(03) 562 3312

WAVERLEY GARDENS MASSAGE AND FLOAT CENTRE

RELAXATION MASSAGE

REMEDIAL MASSAGE

SPORTS MASSAGE

SHIATSU

ACUPRESSURE

MOXIBUSTION

REFLEXOLOGY

ORTHO-BIONOMY

FLOATATION

RAYMOND CARROLL
KIM TALBOT
DARYL FOLEY
BRIAN LUDECKE
GRETA WEBB

(C.T.T. Full member of A.M.T.V.)
(C.T.T. Full member of A.M.T.V.)
(C.T.T.)
(C.T.T.)
Full member Vic.Soc Clinical Masseurs

For further INFORMATION and/or APPOINTMENT - Phone: (03) 562 3312

MEDIA ARTICLES ON MEMBERS

SYDNEY - MELBOURNE: A QUEST FOR HEROISM

Sunday Age 20/5/90

Runners search for more than fame and fortune

WHO WOULD be the last athlete picked to be a hero in your footy team?

Would it be Maurice Taylor the bereavement counsellor who when not conducting programs on grief, plays his violin? What about the unemployed Terry Cox junior from Rosebud? Just a few years back he beat a drug habit. Maybe you might go for his dad, 53-year-old Terry senior — he is a Salvation Army officer.

Actually it is a trick question; none of them are footballers. They are all bona fide runners in this year's Sydney to Melbourne race, just like Geelong's Peter Gray, intellectually disabled after being the victim of a hit-run driver when he was five years old.

"This race does a tremendous amount of good for these people," says the man who beat the national hero Cliff Young to win the Melbourne to Sydney run in 1984. Your average sporting purist's appraisal of the event is not quite as kind as Geoff Molloy's, but then again most of us have never felt the need to run the distance.

"These people become very close," says Molloy, who pocketed \$20,000 and ran the event once only. "It is a very emotional thing ... a very personal thing for most of them. Most of them have no hope of winning whatsoever. After the race they go back to their flats or bungalows. I often wonder what happens to them afterwards."

Molloy's aim in 1984 was to pay off his mortgage and without that incentive he says he would not have entered the race. In case you did not notice, he did not become a household name in the process.

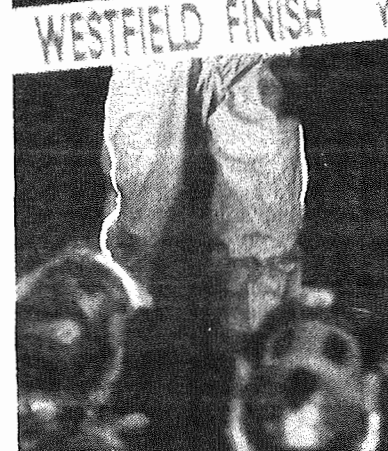
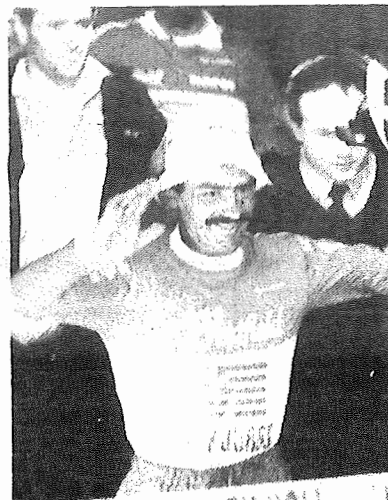
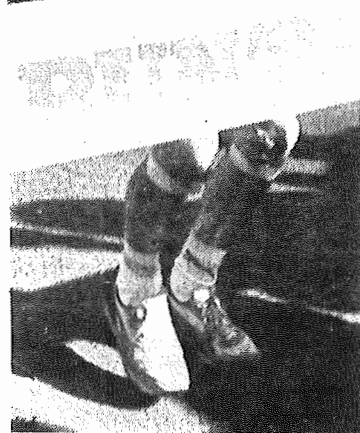
"I'm not a great runner," he says, "so why should I get carried away with it? Cliffy was different. I hated all the publicity but he loved it. A couple of days after the race we had to do some pictures with Judy Green and he was giggling like a school kid. I don't know why, but he really loved the attention."

Molloy, now one of the handful of residents on French Island, says plainly he was a mediocre sportsman as a professional cyclist and runner, but had a knack for winning the big races.

For the old Sun Tour rider, the long run was just another race and he feels the hours spent in the saddle years before were the key to his success. He wishes now that Yiannis

THIS SPORTING LIFE

RIK PATTERSON



Breasting the tape: Geoff Molloy, left, winning the 1984 Sydney-Melbourne ultra-marathon, wishes Yiannis Kourou (right, winning last year's race) was around six years ago to push him a little harder.

Kourou was running back then so someone could have pushed him a little harder. "We had one of the most enjoyable weeks of our lives," he says of himself and his crew.

For most of us, your average enjoyable week in Sydney starts and finishes on an Australian or Ansett Airlines flight. Some even say the car is a bit masochistic. So why would anyone go by foot? Who benefits from this so-called race apart from the Westfield shopping centre and the winner? And what is the "tremendous amount of good" that Molloy talks about?

For months on Friday and Saturday nights, Westfield runners Pat-

rick Farmer, Kevin Mansell, Maurice Taylor and Mark Gladwell have trained with only the Sydney street lights for company, from 8 pm until dawn the following morning.

Their explanation for this wayward conduct is that they are victims, simply at the mercy of ultra marathons. This is more than just an addiction. These boys are mainlining.

Farmer borrowed \$6000 to compete last year and threatened to do it again this year. "I'm too far in," he said before the race, "and I know that I'm addicted to the sport." Gladwell expressed the same sentiment. Will we see heists all over Sydney

Sydney - Melbourne: A Quest for Heroism (cont'd)

just so this gang can feed its habit?

Certainly not; their intent is much more noble. Sure, it may be selfish, nothing more than a search for personal glory but, as Nietzsche said, is not our task, our main calling on this planet, the heroic? Man is capable of great and noble sacrifice. He will lay down his life for his country, society or his family. The crisis for man comes not when, in another's eyes, he apparently misplaces heroism but rather when society disenfranchises his heroic quest altogether.

In a culture that worships Elle McPherson, Steve Vizard and Greg Norman, how do you compete when you are not pretty, funny or talented? We all need to fashion something that justifies our self-worth. If we

cannot, we can drug ourselves out of awareness. A lot of Westfield runners have already been there. The new creed is the cult of consumerism. They say: "When the going gets tough, the tough go shopping," which is nothing more than alcoholism for materialists.

Next time you are driving late at night through the city, look up through the blue glass of The Rialto and see the silhouettes of executives, clerks or secretaries working their 60 or 70-hour week. They are always there. Reliable. Just like the people whose engines start on cold mornings long before the garbos come; those who head off to open factories or edit newspapers.

These morning souls' headlights occasionally touch, their eyes might meet at traffic lights as the runners

cross with misty breath before them. With each other they feel no human connection, but that is not true. At this intersection all answer to the same instinct. Heroism.

The crossroad is society. It is, and always has been, nothing more than a structure for our customs and rules of behavior that serve purely as a vehicle for our earthly heroism.

The factory owner counts his heroism by the business he creates and dollars in the bank, the editor by the quality of his paper and the ultra marathoner by the strength to finish the race. Neither is greater or lesser than the other. As they fashion their individual answer to the human problem, they stand as one. This is the "good" of which Molloy speaks.

Peter's up there with *"Geelong Independent" 12.10.90* the best

Spending a year in hospital at the age of five with a brain injury hasn't deterred young marathon runner Peter Gray from competing against some world famous names.

And Peter has shown that he has the ability to compete and compete well against champions such as Yannis Kouros and Cliff Young.

This year he was the youngest man to complete the Westfield Sydney to Melbourne marathon.

Peter 25, came 11th in the grueling race which was won for the second time by the 'Greek Streak', Kouros.

Although suffering from a badly swollen knee and a dose of the flu, Peter finished the 1006 kilometre race in seven days, 18 hours and two minutes.

"Cliff Young was the oldest to finish the race and I was the youngest", Peter said proudly.

At the age of five, Peter was hit by a car and spent the next 12 months in hospital. He had difficulty with concentration and co-ordination and with reading - a problem he is still trying to overcome.

At 13, he took up running, and karate to improve his co-ordination. Later he gained the level of a brown belt with a black tip.

When he turned 17 he gave karate up to concentrate on long distance running, something he also began to excel in.

In 1985 Peter, aged 20, ran his first big race. He ran the 50 mile run in nine and a half hours.

After that he "started to train real hard" and in 1986 he entered the South Australian Ultra Tri Six triathlon. This comprised 75 kilometres of rowing, 111 km running and 380 km cycling.

Peter came 79th in the field that year.

He continued to train hard and took out fifth place in the three day Classic '87 in Cairns. He competed well in the 50 mile and 100 kilometre Murray River Marathons.

Last year Peter, sponsored by Melbourne firm Toto's, travelled to England and competed in a 24 hour run in Milton Keynes.

He finished 15 in a field of 54 world class runners. Another Australian runner, Brian Smith of Melton, came second in the race.

Peter, now aged 26, says the older he gets the more experienced a runner he has become.

His persistence keeps him going. He said "I keep running and I don't stop".

In the Sydney to Melbourne marathon Peter said he maintained his good position by running on past his sleeping competitors.

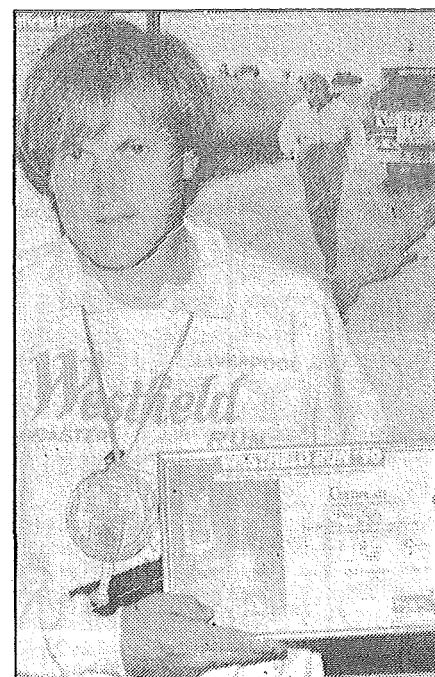
A host of medals, trophies and certificates adorn the living room of the home where Peter, the youngest of 10 children, lives with his parents.

One trophy Peter is justly proud of is the Hope McMeeken Perpetual Award for the "highest individual fund raiser" which Peter has won three years in a row.

In association with the Red Cross Murray River Run, Peter last year raised \$2000 by selling raffle tickets for the Red Cross.

"I just knocked on doors, and sold them in shopping centres", Peter explained.

This year, for his sterling efforts, he was nominated for the Channel 10 Young Achiever Award.



MEDIA ARTICLES ON MEMBERS

BIG RACE IS HIT FOR SIX

NEXT month's Colac Australian Six-Day Race, which in the past has attracted the world's best ultra-marathoners to the Western District, has been cancelled.

The race has become a victim of the harsh economic climate sweeping the region, forcing organisers to scrap plans for this year's event.

Media director, Glenn Mintern, yesterday confirmed the race, scheduled for next month, had been called off, but the organising committee was aiming to resurrect the event next year.

With an annual budget of \$30,000 to \$40,000 just to get the race off the ground, the six-day race committee faced an uphill battle in its drive for funds without the backing of a corporate sponsor.

"We had a look at the financial situation and the current economic climate made it difficult on finances," Mintern said.

"The Colac City Council had reduced its contribution from \$10,000 to \$7000 and when you look at a budget of \$30,000 that \$3000 cut is 10 per cent of the total.

"We've also been hit by a couple of big international races in the United States and England, where they

By Grantley Bernard

are staging one-off world championship races. A lot of the big names have opted to go for those races with the much bigger prize-money."

Mintern said this year's race could still have gone ahead, but the quality of field would have been decidedly lower than in previous years, when some of the world's leading ultra-marathoners had competed at Colac.

"When we decided to postpone the race we had 10 runners in mind and they had accepted to come," Mintern said.

"Half were pretty good calibre and the others weren't that good.

"It makes a lot of sense to postpone. We could have had a half-hearted event with half-hearted entrants and half-hearted sponsors, but that would have been the end of the race.

"If you put on a half-hearted event, it doesn't go on again and to do a half-hearted race would let everyone down."

While organisers are resigned to this year's race ending on the scrapheap, they believe the gruelling event has a future as a bi-ennial event.

They believe staging the

event once every two years will give them more time to gain valuable sponsorships and also give the race more prominence and importance.

"We believe it is a world-rated event," Mintern said.

"The Otway Classic took a long time before it became big and now it's really taken off.

"We've got a world-rated event and it's just a matter of giving it a big push.

"I believe we can still run it. It's too expensive to run annually and we'd just as soon rather have two years for fund-raising and we can make it a damn good event.

"We want to keep the ball rolling and we don't want it to fall in a big heap."

Meanwhile, Geelong ultra-marathoner, Peter Gray, recently completed his first victory when he won the Sri Chinmoy 24-hour race at Adelaide two weekends ago.

Gray, who completed this year's Sydney to Melbourne race, compiled 201.973 km to win easily from South Australian pair, Murray Cox (189.501 km) and Roger Stuart (171.798 km).

Colac's Cliff Young finished seventh with a total of 148.060 km while Geelong's Graeme Russell was forced out with injury after 82.479 km.

Peter's early finish

GEELONG ultra-distance runner, Peter Gray, became the youngest man ever to finish the Westfield Sydney to Melbourne run when he completed the 1005 kilometre journey at 5.02 am yesterday.

For Gray, crossing the finish line in 11th place seven days, 18 hours and two minutes after he left Sydney was the happiest day of his life.

Over the past two days Gray said he had battled with a swollen knee and 'flu.

"It was a great feeling to get to the finish line and see my mum, family and friends there," Gray said yesterday.

It also ended what had been an arduous run for the Geelong 25-year-old.

"I felt burnt out on the road and as soon as I finished I left for home and for bed," he said.

Gray spent yesterday in bed, but despite his afflictions re-

turned to Doncaster for the official presentation ceremony last night.

Gray had set a fast pace early in the race, being in second place after the first day.

At Cannes Creek with only two days of the race to go and sitting in eighth spot, Gray was struck with 'flu which kept him off the road for six hours.

The following day his knee swelled up soon after arriving in Orbest.

"All I knew after that was that I had to keep going to cross the finish line," Gray said.

"I wanted to do it under seven days, but I was still happy with my performance."

Gray said his manager-coach, David Standeven, who was first across the line in 1989 was a great motivator.

"Whenever I was getting tired he would get me going again," Gray said.



• An exhausted Peter Gray, left, is congratulated by his manager-coach, David Standeven, who took line honors in last year's race.

Caboolture Times " 12/9/90

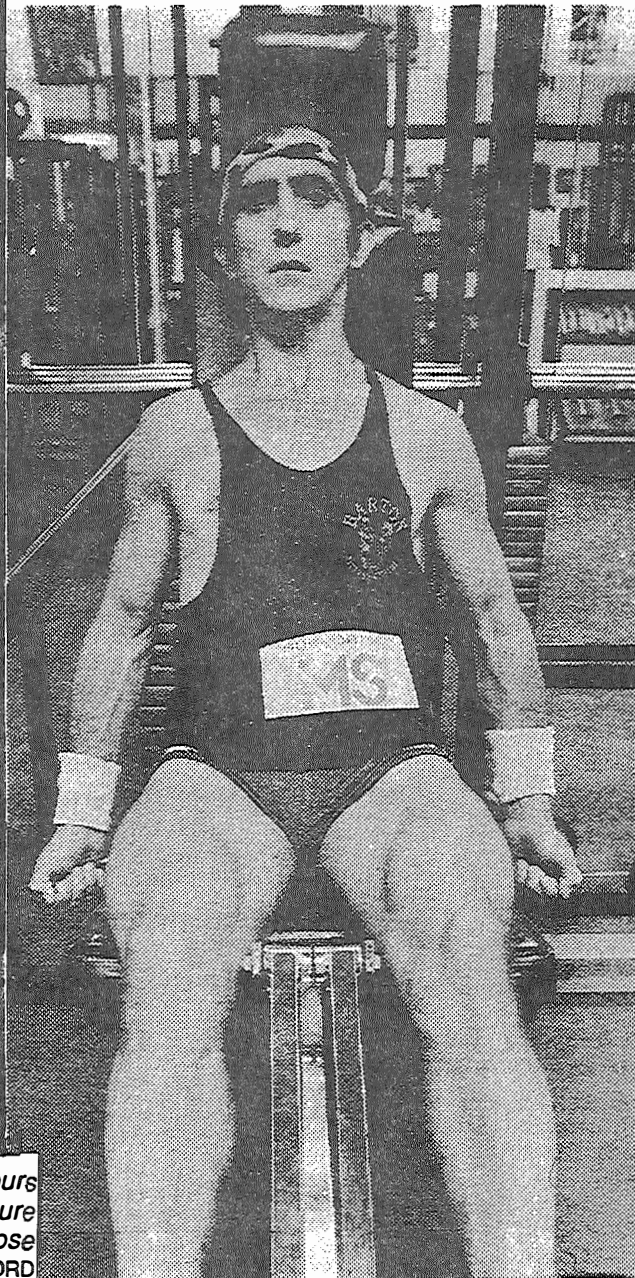
WORLD RECORD



BARRY Stewart, who runs/walks with the aid of sticks, set a new World Best for 24 Hours with a distance of 81 kilometres during last Saturday night's Ultramarathon at Caboolture Sports Centre. Barry actually set the new record in only 18 hours and, having broken it, chose not to continue for the balance of the 24 hours.

Photo: BLAIR ANSFORD

Primed for 1000km charity jog



JOHN MOYLE — the Blair Athol runner who suffers sore muscles and aching limbs for the sake of charity — is off again.

On Thursday, November 8, John will don his running shoes for a 1005km circuit through 60 SA towns to raise money for the Multiple Sclerosis Society.

Multiple sclerosis is a debilitating, sometimes fatal disease, which affects the fatty tissue surrounding the central nervous system.

After leaving Adelaide, John, 39, will pass through the Barossa, Renmark, the Clare Valley, James Town, Port Pirie and back to Adelaide via Gawler.

John, an invalid pensioner, hit the headlines last year when he ran 500km to Mount Gambier to raise money for the Kilburn Guide and Brownie hall.

He is also well-known for his 700km run to Pt Lincoln to raise money for "babe in a billion" Michelle Brill, a child suffering from a rare lung disorder.

Multiple sclerosis became John's latest cause after he was sitting near a sufferer of the disease at a 5AD Community Care Award night.

The woman wept when she received the award — and John was moved.

John has not set a target amount to raise.

ARTICLES

PRESS RELEASE

FOR IMMEDIATE USE

STUBBORN CHINESE AUTHORITIES POSTPONE GREAT WALL RACE

The first ultra-marathon race along a 600 kilometre section of the GREAT WALL OF CHINA has been postponed until next April.

Chinese authorities refused visa permits for television crews and journalists to conduct a pre-race survey of the rugged mountain terrain.

The unique event was due to start on 26 August.

The race director, Maurice Patterson, said, the sensitive Chinese authorities feared that Beijing dissidents might plan demonstrations in front of the news media.

"The fear is that any disruption beforehand might be captured by foreign cameras and prejudice China's first hosting of the Asian Games in September," he said. "A survey by television crews before the GREAT WALL RUN is an essential ingredient... Since this multi-million dollar venture hinges around sponsorships tied to media coverage, the race is postponed until next April."

A route survey would take place after the Asian Games.

One of the 24 invited runners from around the world, Tony Rafferty, reacted with disappointment on hearing the news. "I've put in months of specialised training hoping to take home a slice of the \$1 million prize money," he said. "On the positive side, it gives me more time to get into even better shape. Trundling daily kilometres on the hills and regular weight training is my program for this unparalleled adventure in ultra-running."

The Great Wall run is an eight day footrace which will be run in stages from Lo Lung Tou to Beijing. The route travels many sections of the GREAT WALL and the event is restricted to invited ultra-distance runners who satisfy IAAF eligibility laws. The race is organised by the Chicago-based, International Sports Foundation in conjunction with the China Sports Service Company.

In the original plans the race was to finish in the centre of Tiananmen Square but because of the \$1 million a day demanded by the Chinese government it will take place in the gardens of the Imperial Summer Palace.

"THE DUBLIN MARATHON"

as told to LEMMY MOORE by PAT MCCARTHY

The Irish decided to hold the Dublin Marathon in Ireland this year as Scotland wasn't available.

It was a beautiful day as scores of runners lined up at the start, facing the wrong way. This was quickly rectified by the ever alert Irish Officials who changed the direction of the course at the last minute.

The gun finally sounded as Catholic and Protestant runners exchanged blows. I hear the starter was arrested after the run for discharging a firearm in public (serves the Protestant b.... right!)

My mate Pat (who was aiming to do a sub 10 hour marathon after five days of intensive training) noticed all the Nuns in their black and white habits manning the drink stations and thought: "Gee, Westies have got a good turn out".

Everything was going nicely when mass confusion occurred at the 10K mark as a Protestant runner picked up a glass of "Holy Water" by mistake. God got his revenge by unleashing a deafening clap of thunder. An official calmed the lead runners by assuring them it was only an I.R.A. attack.

Pat was gradually gaining on the tail-enders. At the 15K mark he was only 19K behind. At the half-way point the Pope was heard to remark that he wished he had done a bit more training and that his skull cap wasn't doing much to keep the sun out of his eyes, but as the rain was pouring down, this didn't really matter.

At the conclusion of the run nobody knew who won and nobody cared. For the tenth year in a row the trophy for the runner who ran the correct course was not presented. Pat dropped out 100 yards from the finish, but he vows to return and finish next year.

P.S. There was no carbo-loading party held this year as the Catholic Officials decided to run a Bingo Night instead. The Protestant runners complained that as the numbers were called out in Latin, it gave them no chance of winning.

THE REWARDS \$\$\$ OF JOGGING

Who said that jogging isn't profitable!

Four years ago, when I started out in this crazy sport I used to notice the odd coin or two lying on the ground and occasionally the odd spanner. At that time it was too much of an effort to bend down and pick them up but, as my fitness improved I thought to myself "I'm leaving all this wealth behind" so I decided to start collecting it and put it in a little jar.

My new found wealth now includes: 1 - \$2 note; 2 - \$1 coins; 1 - 50¢ coin; 9 - 20¢ coins; 4 - 10¢ coins; 30 - 5¢ coins; 25 - 2¢ coins; 36 - 1¢ coins; 1 - Australian penny; 1 - silver threepenny piece; \$1.02 found while crewing on the Sydney-Melbourne run and half a dozen various tools.

I was just wondering if this now makes me a professional?

71.

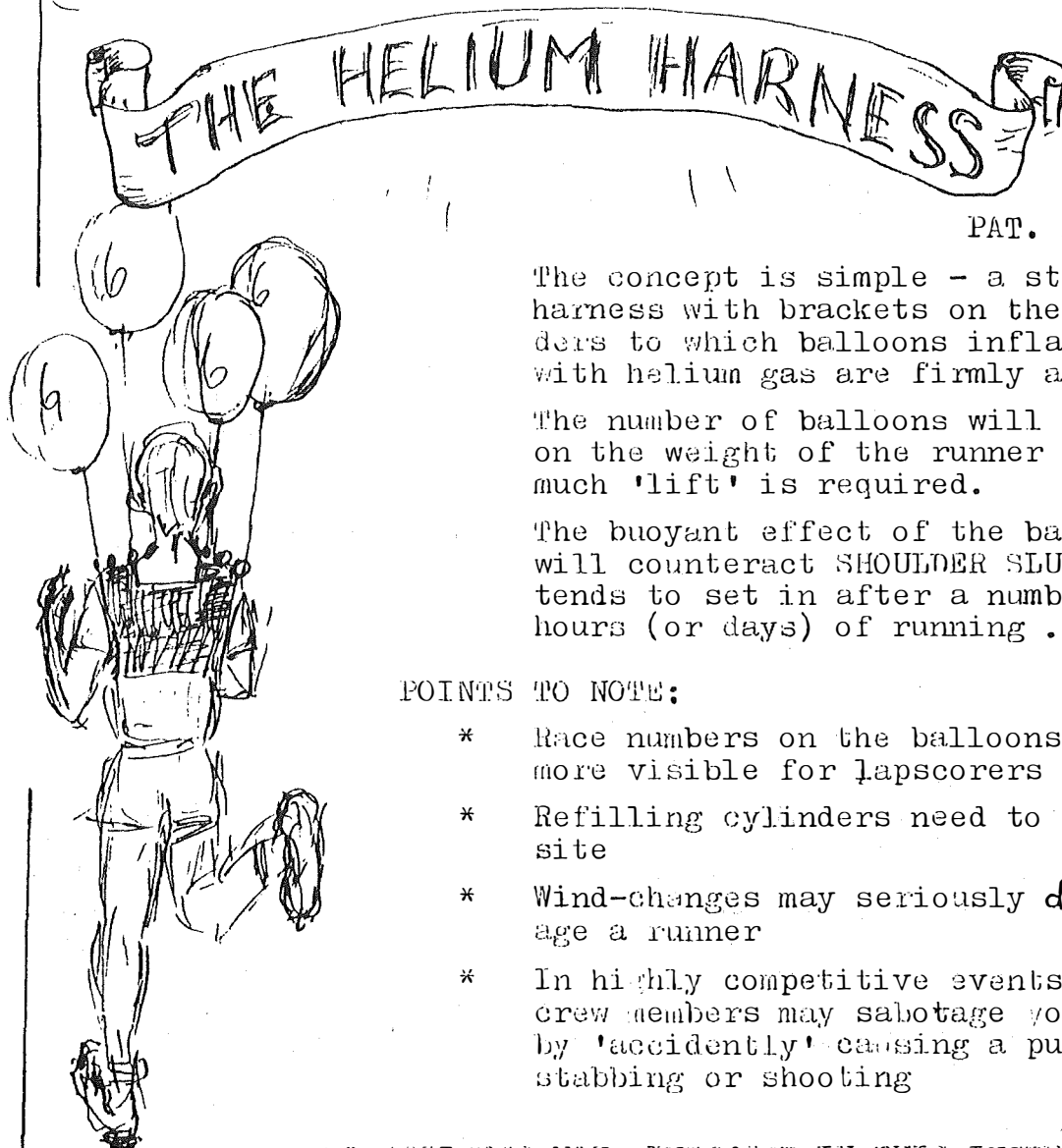
LEMMY MOORE

ANNOUNCING A NEW INVENTION !

As ultra running events must be covered entirely on foot such performance-enhancing devices such as roller-skates or skateboards are not permitted

BUT

this amazing new invention may assist you without breaking any rules



PAT. PEND.

The concept is simple - a sturdy harness with brackets on the shoulders to which balloons inflated with helium gas are firmly attached

The number of balloons will depend on the weight of the runner and how much 'lift' is required.

The buoyant effect of the balloons will counteract SHOULDER SLUMP which tends to set in after a number of hours (or days) of running

POINTS TO NOTE:

- * Race numbers on the balloons will be more visible for lapscorers
- * Refilling cylinders need to be on site
- * Wind-changes may seriously disadvantage a runner
- * In highly competitive events opponents' crew members may sabotage your progress by 'accidentally' causing a puncture by stabbing or shooting

TO REGISTER YOUR INTEREST IN THIS INCREDIBLE INVENTION PLEASE CONTACT A.U.R.A. Inc. IN YOUR STATE OF ORIGIN.

or (PRICE \$xxx (to be confirmed))

Send cash, cheques or money orders to the Care

DEATH VALLEY ATTEMPT!!

Former Australian female marathoner, Adrienne Beames is planning to make a come-back and tackle running the length of America's notoriously inhospitable Death Valley, and hopes to be the first female ever to succeed. We wish her every success next February.

PROFILE: STAN MISKIN

by Charlie Lyn

Stan Miskin ran his first marathon (the Big M) in Melbourne in 1978 at the age of 53 years. This year he returns to the same event (now Qantas) to run his 100th at age 65. Since Stan got the bug after he entered his first Big M marathon, he has run 99 marathons and 26 ultra-marathons.

His best time for the marathon is 3:24:52, and for the 100km 10:19:52. Stan's best ultra marathon performance was in 1984 when he achieved a distance of 187.104km in a 24 hour track race.

Stan has always been a keen sportsman. He played football and tennis, tried his hand in motor-cycle racing and took up rifle-shooting. As he got older, he realized he was no longer as fast as a speeding bullet. He also noticed his height/weight ratio was getting out of control.

So Stan took up jogging to shed a few pounds. And zap! He was hooked.

It was only natural that Stan Miskin would eventually eyeball the marathon and set out to conquer it. Stan set about his new challenge with zeal. He used to set up a card-table at one location, and his car at another, and stock them with drinks, oranges, towels and dry clothing. He then planned his run to pass one of these locations every 20-25 minutes.

It worked well until somebody knocked off the card-table and the drinks. Stan was a bit disoriented when he came to the spot and thought he must have left it further down the road. He was eventually found by his wife and daughter, in a dehydrated state.

But this did not deter Stan from achieving his first marathon goal in 1978 - and nothing will stop him from completing his 100th marathon in 1990.

AURA salutes Stan Miskin and wishes him every success in his centennial marathon.

And we congratulate his wife Ellwyn for the support she has given Stan on his way to his goal.

Ed's note: Since Charlie wrote this article, Stan has gone on to run his 100th marathon. It's been great to see him down from Worongary on the Gold Coast where he now luxuriates in the warmth. Stan attended our post-marathon BBQ and he looked as fresh as a daisy. What a fantastic achievement! Congratulations from all of us Stan.!

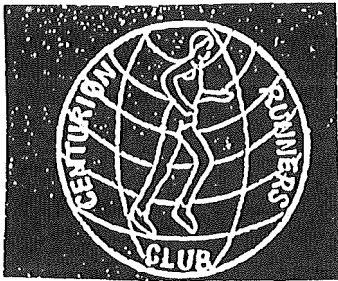
I remember, when he lived in Melbourne, Saturday morning used to be his extra-long run day and he would run from one shopping centre to another - Box Hill Plaza to Eastland, then over to Doncaster Shoppingtown and then back home, and call in on many of his Vet. friends on the way. Couple of drinks of water, a bit of a chat and off he'd go again. It was always great to see him.

DONATIONS

THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU THANKS

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

Australian 6 Day Race Committee \$80, Kevin Mansell \$10, Sydney Striders \$30, Duncan Richards \$7, Joe Skrobalak \$10, Cliff Young \$10.



HISTORY OF THE CENTURION RUNNERS ASSOCIATION

By Tony Tripp.

The original organising club was founded in 1933 in Capetown and was called the Centurion Athletic Club. Membership was open to those who had completed 100 miles in 24 hours. Three races took place from 1933 to 1935. Members received a certificate.

However, in 1934 Durban runners not to be outdone, felt because their city was the home of the famous Comrades 54 mile ultra marathon, they should hold a 100 mile race around a two mile road circuit. In this event Miss Geraldine Watson became the first woman in the world to complete the distance. She taught me at school.

In 1964 Ian Jardine, a blind 63 year old Comrades marathon runner decided to run 100 miles on a grass track. A few of us ran with him. I became at 18 the youngest in the world to complete the distance.

To create interest in this type of event, I founded the Centurion Runners Club in 1968, which became a sub-section of Savages Athletic Club, my road running club in Durban. We issued badges with the dates of the events completed.

The badges were distinctive. A runner was super-imposed on an outline of the world against a black background. The same design is still used today.

Four races were organised in all and held every two years, events were also arranged in Johannesburg and badges issued. The club was only open to South Africans.

As I was then a member of the R.R.C.. (England), its founder Ernest Neville, kindly advised me about how to form the club and had given me his blessing, which was to be useful as the 100 mile world record was broken twice in 1970 by Dave Box and 1972 by Derek Kay. In those days, ultra distance records were recognised by the R.R.C.

Honorary members were Miss Geraldine Watson, Dave Box, Hardy Ballington, World 100 mile record-holder in 1937 (13 hours 21 mins. 19 sec.), Wally Hayward who broke this record in October 1953 with 12 hours 46 mins. He held this record for 17 years and the 24 hour record of 159 miles 540 yards for even longer, Jackie Mekler (13 hours 8 mins. 36 sec. in 1953), Don Shepherd and John Ball who between them held the South African, British and U.S.A. intercontinental records, Bill Cochrane and finishers of the Durban 1934 100 miles.

Because of the Comrades Marathon which is still the most famous ultra race in the world, South Africa was the greatest and strongest ultra nation from the 20s through to the early 70s holding every world record from 30 miles upwards.

I can say with pride that I personally knew some of the greatest ultra runners who ever lived. Therefore in Australia, I am a direct link with the father of ultra running, Arthur Newton who taught these people his secrets.

I was born in England but grew up in South Africa. I never had the vote because I was a British citizen. I am now an Australian citizen. I left South Africa in 1973 because of the political situation, travelled the world and settled in Perth. In 1985 I reformed the Centurion Runners Club now an Association with a different approach to the Durban version.

Membership is open to those who have completed 100 miles within 24 hours or distances greater, both in official events or individual attempts, track, road or trail. For example, we recognise 48 hour, Sydney to Melbourne, six day events and individual attempts that are of odd distances not recognised by national and governing bodies. A photocopy of the log book must be sent to us if the runner wishes the distance to be recognised.

We were the first such organisation formed in Australia solely dealing with ultra runners. We are an active body, having organised six 24 hour events, the first Australian 24/48 hour and 12/24 hour plus the multi-day road race the 406 km Perth to Albany. Now in October the Perth to Bunbury starting Saturday 10 a.m. finishing Sunday 4 p.m., 187 kms with a 30 hour time limit. Membership will be awarded to finishers who are not members. This event will be organised in collaboration with the Bunbury Runners Club.

To join, \$5 a year - badges \$10, bars to badges \$5 plus postage. The current Committee consists of Tony Tripp President, Ross Parker Vice President, Trish Spain Treasurer, Garry Clark Secretary, and ordinary members, Charlie Spare and Dave Marsh.

In the last A.U.R.A. magazine (March 1990) reference was made in an article on South Africa that there was a Centurion Runners Club active in Durban. I was surprised to read this as the club ceased to exist in the late 70s. It has obviously been revived. I feel now is the time to put the record straight. This was the club I founded in 1968.

Apart from our other achievements in Western Australia, we put out the first ultra distance booklet in Australia in 1985 on how to run a 24 hour, Sydney to Melbourne and Six day events. Also we sent free of charge, photocopies of articles on the history of the sport to interested runners.

We were relieved when Dot Browne and Geoff Hook suggested the formation of a national ultra distance body open to anybody. It took a lot of pressure off us and saved us money.

It is wonderful to see the adventurous spirit shown by many ultra distance organisers in Australia. There is an interchange of information amongst us, as we know each other. We lead the world not only in our multi-day performances, but in our organisational approach to the sport where track and road is concerned. It is time the rest of the world understood this. They should take heed of our example.

We are a vibrant, risk taking, experimental group of organisers, not stagnant, old fashioned and hide bound by tradition which is a form of laziness. We are the future. We are the pathfinders that generations to come will follow. The old must give way to the new. I write as the only organiser in Australia who organised ultras under the dreadful Amateur A. A. rules 22 years ago, overseas.

Standing on principle, S Africa can see chaos

LORD Melbourne, Queen Victoria's favourite prime minister, was regarded as one of the more successful of the breed. Not that his success was due to any remarkable political activism but rather to the fact that although he did nothing much, he did it elegantly.

Lord Melbourne was, however, responsible for one or two of the more enduring "bon mots" concerning political life. It will be recalled that he once told his Cabinet that "it does not matter very much what we say so long as we say the same thing", a truism which Australia's Liberal parliamentarians meeting last week in their Canberra "teach-in" after their fourth successive defeat, were apparently in the process of registering once again.

His second aphorism came to mind as President De Klerk, Nelson Mandela and their respective delegations sat down to work out the future of South Africa. The thousands of Western liberals who have for years orchestrated the huge international campaign, not only against apartheid but in favour of "one man, one vote", were reacting to their victory in a most surprising manner.

No white force was more powerful in supporting "progressive" reforms within South Africa than the giant conglomerate Anglo-American, which, together with its subsidiary De Beers, controls not only all of South Africa's gold and diamond production, but together with the Soviet Union, the worldwide marketing of both literally gilt-edged minerals.

No sooner was Mandela out of jail than he spoke of continuing with the policy of widespread nationalisation which was always part of the ANC program. As soon as Joe Slovo, the secretary-general of the South African Communist Party, returned to South Africa, from the same platform as Mandela, he immediately reiterated Mandela's earlier statement.

What did Anglo-American do? Keep its assets where its mouth was — that is to say, in South Africa — and trust to the future of a racially mixed South African regime? Not on your life. It registered a new company in Switzerland and vested all of its overseas assets (about 60 per cent of its total assets) in the newly registered Swiss corporation — to keep them safely out of the grasp of any future South African government.

It can be predicted that there will be a rapid program of sales of many, if not most, of the assets in South Africa to this "foreign" corporation. No such luxury is open to the ordinary Afrikaner or Anglo South African, all of whose assets, including their homes, cannot be transferred abroad. 76.



B.A.
SANTAMARIA

Meanwhile, back at the ranch, the South African correspondent of the London Daily Telegraph, Stephen Robinson, after a 2½-year stay in the country reported a novel phenomenon as he flew out of Johannesburg Airport: "Few things are predictable in South Africa, but nothing surprised me more in the 2½ years I spent there for the Daily Telegraph than the sudden collapse of morale among liberal whites in the weeks after Nelson Mandela was released in February.

"Suddenly, prosperous, educated whites, the sort of people who for many years have voted for the liberal opposition parties and against the policies of racial segregation, seem to be having second thoughts. Foreign embassies in Pretoria report an enormous increase in passport inquiries, while many people who keep a second passport in their bottom drawer are doubtless pulling them out just to check the expiry date. These are the people who have to stay if South Africa is to remain an advanced society with a vibrant, albeit unbalanced, economy.

A formula for civil war

They are rich and highly qualified, people who would score the most points on the Foreign Office scheme for would-be Hong Kong immigrants."

In such a process there is, of course, nothing novel. Among the "emigres" who fled the horrors of the French Revolution were not a few provincial lawyers who had mouthed the slogans of the revolution — until they saw the leaders of their party, the Gironde, being wheeled away in the tumbrils to the guillotine.

With a great deal of luck, a similar ironic "denouement" may be avoided in South Africa, if the negotiations begun this week are ultimately successful. Even if they are successful, ultimate success will not be confirmed or otherwise for years, any more than it can be predicted at the present day in neighbouring Zimbabwe.

Now that the machinery of apartheid has been largely dis-

solved, the nub of the future lies in the voting system.

If success is ultimately to be achieved, it can only be on the basis of some type of federal arrangement which provides cast-iron political guarantees for the various racial groups of which South Africa is composed: Zulus, Xhosas, whites, Indians, Coloureds among them. There is nothing novel in such an arrangement. It prevails in Switzerland. Belgium's Constitution demands equality of membership in the Cabinet between French speakers and Dutch speakers.

Even if such a settlement can be reached, it provides no guarantee as to the future. Without it, and especially if "one man, one vote" is insisted on, there will be no settlement at all. It is simply a formula for civil war. The Zulus are armed. So are the whites. So is the ANC which, as Mandela has been compelled to admit, has not scrupled to torture its own dissident members to extract information. It is already estimated, on the basis of the past three months' casualties, that 1990 will see 4000 killed in South Africa — not as a result of conflict between blacks and whites but between the black tribes themselves.

Despite all of its admitted imperfections, especially the stupidity of imposing apartheid in a country which made its industrial and rural development dependent on black labour, and however justifiable it may seem in strict democratic principle, the disintegration of white power in South Africa can hardly yield a harvest different from that in the rest of the broken continent.

Even in the past week, there have been outbreaks of civil war in Nigeria, Sudan and Liberia. The well-publicised horrors of today's Ethiopia, Eritrea, Tigray and other parts of Mussolini's "empire" are actually the consequence of its fall and the handing over of its power to Haile Selassie and his successor, the barbarous Mengistu.

Throughout sub-Saharan Africa, the old recognisable colonialists have been replaced not by the enlightened black democrats, but largely by primitives to whom money is now doled out by the real sovereign — the International Monetary Fund. The economies of almost all have completely collapsed.

It is ironic to realise that as the only modern developed industrial society, South Africa might have been the engine of development of all the South Saharan States!

No good crying over spilt milk. But remember Lord Melbourne's other telling phrase: "Nobody ever did anything very foolish except from some strong principle."

OVERSEAS NEWS

The Universal Ultra.

by Andy Milroy

Reprinted from IAU Newsletter,
Spring 1990.

100km races have been held as far north as Hartola in Finland, as far south as Puerto Varas in Chile, as far west as Honolulu in Hawaii, and as far east as Hokkaido in Japan. Held on roads, tracks and trails, in cities and over mountains, some cater for a mere handful of enthusiasts while others feature a cast of thousands. In 1990 there will be around 200 such races throughout the world.

The mile has been around since Roman times, but the kilometre is a relative newcomer. After the French Revolution 200 years ago a new scientific basis for measurement was devised with a new unit for length - the metre, which was to be one ten millionth of the distance from the equator to the pole. The kilometre, or 1000 metres, took a century to win acceptance in Continental Europe as the recognised unit of long distance. As late as 1881 the Germans, for instance, were still using German miles. Thus competition over 100km did not really begin until the end of the 19th century.

However, there are records of walkers and runners tackling distances of approximately 100km many years before 1900. In 1171 a shoemaker named Gilbert walked from Canterbury to London in one day (reportedly 106.2km) and then challenged his neighbours to a footrace! 500 years later the famous Russian walker Vronov covered 100 verstes (about 106km) in 1709 between daybreak and sunset. The great pedestrian of the early 1800s, Captain

Barclay, twice walked 64 miles (102.9km) in 10 hours, from Charing Cross to Newmarket in 1802, and from Charing Cross to Seaford in 1805. Ultrarunning as such really started in the 1870s with the Six Day events, and George Littlewood produced the best mark of the century with 101.2km in 8 hours in 1884.

Thus when French ultrarunning flowered in the 1890s there were already well-established marks at 60 miles and beyond. However, it was from this period in France that the 100km emerged as a recognised event in its own right. In 1902 one of the foremost French walkers and runners, Emil Anthoine, produced a remarkable 7:25 for the distance on the road, on the way to a longer distance. As is often the case, it is very difficult to tell how accurate the distance was measured that long ago.

After this brief flourish, attempts at running the distance ceased for many years, and the 100km was left to the walkers. 100km events were held in Germany, Italy and France and the best performance for walking was gradually reduced to under 10 hours. The last of these performances came in 1922.

Four years later a fascinating race took place. Two Tarahumare Indians, Tomas Zafiro and Leonicio San Miguel, raced from Pachuca to Mexico City (about 100km), Zafiro winning in 9:37. Newspapers reported that they were not even panting at the finish. This race roused so much interest in Mexico that sportsmen and government officials petitioned the International Athletics Federation to accept the record as official, and, moreover to include the 100km race in the 1928 Olympic Games. Needless to say nothing came of their efforts.

The 2 leading ultrarunners of the 1920s and 30s, Arthur Newton and Hardy Ballington, surpassed Zafiro's time for the approximate 100km distance if we examine their split

times at 65 miles (104.6km) - Ballington ran 8:17:30 to reach that point during a 100 mile on the Bath road. During the 1950s Wally Hayward ran 7:41:36 for 62.25 miles (100.18km) on the track and Ron Hopcroft 7:33:29 for 64 miles (102.9k) on the road. Meanwhile the walkers continued to improve with Frenchman Henri Caron achieving 9:32:52 for 100km in 1953.

It was actually as a walking race that the Biel 100km in Switzerland began in 1959, but it soon became a go-as-you-please event and by 1961 the winner's time was down to 8:43. Another 100km race was started in Liberec, Czechoslovakia in 1965, followed 4 years later by the Unna race in West Germany. In the early 70s the first annual 100km races in France, Italy, Finland and the United States took place. Despite the fact that Cavin Woodward and Don Ritchie both set 100km world track bests in the 70s, it was not until 1980 that the first 100km road race took place in the UK. The first 100km races in South America appeared in the mid-80s, and the Hokkaido 100km in Japan was first run in 1986. There are currently 100km races held in around 30 different countries. Most countries are content with holding just 2 or 3 a year, but a few countries seem particularly addicted. The French have around 30 a year, the Czechs over 50 (many of these being low key hikes), and the Americans around 20. The largest 100km is not held in any of these countries; in fact it is the oldest one of all, the Biel 100km which regularly has fields numbered in the thousands. Other races to attract such fields are the Faenza, Millau and Torhout events. However, it should be remembered that time limits in many Continental 100kms are generous, often 24 hours, which thus opens the events to a much wider spectrum of joggers and walkers.

The first man to break the 7 hour barrier

probably did it in the early 70s - but course measurement in those days on the Continent was rather rudimentary. Helmut Urbach was the first man to run under 7 hours on the track in October 1975, a week before Cavin Woodward revised standards with a 6:25 clocking. In 1978 Don Ritchie ran 6:18 on the uncertified Hartola course before setting the current absolute best of 6.10.20 on the track.

One major development in the 1980s was the organisation of national championships at 100km in a growing number of countries - first France, then USA, West Germany and Spain. Each year the number of such championships increases.

It is only relatively recently that women started to tackle the 100km. Back in the 19th century the female pedestriennes were capable of around 16 hours for the distance, but it wasn't really until the Swiss Biel race that we get the first genuine 100km marks. In the 1960's the best time by a woman went down quickly from 20 hours to 12.5, then Eva-Maria Westphal and Christel Vollmershausen (who is still competing) brought the record down to around 10 hours, before Edith Holdener reduced it to under 9 hours in 1976. That perhaps was the signal for a couple of former record holders for the marathon to dabble with the event. Christa Vahlensieck ran 7:50:37 in 1976, and then Chantel Langlace set a time of 7:27:22 at Amiens in 1980, and then improved to 7:26:01 at Migennes in 1984. More recently on calibrated bicycle measured courses Ann Trason (7:30:49) and Birgit Lennartz (7:26:52) have lead the way to a new absolute best.

There were several major developments in the 100km event in the 1980's. The first was the growing number of countries which held national championships at 100km - first France, then USA, West Germany and Spain. From this nucleus the

number of such championships increased year by year. Alongside and complementing these was the development of the World Championships endorsed by the International Association of Ultrarunners. The first such Championships was held at Torhout in Belgium in 1987, the second at Santander in Spain the following year. For various reasons the International Championships at Paris in 1989 was somewhat lower key, but the 1990 event at Duluth in the United States will take the Championships out of Europe for the first time.

In the mid 1980's Harry Arndt developed the Europa Cup circuit to encourage higher standards in the event in Europe. One of the most important by-products of this competition has been the move towards more accurate course measurement, which the International Association of Ultrarunners (IAU) have done their best to promote.

From 1990 the IAU intend to build upon the success of the Europa Cup and introduce a new competition - the IAU Inter-Continental Cup. It is planned that there will be 100km races held on calibrated bicycle measured courses in each of the 6 inhabited continents. The idea is to give runners in all the major ultra-running countries a chance to compete against one another, at least on paper. Few runners can afford the expense of long distance travel from one continent to another, fewer races are willing to pay the expenses of runners from Australasia and Japan. The IAU Inter-Continental Cup will give many runners the chance to compete under familiar conditions within an international framework without the stress and expense of very long distance travel. ordinary Australians, Japanese, New Zealanders, Americans, Europeans and Africans will have the chance to compete not only against their own compatriots, but also, on paper, against runners across the world, elite against elite, veteran against veteran.

Although the classic point to point races like the London to Brighton, the Comrades, the Spartathlon, the Western States and the Sydney to Melbourne are always going to be major attractions to many runners, to thousands of others, many of whom find a certain fascination with round numbers, ultra-running will mean the 100km. The continued growth of national 100km championships, the development of the World 100km Championship and now the IAU Inter-Continental 100km Cup will ensure that the 100km remains the universal ultra.

Ultramarathon Review 1989 by Andy Milroy

In 1989, despite some fine performances by male runners, it was the women who held centre stage. Through the whole range of ultra distances the women improved on the previous best performances.

Eleanor Adams (UK) had a season that was remarkable even by her standards. In August she became the first woman to average 10km an hour for a whole day when she set a new 24 hour best of 240.169km, and en route set a new 200km track best of 19:28:48., In October she ran 7:48:33 for the 100km, the third best mark of the year, on the tough Santander course. She rounded off her season on a real high note when, after a race long battle with Sandra Barwick (NZ), she emerged with a new world 6 Day best of 866.360km (an average of 144.3km a day!).

She was not alone. Frith Van Der Merwe of South Africa set a new road best for 30 miles and 50km (3.08.13) in April, and in September Birgit Lennartz (FRG) ran a new world 100km road best of 7:26:52. (Both women were also the dominant marathon runners in their respective countries). Ann Trason of the USA was the top performer at 100 miles, collecting both the track (14:29:44) and road (13:55:02) bests (remember it was only last year that a

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continued a pace in 1989. The number of national championships, primarily at 100km and 24 hours continued to grow, and the number of countries involved in the sport continued to multiply. The great performances of 1989 are going to be a hard act to follow, but 1990 looks likely to be a watershed in the sport, with new championships, competitions and events proliferating. In February the IAU 24 Hour Championships will be held for the first time, and it looks likely that the IAU 100km Championships will leave Europe for the first time, with Duluth in the United States playing host. The IAU have also set up 2 major new competitions. The Inter-Continental 100km Cup will involve 100km events from all 6 inhabited continents, and the Europa 24 Hour Cup will focus on Europe. Other new events on offer include a stage race along the Great Wall of China. Perhaps the greatest thing about the sport is that an ultra-runner is only limited by his or her imagination.

The Wind of Change

Reprinted from IAU Newsletter, Spring 1990.

No, this is not another article about the political situation in Eastern Europe or South Africa. Instead it is an attempt to put a few thoughts on paper about the way the world ultra scene is developing.

During the 1970's and 80's world ultra ranking lists were dominated by runners from Western Europe. Admittedly non-

European runners like George Perdon, Max Telford, Park Bamer, Marcy Schuam, Sandra Kiddy and Bernd Heinrich produced excellent performances, but behind these outstanding figures there was little depth. Now this situation shows signs of changing.

In 1989 the world 24 hour track ranking list was dominated by Australians. The impact of the Sydney to Melbourne on Australasian ultra-running has been tremendous, showing just what a high profile international ultra with its consequent national recognition can do for the sport in a particular country. Over the last 2 years first Owen Tolliday (253k/157 miles), then Mike March (260k/161m and 257.7k/160m), David Standeven (256k/159 miles) and Bryan Smith (254k/157 miles) have put Australia in the forefront of world 24 hour running. Obviously with runners like these, and other runners attempting to force their way into their ranks, plus Dick Tout of New Zealand, fierce competition will drive Australian performances to even greater heights at 24 hours and above.

Through much of the 1980's the USA made relatively little impact on the yearly rankings at 100km and 24 hours. I suspect this was due to the attractions of trail running, very much the growth area in American ultra-running. However, by 1989 (following the success of Ann Trason in the Santander World 100km Championships) it seems many of the top trail runners wanted to discover just how good they were in relation to the rest of the ultra-running world. Winning the Western States 100 mile in record time maybe great but it just is not comparable with any other ultra feat. Thus we had a move by such runners into the standard ultras - 100km, 100 miles, 24 and 48 hours. Partly as a result there were 4 runners under 7 hours in a US 100km for the first time, a 12:12 100 mile and a 240 mile/386k 48 hour national best, plus of course new world

bests at 50-100 miles and 200km from Ann Trason, backed by some excellent 100km performances. Now there is a formidable phalanx of world class American ultra-runners - Ann Trason, Charlie Trayer, Rae Clark, Brian Purcell, Roy Pinning, Sean Crom and Randi Bromka (to mention just a few) presenting their biggest challenge yet to the rest of the ultra world.

Eastern Europe has produced a number of world class performers over the years - Vaclav Kamenik, Jan Szumiec, Otto Seith and Dusan Mravlje amongst others, but travel and communication with the rest of the world was never easy. Better communication is now beginning to reveal the true strength of Soviet ultra-running, with runners like Valery Gubar (262k/163 miles), Tamara Merslikina, Yuri Esperson and Vladimir Konoplov at 24 hours and Lev Hiterman (6:39) at 100km. The Polish 100km performers like Przemyslaw Jamont and Andrzej Lisowski have produced excellent times on the now certified Kalisz course, and there is now a whole group of world class Hungarian ultra-runners including Laslo Simon, Lajos Fazekas, Marta Vars, Istvan Sipos and Attila Kovacs. The Czechs have been the first of the Eastern European countries to pull together an ultra-running organisation, and runners like Milan Furin and Tomas Rusek will soon be joined by new stars I suspect.

Probably one of the most significant performances of 1989 was the third place in the Spartathlon by Seechi Morikawa of Japan. (In recent years Japanese television crews have covered both the Spartathlon and the Sydney to Melbourne). When one remembers the traditional strength in depth of Japanese marathon running and reads something of their training it gives one pause for thought. Some top Japanese marathon runners are running 30km in the morning and the same in the evening as part of their training, and Toshihiko Seko is known to run 50 miles or more in a

training run. With that sort of base a 100km would seem to be a fairly easy step. Already the course record for the Lake Saroma 100km is sub 7 hours. Races like the Great Wall of China event should encourage the Japanese ultra scene to develop still further. This potentially could have a profound impact on the 100km, if not further.

Among all these straws in the wind of change is one which could be as interesting as serious Japanese entry into ultras, the possibility of an African 100km Championships!

All this means a wider, much more diverse world of ultras, fiercely competitive at the top, but, let us hope, retaining the comradeship and friendliness so typical of the grassroots of the sport.

Reprinted from IAU Newsletter, Spring 1990.

1000 Miles All-Time List [road and track]

Yiannis Kouros 32 Greece 10:10:30:35
New York 1985 R Stu Mittleman 34 USA.
11:20:36:50 New York 1986 R Siggy
Bauer 41 NZL 12:12:36:20 Colac 1983 R
Al Howie 44 UK 13:00:27:37 New York
1989 R Trishul Cherns 29 Canada
13:07:50:45 New York 1986 R Steffan
Schlett 26 W.Germany 13:16:11:06 New
York 1989 R Michel Careau 47 Canada
13:21:34:45 New York 1988 R Alan
Fairbrother 49 UK 13:22:48:08 New York
1986 R Ian Javes 47 Australia 14:03:58:08
New York 1989 R Marty Sprengelmeyer
40 USA 14:04:45:44 New York 1987 R
John Wallis 52 USA 14:09:45:04 New
York 1989 R Dan Coffey 54 UK

14:10:44:50 New York 1986 R Toney Rafferty 50 Australia 14:11:59:04 Granville 1989 T Pat Farmer 27 Australia 14:18:27:47 Granville 1989 T John Dowling 57 Eire 14:23:41:20 Hull 1986 R Don Choi 36 USA 15:06:24:43 New York 1985 R Emile Laharraque 38 France 15:17:58:30 New York 1985 R Malcolm Campbell 50 UK 15:21:07:43 Gateshead 1985 T Women. Suprabha Shecter 33 USA 14:20:18:24 New York R Sandy Barwick 39 NZL 14:20:45:16 New York R Antana Locs 31 Canada 15:12:36:35 New York R Christel Vollmerhausen 55 W.Ger. 16:11:30:29 New York

New York 1 mile/1.609Km.

Colac 92.355 miles/148.631Km road, then 907.645 miles/1460.713Km track.

Hull 1408 yards/1.287Km.

Gateshead & Granville Track.

24 hours All time indoors [As of 1st March 1990]

Reprinted from IAU Newsletter,
Spring 1990.

267.543Km/166m 429y Don Ritchie UK Milton Keynes 1990 262.585Km/163m 288y Dick Tout NZL Milton Keynes 1990 251.310Km/156m 276y Bryan Smith AUS Milton Keynes 1990 251.064Km/156m 7y Yiannis Kouros GRE Chicago 1986 248.125Km/154m 313y Roy Pirrung USA Milton Keynes 1990 246.848Km/153m 676y helmut Schieke W.G Milton Keynes 1990 240.790Km/149m 1091y Max Courtillon FRA Milton Keynes 1990 239.197Km/148m 1110y Patrick Macke UK Chicago 1986 239.006Km/148m 900y Jean-Pierre Dehotal FRA Milton Keynes 1990 237.087Km/147m 561y Dave Cooper UK Milton Keynes 1990 236.131Km/146m 1276 James Zarei IRN/UK Milton Keynes 1987 234.385Km/145m 1127y Peter Samulski WG Milton Keynes 1990 233.896Km/145m 591y Alfredo Uria Spain

Masnou 1984 233.492Km/145m 150y Hans-Martin Erdman WG Milton Keynes 1990 232.884Km/144m 1245y Aribert Hannappel SWI Milton Keynes 1990 232.823Km/144m 1178y Mike Newton UK Milton Keynes 1984 231.051Km/143m 1000y Henry Marston UK Milton Keynes 1984 229.128Km/142m 658y Jean-Gilles Boussiunet FRA Chicago 1986 225.308Km/140m 000y Scott Demaree USA Pensacola 1989 225.276Km/139m 1725y Peter Mann W.G Milton Keynes 1990 20 Performers.

Women. 237.861Km/147m 1408y Eleanor Adams UK Milton Keynes 1990 228.112Km/141m 1306y Marianne Savage UK Milton Keynes 1990 218.012Km/135m 821y Monika Kuno WG Milton Keynes 1990 209.005Km/129m 1531y Angela Mertins BEL Milton Keynes 1990 197.654Km/122m 1437y Hilary Walker UK Milton Keynes 1987 197.619Km/122m 1399y Christine Grey UK Milton Keynes 1990 193.949Km/120m 906y Mary Schwam USA Haverford 1985

Compiled by Dave Rose.

The following article on the Barkley Marathons is reproduced purely out of interest. No Australians have attempted this race. It must rate highly as one of the toughest foot races in the world. There is no doubt about the Americans, they certainly invent some tough events. Any takers for 1991?

The Barkley Marathons . . . To Hell and Back

Reprinted from Ultrarunning, June 1990.

by Gary Cantrell

Not since the famous Tennessee Runner, Jimmy Ray, failed in the original Barkley (way back in 1977) has so determined a field taken on the dreaded trails of Frozen Head. Led by a plethora of big names, the likes of Furtaw, Horton, Herr, Clifton, and Drach, the biggest field in Barkley history (29) headed into a dense fog just prior to dawn on the day before April Fool's. Actually only 27 runners started up Bird Mountain (the first of many mountains) as two entrants wisely refused to leave the staging area.

(Led by Jimmy Ray, less than a dozen runners took off on June 10, 1977, in the first Barkley Marathon. Beginning a proud Barkley tradition many failed to cover a single mile. Jimmy covered more distance than any other starter and later was interviewed by *Playboy* about his 54-hour attempt. Excerpts from that interview will be included here to show the changes and the similarities in the 13 years since the first Barkley Marathons.)

Fourteen switchbacks wind and twist from the start to the top of Bird Mountain, one mile away and 1,540 feet higher. After less than one meter of level ground the trail plunges even more steeply, twisting 1,600 feet down in another mile of switchbacks. After scrambling across Phillips Creek on rocks and fallen logs the runners faced a trail so steep that the contour lines on their maps merged into a forbidding black spot. Jury Ridge's 960-foot half-mile climb has earned its reputation by devouring a generation of Barkley runners.

After topping Jury Ridge, as the runners claimed their first "breather," (a 580-foot, one-mile descent to Snyder Creek at the base of Bald Knob) newcomers to *real* trail racing began to take notice of an unexpected difficulty. With discouraging regularity fallen trees crossed the trail, seemingly at 100-foot intervals. On such steep terrain, crossing chest-high tree trunks can become a difficult and time consuming task.

Then came Bald Knob. During the mile-long climb up the Knob, the tired bodies of the entrants faced an incredible 1,560 feet of climb. In the first half-mile alone there were 1,060 feet to climb.

Atop Bald Knob (the first clear opportunity to bushwhack to a road out of "there") with a whopping five miles covered, Barkley runners amassed an incredible 4,060 feet of climb and another 2,420 in descents, and have *averaged* being on a 25% gradient. And they have only done the second toughest section of trail! Condition-

ing requirements for a race like the Barkley defy comprehension.

"Playboy: You were out running for 54.5 hours. Had you trained?"

Ray: I was in real good shape. Everyone stays in real good shape. We all run laps around the yard a lot, there isn't much else to do."

Pre-race rumors of a well-prepared field proved founded as, for the first time ever, all the runners (who made it up Bird Mountain successfully) passed Bald Knob and ground onward towards the Garden Spot.

After the Knob, the big mountain climbs end for a while as the runners clamber across rough country and coal tiffles while crossing over to Stallion Mountain. Then, just past ten am, a 720-foot half-mile grunt up to the Garden Spot marks the termination of the first section of trail.

The same climb marks the most critical spot on the course for pathfinding. A careless moment at this juncture can lead to miserable hours on terrain even more God-forsaken than any on the Barkley course. That tradition was maintained!

"Ray: I must have been to places that no human being has ever been."

From the Garden Spot a short bit of jeep road takes the survivors to the first aid drop at Coffin Springs. Seven and one-third miles without aid is a long way on a trail like the Barkley, and consequently many Barkley races end here. This year only one runner bit the big one at Coffin Springs. Twenty-six continued.

For those survivors the race was ready to get serious. The New River Section, with the Hell and Rat Jaw climbs, is the toughest part of the Barkley. Scrambling, cross country, from Coffin Springs to the Coal Road, aided by vision, is no picnic. With thick fog still enshrouding the eerie, almost prehistoric New River Valley, it was a nightmare. The altimeter-aided entrants struggled as well as the rest. Plus, the first serious stands of briers are encountered here.

"(For his interview) Ray ambled in with a characteristic half-smile looking to the interviewers both sheepish and somewhat proud of himself. His hands and arms were scratched and he had a few days' growth of beard."

After nearly a mile of runnable coal road (not nearly enough to make up for the time lost over obstacles in the rest of the

race) the course simply drops off the side of the mountain. On a gradient well over 50%, runners exhausted from the endless climbing and descending start to take on thorns and briers much more frequently. Falls and the resultant layers of dirt and leaves add yet another toll to the run.

Finally finishing the descent by picking their way through a boulder-filled valley, the runners reach New River and enter the scenic highlight of a scenic journey. The plush vegetation, cliffs, gorges, and hundreds of waterfalls make the New River among the most unique and beautiful areas in the East. Also among the most challenging places in the East to reach, the New River's beauty belongs almost exclusively to the runners of the Barkley.

At the end of all that wonderful scenery awaits . . . Hell — 1,280 vertical feet in one half-mile. Hell is a climb that never ends. Well, it does end, but not for a brier-battling eternity, and when it does the runner must then charge headlong back down the mountain on another short stretch of runnable jeep road. Back down the mountain to the horror of Rat Jaw. Following true to a power line, straight up the mountainside, Rat Jaw is the most brier choked section on the course and the fact that it climbs 1,020 feet in less than a half-mile makes the briers no less devastating.

The Rat Jaw finally terminates at the firetower atop Frozen Head. Here, just under twelve and one-half miles into the race, the runners reach the second aid drop. By this point, all are aware that planning provisions was very important.

"Playboy: What did you think about?"

Ray: Mostly I thought about food, that's the problem when you get out there. This time of year, there's nothing up there except green berries.

Playboy: Did you take any provisions?"

Ray: Just wheat germ."

From the firetower the runners must take stock. Seven miles of merely very difficult mountain trail (We can run! If we have the energy!) remain for the first loop. The once seemingly soft 12:44 time limit to 19 miles can get serious at this point. Twenty-five runners held true and bore ever onward, but only 23 would finish in time.

First in was the astounding Frozen Ed Furtaw. His course record 7:16:23 split did not bode especially well. The Barkley loves to eat rabbits!

Swiss runner Milan Milanovic also beat eight hours, notching a fine 7:57:20. David Horton, David Drach, and Dennis Herr came in together 12 minutes later and beat Milan out of camp to start loop two.

In ones, twos, and threes the remaining runners straggled in. Twenty-three, another record, successfully completed loop one. Indeed this was the best prepared Barkley field of all time. But the staggering workload of the Barkley trail took its toll.

Only 17 had the strength and courage to begin loop two. Driving from Montana with Ray T. Mita only to miss the time limit, Carolyn O'Brien celebrated her second straight DNF in fine Jimmy Ray style. In a tribute to careful planning, her flashlight came all the way from Montana with dead batteries! Oh, the many joys of Barkley!

Somewhere on loop two (except for unfortunates like Carolyn who get caught on loop one!) the Barkley runner must face darkness, "out there." With a body shattered by loop one, energy drained by the massive climbs, skin shredded by briars, and mentally exhausted by the demand for constant pathfinding vigilance during daylight, the challenge of darkness is greatly magnified.

Of the 17 with the temerity to attempt loop two, eight came sheepishly dragging back in, finished by their second trip around the north section and unwilling to enter New River and the very real Hell awaiting them there.

Ed Furtaw led the way among the nine successful double loopers. Incredibly reaching the firetower again before darkness, Ed's 16:04:05 shattered the old record for the distance. But Ed was finished by the effort. His face a vacant mask, Ed sat, discouraged, as we traced the progress of Drach, Horton, and Clifton in pursuit. Eric caught the others during loop two, after Dennis Herr surrendered (animal-eaten?!). Flashlight flashes winding down the inevitable switchbacks off of Rough Ridge can be seen from camp, when the runners are still 45 minutes to an hour (or more) away. The trio strode in at 16:41:40 and, after a 22-minute break, headed slowly out. One look at Ed told them that the challenge, from him, was over.

Two hours later Milan Milanovic, looking terribly distressed, as he had throughout the race, came in. The camp was incredulous to find Milan was negotiating the course with a tiny penlight. His notebook full of compass readings proved to be excellent preparation for the night time. Milan was off running in ten minutes, still thinking of winning. The man has the heart of a lion!

Four more runners would survive loop two, but only one, four-time loser Fred Pilon had the determination to enter loop three.

"Playboy: It would seem that the fact that you were out in the woods on your own would make you absolutely ecstatic."

Ray: Well, effectively I was glad. There is physical discomfort. But I think the mental makes up for the physical. I can't describe all this. I've been through this (sort of thing) before, you know. But ecstatic? I think that might be exaggerating a little bit."

Milanovic's attempt to catch up with Horton, Drach, and Clifton could possibly

have borne fruit had not Milan fallen crossing Phillips Creek and injured an ankle. As it was, the leaders took a very long time to conquer the final 15.9 miles (9:19:34, or 35:12 per mile), but not long enough to prevent their becoming the first finishers to break 30 minutes a mile for the race (29:14 per mile average). Also not long enough to leave them vulnerable to Milan. After his fall in Phillips Creek, Milan did not crawl out toward safety. No, instead he dragged himself onward toward the finish. Eventually it took him an agonizing 14:25:01 (54:24 per mile average) for the final 16 miles. So slow did he go, that a determined Fred Pilon finished only a half hour behind Milan even though Fred finished loop two in 61 minutes behind and then took a four-

hour 54-minute break to Milan's ten minutes. After four DNFs in as many tries Fred did loop three in 9:11:08 outrunning even the winners! How many times has the last-place finisher run the final third of a 50-mile faster than the winner?

The leaders achieved another first. They became the first runners to complete the 55-mile fun run fast enough to be permitted to attempt the 50-hour 100-mile. Eric Clifton never slowed down as his 100 meters of loop four gave him the longest attempt ever. David Horton demonstrated more wiles, waiting until only seconds remained (they beat the time limit by only 13:21) before traveling 150 meters up the trail to stake his own claim to the longest attempt. With the time limit up, no one

continued next page

Gastroesophageal Reflux in Ultrarunners

Reprinted from Ultrarunning, June 1990.

by Barry Mink, M.D.

Gastroesophageal reflux is a long name for a common complaint from runners who have to eat and drink on the run. Heartburn, a feeling of fullness, frequent belching, and even nausea and regurgitation — all are symptoms related to this problem.

A recent article published in the *Annals of Internal Medicine* in March, 1990, by a group of researchers from Bowman-Grey Medical School reported results of a study of this phenomenon in runners. Their methods of inserting nasogastric tubes and pressure manometers to record the dynamics of esophagus and stomach motility during running yielded some interesting results that will prove helpful to ultrarunners. The group of researchers found that running, as opposed to biking, weightlifting, and other forms of exercise, was the most common activity associated with gastroesophageal reflux.

Gastroesophageal reflux occurs when the normal sphincter-controlling valve between the esophagus (food tube) and the stomach becomes incompetent. This incompetency of the valve results in regurgitation of stomach acid into the unprotected lower esophagus, causing symptoms of heartburn, fullness, belching, and even nausea. The actual physical agitation caused by running appears to accentuate or even cause the gastroesophageal reflux phenomenon to occur. If the runner is eating while running, this stimulates a greater

amount of acid production in the stomach and symptoms can be exacerbated or made worse because of greater amounts of reflux. In the *Annals of Internal Medicine* study, the authors found that by giving 300 mg of ranitidine (trade name: Zantac) one hour before running, they were able to reduce the acidity in the stomach and, in turn, significantly reduce the symptoms of exercise-induced gastroesophageal reflux. Both symptoms and objective measurements in the runners were improved by the prophylactic use of this medication.

Although running can promote this problem, it is important to mention that there may be other pre-existing medical problems that can result in gastroesophageal disease that can predispose the runner to the gastroesophageal reflux problem. The most common of these is hiatal hernia, which is a congenital weakness of this gastroesophageal valve. Other problems of over-acidity, peptic ulcers, or less common gastrointestinal diseases may promote these symptoms as well. Also, cardiovascular disease can cause "indigestion"-type symptoms and should always be ruled out before labeling a problem as being the gastroesophageal reflux problem.

The bottom line is that if you, an ultrarunner, are having these symptoms of gastroesophageal reflux, it would be worth your while to discuss this with your physician who would then evaluate the problem, rule out any significant pathology, and prescribe an effective medication such as ranitidine to use prophylactically before these symptom-producing runs.

could follow and edge him out!

And so ended the world's most difficult trail ultra. Despite the attrition a remarkable five finishers brought the cumulative record of the 55-mile course vs. the runners to 84-6-1, a DNF rate of 92%. More importantly, ground was *finally* broken on the 100-mile. And we fully expect to see some of these veterans making a serious attempt at the whole 100 next year, because, no matter how devastating it might be, the Barkley is a very addictive proposition.

Even Jimmy Ray would like another chance:

"Ray: Yeah. Things like that go through your mind constantly. I suspect that everyone . . . has it in the back of his mind. The only thing is whether they got the fortitude to go through with it. Some of them (just) talk about it all the time."

For those who haven't yet figured it out, Jimmy Ray is better known as James Earl Ray, the most famous resident of Brushy Mountain State Maximum Security Prison. The maximum part comes from the fact that, once over the wall, there is nowhere to go except out into the Hell section of the Barkley course. It is easier to get out of the prison itself.

But something keeps bringing the runners back to the Barkley. Some say it is the challenge of attempting the world's most difficult trail ultra. Maybe Jimmy Ray had another reason in mind when he said, "It's kind of a solitary feeling up there."

The Barkley Marathons

Wartburg, Tenn. March 31, 1990
55 miles, trails, 27,000' climb
(with one- and two-lap splits)

- | | |
|--------------------------------------|----------|
| 1. David Horton, VA | 26:22:39 |
| (8:09:32, 16:41:40) | |
| 2. Eric Clifton, NC | 26:22:39 |
| (8:34:12, 16:41:40) | |
| 3. David Drach, NC | 26:22:39 |
| (8:08:57, 16:41:40) | |
| 4. Milan Milanovic, SWITZ | 33:39:01 |
| (7:57:20, 19:04:18) | |
| 5. Fred Pilon, MA | 34:09:28 |
| (8:35:28, 20:05:53) | |
| Ed Furtaw, NV (7:16:23, 16:04:05) | |
| Ullrich Kamm, WG (9:48:25, 23:44:07) | |
| Jim Dill, IN (8:45:47, 25:01:00) | |
| Dick West, MI (10:10:14, 25:01:00) | |
| Dennis Herr, VA (8:09:48) | |
| Shelby Clifton, NC (8:34:34) | |
| Ron Sloniger, PA (8:35:24) | |
| Doyle Carpenter (8:35:34) | |
| John DeWalt, PA (8:42:22) | |
| Jeff Gaft, MI (10:10:14) | |
| Al Montgomery, SC (10:11:20) | |
| Gregg Meacham, VA (10:11:20) | |
| Steve Bozeman, VA (10:11:20) | |
| Karl Henn (10:39:28) | |
| Phil Hengen, OH (11:40:37) | |
| Tim Gross, GA (11:40:37) | |
| Bruce Ensign, MS (12:08:41) | |
| Leonard Martin (12:19:44) | |

29 starters

My Best Ultra Ever: 26 Hours to Cover 55 Miles

Reprinted from Ultrarunning, June 1990.

by David Horton

Sometimes things are not as difficult as you expect. The Barkley was more difficult than I expected. It just didn't seem possible that a 55-mile race could have 27,000 feet of elevation gain and 27,000 feet elevation loss (1,000 feet of change per mile). The hardest 100-mile (Wasatch 100) has 22,000 feet of gain for 100 miles!

The greatest difficulty that I had during the first lap at Barkley was staying on course. The course consisted of three laps of 19, 19, and a short cut on the last lap to cut it to 17 miles. All of the five major hills were in each lap, even the short lap. The trail, where there was one, was not marked in any fashion, and it was very indistinct. There were five books hidden at different places on the course. On each lap you had to tear out a page from each book and turn in your five pages at the end of the lap.

Dave Drach, Dennis (The Animal) Herr, and I traveled to the race with a goal of trying to complete the race together. You may think this is a little weak on our part, but when you consider that only one person had finished the race in the four previous years you have a clue as to how difficult the race is.

We had a great deal of difficulty finding the books on the first lap as a very heavy fog enveloped us. Our time at the end of lap one was 8:09, for 19 miles — blazing speed! Eric Clifton joined us on the second lap and we were a foursome, out for a Saturday afternoon stroll.

At 26 miles (one of two places where they took your aid supplies onto the course) The Animal called it quits. One of the toughest ultrarunners in the country managed to cover 26 miles in 12 hours.

There were four sections in the course where you had to go cross-country. No trails or markers were there; you had to use a compass and map and navigate your way to the next section of the course. The second cross-country section of the course started at the foot of the hardest hill on the course. Never was a name more appropriate for a hill. The elevation gain was 1,300 feet in one half mile. The hill's name was called "Hell." My times for each trip up Hell were 38, 35, and 45 minutes. Just think, my rate of progress was one and one-half hours per mile the last time up.

Immediately after Hell you had a one-mile descent (on a dirt road) with a loss of 600 feet. After one-half mile on a nice road (level) the second hardest hill stared you in the face, Rat Jaw. Rat Jaw gained 1,000 feet in one-half mile. This also involved a cross country section with a climb through

the worst brier patch I've ever seen. The climb had to be negotiated three times. I went up three different ways and I still don't think there is a good way to get up the hill.

Clifton, Drach, and I started the last lap at 11:00 p.m. At this point, we also took the overall lead. Our time was 17 hours in covering 38 miles. The fog moved out to uncover a beautiful starry night. Between midnight and 4:00 a.m., I was constantly nauseous. All three of us would stop once in a while and just lay on the trail and look at the stars. After only three or four minutes, I would notice that I was about to fall asleep. Eric and Dave had both already dozed off. At 4:00 a.m. and again at 4:30 a.m. I threw up and had the dry heaves. The thought of dropping out passed through my mind but I thought that I had done too much work to drop out with only 11 miles to go. I ate a malt nut PowerBar and within ten to 15 minutes I felt much better and was able to make it in the rest of the way in good shape. After eating the PowerBar, I prayed to the Lord that he would help me make it up Hell one more time.

How difficult is the course? More than you could ever imagine. Does it really have 27,000 feet of climb? Yes, and maybe more. My overall pace was 28 minutes and 45 seconds per mile. Is it 55 miles? At least that far, if not more. Gary Cantrell (Race Director) told me my chances of finishing were slim to none. My slowest time for 100 miles is 22:05. My time at Barkley was 26:22. This may have been the best ultra performance of my career (58 ultras).

One runner from Zurich, Switzerland finished in 33:39 and Fred Pilon finished in 34:09 making it five finishers out of 29 starters.

I would compare finishing one lap at Barkley (19 miles) equivalent to finishing a typical 50-mile trail race (8-9 hours).

Would I try it again? Probably, but I hope not. Next time would be even more difficult as I would want to run faster and I'm sure that is a mistake at Barkley. No one has ever finished the Barkley twice.

If you're looking for an unbelievable challenge, consider the '91 Barkley. Cantrell is limited to 30 runners by the Forest Service. But you'll need to start saving up to pay for the enormous entry fee — \$1.55.

Subscribing to UR

A check for twenty dollars (\$25 if you live outside the U.S.) is all it takes. Send it and your name and address to Ultrarunning, P.O. Box 481, Sunderland, MA 01375.

MISCELLANEOUS

Reproduced from "Ultrarunning", Nov. 1990

From the Big Apple: Learning The Yoga of Running

by Nathan Whiting

Yoga means union, the entering of all we can be. To practice yoga is to seek fulfillment within ourselves. There are many yogas, many ways to find satisfaction in life. Running, whether we know it or not, seeks fulfillment. Simply running without special knowledge or philosophy is already a yoga. As one practices a yoga, there is an increased ability to focus into our bodies and the world around us. This article will offer a brief beginning, using methods from various yogic practices. The hope is to make us better runners, not saints or mystics.

The *chakras* are the seven principle energy centers in the body as defined by ancient practice. They are places of healing and awareness. When we're very tired and need to look inside ourselves to go on, the chakras are the boxes to open first. Indeed, if you have run past exhaustion they may already be familiar.

Lowest is the *root chakra*. It is located at the very bottom of the spine. Follow the bones down and into the cheeks a little. This is the center of survival and is considered the base of healing. It is the center of continuing and coming back. When you feel like quitting, concentrate on this point. Feel a little push as if it propels you and think "I can go on." Allow a healing power to rise through the body and erase the mental fatigue and discouragement. The course for the base chakra is a flat, one-mile loop. Its distance is 1,000 miles.

Next is the *pubic chakra* at the tip of the pubic bone just above the sex organ. It is the center of vitality. It is also a center of balance and feeling love. When the body is collapsing concentrate on this point and let it slowly lift you to better posture. Feel a slight and constant pull forward and renewed pride as you envision yourself at the finish. The course for the pubic chakra is a rocky trail. Its distance is 50 miles.

Third is the *navel chakra*. It is the center of raw emotional power. It can bring both the happiness of flight and the most awful fears of defeat, or it can simply close. It is a dangerous place. If you feel the absence of emotion, you can open the navel with thoughts of games as a child. Imagine yourself playing as you run and joy will come in. You can even bring toys to a race. If you feel bad emotions it is best to calm this center. Forget the mind and calm the stomach. Let the demons out and think "peace, peace." Then bring your awareness to your heart and find joy there. A similar method helps cure queazy stomachs. (This center loves water.) The navel center can also change your sense of size. Concentrate

on the navel and visualize yourself growing. You can become large enough to defeat any course. The course for the navel center is an indoor track. Its distance is 48 hours.

Central is the *heart chakra*, not the actual heart, but that little hollow at the bottom of the sternum. The heart can bring joy into the body. It can also send positive energy to the rest of the body and let troubles out. If you can feel well in the heart, it is easy to move it to tired muscles and sore feet, to chase out unpleasant emotions from the stomach and so on. It can also shorten the course. I mean this literally. If your heart makes a *straight* line as you run, you go the shortest distance. If it wobbles from side to side you are wandering on each step and adding minutes to your run. Another use for the heart is to imagine that your legs begin there. Feel each step from the heart. (Try it now on a short walk.) This will allow you to bring more muscles into your stride and to better feel the upper-lower body connection. The course for the heart center is gentle and scenic, especially near water. Its distance is 100 km or 70 miles.

Fifth is the *throat center*. It is the center of creativity and self expression. If the heart shortens the course, the throat lightens it, for it governs the arms and lungs. Focus on the throat when you need air or have heavy muscles or sore feet. Imagine lightness entering your body in the air through your throat. Runners who chat as they run are strong in the throat. When they are alone they often feel burdened. They should use their natural creativity to lift and entertain themselves. The course for the throat chakra is constant rolling hills. Its distance is 50-70 km.

Sixth is the *brow chakra* or third eye in the center of the forehead. It is the center of intellect. It can get in the way. "I can't go on" is its overeager message. Put it to work calculating pace, or simply let it wander in the scenery, which it enjoys. *Don't* let it think about what you'll do at the finish, for it will soon exhaust you with details about how far away you are. The brow center has great power to bring you to your goal. Focus on the immediate and see the beauty of where you are. The course for the brow chakra is a quarter-mile track (with its ceaseless now). Its distance is 24 hours.

The seventh is the *crown chakra*, often called the "thousand-petalled lotus" because it is like a vast flower. It is the center of peace and bliss. Draw a line up from your ear holes to the center of your skull to find it. Generally it is quiet and waits with the patience a runner uses. Concentrate on it and imagine the finish line is coming to you, not you to it. The crown can give great balance. Imagine a string from this center to the high-

est point in the sky. The string lifts you and pulls you forward. The course for the crown chakra is a mountain trail. Its distance is 100 miles.

There are many popular books on the chakras for those of you who wish to explore them further than this brief, runner-oriented introduction.

Meditation. All yogas, indeed all religions use meditation. It is a way to focus energy to the task at hand. While it is not safe to truly meditate while running — you run into trees — runners who have practiced meditation find that a meditative-like state can be relaxing, can give energy, and make whole blocks of miles vanish. To begin it is best to concentrate on a spot in front of you or a flower or candle. Let go of your busy mind and scattered goals and place your awareness on the object you have chosen. You can try it now where you sit or stand. You can meditate in any of the chakras listed above, but the heart chakra is safest, most central, and easiest to concentrate on. While you run you can chant a mantra silently to calm your mind, control your breath, and for inspiration. Any short phrase will do "I can do it" "Please, please" "I feel fine" or simply "ohm." A good Christian mantra is "Thy will be done." A good Jewish mantra is "Lord of the universe," *Ribbono shel Olam*. Anyone who runs a lot has already begun to meditate. The goal is to have your *best* concentration when you most need it.

Prana yoga. Prana is breath or life energy. Prana yoga is a practice of increasing your control and awareness of breath. Most ultrarunners (but not all) have good breath control, but our awareness could improve a great deal. The actual practice of prana yoga is technical and difficult. One exercise runners can do is to follow the breath as an observer into each part of the body, through the lungs, the organs and muscles, toes and ears, bones and skin. Then follow it out into the world around you as it disperses into the winds and distances. Eventually you can begin to control how breath moves through you and use it to great efficiency.

Hatha yoga is what most think of as yoga. It is a natural series of exercises used to stretch and strengthen the body. Distance running is very hard on flexibility. Very few of us stretch enough if at all. If you bend over with straight knees and can only touch the top of your socks *you are in serious trouble*. (If you can only reach the bottom of your knees you are the brink of beyond help.) You have lost your natural movement including the ability to run fluidly and you are more vulnerable to injury and health problems. You have settled for dragging yourself through the miles not floating on them. Yoga classes are usually the safest form of exercises offered in most American towns. They do vary in quality and approach, so shop around for one that suits you. All will be hard at first, but two or three hours of yoga a week will do more good for most of you than four or five hours running.

From the Big Apple: Living With Humiliation

Reproduced from "Ultrarunning", September 1990

by Nathan Whiting

It is generally felt that humiliation is the one thing to avoid in competition, yet there are instances when it becomes part of one's game and adds to the drama and the triumph. A football lineman is pushed back by a bruising pass rusher again and again, but survives just long enough to allow the winning pass to be thrown. A baseball player strikes out three times in a row, then hits a long, long home run.

It is hard to think of a sport that offers more opportunity to battle humiliation or greater pieces of it, than ultrarunning. There is something profound about being able to run 50 miles in seven hours and finding out it takes ten hours today. There is something very deep and mysterious in the middle of the night when you can no longer run and each 20-minute mile seems to last an hour. There is a truly hopeless confusion when one "bad spell" drops you from fourth place to fifteenth.

One problem we have is that humiliation can be hard to recognize. It hides in a thicket of pain and fatigue. It pretends to be some kind of injury. It pulls a netting of depression over itself. It sneaks off the course and goes home, declaring itself a "bad day." It wanders around telling whomever it encounters that it's "mental not physical." To call poor humiliation a "mental" problem as if we didn't prepare ourselves for the race, is amusing. It's the humiliation we aren't prepared for.

Humiliation is the face turned inside out, when we don't want it seen, when we don't want to see it. There is ego in racing: the better time, longer distance, higher place. There is our identity as distance-heros, an urge to brag, wear the T-shirt, show the trophy. Ego is in our plans. It underwrites our mistakes. Humiliation is the severe bending of the green stick of our ego.

The support is gone, momentum delayed. We hang in a seemingly motionless nowhere, without plans, with nothing to boast of. Time and distance are suddenly much larger than we are. We can still move ahead. We can finish the race, but we must find something deeper, stronger, and more ourselves than ego to do so.

One doesn't have to be a runner to know the posture of humiliation. The head hangs. Shoulders sag forward as if to hide the head. The hands curl dismally into the body. The long legs shorten with shame. The tail crawls between the coffin legs and dies, but since we have no tail our rear end pokes out hopelessly seeking one. This is a wonderful posture for humiliation, but a lousy way to move forward. If you want to enjoy the humiliation for a while go ahead but if you want to get going, lift the head, pull the shoulders back, involve the arms, lengthen the stride, wag the tail and let it push you along.

Humiliation, like mountains and bad weather, should be prepared for. For some it comes boldly and expansively in their first ultra. Others can escape with only faint tastes as they hurry through several great efforts in a row. Experienced ultrarunners say things such as "the worst that can happen is . . ." or "The time limit is . . . so all I have to do if I'm in trouble is . . ." or "I don't care if I'm last as long as I finish." See that a goal of a race is to experience time as well as distance. Think in miles an hour as well as minutes a mile. Get rid of any idea that there's a hurry to finish or the need to have time to enjoy yourself after the race (you won't anyway). Remember a slow race is easier to recover from. Pace your psychic and mental energy as well as your physical, to have good thoughts left for the low points. If you feel humiliation coming on let a little occur, yield one place or a few minutes rather than sink into oblivion. Save energy for night which is humiliation's

sister. Plan to appreciate the scenery. Plan to enjoy all the humiliation given you.

Humiliation is humility. Humility and compassion are the two most saintly qualities. Compassion for one's self is the essence of humility. I think we run these things for a lot more than national rankings. We seek to discover ourselves. We want to find the emotions and truths denied to us by daily routines. The distances we run are humiliating. In many ways we look for humility in a world where "the individual" has come to mean me-ism and greed, where society is allowed to exist as group against group. Active humility is the clearest looking-glass the world offers. Perhaps it explains the quietly compassionate tolerance of many distance runners; explains our calm. Perhaps it explains our search for a larger feeling beyond the quick amusements advertised. This is a sport that *honors* finishers, honors *every* finisher. We don't rate know-how higher than humiliation.

Ultra-pioneer Ted Corbitt, 200+ race finishers John Kenul and John Dowling, and multi-day herald Don Choi are all as noted for their humility as for their achievements. I'm sure there are examples wherever you run. Simply running a lot of races or very long ones doesn't guarantee humility. The great New Zealand adventurer Siegfried Bauer is not usually considered humble. His strategy — to always run and have efficient sleep stops — and professional attitude tend to separate him from any prolonged humiliation. There are runners (often successful) who must either run well or quit. It is too bad to let expectations get in the way of experience and the wonderful camaraderie of fading through the field and meeting everyone. Running well doesn't exclude humiliation. Yiannis Kouros is a humble runner who clearly shows signs of humiliation during his record-breaking efforts. He just has the unusual ability to convert it to better uses. Ann Trason in her national 24-hour championship suffered some real pits of humility, agony, and anguish, yet she did not give up her spirit or her lead.

In humiliation there is always light. There are ladders and tunnels out. They lead to triumph.

Reproduced from "Ultrarunning", Nov. 1990

From the South: The Feeling's Right, Gonna Run All Night

by Gary Cantrell

Your favorite time of day? I'm always amazed in the "UR Profiles" that ultrarunners list any other time except for midnight to dawn.

Sooner or later, every serious ultrarunner will try an event that extends through the "graveyard shift." Admittedly, many of us don't fall in love with running all night on the first go-round. (The old internal clock can be quite insistent about the proper use of those particular hours!)

However, even the most recalcitrant cicadian rhythm can be trained to miss a beat now and again. With repeated attempts, anyone can run around the clock.

On a track the graveyard shift is a unique experience. The grounds are littered with dozing runners, handlers, and lapcounters. Those on the track become reclusive, circling the track in quiet reflection. Your headphones offer only the weirdness of late-night radio. A sense of sameness pervades the wee hours. Time seems almost to stand still as each circuit brings anew the search for pinkness in the

eastern sky. Periods of overwhelming drowsiness alternate with periods of remarkable clarity.

Eventually the harbingers of dawn begin. The corpses about the track begin stirring to life. Looking at them as they sit there staring miserably through bleary eyes and contemplating a return to the track, one cannot miss the fact that their "rest" just wasted time and brought no benefits. The early birds sing their song of warning to the worms. Milk and bread trucks roll past on their pre-dawn rounds. And, finally, the sky begins to lighten and the stars to fade away as old Sol approaches the horizon. Those who have made it through the night intact shuffle off their mantle of isolation and being circling the track with new vigor and purpose as the conclusion draws near. All that remains of the endless night are dreamlike memories.

Night on the trail is more unlike night on the track than are the days on the same respective venues. On the trail there can be no dreamwalking without the danger of awakening in some remote (and unknown) location. Your flashlight beam contains the known world.

Outside that beam the quiet woods through which you tramped during daylight has come alive with sound and activity. We humans feel like conspicuous intruders as unseen eyes watch us thrashing through the brush. Are they laughing at our clumsy, half-blind efforts? We can but wonder. In the woods daylight is a rescuer that returns us to the world we know.

On the track or the trail, we are intruders in the night. Lost souls struggling through the purgatory of night toward the promised salvation of sunrise, we live off what light is available. But, there is a place that we can belong at night. On the road we are the natural denizens of the graveyard shift. Running through the evening we continue to be tourists in a landscape owned by the automobile. However, after the last flurry of vehicular activity at midnight (teens making curfew) the road belongs to the runner.

Dogs even recognize this natural ownership and seldom venture near. Our

flashlight goes unused as we feel comfortably at home on the road. We grow attuned to the night sounds. The same sounds that seem eerie and forboding on the trail feel comfortable and reassuring from the road. We slip through the shadows of city lights unseen and unnoticed. We pad silently through the darkened countryside, miles and hours passing easily. When the rare automobile does go past, we can hear it coming for miles and must resist the powerful urge to flee to the shadows and bushes like the night animals we have become. Houses, with their nightlights on, are the domain of another species, one which lives during the day. We are there to trace the path of the moon across the sky and to observe the streaking trail of falling stars. And when the late traffic is replaced by the early traffic, when the morning sun brings back the real world, we are sad rather than relieved. Nighttime that never seems to end on the track or trail is all too short on the road.

Why am I writing this article? To spread the word about the most underrated experience of ultrarunning, the night run. For, you see, races are not the only time we can run all night! Those long weekend training efforts we customarily perform only during daylight can become an entirely

different adventure at night. And our weekend opportunity can become a whole day longer if we count its start as Friday evening. Best of all, with judicious napping, we can satisfy our urge to cover ground *without* taking time from our families! And even the roads that are too busy to run during the days can belong to us on night runs.

For me and my running buddy Dan Thompson the night runs have become a summertime tradition. At every opportunity we get my long-suffering wife to drop us off in some remote location. The following morning we arrive at the pickup point for the ride home. On holidays we can extend the adventure for days, merely by holing up in motels during the daylight hours. The possibilities are as limitless as the imagination.

If you have not yet tried a night run, give it some thought. The only extra equipment required is a healthy supply of coins for soda machines. Few of us will ever reach Dan's level. Sometimes, instead of going to bed he leaves on 60- and 70-mile all-nighters that bring him in at his normal waking hour. But we can all experience that secret world that belongs to the all-night runner alone. It is a special place and well worth the effort.

See you in the moonlight!

A NOTE ABOUT THE MATERIAL YOU SEND IN ...

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

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

A Beginning Ultrarunner's Guide to Running Fifty Miles

Reproduced from "Ultrarunning" October, 1990

by Peter Gagarin

A summary of some of the top ultra accomplishments of 1989 would have to include Rae Clark's 100-mile American Record of 12:12; Ann Trason's 143 miles in 24 hours, Helen Klein's finishing five trail 100-milers at age 65, and Al Howie's 1300 miles in 17 days (an average of about 75 miles a day).

100 miles, 143 miles, five times 100 miles, 1700 miles — the numbers get bigger and the accomplishments seem greater.

But while we may be in awe of such ultrarunners, we should also reserve a little bit of awe for another group of ultrarunners for whom the relevant accomplishment is: 50 miles for the first time. They are extending their limits just as surely as Clark, Trason, Klein, and Howie are extending theirs; in fact, the step from 26.2 miles to 50 can be huge. Just think back to some marathon where you hit the wall at 20 miles and struggled to make it through the last six, and then imagine being told that you still had 24 more miles to go. The thought of doing 50 may seem incredibly painful, or just downright impossible. And yet lots of very ordinary runners manage to finish 50-milers. In doing so, more often than not they pass the marathon point in remarkable comfort, reflecting afterwards that 26 miles never felt so easy. What's the secret? Is there a way for ultra novices to prepare themselves so that their initial efforts at 50 miles will result in a greater amount of success and a lesser amount of pain?

I'm not about to claim to know all the answers, and certainly the answers can vary quite a lot from person to person, but I do think that there are some ideas and considerations that are applicable to most beginning ultrarunners, regardless of how fast they may be and regardless of how much experience they have had at the sub-ultra level. Fifty miles is different from a marathon and it should be run differently, but much of the difference in how you prepare for the two distances is mental, not physical. It's not just a matter of training more miles; in fact, more miles may not be necessary. More important is the right kind of training and the right strategy during the race.

Training

There are various programs for training for a marathon for the average runner. Most require a training period of several months. Most require reaching at least 60 miles a week for part of the period. Most require occasional long runs. Most require some speed work. Add a taper during the last few days, a good night's sleep, and a sensible pace for the first ten miles, and the result should be a successful marathon. This approach seems to work.

How should this be changed if you're preparing for 50 miles? The answer lies in how you plan to "run" the 50 miles, and if

you consider my advice on only one point, then think about the following — you should plan on "running" the 50 miles quite differently from how you run a marathon. Because they are quite different events.

Most marathons are run (or *raced*) as follows: You figure out what time you want to run, and from that you get the average pace needed; the first few miles are run at about this pace, or a little faster if you get carried away; the middle miles are hopefully a little under the pace, to put a little time in the bank; then the last few miles are a battle to keep from slowing down.

On the other hand, a first-time ultrarunner should run (and definitely *not* race) a 50-miler as follows: Forget about setting any time goal, just try to finish; run at a pace that is very comfortable, where conversation is easy; take regular walking breaks, starting as early as half an hour into the race; drink regularly and profusely and eat some as the day goes on; enjoy the company of your fellow runners; and with any luck, finish with a smile.

Bearing in mind the different approach necessary for a 50-miler, my recommendations on training would be as follows —

1. Weekly mileage: Whatever you are comfortable doing for a marathon should be sufficient to run fifty miles. Marathoners manage on anything from 30 up to 150 miles a week. So do ultrarunners. To a certain extent, more mileage helps, but more mileage can also wear you down and cause all sorts of injuries. Don't be a slave to mileage. If you are looking for a magic number ("Hey, buddy, just average 73 miles a week for six weeks and fifty miles is yours, no problem"), then I have to disappoint you. The magic is in using your head to get the most out of what training mileage you can manage to do. But as a general rule, 30-40 miles a week is enough for some people, while 50-70 should be enough for most everyone.

As or more important than your total weekly mileage is how you break it up day by day during the week. As a general rule of thumb for any given weekly mileage, the more days you take off, the better. The worst way to do 50 miles a week is six runs of seven miles each and then a long one of eight miles on Sunday. You will get to be very good at seven or eight miles, of course, but it won't help you much to prepare for an ultra. Much better would be to cover the distance in only four days, say, two relaxation runs of five miles each, a 15-miler, and a long outing of 25 miles. Don't feel guilty on the other three days. Rest, recover, spend some time with your family, feel smart.

2. Speed work: Repeat quarters? Repeat miles? Repeat 10-km runs? Take your choice, just remember to set your pace correctly. If you have a 3:30 marathon PR and a 50-mile goal in the vicinity of nine hours, this translates to a pace of 10:48 per mile. Part of this will be walking, so while you're running, your pace may be about 9:00-9:30 per mile. So your speed work should be

training you to be comfortable at that pace. But that's probably about what your normal training pace is. The result — you're doing your ultra speed work every time you run! Or, more seriously, forget about speed work. More important is "slow work."

3. Slow work: The focus here, and I'm being serious, is to practice running with the minimal effort. Be smooth, be flexible, be relaxed. Nathan Whiting has written in the magazine about the importance of running relaxed in an ultra. This can be trained. On your easy training runs think about running at a given pace with the least possible effort. Land gently on your feet, relax your upper body, think about becoming a "jogger," instead of a runner. Anyone can be a jogger, after all; most of us would consider it an insult to be called a "jogger." But after 30 or 40 miles you may be quite happy to be running like a jogger. And then you'll wish you'd spent some time training to run slowly and gently, for miles and miles. So take advantage of your ultra training to run with someone slower than you for a change, and enjoy the slowness.

4. Really slow work: Also known as walking. Marathoners hope to avoid walking since it's seen as the sign of failure. So the last thing they do is practice walking. Ultrarunners look forward to walking since it's seen as a sign of being smart. So the smart ultrarunners incorporate some walking into their training. The easiest way to do this is to incorporate some walking into your . . .

5. Long runs: Or, more accurately, long run/walks. Since you are going to take walking breaks in the ultra, you might as well train that way as well. How long should the long run/walks be? Rather than thinking in terms of miles, think in terms of time — you should probably have several outings in the range of three to five hours. It might be a good idea to do the first of these on a loop fairly close to home, since you'll probably not yet be taking this walking stuff seriously. So you'll run for two hours, or two and a half, or maybe even three, and then you'll crash, or bonk, or whatever you want to call it, and feel pretty awful and wonder why you ever wanted to run fifty miles. Welcome to the ultra blues. At least you won't have far to walk home.

And maybe the next time you'll take regular walking breaks, maybe every 20 or 30 minutes *starting right from the beginning*, or every time your route heads up much of a hill, and you'll have plenty to drink and something to eat (because you're carrying the stuff with you). And after three or four hours you'll be tired. But you won't be dead meat. And you'll be a little smarter in the ways of ultrarunning.

The reason for specifying three to five hours is to make you go long enough that you can't run that long comfortably on your existing glycogen stores. Out of necessity you will learn to walk more, learn to drink and eat more, and learn that going fast in the first couple of hours will only make you miserable a little later.

It's also important to learn to walk well. Walking uses the muscles differently than running does; it also stresses the joints and tendons differently. If your body is not used to these stresses, it will get pretty sore, both during and after the race.

Knowing that you will be walking a lot should make it obvious that you should spend some time training your walking. But lots of ultrarunners don't.

6. Specific training:

Most marathon courses are paved and reasonably flat and straight. A few ultra courses are paved and reasonably flat and straight. Others are on tracks with never-ending left or right turns. Others are hilly (mountainous?), with significant grades both uphill and downhill. Others are on all sorts of rough surfaces, or at altitude, or in very hot weather. Whatever the case may be for your first ultra, do some training specifically geared to the course you're going to have to do. If it's a trail ultra, train as much as possible on trails using the same guidelines as I suggested above (i.e., not only as many miles on trails as possible, but learn to run gently and efficiently on trails, learn to walk smoothly on trails, and take your long run/walks on trails). If it will be a hilly ultra, then train on the hills if at all possible. Walk up the hills, learning to walk quickly and efficiently, then run down, training your important downhill muscles and learning to descend as gently as possible.

7. Training to eat and drink: You are going to have to drink a lot, and probably eat some, so the good news is that this, too, has to be practiced. Take drinks and food on your long run/walks and partake

of them regularly right from the start, rather than waiting a couple of hours until it is already too late. Try to learn what your stomach will tolerate and what it will not. Many people can tolerate drinks and food better in small doses, so sip and nibble as you go, in particular while you are taking walking breaks. Weigh yourself before and after these long runs — if you are losing several pounds, then you are not drinking enough. It may feel uncomfortable at first, but with some practice you can learn to put down a lot more fluids that you might think possible, and still keep moving.

For a change of pace, go out for your long run/walk right after a big meal. You'll probably want to walk a lot during the first hour, or at most run slowly and very gently. In other words, you'll be doing just exactly the right kind of ultra training.

Another significant thing you'll be training is your ability to carry things. If you're carrying a water bottle in one hand and a little food in the other, you'll learn to carry them comfortably. If you strap a small

pack around your waist, you'll learn where it chafes, you'll find out if the extra weight makes your lower back sore or bothers your hips, and you'll see if the sloshing sound of half-full bottles drives you nuts. If any of these problems occur, shouldn't you be finding out about them during your training, when there is time to do something about it, rather than with 30 miles still to go in your ultra? After all, skin that chafes easily can be toughened, lower back muscles can be trained just like quads can, and sloshing bottles, well, you can even get used to that.

Just don't try a fanny pack once, find it a little uncomfortable, and never try it again until the race because training was easier without it. Just like you wouldn't run an ultra in new shoes, would you?

8. Tapering: I've heard of several cases of people getting sick a week or two before an ultra and being unable to train, then getting very depressed with the thoughts that their ultra hopes were going out the window. But, come race day, they ran a terrific race. Without realizing it, they had discovered an effective taper.

You can argue about exactly how much you should run during the last week, but I think that in general less is better, and a lot less is a lot better. You will get no positive training effect from any running you will do the last few days. You will just make yourself more tired. Much more important is to arrive at the starting line well rested, well fed, and well hydrated. Unless you're a compulsive "Type A" runner, that shouldn't be so difficult.

Race strategy

Eventually the day of the race comes, you are at the starting line, and someone says, "Go." You can have done all the right training but still blow the race. (Vice versa, the good news is that your training may have been lousy, but you can still pull it out with good race strategy!)

The key is to remember that you've, quite literally, got all day, so what's the hurry. More ultras are ruined in the first 20 miles by impatience than in the last 20 by a lack of training. Forget the way you run a marathon, with the focus on mile splits and maintaining your goal pace until the finish or the wall stops you. Let the faster runners go, even if you know you can keep up with them. Sure, you may be able to for 20 miles, but then you'll regret your exuberance.

Instead, your concern should be only on finishing, regardless of what time you take. This is more important than it sounds. If you focus on finishing, then you will not be worrying about how fast you are going. You will not be tempted to run faster than is comfortable just to match some pre-determined pace. Your focus should be on running and walking as smoothly and relaxed as possible. If you are looking at your watch, it should only be to remind you that it's time to walk, or time to eat and drink some more, not time to hurry up.

If you find you are breathing hard, you should slow down. You should have no trouble carrying on a conversation. If you can't, you are running much too fast. It may feel fine right then, but you will pay for it later.

It will feel very strange to slow down to a walk after only 20 minutes of leisurely

running, but you will be thankful for it later in the day. Even just a couple of minutes of walking will loosen up your muscles and relax you. And it will ensure that your running will feel leisurely for much longer than would otherwise be possible.

I don't think it is important exactly how often you walk, or what ratio there is between your walking and running. In any case, as the race goes on, you may wish to change the frequency of your walking breaks. The main thing is to walk early, and walk often. If you do, you'll pass the marathon point wondering what happened to the wall; with any luck you'll get to 50 miles before any real pain sets in.

If you're the macho type who thinks walking is for sissies, well, that's all right. We need a few like you to get ahead at the start. Then when you crash and burn at 30 or 40 miles, it will give us a real psychological lift to go cruising by. On the other hand, if you start slowly and just keep up the same pace, then you'll pass a lot of people in the last ten or 20 miles.

The only place where I would suggest that you not be too leisurely is at the aid stations. Take the time to get what you need, of course, but don't linger too long. Ten minutes may pass in the time it takes to sit down, tighten your shoelaces, have something to drink and eat, and refill your water bottle. If there are a dozen aid stations, that's two hours gone, and it may put you in danger of not making cut-off times at some point. Furthermore, sitting down can feel awfully good, at least until you have to get up again and get going, and then it can be a real problem. You don't need to rush through the station, but if you just pick up some supplies and then eat and drink while walking further along the course, then your progress will be that much faster and less stressful.

Even if you do everything right, 50 miles will still seem like a long way. For some people it may seem so far that it seems impossible, and this feeling then becomes self-fulfilling. You doubt that you can do it, so at the slightest excuse you stop. Getting rid of these useless thoughts may be easier if you can concentrate on the course section by section. The 50 miles becomes a series of five or ten (or more) short distances, each one a goal in itself. The distance to go never seems insurmountable; the mind stays positive; the completion of each section adds to your mental energy. Your legs may be doing the work, but the mind tells the legs what to do and the mind is capable of amazing things. Give it a chance to show its stuff.

Problems

Despite your best intentions, some things will go wrong. In fact, some things will almost surely go wrong. Your stomach may rebel, you may get sore joints or blisters, or you may just get really tired. What can be done?

My co-editor at *Ultrarunning*, Fred Pilon, feels that the best way to learn to run an ultra is to run lots of them. Each one is a learning experience. Various crises will occur and the experience gained from dealing with them will make you better prepared the next time. But that advice is of little use to people running an ultra for the first time.

But it may be more useful than you might think. You may have noticed that *UR* often reports on races of marathon length or shorter. These are events, usually on very tough courses, that we consider to be ultra in character if not in length. The criteria is that the winning time be about three hours or longer; at this point runners are starting to experience physiological and mental demands closer to an ultra. But if your training has gone well, you will have done several run/walks of three hours or more. And you have probably run marathons in three or four or five hours or more. All of this is relevant ultra experience. Look back upon your successful run/walks as positive models for what to do; look back on the marathons where you hit the wall as models for what not to do. You may find that you have more experience than you think.

In any case, what are some of the things that can go wrong, and what can you do about them?

1. Going out too fast. Despite all my advice, you can't keep from getting a bit competitive and, anyway, the first ten miles felt so easy. What to do? Sorry, on this one I can't help you much. The one positive thing is to think how good you're making other people feel as they go breezing by you later in the race.

2. Your stomach rebels. Sometimes there's no hope, but it's still worth trying a few things. Antacids help, but it's better if you take some before the problem gets too bad. So if you feel gastric distress, don't just tough it out; it will probably just get worse.

Sometimes changing drinks can make a huge difference. You have to drink a lot to stay hydrated, but after a gallon or two of Exceed or some other sport drink, it starts to taste pretty bad. Not only are your taste buds tired of it, so is your stomach. Changing to Coke, or just water, or soup, or anything else can bring about a miraculous improvement.

Likewise, if you haven't been eating, sometimes some food can settle your stomach by giving the acid something other than your stomach lining to go after. In any case, slow down. If you are running, walk for a while. If you are walking, walk slower.

If you are in an ultra where you are being supplied by your own crew, make sure they have a variety of drinks and food. After a few hours on the go, your stomach may

surprise you in what it will accept or reject. Old favorites may taste terrible, while something that you might normally turn your nose at will hit the spot.

Sometimes it will just get worse no matter what you do, but other times you will get lucky and things will actually get better. And even if it doesn't get much better, ultrarunners have been known to go a long distance with lousy stomachs. So don't give up too easily.

3. Blisters. Much has been written about blisters, both regarding their prevention (through various combinations of socks, properly fitting shoes, grease, tape, and who knows what else) and their treatment (good medical care can keep you going even on badly-blistered feet). In particular, there was a good article by Andy Lovy in the April, 1990, *UR* on blister prevention.

I'm no expert on blisters so I will add only one thing. You can help postpone the onset of blisters by being kind to your feet. Use the standard preventative measures on known problem areas (known, because you discovered them on your long run/walks). Make sure your shoes are big enough so that when your feet swell after a few hours there is still adequate room for your toes. And run gently. Charging down hills may be fun, but it will blister your toes in no time, not to mention trashing your quads. You can run downhill just as fast by being quick and light on your feet and your feet will thank you for it. If you feel your feet sliding in your shoes after impact, the problem is only partly poorly-fitting shoes. You're also not running smoothly. And blisters will not be long in coming.

4. Biomechanical problems. Joints hurt, muscles cramp, tendons complain. At a certain point, you cease to be a hero by fighting through the pain; the only smart thing is to quit and save yourself for another day. But, for a while, other things can be tried. Cramps can be caused by nutritional deficiencies, so it's worth trying to eat and drink something salty. Stretching, changing shoes, and/or changing your stride a little may help with any biomechanical problem, but I find the best help is a course that has some hills in it. Many biomechanical problems are caused by the repetitive stresses of running on a surface that never changes. A course with some hills is actually easier on your

body than a flat course, since the stresses are continually changing. So before you automatically pick a flat course for your first 50, consider one with some hills. Just make sure you do some training on hills beforehand.

5. Energy. You run out of gas. Everything says to quit, but now is when you should hang in there for a while. Sometimes you're suffering from low blood sugar and drinking something sweet and eating something will get you back going again in ten or 15 minutes. Sometimes you are dehydrated and you need to force yourself to drink a huge amount. Walk for while — remember, in a marathon unplanned walking is negative because it means that you're falling further and further off your pace, while in an ultra it's positive since you're getting closer and closer to the finish.

Running out of gas can feel miserable. Suddenly the distance left seems immense while the progress you're making is imperceptible. But don't quit. Down periods are part of the ultra experience (and you don't want to miss out on any of that, do you?), but they usually do pass. Any experienced ultrarunner will tell you of being dead to the world one moment, only to be full of energy half an hour later. And when you do get it back together again, it feels wonderful.

In conclusion, 50 miles is a long way and a sizeable challenge, but it can be done — and enjoyed — by very ordinary runners. It's logical to think of it as a primarily physical challenge, but this misses the whole mental aspect. Being smart, rather than being macho, will make the event easier and more fun, even if your running buddies still think you're just macho.

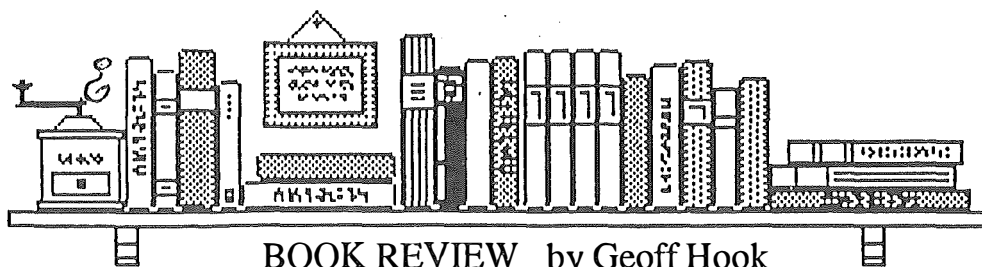
I haven't yet mentioned two other resources available to help you in your first ultra. One is the amazing collection of aid station people that seem to show up at ultras. They spend all day and sometimes all night in your service, feeding and nursing and encouraging and sometimes even cracking the whip when necessary, just to help you reach your goal. The other resource is your fellow runners. In shorter races people compete against each other. In ultras they compete with each other, helping each other through the bad spells.

Enjoy your first ultra. Most likely it will hurt. But that will only add to the memories.

INTERNATIONAL ASSOCIATION OF ULTRA RUNNERS (IAU)

This organization has been in operation for many years and AURA is affiliated with the IAU. The primary aim of the IAU is to establish and maintain a network of communication and co-operation amongst ultra runners throughout the world. The IAU maintain world rankings and formulates policy, rules and guidelines in conjunction with its affiliates on all matters relating to ultra running. To further their primary aim, the IAU publish a quarterly Newsletter. Yearly subscription rates can be obtained from:

Maurice Patterson
Editor IAU Newsletter
9 Richmond Heights, Dean Park Road, Bournemouth, Dorset BH11HU, England.



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

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

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

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

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

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Note: AURA has a few copies of this booklet, pp.90, left for sale. Price is still \$13.00 including packing and postage. Please apply to Dot Browne, AURA Hon. Sec, 4 Victory Street, Mitchan 3132. Once these copies have been sold out, purchasers will have to apply directly to the Road Runners' Club in the U.K.

AUSTRALIAN RANKINGS

48 HOUR TRACK (Nov 1990)

1	Bryan Smith	V	386.200Km	Colac 6Day	Nov89
2	Graeme Woods	Qld	364.238Km	Aberfeldie	23/25Jan88
3	David Standeven	36 SA	350.400Km	Colac 6Day	Nov88
4	Joer Record	46 WA	350.000Km	Colac 6Day	Nov88
5	Bill Beauchamp	43 V	347.147Km	Aberfeldie	23/25Jan88
6	Maurice Taylor	NSW	340.400Km	Colac 6Day	Nov89
7	George Audley	52 WA	335.000Km	Perth	16/18Oct87
8	Ian Javes	47 Qld	327.640Km	Qld RRC	30Jun89
9	Ron Hill	47 V	327.334Km	Aberfeldie	23/25Jan88
10	Keith Fisher	22 V	324.834Km	Perth	16/18Oct87
11	George Perdon	63 V	318.800Km	Colac 6Day	16/22Nov87
12	Brian Bloomer	45 V	316.400Km	Colac 6Day	24Feb86
13	Ferry Brooks	47 V	312.845Km	Aberfeldie	23/25Jan88
14	Graham Medill	41 Qld	312.629Km	Qld RRC	30Jun89
15	Cliff Young	62 V	312.000Km	Colac 6Day	26Nov84
16	Bob Bruner	49 V	311.205Km	Perth	16/18Oct87
17	Peter Gray	25 V	311.200Km	Colac 6Day	Nov89
18	Bob Burns	Qld	307.945Km	Caboolture	22/24Jun90
19	Tony Rafferty	48 V	301.200Km	Colac 6Day	24Feb86
20	Ross Parker	38 WA	300.950Km	Perth	16/18Oct87
21	Gerry Riley	56 V	295.600Km	Colac 6Day	24Feb86
22	John Breit	30 V	290.766Km	Aberfeldie	23/25Jan88
23	Greg Wishart	49 V	288.183Km	Aberfeldie	23/25Jan88
24	Patrick Farmer	26 NSW	278.800Km	Colac 6Day	Nov88
25	John Champness	46 V	274.834Km	Aberfeldie	23/25Jan88
26	Garry Clark	WA	273.442Km	Perth	16/18Oct87
27	Alan Croxford	WA	271.735Km	Perth	16/18Oct87
28	Peter Richardson	23 V	265.709Km	Aberfeldie	23/25Jan88
29	Tony Collins	42 NSW	262.578Km	Qld RRC	30Jun89
30	Bob Marden	33 NSW	256.000Km	Colac 6Day	24Feb86
31	Geoff Hook	41 V	249.600Km	Colac 6Day	24Feb86
32	Lindsay Phillips	25 Qld	240.301Km	Caboolture	22/24Jun90
33	Stan Miskin	62 V	239.717Km	Aberfeldie	23/25Jan88
34	Dave Scott	WA	233.742Km	Perth	16/18Oct87
35	Mike Thompson	WA	231.000Km	Perth	16/18Oct87
36	Stephen Dunn	21 SA	217.612Km	Aberfeldie	23/25Jan88
37	Kevin Mansell	NSW	215.600Km	Colac 6Day	Nov89
38	Greg Hillier	32 SA	215.317Km	Aberfeldie	23/25Jan88
39	Nick Read	38 ACT	213.642Km	Qld RRC	30Jun89
40	James Hume	56 V	212.108Km	Aberfeldie	23/25Jan88
41	John Peterson	73 Qld	211.227Km	Qld RRC	30Jun89
42	Peter Pfister	46 V	203.200Km	Colac 6Day	24Feb86
53	David Holleran	34 Qld	182.738Km	Caboolture	22/24Jun90
54	Charlie Wakefield	37 V	170.443Km	Caboolture	22/24Jun90
Women					
1	Dell Grant	37 Qld	268.824Km	Caboolture	22/24Jun90
2	Cynthia Herbert	V	261.200Km	Colac 6Day	Nov88
3	Billeen Lush	40 SA	235.824Km	Aberfeldie	23/25Jan88
4	Val Case	53 Qld	220.143Km	Caboolture	22/24Jun90
5	Kerrilyn Tait	V	187.200Km	Colac 6Day	Nov89

AUSTRALIAN RANKINGS6 DAY TRACK (Nov 1990)

1 Bryan Smith	V	1002.000Km	Colac	Nov89
2 Maurice Taylor	41 NSW	894.000Km	Colac	Nov89
3 Joe Record	46 WA	890.800 Km	Colac	Nov87
4 David Standeven	36 SA	860.000Km	Colac	Nov88
5 George Perdon	60 V	841.600Km	Colac	Nov84
6 Peter Gray	25 V	806.400Km	Colac	Nov89
7 George Audley	WA	805.200Km	Colac	Nov87
8 Brian Bloomer	45 V	763.600Km	Colac	Feb86
9 Cliff Young	62 V	749.600Km	Colac	Nov84
10 Tony Rafferty	47 V	747.000Km	La Rochelle	Sep86
11 Gerry Riley	57 V	741.200Km	Colac	Nov87
12 Patrick Farmer	NSW	739.600Km	Colac	Nov88
13 Keith Fisher	V	732.400Km	Colac	Nov88
14 Dave Taylor	38 NSW	731.255Km	Campbelltown	Nov89
15 Greg Wishart	51 V	721.600Km	Colac	Nov89
16 Ralph Bristow	V	702.114Km	Campbelltown	Nov89
17 James Sheridan	27 SA	662.500Km	Manhattan US	Jul83
18 Bob Pickel	37 NSW	643.039Km	Campbelltown	Nov89
19 Eduardo Vega	49 NSW	627.314Km	Campbelltown	Nov89
20 Keith O'Connell	50 NSW	608.656Km	Campbelltown	Nov89
21 Geoff Hook	43 V	606.300Km	Colac	Nov87
22 Bob Marden	33 NSW	604.800Km	Colac	Feb86
23 Lindsay Phillips	34 Qld	525.455Km	Campbelltown	Nov89
24 Shaun Scanlon	45 NSW	501.386Km	Campbelltown	Nov89
25 Peter Pfister	46 V	474.400Km	Colac	Feb86
26 Ron Grant	Qld	254.400Km	Campbelltown	Nov89
27 Kevin Mansell	NSW	215.600Km	Colac	Nov89
28 Bob Bruner	47 V	181.856Km	California US	Mar85

(Ages are as on the day of the event)

WOMEN

1 Cynthia Herbert	V	738.660Km	Colac	Nov88
2 Wanda Foley	43 NSW	659.595Km	Campbelltown	Nov89
3 Georgina McConnell	46 NSW	557.660Km	Campbelltown	Nov89
4 Valerie Warren	55	538.393Km	Campbelltown	Nov89
5 Lucille Gladwell	NSW	519.593Km	Campbelltown	Nov89
6 Merrilyn Tait	40 V	492.400Km	Colac	Nov89



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 1971....

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

Please circle desired rate:

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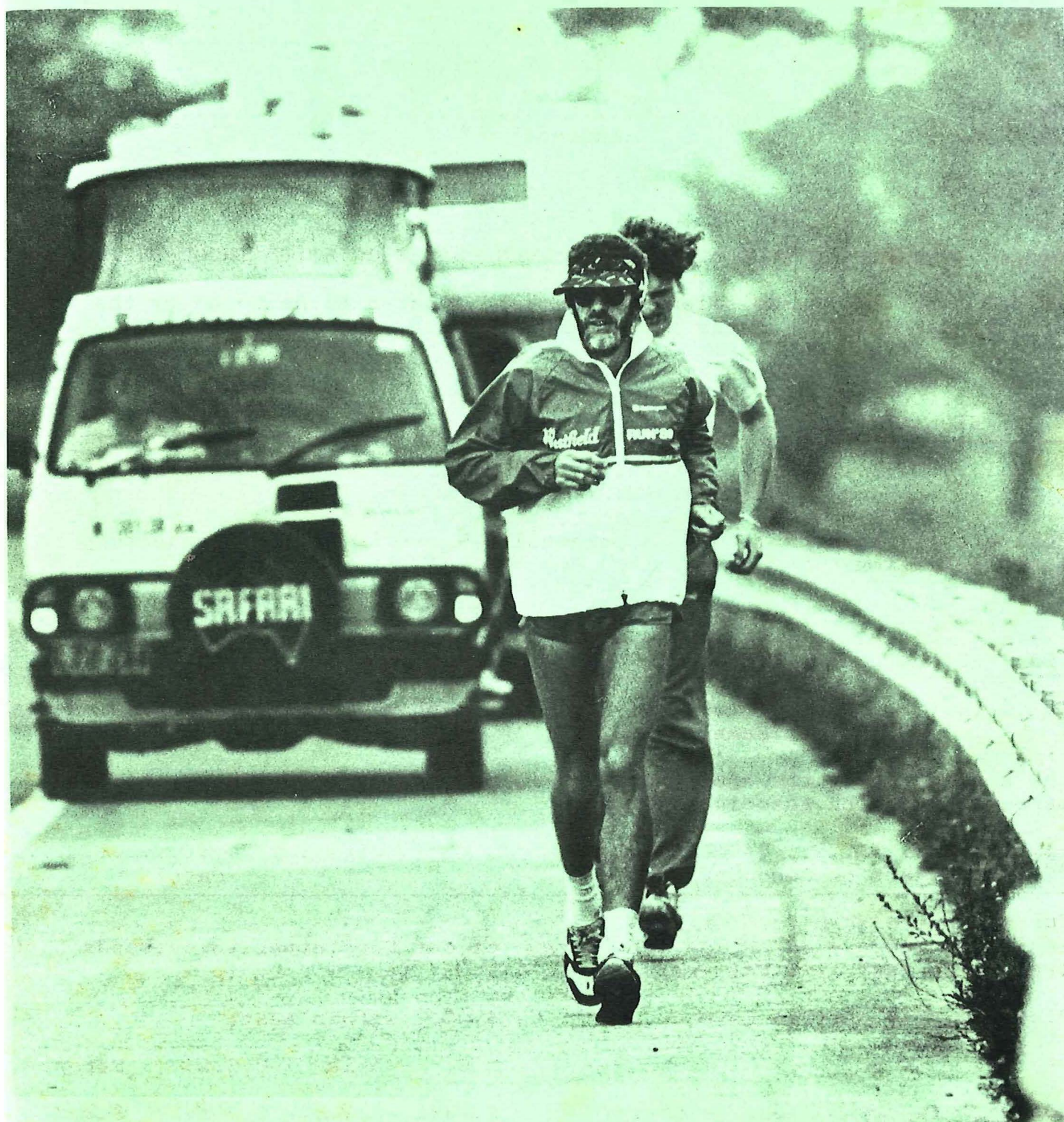
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Send application and money to:

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



MAURICE TAYLOR, on his way to fourth placing in this year's Westfield Run. Maurice (from Campsie in NSW) took 163 hours to complete the distance and averaged 6.2km per hour for the whole distance. A magnificent effort!