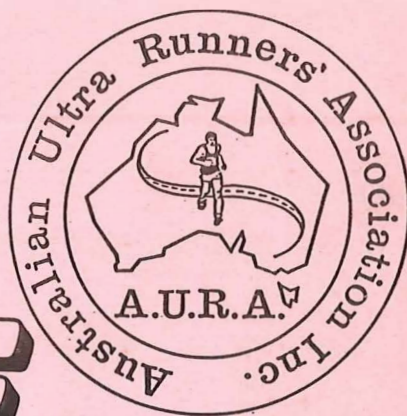




A.U.R.A. MAGAZINE



Vol .6 No.1

March 1991



Starters in Dot's Victorian 24 Hour Track Championship held at Coburg on 23/24th February, 1991.
The race was won for the second time by Bryan Smith with an excellent distance of 250.729km.

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

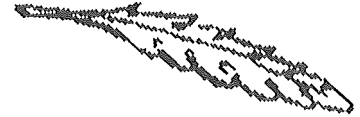
Registered Office: 4 Victory Street, Mitcham, 3132. Australia. Telephone: (03) 874-2501

CONTENTS

EDITORIAL	3
ULTRA-RUNNERS' CALENDAR	4-7
NZ EVENTS	8
COMMITTEE REPORT	8
AURA CLOTHING order form	9
MEMBERSHIP RENEWAL RATES	10
AURA PUBLIC LIABILITY INSURANCE	10
AGM NOTICE	11
AURA COMMITTEE LIST	12-13
NOTICE OF SPECIAL RESOLUTIONS FOR AGM.	14-19
AURA/ATHLETICS AUSTRALIA AFFILIATION	20
WESTFIELD APPEAL FOR HELPERS	20
ADVICE ON LAPSCORING	21
IAN HUTCHISON CARICATURE	22
LETTERS TO EDITOR	23-28
RACE REPORTS AND RESULTS :	
Westfield Striders 24 Hour Track Race - NSW	29
Campbelltown Mall 24 Hour Track Race- NSW	30
Royal National Park Ultra- NSW	31-35
Rainbow Trail Run - Q'ld	36-41
Bruny Island Ultra marathon - Tas	41
The Brindabella Classic - ACT	42
Campbelltown Aust. Six Day Track Championship - NSW	43-49
Gibson Ranch Multi Day Classic - California	50-51
Bogong to Hotham Trail - Vic	51-53
CHASE Carnival 50 Mile Road Race - Vic	53
Mansfield to Mt.Buller 50 km Road Race - Vic	54 -57
Wyong 24 Hour Race - NSW	58-59
Cradle Mountain Trail Run - Tas	60 -61
Victorian 24 Hour Track Championship - Coburg, Vic	62-63
IAU (International Assoc. of Ultrarunners) notice	45
RACE ADVERTISEMENTS	
Queensland Marathon & Road Runners Club Inc. Ultra Series 1991	64
VMC 50 Mile Track Race - Box Hill	65-67
Westfield Run 1991	67-70
South Australian Veterans A.C. 50 Mile Track Race	71
ADVERTISEMENTS:	
Eastern School of Tactile Therapies	72
MEDIA ARTICLES ON MEMBERS	73-76
OVERSEAS NEWS	77-90
ALL-TIME ULTRA WORLD BESTS	91-92
AUSTRALIAN 24 HOUR TRACK RANKINGS - Jan'91	93-95
DONATIONS ACKNOWLEDGEMENT	95
AURA MEMBERSHIP FORM	96

Dear Members,

EDITORIAL



Best wishes for an enriching year in 1991!

It's difficult to practise discipline, but the writer of the Magazine's editorial will just have to try and have more dedication of his/her determination to apply discipline. Well may you ask, "What is this all about?"!! Last issue, in her editorial, Dot called Ross Shilston ".....THAT LITTLE HAIRY POT-HUNTING BASTARD..." and we have been threatened with court action as a result. Since it would be sub judice to carry on the saga or make comment, I don't wish to repeat the words for fear of incurring legal action.

At last AURA is close to affiliating with Athletics Australia (AA). This issue contains more information about the process with a number of Special Resolutions to be presented at our next AGM. I hope you all support affiliation and consequently support the vote at the AGM either in person or by proxy. Either way, we need your affirmative vote because we need a YES vote for 75% of those eligible to vote. Don't leave it up to others, each of you should cast a vote. Affiliation will bring more responsibility upon us regarding South Africa, drugs, prizemoney etc. and details of these items are also contained in this issue. It seems that at last ultrarunning is being seen as a legitimate branch of athletics by the central body controlling athletics in Australia.

One record was ratified since our last issue, that of Carl Barker - 5:27:25 for 50 miles. Well done Carl! When I was working on the record list, a friend and past member who had let his membership lapse saw the list and realised that he had run a race back in the seventies with results better than two of our records. His claim was checked and found to be legitimate. Accordingly, Martin Thompson now has the 30 mile and 40 mile records, has become a financial member again and is all fired up to get himself fit and have a crack at some of our other records which he considers are still within his current capability.

As already mentioned, our next AGM comes up in June. Would all members please ensure that if they have an item of General Business, or wish to nominate someone for committee, they must do so by the required date.

Trevor Harris has resigned as Committee Member and representative of ACT. On behalf of AURA, I have written to him expressing our thanks for all his efforts in furthering ultrarunning in the Canberra area.

In the interest of our policy being unbiased, we publish a report on the unfortunate cancellation of the Bogong to Hotham race. I personally don't agree with Max's whingeing comments - he should have more respect for the responsibilities of the race organiser. He also fails to acknowledge that the conditions of entry for the race state that it may be cancelled due to weather considerations. Since Max ran the race last year, he should have been well aware of the conditions of entry.

If there is any race you have competed in where the results have not been published in this Magazine, please don't complain to us; invariably the results have not been sent to us by the race organiser(s). Incidentally, can anyone help us out with a copy of the complete results from the 1989 Striders 24 Hour Race please? Our ranking lists in this issue have had to be published without these results because they were never sent to us. We would like to correct the list.

Before closing, I want to make you aware of a severe case of dereliction of duty. Our hard-working and indefatigable Honorary Secretary (and my Co-Editor) is going overseas during May and June, and she didn't even ask our permission for leave of absence. How dare she!! Maybe she didn't because she knew it wouldn't have been granted. Anyway, we all wish her and husband Colin and son Michael a fabulous trip and safe travels. I really don't know how I will cope with the next issue of the Magazine alone.

Best wishes,

Geoff Hook (President)

calendar

- * 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 9/10 **12 HOUR TRACK RACE (AUSTRALIAN CHAMPIONSHIP)**, ACT. Bruce Stadium, 400m certified (best track in Australia) ACT Cross Country Club. 8pm start, 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).
Late notification: This race has had to be cancelled due to lack of numbers - refer to Letters to Editor.
- * Mar 10 **50KM ROAD CHAMPIONSHIP & 6HR FUN RUN**, Toowoomba, Qld. Q.M.R.R.C. event on a 1.2km circuit. Race organizer G. Medill. Entry \$20. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, 4510, phone (074)95.4334. (See advertisement this issue.)
- * 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, Leura, 2780 NSW, phone (for entry forms. (047)843266 (h)
- * 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 6 **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 14 **THE GREAT WALL RUN (CHINA)**: organised by the International Sports Foundation , approx 590km . Invitation only.. Positions already filled.
- * 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 4 **100KM TRACK CHAMPIONSHIP & 12HR FUN RUN**. Ipswich, Qld. 400m track. Q.M.R.R.C. event. Race organiser S.Lewis. Entry fee \$20. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Qld., 4510, ph (074)95-4334.

- * May 4 **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 **BANANA COAST ULTRA MARATHION**, 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 25/26 **12/24 HOUR TRACK RACE**, WA, Perth, 1km grass track, McGillvray Oval, contact Tony Tripp, "Lakeview", Davies Road, Claremont, 6010, WA] (09) 384 6036, 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.
- * June 23 **GLASSHOUSE TRAIL RUN** (10, 35, 55KM) Caboolture, Qld, Just North. Entry \$10, \$15, \$20, \$25. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld. 4510, ph (074)95-4334.
- * July 21 **50 MILE TRACK RACE**, at Adelaide, SA, 440 yard cinder track, 7am start,(Adelaide Harriers track, South Terrace). \$15 entry. For entry application form contact: Andy Docherty, 24 Freya Avenue, Hallett Cove SA 5158, phone 387-2624.
- * July **110KM ROAD RACE**, Nanango to Proston, Qld. Contact Barry Stewart, P.O.Box 58 Kingaroy Qld 4610.
- * 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 **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.
- * Aug 18 **50MILE ROAD CHAMPIONSHIP & 8HR FUN RUN**, Toowoomba, Qld, 1.2km circuit. Organiser G Medill. Q.M.R.R.C event , entry \$20. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld. 4510, ph (074)95-4334.
- * 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

- * Sept 1-7 **MULTI-DAY (6,3,2,1 DAY CHOICE),_Qld.** Must be at least five starters in each.Caboolture 1KM circuit. \$25 per day. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld. 4510, ph (074)95-4334.

- * 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 **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 5/6 **PERTH TO BUNBURY, W.A. ROAD RACE,** 187km, 10am Saturday start, 30 hour cut-off at 4pm Sunday. Contact Tony Tripp (09)384-6036

- * Oct **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 27 **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 Brindabella 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 2 **RAINBOW BEACH TRAIL RUN**, QLD, (beach and forest trails), 15, 33, 55km, Rainbow Beach, near Gympie. \$10, \$15, \$20. Q.M.R.R.C. event, organiser D.Parton. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld. 4510, ph (074)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.
 - * 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.
- 1992
- * Jan 5 **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 26 **50KM ROAD RACE - MANSFIELD TO MT.BULLER, VIC.** \$10 entry. 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 26 **WYONG 24 HOUR TRACK RACE**, NSW. Contact Tony Collins 36 Bungary Road Norah Head 2263 NSW.
 - * Feb 1 **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 8 **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 22/23 **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 (H) or (03) 874 5878 (W) for entry forms. Westfield trial.

SPONSORSHIP WANTED!!

With next year's World Cup to be held in Barcelona (Costa Brava), Spain in February, we would love to be able to send an official Australian team (subject to affiliation with AA) to compete. To achieve this, we would require sponsorship to cover travel and accommodation costs for a small team. Anywhere between \$10,000 and \$20,000 would see an Australian team sent over. Does anyone know of a potential sponsor?



TIMETABLE

NEW ZEALAND ULTRARUNNERS
P.O. BOX 2759
Christchurch

- | | |
|-------------|--|
| 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 Race: North Hagley Park, 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 |
| 7 Jul 1991 | Tauranga 50 km
Contact: Wayne Smith, Tauranga Ramblers, Box 2376, Tauranga. |
| Dec 1991 | Kepler Challenge Mountain Run 65 km, 1400m climb.
Contact: Kepler Challenge, P.O.Box 11, Te Anau. |

ITEMS OF INTEREST FROM THE RECENT AURA COMMITTEE MEETING HELD ON 20/2/91

1. An AURA medallion has now been struck which features our logo on one side and a laurel wreath on the other. These medallions will be used for AURA races and record plaques.
2. Public liability insurance has been taken out with the AMP Society and separately reported in this Magazine.
3. AURA has purchased a cheap (\$100) 2nd hand photocopier to assist in our administrative work.
4. One of our ACT Committee Members, Trevor Harris, resigned from the Committee.
5. The Committee approved the Special Resolutions, printed elsewhere in this Magazine for member comment, for proposal at our next AGM.
6. The 1992 100km World Cup will be held in Barcelona (Costa Brava), Spain, in February.
7. The following records were ratified:-

Class 1, 50 miles:	Carl Barker	5:27:25	15/7/1990
Class 2, 40 miles:	Martin Thompson	4:12:40	29/4/1978
	30 miles:	Martin Thompson	3:01:19 29/4/1978

AURA CLOTHING & ADVERTISING MATERIAL

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

We also have printed cloth badges and car windscreen stickers.

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

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

AURA CLOTHING ORDERS

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

COLOURS: red white gold aqua grey

SIZES 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

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

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

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

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

Kindly fill in details in BLOCK LETTERS.

NAME:.....

ADDRESS:.....

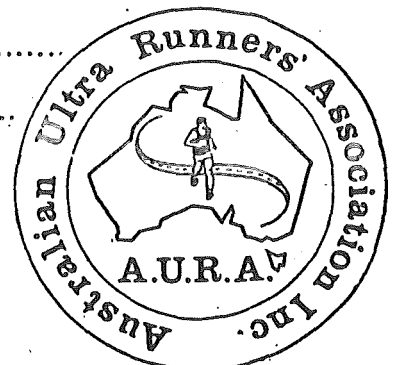
.....Post code.....

TYPE:.....

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

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

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





A U R A

MEMBERSHIP RENEWAL FOR 1991

Membership fees for this year were 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 are receiving this 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.



PUBLIC LIABILITY

AURA has Public Liability insurance to cover it in the normal course of its operations.

Our policy is a standard AMP Public Liability policy with a specific relevant exception, viz. "Notwithstanding anything contained in this policy to the contrary, the Company shall not be liable for claims in respect of bodily injury or damage to property arising out of the actual participation in and caused solely and directly by such participation." This means that in an AURA event (of which there is only 1 at the moment), a claim is not covered by our Public Liability policy for an accident caused by a participant in the race. Therefore, if the participant is liable to be sued, his own Public Liability insurance (as part of his home insurance) should cover the claim. (AURA strongly recommends each member to check on their own cover in this respect.) The only other damage is your own personal injury and it is up to each and every participant to carry their own risk, or take out personal insurance, to cover their own personal injury.

One other exclusion, a standard one, which has some relevance to our operation is that of negligence, viz. "The Company shall not be liable for claims arising out of a breach of the duty owed in a professional capacity by The Insured and/or persons for whose breaches of such duty the Insured may be legally liable." Therefore, the AURA committee of management and race organisers of an AURA event have a duty of care to avoid negligence in their area of competence.

FORTHCOMING 1991 A.G.M.

CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 5th Annual General Meeting in June, at which a new Committee of Management must be elected.

Nominations for elected Committee positions will close on 10th May, 1991. Positions open for nomination and election by ALL members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistant Secretary, Treasurer. For the sake of reasonable management of committee meetings, filling these positions are open only to members living in or near Melbourne, except the position of President. The position of President is open to all AURA members, however, the person so nominated must undertake to personally guarantee to attend all Committee and General Meetings of the Association (sickness and illness excepted) at no cost to the Association, otherwise the nomination is invalid. All meetings will be held in Melbourne.

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

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

Positions available are:

N.S.W. Entitlement:	2 Ordinary Members of Committee
Q.L.D. Entitlement:	2 Ordinary Members of Committee
S.A. Entitlement:	2 Ordinary Members of Committee
W.A. Entitlement:	2 Ordinary Members of Committee
A.C.T. Entitlement:	2 Ordinary Members of Committee
TAS. Entitlement:	2 Ordinary Members of Committee

Note: You do not need a formal nomination for these positions; you only need to indicate your willingness to stand.

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

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the secretary by the 10th May, 1991.

In summary then, if you are interested, we require from you by the 10th May, 1991, the following:

1. Your nominations for the elected positions of the Committee of Management.
2. If you are an interstate or territorian member, the secretary needs to know whether you wish to be considered for the position of appointed representative.
3. If you have any General Business.

Example of Form of Nomination:

I nominate, being a member of AURA,
for the position of
to be decided at the Annual General Meeting of the Association to be held in 1991.

Name of Proposer.....Signature.....Date.....

Name of SecoderSignature.....Date.....

Nominee's acceptance signatureDate.....

A.U.R.A. 1990/91 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)	Position vacant
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)	TONY TRIPP, "Lakeview", Flat 100, Davies Road, Claremont 6010 WA (09) 384 6036
ORDINARY MEMBER (Q'ld)	IAN JAVES, 25 Fortune Esplanade, Caboolture 4510 Q'ld (071) 95 4334 (H)
ORDINARY MEMBER (Q'ld)	Position vacant

OFFICIAL NON-COMMITTEE POSITIONS

INTERNATIONAL
LIASON OFFICER:_

TONY RAFFERTY (see above)

STATISTICIAN:

GERRY RILEY, 69 Cambridge Cres, Weribee 3030 Vic.
(03) 741 3071 (H)

ASSIS.STATISTICIAN:

COLIN BROWNE, 4 Victory Street, Mitcham 3132 Vic.
(03) 874 2501 (H)

MAGAZINE EDITORS:

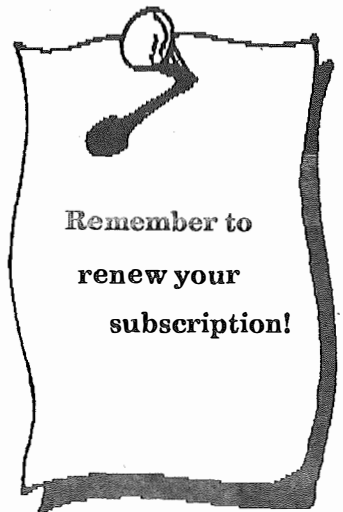
GEOFF HOOK, (see above)
DOT BROWNE (see above)

ASSIS. TREASURER:_

DOT BROWNE (see above)

INTERNATIONAL
_RACE CONSULTANT

RAYMOND CARROLL, Waverley Gardens Shopping Centre,
Cnr.Police & Jackson Roads, Mulgrave 3170
(03) 5623312



A NOTE ABOUT THE MATERIAL YOU SEND IN...

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

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

Thanks a million!

A NOTICE TO ALL MEMBERS

The AURA committee has approved for presentation at our next AGM the following Special Resolutions to amend the Rules under which we operate. Apart from a few changes to correct deficiencies or anomalies, the main changes affect our compliance with the requirements of the Australian Taxation Office and Athletics Australia.

PLEASE read these Special Resolutions and discuss any query you may have with Geoff Hook, 42 Swayfield Road, Mount Waverley, 3149 (03)808 9739 (H) or (03) 826 8022 (W) or fax (03)827 7513.

The committee believes all changes are highly desirable and strongly recommends that ALL members vote FOR all Special Resolutions.

The Resolutions will be published again in our next issue of this magazine together with a proxy voting form for those who are unable to attend the AGM to vote. For the resolutions to be passed, we need a "FOR" vote from 75% of members eligible to vote. (not just of the votes cast). Therefore, we need ALL members to vote either in person or by proxy. If you are apathetic and leave it to others, the resolutions will inevitably fail and AURA will be set back in its aim of servicing your needs in the world of ultra-running.

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
SPECIAL RESOLUTIONS
FOR THE PURPOSE OF ALTERING THE RULES OF THE ASSOCIATION
AT THE ANNUAL GENERAL MEETING
TO BE HELD AT THE CLUBROOMS OF BOX HILL ATHLETIC CLUB
HAGENAUER RESERVE, BARWON STREET, BOX HILL
ON SATURDAY 15TH JUNE, 1991.

SPECIAL RESOLUTION 1;

That clause 35 of the Rules becomes sub-clause 35 (1) and the following new sub-clause be added:

- (2) The income and property of the Association whencesoever derived, shall be applied solely towards the promotion of the objects of the Association, and no portion thereof shall be paid or transferred directly or indirectly, by way of dividends, bonus or otherwise howsoever by way of profit or gain to the individual members of the Association. Provided that nothing herein shall prevent the payment, in good faith, of reasonable and proper remuneration to any officer or servant or to any member of the Association in return for any services actually rendered to the Association not prevent the payment for out of pocket expenses, interest on money lent or reasonable and proper rent for premises demised or let by any officer or servant of the Association or member of the Association..

SPECIAL RESOLUTION 2:

That clause 33 of the Rules be replaced by the following:

33. 'If upon the winding-up or dissolution of the Association there remains, after satisfaction of all its debts and liabilities, any property, whatsoever, the same shall not be paid or distributed among the members of the Association but shall be given or transferred to some other organisation having similar objects of the Association and which shall prohibit the distribution of its income and property amongst its members to an extent at least as great as is imposed on the Association, such organisation to be determined by the members of the Association at or before the time of dissolution and in default thereof by such judge of the Supreme Court of Victoria as may have, or acquire, jurisdiction in the matter.

SPECIAL RESOLUTION 3:

That the following new clause be added:

AUDITOR

37. The members shall, at the annual general meeting of the Association, appoint an auditor for the next calendar year of the Association (viz: year ending 31st December). It shall be the duty of the Honorary Auditor to examine and check the books of the Association and to see that they are correctly kept and balanced and to certify as to their correctness or otherwise when presented at the annual general meeting of the Association.

SPECIAL RESOLUTION 4:

That clause 23(8) be replaced by the following:

- (8) A ballot for the election of Interstate or Territorial representatives(s) shall be held if requested by a member only for his own state or territory if he feels he should have been appointed by the committee. Application for such a ballot must be received by the secretary in writing and the ballot shall be held within 21 days of the application being received. The ballot shall be held by postal voting only for the state or territory in question in such usual and proper manner as the committee may direct.

The ballot shall be concluded and a result determined within 35 days of the application being received. From the determination of the ballot result, the state or territory representative(s) shall be:

(a) in the case of a tied result of more persons than positions available, the committee shall appoint any of those persons who tied in the ballot to fill the number of vacancies; and

(b) in any other case, the successful person(s) from the ballot become ordinary members of committee for the duration of the current term.

No further ballot for Interstate or Territory representative may be held for the State or Territory in question for the remainder of the current term.

SPECIAL RESOLUTION 5:

That the following changes to clause 7 be made:

* At the end of sub-clause 7 (2) (b), replace the full stop with a semi-colon and add - and

c) where the member exercises a right of appeal to Athletics Australia under this clause does not take effect unless Athletics Australia confirms the resolution in accordance with this clause.

* Add new sub-clause 7 (3) (d) (iv)

(iv) not later than 48 hours after an unsuccessful appeal to the Association in general meeting, lodge with the secretary a notice to the effect that he wishes to appeal to Athletics Australia against the resolution.

* Under sub-clause 5, change reference sub-clause (3) to sub-clause (3) (d) (iii)

* Add new sub-clause 7 (8)

- (8) Where the Secretary receives a notice under sub-clause (3) (d) (iv), he shall notify Athletics Australia within 5 days, requesting a speedy confirmation or revocation of the committee resolution.

*Add new sub-clause 7 (9)

- (9) Receipt of an official letter by the secretary from Athletics Australia containing a determination of the committee resolution shall constitute the final step in expiation of this clause.

SPECIAL RESOLUTION 6:

That , subject to Special Resolution 1, a new sub-clause 35 (3) be added:

- (3) Any moneys received by the Association shall be promptly paid into the Association's bank account or any other financial institution with which the Association has an account.

SPECIAL RESOLUTION 7:

That sub-clause 12 (3) be replaced by the following:

- (3) A quorum for the transaction of the business of a general meeting shall be a number of members personally present (being members entitled under these rules to vote at a general meeting). The minimum number of members under this sub-clause to constitute a quorum shall be double the number of Executive members plus one.

SPECIAL RESOLUTION 8:

That clause 36 be replaced by the following:

- 36 (1) The committee shall decide any question in regard to the interpretation of the Association's rules.
- (2) The committee decision under sub-clause (1) shall be binding on all members unless the secretary receives notice of a motion of dissent from a member.
- (3) A notice of motion of dissent must be received within 6 months from the date on which the interpretation was communicated publically to the members, otherwise the notice is invalid.
- (4) Upon receipt of a notice of a motion of dissent,
(a) the motion shall be listed for resolution at the next general meeting, subject to clause 11 of these rules, and,
(b) the enforcement of the rule interpretation by the committee shall be suspended until the resolution is decided by the members in general meeting.

SPECIAL RESOLUTION 9:

That explanatory note (4) be deleted.

SPECIAL RESOLUTION 10:

That Appendix 1 be replaced by the attached example Appendix 1.

SPECIAL RESOLUTION 11:

That Appendix 2 be replaced by the attached example Appendix 2.

SPECIAL RESOLUTION 12:

That the following sub-clause 4 (3) be added:

- (3) A member who has not paid his annual subscription in full within 12 months from the first day of January shall be deemed unfinancial.

SPECIAL RESOLUTION 13::

That the following sub-clause 16 (4) be added:

- (4) Unfinancial members as defined in sub-clause 4(3) shall not be entitled to vote.

SPECIAL RESOLUTION 14:

That the following sub-clause 23(9) be added:

- (9) Only candidates who are not unfinancial members shall be accepted as valid nominations for election as officers of the Association.

SPECIAL RESOLUTION 15:

That the following sub-clause 22 (1) (d) be added:

- (d) Only members who are not unfinancial shall be appointed as ordinary members as allowed for in these rules for each State (other than Victoria) and Territory.

SPECIAL RESOLUTION 16:

That the full-stop at the end of sub-clause 24(c) be changed to a semi-colon to be followed by the word "or" and a new sub-clause 24(d) as follows:

- (d) becomes unfinancial.

EXPLANATORY NOTES TO THE SPECIAL RESOLUTIONS

Special Resolutions 1 & 2 are required by the Australian Taxation Office before they can reconsider our application for taxation exemption status. They are sensible and worthwhile changes.

Special Resolutions 3 & 4 are minor changes to rectify anomalies in our present Rules.

Special Resolutions 5 to 8 inclusive are required by Athletics Australia before they can further consider our application to affiliate. Apart from adding a higher level of appeal (to Athletics Australia), the changes are minor and do not affect our current operations.

Special Resolution 9 is required if Special Resolution 2 is passed.

Special Resolutions 10 & 11 update our Appendixes to what we are currently using.

Special Resolutions 12 to 16 inclusive prevent a member who has become unfinancial (unpaid subscription for more than 12 months) from taking part in the running of the Association.

APPENDIX 1

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 Secondar)
(Date)

Current Membership fee for 19.....
(Which includes a surcharge for postage of our Newsletter to overseas ports
(Prices in Australia Dollars).

Please circle desired rate:	\$..... within Aust;			
	N.Z.	Asia	U.S.A.	Europe
Sea Mail (up to 7 weeks delivery)	\$.....	\$.....	\$.....	\$.....
Air Mail (up to 1 week delivery)	\$.....	\$.....	\$.....	\$.....

Send application and money to:
Dot Browne, 4 Victory Street, Mitcham, Victoria, 3132, Australia.

APPENDIX 2
FORM OF APPOINTMENT OF PROXY

I,of

being a member of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

hereby appointof.....

being a member of that Incorporated Association, as my proxy to vote for me on my behalf at the general meeting of the Association (annual general meeting or special general meeting, as the case may

be) to be held on the.....day of19..... and at any adjournment of that meeting.

If my proxy fails to attend the meeting, I appoint the Chairman of the Meeting to be my proxy.

My proxy is authorised to vote for the resolution (s) as follows:

	FOR	AGAINST	<u>AT DISCRETION OF PROXY</u>
Motion 1 (Tick one box)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motion 2 (Tick one box)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
etc.			

Signed

Date:/...../19.....

This form must be sent to the secretary of Australian Ultra Runners' Association Incorporated to be received by the nominated date.

- Notes:
1. If you do not know of a person who will be attending the meeting, you may appoint the "Chairman of the Meeting" in which case an address is not required.
 2. If you fail to specify your intentions clearly, the proxy vote will be informal.
 3. Only members who are not unfinancial are entitled to vote. (A member becomes unfinancial if his annual subscription is unpaid after a period of 12 months has elapsed from its due date.)

AURA TO AFFILIATE WITH ATHLETICS AUSTRALIA

After a couple of years of negotiations, AURA is set to affiliate with Athletics Australia (AA). Most major hurdles have been cleared and the remaining processes are for a number of changes to be made to our constitution (to be voted on at our next AGM in June) and for the AA Council to ratify the recommendation at their next general meeting (approximately in August). Therefore, we still have over $\frac{1}{2}$ year to go before we affiliate, however we can use this time to become familiar with the requirements and meaning of affiliation.

Affiliation is important because it will give us official recognition at a time when Australia is set to compete officially in international ultra distance events. The status of our sport will be enhanced by affiliation.

Affiliation fees will be nominal (\$100) and therefore AURA members will not receive automatic registration with AA to run interclub, for example. Only those members who specifically want registration will have to pay separately and those who don't (the majority of AURA members), won't be subsidising the few.

The application of the ban on drug taking will be policed by the Australian Sports Drug Agency (ASDA). After affiliation, any ultra race may be subject to a random drug test. Neither AA nor AURA will have any input to ASDA on when, where or how often the testing will take place. There will no compromises due to the different nature of ultra running. The minimum allowed caffeine level will not be raised (we will advise of this level and what average consumption of tea, coffee and/or chocolate will produce that level in a normal person). Most anti-inflammatories are banned but those that are not will be advised at a later date. Alcohol is not a proscribed drug. The onus is on individual athletes to make sure they do not take a banned substance. Medicines such as cough mixtures may contain banned substances and ignorance of contents is no defence. Any runner who is concerned can write to ASDA and request a free booklet on banned substances. Then when you purchase medicines from a chemist, you can ask that he supply those which do not contain any banned substances. AURA will attempt to get a few copies of this booklet for use by members.

Prize money in excess of \$500 should be put through AA, which allows very reasonable claims for competition and training, and protects the status of the individual athlete.

Our current AURA policy is in line with AA requirements which prohibits sporting contacts with South Africa. No AURA member should compete in South Africa or compete against a banned athlete.

If you have any queries on any of the above points please write a letter to the editor of this Magazine so they may be aired publically.

CALL FOR ASSISTANCE - WESTFIELD RUN 1991 ESCORTING OF RUNNERS

With the handicap system for the Westfield Run this year, most competitors should be finishing within a narrow time span. In order to handle the finish in a proper fashion, Westfield Run management would like to have an escort for each finisher over the last 30km or so. The race will enter Melbourne via Broadmeadows. Westfield are seeking volunteers for this task and will give each volunteer a free t-shirt and a complimentary ticket to the Westfield Presentation Luncheon.

Any person wishing to volunteer, please contact Charlie Lynn, telephone (046) 284820 or Fax (046) 283615, giving your name and contact telephone number.

IMPORTANT NOTICE
COMPETITORS, LAP SCORERS, RACE DIRECTORS
TRACK RACES

A note of warning is offered to track race competitors. There has been an unfortunate history of runners occasionally missing out on distance records or P.B.s because they stopped too early. This situation can apply to split distances in longer races as well as the final distance.

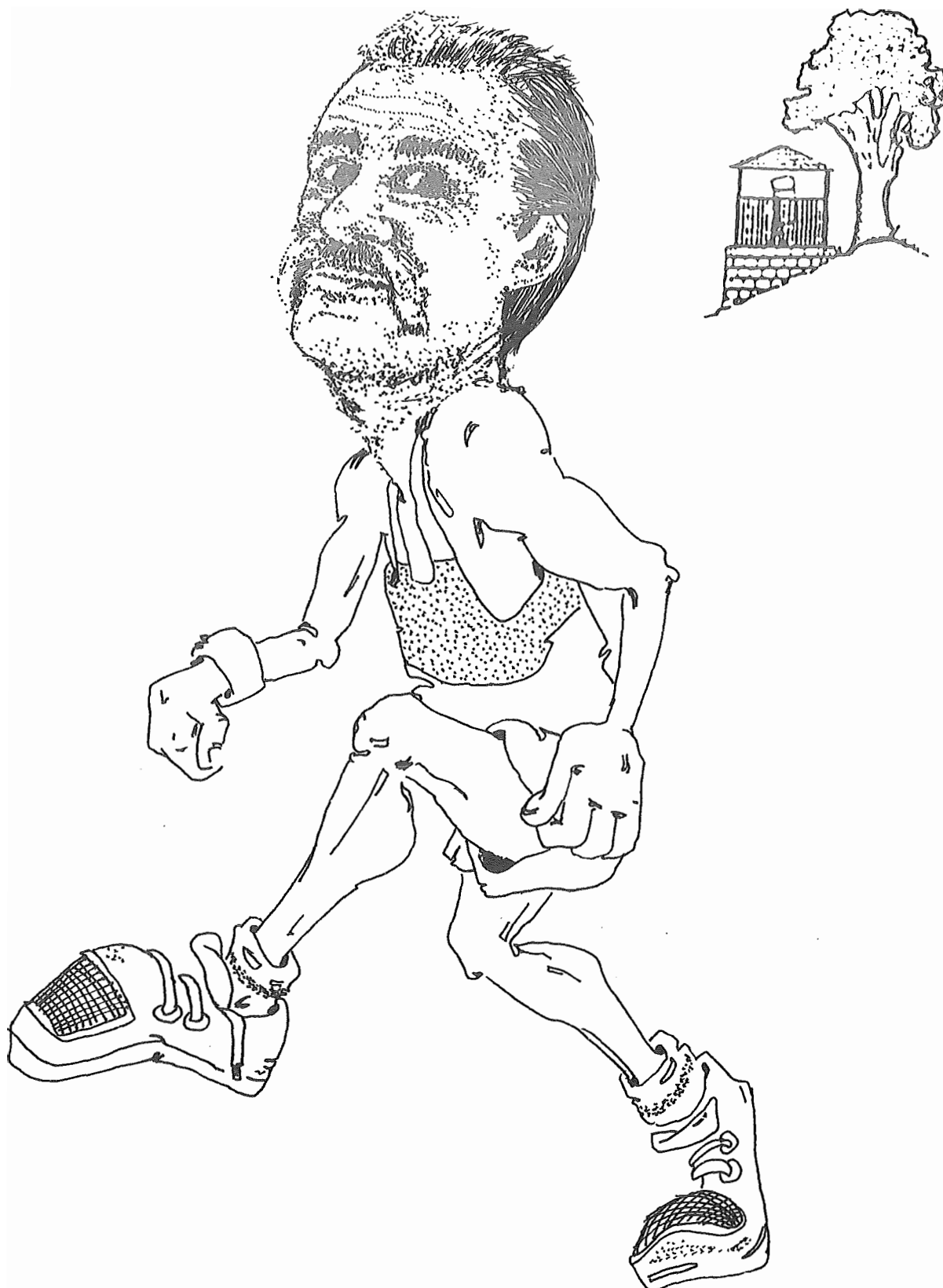
A near miss case of this problem occurred recently in the S.A. 50 mile track race. Carl Barker won the race in Australian record time. The lap sheets weren't checked before or after Carl finished. Months later, when the sheets were being checked for the record claim, it was noticed that lap 33 computed to 29 seconds (the computed lap time during the race was mistakenly 1:31 thereby no one was alerted). For a moment, it looked as though the record claim would have to be disallowed because with lap 33 void, the full distance was not run. Fortunately, for Carl, on a double check it was found that lap 34 time computed to 2:29 (the computed lap time during the race was mistakenly 1:29). It is now accepted that lap 33 race time should have been written as 50:10 giving a lap time of 1:29, also making lap 34 time of 1:29. So Carl's performance is accepted as a record.

Unfortunately, mistakes can be made and laps are missed or mistakenly recorded and have to be disallowed. Two remedies are open to runners who wish to ensure this doesn't happen to them. Prior to an important split distance in a longer race or the final distance, the runner can ask if his lap sheets have been checked by the chief lap scorer. Of course, if the chief lap scorer gets several such requests within a short space of time he may not be able to satisfy. The second alternative is for concerned runners to complete extra "safety" laps. For example, if Carl's lap 33 was a double recording for a drink stop and was disallowed, he had time to complete another lap because he broke the record by 8 minutes. In the case of Bryan Smith, he ran 5 laps over the 1000km at Colac in 1989. We had to disallow 2 laps and so Bryan ended up with 1001.2km for the 6-days on a track (only the 4th person in history to achieve such a feat). Imagine being Bryan if he had have stopped after thinking he had achieved his 1000km? Furthermore, the international statistician has reported several cases of runners who had had world record claims disallowed after a subsequent lap sheet check uncovered invalid laps. Therefore, competitors, lap scorers and race directors, beware and be careful.

LAP SCORING

CARL BARKER 12.59

LAP	ACTUAL TIME	LAP TIME	LAP	ACTUAL TIME	LAP TIME	LAP	ACTUAL TIME	LAP TIME
1	1 45	1 45	✓ 26	39 33	1 32	✓ 51	17 21	1 32
2	3 17	1 32	✓ 27	41 05	1 32	✓ 52	18 51	1 30
3	4 48	1 31	✓ 28	42 36	1 31	✓ 53	20 23	1 32
4	6 23	1 35	✓ 29	44 07	1 31	✓ 54	21 54	1 31
5	7 54	1 31	✓ 30	45 39	1 32	✓ 55	23 26	1 32
6	9 26	1 32	✓ 31	47 21	1 32	1.42 ✓ 56	24 58	1 32
7	10 58	1 32	✓ 32	48 41	1 30	1.20 drink ✓ 57	26 31	1 33
8	12 30	1 32	✓ 33	49 10	*1 31	0.29 * ✓ 58	28 04	1 33
9	14 01	1 31	✓ 34	51 39	1 29	2.29 ✓ 59	29 34	1 30
10	15 32	1 33	1.31 ✓ 35	53 11	1 32	✓ 60	31 05	1 31

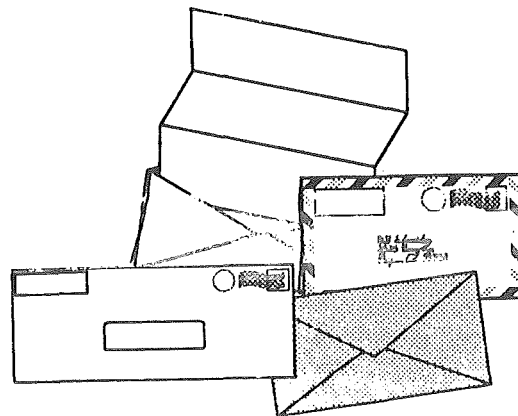


Hutch is his name. Running is his game.
Ian Hutchison is the founder and organiser of the most popular trail ultra in Australia.
Probably 250 starters for this year's race.

The Blue Mountains Six Foot Track Marathon

Katoomba to Jenolan Caves

Letters to the Editor



23rd December 1990

Mrs. Dot Browne,
Hon Secretary A.U.R.A.
4 Victory Street,
MELBOURNE 3132
VICTORIA,

Dear Dot,

I enjoy browsing through Andy's copies of A.U.R.A. Magazine, reading of all the developments and achievements, especially of runners I know.

From the latest copy I would like to take the opportunity to pass on my congratulations and good wishes to a few known runners. First to Carl Barker, thanks Carl for your kind words, it was a pleasure to have you as our guest and to watch your wonderful achievement. To Peter Gray and his mum Norma, what a fantastic year, you have both worked hard for Peter's rewards, and last but not least Stan and Ellwyn - 100 Marathons, I salute you.

I was quietly reading through the magazine then WHAM! BANG! where has sanity gone! thanks Lemmy Moore, your "Dublin Marathon" article made my day - I couldn't stop laughing. I'm a Scot with an Irish bent, so could appreciate the humour that only an Irishman could have thought of in relating the "TRUE" circumstances of such an event.

Congratulations Dot, Geoff and all involved in the publishing, printing and distribution of the magazine, you do a wonderful job. As the wife of an "ultra - marathoner" I can appreciate the hours of toil that must go into the organising of your days fitting in training and the day to day running of the whole A.U.R.A. organisation, it takes dedication. Keep up the good work. The magazine is better than all the "womens' magazines" and many of the so called running magazines.

I wish you every success in the future both in your A.U.R.A. and running endeavours.

Yours sincerely,

Maire Docherty
Maire Docherty.

P.S. Enclosed Andy's annual subscription.

Dear Dot,

I would like to congratulate Georgina McConnell on her new Australian Record in the 6 Day Race at Campbelltown. Her effort was great, considering she was not 100% before the race, still having injuries from the Westfield. What is more important, she did it on her own. No coach. It was pure guts and courage that did it. Her helper, Marilyn was also great, along with her dog (?) who kept Georgie informed of her laps.

All the best to all the Westfield runners for this year's race. Hope you have a safe journey and successful event.

Regards,

Dave Taylor.

Dear Dot,

It's the same old story
Everywhere Dot goes
I get slandered, libelled,
I hear words Dot never heard
In the Bible.....

After a considerable period of procrastination, I have decided to renew my AURA membership. This is despite the printing of yet another photo of my Friday morning alarm clock, Peter Armistead, and the derogatory and libellous comments printed about me in the last AURA magazine Vol 5. No.4.

I did seek legal advice and have been informed that I would win a libel suit. The only problem is that the legal fees would cost me more than the damages claim the judge would issue against you.

Still, I would have the satisfaction of having a conviction recorded against your name.

The Statute of Limitations allows two years to file a libel suit, so you will be on tender hooks until November, 1992.

Keep up the good work.

Kisses and cuddles from your little hairy NON - pot-hunting bastard friend.

Ross Shilston

"20 THINGS THAT GO THROUGH YOUR MIND AT THE 20 MILE MARK OF A MARATHON"
from the results booklet of the Honolulu Marathon & submitted by Marilyn Tait.

"Next year, I'm going to train harder..... a lot harder"

*Am I being punished for things I did in a previous lifetime? "

*Should I start my kick now or wait a little longer. "

*Why is there more water on my shoes than on my body? "

"Can I run another marathon tomorrow or do I have to wait a whole week?"

"It's not over until the fat lady sings - but I won't hear her because she just went by me"

"Man, I'm horny"

"These endorphins sure feel a lot like lactic acid"

" Wall? What wall? Oh, that wall."

"I guess I'm just about done carbo-unloading"

"If I don't get to the finish line, I'm going to regret it. Maybe not today, or tomorrow but soon, and for the rest of my life."

" Next year I'm going to sleep in"



53 Valley Drive,
CABOOLTURE,
QUEENSLAND,
AUSTRALIA.
4510

Phone (074) 95 2138

Dear Dot, Geoff and Committee,

4th February 1991

My sincere thanks for the plaque to commemorate my Australian 48 Hour record, and your warm letter of congratulations. I, in turn, must now congratulate Helen Stanger for her remarkable performance at the Sydney 6 Day in November, when she broke that record and then continued on for another 4 days, I believe Helen has a big future in ultra distance events. Georgina also broke the 48 Hour record and then proceeded on to capture the Australian 6 Day record. In fact, there were some truly exciting performances from so many people at the Sydney 6 Day, that it will be remembered for many years by those who were there.

I am no longer involved in assisting with the organisation of ultra distance events in Queensland, Dot. Thank you and the AURA committee for your letters, advice and encouragement whilst I was giving a hand.

Yours sincerely,

Dell Grant.

Dear Dot & Geoff,

I would like to write concerning the 6 Day Track Race held at Bradbury from 18th - 24th November 1990. First of all, I would like to congratulate the winner, Sandy Barwick, a great athlete. There were some great performances - Val Warren, Lou Gladwell, Wanda Foley and of course Georgina McConnell, who ran an Australian record. Wanda Foley defended her title with honour and has the satisfaction of winning her previous two titles outright, which is a great achievement and no-one can take that from her.

Two other runs impressed me greatly, that of Lindsay Phillips, around 700km, and that of Helen Stanger, whom I feel will be our No.1 Australian female considering that this was her first multi-day run. 670kms. was fantastic! I can truly say that the help she gave me was probably the only reason I finished. Her crew, along with Sandra's was first class.

As for my own dismal performance, I can say I was glad to finish after winning last year and getting blisters on Day 1. I knew it was going to be hard. However, I decided I would finish so I stayed on the track walking and running when I could. People said I should pull out because I won last year and was not going to go as well with the blisters. But as the defending champion, I wanted to defend my title by finishing. I have now decided to have 12 months off. No Westfields, just the 6 Day Track and the odd 24 Hour and 48 Hour. This way, the skin can grow back on my feet.

I would like to wish all the runners well in the Sydney to Melbourne this year. I also would like to thank Ron and Dell Grant - two great people. I would like to thank my crews for their support over the years, particularly the 6 Day Race this year. While my record is not great in the Westfield, I can say at least I have finished one. Another consolation is that I finished all my 6 day track races. I also noticed that only 4 people broke my time from last year, which is pleasing, as Campbelltown is a hard course.

Anyway, all the best to all the runners in the Westfield, especially the men. If Sandra Barwick runs, (apart from Bryan Smith and Maurie Taylor, and of course Yiannis Kouros), the men are going to need it. Sandy has heaps of talent up her sleeve and will push the others to the limit. She has improved in leaps and bounds from last year. Also, a special good luck to Helen Stanger if she runs. I think this year alone, Helen broke the 12 hour, 24 hour and 48 hour records.

Dave Taylor.

Geoff,

Over the last few years I have travelled throughout Australia and to the U.S.A. to compete in a number of different types of ultra events. I have also been involved in organising numerous events. This prompts me to express the following opinions.

As you and the readers of AURA would doubtless be aware I am not in favour of conducting ultra events on 400 metre tracks. They restrict the number of competitors and some are circular rather than in the normal shape of an athletic track which can lead to hip displacement and other injuries. Some race directors are still not aware of the correct procedures for setting up and measuring courses, particularly non-standard tracks. As you are aware a measuring wheel is not an accurate device for setting up a course. This was pointed out in a 1987 issue of AURA. A surveyors metal tape should be used or for longer road courses a Jones' device on a bicycle (the path followed with the bicycle should be the shortest one the runners can take). Since you and AURA have taken on the responsibility of ratifying Australian records (track) and best times and distances (road) then I feel that AURA should ensure that the appointed state committee members should be aware of what is required, if race directors wish to have records set at their events ratified by AURA. Thus any race director could consult local state representatives before their event to see that all the correct procedures are followed.

From information I have received from you it would seem that road courses should be checked by an A.I.M.S. measurer. Since these people are as scarce as hen's teeth and their services are very expensive to procure might it not be better to come to some alternative arrangement for ultra events. Perhaps surveyors could be used or maybe the state representatives. On the form you have sent out to be used for ratification of records I notice that the final part of time events (12 HR, 24 HR etc) should be measured 'to the nearest centimetre'. Since these events usually conclude by firing a starting pistol or blowing a horn, there will be a delay factor due to the time it takes for sound to travel and runners reaction time among other things. This means that the degree of scientific accuracy you are asking for is not possible. Might I suggest that it may be more appropriate to measure to the nearest metre.

From reading the American 'Ultra Running' magazine it would appear that I.A.U. is making noises about having an ultra event associated with the Olympics, namely a 100km event. I too would like to see an ultra event linked with the Olympics but there are a few points I think they should consider. Firstly they have not yet set out a set of rules or standards for the conduct of ultra events to my knowledge. The latter is essential if national bodies are going to select entrants for such an event. Secondly, I noticed that Yiannis Kouros could only manage fourth place in the 'World' 100km Championship at Duluth. Undoubtedly Yiannis is the greatest ultra runner of the present time. From my observations I have concluded that good marathon runners, with the correct training seem to be able to perform well in events up to about 100km. Somewhere between 100km and 100 miles some unknown factors come into play (whether it be mental or metabolism) and few of these runners perform well in races of 24 hours or longer. Therefore I would prefer to see a 24 hour or longer race associated with the Olympics rather than a 100km race.

Regards

Ian Jones

Ian Jones

Trevor Harris
13 Southwood Retreat
BONYTHON ACT 2905

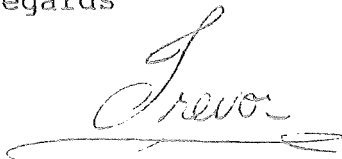
21 February 1991

Dear Geoff,

Please find attached a letter that I have written to the six entrants of the Australian 12 Hour Track Championship that was to be held in Canberra on 9-10 March 1991.

Please remove this event from your calendar as I will not be involved as race director with this event again, please give someone else the 12 Hour Championship title.

Regards



Trevor Harris
13 Southwood Retreat
BONYTHON ACT 2905

21 February 1991

Dear

It is with regret that I must write this letter to inform you that because of a lack of support from the Ultramarathoning community I am forced to cancel the Australian 12 Hour Track Championship.

At the time of writing this letter I have received six entries for the race. As race director I have a responsibility to the ACT Cross Country Club, the sponsors and my hard working committee. The cost of the run would have been \$2,750.00. and for this I needed 30 runners to help cover costs. The runners would have been given the best track and facilities in Australia, the Australian Institute of Sport track at Bruce Stadium, however it was not to be.

I have requested that this event be withdrawn from the AURA calendar. Perhaps another race director can put the race on somewhere else in Australia.

Thank you for your support.

Please find your cheque enclosed.

Yours in good faith,

Trevor Harris

Dear Dot,

I wanted to let you and your readers know about the third (biennial)

International Sri Chinmoy Oneness-Home Peace Run

which begins in Adelaide on the 5th of May. This is a relay run open to people of all ages and levels of fitness; it will pass through Melbourne and Canberra before finishing in Sydney.



During the two previous Peace Runs, many ultra and veteran runners joined the Run at various points along the route and carried the Peace Torch. This year, again, we hope people will be inspired to meet the relay team at some point and run with them, even if it be for only a short distance. We would especially like a group of runners to run into the City of Melbourne with the Torch, where they will be received by the State Premier as part of a large ceremony.

It is a great feeling to carry the Peace Torch and also to see the smiles and obvious joy of everyone who runs with the Torch, especially young children. To me, the Torch signifies the flame of aspiration wanting to create a more lasting peace, both within ourselves and the world at large. As I carried the Torch in 1989, I felt tremendous oneness with all humanity. This year, Peace Torches will be carried by runners in over seventy countries (including Russia and all of Eastern Europe) on all seven continents (yes, even Antarctica!); hundreds of thousands of people will be taking part in this truly global event and everywhere the Peace Run will be bringing the same message of a more peaceful and loving world.

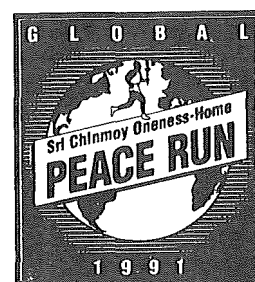
If you would like to take "a Step for Peace", then please contact:

Murray Symons
Victorian Co-ordinator - Peace Run '91
12 Springfield Ave., Toorak, Vic., 3142
Phone/ FAX (03) 824 1809

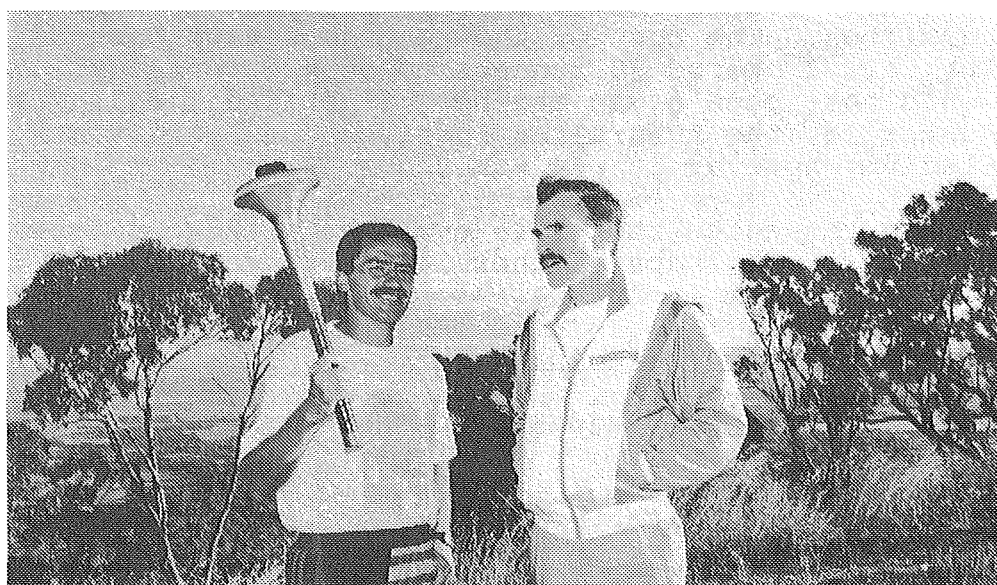
Thank-you everyone and I do hope to see you at some stage of the Run.

Yours Sincerely,

Ankhi Elizabeth Elliott



Robert De Castella, official patron of Peace Run '91, is seen here with Yiannis Kouros, holding aloft the Peace Torch; both were in Canberra at the Sri Chinmoy triathlons in February (the long course triathlon was the NSW national championship and had a field of 950 entrants).



WESTFIELD SYDNEY STRIDERS

24 HOUR TRACK RACE, 1-2 SEPT. 1990

RACE RESULTS AND RACE REPORTS

Name	Marathon	50 km	50 mile	100 km	150 km	100 mile	200 km	<u>FINAL</u>
Anyce Kip Melham	3.42.30	4.22.23	7.23.37	9.20.09	15.12.47	16.43.35	22.44.35	206.300km
Nobby Young	3.42.14	4.25.06	7.38.40	10.03.09	16.13.39	17.42.59	23.15.00	204.083km
Graham Firkin	4.25.03	5.16.19	8.47.39	11.09.30	17.20.52	18.43.17	23.35.58	203.608km
Helen Stanger	3.42.15	4.31.09	7.54.27	9.58.21	16.56.38	18.46.35	23.52.02	200.865km
Bruce Donnelly	3.21.22	4.01.16	7.07.50	9.09.14	15.26.17	20.36.13		180.988km
Robert Channells	3.48.17	4.33.45	8.20.02	10.24.37	18.49.52	20.35.50		182.187km
Eduardo Vega	4.04.29	5.15.24	8.31.12	10.43.22	20.24.55	21.41.12		180.183km
Cliff Young	4.23.11	5.20.16	9.03.55	11.19.21	19.09.09	21.10.16		178.760km
Bob Fickel	3.49.44	4.37.16	8.17.18	10.39.18	21.15.34	22.25.50		176.680km
Brian Colwell	4.37.29	5.30.28	9.35.45	12.32.59	20.31.09	22.44.56		171.875km
Harry Clements	4.42.23	5.34.12	9.45.32	12.34.41	20.56.59	22.46.31		171.082km
Steve Nordish	4.47.56	5.45.25	10.22.32	13.16.19	21.20.34	23.05.49		166.251km
Terry Pickard	3.52.48	4.43.44	8.34.23	11.00.32	19.34.48	22.28.18		164.803km
Peter Janovsky	4.42.04	5.44.29	10.28.56	13.52.21	22.28.35	23.53.56		162.102km
Andrew Sherman	4.50.57	5.41.11	9.14.20	12.18.16	22.13.19	23.40.56		161.722km
Tony Harber	4.10.32	5.06.05	9.50.08	12.43.37	21.21.28	23.51.07		161.331km
Patrick Austin	4.50.29	5.45.28	9.59.59	13.00.08	23.01.18			155.711km
Alan Staples	4.40.10	5.31.46	9.35.06	12.13.20	23.58.30			150.300km
Shaun Scanlon	3.59.41	4.56.12	9.04.37	12.29.26				146.692km
Warren Costello	4.36.38	5.36.50	10.27.03	13.36.51				143.200km
Graeme Kerruish	5.09.28	6.15.38	11.25.56	14.55.28				142.146km
Duncan Richards	4.34.53	5.26.27	9.05.30	12.07.59				137.397km
Lucille Gladwell	4.54.47	6.06.09	10.58.51	18.27.25				128.858km
David Barwick	5.30.36	6.31.54	11.54.35	16.26.19				126.492km
Graeme Townsend	3.35.54	4.24.31	7.51.41	10.25.22				126.000kmR
Paul Mahony	3.45.41	4.30.49	7.25.39	9.44.02				104.400kmR
Chilla Nasmyth	3.41.43	4.36.34	8.15.47	10.48.27				103.600kmR
Keith O'Connell	4.04.07	4.55.07	9.28.39					85.200kmR
Dave Taylor	5.15.02	6.35.45						76.400kmR
James Holmes	5.58.15	7.44.08						68.000kmR

30

CAMPBELLTOWN MALL 24 HOUR TRACK RACE

13/14th OCTOBER 1990 - BRADBURY NO 2 OVAL CAMPBELLTOWN - 400 METRE GRASS TRACK

Distance at the 24 hour mark

INDIVIDUAL - HOURLY LAP COUNT

Race	Num	Runner	Laps=	Km	TOTAL km	TOTAL MILES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	last lap in metres
1	1	Bryan Smith	556 =	222.400	222.516	138.265	32	30	30	28	25	25	25	15	24	24	23	24	23	23	14	23	23	21	21	23	20	15	22	23	116
2	17	Bruce Donnelly	519 =	207.600	207.929	129.201	28	27	27	24	22	24	22	22	19	20	18	20	18	19	20	17	22	19	24	22	24	28	21	17	329
3	5	Chilla Nasmyth	510 =	204.000	204.213	126.892	30	28	26	23	23	21	24	20	21	21	20	20	19	20	20	20	19	20	18	18	22	20	19	18	213
4	13	Kevin Mansell	479 =	191.600	191.637	119.077	30	29	27	21	20	20	22	20	14	20	17	21	16	14	16	18	15	19	14	20	21	21	23	21	37
5	12	Helen Stanger - W	470 =	188.000	188.252	116.974	26	27	26	26	21	25	18	24	19	20	18	19	14	18	20	19	15	18	16	16	19	13	18	15	252
6	2	Tony Collins	453 =	181.200	181.494	112.775	31	29	29	27	25	24	16	20	18	18	17	4	15	15	16	15	14	13	18	18	18	18	20	15	294
7	16	Keith O'Connell	434 =	173.600	173.600	107.870	23	21	24	23	21	18	22	19	14	19	15	21	13	17	10	17	13	15	17	21	18	19	15	19	0
8	33	Alan Staples	429 =	171.600	171.636	106.649	21	20	20	20	18	19	19	17	19	19	18	18	16	17	16	14	16	14	13	15	19	19	20	22	36
9	7	Patrick Farmer	428 =	171.200	171.484	106.555	29	27	26	28	27	26	25	21	19	14	13	7	7	9	17	7	9	16	16	17	14	11	24	19	284
10	11	Georgina McConnell-W	414 =	165.600	165.852	103.055	25	25	24	22	21	17	20	16	13	16	13	16	13	16	17	14	16	15	15	19	16	14	17	14	252
11	31	Martin Hannemann	411 =	164.400	164.552	102.248	25	27	25	24	23	23	21	20	20	19	19	9	14	10	13	19	6	13	16	17	14	10	11	13	152
12	8	Brad Boyle	408 =	163.200	163.328	101.487	22	23	20	22	21	20	21	18	16	20	18	18	16	20	15	0	0	17	21	20	17	18	11	14	128
13	19	Marcia Leahy - W	405 =	162.000	162.328	100.866	22	21	18	12	18	21	14	18	18	17	18	14	11	15	15	8	17	15	17	19	19	18	19	21	328
14	25	Val Warren - W	400 =	160.000	160.238	99.567	18	19	20	19	19	18	17	15	16	18	13	13	15	13	19	16	16	13	16	13	17	18	19	20	238
15	20	Mark Foley	394 =	157.600	157.727	98.007	24	22	23	21	21	21	20	15	17	16	15	16	17	10	15	15	14	13	14	13	15	12	14	11	127
16	23	Ron Wigger	392 =	156.800	157.028	97.572	23	22	21	22	21	20	21	20	19	19	17	17	17	5	15	14	13	6	12	15	15	13	8	17	228
17	10	Brian Colwell	384 =	153.600	153.867	95.608	24	22	23	22	21	20	19	18	18	18	17	20	15	14	5	2	14	9	12	11	13	15	15	17	267
18	38	Larry Smith	363 =	145.200	145.554	90.443	25	22	22	19	18	18	9	16	17	15	14	13	7	18	10	7	14	13	6	15	17	18	16	14	354
19	27	John Timms	362 =	144.800	145.193	90.219	27	23	14	16	17	14	15	18	17	13	15	16	17	13	12	16	15	14	13	11	8	14	11	13	393
20	39	Graeme Wilkinson	359 =	143.600	143.600	89.229	25	25	25	26	24	17	22	22	24	23	16	15	22	22	20	16	13	2	0	0	0	0	0	0	0
21	24	Tony Farnham	352 =	140.800	140.930	87.570	19	19	19	18	17	23	15	18	12	15	13	18	17	12	17	16	15	14	13	14	8	10	0	10	130
22	22	Shaun Scanlon	346 =	138.400	138.565	86.100	30	26	22	20	18	18	15	18	15	14	13	6	15	13	13	8	3	0	9	13	15	12	14	16	165
23	21	Denis Hams	341 =	136.400	136.485	84.808	27	26	23	10	17	18	12	5	18	17	16	2	16	10	14	18	1	0	13	16	17	16	12	17	85
24	9	Chris Norris	337 =	134.800	135.001	83.886	25	25	25	23	14	17	17	20	17	19	14	7	11	16	4	0	10	11	13	5	9	10	10	15	201
25	6	David Taylor	332 =	132.800	132.893	82.576	27	27	25	22	12	19	18	12	18	11	15	13	6	0	4	16	12	10	0	11	14	13	16	11	93
26	14	Merrilyn Tait - W	305 =	122.000	122.157	75.905	22	22	20	19	13	19	18	10	13	15	15	10	6	11	11	8	10	8	9	10	13	12	11	0	157
27	4	Micheal Bohnke	305 =	122.000	122.000	75.807	24	24	25	24	23	23	20	20	22	23	22	17	18	1	16	3	0	0	0	** withdrawn					
28	29	Bill Holland	252 =	100.800	101.155	62.855	19	19	17	16	15	13	15	12	14	12	9	11	6	10	11	1	0	0	9	13	8	10	10	2	355
29	26	Bernie Farmer	252 =	100.800	100.853	62.667	23	19	15	15	9	14	12	12	10	10	13	10	12	1	11	6	11	0	7	10	5	11	9	7	53
30	3	Grahame Firkin	234 =	93.600	93.600	58.160	23	22	26	24	22	22	20	19	17	17	17	3	** withdrawn												
31	36	Robin Davis	230 =	92.000	92.165	57.269	17	11	9	4	0	9	9	8	8	12	19	13	12	5	8	2	5	7	11	8	17	10	12	14	165
32	18	Lucy Gladwell - W	213 =	85.200	85.200	52.941	18	19	20	20	20	20	17	17	16	15	16	14	1	0	** withdrawn										
33	34	Warren Martin	211 =	84.400	84.400	52.444	33	30	24	18	8	19	16	12	4	16	6	15	10	0	0	0	0	0	0	** withdrawn					
34	15	Ken Murray	175 =	70.000	70.000	43.496	28	27	24	22	15	19	12	11	11	6	** withdrawn														
35	35	Dallas Earsman	127 =	50.800	50.800	31.566	23	21	19	18	13	7	15	10	1	** withdrawn															
36	32	Mark Gladwell	107 =	42.800	42.800	26.595	18	17	19	20	19	14	** withdrawn																		
37	28	John Nimac	91 =	36.400	36.400	22.618	26	25	22	15	3	** withdrawn																			
38			=																												
39			=																												
40			=																												
41			=																												
42			=																												
43			=																												
44			=																												

CAMPBELLTOWN MALL 24 HOUR TRACK RACE - 13/14TH OCT.'90

11:27:07 AM == TIME OF PRINTOUT

NOTE : TOTAL KM and TOTAL Miles = Laps completed at the 24 hour mark + last lap in metres

Royal National Park Ultra

Sydney, Australia
47.5 miles

Oct. 20, 1990

1. Don Wallace, 27	5:47:43
2. Greg Love, 36	6:21:19
3. Ian Graves, 46	6:30:12
4. Max Bogenhuber, 48	7:14:23
5. Steve Hunt, 35	7:15:23
6. Paul Mahony, 38	7:15:43
7. Jon Worswick, 27	7:19:43
8. Ross Shilston, 37	7:20:45
9. Bill Arnold, 38	7:23:09
10. Ollie Williams, 40	7:31:12
13. Alfred Bogenhuber, 50, CA	7:39:57
36. Maggie Anderson, 39, NZ	8:48:31
49. Sue Dreverman, 38	9:32:24
59. Lyn Cribb, 35	10:12:22
63. Wanda Foley, 44	10:56:40
70. Helen Mochelle, 36	11:57:45
Margaret English, 39	11:57:45
86 starters, 72 finishers	

Well it was time again to run something different so I went "Down Under" to Sydney, Australia. Do they run upside down? I noticed the water running down the drain in a reverse direction from ours. A beautiful and interesting place — everything from the vegetation to the wildlife is so different. Ran through a semi-wilderness area just on the south coast of Sydney. It takes

you through fern palms, lots of sandstone cliffs, breathtaking beaches — "that will slow the buggahs down!" — to a nice finish with a big lawn and lots of Aussie beer.

This inaugural run was put on by the "Bushies," a local running group of hardcore trail runners who always have some mischief on their minds. The last beach we had to run through had lots of topless girls on it, of course at that stage in the race you were too tired to do anything about it. Ha, ha. The captain of this group, Billie, has steel balls in his knee joints, a plastic hip, and is 58-years-old and still carries around a mattress in the back of his van — ever the optimist! On a previous visit this group ran me through a coal mine tunnel and it took me a week to get clean. The race itself was put on very professionally, was well marked, and stocked with the right supplies. The elevation change was not very big at any one time, but the whole course has no flat spots. And some trails are deeply rutted. The early part goes through lots of big ferns with leeches waiting for you — this particular Australian variety lives on land and mostly on the ground. God help you if you make a pit stop — immediately they leap on your shoes and they like the parts up a little higher too! Also saw some big black cockatoos and lots of other strange and colorful birds and at one particular rocky section I

almost stepped on the most ferocious looking lizard you ever saw, about two feet long.

I was surprised to see so many good ultrarunners in this race. Even some of the young puppies (anybody under 50 years old) gave me a good run for the money. In the U.S. I seldom get passed after halfway, but at this race I had a net loss of five places in the second half so those guys seem to run pretty smart. The winner, a guy named Don Wallace who came down from Queensland, led all the way and finished in 5:47, a very, very good time for a rough course like this. In second place half an hour back was Greg Love who is a 2:20 marathoner. The women's winner was a New Zealander who is a stewardess on Air New Zealand. Hope we'll see her at Western States.

My brother Max who is one of the "Bushies" was fourth. Running Leadville and Western States must have done him a lot of good — he got two silver buckles so his new nickname is "Bucklehead." He trained 140 miles a week on the course while I tried to squeeze in 35 miles a week between two jobs. I thought I could do it on my "carry-over fitness" from the Vermont 100 at the end of July but it didn't work too good and I ended up in 13th place out of 86 starters. I asked my brother, "Why don't you put in an age bracket over 50?" (I would have won that.) He said, "We'll put one in in two years time." He is 48-years-old. That snake!

Alfred Bogenhuber

Reprinted from "Ultrarunning", Jan.Feb. 1991 issue.

October 20, 1990

ROYAL NATIONAL PARK ULTRA - RACE DIRECTOR'S REPORT.



A quality field of seventy-eight runners answered the starter at 5 am on October 20, the dawn of a magnificent spring day.

This was our inaugural event, and nerves were on edge as runners disappeared around the first bend.

We had devised a course which in the early stages of planning looked an impossible task to manage, due to it's many changes of direction and places where trails intersect.

However, we were convinced that this course would be a winner, if only it could be effectively marshalled on race day. We knew we could rely upon the membership of Billy's Bushies to provide the bulk of marshalls but even so, every potential trouble-spot had to be carefully assessed before committing resources. The question had to be asked, can we get by without a marshall here - will a SIGN or RIBBON be good enough?

To make the course more manageable, the committee came up with a plan to divide it into sections, under the control of "Leg Captains". They would be responsible for marking, marshalling and sweeping their section of the course, as well as resources for an Aid Station and a Water Station.

Our No.1 priority was to keep everyone on course for the full 76.8 kms., and number two was to cater to their every need during the run.

The Busnies are a big club, with easily over a hundred members, but this event would stretch even it's resources on the day.

To minimise manpower needs, we marked the entire course with coloured ribbon - attached to trees, bushes, fences and poles etc., and placed small directional signs wherever it was possible for the runner to go wrong. And because of the need to dismantle all evidence of course marking as quickly as possible, that section's sweeper was given the task of collecting all ribbon and signs on the way through.

I should mention at this point that our Signs were ingenious pieces of workmanship - made from polystyrene foam and cut from fruit boxes, they were light, waterproof, and any lettering on them stands out quite well. They can be simply placed on the ground and weighed down with a rock. All credit for this goes to Bob Telfer, a veteran of many ultras, including the Westfield run.

The distance between Aid Stations was never more than 13 kms., with Water Stations positioned roughly midway between each. So, over the full course, we had a total of seven Aid Stations and nine Water Stations. Each of the Aid Stations supplied watermelon, Bananas, Oranges, Muffins, Jelly Beans, "Enduro-boost" carbo drink and of course, Water. Time splits were also recorded here.

Runners were encouraged to leave personal provisions at the start, for distribution to any Aid Station on the course, as required.

The local volunteer bushfire brigades were fantastic, providing communications support between selected Aid Stations, with attention focussed mainly on the latter part of the course.

They were complemented by a full medical team from SUTHERLAND SPORTS INJURY CLINIC comprised of doctors, physios and a massage team. All up, the support would have outnumbered the field of runners by at least two to one !

Fortunately no serious injuries eventuated and through the dedication and thoroughness of the teams of helpers, not a single runner was lost. The run for us did not conclude without it's hair-raising moments however, as our last 'Leg Captain' would testify. The leading runner, Don Wallace was simply cruising over the course, and making short work of the hills in the process, so much so that our final Aid Station team was caught unprepared. (I must add that Don was still taken care of - even if a little awkwardly !)

Some other minor oversights were made on the day, but thankfully these were transparent to the runners.

All in all, the course and the organisation seems to have been given a general vote of approval, judging from the post-race comments and the "thank-you" mail which followed from several appreciative runners. Those kind words have given us the incentive to back up again next year with hopefully, a better event and a larger field.

Our congratulations go to Don Wallace (our sole Queensland entry) who after receiving early challenges from Carl Barker and Ian Graves, gradually drew away to win by a whopping 34 minutes, in the extremely brisk time of 5 hrs 47 mins.

Second was Greg Love, who after starting conservatively, steadily improved his position from the 20 km mark.

Ian Graves, after that fast early pace, toughed it out to finish a strong third, still well ahead of the rest of the field.

Heading the female contingent was Maggie Anderson of New Zealand in the time of 8 hrs 48 mins.

All runners were treated to a massage at the finish, and most seemed to be feeling no pain as they stepped up one by one to receive their finishers' goblets at the presentation ceremony in the Bundeena R.S.L. Club's auditorium.

Happy Dragon of ST. GEORGE BUILDING SOCIETY was there to present cheques to the first ten finishers, plus Maggie Anderson (1st. female). It was great to have the backing of ST. GEORGE - especially in our inaugural year.

We look forward to 1991 with renewed enthusiasm, and with a firm conviction of giving our runners an improved event.

Roger Hardy.

Hot Times At The Inaugural RNP Ultra



The time : 4:00 am.

the date : October 20th, 1990.

the place: Grays Point oval, south of Sydney, Australia.

The sun won't be up for another 40 minutes or so, people are already busy on the registration tables under the feeble light of the oval's kiosk. Cars are arriving, carrying runners and friends or family.

Finally, all the work that has been put into the staging of this event, by the Billy's Bushies, is coming to its fruition. Roger Hardy, the race director, looks a bit nervous, but being a bit young (27) I think his heart will hold up for today.

Of the 87 entries received for the event, 78 are on the line here today. This makes The Royal National Park Ultra the biggest ultra run ever in Australia. Not only are the numbers here, but there is plenty quality in the field facing the starter, with the Australian 50 mile record holder and a few sub 2:30 marathoners, including a multiple winner of the Cities Marathon here in Sydney. The big number of 'out of town' and 'out of state' runners includes runners from New Zealand and the USA. Of the favorites, Carl Barker, Ian Graves and Greg Love have all showed up, but Geoff Large is missing.

Harry Batterham calls out 'GO' (the official start of the Bushies race each Saturday morning) and away we go.

As the runners rush out of the oval at sprinters pace, they turn right instead of left. In their hurry, the hares had forgotten their last minute instructions, but the rest of us go left to show the way.

The first leg, about 7 kms, is covered in less than 30 mins by the leaders, Carl Barker, Ian Graves and Don Wallace. These three would stay close together for most of the first half of the race. However Don proves too strong for the other two and pulls well clear from then onwards. Greg Love, who starts out quite sedately compared to the other three, moves into third place before Garie Tops homeward bound (about 57 kms). Between Garie Tops and Wattamolla there is another change with Greg moving into second, Ian into third and Carl being pushed back into fourth place. Carl does not have a good day and decides to throw in the towel at Wattamolla.

Don Wallace absolutely kills the course and I feel that his time will stand for quite some time. There are 87 minutes between first and fourth, but fourth, fifth and sixth finish within one minute.

The womens division is won by Maggie Anderson from New Zealand, with Sue Dreverman from Cooma second and Lyn Cribb from the Central Coast third.

For a first time event things went really well and the fact that there were 72 finishers from 78 starters can be taken as a reflection of the quality of the event. Nobody really needed a handler, which was borne out by the fact that the top two male and all three top female places were taken out by runners from outside of Sydney. The Bushies again showed that they have an outstanding talent for organising events. They had more than 150 people out on the course helping out in one way or another. What a bunch of great people !

All aid stations, except the first one, were stacked with food and drink, including such quality products as Enduro-Boost and Leppin, both very good energy replacement drinks.

The finishing venue, which was the Bundeena RSL Club, proved to be very popular with all people, with free massages being available from a dedicated bunch of masseurs from the Sutherland Sports Clinic. The sponsorship by the St George Building Society was well received by all those that benefitted from it in this event.

The time run by Don Wallace was well below the time estimated for the winner and consequently he caught some of the course markers by surprise, but this will not happen again next year. Now who would expect that a very rugged 77 kms, where running in places is actually out of the question, could be covered in less than six hours. But a lot of first-time ultra runners proved that with a little common sense and training, this distance can be easily covered in the allotted time limit of 12 hours, as not a single competitor failed to make the cut-off time at any of the aid stations.

The organisers are looking at the possibility of obtaining bunk style accomodation at Bundeena for next year. So make a date now for the last weekend before daylight saving in 1991. You will not regret it.



Big Chris and Alfred Bogenhuber running past the train station in the RNP Ultra. Did they sneak a ride on a train or are they just training?

ROYAL NATIONAL PARK ULTRA

PLC	AGE	NAME	OTFORD TIME POS	H/BURGH TIME POS	GARIE IN TIME POS	W/MOLLA TIME POS	BUNDEENA TIME
1	27	DON WALLACE	2.41 1	3.26 1	4.08 1	4.57 1	5.47.43
2	36	GREG LOVE	2.56 4	3.44 4	4.26 3	5.15 2	6.21.19
3	46	IAN GRAVES	2.47 3	3.39 3	4.28 4	5.26 3	6.30.12
4	48	MAX BOGENHUBER	3.15 9	4.10 7	5.00 6	6.00 5	7.14.23
5	35	STEVE HUNT	3.23 15	4.21 13	5.17 10	6.14 8	7.15.23
6	38	PAUL MAHONY	3.05 6	4.01 5	4.53 5	6.07 6	7.15.43
7	27	JON WORSWICK	3.07 7	4.09 6	5.04 7	6.12 7	7.19.43
8	37	ROSS SHILSTON	3.29 20	4.28 19	5.21 13	6.22 12	7.20.45
9	38	BILL ARNOLD	3.14 8	4.17 10	5.17 10	6.14 8	7.23.09
10	40	OLLIE WILLIAMS	3.20 14	4.19 12	5.14 9	6.21 10	7.31.12
11	26	MARK STEINBERG	3.29 20	4.28 19	5.21 13	6.24 13	7.36.09
12	32	ANDREW MCKENZIE-HICKS	3.16 10	4.14 8	5.11 8	6.21 10	7.39.43
13	50	ALFRED BOGENHUBER (usa)	3.24 18	4.26 16	5.24 15	6.30 15	7.39.57
14	30	CHRIS BENN	3.16 10	4.16 9	5.17 10	6.27 14	7.46.28
15	37	BILL LLOYD	3.33 22	4.31 21	5.30 18	6.35 17	7.53.40
16	31	TERY PICKARD	3.23 15	4.25 15	5.26 16	6.34 16	7.55.57
17	50	ALAN FIEN	3.40 33	4.43 26	5.41 22	6.48 19	7.59.38
18	51	JOHN MCGOVERN	3.38 31	4.41 24	5.40 21	6.53 20	8.10.49
19	25	PETER COLE	3.37 28	4.44 27	5.57 30	7.12 28	8.15.45
20	23	CRAIG ROWE	3.16 10	4.24 14	5.27 17	6.46 18	8.17.30
21	59	DAVE GIRVAN	3.42 37	4.54 36	5.56 28	7.02 23	8.17.42
22	34	GRAHAM LATTI	3.28 19	4.32 22	5.37 20	6.56 21	8.18.28
23	47	DOUG MARKULIN	3.48 41	5.00 38	5.57 30	7.07 27	8.20.06
24	28	DARREN SINCLAIR	3.37 28	4.44 27	5.43 24	7.12 28	8.20.55
25	34	CHRIS STEPHENSON	3.16 10	4.27 17	5.41 22	7.01 22	8.21.06
26	38	JAMES ROONEY	3.37 28	4.40 23	5.44 25	7.03 24	8.24.03
27	30	STEPHEN CANNON	3.33 22	4.44 27	5.52 26	7.06 25	8.29.39
27	51	ERIC PORTER	3.34 26	4.44 27	5.52 26	7.06 25	8.29.39
29	53	PETER CUNNINGHAM	3.33 22	4.42 25	6.10 36	7.22 33	8.41.14
30	27	TOM MORROW	3.38 31	4.47 31	5.57 30	7.14 30	8.41.54
31	43	ANDREW CALDER	3.40 33	4.50 33	6.01 34	7.21 32	8.42.49
32	44	MIKE THORPE	3.35 27	4.48 32	5.59 33	7.24 34	8.43.39
33	33	BILL JOANNOU	3.45 39	4.51 35	5.56 28	7.20 31	8.43.59
34	45	GEOFF HOOK	3.41 36	4.57 37	6.07 35	7.24 34	8.44.58
35	38	IAN TAYLOR	3.56 48	5.08 43	6.13 37	7.27 37	8.47.34
36	39	MAGGIE ANDERSON (F) (NZ)	3.57 49	5.05 40	6.16 39	7.26 36	8.48.31
37	39	ROBERT SIMMS	3.52 43	5.05 40	6.13 37	7.31 38	8.53.19
38	42	RICK FOSTER	3.53 44	5.09 45	6.20 42	7.41 41	8.59.00
38	41	STEVE NORDISH	4.11 54	5.21 51	6.28 49	7.41 41	8.59.00
40	52	BARRY WHITTON	3.55 45	5.10 46	6.20 42	7.41 41	9.01.34
41	42	JAMES BAZZO	4.14 56	5.28 54	6.38 51	7.54 46	9.06.59
42	40	ROB WEBB	3.43 38	5.03 39	6.20 42	7.39 40	9.10.18
43	53	MAX POWDITCH	3.57 49	5.08 43	6.17 40	7.38 39	9.12.47
44	33	GARY ROBERTSON	4.14 56	5.28 54	6.38 51	7.54 46	9.16.44
45	35	RAY CLARKE	4.24 63	5.40 61	6.48 54	7.59 48	9.17.49
46	45	RAYMOND WESTWOOD	3.45 39	5.05 40	6.22 45	7.44 44	9.18.07
47	30	BRAD BOYLE	4.24 63	5.36 59	6.48 54	8.03 53	9.22.59
48	41	KEN HICKSON	3.33 22	4.50 33	6.17 40	7.52 45	9.24.17
49	38	SUE DREVERMAN (F)	3.55 45	5.12 48	6.27 46	8.00 50	9.32.24
49	42	ANDREW WEST	3.55 45	5.12 48	6.27 46	8.00 50	9.32.24
51	35	KIERAN FALLON	3.59 51	5.27 53	6.37 50	7.59 48	9.40.20
51	31	MARK GOSBELL	3.49 42	5.10 46	6.27 46	8.00 50	9.40.20
53	35	DAN NARAIN	4.04 53	5.18 50	6.38 51	8.05 54	9.40.35
54	38	GARY LEAHEY	4.14 56	5.32 56	6.50 58	8.17 55	9.44.47
55	41	JAN BROWN	14 56	5.32 56	6.49 56	8.20 56	9.52.24
55	40	JIM PHELAN	14 56	5.32 56	6.49 56	8.20 56	9.52.24
57	42	BOB KIMBREY	21 52	5.24 52	6.50 58	8.21 58	9.59.12
58	45	BRIAN RENSFORD	24 63	5.40 61	6.57 60	8.31 59	10.06.43
59	35	LYN CRIBB (F)	32 69	5.53 64	7.11 62	8.36 60	10.12.22
60	41	BRIAN COLWELL	31 68	5.54 65	7.16 63	8.42 61	10.16.41
61	42	BILL KEATS	24 63	5.51 63	7.20 64	8.52 62	10.40.20
62	51	GRAHAME KERRUISH	39 73	6.10 70	7.35 67	9.09 64	10.55.12
63	44	WANDA FOLEY (F)	33 70	6.00 67	7.26 66	9.04 63	10.56.40
64	29	GEORGE LERANTGES	45 74	6.22 72	7.51 71	9.25 68	11.13.27
65	42	MALLEY EDGAR	24 63	5.55 66	7.24 65	9.14 65	11.20.13
66	48	WARREN COSTELLO	37 72	6.06 69	7.40 69	9.22 66	11.22.25
67	36	GRAHAM JONES	18 62	6.02 68	7.38 68	9.28 69	11.31.37
67	28	CRAIG DODIMEAD	11 54	5.37 60	7.10 61	9.22 66	11.31.37
69	48	TED LILLIS	36 71	6.14 71	7.45 70	9.31 70	11.33.44
70	36	HELEN MOCHELLE (F)	53 75	6.27 73	8.01 72	9.56 71	11.57.45
70	39	MARGARET ENGLISH (F)	53 75	6.27 73	8.04 73	9.56 71	11.57.45
70	42	ROSS ENGLISH	53 75	6.27 73	8.04 73	9.56 71	11.57.45
73	31	CARL BARKER	43 2	3.34 2	4.22 2	5.40 4	
74	29	MARTIN COLLINS	23 15	4.27 17	5.33 19		
75	35	CHRIS WRIGHT	56 4	4.18 11			
76	45	PETER PIKE	17 61				
76	43	IAN JOHNSON	40 33				
78	44	BOB TAYLOR					

ROYAL NATIONAL PARK ULTRA

RAINBOW TRAIL RUN

Conducted by Q.M.R.R.C. -

Ultra Division: 3rd November, 1990

Rainbow Beach east of Gympie is the jumping off point for visitors to Fraser Island, the largest sand island in the world. The beaches and trails of the Cooloolo National Park in this area provided the venue for the second of the Q.M.R.R.C.'s trail runs for 1990. Three courses were on offer - a 55km ultra; a 33km and a 15km course.

Thirty-two competitors completed the events - 16 in the 55km and 8 in each of the shorter runs. A slight damper was put on the events when it was learnt that a mini busload of competitors from Brisbane had been involved in a potentially serious accident only a few miles from their destination. This meant they received only a few hours sleep before starting in the event and unfortunately the bus driver, Alan Peacock, who probably would have started favourite for the 55km event received a slight foot injury which prevented him from taking his place in the field.

Just as the fiery red sun was making its way above the horizon and in an early morning mist the competitors for the two longer events took off along the beach to eventually turn around Gordon Elmer's four wheel drive vehicle parked 5km up the beach and return to the starting point at the Rainbow Beach Life Savers' clubhouse.

Mick Honer set a scorching pace to lead the runners comfortably at this stage followed by Brian Evans and Carl Hebel. The eventual first and second placegetters in the 55km event were content to remain further back in the pack.

After the runners in the longer events had passed the base the 15km competitors started. Dell Grant and Dennis Parton ran together all the way and won their respective sections of this event. They had to get back early as Dell was the main organiser at the start - finish area and Dennis was in charge of the barbeque to follow the event with the assistance of his wife, Ruth.

Norm Walker and Bob Bowen were second and third in the men's section of the 15km event with Diana Southern and Julie Walker filling those placings in the women's section. Diana's multicoloured singlet must have been especially chosen for the event.

Meanwhile the runners in the longer events followed the 'undulating' sandy trails along the Old Telegraph Line track to then turn through the rainforest and palm grove until they reached the Lake Freshwater 4WD track.

From here they followed this track to its intersection with the Gympie Road. Retracing their steps they once more followed the Old Telegraph Line track back to the starting point.

Mick Honer maintained his fast pace to easily win the 33km event with second placed Brian Annabel being almost 30 minutes behind. Brian Evans was third in this event.

Lyn Fulton who had accompanied Steel Beveridge all the way from Coffs Harbour for the event was the first woman to finish the 33km course even though she had never competed in anything longer than a half marathon.

Carol Steel and Cheryl Dellow, both from Caboolture, were second and third in this event.

The entrants in the 55km ultra race had to turn around at the base and repeat the second part of the course. Darren Morley of West End led at this stage but Cliff French showed his liking for this sort of event by storming home to win by almost ten minutes even though he covered extra ground by missing a turn.

Ken Weeks had missed the same turn in the 15km event. Somehow they missed the THREE signs and a vehicle parked by the track to indicate the turn. Maybe Ken's glasses fogged up in the humid conditions but I don't know what Cliff's excuse was.

Peter Reaburn of Brisbane ran consistently to take third place ahead of his running mate for most of the race, Doug Quadrio of Gympie.

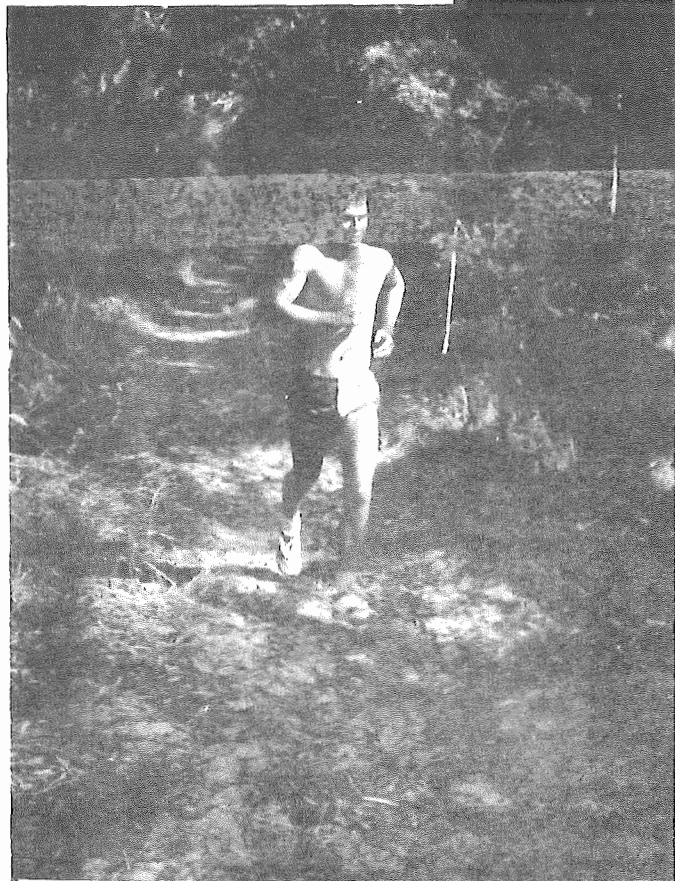
Joan Darlington of Maryborough, running in her first ultra, was the first female across the finish line followed by the 1989 winner Glynnis Wright.

Angela Annabel left her running partner for most of the race, Wendy O'Sullivan, to take third place. These two ladies were also undertaking their first ultra run and appeared to enjoy themselves immensely.

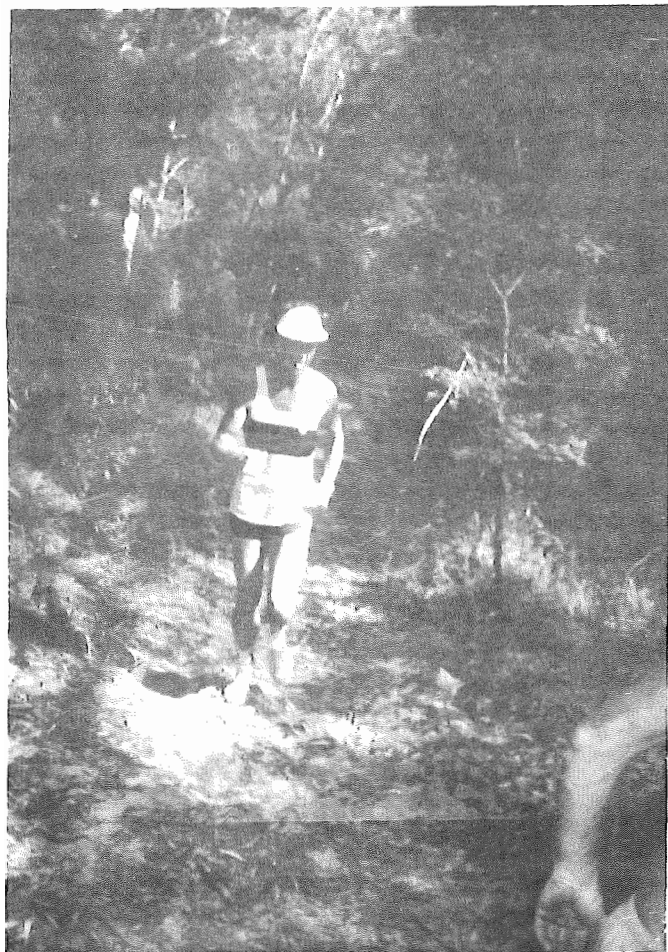
Although the conditions were hot and particularly humid the forest trails provided quite a deal of shade and all runners gave favourable comments on the nature of the course and the positioning of water stops manned by Ian Javes, Chris French, Carol Street's sons and Gordon Elmer.



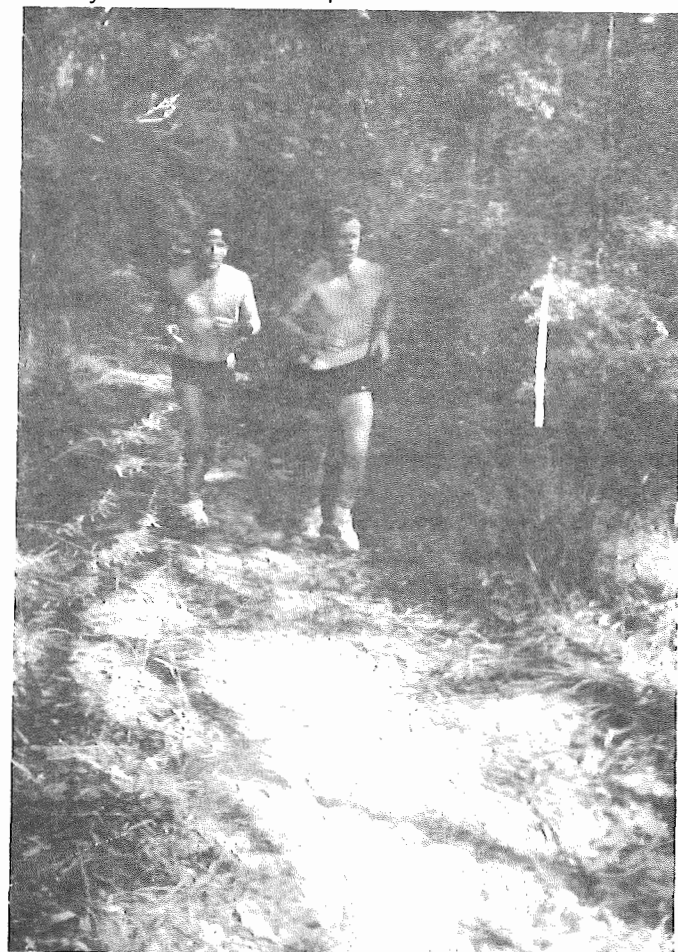
Wendy O'Sullivan enjoys a drink part way through her first ultra.



Darren Morley, equal first in the Glasshouse Trail Run, now on his way to a second place in this race.



Cliff French on his way to winning this race.



Doug Quadrio (left) and Peter Reaburn came 4th and 3rd respectively in this race.

Mid-afternoon a barbeque was held at the lifesavers clubhouse followed by presentations. All runners who finished the two longer events received a special cap to commemorate the feat courtesy of the part sponsors, New Body Health and Fitness Centre of Caboolture.

All runners in the ultra event were eligible to be in the draw for a pair of running shoes donated by Hii Tec. These were won by Doug Quadrio.

Other random draws for a weekend at the Rainbow Beach Caravan Park villas and a dinner for two at the Gazelbo Gardens Resort were won by Kev Donnelly and Ken Weeks.

Bob Burns (90pts) and Dell Grant (60pts) were presented with perpetual trophies as the winners of the Queensland Ultra Series for 1990.

Bob actually competed in all seven events and won two of them. Although Dell Grant tied with Val Case she was awarded the trophy on the basis that she had won three events whereas Val's points had come from placings only.

Next year's Rainbow Beach Trail Run will be organised by Dennis Parton and is set for 2nd November (tides permitting). Jot that date down in your running calendar and don't miss this friendly and fabulous event.

Race Director
Ian Javes



RESULTS FOR RAINBOW TRAIL RUN

Conducted by Q.M.R.R.C. -

Ultra Division: 3rd November, 1990

55km Course

Male			Female		
1	FRENCH, Cliff	5h17m53s	1	DARLINGTON, Joan	6h08m27s
2	MORELY, Darren	5h26m49s	2	WRIGHT, Glynis	6h42m08s
3	REABURN, Peter	5h31m20s	3	ANNABEL, Angela	6h54m06s
4	QUADRIO, Doug	5h45m00s	4	O'SULLIVAN, Wendy	6h59m58s
5	BURNS, Bob	5h48m14s			
6	GRANT, Ron	5h49m42s			
7	BEVERIDGE, Steel	5h50m18s			
8	WILLIAMS, Geoff	5h53m04s			
9	HEBEL, Carl	5h57m55s			
10	DELOW, Kevin	5h59m50s			
11	LEWIS, Stephen	6h49m31s			
12	SYLVESTER, Bob	7h18m48s			

33km Course

1	HONER, Mick	2h21m26s	1	FULTON, Lyn	3h05m30s
2	ANNABEL, Bruce	2h49m25s	2	STREET, Carol	3h37m05s
3	EVANS, Brian	2h56m06s	3	DELOW, Cheryl	4h13m22s
4	BAXTER, Laurie	3h31m10s			
5	CHATTERTON, Ray	4h09m30s			

15km Course

1	PARTON, Denis	1h32m00s	1	GRANT, Dell	1h32m00s
2	WALKER, Norm	1h39m24s	2	SOUTHERN, Diana	1h45m15s
3	BOWEN, Bob	2h06m12s	3	WALKER, Julie	2h36m40s
4	WEEKS, Ken	2h34m01s			
5	DONNELLY, Kev	3h13m30s			

RAINBOW BEACH - MY FIRST "ULTRA"

4 a.m. the alarm rang and my fuzzy brain stirred. I had only been asleep for 1 3/4 hours and I was NOT ready to get up!

It was Saturday 3rd November at Rainbow Beach and I was to try my first "Ultra" - 55 km along the beach and through the bush behind the beach.

Sixteen happy Q.M.R.R.C. runners had departed by bus from Brisbane the night before - looking forward to a great weekend. Alan Peacock did an excellent job driving through rain and lightning on wet and at times unfamiliar roads.

He was as safe as a bank and we settled down to snooze. About 11.30 p.m. Crash!! A young fellow was driving in a lorry on the wrong side of the road. He swerved to avoid us, but lost control on the wet road, hit us and sent us careering across the road and bustling into the bush with no steering, no brakes, no lights and the accelerator jammed to the floor!

A fallen tree finally stopped us. We didn't need that kind of excitement! Amazingly none of us was seriously hurt - just a little extra adrenalin pumping around! And so in the wee small hours we finally crawled into bed and tried to sleep.

At 4 a.m. therefore I did NOT want to get up! I woke the others and we began to get ready - Bob Burns cooked enough porridge to feed an army and packed his food box with bars that looked like plasticine dog biscuits and strange drinks.

I packed jellybabies, Uncle Toby muesli bars and a water melon. My drinks were flat Coke and water. I hoped I would survive. We set off in the dark towards the beach.

The sea mist was thick and we couldn't see far. At the Surf Club we organised our food and Dee Grant labelled us. "Are you going all the way?" She asked in surprise. I mumbled that I would try and she was full of enthusiasm and encouragement.

The "real" ultra men, Ian James and Bob Burns had given us novice runners the clues - start slowly, walk when you need to, begin taking food and sugar early, keep your fluids and sugar up and above all "enjoy yourselves"!

5.30 a.m. came and we were off to "enjoy ourselves"! Angela (Annabel) and I had decided to run together. It is beautiful at that hour on the beach, running beside the surf in the early pre-dawn.

Gradually the mist lifted and we could see further. The sand was good and hard to run on and after 5 km Gordon Elmer's 4WD was visible - our first water stop. We turned around to comeback.

The tide was rising and the sand was softer. The sun was coming up and the scenery was just wonderful - we felt so good just to be alive and running, watching the early rays of sunlight dancing on the waves.

At 10 km we were back at the Surf Club - we drank cordial to get sugar and 3 cups of water. By now the 15 km runners had taken off ahead of us. We headed along the bitumen for about 1 km, then up into the bush.

39 "Up" is an important word, because that is how we went - up, then up some more, through soft sand at the edge of a sandblow over a track as wide as a goat track - then some flat ground.

The bush was magnificent - it was about 7.00 a.m. and the rain from last night was still wet on the ground and sparkling on the leaves. It was idyllic and we were still fresh as daisies, chattering on and planning our run.

5 km into the bush and we came to Ian with water, Coke, cordial and jelly babies. Ian had lugged all these uphill through the bush. I commented to him, "Those hills are hard work!"

"What hills?" he asked, "You mean those undulations? Come to Glasshouse and run real hills or to America and run mountains."

"Sure thing!" I grunted.

The next 3-4 km were magic! - A real goat track through rainforest and palms. It was dark and cool in here, with many birds. We picked our way over roots and vines, watching for Ian's white markers, so as not to lose our way.

Running with a good friend is a great way to run one of these runs - Angela and I discussed "tactics", swapped jellybabies, told jokes and stories and generally enjoyed ourselves enormously.

At the end of the rainforest was another water, Coke, cordial and jellybaby stop manned by a young man hereinafter called "Kempsey". We didn't know his name, but he had a Kempsey marathon shirt on and he was cheerful and helpful as were all those particular people who manned food and water stops.

Now we were onto a 4WD road - soft sand in parts, but mostly quite hard and stoney. Soon we met other runners who had passed "the turnaround" and were on their way back. They were full of encouragement.

We reached the turnaround and loaded up with fluids, water melon, oranges, jelly babies and muesli bars. I wondered if our tummies would handle all these goodies on the run - but they did.

Then came "THE HILL" long, very long, hot and always upwards. We dragged our way to the top without walking and congratulated ourselves heartily.

"Kempsey" was our next goal and then another 5 km 4WD and back to Ian - a nasty sand "undulation" to get to him. We were pretty close to the back of the pack and were still enjoying ourselves, enormously.

Downhill by the sandblow (much shorter downhill) and onto the bitumen (bliss after the sand) and a downhill roll to the Surf Club and food again.

We had now travelled 33 km - "only" 22 km to go we told each other.

The race was well organised - if a runner entered the 55 km and changed his mind at 33 km and wanted to finish, he is not classified as a non finisher, but awarded a place in the 33 km race.

After food and with flat Coke and water in hand-held bottles we turned and headed off again. Now for the first time we felt a little flat - the sun was hot, the hill seemed steeper than the first time round and the bitumen seemed to burn our feet.

We passed some Army guys - they seemed singularly uninterested in the great feat we were attempting! Oh well! Into the bush again and up through the sand.

It was harder work now with 34 km behind us. I began to have a bit of trouble keeping up comfortably with Angela - I worked harder hoping the creeping weariness would go away if I ignored it - it didn't.

At about 43 km Angela asked if I minded if she pulled away - of course I didn't, but I wished I could go too - Ah, well! So now we were each on our own.

The sun was hot and the going getting hard. I followed Angela to the 44 km turnaround. We'd never run more than 42.19 km before, so we were in new territory.

I trotted along behind Angela - I have followed that girl's behind for so many miles in so many races! And then THAT HILL. It was NOT an undulation.

Someone had tampered with it - stretched it by about a kilometre and jacket it up by about 30° and also turned the thermostat up on the sun. I found it mentally tough. The top at last!!

Angela disappeared - just the track and me left now! On past Kempsey and 5 km to Ian and by now I make no excuse it was TOUGH going and my teeth were gritted! I was going to finish this run no matter what!

Finally after the steep sandy uphill Ian came into view - more Coke, more water. Ian was full of encouragement - nearly there!

I felt amazed in a way that I was going make it - 55 km over all sorts of terrain and I'm still upright and running - I can hardly believe it. I wonder if I can make it in 7 hours - I start to push things along - WHERE is that sandblow?

It takes forever to come and there it is at last - I "fly" down the hill, quads protesting loudly, out onto the bitumen watching my watch, down the road to the corner - they've moved the Surf Club too!

Up the hill, I'm really running quite strongly - I'm amazed and finally the finish - 7 hours and 2 seconds! Angela had arrived about 5 minutes before me. I am so happy! I have a great sense of achievement!

It was probably the most enjoyable, satisfying and tough run I have ever done!

The rest of the weekend was great, lying on the beach, swimming in the surf, tea at the pub with a group of running friends, nearly 10 hours solid sleep and another walk on the beach before we leave.

We were all dependant on lifts because of the bus accident. Glenys Wright and Bob Sylvester kindly fitted Bruce, Angela, me and all our gear in with them and took us home.

When I arrived home my dear husband Mark, four teenage sons and my faithful hound came tumbling down the stairs - "Well done! good on you! Are you all right Mum? We didn't think you'd make it! ... What a great sense of satisfaction and achievement.

Well, dear runner, if you are still reading my rambling account, I can really recommend trying an "Ultra" if you are looking for something different, challenging and very enjoyable.

I would like to thank Ian and Del for their great organisation of the run and Ian and Bob for their advice and encouragement.

This was only a small "ultra" but one day I might try another one!

Wendy O'Sullivan

ULTRA NEWS

Recently three Q.M.R.R.C. members competed in the Australian Six Day Championship at Campbelltown south west of Sydney. Ian Javes took out the trophy for 1st Australian male together with \$1000 prizemoney.

Sandra Barwick of New Zealand was first to finish with 888 kms, a new world women's record. Lindsay Phillips improved on his previous performance to finish 6th overall (3rd Australian Male) and covered 703 km enabling him to qualify for the 1991 Westfield Run. Ron Grant also improved on last years effort to cover 502 km.

Don Wallace went south in October and cleaned up the opposition in an ultra trail run in the national parks south of Sydney. Geoff Boase also had success in September when he took out the Bathurst 100 km Road Race just missing the record due to taking a wrong turn

As mentioned above Lindsay Phillips has qualified for the 1991 Westfield Run and Bob Burns and Owen Tolliday have had their entries accepted. Owen, being in the elite category, will have most of his expenses met by Westfield but the other two will need assistance.

Perhaps you may have a few weeks to spare in mid May 1991 and would like to volunteer to crew for one of them. It is a tough but exciting experience. They will need people to drive vehicles and others to assist in the medical field and diet and food preparation.

Suitable vehicles would be needed at the lowest cost available. One approach to the event is to have three vehicles for each runner - a campervan to follow immediately behind each runner at all times; a conventional vehicle to follow a further 300 m back and commute at times; a caravan or 6 berth mobile home to be parked at intervals of 30 or 40 km to allow crew to rest and prepare food for runner and crew.

You may be able to volunteer the use of one of these vehicles at low cost or know someone who could. If you can help Bob or Lindsay in any way please contact them on 286 3070 and 846 5637.

Ian Javes is going to compete in another 6 Day Race near Sacramento, California commencing 29th December, 1990. The race has a similar format to the one planned for Caboolture in June 1991.

BRUNY ISLAND ULTRA MARATHON 25TH NOVEMBER, 1990 RESULTS

1.	Blue Phillips	5hrs 47min 11s.
2.	Dennis Nation	6hrs 02min 11s.
3.	Ivan Davis	6hrs. 19min.27s.
4.	Tim McDevitt	6hrs 20min 11s.
5.	Murray Jones	6hrs. 24min 35s.
6.	David Gatesby	6hrs 57min 03s.
7.	Lloyd Pennicott	7hrs. 14min 10s.

Survival training pays off for gruelling Bruny event

with ALAN 'EASY' RIDER

"A WAR of attrition" is how the winner of the 1990 Talays Bruny Island 66km run, Blue Phillips, described his performance.

"A confirmation surely of the hare and the tortoise fable - slow and steady wins the race?" Blue quipped.

Appropriate words from a man whose stock in trade is learning how to survive under opposition fire.

Capt Blue Phillips, of the Regular Australian Army, has been in many tight situations before including long survival walks and intense marathon races.

The early leader in the Bruny Ultra was proven distance runner Ivan Davis (also an Army man) who had recently convincingly won the 92km Ross to Richmond.

The background of both runner perhaps gives a clue to their respective performances.

Phillips is skilled in the supply and logistics activities while Davis' expertise is in the Army band.

A breakneck early pace by Davis, matching strides for the first 18km with an accomplished relay team of three, had everyone holding their breath.

Noted Tasmanian ultra

runner Eddie Westburgh, "Fast Eddie" as he's known in the game, was stunned with the early pace and more than once cautioned Davis to ease it back.

Physical consequences of running too fast, too early are well known by Eddie and his words were given greater meaning as the last hilly 20km slowed Davis dramatically.

Meanwhile, Phillips, keeping well within his capacity to supply energy efficiently over the whole distance, was steadily moving through the field in tandem with ultra novice Denis Nation.

With the withdrawal of Westfield Sydney to Melbourne finisher Andrew Law, at around the marathon distance, both Phillips and Nation were looking good for a quinella.

Ivan Davis really faced the music over the final 10km and in his own words: "needed more km in the legs and a better preparation to meet the rigours of the Bruny run".

Blue Phillips' time of five hours 47 minutes, while well outside the course record (5.02), was a good performance under very trying conditions.

The second placing of Denis Nation in just over

six hours was a great run considering Nation's 50 years of age and his relative inexperience in distances beyond the standard 42km marathon.

Lloyd Pennicott once again proved that age is no barrier, with a minute or so improvement on last year, with a run of seven hours 14 minutes.

Over the past 12 months the ultra running scene under the guidance of the Tasmanian Ultra Runners Association (TURA) has developed a good calendar of events with Talays to Cygnet, Ross to Richmond and Bruny Island being their feature events. With both solo and relay team sections, the 85km overland ultra through Cradle Mountain to Lake St Clair is on February 2.

With ultra running attracting increasing numbers within the State and nationally, it won't be too long before we see a Launceston to Hobart and perhaps an around Tasmania as annual events.

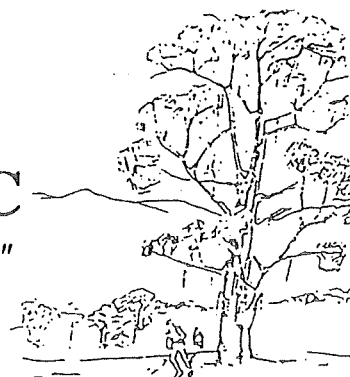
The support of the Bruny Island Council shows how important it is to obtain local community backing for these events and is a great example once again of the mutual benefits councils facilitate by supporting these activities.

TURA's contact is Kerri Law (002)725170



THE BRINDABELLA CLASSIC

"Australia's Toughest Downhill Mountain Race"



BRINDABELLA CLASSIC 11 NOVEMBER 1990 - FINISHERS

1	GEOFF LARGE	3	36	14	38.	ALLAN WHITHAM	5	16	55
2	BRUCE COOK	4	01	55	39.	PHIL CLARK	5	18	09
3.	JOHN McCRYSTAL	4	05	43	40	JOHN CASEY	5	24	50
4.	ROGER HARDY	4	05	54	41.	WAYNE GREGSON	5	26	55
5.	ERNIE STEWART	4	10	07	42	ANDREW CALDER	5	28	42
6.	WARWICK SELBY	4	17	48	43.	CHRIS STEPHENSON	5	39	58
7.	BILL LLOYD	4	22	29	43.	PETER LOGAN	5	39	58
8.	JEFF RUDD	4	23	22	43.	BARRY MOORE	5	39	58
8.	DANNY FLYNN	4	23	22	46.	BRIAN COLWELL	5	48	02
10.	KENT WILLIAMS	4	24	13	47.	WILLIAM RANNARD	5	52	03
11.	BRET NICHOLS	4	26	23	48.	MAX POWDITCH	5	59	00
12.	OLIVER WILLIAMS	4	27	39	49.	PAUL GODDEN	6	00	58
13.	JOHN CARLTON	4	28	08	50.	MARK FOLEY	6	01	47
14.	ALAN ANDERSON	4	30	54	51.	PATRICK AUSTIN	6	03	42
15.	MALCOLM SATCHELL	4	32	50	52.	JOHN FLANAGAN	6	06	36
16.	SEAN CUNNINGHAM	4	33	42	53.	BILL KEATS	6	07	15
17.	ANDREW McKENZIE-HICKS	4	35	51	54.	ALAN O'TOOLE	6	09	17
18.	JEFFREY GISSING	4	36	02	55.	GRAEME SKELTON	6	11	21
19.	PHILIP JAMIESON	4	38	39	56.	VIC ANDERSON	6	17	54
20.	TERRY STRACHAN	4	39	13	57.	MARION LANGFORD (1ST F	6	18	13
20.	MIKE WARD	4	39	13	58.	BARRY RUTHERFORD	6	18	14
22.	DAVID SILL	4	44	46	59.	JOHN SHEPHERD	6	18	58
23.	PAUL EVERY	4	49	29	60.	VALDA BULMER	6	22	09
24.	IAN JOHNSON	4	50	27	61.	WARREN COSTELLO	6	22	09
25.	STEPHEN BLENKINSOPP	4	50	40	62.	DAVID SHEARWOOD	6	24	08
26.	PHILLIP MEZZINO	4	50	52	63.	JOHN RAE	6	27	50
27.	CRAIG GOODALL	4	51	03	63.	ANDREW WATT	6	27	50
28.	CREESE SYRED	4	53	56	65.	MARK HUNTER	6	27	56
29.	GEORGE RUSSELL	4	58	35	66.	JOHN BRETT	6	31	57
30.	KEVIN TILLER	5	02	34	67.	RON BLANCHE	6	31	57
31.	NICK READ	5	03	25	68.	PETER MOORE	6	40	57
32.	BOB DENT	5	04	28	69	EDWARD LILLIS	6	54	12
33	DAVE SUTTON	5	04	58	70.	GRAHAME KERRUISH	6	54	49
34.	GEOFF STANTON	5	07	06	71.	BARBARA ALLAN	6	56	31
35.	CHRISTOPHER GUY	5	07	34	71	PETER ALLAN	6	56	31
36.	JAMES SKETT	5	09	27	73	DEREK QUINTO	6	58	03.
37.	DOUG MARKULIN	5	12	07					

13 Southwood Retreat Bonython ACT 2905 Ph: (06) 293 2461

CANBERRA'S
FM104.7
Good Times & Great Rock n' Roll

Realty World

WIN
TELEVISION

CAMPBELLTOWN AUSTRALIAN SIX DAY TRACK CHAMPIONSHIP,
1990

It is doubtful that anyone could have predicted the drama and significance of the next six days when 22 finely tuned ultra athletes stood awaiting the starter's signal on a warm, sunny Sunday morning 18 November 1990.

The field, one of the best credentialed ever assembled, included last years' winners, Dave Taylor and Wanda Foley as well as such renowned performers as Cliff Young, Ron Grant, Tony Rafferty and Tony Collins.

Also of note was the fact that the field contained a complement of six well performed women competitors namely, Wanda Foley, Georgina McConnell, Helen Stanger, Val Warren, Lucille Gladwell and the world ranked Sandra Barwick from New Zealand.

From the outset, the pace was on with Ian Javes leading the assault narrowly from Sandra Barwick and maintaining that lead through the first three days however, the first insight into what was to come occurred at the 48 hour mark when two records were broken and both by women competitors.

Sandra Barwick, in second place outright broke the Australasian 48 hour record with a staggering 326.5419 km and at the same point, Helen Stanger, running in her first multi-day event, set a new Australian Resident record of 287.2 km. Helen was in third place outright at this point.

The race had come alive and as further records tumbled, the sheer excitement had begun to reach the local community bringing large numbers of spectators in and out throughout the remainder of the race.

Whilst Ian Javes continued to lead narrowly through the 72 hour mark, the ladies continued to assault time and distance records with abandon. Helen Stanger, still holding down third place outright, broke the Australian 300 km record by 3h 34m 45s with a time of 2days 2h 50m 50s and then went on to set a new 72 hour record of 389.2 km. Ian Javes also set a new Queensland Resident 72 hour mark of 478.6657 km. All this and only half the race completed. One could be excused for assuming that these efforts alone would be the highlights of the race but, the best was yet to unfold.

The fourth day heralded the greatest change to the complexities of an absorbing tussle both at the front of the field and further down the list.

The most significant change occurred at the lead with Sandra Barwick overtaking Ian Javes who appeared to encounter a temporary horror patch. Sandra appeared to find her second wind and suddenly she was striding relentlessly, quickly opening up a gap of fifty laps.

Back in the field, Helen Stanger, suffering severe knee problems, dropped two places but not before she had established yet another Australian record for 400 km of 3days 2h 4m 47s. Tony Collins and John Lewis (NZ) were engaged in "leap frog" for third and fourth positions whilst Georgina McConnell moved up quietly but comfortably into sixth place.

Late in the evening of the fourth day, young Queenslander Lindsay Phillips who had looked totally out of contention earlier suddenly broke into a gallop which lasted for several hours and at one point was posting two minute laps. His sheer tenacity brought him up into eighth place with prospects of further advancement if he could maintain his regimen.

Bob Channells, Graham Firkin and Brian Colwell continued to maintain a steady pace as did Keith O'Connell and Shaun Scanlon who were running their best multi-day races ever.

To this point, Cliff Young had not appeared to seriously threaten the top ten placings but one can never underestimate this super athlete and sure enough, he began his assault which would continue to the very end.

Val Warren, the wily womens veteran continued to rotate steadily, just outside the top ten as did Wanda Foley and Lucille Gladwell but Bruce Donnelly, who earlier in the race had been handily placed in the front six seemed to falter during the latter part of the race.

John Timms, who only a month prior had completed his first 24 hour race, was surprisingly hanging in gamely whilst Ron Grant appeared to be running well within himself. Dave Taylor, the defending champion was battling horrific blisters which hampered his performance severely whilst Brad Boyle showing typical grit, battled on gamely.

At the lead, Sandra Barwick was absolutely relentless in her pursuit of outright victory, gradually increasing her lead over Ian Javes who, having recovered from a short "horror" period was now fighting back and in an unassailable position for second place.

By the end of the fifth day, Tony Collins appeared to have shaken off John Lewis and cemented his third placing but the surprises continued.

Georgina McConnell who had quietly worked her way through the field, combining precision judgement with a most economical stride suddenly ripped through a series of three Australian records for 500 km (96h 11m 22s), 600 km and 700 km, overtaking John Lewis to move into fourth place outright.

The real surprise package of the race, Lindsay Phillips continued on his rampage, seemingly oblivious to names and reputations as he overtook Helen Stanger to move into sixth place and looking better as the race wore on.

With less than twelve hours to go, one of the most wonderful experiences I have ever witnessed occurred. It became apparant that Val Warren was within twenty laps of breaking American, Myra Linden's World Veterans (55yrs and over) Six Day Track record. You could almost feel the electricity in the air as stride by stride, lap by lap, Val whittled away at the target, urged on by spectators and fellow competitors alike. I could feel the tears welling up in me in anticipation of such a fantastic achievement by such a gutsy lady.

As she reached her target, emotion seized the entire complement of the ground. The race virtually came to a halt as she was embraced by all and sundry. Tears rolled down her face as she was congratulated by Sandra Barwick, Georgina McConnell, Helen Stanger, Wanda Foleyeverybody, and deservedly so because if ever anybody deserved such acknowledgement it was fittingly Val Warren. She was heard to say "thank you all so much nothing like this has ever happened to me before." Well Val, that moment will remain with me forever and I thank you for providing it to all of us lucky enough to have witnessed it. Val's World Record was extended to 571.5715 km. Fantastic.

If all this excitement was not enough, there was still more to come. Sandra Barwick went on to annihilate the World Six Day Track record for women by a massive fifteen kilometres to post a new standard of 883.631 km whilst Georgina McConnell, urged on emphatically by all present, set a new Australian Resident Six Day Track record by less than a kilometre to post 738.903 km

44

and secure fourth place outright.

With Sandra Barwick, Georgina McConnell and Helen Stanger filling 1st, 4th and 7th places outright respectively and Wanda Foley, Val Warren and Lucille Gladwell filling 14th, 15th and 16th places dispels any doubts about women competing on an even footing with men and I believe that in future we will totally reject the male and female labels in endurance athletics and all runners, irrespective of sex, will be simply referred to as "competitors."

Congratulations to Sandra Barwick on her historic milestone of outright victory in a mixed race in Australia. I believe this to be the first time in this country that a woman has achieved outright victory in an ultra marathon and perhaps a precedent has been set for the future.

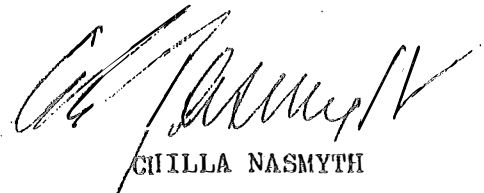
Ian Javes' set a new Queensland Resident Record for Six Days with 810,7092 km and second place outright. An excellent performance.

Apart from Sandra Barwick and Ian Javes' 800 km + performances, four athletes posted better than 700 km. They were Tony Collins (770.104), Georgina McConnell (738.903), John Lewis (735.631) and Lindsay Phillips (703.454).

Bob Channells, Graham Firken and Cliff Young filled 8th, 9th and 10th places respectively with a gutsy effort by Shaun Scanlon for 11th place being worthy of special mention.

From a personal point of view, I must say that this race has been the most absorbing, engrossing and exciting ultra marathon I have ever witnessed and all credit must go to John Shaw (Race Director) for his total dedication and commitment and above all, his belief in the future of ultra running. The runners, the crews, the officials and the spectators all contributed to make the 1990 Campbelltown Australian Six Day Track Championship not just a race, not just an event but an EXPERIENCE and we all look forward to 1991 with great anticipation.

Could this experience be topped?


GILLIE NASMYTH

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 rate is currently eight pounds sterling, inclusive of postage to Australia.

A subscription can be obtained by sending a sterling currency cheque to:

Malcolm Campbell,
15 Walton Gardens,
Grantham,
Lincs NG 31 7 BH
United Kingdom.

Campbelltown Australian Six Day Track Championship

RACE DIRECTOR - ORGANISER

J. SHAW

17 BUVELOT WAY

CLAYMORE N.S.W. 2559

TELEPHONE: (046) 26 6694

Sandra Barwick	883.63I	km
Ian Javes	810.7092	km
Tony Collins	770.104	km
Georgina McConnell	738.903	km
John Lewis	735.63I	km
Lindsay Phillips	703.4545	km
Helen Stanger	691.5888	km
Robert Channells	656.3268	km
Graham Firkin	642.3185	km
Cliff Young	648.503	km
Shaun Scanlon	635.4072	km
Brian Colwell	624.7932	km
Keith O'Connell	602.456I	km
Wanda Foley	591.3157	km
Valerie Warren	571.5715	km
Lucille Gladwell	571.5715	km
Bruce Donnelly	550.6367	km
John Timms	529.703	km
Ron Grant	501.5685	km
Dave Taylor	501.703	km
Brad Boyle	406.4587	km

Sony Rafferty retired

Ian Javes

Queensland 3 Day Record
478.6657 kms

Queensland 6 Day Record
810.7092 kms

Valerie Warren

World Record Women's Veteran 6 Days
571.5715 kms

Sandra Barwick

World Record 6 Days Womens

(Old Record 868 kms) at 140 hours
11 minutes 56 seconds.

(New Record 883.63I kms)

Australasian Record 48 Hours

326.5419 kms

Australian Helen Stanger

48 Hour Record 287.2 kms

72 Hour Record 389.2 kms

300 km Record 2 Days 2 Hours
50 minutes 50 sec

Beat Old Record by 3 Hours 34 min
45 seconds.

400 km Record 3 Days 2 Hours 4 min
47 seconds

Beat Old Record by 4 Hours 14 min
54 seconds

Georgina McConnell

Australian Record 500 kms

96 Hours 11 minutes 22 seconds

Australian 6 Day Record 738.903

Women's 738.903

Old Record 738 kms

Also broke 600, 700 kms



Steel Beveridge travelled
all the way from Coff's
Harbour, NSW for the
Rainbow Beach Trail
Run.

CAMPBELLTOWN AUSSIE 6 DAY RACE NOV 1990

A Personal View from the Saddling Enclosure by Mark Foley

This year's race at Beautiful Bradbury Oval promised good value to those on the sideline, and definitely delivered.

The field was choc-a-bloc with talent: Tony Rafferty fresh (?) from a 3rd place in the Sri Chimnoy 1000 mile race; Sandy Barwick and John Lewis from New Zealand (both finishers in '90 Westfield); Ron Grant the QLD long-distance legend; Helen Stanger NSW & Aust. record holder for 24 hours; Cliff Young; Ian Javes (2nd in '89 Sri Chimnoy 1000 Mile); Georgina McConnell and Wanda Foley (competitors in '90 Westfield); Dave Taylor winner of '89 6-Day; Tony Collins (finisher '89 & '90 Westfield); plus some new talent.

Bradbury Oval provides a friendly relaxed atmosphere with a procession of interested on-lookers. The swimming centre next door is a haven for tired runners and crew, and also provides the pleasant sound of children at play. Runners' vans are only a few steps from the edge of the track, as are the showers and the canteen. The lap-tent was staffed by a mixture of "veterans" who were hard to shift from their seats, and some enthusiastic young people. An ice-cream van was set up next to the scorers.

Wanda's van was set up alongside her clubmates and fellow-competitors, Brian Colwell, Brad Boyle, Dave Taylor and Keith O'Connell. Our tent became a nerve centre for blister-busting, ilio-tibial stretching, and the massage table did so much business it collapsed on day 5.

New definitions of tiredness: Wanda came in to have her feet and shins iced every 3 hours for the six days to ward off the Westfield Shins. After one of these sessions we went through the routine of putting the music belt and hat back on but couldn't find the sunglasses. Five minutes where we both searched the annexe and van proved fruitless, until we both realised that she had them on! **OR** Brad walking round the track fiddling with his walkman controls trying to get more volume and wondering why he couldn't hear it properly....until he realised that the earphones were dangling over his shoulder and not in his ears! **OR** Keith rubbing his eye cream onto his foot in the dark!

Dave Taylor and Ian Javes entertained us with some mid-race verbal sparring, but shook hands at the finish.

Cliffy was good value with his regular collapse into the arms of Sandy's female crew member. Some onlookers were concerned about his health only to be amazed when he resumed running at a very brisk rate immediately after (with a grin on his face).

Male lap-tent officials regularly fought for the right to be the "turn-around-post" so that they could get a cuddle and a dance with Wanda. I know your names, guys, and have photos.

We had a small ceremony when Brad's toe-nail (bed and all) finally came off. He presented it to me with the suggestion that I might like to wear it round my neck seeing as how I had so much to do with the removal process.

Wanda acted as an extra alarm clock by banging on Keith and Brad's vans when they overslept as she circulated on the track. Eventually she jogged in to give them a personal wake-up message. I suggested that this was the very time to let them snooze and get past them but was reminded that this wasn't a "serious" run (!).

Kiwi jokes were avoided for a while, but John Lewis reeled off a few and they became fair game.

John Timms impressed us all with his happy outlook. John advised us that he had run his first marathon only two months previously, followed by a 24 hour, and now the 6 Day!!!

Dell Grant and Val Case toiled throughout the event on endless water bucket duty. At least they did it with a smile. Why not enter the event next year girls, and let someone else build up their muscles.

Local policeman (and 24 Hour runner) Laughing Larry turned up most nights in uniform to do a lap of the track and see that we were all behaving ourselves. A number of competitors invited him to pull out his gun and perform a mercy killing. Larry will probably be in the race next year.

Westfield runners Pat Farmer, Kevin Mansell, Mark Gladwell and Bob Fickel all enjoyed being on the other side of the track for a change, offering assistance to anyone who required it. Mark especially, as his wife Lucille was out on the track in her second 6 Day....do we detect a husband and wife team perhaps???

Lindsay Phillips provided a different sort of entertainment this year. Instead of being the "stylemaster", Lindsay turned in a gritty sustained effort with some great crewing from Ron Grant's daughter, Debbie. It was an emotional moment when he cracked the 700 kilometre point!

The six ladies in the race spent considerable time studying the rear-ends of the male competitors. Votes were taken and after considerable deliberation, The Cheeky Bum Award was presented to Ron Grant.

One of Wanda's crew, Pete Smith, put in over 20 hours of the last day lap-scoring for Sandy Barwick. Most of this was done STANDING UP! Pete should consider a 24 hour race after this effort. He pointed out how economic Sandy was on most laps by just flicking her left (or right) eye towards him for recognition!

A modest Yiannis Kouros turned up for the finish and congratulated various runners on their effort. It was only when quietly talking to us that he confessed his recent Spartathlon win followed by a fourth placing into the World 100K Championship! (6 hrs 43 min).

Dave Taylor went straight from the finish ceremony to play cricket with his local team. He contributed 22 runs to his side's score and bowled eight overs taking 2-30!

All in all, the race was another well-run community event (thanks to John Shaw and his committee) and next year should be even better.

IMAGES FROM THE CAMBLETOWN 6-DAY RACE



It sure looks hot out there!
From right to left:
Cliff Young,
Sandy Barwick
(N.Z. eventual
race winner),
John Lewis
(N.Z.), Graham
Firkin, Wanda
Foley, Shaun
Scanlon.



With just 10
minutes to
go, are the
smiles just
all relief?
From left to
right: Wanda
Foley, Cliff
Young, Dave
Taylor.



Just after
the finish
of the race.
Do they both
consider
themselves
lucky at this
moment? Wanda
Foley receives
congratulations
from Yiannis
Kouros. (Charlie
Lynn showing
off his legs
in the
background.)

GIVE ME THE HEAT ANY DAY

by IAN JAVES

After easing up over the last two days of the Campbelltown Six Day Race, I entered the Gibson Ranch Multi Day Classic conducted on a one mile road circuit around a lake in Sacramento, California. Runners had the choice of running for 1, 2, 3 or 6 days. I chose the 6 day event, my second within six weeks.

All up there were over 30 competitors in the four events, most being from the USA but there were runners from Finland, Switzerland, Czechoslovakia, Japan, Canada and Mexico. I was the only Australian entered. Norm Klein is a top organiser of races in California, USA, being most well known for his organization of the Western States Trail Run, but he also organises the California Marathon, the Jedediah Smith Ultra Classic (50k, 50ml, 100k) as well as this inaugural Gibson Ranch Classic. He was capably assisted by Lee and Diane Scott. Mainly I wanted to compete in this event to see if it was feasible to put on such an event at Caboolture in early September, 1991. As readers may be aware I am not in favour of 400m tracks for multi day events. Larger circuits allow larger fields and make lapscoreing easier.

During the race a kitchen was in operation continually, supplying the runners and officials with a whole range of foods and drinks. This meant that most runners were competing without a crew since lapscorers were supplied. A few did have well organised crews most notably Silvia Andonie of Mexico who had her husband (coach), a physician, a masseuse and a reporter. Runners were allocated to air conditioned bunkhouses so that they could occasionally catch a few hours rest and escape the bitterly cold conditions.

I arrived in Sacramento two days before the race to find that they had been subjected to record low temperatures for that time of the year. Apparently it had dropped as low as -10°C and on the morning the race started it dropped to -4°C . At no time did the temperature go above 15°C . Well I did go over there to see what it was like to run in cold conditions - give me the heat any day. At one stage prior to the race it looked as though we may be without hot showers. The pipes had frozen in many places throughout the city and the plumbers were working overtime. Fortunately the county council organised repairs in time for the race start.

Shortly after the race commenced a bitterly cold wind sprang up (about 50kmph) and persisted until nightfall. I found that I was still somewhat jet lagged and the food supplied was not of the type I usually consumed early in a multi day race. This led to an upset stomach but I decided not to panic but to have a relatively easy first day and pick up later in the race when I usually find I can eat anything. I was not there to set any records so I was content with the 94 miles for the first day. Later in day two I found that I had overcome the eating problem and decided to pick up the pace. I was within five miles of the leader, Milan Milanovic of Switzerland, when the temperature dropped and muscles tightened which lead to a groin problem. Rather^{than} pushing on with it I opted to ice it, take a few aspirin and rest. After the rest I had a hot shower and dressed in the warmest clothes available (3 layers). Gingerly I set out to test the groin and found that it held as long as I kept warm and didn't stretch out too much. Thus I adopted a type of Cliff Young shuffle and aimed for about 30 miles a day which I felt would be enough to win the race.

During day three I covered 32 miles without too much difficulty and this lifted me to second position only four miles behind the leader Milan. Less than halfway through day four I passed Milan as he had developed shin splints and found the going tough. He took my advice and iced it and immobilised it so that he was able to hang on to third position.

With Milan out of contention Silvia Andonie of Mexico decided to issue a challenge but I did enough to maintain a lead of 10 to 15 miles. This would allow a few hours break and the occasional hot shower and stretch to loosen up muscles. With a few hours remaining in the race Silvia had completed 724km and I was at 740km (460mls). At this stage Silvia decided enough was enough and so we both stopped, cleaned up and rested rather than punishing ourselves unnecessarily.

Although the distance covered was way below my capabilities I was happy enough just to win the race under the conditions. The competitors and officials I found to be extremely friendly and only too willing to help in any way possible. I learned sufficient to include such an event in the Queensland Ultra Series (Sept 1-7). This means that if all goes well runners should be able to select 1, 2, 3 or 6 days of running without having to bring along a large crew. The competitors may not be able to get as much distance as with a highly organised crew but at least it gives runners a chance to try a multi day event at low cost.

Helen Klein (68yrs) covered 340 miles in the Gibson Ranch Classic to set a new USA and world best distance for her age category. Norm Klein and his wife Helen are wonderful people and seem to be able to attract an army of volunteers to help them in races they organise. If you don't mind the cold weather and wish to escape the hot summer in Australia then my suggestion is that you start saving the air fare now (about \$2000) and try next years Gibson Ranch Classic (late Dec- early Jan).

TOP TEN * GIBSON RANCH SIX DAY EVENT (25 entrants)

		Day1	Day2	Day3	Day4	Day5	Day6	
1. JAVES Ian (48)	Aust	94m	149m	231m	305m	385m	460m	(740km)
2. ANDONIE Silvia (35)	Mexico	101	164	229	300	375	450	(724km)
3. MILANOVIC Milan (30)	Switz	103	168	235	296	345	407	(555km)
4. COLLINS Dick (57)	USA	76	135	203	261	325	403	(648km)
5. JOHNSON Janet (50)	"	92	155	212	264	315	371	(597km)
6. JOHNSON Clive (53)	"	92	155	212	261	312	370	(595km)
7. RICHIEY Clarence (53)	"	74	145	192	245	310	360	(579km)
8. ISTVANIK Method (63)	"	82	143	203	254	305	357	(574km) walked
9. RONESBERG Ephraim (60)	"	88	150	207	264	302	341	(549km)
10. KLEIN Helen (68)	"	73	128	182	240	289	340	(547km)

THE DAY THE WUZZIES WON OUT

by Max Bogenhuber

Definition of a WUSSY: Someone who is afraid of the dark, cold, heat, rain, sun, exhaustion, etc.
In other words.... a real WIMP!

The annual "Bogong to Hotham" ran in the Victorian Alps was to be held on Sunday 6th January. But due to some clouds and some overnight rain, the event was cancelled.

I had spent the week leading up to the event at Falls Creek, like so many other runners do at this time of the year. It's a great place to relax and get a bit of running in. The weather had been beautiful all week, at times even hot.

On the eve of the race, it started to rain and the rain did not let up till the morning. The temperature had dropped from the high 30s the day before, to 4 degrees at 4.30am on race day.

There were quite a few runners staying at the lodge that were supposed to run the Bogong to Hotham. There had been talk amongst these runners that the run may be called off if the weather was really bad. I tried not to think about a cancelled run, as I had trained a fair bit for this and was in reasonable shape. I wanted a run regardless: I had an inkling that there were a few wimps around that may chicken out of the run at the slightest excuse. After all, it probably is the toughest run anywhere in Australia, certainly the hardest 60kms I have ever done.

Most of us got up at 4am to get ready for the trip down to the foot of Mt. Bogong, where the race starts. The biggest Wussies, Yakky Logan and Big Chris Stephenson didn't even get out of bed. By this time the rain had stopped, but it was a trifle cold outside. So what. Good running weather!

The rain had caused a few rocks to finish up in the middle of the road, and our driver, who shall remain unnamed (but he drives a Saab) obviously was prepared to try anything to escape the run, because he ran straight over one of those boulders and half wrote off the poor Saab. Unperturbed, we sent the other car back up the hill to get Truly's car so we could all get down to the starting line.

The further we got down, the better the weather looked. Once we got close to Mt. Beauty, we could actually see the top of the mountains. We were all confident that the race was on, but upon arrival at the start, the race organiser told us that conditions would not allow the staging of the race. I for one was very disappointed, and I can say with confidence, that many of the runners there shared my feelings. I had run in far worse conditions, in terrain that was at least as forbidding as this. Surely, only Wussies would be afraid of these conditions, not real runners!

Having been involved with run organisation, I don't want to knock the organisers too much, because I know it's all a bit of a pain. But I sure wish that race directors would start to treat runners like the hardened adults that they are. A race director does not have to be every runner's mother.

The reasons given for cancellation were:

1. What if a person gets lost? (They can get just as lost if the sun is shining)
2. What if someone gets hurt? (They can get just as hurt if the sun is shining)
3. What if the weather changes and gets worse? (The weather can always change very quickly in the mountains).
4. What if the river is flooded? (There is a steel chain across the river that is strong enough to hold an elephant).

For my money, a race director has an obligation to the competitor to supply accurate information about his/her event. He/She also has an obligation to follow the information given to the potential runners. e.g. if a run is described as TOUGH, NO COURSE MARKING, NO AID STATIONS, NO WIMPS need apply, then all runners entering, do so knowing that, and take all the risks that this type of event brings with it. That is part of the attraction of ultra trail running. You have to use your head!

I don't think it is fair to the majority of competitors who are well prepared, to call off an event because there may be someone who is not prepared and may get into difficulties. Let them suffer out there. Next time, they will either prepare themselves or stay away from tough runs. Let's face it, most ultra runners are pretty hardy souls and are well equipped, mentally and physically, to withstand a bit of hardship quite well.

The answer may be to restrict this type of event to people who have a proven ultra background. But I still think that adults should not be treated like school kids, and should be allowed to make up their own mind about the difficulty of their endeavours.

As it turned out, a whole bunch of runners did the first half of the run anyway, and it was a perfect day for a long run. I got into Watchbed Creek (32km) quite a bit quicker than last year and enjoyed it. I really would have liked to run this event again, because it is a very tough, challenging course. But I'm afraid it will have to be crossed off my race calendar, as I will not enter this type of race without being well prepared for it, and I will not spend months training for an event that gets called off because of a bit of rain and some clouds. What could have been developed into a real mountain classic, has now probably lost its appeal for most serious runners.

C.H.A.S.E. CARNIVAL 50 MILE ROAD RACE BALLARAT - SUNDAY 9TH DECEMBER, 1990

by Peter Gray

This race was cold and windy with a lot of rain. Safet Badic broke the record for this race. His performance was great. Jeff Smith also ran a good race to take out second spot. I was hoping to do the race in under six and a half hours and I was happy with my time. Brickly Hepburn ran a great race. He missed that time by one second! Peter Risstrom ran his first ultra in this race and finished under 7 hours. Bill Beauchamp won a bottle of wine for his sixth spot. He gave it to Greg Wishart, who finished 8th. Bill Beauchamp, Greg Wishart and myself have all run this race every year since 1985. Norm Johnston kept on going, and it was good to hear he had made it to the finish line. Well done to all the runners.

RESULTS:

1.	Safet Badic	5.26.41	6.	Bill Beauchamp	7.16.37
2.	Jeffrey Smith	6.16.48	7.	Michael Grayling	8.26.26
3.	Peter Gray	6.24.40	8.	Greg Wishart	8.50.33
4.	Brickley Hepburn	6.30.01	9.	Norm Johnston	10.12.52
5.	Peter Risstrom	6.55.35			
DNF	Ron Campbell (38 miles)	5.31.06			
	John Champness (31 miles)	5.13.12			
	Kevin Cassidy (30 miles)	4.10.47			
	Graeme Russell (22 miles)	2.50.32			

BOGONG TO MT.HOTHAM TRAIL RACE 6TH JANUARY, 1991

by Peter Armistead

I awoke at 1.30am on the day of the annual classic, Bogong to Hotham. It was still raining heavily since starting the afternoon before. Things didn't look too good for the race start.

Peter Logan surfaced in the Falls Creek Lodge around 4am to declare with his notice on the board, "I, P.Y(Yakkie) Logan, declare I am not mad and am therefore going back to bed", a shadow of his former self. Finally at around 5am, nine of us in cars driven by Geoff Hook and Clive Davies, headed off from Falls Creek to the race start.

Big Chris showed his true colours and didn't bother getting out of bed. You'll have to get him to have a good hard look at himself, Helen! Hookie led the assault down the mountain. About 1km down the hill a three foot diameter boulder in the middle of the road, should have been easy to see and avoid. That is, for anyone but Hookie. Max Bogenhuber's cry was too late. The Saab was no match for the rock, and we came to a dead stop.

Clive returned to Falls Creek where Truly Magnificent (Greg Wishart) picked up his somewhat dented rally car to continue the trip. There was a lot of jostling for positions in Clive's car. Truly's driving reputation had gone before him.

We arrived at the race start finally, with just one more stop, to put Peter Gray on the right track. He couldn't find the start. The weather had cleared, but Russell Bulman had rightly cancelled the event. Max was bitterly disappointed. After being thrashed at table-tennis and pool all week, he was desperate for a win.

Russell Bulman wanted to know if Truly's car arriving at the start with all the panel damage, was Hookie's car. Hookie couldn't see the funny side of it at all.

A few ended up running to Watchbed Creek, half-way, while some others ran from Mt.Beauty back to Falls Creek. Hopefully, the run will be on again next year. It would be a shame to se this tremendous challenge disappear from the ultra scene.

Bruce Cook said that next time, he'll drive himself to the start. Last year, he experienced a hair-raising drive with Roger Hardy, this year, Hookie and Truly.

MANSFIELD TO MT.BULLER 50KM ROAD RACE SUNDAY 27TH JANUARY, 1991

by Peter Armistead

Just after 7am on the 27th January, Robin Anderson, our generous sponsor from Merricks Nursery, started the 22 hopefuls on their way for the inaugural Mansfield to Mt.Buller 50km Classic. The weather was mild and calm, with some cloud cover - ideal conditions for the race.

After a short burst in front from Peter Gray, Carl Barker took the lead and was never headed. Equal pre-race favourite, Bruce Cook pulled alongside me, relaxed and headed after the leaders, Barker, Anton Oberscheider, Peter Gray and John Breit.

The well-organised drink stations every 5km with their top service were a real bonus and the beautiful undulating countryside with the mountain looming and threatening in the distance was a treat to run through. By Merrijig, with my pace a little faster than it should have been, I finally began to pick up John Breit and Peter Gray, who had been together from the start. After passing John and Peter, I came to the half-way point and realised it was going to be a hell of a struggle up the mountain.

Somewhere inside the last 10km, Greg Wilson charged past me as though he'd just joined in, although I was glad to see even he too was human and was reduced to walking at times. The village seemed as though it would never come. God I was stuffed! John Breit's beautiful girlfriend gave me a welcome drink shortly before the village, which I promptly brought back up. I think John had laced it with something to upset me, because, as he passed me about 1km from the summit, he wasn't speaking and had a smirk on his face. It was a great feeling to reach the summit and run the last 2km downhill to the finish. What a run!

Carl Barker, after taking fright when Bruce Cook got closer up the mountain, pulled away to win in a good 3hr.48min.22s. Bruce was second in 3.54.11, both great times over this course. Anton Oberscheider and Greg Wilson came in third and fourth in their first ultras. Great efforts! Peter Logan finished strongly and it was great to see the old stager hitting his straps again. Lavinia Petrie sets a time which will take a lot of beating, I'm sure. Lavinia is capable of knocking off a few women's ultra records. Back in 12th spot, AURA President, Hookie finished his 50th ultra, a great effort, although he was seen fraternising with "grumpy" Dot Browne (nicknamed by Ross Shilton because of her complaints about being rudely awakened at 5am) at the 46km point and giving in to Peter Quinn's passing him without a fight. Weak effort I'd say!

Great to see another blast from the past, Brian Bloomer, finish the run and back in action.

Everyone agreed it had been a top run and we hope to see you all (plus some new faces) next year, Maybe even some the NSW wussies may be up to the challenge.

MANSFIELD TO MT.BULLER - 50KM ROAD RACE

by Ken Matchett

This inaugural ultra-marathon took place on Sunday 27th January when 21 starters made the effort to run from Mansfield to the summit of Mt.Buller. This mountain, one of the tallest in Victoria, reaches 1908 metres (almost 6,000ft). Mansfield, having an elevation of only 320 metres (about 1,000ft), meant that one's body weight had to be lifted through about 5,000 feet - this on top of a 50km run!

The first 32km of the course is undulating, but gradually rising. However, the next 18km is a climb, the road becoming very steep as one approaches the Alpine Village. From the village, the runners had to then run the remaining 2km along the stony path to the summit, rock-climbing the final stretch and then back again to the Arlberg Hotel where the race finished.

Conditions were good, with smooth road surfaces to the village, no wind and moderate temperatures. Temperatures dropped as the altitude increased. Judging by the times, most of the runners were experienced marathoners and ultra-marathoners. Ages ranged from 26 years to 69. Drink stations were set up at 5km intervals at which water, fruit, sponges and sweets were available. The drink-station attendants are to be congratulated on a job well done, as are the organisers, Dot Browne and Peter Armistead. Certificates were awarded to all finishers.

This race must surely rank as Australia's most challenging 50km ultramarathon. Incidentally, there is no truth in the rumour that next year the race will be run from Mt.Buller to Mansfield!

MANSFIELD TO MT.BULLER - 50 KM ROAD RACE

SUNDAY 27TH JANUARY, 1991.

by Dot Browne

It was Peter Armistead's brainchild, this Mansfield to Mt.Buller road race. His brother Wayne lives at Mansfield with his family and Pete had churned out many miles on that road and thought it would ideal for an ultra race. He was right.

We had an interesting time the day we decided to mark out the course with 5km paint markers on the road. The weather in Mansfield was hot and sunny when we took off in the car with the calibrated bikes on the back, so we were dressed just in tee-shirts and bike shorts. The arrangement was that we were to be dropped off at the top of Mt.Buller and we would ride back to Mansfield, stopping every 5km to mark the road with the appropriate distance. However, as we drove up the mountain the sunshine disappeared. There was a complete change of weather pattern up top. The fog and mist set in making visibility for any distance difficult and by the time we reached the end of the summit road, the rain and sleet had set in, freezing us to the bone as Pete, Hookie and I poured out of the warm car in our flimsy gear. Our fingers turned to ice as we unscrewed the bikes from the racks. "We'll warm up once we get moving," Pete said optimistically. I must admit I wasn't convinced.

Pete was adamant that the race had to go right to the top of the mountain, despite the fact that the last 800metres to the lookout cairn was a mass of huge jagged boulders and spiky sharp rocks." The runners are gonna love this after running 32km on the flat, then 16km up that rotten hill", I stated. "Stuffem", he replied. "If you were climbing Mt.Everest, you wouldn't stop 50 metres from the summit just because of a few miserable rocks, would you?" . "Fair enough, but how the bloody hell are we going to measure THAT bit with the bike?" . "Don't you worry about that, she'll be right" was his laconic reply.

So we got some very strange looks from other sightseers as we pushed and shoved the heavy bike over the rocks to the cairn with the icy wind howling around our backsides and the sleet freezing us to the bone. We set the dial on zero, turned the bike around and struggled back with the damn thing, frantically trying to keep the wheels on the flat planes of the jagged rocks as we pushed and shoved. "Why don't you try the road?" some smart-alec yelled out. Pete's reply was unrepeatable.

Well we did try the road, didn't we, when we finally got to it, that is. But the icy conditions on the road made it a hair-raising ride down the mountain. The brakes wouldn't grip on the wet rims and it was very difficult to stop. And of course, Hookie's beautifully painted distances on the wet road seeped and spread so that they were unreadable. But to finally cap it off, by the time we had painted 45km, 40km then 35km, the rain had seeped into his odometer, and had fogged up the glass to the extent that we couldn't read it. There was nothing else for it but to abandon the job and ride back to Mansfield. Happy days! All in the interests of putting on a good race. We tried the whole procedure again the day before race day in fine weather and with much more success.

Pete had 21 starters in the event and they were an interesting group. He was delighted to find that the two top 50 milers, Bruce Cooker from Canberra and Carl Barker from Sydney, had entered, as well as Westfield finishers Brian Bloomer, John Breit, Greg Wishart and Peter Gray. He also had Murdock Mackenzie from Gisborne who had completed the Comrades Marathon in South Africa eight times, (I might add, we discovered this fact AFTER the event.) as well as two top vets, Anton Oberscheider and Greg Wilson who had both run around 2.30 for a marathon. We were interested to see how they would cope with the extra distance. The rest of the field was made up of experienced ultra-runners. Lavinia Petrie was the only female entrant, and there were three others who were trying an ultra for the first time.

Our organisation was good. We had great help in manning the 5km drink stations from the Armistead family, Dot and Col Browne and Lois Wishart, and the runners were offered water, sponges, fruit and sweets and seemed grateful for the service. Robin Anderson from Merricks Nursery, who sponsored the event, drove our lead car, and the notorious Ross Shilton provided the back-up. Thanks a million to all these helpers.

The weather was perfect. The course was greatbut tough. Out of Mansfield, the runners enjoyed magnificent farmland and mountain scenery from an undulating sealed road for the first 32km before they hit the mountain. The 16km climb through the snow gums to the summit was an absolute killer, and reduced most of the field to a walk for much of it. The slope was steep and unrelenting and the 800 metres of rocks at the very top had the runners screaming.

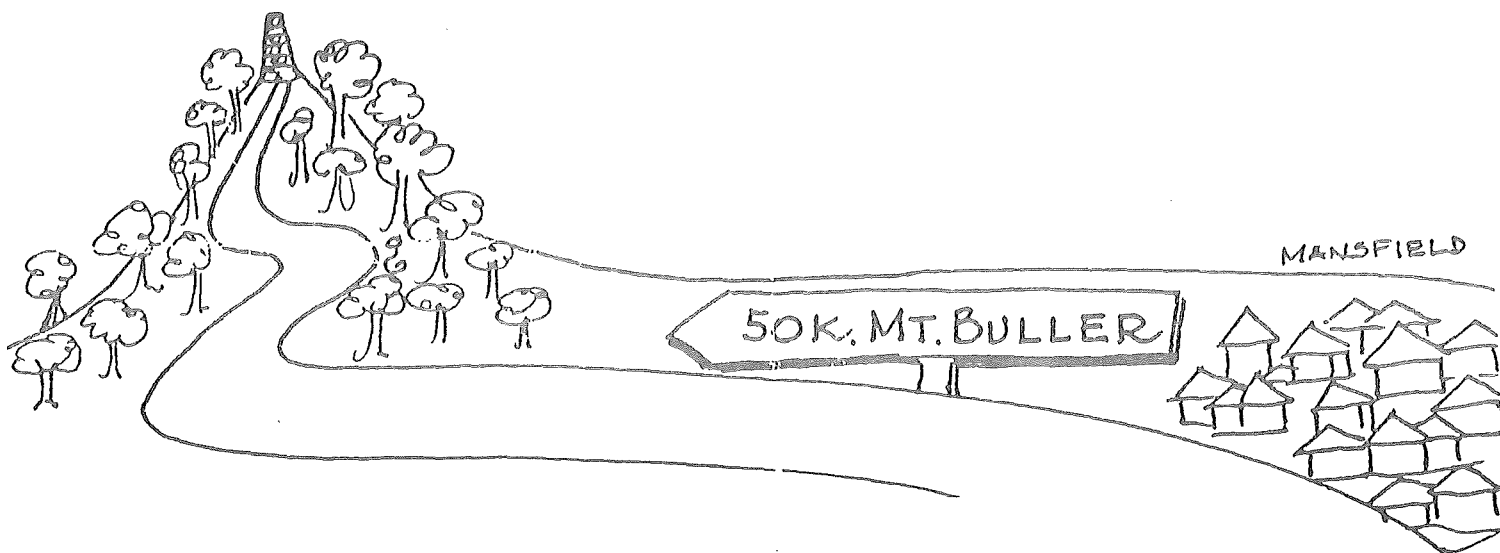
Carl Barker, Australian 50 MileTrack Champion, led the race from start to finish, with the former record holder, Bruce Cook finishing in second place about 6 minutes behind him. Both these athletes broke 4 hours for the tough course, a fantastic effort! Carl's performance was particularly amazing in view of the frustrating time he'd had in the previous 24 hours. Their car had broken down at Goulburn and he and his girlfriend had hitch-hiked to Benalla before grabbing 3 hours sleep and leaving Benalla at 3am to get a taxi from there to the start at 7am the next morning. Anton Oberscheider and Greg Wilson, our two top marathon runners showed they had the stamina required to keep the speed going for the extra distance and placed third and fourth respectively. Lavinia Petrie, the only female starter, ran all the way to finish in the excellent time of 4hours 35min.11s., 9th overall, a top run! Youngest competitor at 26 years was Peter Gray, and oldest competitor was novice ultra-runner, Ken Matchett at 69 years.

Frenchman, Jacques Gaillard was our only casualty, and he ran around 42 km anyway, so the finishing rate was almost 100%. The presentations were held in a ski-lodge close to the finish line and Merricks Nursery donated beautiful Australian native Kangaroo Paws and bottles of port to placegetters. The firm of Coastal Constructions provided attractive trophies and Lavinia won place-mats donated by the Armistead family. Our illustrious AURA President, Geoff Hook assisted with the presentations, and he was congratulated for the fact that this was his 50th ultra!

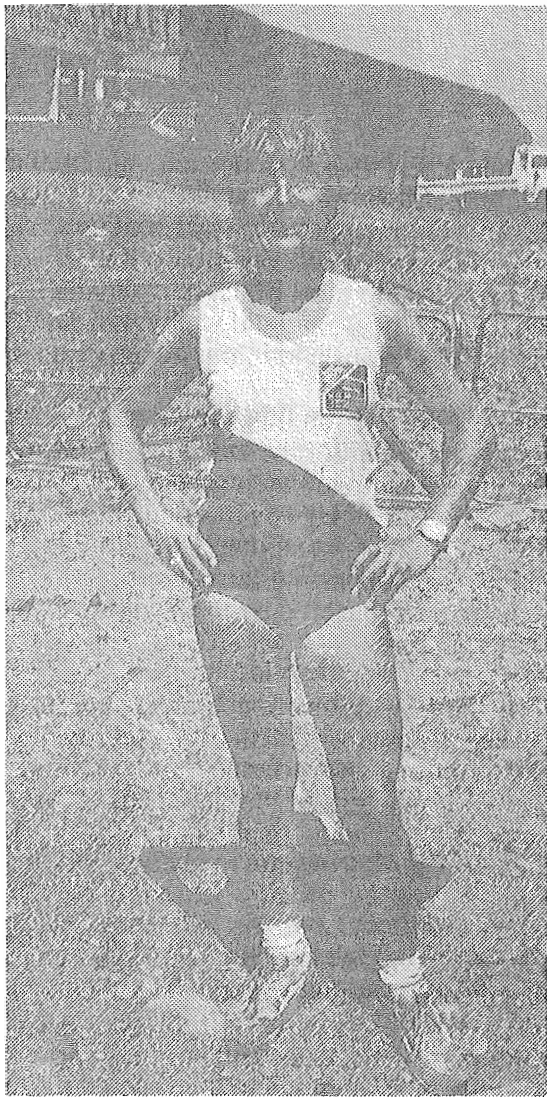
All in all, everyone agreed that it had been a great event and they would be back again next year, despite the tough climb and the rotten rocks! Thanks Peter Armistead for taking the initiative and adding another good road race to our ultra calendar.

RESULTS:

1. Carl Barker	3.48.22	11. Peter Quinn	4.51.28
2. Bruce Cook	3.54.11	12. Geoff Hook	4.53.30
3. Anton Oberscheider	4.05.36	13. Roger Weinstein	5.03.36
4. Greg Wilson	4.14.06	14. Brian Gawn	5.09.49
5. John Breit	4.27.20	15. Bill Beauchamp	5.16.26
6. Peter Armistead	4.28.34	16. Greg Wishart	5.25.51
7. Peter ("Yakkie") Logan	4.32.09	17. Jim Clarke	5.42.29
8. Brickley Hepburn	4.33.46	18. Brian Bloomer	5.51.06
9. Lavinia Petrie (1st F.)	4.35.11	19. Ken Matchett	6.53.50
10. Peter Gray	4.47.05	20. Murdock Mackenzie	6.59.25



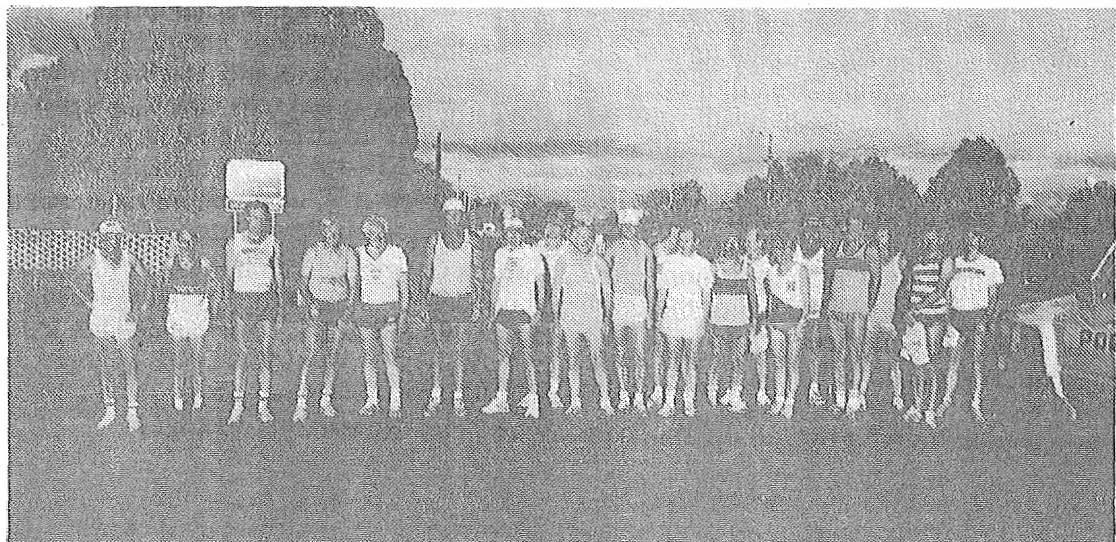
MANSFIELD TO MT. BULLER - 50KM ROAD RACE JANUARY 1991 - VICTORIA



Lavinia Petrie, running her first ultra road race, won the women's section in 4:35:11 and placed 9th overall. An excellent performance!



Race assistant, Robin Anderson, passing drinks to Carl Barker, winner of the event in 3:48:22. Incidentally, Carl currently holds the Australian 50 Mile Track Record.



There were 21 starters in this inaugural 50 km road race, organised by Peter Armistead.

WYONG 24 HOUR RACE

One World Record; Cliffy was there AND THEN THERE WAS YIANNIS

January 26th - 27th, 1991

by Tony Collins

This race, in its second year, must surely rank as the toughest race of the season, contested only by the tough - with temperatures up into the mid 30s (shade temperature) at times, 100% humidity, rain and a soft grass track; wimps need not have applied!. No one could find anything good to say about the weather or the soft track, but no-one complained. Two runners did not complete the race, out of 25 starters, but both Chilla and Shaun stopped with problems that would stop most of us, so no shame there. The large Queensland contingent actually seemed to enjoy the climate and did well in the results, so IF we decide to hold next year's race in January, we should target Queensland in our advertising.

The race winner, Yiannis Kouros, set out on a mission to cover 250km. He ran this with apparent ease in 23 hours and proceeded to cruise, walk, socialize and generally have fun for the last hour, recording a massive 258km all up. Everybody in the race will surely have something to tell their grandchildren - the experience of sharing a track with the best runner the world has ever produced was profound and exhilarating. How often does an Einstein, a Beethoven or a John Lennon come along? Probably more often than a Yiannis Kouros !! Thankyou, Yiannis, for racing and for supporting the cause of Children's Cancer Research, which was the rationale behind the race. Sponsored by the Toukley Rotary Club, the race raised some \$4,000 for their cause.

Mention of Yiannis' efforts should not overshadow the magnificent World Record achieved by Barry Stewart of Kingaroy, Queensland. Barry, disabled athlete, broke his own world record by 10km, upping it to 91km. This man obviously is in a class of his own, running with crutches and knee braces, he enjoyed no privileges or favours, competing on equal terms with the rest of the field. His contribution to the Wyong 24 Hour and its charity cause is much appreciated. Incidentally, Barry set off on the Tuesday after the race to the Camperdown Hospital to donate his trophy, medallion and certificate to some of the sick children - a truly caring champion.

Bobby Channells took a very respectable second place after a consistent and well-run race. Does he ever run them any other way? Bob Burns showed class by his persistence throughout and led home the Queensland contingent. New face Craig Rowe, showed he is a runner of much promise. Like a red wine made from the best crop, he is sure to improve with age. His style is reminiscent of that fine Victorian, Keith Fisher with his long legs and his long loping gait. Be patient, persist and you'll go far, Craig!

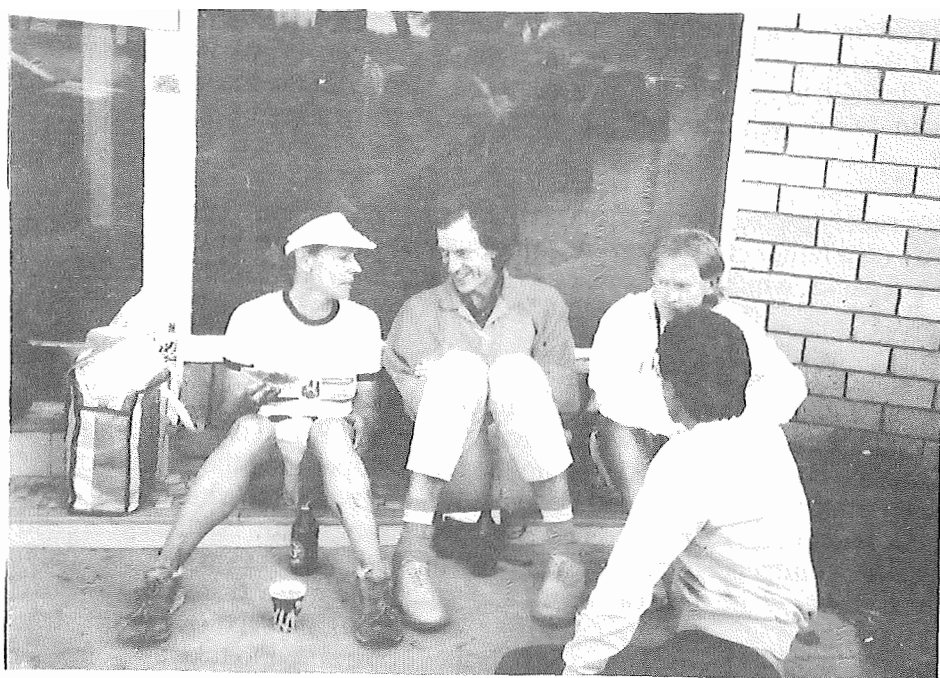
New South Wales's own Georgie McConnell once again showed what a dynamic little power-house she is, taking out the women's section with that same characteristic performance that saw her get four Australian records in the Campbelltown 6 Day Race in November, 1990. Val Case, from Queensland ran through her birthday to finish in a creditable 16th overall. It would be possible to go on through the field detailing magnificent efforts, but editorial problems impose, so, let me brief. - Newcomers, Robert "Rambo" Simms and Bill Symington showed that they obviously have latent tendencies (towards running I hope!) Bill had never run more than 16 km. at any one time, but was the official Toukley Rotary Club entrant, sponsored to the tune of \$13.00 per km. for the charity, and pulled off a tremendous 100km! "Rambo" was fighting off a tag of 'lazy' from his friends and went out and showed them all. Both "Ramo" and Bill were on my Westfield crew last year and I sincerely hope both will crew again this year (to further their ultra education).

Mention should also be made of that stalwart of ultra-running, Cliff Young, who ran one month after having the varicose veins out of his right leg, and two months after running 648km in the Campbelltown Six Day Race. Thankyou Cliff, for running for Children's Cancer Research- most people would sit at home resting, but you were fired up for the cause and ran despite lack of training, despite surgery and you continued through the race with an achilles tendonitis, but thrilled the crowd and charmed all the ladies in sight. A great effort!

As for me - a good training run, an off-run, bad day, etc. etc. No excuses, just lazy.

WYONG 24 HOUR RACE- JANUARY 26/27TH, 1991. RESULTS.

1.	Yiannis Kourous	257.817km	13.	Cliff Young	134.545km
2.	Bobbie Channells	192.812km	14.	Ray Chatterton	131.562km
3.	Bob Burns	177.401km	15.	Robert Simms	128.213km
4.	Craig Rowe	171.409km	16.	Val Case	120.096km
5.	Georgie McConnell	163.443km	17.	Dave Holleran	115.799km
6.	Steven Lewis	161.939km	18.	Frank Anderson	110.638km
7.	John Timms	151.894km	19.	Bernie Farmer	107.764km
8.	Michael Bohnke	151.703km	20.	Denis Hams	106.645km
9.	Bruce Donnelly	149.870km	21.	Bill Symington	100.107km
10.	Cliff French	139.348km	22.	Barry Stewart	90.002km
11.	Mark Warren	138.287km		Shaun Scanlon	86.400km
12.	Tony Collins	136.953km		Chilla Naismyth	37.600km



Royal National Park
Ultra - post mortem.
Note Wanda's choice
of cleansing ale (VB),
obviously a conces
sion to Geoff!



Rainbow Beach Trail
Run - 4th placed Doug
Quadrio being
presented with a
voucher for a pair of
shoes donated by Hi
Tec. Doug won the
shoes in a random
draw of all finishers
in the 55km event.

THE CRADLE MOUNTAIN RUN - 2ND FEBRUARY, 1991

by Kevin Cassidy

This race runs the full length of the Lake St.Clair National Park in the rugged wilderness area of Western Tasmania, covering an approximate distance of 85km to 90km (no-one really knows for sure), but as the entry form clearly states, The distance is irrelevant. It is the nature of the course that makes this the toughest single day race in Australia". The trail consists of thick, boggy tracks, very steep rocky descents and ascents, numerous creek crossings, a number of dense forests and some duck-boarding.

This race is very much a case of having to do the race first in order to know how to prepare for it, and having run it last year and finishing towards the rear of the field, I was in a position to train properly and pack the right quality and quantity of food and clothing - all mistakes that I suffered from 12 months ago.

On the Friday night, we were picked up in Launceston at 5pm by Race Organiser, Richard Pickup, for the 3 hour journey to the cabins at Waldheim, the starting point. During the journey, we had a stop off for dinner, during which Richard decided to conduct his own demolition derby in the hire van. Eventually, we arrived at Waldheim where we all tucked into rice, noodles and baked beans before climbing into our sleeping bags.

At 5am the next morning we were rudely awoken so as to start at first light. At exactly 6.03am, 28 hardy souls were sent on their way on a rather chilly morning, all of us carrying a variety of supplies in either large bumpacks or small backpacks, whilst Pat Farmer looked ready for a bank robbery in his balaclava.

Within the first 45 minutes, we had rock climbed to the top of the first and highest peak of the run and mere words couldn't describe the view that we got. The run continued along the rocky trails of the ridge as the field stretched out, and I briefly teamed up with Bruce Chetwynd. Bruce is a veteran bushy and he gave me some invaluable advice on how to best negotiate the rocky slopes and the wretched button grass. Bruce and I stayed together until we reached Pelion Hut (approx 35km) which was manned with helpers, and we spent 10 minutes eating and drinking (something I didn't do last year, and consequently suffered later). Then we commenced the long climb up through Pelion Gap (approx. half way) and Bruce got away from me. By now the day was warm and sunny and many drink stops were required at the numerous creek crossings. I was still feeling strong, and during the next two hours, I overtook several runners. Fortunately, I caught two runners just as they were about to take a wrong turn at Du Cane Hut. We then entered some thick forest and it would have been very easy to lose the track at this stage, so concentration was important.

Eventually, I reached Bruce Longmore, who was checking off runners somewhere near Kia-Ora Hut. I was starting to feel tired and I asked him how much further it was to Narcissus Hut. "About 90 minutes if you keep running", he said. Bruce also informed me that I was in 8th position and not far behind 6th and 7th, so I pressed on through the rocks, the bog, the ups and downs until finally Narcissus Hut appeared. It was a very welcome sight. I had, by this stage, been running for 8hrs.58min and I realised that I could possibly break 12 hours (something I thought impossible after last year's run). The helpers at Narcissus Hut fed me a sardine sandwich and I was on my way for the final 19km. This section was the most difficult of the entire run and progress was very slow and energy-sapping (This section took me 3.5 hours last year). I still had some apples and banana in my bag, which I rationed wisely. Eventually, I started to get despondent and wondered if I would ever see the bloody finish, so I asked a bushwalker in desperation how far it was to Cynthea Bay (the finish) and he assured me I would be there in 30 minutes or so., so I pressed on. At last, I emerged from the forest onto the four wheel drive track, only 1500 metres or so to go. I put everything I had into a final sprint and suddenly I was greeted by a small but loud group at the finish. It was a great feeling to finish, but when Richard Pickup told me my time was 11hrs.50mins, I broke into a huge smile that even now, three days later, is still on my face. That was almost 2 hours better than last year and the fact that I was 6th place outright was an added bonus.

Two memories will always stick in my mind about this run. After approximately 8 hours on the track, I was sure I could see a Seven Eleven store up ahead in the bush, (God knows why). The other is that this year, I only 3 falls and managed to avoid the leeches in the mud.

When the race was over, all the tired and aching bodies were driven back to Bronte Park Chalet for dinner and a good night's sleep. It was in the chalet foyer that one particular runner fainted and collapsed. He claimed he was suffering exhaustion, but I believe he was just trying to get the rather attractive chalet receptionist to give him mouth to mouth.

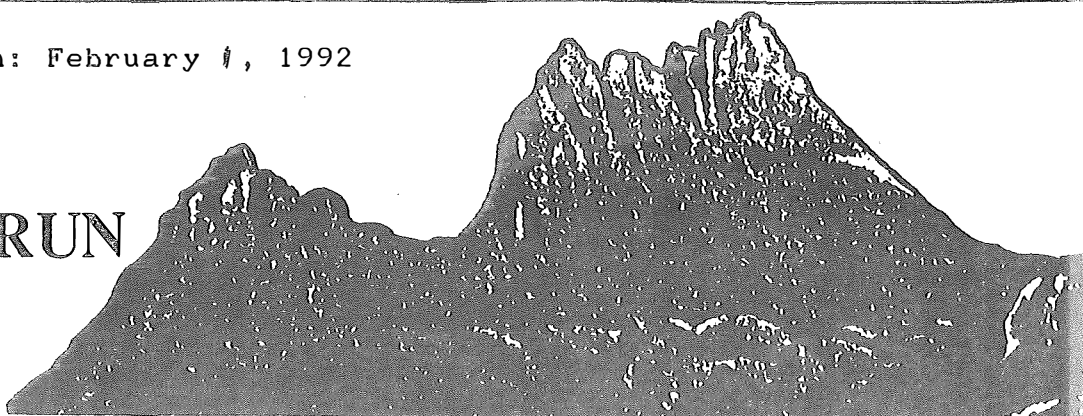
The next morning saw a quick breakfast followed by a very scenic drive back to Launceston followed by a comfortable flight back to Melbourne.

There is no doubt in my mind that the mountain trail runs are by far the physically toughest challenges you can take on in ultra running. Certainly they are much harder than the standard 50 mile and 24 Hour races, which makes me wonder why only four mainlanders were in the field. Where were the rest of Australia's seasoned trail runners? Do they know that they are missing the toughest race of all?

The 1992 run is on: February 1, 1992

CRADLE MOUNTAIN RUN

Richard Pickup
954294



TIME	NAME	AGE	TOWN	STATE
=====	=====	=====	=====	=====
11:22	Michael Harding	39	Lindisfarne	TAS
11:32	David Ross	34	Battery Point	TAS
11:37	Bruce Chetwynd	39	Battery Point	TAS
11:40	Peter Moore	30	Clifton Hill	VIC
11:41	Andrew Pitt	28	Lewisham	TAS
11:50	Kevin Cassidy	29	Preston	VIC
12:08	Andrew Law	30	Moonah	TAS
12:09	Paul Miller	27	Heybridge	TAS
12:21	Robert Simpson	41	Oatlands	TAS
12:22	Douglas Strohfield	32	George Town	TAS
12:38	David Cole	28	Paper Beach	TAS
12:38	Patrick Farmer	28	Eschol Park	NSW
13:11	Jeanette Collin	43	South Hobart	TAS
13:13	Iain Montgomery	49	Mt Nelson	TAS
13:27	Simahin Pierce	42	Walkerville	SA
13:37	Graeme Fennell	51	Mt Nelson	TAS
13:37	Alan Rider	40	Lauderdale	TAS
13:37	Mike March	44	Ferntree	TAS
13:52	Janine Hopkins	28	Montague Bay	TAS
13:52	Stuart Scott	30	Monatague Bay	TAS
14:12	Tim McDevitt	30	Lindisfarne	TAS
14:12	Murray Jones	36	Sandy Bay	TAS
14:29	Bob Whittle	49	Howrah	TAS
15:14	Larry Scott	43	Oatlands	TAS
15:14	John Crook	54	Oatlands	TAS
15:14	David Johnson	27	Oatlands	TAS
15:23	Keith Hewlett	56	Otago Bay	TAS
dnf18	Andrew Briggs	31	Glenorchy	TAS

The track was very wet and boggy. This track must not be underestimated especially by those unfamiliar with Tasmanian alpine conditions. The weather was warm to hot.

Kevin Cassidy will do a report from the runners point of view, but from the organisational point of view, a good run. Because of the growing popularity and the difficulty of organising this event for large numbers, runners interested in running in 1992 should get their entries in early.

62

VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 23/24th Feb 1991

PLACE	NAME	TOTAL KM	MARATHON	50 KM	50 MILE	100 KM	150 KM	100 MILE	200 KM	150 MILE	250 KM
1	Bryan Smith	250.729	3.29.34	4.09.33	6.51.34	8.39.17	13.33.54	14.40.27	18.50.03	22.56.26	23.52.19
2	Brickley Hepburn	239.32	3.33.05	4.14.06	7.01.57	8.57.44	13.49.23	15.06.19	19.29.13		
3	Rudolf Kinshofer	232.431	3.47.34	4.30.33	7.21.33	9.11.04	14.48.32	16.09.06	20.45.13		
4	Peter Gray	230.732	3.35.22	4.20.47	7.28.07	9.25.27	15.06.12	16.07.22	20.09.23		
5	David Standeven	218.664	3.29.46	4.09.27	6.48.04	8.41.54	14.11.23	15.34.03	21.28.18		
6	Jeff Smith	204.852	3.52.05	4.37.57	7.50.53	10.01.28	15.19.05	18.33.10	22.23.34		
7	Geoff Hook	202.532	4.02.51	4.51.25	8.17.31	10.41.40	17.01.30	18.33.45	23.38.58		
8	Peter Quinn	188.261	3.36.44	4.21.53	7.41.50	10.07.30	17.08.10	18.42.40			
9	Roger Weinstein	180.92	3.37.05	4.24.09	7.40.08	10.01.54	18.13.13	19.51.50			
10	Bob Fickel	174.938	4.12.20	4.58.39	8.19.07	11.19.26	20.44.15	22.18.27			
11	Ivan Davis	170.57	3.22.10	4.05.23	8.20.52	11.17.20	19.30.35	21.30.00			
12	Cliff Young	165.231	5.30.31	6.34.23	10.46.46	13.19.40	21.34.12	23.18.34			
13	Peter Risstrom	161.744	4.34.54	5.27.52	9.52.05	12.18.50	22.13.53	23.47.40			
14	Ken Marden	156.995	4.44.43	5.39.59	9.49.44	13.16.39	22.49.59				
15	Greg Wishart	154.194	3.44.30	4.50.52	10.06.10	14.02.36	23.22.25				
16	Merrilyn Tait	145.242	5.49.11	7.50.37	12.20.29	16.05.53					
17	Murray Cox	142.85	3.55.35	4.39.23	9.25.55	11.40.56					
18	John Champness	141.64	4.39.04	5.35.52	10.16.06	13.17.30					
19	Godfrey Pollard	138.853	4.51.39	7.26.57	11.55.56	16.45.25					
20	Ken Matchett	133.737	5.26.26	6.57.31	12.48.16	16.49.59					
21	Terry Cox (snr)	130.835	4.54.42	6.02.35	10.33.51	14.04.20					
22	Cliff Ryan	122.337	5.14.28	7.19.07	14.36.42	20.13.43					
23	Tony Power	122.132	4.56.52	6.04.58	11.51.48	18.44.30					
24	James Clarke	115.061	4.27.03	5.31.22	11.16.12	16.47.43					
25	Kevin Mansell	108.4	3.49.10	4.44.03	8.56.10	11.35.09					
26	John Breit	106.800	3.33.16	4.16.24	7.26.01	10.00.27					
27	Carl Barker	83.6	3.19.45	3.59.15	6.55.27						
28	George Cormack	72.8	3.41.06	4.48.53							
29	Jean Claude Morre	54.4	4.40.07	6.12.47							
30	Terry Cox (jnr)	45.2	4.16.59								
31	Gerry Riley	42.4	3.55.32								
32	Tony Rafferty	42.4	4.53.31								
33	Peter Nell	42	6.34.33								
34	John Timms	35.2									
35	Jacques Gaillard	30.4									

Westfield

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

VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

by Geoff Hook

How does one describe going over the moon? Very difficult I suppose. It's one of those intangibles that only takes on understanding after personal experience.

Well, over the moon I was after finally achieving 200km within 24 hours. I had been trying for many years to do what I confidently thought I should be able to achieve, but had never been able to put it all together.

One important factor this time was an enormous amount of determination. The other important factor I made mention of during the presentations when I received my certificate - my support crew of June Kerr, Peter Armistead, Norm Brooke and Steve Pallot. They were absolutely fantastic in their dedication in assisting me. Their motivation in times of need was truly magnificent. Many thanks once again to the four of you. And of course to Dot Browne for such a well-organised and executed race, and for loads of encouragement along the way. I would say there would not be a better 24 Hour Race anywhere in the world that could approach the planning, organisation, fringe benefits and effort that constitutes "Dot's 24 Hour". Thank you Dot.

However, there is one group that I didn't mention during the presentations, and that that's the rest of you. A big THANKYOU to all lap-scorers, competitors and other support crews and friends who gave me encouragement throughout the race, particularly towards the end. There were times it felt like I was being carried along on a wave of emotion and applause, such was the magnitude of your encouragement. How could anyone not achieve what you were willing me on to achieve? Thankyou one and all.

What did I think of the race as a whole? Saturday afternoon was warm and deceptively humid, which quietly enacted its toll on many runners, including me, when I experienced a hydration low at 40 miles. I thought I was hydrating well. The night was mild and really beautiful for running. However, the temperature climbed well into the 30s by midday Sunday, so the last few hours were a battle. Many competitors were reduced to long walking periods at this stage so the achievement of personal goals became a bit harder than normal.

Dr. Spiro Moraitis is such a treasure. He calmly, diligently and efficiently looked after all the medical aspects during the race. He kept everyone's weight in check and attended to the many calls throughout, especially in the small hour of the night when most people are asleep in cosy beds. Thankyou for your watchful eye of protection Spiro!

My hearty congratulations to those ahead of me who achieved such great distances in hot weather. Another 250+km for Bryan Smith and big pb.s for Brickley Hepburn, Peter Gray, Rudi Kinshofer and over 200km for Jeff Smith in his first 24 Hour!

Pancakes with lemon and icecream, porridge, fruit, coffee, tea, cakes, toasted raisin bread, sandwiches and biscuits were only some of the delights coming out of Dot's kitchen during the course of the event. It was only due to our exertions that runners didn't put on weight, but the same might not be said of the lapscorers and helpers. As I said before, not a stone of detail was left unturned for this event. Thanks again Dot, for the opportunity of achieving my 200km in 24 hours.

1990 Vic 24 Hour Track Championship

COBURG ATHLETIC TRACK

23/24 FEBRUARY

Report from "THE VETERAN ATHLETE" Mar '91.
TWO IN A ROW FOR BRYAN SMITH

Forty eight year old Melton linesman Bryan Smith again reinforced his ranking of Australia's No. 1 ultra distance runner with yet another superb performance to take out this year's Victorian 24 Hour Track Title, at Coburg Athletic track, last weekend.

The remarkable Smith even extended his winning standard from last year by almost a kilometre, illustrating once again his uncanny judgement of pace

as he relentlessly circled the track with monotonous consistency, recording an impressive total of 250.729 kms.

For almost nine hours the two top seeded runners, Smith and South Australian David Standeven, 38, ran almost in unison before they eventually

dropped off the pace soon after the pair passed the 100 kilometre mark.

Consistent improver

Brickley Hepburn, 39, came through with a courageous last few hours to finish a gallant runner-up in 239.320 metres.

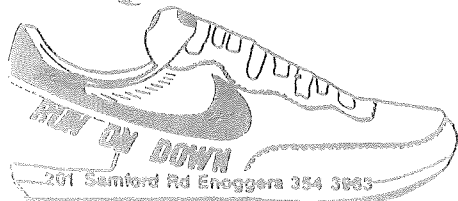
Other outstanding performances included a particularly meritorious final few laps by popular AURA president, Geoff Hook as he repeatedly responded to the enthusiastic urging of the large crowd willing him towards a long time goal of surpassing 200 kilometres.

Much to the delight of his many supporters, he made it with time to spare!

The legendary Cliff Young, seventy next birthday, continues to astound the athletic fraternity with his repeated exploits of endurance, once again well over 100 miles in the time period to take 12th place overall in a field of 35 starters.

Lone female entrant Seaford's diminutive Merrilyn Tait, 41, made it third time lucky as she doggedly held on throughout the long hours of darkness to record a very creditable 145.242 kms and 16th place outright.

Queensland Marathon & Road Runners Club Inc.



Ultra Division

Ultra Series 1991



	EVENT	DATE	COST	VENUE & ORGANIZER
1.	50 k.m. ROAD CHMP & 6 hr FUN RUN	MAR 10	\$20.00	TOOWOOMBA 1.2 CIRCUIT G. Medill
2.	100 k.m. TRACK CHMP & 12hr FUN RUN	MAY 4	\$20.00	IPSWICH 400m Track C. Lewis.
3.	GLASSHOUSE TRAIL RUN (10, 25, 35, km.)	JUN 23	\$10, \$15, \$20, \$25.	CABOOLTURE Just North I. Javes
4.	50ML ROAD CHMP & 8hr FUN RUN	AUG 18	\$20	TOOWOOMBA 1.2km circuit G. Medill
5.	MULTI-DAY (6, 3, 2, 1 Day Choice) Must be at least five starters in each	SEP 1-7	\$25 per day	CABOOLTURE 1km circuit I. Javes
6.	RAINBOW BEACH TRAIL RUN (15, 33, 55km)	NOV 2	\$10, \$15, \$20	RAINBOW BEACH Near Gympie D. Parton

All the events except the Multi-Day (Sep 1 - 7) can be entered on the day but please telephone or write to the organiser to indicate your intention.

Closing Date Multi-Day event - August 21.

ALL ENQUIRIES TO:

Ian Javes, 25 Fortune Esp, Caboolture, Queensland, Australia Telephone: (074) 95 4334 Postcode 4510

Random draws for Nike running gear at each event courtesy of Run on Down.

All Queensland residents who are members of the QMRRC are eligible to gain points in these events for the Ultra Series Trophy. Points are awarded in the male and female categories to the first ten placings as follows: 20, 15, 12, 10, 8, 6, 4, 3, 2, 1. This is for the main ultra event - secondary ultra events will be worth only half points. Only the best five events will be counted for the year and in the event of a tie the winner will be decided on the number of wins, seconds etc.

Winners of series to receive pair of Nike "Air Pegasus" Shoes



ENTRY FORM

PHOTO COPY ACCEPTABLE

Name: Male () Female ()

Address:

Date of Birth: Phone No.

- | | | | |
|--|-----|--|-----|
| 1. 50 km Road Chmp.
6 hr Fun Run | () | 4. 50 M1 Road Chmp
8 hr Fun Run | () |
| 2. 100 km Chmp
12 hr Fun Run | () | 5. Mult-Day please circle | () |
| 3. Glasshouse Trail Run
80 55 35 10 please circle | () | 6. Rainbow beach Trail Day
55 33 15 please circle | () |

You are welcome to enter any one or all events. Please Phone: 074 - 95 4334 for more information.

Please make cheques out to: Q.M.R.R.C. - ULTRA DIVISION.

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

Signature:

TRACK RACE

SATURDAY 15th JUNE, 1991
(INCORPORATING THE AUSTRALIAN CHAMPIONSHIP)

VMC
MELBOURNE INC.



50 MILE

ENTRY APPLICATION Please print clearly

Surname.....Initials.....Call Name.....

Sex M/F.....Date of Birth.....Age (On day of race).....Occupation.....

Postal Address.....Postcode.....

Telephone (Home) Area Code.....-.....Telephone (Work) Area Code.....-

Please provide details (number of races, best times and placings) for official Marathons, Ultra (50km and over), Triathalons, etc. for the purpose of race selection and runner profiles.

Tee-Shirt ☐

Circle Size: 14; 16; 18; 20; 22

Note: Tee-shirts are at additional cost and must be ordered with this application as no spares will be available on race day.

For country and interstate applicants only: Can you provide a lap scorer? Yes ☐ No ☐

CONDITIONS OF ENTRY

1. No runner under the age of 18 years on the day of the race will be accepted.
2. The race officials reserve the right to reject any applicant.
3. All entrants, except country and interstate runners, shall provide one person to assist with lap scoring and any other people (seconds) to assist the runner as he or she may require. Failure to provide a lap scorer may result in cancellation of application.
4. The required entry fee must be paid by the nominated date (see information).
5. A maximum field of 30 will be accepted for the track race.
6. All rules for the race must be strictly observed.

WAIVER

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the VMC Melbourne Inc. 50 Mile Track Race, 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 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 and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.
2. 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.
3. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signed.. ..

Date.....

Fill out completely this Entry application, sign and date it and send this sheet only, together with your entry fee to the nominated address by the required time.

GENERAL INFORMATION

CONDUCTED BY: VMC MELBOURNE INC.

SPONSORED BY:

TIME: 8.00 a.m. Race Start.

REPORT IN AT: 7.00 a.m. sharp.

ACE NUMBERS: If not posted, will be issued at the venue at 7.00 a.m.

AP COUNTERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.

ENTRY FEE: \$16.00 for VMC financial members Make cheques payable to:
\$20.00 for non-members VMC Melbourne Inc.
\$10.00 extra for tee-shirt Mail or deliver entry & fee to:
(optional) Geoff Hook,
42 Swayfield Rd, Mount Waverley, 3149.
(Telephone: 808 9739)

CLOSING DATE: All entries shall be delivered by 29th May, 1991.
Entries received after 29th May, 1991. will not be considered.

FURTHER QUERIES TO: Geoff Hook, Tel. 808 9739 (H) or 826 8022 (W)

12TH 50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT

DATE: Saturday 15th June, 1991.

PLACE: Box Hill Athletic Track, (400m), Hagenauer Reserve, Barwon Street, Box Hill
(off Elgar Road - Melway 47C7).

OFFICIALS: Race Manager: Geoff Hook

FACILITIES:

1. Changing rooms, showers and toilets adjacent to the track.
2. Canteen for the purchase of refreshments.
3. Chairs and a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Personal tents are permitted on the lawn areas beyond the outer edge of the track (none are permitted inside the track). A covered grandstand is located close to the track.
4. Portable lavatory trackside for runners only.
5. A moderate medical coverage will be provided.
6. Facilities for heating water.
7. A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each hour.

PARKING: Car park close to the track. (Vehicles may not be permitted beside track)

TROPHIES & AWARDS: 1st: Neil Coutts Memorial Trophy 2nd: Perpetual Trophy
Other prizes may also be presented. Medallions (or trophies) and certificates will be presented to all finishers. The presentation ceremony will be held at 3.30 p.m. approximately.

VMC RR EVENT RECORDS: Male: Bruce Cook 5:35:32 - 1985
Female: Cynthia Cameron 6:52:42 - 1986

AUSTRALIAN RECORDS: Male: Carl Barker 5:27:25 - 1990
Female: Cynthia Cameron 6:52:42 - 1986

AUSTRALASIAN RECORDS: Male: Roger Alcorn (NZ) 5:22:29 - 1980
Female: Sue Andrews 6:47:34 - 1988

WORLD RECORDS: Male: Don Richie (Eng) 4:51:49 - 1983
Female: Leslie Watson (Eng) 6:20:42 - 1983

RACE RULES

1. All runners shall obey directions from officials.
2. All runners are strongly advised to have their own helpers (seconds).
3. Personal requirements (food, drink and first aid materials) must be supplied by each runner.
4. No pacing is allowed and helpers may not run with participants. Only officials and runner are permitted in lanes 1 to 4 inclusive. Seconds shall remain beyond the outer or inner edge of the track. The use of any banned substances by any competitor is prohibited.
5. Any interference by a runner's second (or friends) to another runner will result in a withdrawal from the race of the runner associated with the offending persons.
6. The decision of race officials to withdraw any runner during the race will be final.
7. For reasons of courtesy and the avoidance of interference, all runners shall:
 - (a) Leave lanes 1 and 2 clear for other runners when walking instead of running.
 - (b) Not remain 3 or more abreast (preferably 2 or less) when running in a group.
8. The race will be conducted in an anti-clockwise direction.
9. Race numbers shall be worn in a position which is clearly visible to the lap scoring area.
10. Official cut-off time is 8½ hours.

The policy of the VMC RR is to promote and foster distance running.

Good running and enjoy this event.

Marathon Race Management Pty Ltd
Suite 3
Bradbury Professional Centre
67 Jacaranda Avenue
Bradbury, NSW 2560
Australia



Telephone: (046) 28 4820
Facsimile: (046) 28 3615

Dot Browne
4 Victory Street
MITCHAM VIC 3132

18 February, 1991

Hello Dot,

We receive many queries from people who want to know what they have to do to prepare themselves for the Westfield Run. I have prepared a chart to assist them in their planning for the event. It may help some if you could give it a run in the AURA magazine. I have also enclosed a route map of the new course.

Incidentally, in our last advertisement for the Westfield Run, you stated that prizemoney was \$1,000,000.00 for the event. Could you please knock a nought off it for me? Thanks mate.

Hope this finds you fit and well,

Cheers,

Charlie Lynn,
RACE DIRECTOR

Ed's note: Help! Sorry Charlie!

ATHLETICS AUSTRALIA PERMIT No. 1E/91



AIMS Association of International Marathons and Road Races

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 PRIZE MONEY: A \$100,000

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 2264

.....
(Signature)

Fax No.: (046)28-3615



THE STEPS TO VICTORY for THE WORLD'S GREATEST RACE

Prepared by Charlie Lynn, Marathon Race Management
Suite 3, 67 Jacaranda Avenue, Bradbury 2560

DREAM
GOAL

FINISH

WESTFIELD
RUN

Date _____
Goal Time _____
Actual Time _____



GOAL 7
6 DAY

Date _____
Goal _____
Distance _____
Actual _____
Distance _____



GOAL 6

24 HOUR
Date _____
Goal _____
Distance _____
Actual _____
Distance _____



GOAL 5

12 HOUR
Date _____
Goal _____
Distance _____
Actual _____
Distance _____



GOAL 4

100 km
Date _____
Goal Time _____
Actual Time _____



GOAL 3

MARATHON
Date _____
Goal Time _____
Actual Time _____



GOAL 2

1/2 MARATHON
Date _____
Goal Time _____
Actual Time _____



GOAL 1

FUN-RUNS
Date _____
Goal Time _____
Actual Time _____



START

SUCCESS CHECKLIST

- *Imagine your dream ☒
- *Identify your goal ☒
- *Seek Expert Advice in:
 - Endurance Training ☒
 - Strength Training ☒
 - Flexibility Training ☒
 - Mind Training ☒
 - Nutrition ☒
 - Fundraising ☒
- *Identify intermediate goals in each area ☒
- *Write your plans to support each goal ☒
- *Put deadlines on all goals and plans ☒
- *Make a sincere commitment to your goals ☒
- *Establish a daily routine ☒
- *Are you prepared to pay the price Yes/No ☒
- *Start now ☒

SYDNEY-MELBOURNE
ULTRAMARATHON



S. A. VETERANS ATHLETIC CLUB

SUNDAY

21st JULY, 1991

At 7a.m.

50 MILE

SALISBURY TRACK
RUNDLE RESERVE

ENTRY APPLICATION Please print clearly

Surname.....Initials.....Call Name.....

Sex M/F.....Date of Birth.....Age (On day of race).....Occupation.....

Postal Address.....Postcode.....

Telephone (Home) Area Code.....Telephone (Work) Area Code.....

Please provide details (number of races, best times and placings) for official Marathons, Ultra (50km and over), Triathalons, etc. for the purpose of race selection and runner profiles.

For country and interstate applicants only: Can you provide a lap scorer? Yes ☐ No ☐

CONDITIONS OF ENTRY

1. No runner under the age of 18 years on the day of the race will be accepted.
2. The race officials reserve the right to reject any applicant.
3. All entrants, except country and interstate runners, shall provide one person to assist with lap scoring and any other people (secons) to assist the runner as he or she may require. Failure to provide a lap scorer may result in cancellation of application.
4. The required entry fee must be paid by the nominated date.
5. A maximum field of 30 will be accepted.
6. All rules for the race must be strictly observed.

WAIVER

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the S.A. VETERANS CLUB 50 MILE TRACK RACE, 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 life, or injury, damage of 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 and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.
2. 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.
3. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

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

Fill out completely this Entry application, sign and date it and send this sheet only, together with your entry fee to the nominated address by the 12th JULY, 1991

ENTRY FEE: \$15.00 made payable to S.A. VETERANS ATHLETIC CLUB (50 MILE RUN)
MAIL TO: Andy Docherty, 24 Freya Ave., Hallett Cove, 5158 Tel/ 387.2624.

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

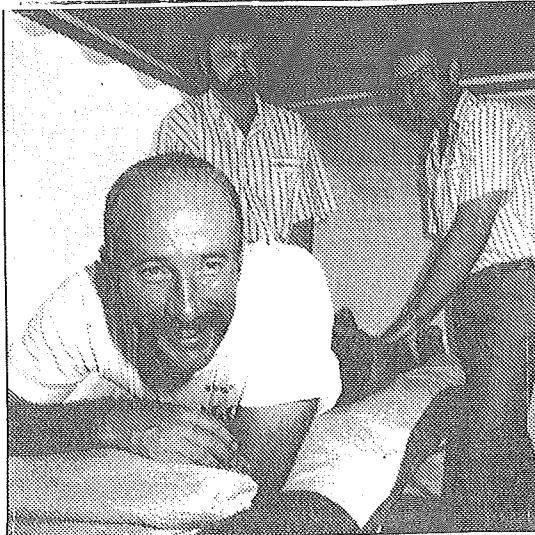
FLOATATION

RAYMOND CARROLL
 KIM TALBOT
 DARYL FOLEY
 BRIAN LUDECKE
 GRETA WEBB

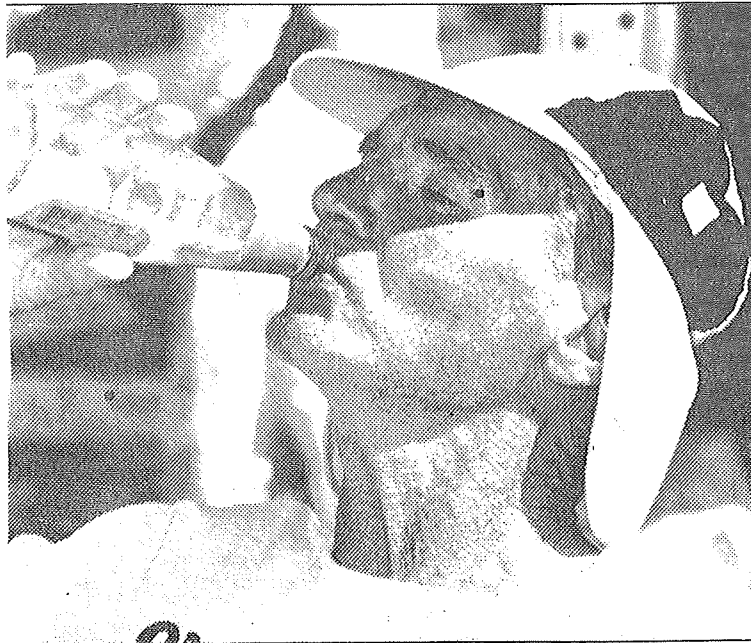
(C.T.T. Full member of A.M.T.V.)
 (C.T.T. Full member of A.M.T.V.)
 (C.T.T.)
 (C.T.T.)
 Full member Vic.Soc Clinical Masseurs

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

MEDIA ARTICLES ON MEMBERS



Local Tony Collins gets a rub down from Thomas Aune and David Pearson.



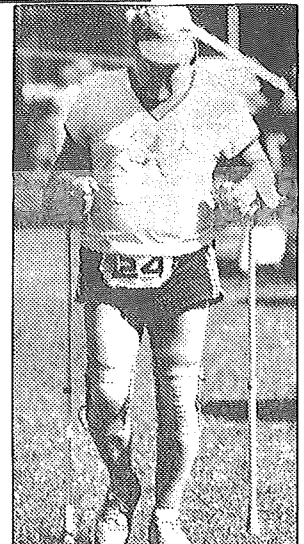
Potato farmer turned ultra marathon legend Cliff Young takes time out for refreshment. He battled Achilles tendon damage to complete the 24-hour race.

WYONG 24 HOUR



Yiannis Kouros receives assistance from his trainer.

Race a real test of the spirit



Disabled runner Barry Stewart.

THE ADVOCATE, THURSDAY, JANUARY 31, 1991

WHILE Wyong 24-hour marathon men winners and onlookers all but collapsed in Saturday's scorching heat, 25 courageous runners battled through the exhausting conditions and driving rain to raise \$6000 for the Camperdown Hospital children's cancer research unit.

In particular, Victorian potato farmer Cliff Young ran an amazing race — and like a warrior, Young battled his own war.

Dressed in long pants, a T-shirt and hat, the 68-year-old ultra marathon veteran from the Victorian town of Colac suffered Achilles tendon problems throughout the event.

However, typically, he continued his race to eventually cover 134km.

The race was organised by three-time Westfield Ultra Marathon veteran and Toukley dentist Tony Collins in conjunction with Toukley Rotary Club.

Champion Yiannis Kouros ran the world's 18th fastest 24-hour time when he covered an amazing 258km.

Running an average time of two minutes for the 400m lap, Kouros finished 25km behind his world record 24-hour distance.

But despite this, Collins described Kouros's effort simply as "fantastic".

"You can't comprehend his performance," Collins said.

"He ran a three hour 20 marathon for the first part. His run was so consistent. Considering the heat and soft track, it was remarkable."

And while Kouros narrowly missed his world record distance, disabled Queensland athlete Barry Stewart did not.

Stewart ran 91km on crutches to smash his previous record by 10km.

"It was sheer courage," Collins said.

"It has taken three years," he said.

Other noted performances included local man Bill Symington who ran 100km and Central Coast orienteer Frank Anderson who travelled 110km.

"But if you're going to make an effort you have to focus on something important — I can't see anything more important than this."

While the event raised a total of \$6000 for the cancer unit at Camperdown, the figure advanced Collins' and his wife Jan's personal tally for the unit to more than \$100,000.

And when asked whether the race would be run again next year, an exhausted Collins replied with a laugh, "I guess so."

RUNANWAY CHAMPION - WYONG 24 HOUR - JANUARY 26/27

GREEK Yiannis Kouros has again proved his superiority by winning Wyong's 24-hour Australia Day ultra-marathon.

Kouros was the only runner in the field to complete over 200km — he ran 258km on the soft Morrie Breen Oval turf.

Organiser and fellow competitor Tony Collins, the only local entry, finished 12th after amassing 136km.

Crowd favorite and veteran runner Cliff Young was one place behind Collins with 134km.

Not bad for a 69-year-old man who had varicose veins removed in December.

But it is Kouros, already established as some sort of running freak, who made the race a spectacle.

by PAUL KENT

Kouros completed 645 laps of the 400m track to fall only 26km short of his world record for the event.

"No one else did over 200km," said Collins.

"Only 18 times in world history has the 200km mark been beaten and Kouros holds number one and two."

Besides that Kouros has been dominant in every other form of ultra-marathon race worldwide.

He has set a staggering 60 world records and holds 40. The 20 which have fallen by the wayside have been re-set by himself. His records include the six days, 1000 miles, 200km, 12-hours, 48-hours and 24-hours.

The race was a sweet and sour event for Collins.

As organiser he was disappointed with the crowd turn up — "They stayed away in droves" — but was pleased with the money raised.

He has yet to total final figures but is confident over \$6000 was raised for cancer sufferers at Camperdown Children's Hospital.

"I won't do the carnival side of things again but the race was tremendously successful.

"I may not schedule it for the same time next year because it's the start of the season and it's also so hot."

Collins would like to thank all business houses who sponsored the event and helped raise money for the cancer sufferers.

Marathon men line up

FLAMBOYANT American football coach Vince Lombardy once said "winning isn't everything, it's the only thing".

Today, the majority of athletes world-wide share Lombardy's view — and have no doubts, ultra marathon runners are no different.

However, while they compete to win, competitors also share a special bond with one another.

Many experts believe the longer a race, the closer its competitors are — surely making the ultra marathon runner a very special breed.

Three-time Westfield Ultra Marathon veteran Tony Collins says this attitude is what makes the event such a favorite and this year he has attracted a world-class field to contest Wyong's second 24-hour ultra marathon.

In particular, Australia's favorite ultra marathon runner, 1983 Westfield champion Cliff Young, has confirmed he will start in the race which will also boast the Golden Greek,

Yiannis Kouros, and disabled Queensland runner Barry Stewart.

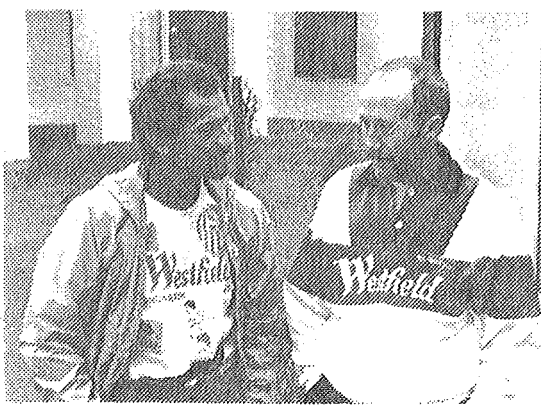
In conjunction with Toukley Rotary Club, Collins first organised the race in 1990 to raise money for research into children's cancer at Camperdown Hospital.

And its success prompted the Toukley dentist to again organise the race as part of this year's Australia Day long-weekend celebrations.

Kouros holds an exceptional record of 282km for 24-hour events and Collins is predicting the champion to travel no less than 240km in the Wyong event.

"The race will suit Yiannis because he prefers the hot weather," Collins said. "He's a superman. He is physically talented but it is his mental attitude that makes him special."

In comparison to Kouros, Young, approaching his 69th birthday in



Tony Collins and Yiannis Kouros — ready for the 24-hour run.

February, will no doubt race not to win, but for the love of running and also to benefit the children's cancer research unit.

He will be a favorite for local spectators and fresh from his ninth placing in the Australian six-day track championship last month where he ran 648km, should perform well.

Collins expects 29 runners to support the event which Wyong Shire Coun-

cil has recognised as its official Australia Day focal activity.

The race will start at 11am and other entertainment will include the Rotary train, live country and western music, Aussie breakfast, sausage sizzle, and face painting.

Collins is asking local companies to help with sponsorship. Interested stallholders can also contact him on 96 3281.

... and Bill will be there too!

LOCAL businessman Bill Symington has been 'selected' by Toukley Rotary Club to race against the champions in the Australia Day 24-hour foot race.

Needing someone to headline their fundraising challenge, the Rotarians looked first to member Tony Collins, but he was rejected as being too good.

The scouts were sent out to find someone to represent the 'common man' — and there was Symington.

His longest distance run to date has been 16km, but Symington has been in training for the past two weeks and

expects to improve dramatically to maybe 50 or 60km. He ran a place in the 1989 City to Surf behind Steve Monaghetti. (It was eventually disclosed that this was actually 15,628th place).

Asked about the selection procedure used, Rotary president Dennis Morris admitted Symington was the only member not present at the meeting and was unable to defend himself! "This might ensure he is not late for meetings in the future."

The reason Symington intends to

advance the demolition of his body is his desire to raise funds for the Camperdown Childrens Hospital Cancer Research Unit.

You can help by sponsoring him for 10 or 20 cents, or whatever you can afford per kilometre. Sponsorship sheets are available from Toukley Colour Lab, Toukley ANZ Bank, Soul Pattinson Pharmacy Toukley, Charmhaven General Store, Toukley RSL, Elcom Credit Union Toukley and Gorokan and Ron Stevensons Car Park Butchers.

Ron's healthy obsession

THE COURIER-MAIL FRIDAY, FEBRUARY 1, 1991

ENDURANCE athlete Ron Grant readily concedes ultra-marathon running is an obsession.

But according to Ron, arguably Australia's greatest endurance runner, there's nothing unhealthy about his obsession.

It's not the fitness side of running that keeps him going. After the number of hours Ron has spent training and enduring the agony of long-distance events, any singular motivation of fitness pales into some form of insignificance.

For any endurance runner, motivation lies in "the challenge" — the excitement, apprehension and fear of an attempt that defies the imagination of all others.

An elite level of fitness is merely a by-product that happens somewhere along the path to the first ultra event, and for them it soon becomes the norm. Still, it is fitness in constant and unrelentless motion.

■ ■ ■

Ron is about to embark on his next great "adventure", as he calls it. On Wednesday, he will begin what could be his toughest assignment — to recapture his world endurance record.

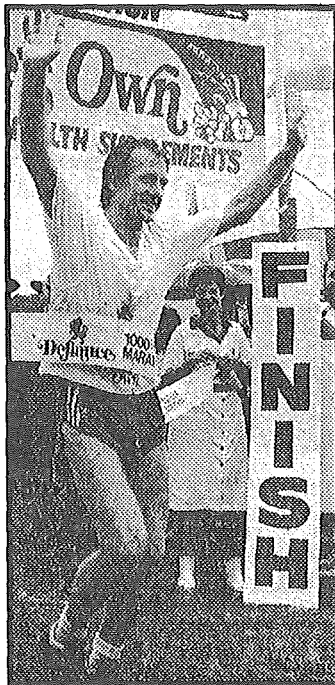
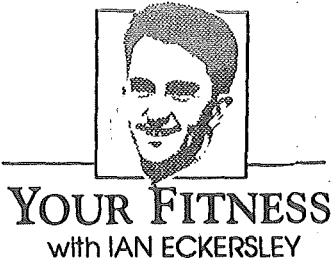
It involves running, shuffling or walking 3km every hour for a staggering 1000 hours, and he has no doubt it will challenge all his physical and mental reserves to the maximum.

Ron is a rare breed of human. His incredible will and mental strength have, through a host of ultra-marathon and endurance records, highlighted a new dimension of physical fitness and capability.

He is not pretentious enough to disguise the fact there is nothing special about putting one foot after the other — on his own admission, usually fairly slowly.

But where Ron excels is in his ability to turn the legs over for days, weeks and months. His gift of determination, mental strength, commitment and an ability to ignore pain, exhaustion and just the sheer monotony of the endless road, are beyond the comprehension of most people.

Endurance athletes are most certainly born and not made. You don't wake up one morning and suddenly discover a supply



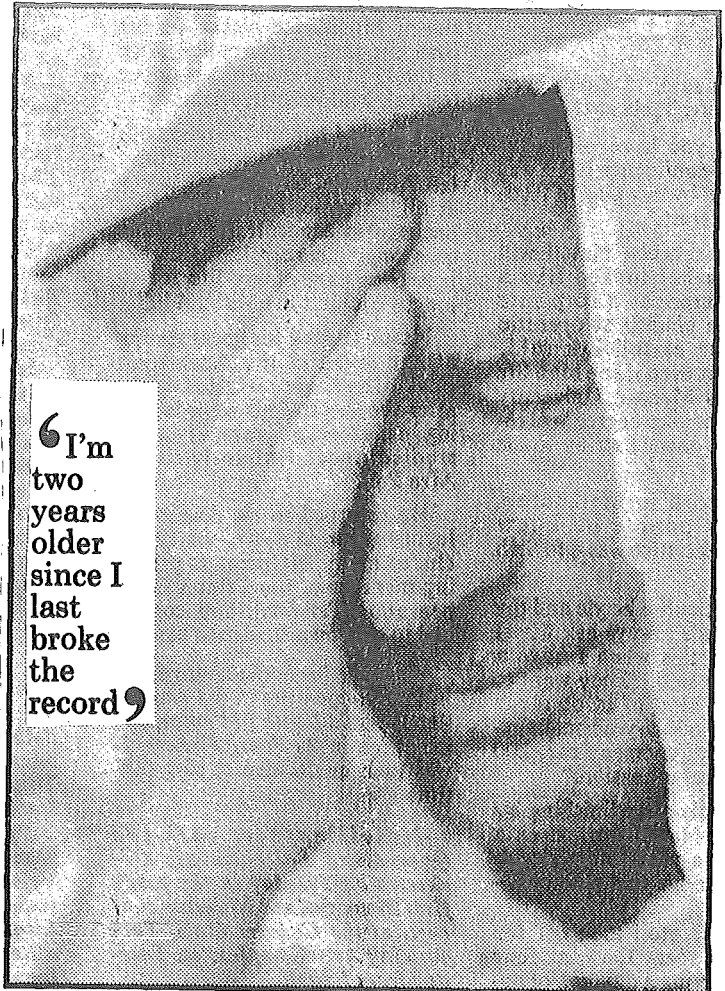
MARCH 1, 1989 . . . Ron Grant sets a world 1000-hour running record. He is aiming to recapture it.

of intestinal fortitude next to your smelly Adidas or Brooks shoes.

Ron gave up a long time ago trying to analyse why he runs ultra and endurance races. He finds himself giving a different answer almost every time he is quizzed by friends, fans and reporters. The best answer he could provide this week, as he relaxed in his "taper" period before his record attempt, was that it's just part of his mental make-up.

"It's just something in me, to run further, rather than faster," he said. "I have always had this thing about being able to cover distance. I also like the challenge of overcoming."

It's the way Ron's human nature has developed. He's not really content unless he's training



"I'm two years older since I last broke the record"

RON GRANT . . . agony of the long-distance runner.

or testing his full arsenal of abilities.

■ ■ ■

His body has been more reliable than the best car the best factory has ever produced. After all, he has covered more miles than the smoothest-running machine without the need to replace any parts.

He has had spine trouble and expects it might slow him down but not stop him later in life.

His reason for embarking on another mind and body-wrenching event has more to do with renewed commitment to his religious faith and his desire to raise the profile (and funds) of the Bible Society.

"I was looking for a way to help them and decided to do what I do best, breaking endurance records," he said.

In 1989, Ron broke the 112-year-old world endurance record

by running 2.5km an hour for 1000 hours, only to see it broken about three months later by Canberra runner Trevor Harris (2.7km an hour).

Ron's running and other training for this endurance record has been intensive for the past several months. He has averaged 200km a week running (up to 280km in any one week) and trained three hours a day (sometimes in three one-hour sessions), including walking, cycling and swimming.

There has been nothing extraordinary about his diet — just well-balanced and lots of it.

Rather than conserve energy between training sessions, he has been getting accustomed to being on his feet all day. Basically that has meant mowing a few lawns each week and keeping on the move, even while watching television.

"I have been training how and at the pace I will be running in the record attempt. The mental side of the run will be the hardest, forcing myself to get up every hour after less than 30 or 40 minutes rest.

"It gets very monotonous. So much so that I have to concentrate quite hard to keep my mind on the job.

"I'm two years older since I

last broke the record, but I think my training has been as good and I am happy with the way I'm going into the event."

The enormity of the challenge is not lost on him.

"I think it's going to be dread-

ful in many respects," he said, adding that he would appreciate the presence of any supporters. And he invites them to run with him.

Good luck, Ron!

The Bible Society Ron Grant Ultra Marathon New Farm Park, Brisbane February 6 to March 20

What could possibly faze the world's toughest ultra marathon runner, who has survived three crossings of the Simpson Desert in scorching heat, and a back-breaking round-Australia run of 13,000 kilometres?

The Bible Society Ron Grant Ultra Marathon, from February 6 to March 20, 1991, is Ron's most remarkable challenge to date. To smash a Guinness Book of Records World Record, he will run 3 kilometres, EVERY hour, for 1,000 consecutive hours (around 42 days). That means the most sleep he will be able to have at any one time, in a month and a half, will be 45 minutes! There's no doubt about it - he is pushing himself to the limit.

The Purpose

One billion people around the world are illiterate, and the toll is growing daily. In many areas of Africa, India, South East Asia and South America, a family's ability to read and write can often be the difference between life and death.

Ron Grant's run will support the work of the Bible Society in helping illiterate people around the world learn to read. By inspiring others to give generously to the Bible Society's Overseas Literacy Development Fund, Ron's run will go some of the way to helping lift a great many people out of the illiteracy poverty cycle.

Your Part

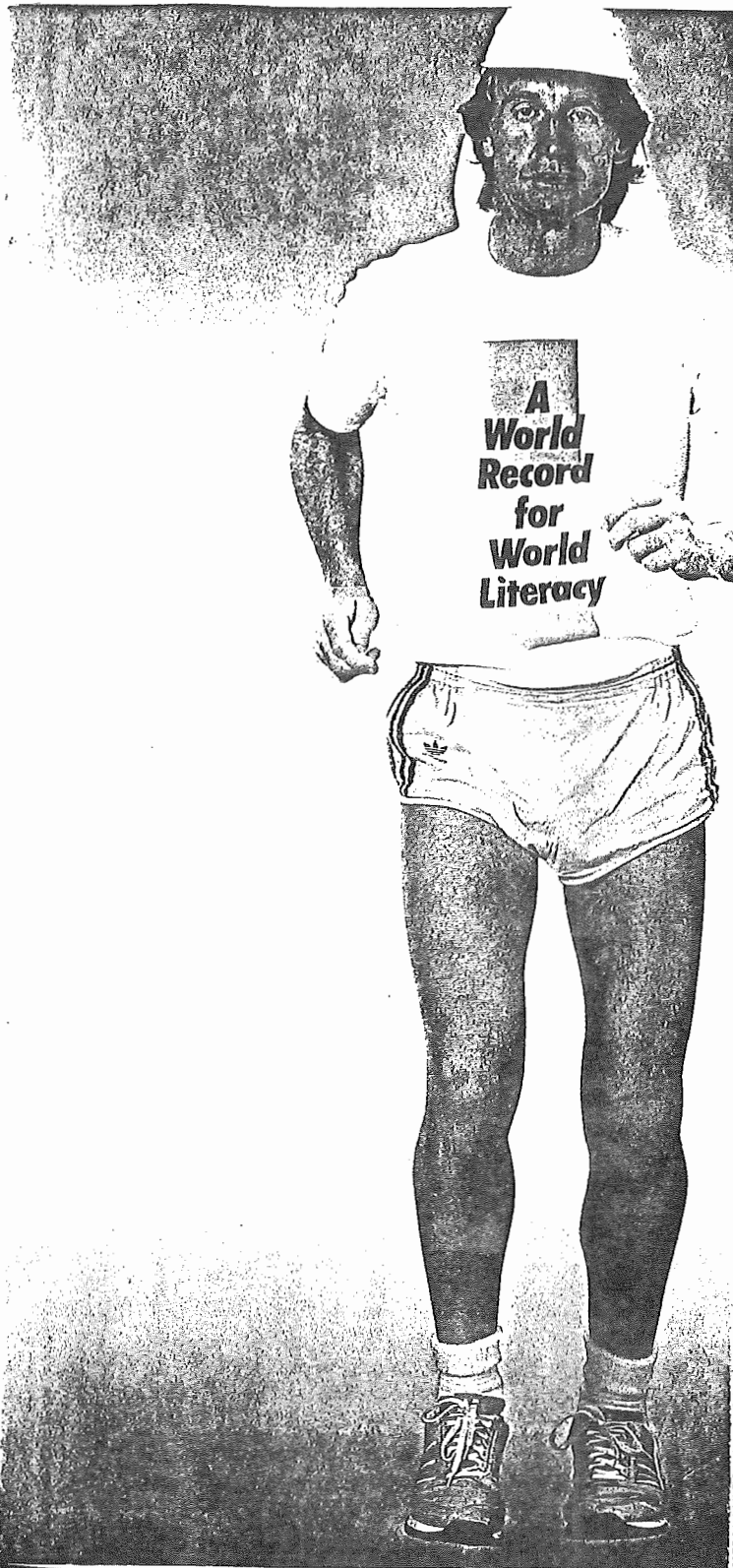
You can help! By running or walking 3km with Ron, you can be one of 1,000 committed Christians in this event helping give the gift of literacy overseas. Ask your friends, relatives, neighbours, schoolmates or workmates to sponsor you as part of A World Record for World Literacy.

The pace will be slow, so age or physical fitness should be no barrier.

If you are not able to run with Ron, maybe you would like to organise a Fun Run in your church or make a donation. Please send the attached coupon for more details.

Where the money will go

Through the essential work of the Bible Society's Overseas Literacy Development Fund, the explosion of Christianity in underdeveloped countries has in many ways mirrored the growth in literacy. In Africa alone, an estimated 20,000 people become Christians every day. The growth is so startling that by next century 50 percent of the African people will be Christians.



(b) I am not able to run with Ron but I want to help. Please accept my donation of \$..... towards a World Record for World Literacy.

Name

Address

Telephone

Church

(if applicable)

FILL IN NOW AND SEND TO

Ron Grant Ultra Marathon
C/- Bible Society in Australia, Qld
G.P.O. Box 1228, BRISBANE QLD 4001

OVERSEAS NEWS

Reprinted from the IAU Newsletter, Winter Edition 1990

NALGO 6 DAY RACE by Malcolm Campbell.

Six Day Racing is alive and well and living at Gateshead. To be more specific at the Gateshead International Stadium where between October 13th and 19th 1990 one of the most memorable and dramatic races in the history of the sport took place.

There were thirteen athletes in the race from nine separate countries and this international gathering produced so many stories and incidents that this poor writer finds it impossible to condense this epic into one small article. In the New Year NALGO have very kindly offered to help me produce a supplement which will contain a wealth of details and statistics about this fascinating race.

The simple facts will show that James Zarei set a new British All Comers Record Of 1001km 505m/622miles 508 yards setting a great number of other records at intermediate distances on the way. The facts will not show how hard he had to work and how desperately unlucky he was not to land the main prize of the George Littlewood Record. Already I can feel myself wishing to set out the great drama of George Littlewood who completed 623miles 1320 yards in Madison Square Gardens in 1888 which is still the British Record and ranked number 2 in the All Time World Ranking Lists. Once I start to write of these matters it is difficult to stop so in this article I shall just recognise the brilliance of George Littlewood who set one of the longest long distance track records in athletic history and give more attention to him in a following article.

Three years ago Maurice Patterson-the Race Director- discussed with NALGO the project of a series of Six Day Races at the Gateshead International Stadium aimed at promoting the sport internationally and improving the standard of performance in the United Kingdom. It was an ambitious project and this years race was the third in the series.

The early leaders were Dusan Mravlje(Yugoslavia), Maurice Taylor(Australia), James Zarei(UK) and Otto Seitzl(Czechoslovakia), and after 24 hours Mravlje was leading with 132 miles about 5 miles ahead of Taylor who was a further 6 miles ahead of Zarei. All three runners looked comfortable as did the rest of the field who appeared to survive the first day without any really serious problems.

Michel Careau(Canada) winner of the first NALGO Six Day Race was in fifth position at the start of the second day with 113 miles and was obviously enjoying the contest. He was about a mile behind Seitzl and a mile ahead of Max Courtillon(France). Careau has become one of the great favourites with the sporting public at Gateshead and as the word spread that he was now 50 years old and making a concerted effort to beat as many Canadian Masters Track Records as he could during the race enthusiasm for his efforts was evident from all quarters. Eventually Careau would put together so many records that it is impossible to list them in this article and this will be done in the NALGO Six Day Race Supplement.

Mravlje maintained his lead up to 48 hours with 218 miles and looked very strong and comfortably. At this point he was about 6 miles ahead of Zarei who was also looking comfortable. Seitzl had managed to secure third position with 200 miles and he was about 14 miles ahead of Taylor. At this point in the race as the demands for sleep arise there is an exchange of advantages given and taken by various runners. Sometimes the smart move is to take a rest whilst you are reasonably fresh; have a good meal and while it is digesting sleep. Of course while this is happening the other runners who may not be so fresh can remain on the track and enjoy their temporary advantage. This is the tactical part of the event and perhaps decisions on a course of action to take should lie with the runners helper as it did with the runners manager so many years ago.

Into the third day and now a few problems. The most serious were those of Dusan Mravlje who was obliged to retire. He had had a viral infection a few weeks earlier and was having breathing problems. A few rests during the third day had been taken but Race Director-Maurice Patterson- obtained medical advice and it was obvious that retirement was necessary. It was a great shame for this very talented runner who many expected to pass 600 miles. Mravlje is a Sydney to Melbourne winner and has run in most countries in the world. Before leaving for home he paid great tribute to the staff and organisation at Gateshead and has promised to return for the next Six Day Race.

Renate Nierkens Germany had run in all three NALGO Six Day Races. She had some injury problems in her first attempt but Maurice Patterson had recognised in her a special talent and suggested that she might prove to be one of the stars of the future. With every passing hour she was proving this particular point as she edged remorselessly nearer the Ladies World Masters Record. Totally concentrating on the task in hand she would finish the race with 458 miles.

Jaroslava Karpiskova from Czechoslovakia had a few problems early in the race. Many of these problems were associated with her footwear which did not appear ideal for the Gateshead Track. Fortunately Ron Hill Sports had been very supportive towards the race and replacements were found. In the closing stages she would be running as well as anyone.

Tirtha Phani from India had the most horrific injury problem after the first day which the physiotherapists worked hard to rectify. Most athletes would have retired with the injuries he received but although for most of the race he was obliged to walk he was greatly admired for his bravery and one can only imagine how far he might run in an injury free condition.

Paul Bream (UK), Dan Coffey (UK), Stefan Schlett (Germany) and Tom Grace (USA) all had minor problems during the event. None of them sufficient to force retirement but all reason enough for performances that were a little below their best. The track is no respecter of persons as many fine athletes at Gateshead in the past have learned.

Into the fourth day and James Zarei proceeded to give evidence of his latent brilliance as he edged slowly away from the rest of the field. He finished the fourth day with 408 miles about 30 miles ahead of Otto Seitzl. Maurice Taylor had a few problems and was still in third position a further 23 miles behind.


As the word spread of Zareis run continued enquiries from the media were received and the basic questions involved the records already achieved in the race so far by him and the records likely to be achieved. We had approached two rather special sources during the race-IAU Network Statistician Dave Rose who maintains an enormous amount of material on multi day events and Tom O'Reilly. At this point I am in danger of writing at some length about Tom but this will have to wait for the NALGO Supplement. Sufficient to say that Tom was the holder of the records that James Zarei was now attacking and it says much for this great sportsman that not only did he provide the information readily and speedily but also sent a message of support and encouragement.

Zarei's first British All Comers record was therefore the 408 miles in 4 Days. O'Reilly's distance had been a little over 405 miles.

On the subject of records it becomes very important to mention two key people in the Race Administration; Maurice Roberteson who is responsible for the lap scoring operation which is the best in the world and Stan Jewell-Race Statistician who is also the best in the world at this very specialised job. It's very easy for Race Directors to ignore times at intermediate distances. For example 400 miles, 450 miles, 500 miles etc but these are distances that the athletes very understandably wish to have their times recorded-not estimated by taking the time at the end of the lap in question but recorded at the specific point. Stefen Schlett had it right when he described Stan as the "Mile Master"- and so he is.

Zarei finished the fifth day with 511 miles and the sixth day with a little over 622 miles. The story of the race needs to be told in full but it's fair to say that the sporting press who came to the start of the race were probably expecting to see a "pole squatting" event. At the end of the race they were all full of praise for the athletic achievements on show. Shortly after the race Tom Grace returned to New York. "No one takes any notice of Six Day Running" said one of his club mates. Tom's reply was "When were you last on the front page of "The Times".

NALCO SIX DAY RACE RESULTS

1. James Zarei	UK	1001.515km	622 miles 525yds.
2. Otto Saitl	Czech	832.400km	517 miles 392yds
 3. MAURICE TAYLOR	AUST.	773.430km	480 miles 1023yds
4. Michel Careau	Canada	758.232km	471 miles 242 yds
5. Renate Nierkens	Germany	738.230km	458 miles 1248yds
6. Max Courtillon	France	675.100km	419 miles 849yds
7. Paul Bream	UK	655.550km	407 miles 589yds
8. Dan Coffey	UK	616.630km	383 miles 266yds
9. Stefan Schlett	Germany	610.640km	379 miles 755yds
10. Tom Grace	USA	534.000km	331 miles 1422 yds
11. Tirtha Phani	India	516.220km	320 miles 1338yds
12. Jaroslava Karpiskova	Czech	477.810km	296 miles 1573 yds
13. Dusan Mravljje	Yugoslavia	460.400km	286 miles 133 yds

Race Director: Maurice Patterson

Runners Battle California Cold at Gibson Ranch Multi Day

Reprinted from "Ultrarunning", March 1991

by Norman Klein

The first running of the Gibson Ranch Multi Day Classic proved to be a highly successful event in terms of the number of participants and the geographical areas from which the runners came. With a field of 81 runners overall, 25 in the six-day race alone, we had one of the largest multi-day fields ever assembled in this country; with runners coming from 15 states plus Canada, Mexico, England, Switzerland, Czechoslovakia, Australia, and Japan, we truly had an international event. All four of the races started together, and it was interesting to see the difference in the strategies of the runners in each of the four events. The length of the race each runner was participating in dictated the pace and strategy, and this strategy seemed to hold throughout each day. Most of the runners came with a race plan, and the majority of them stuck to it throughout their particular event.

The only problem during the entire race was the unseasonably cold weather that struck northern California during the entire week. Normal temperatures for this time of year are in the 40s and 50s, with lows in the high 20s and 30s. Record setting lows occurred throughout the week, with temperatures dipping to 17° on three consecutive nights. There was, however, no rain or fog and the days were clear and sunny. And while high winds blew on the first day, resulting in some slower times for that period, the conditions generally made for good running for a six-day event in the middle of the winter season in California.

The 24-hour proved to be a most exciting contest, with only one mile separating the top three runners and with the eventual winner not being determined until the very end. Joe Schlereth took the early lead and his beautiful style of running showed why he has come so far in ultrarunning in just a few years. His win at the Nugget 50 in 1990, gaining him entry into Western States, has proven how talented he is. Joe took a long rest period, and it was while he was off the course that he lost the lead to Hollis Lenderking. After 18 hours, Hollis held a six-mile lead over second-place runner Jim Drake. Jim was running his first 24-hour, and he ran an intelligent, well-planned race. He gradually closed the gap and passed Hollis with less than 30 minutes to go. Not far behind the leaders was Jeff Hagen, who recently moved to Sacramento from South Dakota. Jeff prides himself in not overtraining, and his training techniques seem to work well for him. He probably ran the most evenly-paced race of any of the leaders. When Drake took the lead, he sensed his

first ultra victory, and was actually able to pick up the pace. He finished just one-quarter mile ahead of Lenderking, who was just three-quarters of a mile ahead of Hagen, in one of the closest 24-hour finishes that anyone could remember.

Eldrith Gosney, also running her first 24-hour race, was the women's winner with 109 miles. Eldrith called me just two weeks before the race, and asked if she could just run 50 miles. I dissuaded her from doing that, telling her that I knew she would want to keep going, so why not plan on running the entire 24 hours. It was a joy to watch her run, as she carried a smile on her face the entire time. She always gave a cheerful wave to her lap recorder, and seemed to enjoy herself every minute of the race. She showed her appreciation when she returned the next day with a huge roast turkey that was devoured by the runners in just a few minutes.

Another outstanding performance was turned in by Lee Rhodes, also running his first 24-hour. At age 57, Lee has less than a year of ultrarunning under his belt, and he finished with 108 miles. His determination not to walk a step for the first 100 miles was inspiring, and he was able to accomplish that goal. Another highlight was the appearance of Iva Vojtiskova from Czechoslovakia, who finished second in the women's division.

The 48-hour race was won by Bob Surles from Washington, with a total of 151 miles. Claudia Berryman-Shafer was victorious in the women's division with 139 miles, and she won the award for having the reddest cheeks due to the wind from the first day and the cold nights. Like Eldrith, the smile seldom left her face and her cheerful demeanor was a pleasure to observe.

The only surprise in the 72-hour was not that Don Choi was victorious, but that he was not running the six-day. Don, a veteran of over 20 six-day races, was unable to get the time off from work to run the six-day, so he had to settle for the 72-hour. His total of 217 miles was good enough to earn him the victory, with John Vonhof finishing second.

The six-day race featured many strong performances with the pre-race favorites eventually proving to be victorious. Ian Javes from Australia, was the men's favorite, based on his 510-mile performance in a six-day race in Australia just five weeks earlier. Throughout the first day he duelled with Milan Milanovic from Switzerland. On the morning of the second day Ian developed a groin pull and had to totally alter his normal running style. It was questionable if he could run at all, let alone run competitively. By shortening his stride, taking regularly scheduled rests, and properly fueling himself, he continued to grind out the miles.

As the days progressed, Milan began to develop foot problems, and suddenly Silvia Andonie from Mexico became Ian's chief threat. On the fourth day, Silvia assumed the lead when Ian took a long rest, and the determination that this woman displayed was awesome.

Her pace and well-orchestrated race plan never wavered in spite of having to run at least half of the race on feet that appeared to have gone through a meat grinder. At the end of the sixth day, Ian prevailed with 460 miles. Silvia showed remarkable courage to finish with 450 miles; it was amazing that she was able to run at all after the third day.

Dick Collins showed why he is truly a legend in ultra circles. Dick got a PR with over 403 miles, and his strength became evident on the sixth day when he ran like a man possessed. His mileage on the sixth day exceeded any of the other competitors. Helen Klein again proved why she has been titled the "Grand Dame" of ultrarunning by establishing a world best for the 65-69 age group, with 340 miles. She was determined to do the entire event on her own, relying only on volunteer support. She proved that if race personnel is adequate, crews are not necessary for multi-day events.

Janet and Clive Johnson turned in very strong performances as they ran together for nearly the entire six days. This was a surprise to all watching, and the ultrarunning couples who were present were heard to say in envy that they could never run with their spouses that way, and that, if they did, they would probably wind up shooting each other. Method Istvanick walked the entire six days, and he, too, proved that with a good pre-race plan and proper rest periods, large mileage totals can be accumulated. He walked 357 miles — not bad for someone 63 years old.

Food consumption

The controversy exists, and no doubt, will continue for years to come, over what to eat in long-distance races — should I eat solid foods at all, and so on. Brian Purcell won Western States in 1988, consuming nothing but Exceed and PowerBars. Jim O'Brien ate very little while winning Leadville, and he expressed his sentiments about eating during races in a previous issue of *Ultrarunning*. These individuals, and I am sure there are others, are able to get by with minimal refueling. They are also very talented runners, who have the physical and mental makeup to push themselves to the limit in training and during races. In most instances they enjoy incredible success.

The majority of ultrarunners are not blessed with their talents. I have been a long-time proponent that proper refueling is the key to success for most ultrarunners. Most people eat three meals a day doing their normal daily duties and their training. During a race, particularly a 100-mile or multi-day event, you are mentally and physically stressing yourself many times over what you would during a regular training

day. A car can't go 200 miles on two gallons of gas; it is reasonable to assume that neither can the body. I have noticed at Western States, as well as the other ultras that I direct or serve as a volunteer, that nausea and vomiting is accounting for as many DNFs as almost any other factor. It also appears, that those runners who begin the refueling process early, generally do not witness this problem as much as those who don't.

The amount of food consumed during the multi-day event was staggering. With the aid station being available at the end of each lap, the runners availed themselves most heartily. In addition to the three regularly served meals, countless gallons of electrolyte drink, soup, coffee, tea, and hot chocolate, 40 cases of Coca Cola (in spite of the cold), 75 pounds of baked potatoes, 75 pounds of cookies, 40 pounds of gum drops, 30 pounds of M&Ms, 25 pounds of pretzels, 25 pounds of chips, sandwiches, bananas, oranges, apples, raisins, donuts, muffins, PowerBars, peanuts and crackers were consumed in an endless fashion. I am sure with the miles and the cold the runners were burning more calories than usual. However, only a couple of episodes of nausea occurred during the entire six days, and to the best of my knowledge, no one experienced a vomiting episode. This can only be attributed to proper refueling and having the proper foods and liquids available.

I am not saying that the regimes followed by the Purcells or O'Briens are wrong, and that our recommendations are correct. Rather, I am saying what works for one, does not necessarily work for all. Ultra-runners should experiment and subscribe to what works best for them.

Summary

The success of our inaugural event was due to three factors. We were able to get a wonderful facility, Gibson Ranch, from the Sacramento County Department of Parks and Recreation. This is probably the most ideal setting that I have ever seen to stage such an event — a beautiful course, a double kitchen to prepare the meals, heated bunkhouse for rest (which proved invaluable in the cold weather), hot showers, no traffic, and so on, all making for a perfect setting. In addition, the park supervisors and personnel did everything in their power to assist us. Secondly, runners coming from all over the world provided us with a strong, competitive field. Third, our volunteers again proved that no event can be staged without a tremendous amount of assistance. Each of our volunteers did an eight-hour shift, either as a lap-counter, working the aid station, or preparing the food. They showed a tremendous desire to help the runners, especially in the frigid conditions. In all, over 225 eight-hour shifts were accumulated, with many volunteers doing repeat shifts. They performed as well as the runners.

We were fortunate to draw the field that we did for our inaugural event, and we have been asked if we plan on making it an

annual event. Our answer is "yes," and we will try to make it even better next year. We also promise that we will have more normal temperatures.

Suzi Thibeault adds:

I found the six-day race to be even more fascinating than it was billed. The 100-mile trail runs have been my mainstay and I had never witnessed this kind of flat, circular, time-governed endurance competition. It drew me back day after day.

I worked the aid station from midnight to 8:00 a.m. once and, with the temperature hovering below 20°, I watched the six-day competitors struggle with extreme caloric and clothing demands. Through it all, the good humor shined brightest, overcoming the individual pain and fatigue. The gift I received for working this event was the chance to meet some of the contestants and get to know them while pacing a lap or two in the later days of the race. We rarely have an opportunity like this during the trail runs.

Milan Milanovic advised me on my upcoming attempt at the Barkley while he completed 407 miles for third place. Clive and Janet Johnson astounded our Sierra Express Running Club members with their 370 miles in unison. We have ten married couples in the club with at least one 100-mile trail finish for each spouse, but none of them were done in tandem! The Johnsons were even civil at 3:00 a.m. while they discussed food choices.

I was very impressed by this large field of competitors and I was especially pleased to see Method Istvanik, a true *pedestrian* in the finest sense of the word coined in the mid-1800s. Method walked the race from the beginning to the end with an intensity that was awe inspiring. He took only the briefest of breaks and leaned into the course right up to the final siren, for a total of 357 miles.

Jesse Riley adds:

A few years ago Norm Klein and some friends took up the challenge of making a 100-mile run on isolated trails into the Western States race of today: competitive, well-organized, beautiful, and lots of fun. Now that they've succeeded at that, they've turned their talents toward multiday, with the same philosophy. For those of us back East, who were getting used to blood-and-gore multiday contests by a bunch of nomadic misfits who weren't afraid to die on the track, the Gibson Ranch Multiday Classic looked like another good reason to hate California.

Then we arrived at the race. Real indoor bunks! "You mean they're going to let us sleep during this thing?" In the food tent we found sugar-free soda and Sweet 'n' Low, bran muffins, organic this and vegetarian that. "Now we can go on a diet and race at the same time." On a dare we asked for avocados, but we were politely turned down, for the only time in the race, I think. With the addition of indoor hot

showers, cavernous and well-heated army tents for the volunteers (and anyone else who wanted to take a break) and a homey, pastoral venue, we were roughing it with all the decadence you'd expect out West. Inevitably, however, something not unlike a race did appear, with a moderate amount of pain and anguish by the athletes, just so they could see what it was like, apparently.

Milan Milanovich (24-hour PR: 130 mi) led for much of the first half of the race, his first multi-day, but settled for third after a late-race crash. He described it with the simplicity of someone speaking a second language: "It's a very funny race. I got up last night (Day 5) and said to my legs, 'March'! But they don't listen to me, so I went back to bed."

Method Istvanik, the beloved pendulum, finally decided to do more talking with his feet than with his mouth and pulled off an upset win in the over-60s. Utilizing the classic but seldom-seen strategy of 20 hours a day on the track, Method slowly buried competitors like Rob Volkenand and Helen Klein with an average pace of 20 minutes a mile. His fastest mile couldn't have been under 15 minutes. Clarence Richey, 58, a broken man at the end but refusing to be beaten by an older man and a walker, limped in three miles in front of Method.

Al Cruzado was opening his fortune cookie after we had devastated a Chinese buffet in Sacramento the evening before Gibson Ranch. "It's the same one I got yesterday in Chinatown," he said with a smile. "It says, 'Your road will be made smooth for you by good friends'." It could have been the theme for the race. Thanks, Norm. Thanks, California. When you run out West, it seems like the road is always smooth.

Gibson Ranch Multi Day Classic

Sacramento, Calif.

Dec. 29, 1990

One-mile loop, flat, paved

24 hours

1. Jim Drake,50	124.00 mi
2. Hollis Lenderking,41	123.75
3. Jeff Hagen,43	123.00
4. Frank Ives,48	116.00
5. Jim Berryman-Shafer,36,NV	115.50
6. Max Welker,48,WA	113.75
7. Joe Schlereth,40	110.50
8. Eldrith Gosney,49	109.25
9. Lee Rhodes,57	108.50
10. David Kamp,43	106.00
11. Ron Naess,39	104.00
12. Richard Westervelt,54	103.50
13. Richard Laine,61	101.00
14. Jim Butera,42	100.00
15. Rodger Dike,36	94.00
16. Troy Glassman,23,UT	83.75
17. Delmar Fralick,27	80.00
18. Iva Vojtiskova,26,CZE	79.00
Ray Scannell,41	79.00
20. Dan Pfiefer,44	77.00
21. Chip Lawler,43	76.00
22. Thomas Windsperger,43	73.50
23. Stuart Smith,31,CO	73.00
24. Scott Weber,38,CO	71.00

25. Elaina McMahon,33	70.50
26. George Staub,34	70.00
27. Teddy Walton,43	64.00
28. Warren Hoehn,27,UT	62.00
29. Dennis Gutierrez,28	54.00
Ted Martinez,35	54.00
31. Scott Powell,24	52.75
32. Jacqueline Kelley,51	51.75
33. Wende Schallman,36	51.00
34. Michael Williams,29,UT	50.00
John Lewis,69,MD	50.00
36. George Palermo,38	47.00
37. Jesse Ooten,23,UT	46.00
38. John Woods,37	43.00
39. Linda Parr,39	40.00
40. Pam Shaughnessy,46	34.00
41. Keith Golding,30,CO	28.00

48 hours

1. Bob Surles,51,WA	151.00
2. Claudia Berryman-Shafer,41,NV	139.00

3. Ryoichi Morita,40	131.00
4. Gary Waldsmith,50	128.75
5. Jonathan Lovy,20,MI	105.50
6. Ron Behrmann,50,WA	86.00
7. Keith Pippin,50,AZ	63.00
8. Geraldine Wales,46,PA	60.00
9. Richard Rozier,60	49.00

72 hours

1. Donald Choi,42	217.00
2. John Vonhof,43	172.00
3. Bruce Osran,40,IL	159.00
4. Alan Linson,30	120.00
5. Al Cruzado,51,FL	29.00

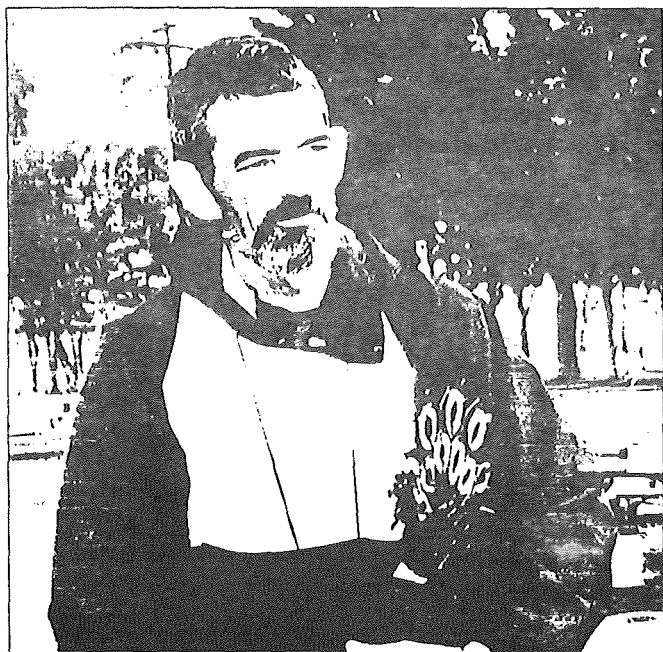
6 days

1. Ian Javes,48,Australia	460.00
2. Silvia Andonie,35,MEX	450.00
3. Milan Milanovic,30,SWI	407.00
4. Dick Collins,57	403.40
5. Janet Johnson,50,NJ	371.00

6. Clive Johnson,53,NJ	370.00
7. Clarence Richey,58,WI	360.00
8. Method Istvanik,63,PA	357.00
9. Ephraim Romesberg,60	341.00
10. Helen Klein,68	340.00
11. Wally Herman,65,CAN	326.00
12. Barbara Miller,46	322.00
13. Tam Muramatsu,34,JAP	318.00
14. Richard Carp,57	313.00
15. Rob Volkenand,60,OR	309.00
16. John Surdyk,35,IL	302.00
17. Michael Dipippo,36	256.00
Andrew Lovy,55,ND	256.00
19. Gary Hilliard,36	246.00
20. Leon Ransom,53	239.00
21. Jesse Riley,27,FL	238.00
22. Bev Nolan-Cannata,56,VT	235.00
23. Bob Cannata,59,VI	218.00
24. Jim Skophammer,67	208.00
25. Tom Crawford,44	150.00

81 starters in all

Photos: E. J. Byng



Cold weather, hard work — Eldrith Gosney (above, left), winner in the 24-hour; Ian Javes (#9) and Barbara Miller (#16) resting after the finish of the six-day.

The IAU 100km ULTRA DISTANCE WORLD CUP under the Patronage of
the IAAF. Duluth, Minnesota, USA. by Andy Milroy.

It was 5.30 in the morning of the 27th of October in the heart of the North American Continent. I was being driven along through the early morning darkness towards the start of the 100km World Cup race. First a deer, then a skunk showed up in the headlights. On either side of the road remnants of ancient birch forests stood starkly. To our right, unseen in the darkness, stretched the vast inland sea of Lake Superior, a massive reminder of the last Ice Age. The 100km was to be point to point through the Minnesota countryside, following the Lake shore.

Car headlights illuminated the start as the runners readied themselves. A bull horn brought order and the crack of a pistol sent the runners on their 62 mile journey to Duluth.

The field was one of the highest quality as befits a World Cup event. The roll call of entrants read like a who's who of ultrarunning. Legendary greats Don Ritchie and Yiannis Kouros were competing against each other for the first time - a clash to savour in itself. Add to them such luminaries as Domingo Catalan, Eleanor Adams, Ann Trason, Marta Vass, Roland Vuilleminot, Heinz Huglin, Stefen Fekner and newly emergent stars like Pryzemsław Jamont of Poland plus powerful teams from Germany, UK, USA and Australia, and a race of epic proportions was on the cards.

However it was to be none of these runners who sought to stamp their authority on the race from the gun. New Zealander Russell Prince, a major new force on the world ultra scene with a 5.06 50 miler to his name this year, seized the initiative and set off alone in front.

By 5km Prince had a clear lead over Charlie Trayer and Tom Zimmerman of the USA with all the top male contenders in a pack close behind. The New Zealander went through 10kms in 36 minutes and 15kms in 53:43 by which time he had a two minute lead over his pursuers.

The twin pressure of the undulating course and the growing wind which blustered around the runners began to break up the pack behind the leader. By 30 kms Prince had slowed slightly but still went through in 1:51:50. Yiannis Kouros, running a rare 100km, was an isolated second two minutes back, with thirty seconds covering the rest of the group that included, Zimmerman, Catalan, Huglin, Fekner, Vuilleminot and Ritchie.

The halfway point was reached in 3:10:01. By then Prince's lead had been cut to 40 seconds by the veteran Frenchman Vuilleminot; Catalan and Kouros were paired a minute back, closely followed by Huglin and Fekner. Ritchie was suffering a little, I thought from his 6:40 win at Santander three weeks earlier (it later turned

out he had an infection in his left lung.) Charlie Trayer, winner of the Duluth race last year was also in trouble and struggling.

Meanwhile the women's race was following it's predictable course. As ever Eleanor Adams was out in front forcing the pace, tracked by Ann Trason and Marta Vass. It will perhaps be remembered that these three took the top places in the Santander event in 1988. Eleanor went through 10km in 42:05 to Ann's 42:20, but by 30kms she had pulled out a lead of a minute and a half, with Marta a similar distance behind Ann.

20kms later Eleanor had extended her lead to five minutes. It turned out later that Ann Trason had been unwell prior to the race and she showed great fortitude in battling it out to the finish in the difficult weather conditions.

The strong wind and undulating course had broken up the small groups contending the men's race still further into isolated individuals. At the front Prince had been joined by Vuilleminot. The duo battled it out for sometime until finally the Frenchman forced a gap to develop. Driving himself towards the finish line with savage determination Vuilleminot smashed his previous best by three minutes, setting a new record for the IAU 100km World Cup, with the added bonus of a World O' 40 best into the bargain. His time of 6:34:02 was the fastest 100km ever run on North American soil.

The revelation of the race, Russell Prince, demolished the Australasian 100km road best by a huge margin with his time of 6:38:00. This formidable competitor looks set to make a lasting impression on the World 100km scene. Stefen Fekner (Canada) showed his class by coming through in the later stages with a fluent third place (6:42:12) with Yiannis Kouros not too far behind producing a typically non-stop relentless effort to clock 6:43:33. Germany's Heinz Huglin held off the late race surge of Erik Seedhouse (UK) as they both went under 7 hours- 6:50:51 to 6:55:14.

In the women's race Eleanor Adams completed a unique double, adding the IAU World Cup 100km title to the International 24 hour title she won at Milton Keynes in February. Her final time of 7:55:08 left her well clear of the struggling Ann Trason who only just held off Marta Vass (8:06:15 to 8:07:18) Katherina Janicke and Sigrid Lomsky of Germany came in fourth and fifth with 8:19:37 and 8:26:36.

In the team competition Germany emerged the winner in both the men's and women's races.

The day after the race there was a meeting attended by many of the top performers. The consensus was how important it was that Ultra running continues it's tradition that the World Cup is an event every runner could aspire to run in. Next year's World Cup will be held at the Del Passatore 100km from Florence to Faenza in Italy on the 25th May. Preparations are already well in hand to ensure that this event develops and builds on the success of the Duluth event.

Results in previous issue.

ITALIA 91. ITALIA 91. ITALIA 91. ITALIA 91. ITALIA 91.

The IAU 100km Ultra Distance World Cup under the Patronage
of the IAAF. 25th/26th May. 1991. Italy.

Any ultradistance race that has been held annually for the last nineteen years has to be considered as an established event. If you then consider that more than 3000 athletes start the event each year it has to be thought of as a popular event. Many foreign competitors make their way annually to the 100km Del Passatore captured by the magic and sheer beauty of this very special race.

The start is from beautiful Piazza della Signoria in the aristocratic city of Florence and the finish 100kms later is in Faenza-the city of ceramics. The route crosses the Tuscan-Romanal Appennines, passing the Fiesole Monastery and following the route taken over three thousand years ago by Romans, who ascended Tuscany in order to conquer the Gauls who at that time dominated the Po Valley. There is a sense of history in the route-more real than imagined-and the drama this year will be enhanced by so many international competitors taking part.

However strong the competition the course record held by the Italian Normanno di Gennaro (6.37.10 in 1988) is no easy mark. The Italian Vito Melito has won the event four times with a best mark in 1978 of 6.40.00; the Frenchman Jean Marc Bellocq has won the event twice with a best mark in 1987 of 6.52.42 and Scotsman Don Ritchie who has also won the event twice recorded 6.52.53 in 1979. Last year's winner the great Polish athlete, Jamont Przemyslaw came close to the record with 6.38.53 and is likely to return in 1991.

The event includes an individual competition and a National team competition with separate classifications for men and women. There has already been strong international interest shown in the event and for many 100km runners who enjoy competition at the highest level there is really only one place to be during the last weekend in May 1991 - The 19th 100km Del Passatore.

CONTACTS

Sen Elio Assirelli
President of the Organising Committee
100km del Passatore
Corso Garibaldi 2
48018 Faenza
Italy

Fax No 546 665063

Malcolm Campbell
15 Walton Gardens
Grantham
Lincs
NG 31 7 BH
United Kingdom

Fax No (0) 476 78822

ITALIA 91. ITALIA 91. ITALIA 91. ITALIA 91. ITALIA 91.

IAAF 100 Km — Big-Time Ultrarunning In Minnesota

Reprinted from Ultrarunning Decemeber, 1990

by Gary Cantrell

I pulled my van off to the side of the road, perhaps three or four km from the starting line, and craned my neck, straining to see into the darkness behind. The race should be starting any time now, but the gusting winds would obliterate the sound of the gun. Considering the quality of the field, I did not want to get caught by surprise and have my van interfere with the runners any more than I wanted to get trapped behind the race traffic.

Just as I glanced at my watch, Fernando (Domingo Catalan's coach, who was riding with me for the day) began to speak rapidly in Spanish. Sure enough, a figure emerged from the gloom, blistering past us at well below six-minute pace — Russell Prince of New Zealand. Then two more followed, Charlie Trayer and Ray Krolewicz. Damn. Ray could be counted on to slow down before it was too late, but Charlie might be throwing away his chances for a good finish. And then the "pack" followed.

This was the sight I had been waiting for. There had to be between 20 and 30 runners, all cranking out sub-sixes. I have seen so many great races over the past decade, but this was the strongest field ever assembled in North America and I was right up there with them to witness all the fun.

For 15 km the pack held together, with the invisible sunrise gradually throwing enough light through the clouds to illuminate the runners. Most of the favorites were hard to pick out as they sought refuge from the swirling winds by hiding in the middle of the pack. Trayer had dropped back by the time Prince ripped through his 36-flat initial ten km, but Tom Zimmerman had charged out of the pack to replace him in accompanying Krolewicz. With Barney Klecker subpar with a cold, America's best hopes were being washed away by jackrabbit starts.

By the 15-km mark, where Krolewicz briefly climbed all the way to second, the race began to take shape. Russell Prince, long since out of sight of all the others, had banked all his hopes on running away with the event. Into the teeth of these headwinds

(now accompanied by a fine, cold rain), such a tactic promised to be suicidal.

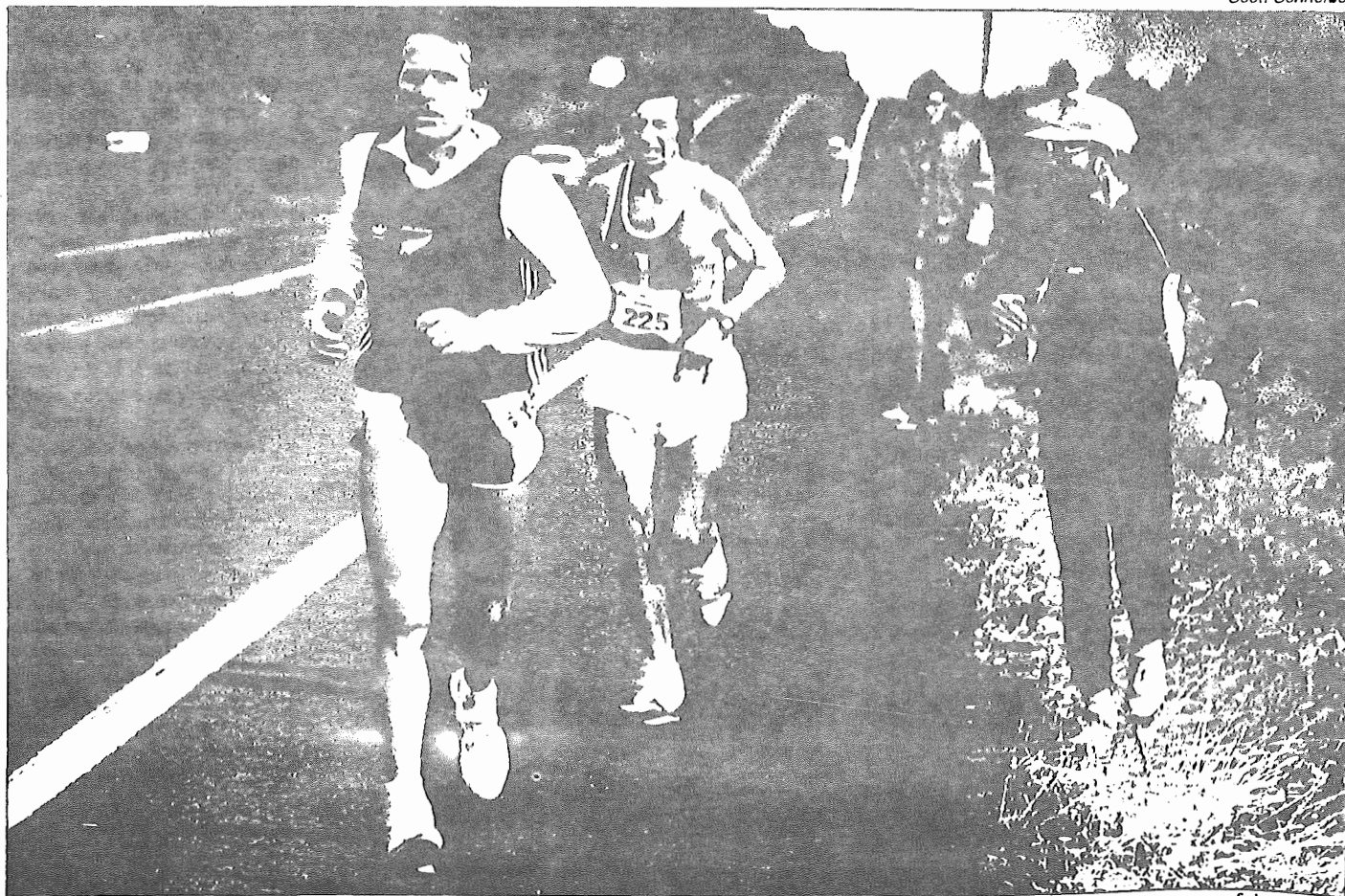
Just past 15 km Krolewicz decided he'd seen enough and dropped back. Zimmerman, still flying, moved right back up and began to search the road ahead for some sign of Prince. Stefan Fekner emerged from the pack on Tom's tail, himself pursued vigorously by Yiannis Kouros.

At 25 km, a quarter of the distance done, the runners had strung out into a line. Prince, although no longer gaining ground, remained out of visual range. Kouros had moved past Fekner and was now closely pursuing Zimmerman. German runner Heinz Huglin had moved into fourth, and Domingo Catalan (having taken shelter in the pack as long as possible) had cruised easily into fifth, followed closely by Frenchman Roland Vuilleminot.

Fernando indicated to me in no uncertain terms that he expected Vuilleminot to emerge victorious. Despite our mutual vocabulary of about ten words, Fernando was able to impart a lot of valuable information about the many Europeans with whom I was unfamiliar. After 18 years of coaching Catalan, Fernando was an astonishingly accurate judge of the activity on the course.

Behind the Frenchman there was a fair-sized gap before the next three runners came into view — the immortal Don Ritchie

Scott Schneider



Roland Vuilleminot of France (#225) chased New Zealand's Russell Prince for a long time, eventually passing him three-quarters of the way into the race. Among the bystanders is Dan Brannen (right, with cap), Secretary-General of the International Association of Ultrarunners (IAU).



The strain shows on his face as Bill Clements, the first American finisher, nears the finish.

(who, I expected, would enjoy the cold rain and wind, as he is from Scotland where freezing rain is the national bird), a now-fading Charlie Trayer, and Stefan Fekner, who appeared much more relaxed than during his early surge.

The weather was not the only challenge as they passed through the eerie north Minnesota woodlands. The course was considerably hillier than expected, and the sections of dirt road (in Tennessee we call that the prime running surface) proved much less than popular with the Europeans. For the warm-climate runners, however, the weather was the greatest obstacle. While it was not cold enough to deter the fast-moving runners, the temperature, along with the rain and wind, combined to sap the strength of any runner encountering a "bad spell" along the way.

Between 25 and 50 km the contenders continued to clarify themselves. While most of the runners continued to run in close single file, gaps formed in the line. Prince's initial surge had removed the snap from his stride, and Kouros had closed within visual contact by 40 km. Even that was not enough, as Vuilleminot was moving powerfully up though the field, bumping Kouros into third shortly past the 40-km mark. Catalan and Huglin had followed the move, and at 50 km Prince led through in 3:10, with the next four runners tightly spaced behind, starting with Vuilleminot's 3:11.

Zimmerman and Trayer had done themselves irreparable damage with their early pace, but their most significant contribution to the final result was at the 50-km mark. At this point they, along with a fading Don Ritchie, occupied three consecutive positions in the line of runners. Those behind them could not see to the runners ahead of them and, influenced by the trio's deteriorating pace, they slowed down, allowing an enormous gap to open up. Only Fekner was fortunate enough to get past before the gap developed. The others simply lost more ground than could be made up.

Tactics and strategy grew more complex as the runners crested a hill at almost 60 km. Vuilleminot had closed to Prince's shoulder and settled in there to enjoy a free ride for a while. Catalan had also passed Kouros and appeared in control of himself. However, when Stan Wagon and Dan Brannen came by and offered their opinion that Domingo would win, Fernando surprised me by stating flatly that Catalan would not finish. The cold weather had done to the Spanish runner what the hills could not, and the warm-weather-acclimated Catalan was getting cramps in his thighs. This comforting information was not apparent to the other contestants, as Catalan continued to run with the most impassive expression imaginable. Fernando explained later that this expression was part of

Catalan's racing strategy — it was not necessary for the others to know how he felt.

Not everyone emulated the secretive tactics of Catalan. Prince showed the strain clearly, although he continued to refuse to collapse. Vuilleminot's face expressed agony, and soon he would be emitting loud groans of pain, but his legs continued to hammer on. Fekner had returned to the fore after his mid-race sag, and at 70 km, where Catalan abruptly stopped for a quick massage, Fekner blew by both Catalan and Kouros with the most out-of-place smile spreading across his features.

But nobody looked as terrible as poor Heinz Huglin. Following some aid difficulties when his coach locked the keys in the car at 50 km, Huglin had developed a stricken look. Slumping, at times almost staggering, with a grimace of pure misery etched across his face, Huglin inspired Fernando to comment, "German kaput." Even more traumatic, Eric Seedhouse had somehow gotten through the huge gap that Trayer, Zimmerman, and Ritchie had created, and he was now pressing Huglin to the utmost for sixth place.

As the leaders slowly closed on 75 km the tension became palpable. At each stop Fernando and I speculated as to who would have changed positions. Time and again we were amazed. Prince would not allow Vuilleminot past. Fekner could get close, but then he would surrender all his hard-

earned gain by stopping at each aid station. Kouros pumped away in his awkward-looking style and Huglin treated the final 20 meters of lead over Seedhouse as if it were life itself.

Entering the final grim quarter of the race, Vuilleminot made his move. He burst past Prince and out of reach so swiftly that Prince could not have responded even had there been something left. But, unlike many runners, the loss of his so valiantly contested lead did not break Prince. He vigorously pursued the Frenchman as long as any visual contact remained before finally looking back with only 15 km to go. What he saw could not have enhanced the situation in his mind. Fekner, still grinning like a madman, was only about a minute back. Kouros, still working like a machine, was about the same distance behind Fekner. And Kouros would not be slowing down. For an exhausted Huglin and Seedhouse (the latter coming off a bout with pleurisy and prior to the start given little chance of finishing), the race was turning into a slow-motion horror show. The same margin separated the two, but the leaders had escaped.

Vuilleminot held on. Time and again he seemed on the verge of collapse. Somehow, despite the audible moans and occasional staggering, he never gave any ground. When his handler passed him a can of beer at 90 km, the race was over. Revitalized, the French runner finally broke open the race and pulled away to the finish. Prince and Fekner never exchanged places, although Fekner constantly appeared just one more surge away from taking Prince, and even Vuilleminot, but his gallant charge from the pack had simply taken too much. When Prince gathered himself for one final push over the final ten km, Fekner was left to struggle in, narrowly retaining his margin over the tireless Kouros.

This part Fernando and I got to see to the very end. We anxiously awaited the next finisher. Could Huglin have somehow survived to stave off Seedhouse?

Our questions were soon answered as Huglin appeared to collect his hard-earned fifth-place finish. A devastated Seedhouse did not arrive for another five minutes, but his efforts were good enough to bring him home in under seven hours.

As the runners continued to file in, reports came with them of the activities further back in the field. The bitter warfare had not been an exclusive of the leaders. With so many great runners, the

competition had been equally tough well back in the field. Many a finisher arrived so completely destroyed that the first-aid tent was kept hustling all afternoon.

For those of us watching, it was a time to greet old friends and new ones and to feel the emotions of such an event. When everyone's hero, Don Ritchie, came in (for the first time decked out in a national uniform), many an eye misted over. When Eleanor Adams led the women home, again we shared the touch of emotions at such a reward for so magnificent a competitor. When Bill Clements and Ray Krolewicz led the Americans across the finish we shared their moment of vindication for not being named to the American team. And when gutsy Steve Warshawer, a gentleman who has given himself to the sport for so long, became the first member of the American team to finish, we found solace from the disappointment of the poor showings of our "big guns." And when we heard the story of the unfortunate German coach, whose day of automobile hell had been capped by his car rolling into Lake Superior, we all shared in the commiseration and the laughter.

And what was it that brought all this to the remote shores of Lake Superior? Well, how about the tireless promotions of Bill Wenmark (not to mention the heartburn and worry of Leo and the rest of the race staff)? And how about the persistent efforts of Dan Brannen, Malcolm Campbell, and a number

of other zealots who refuse to believe that ultramarathons are destined to be an orphan sport, and got the IAU to work with or without the assistance of the ultrarunning community? And what about the Ted Corbitts, the Park Barners, the Nick Marshalls, and all the others who kept the flame alive until the day would come that ultramarathoners could wear the uniforms of their countries? Perhaps all of us in the sport, from the fastest to the slowest, played some part in bringing about this day. At least, that is how I see it.

And I must not be alone. The great athletes who came to run the 1990 Edmund Fitzgerald had many fine moments during the race, but none so fine as the one they had during the Sunday morning gathering to discuss the future of the sport. In an era when athletes think nothing of wrecking their team for a contract holdout, or selling their signatures to the fans that pay their salaries, it was indeed a surprise to hear the one universal concern voiced about the future of the sport — we cannot, elite runner after elite runner said, allow ourselves to lose our connection with the grass-roots runners who really make up the sport. We want to have the legacy of these races to grow into full-scale world championships, but not unless the others can participate alongside. In this sport, every runner should be able to aspire to run in the world championships.

Scott Schneider



Rae Clark and Ann Trason had extra clothes on to ward off the cold. Neither had a particularly good day.

Trying the Low-Key Approach at a 24-Hour Race

Reprinted from "Ultrarunning", March 1991

By Jeff Hagen

Since 1987, when I first introduced the "low-key approach to trail 100-milers" in *Ultrarunning*, I have wondered how well the technique would work in a 24-hour track race. Of course, there is still disagreement among ultrarunners as to whether the technique works at all. Some runners have reported excellent success with this approach, while others have written that it did not work for them. This is not surprising, because we all know that what works for one runner does not necessarily work for another.

One thing has become apparent to me, though. Runners who think they were applying the low-key approach solely on the basis of low training mileage are kidding themselves. This is akin to mounting Corvette wheels on a Chevy station wagon and calling the vehicle a Corvette. As originally presented, the low-key approach consisted of 10 elements. One of these elements stated that it is possible to run a 100-mile trail race on relatively low training mileage. Other elements included important matters such as running at the proper pace, eating copious amounts of food, and drinking the right amount of liquid. The catch is this: For the approach to work you need to follow *all* of the elements, not just those that are convenient to follow. In other words, it is a package deal.

I chuckle when I read articles that go something like, "I didn't have time to train for the race, so I decided to try Jeff Hagen's low-key approach. It worked okay for 20 miles, and I was feeling so good that I decided to pick up the pace. I didn't eat anything for the next 30 miles, but I was feeling pretty strong. Then at 50 miles I suddenly 'crashed and burned'. The low-key approach didn't work for me." Come on, folks, this isn't the low-key approach! As I have stated before, there are many, many factors that contribute to a successful or unsuccessful 100-mile trail race. There are quite a few ultrarunners out there who have found that it is possible to have a very satisfying 100-mile run on modest training, *if they do everything else right*. Runners who don't yet have the knack for "doing everything else right" may do well to work on these other factors before they consider cutting their training mileage. For those runners who *are* able to make the low-key approach work, the obvious benefit is that they can enjoy the wonderful sport of ultrarunning while maintaining a balance with other segments of their lives. This is hard to do if you are spending every spare minute on the trail or road, grinding out 100 to 200 miles of training per week.

The opportunity to determine whether these low-key principles could be applied to a 24-hour race was made available in the form of the Gibson Ranch Multi Day

Classic, just outside Sacramento. This flat one-mile loop course would be an ideal place to do some experimenting.

The main problem, as I saw it, was that one of the key elements to successful low-key trail running — walking the uphill and running the downhill — would not apply at Gibson Ranch. Steep uphill and downhill might appear on the surface to be the greatest obstacles to overcome in a trail race. But if this is true, why do some runners easily finish a 100-mile trail race in under 24 hours but then fail to reach 100 miles in a 24-hour track race? As various ultrarunners have speculated, the answer may well be that these hills are actually beneficial to the runner (in ultras, that is, not 10-km's and marathons). Walking the uphill and running the downhill is simply a very efficient way to travel long distances. It is much easier on the legs to use one group of muscles for awhile and then another group for awhile. The hills also can serve as a pacing mechanism. On a flat course it is difficult to determine when to walk and when to run. In hilly trail races there is no question about when to walk, at least for those of us who were not blessed with sufficient aerobic capacity to run the uphill for any significant length of time.

Another factor at Gibson Ranch would be the surface of the course, which consists of approximately seven-eighths mile of asphalt and one-eighth mile of concrete. Trails tend to be much kinder to the legs than hard surfaces, and I had never run more than 62 miles at one time on asphalt. Sore legs would be a distinct possibility.

I chose not to consult with any 24-hour veterans regarding race strategy, deciding instead to rely upon my trail running experience and some common sense guesses to develop a "game plan" for the race. Following is a list of factors that, in my opinion, were significant for this particular race. I do not know whether my methods for dealing with these factors will work for other runners, but those who are looking for alternatives to their current race strategy may want to consider them.

1. Walking Strategy

Unless you are out to break the world record for 24 hours, walking is the key to a successful 24-hour run. The big questions are "When to walk?" and "How much to walk?" I had heard that some people walk for approximately five minutes every half-hour, but there are probably as many formulas as there are runners. My primary goal in the race was to be able to run at the finish, so I decided that I would run the first mile and then walk a portion of each mile for the remainder of the race. The weekend before the race I went to a flat bike path to determine what mix of running and walking seemed most comfortable and practical. I settled on a combination of two to three minutes of fast walking per mile.

I stuck to this schedule throughout the race, except for skipping the walking portion during the last mile. It seemed to work like a charm. I expected that as the race wore on I would need to force myself to start running again at the end of the walking phase. This never happened, because I knew that I only had to run for approximately $\frac{3}{4}$ mile before the next walking stage would begin.

2. Running Surface

Frequent stretching was the only remedy that I could think of to prevent muscle soreness due to running on the asphalt and concrete. My plan was to stretch during every lap, but after a few miles I decided that this was "overkill." Eventually I settled on stopping every five miles for a thorough stretch of my quadriceps, hamstrings, and calves. A picnic table and light pole conveniently located along the concrete portion of the course provided an ideal place to stretch. It was easy to remember when to take a stretch break, because I always stopped on lap numbers equally divisible by five. This regimen seemed to work fine and is one of the factors to which I attribute my lack of muscle soreness at the end of the race.

3. Cold Weather

When the starting gun went off on December 29, Sacramento was in the midst of its longest cold spell in history. It was cold and windy all day, and when the wind died down at night the temperature dropped like a rock. Flashbacks of the 1988 Wasatch Front 100, with its 15° temperatures, began to dance in my head. In the middle of the night the temperature must have dropped to the 20° range, because my water bottle froze up, making it unusable. I had to give up carrying my bottle and was obliged to rely entirely on the cups of liquid offered at the aid station.

It was important to have warm clothing during the night. Pile mittens were much more comfortable than thin Gore-Tex mittens, and nylon pants, jacket, and hood significantly improved the insulating ability of the other layers of clothing without adding much weight. Several runners were prepared for the cold weather (even though Norm Klein cleverly discarded all known photos of runners wearing arctic gear — bad press for the race, you know). Others were less fortunate and were forced either to borrow gear or to risk hypothermia.

4. Using the Wind to Advantage

A bitter north wind on race day promised to be an additional factor in the event. Indeed, running against the wind was like running uphill. Wait a minute, did I say uphill? Is it possible that this nasty wind could actually be a cloud with a silver lining? By timing my regular walking segment to coincide with the portion of the course that was buffeted by the strongest headwinds, I was able, in effect, to discover a small "hill" on the previously flat course. After walking this "uphill" portion I would round the corner and then run the "downhill" portion with the wind at my back. The presence of this wind actually may have increased my efficiency, because walking against the wind did not seem to slow me down as much as running with the wind

speeded me up. I noticed that some fellow runners picked up on this same strategy, but others could be seen walking with the wind and then running against it, which must have been quite tiring.

5. Staying Awake

I have felt sleepy in only one or two trail 100s, and that was usually at about 1:00 or 2:00 a.m. Usually I take in a small amount of caffeine at about midnight to prevent this. At Gibson Ranch, though, I became so sleepy at about 10:00 p.m. that I ended up taking an unplanned 20-minute break, during which I dozed off for several minutes. The reason for my early sleepiness was probably related to the time of the year. On December 29 there were approximately 14 hours of darkness, compared to about nine hours at Western States. By 10:00 p.m. it had been dark for five hours already, and it was getting close to my usual bedtime.

My mistake was not getting caffeine into my system early enough. I should have allowed for the extra hours of darkness. Surprisingly, the one thing that really helped to wake me up was turning on my flashlight. Flashlights weren't really necessary, because generators and lights had been stationed around the course, but I guess I have become accustomed to seeing that familiar beam bobbing in front of me during all-night races.

6. Aid Stations and Breaks

The key here, as it is in the trail races, is to *keep moving*. Breaks should be kept as short as possible. The only way to enable yourself to do this, however, is to pace yourself properly early in the race. If you start out too fast, at some point you are going to crash, which translates into lots of time lost while recovering at the aid station. As described in the previous section, my bout with sleepiness messed me up on this factor, too.

7. Eating and Drinking

The rules for eating in a 24-hour are the same as for trail 100s, and that is to eat early and to eat often. Of course, having access to the aid station once every mile made it easier to get food. At dinner-time my crew brought me a Whopper with cheese and some fries. Maybe it's my imagination, but during long races it seems like my body does much better if it can get some "real food" at regular meal times. Burgers and fries are not my favorite foods, but there was a Burger King nearby, and this

meal pretty much took care of my eating needs for the next two or three hours.

There was plenty of water available at the aid station, but I chose to carry a half-liter bottle with me around the course (until it froze, that is). I think having a constant supply of water is important for maintaining proper hydration. I would rather drink small amounts of liquid frequently than large amounts of liquid infrequently. The aid station still came in handy for refilling my water bottles and for drinking an occasional cup of Exceed to maintain my electrolyte balance.

8. The Course Itself

The one-mile loop course at Gibson Ranch was an ideal place to run my first 24-hour race. The small lake in the center of the loop and the abundant animal life made the course beautiful and interesting. More important than the scenery, the one-mile laps seemed to be just the right length. They fit in perfectly with my walking formula, and the aid station was always less than a mile away. After running on that delightful course it would be difficult to attempt a 24-hour race on a quarter-mile track.

The big question is, "Did the low-key approach work for this 24-hour run?" The answer is a definite "Yes!" By adhering to my plan of conservative and consistent pacing, I had hoped to cover 50 miles in nine hours, 100 miles in 20 hours, and 112 to 116 miles total. The plan unfolded even

winner, which just isn't supposed to happen to a low-key runner like me.

I was fortunate to finish in extremely good condition. As I had hoped, I was able to run at the end of the race. Indeed, my average pace for miles 100 to 123 was approximately 90 seconds per mile faster than for miles 50 to 100. Except for a somewhat "crunchy" right knee, my feet and legs felt fine at the finish — no blisters or sore muscles at all. The combination of efficient pacing, eating, and drinking, plus all of the other factors, had once again proved their worth.

Oh, yes, there is one remaining factor — training mileage. Our recent move from Rapid City, South Dakota, to the Sacramento area had kept us extremely busy, not to mention the demands of my new job, so my mileage was even lower than usual. For the three months before the race I averaged 19 miles per week, which included two marathons. Without the marathons my average mileage would have been 15 miles per week. Oh, yes, I also did a 30-mile bike ride one day to check out the American River bike path in Sacramento. My times in the two marathons were 3:25 and 3:18. I mention them only to support my contention that natural speed is not necessary to do well in races of 100 miles or more. The 3:18 finish, unimpressive though it may be, was my second fastest marathon ever.

Perhaps I could have run more than 123 miles at Gibson Ranch with higher training mileage. On the other hand, maybe I would have become injured with the additional mileage, thus preventing me from running the race at all. At any rate, the question is moot, because I simply did not have the time for any additional training.

My first 24-hour race was a great experience, but my unexpected finish in the top three did have a potential downside. Until the 110-mile point I was happily running my own race, unaware that I was so close to the leaders. Then I was told that I was in third place, only two or so miles behind the first two runners. During those last miles, as well as after the race, I did a lot of wondering about what might have happened if I had done some things differently. For example, if I had not taken that unplanned 20-minute break at the 70-mile mark, or if I had asked someone sooner about my position in the race, or if I had eliminated my walking segments toward the end of the event, perhaps this could have been my "one chance in a lifetime" to actually win an ultra.

Perhaps some of these questions were warranted, because I still had a fair amount of kick left at the finish, but these are just the type of questions that can lead to big trouble for a low-key runner. I would do well to view this excellent finish as the gift that it was, rather than to dwell on things that I could have done differently. I would also do well to continue to stick with the race strategies that have served me so well in the past. Besides, I am beginning to realize that the longer or tougher a race is, the better the low-key methods seem to work. Maybe someday I'll come across a race that fits the low-key approach perfectly. Who knows what could happen then?

10th Annual 80 Miles South Downs Way Run June 29–30, 1991

*80 miles over the rolling South Downs
from Petersfield to Eastbourne*

10th annual event; Records: Stephen
Moore 9:37:41, Hilary Walker 11:06:24.
Medal for every finisher (27-hour limit).
Detailed route map.

Meal halfway and at finish.
16 checkpoints with food and drink.
St. John's Ambulance cover throughout.
Radio cover throughout.

Transport from finish to station.
Fully experienced marshals.
Trophies for the first three men, women,
vets, super vets, and teams.

**Entries close June 4, 1991, or when 500
limit is reached.**

**Contact: Harry Townsend, 6 Manor Rd.
East Grinstead, Sussex
England RH19 1LR**

better than expected. I was extremely surprised to find myself completing 50 miles in 8:35:50, 100 miles in exactly 19:30:00, and 123 miles in all. The astounding thing was that I finished in third place out of 42 starters, and only one mile behind the

All-Time Ultra Bests

Below are some all-time lists for the most common ultra events. In order to make the lists as informative as possible, we have combined road and track performances, as well as certified and uncertified performances, with the exception of the 100-km event. Because of the variety of courses used for 100-km races around the world, we give two lists, one for those that have been measured by calibrated bicycle, the method needed for U.S. certification, the other for the rest.

We no longer include estimates based on pace at a longer distance, and so some noteworthy marks are omitted. For example, Ian Thompson ran a 5:15 for 54+ miles at the 1980 London-to-Brighton; that same pace would yield a 50-mile time of 4:50:30.

If you know of any corrections or additions to these lists, please let us know.

Thanks to Andy Milroy of England and Dan Brannen for continually providing invaluable data.

Legend

† = current ratified U.S. record
R = road in otherwise track list
I = indoor
T = track in otherwise road list
s = split in longer event
* = uncertified road course or no lap times taken
' = resident alien
? = questionable mark (e.g., no documentation, drug-aided)

1,000 Miles

Men	
Yiannis Kourou,GR	10+10:30:35
Stu Mittleman,US	11+20:36:50
Siggy Bauer,41,NZ	12+12:36:20
Al Howie,44,CAN	13+00:27:37
John Ball,SA	13+1:00
Trishul Cherna,CAN	13+7:50:45
Stefan Schlett,GER	13+16:11:06
Ian Jones,47,AU	13+18:35:50
Michel Carreau,47,CAN	13+21:31:53
Alan Fairbrother,49,GB	13+22:48:06
Marty Sprengelmeier,40,US	14+4:45:04
John Wallis,52,US	14+9:45:04
Dan Coffey,54,GB	14+10:44:50
Tony Rafferty,47,AU	14+11:59:04
Pat Farmer,AU	14+18:27:47
John Dowling,57,GB	14+23:41:20
Don Choi,US	15+6:24:43
Emile Laharraqe,FR	15+17:58:30
Makolm Campbell,50,GB	15+21:07:43

Women	
Suprabha Schecter,US	14+20:18:24
Sandy Barwick,NZ	14+20:45:16
Antana Loca,CAN	15+9:06:09
Christel Vollmerhausen,55,WG	16+11:30:29
Eleanor Adams,GB	16+22:51

6 Days

All-time, men	
Yiannis Kourou,GR	639
George Littlewood,GB,1888	623 1320
James Zaret,GB	622 508
Bryan Smith,AU	622 435
James A. Cathcart,US,1888	621 1320
Patrick Fitzgerald,US,1884	610
Gilbert Mainix,51,FR	609 775
Jean-Gilles Boussiquet,41,FR	605 1691
Daniel Herty,US,1888	605
Charles Rowell,GB,1884	602
George Hazael,GB,1882	600 220
Ramon Zabalo,FR	593 64
Gus Guerrero,US,1888	590
Richard Tout,NZ	589 1199
Patrick Macke,GB	579 207
Robert Vint,1881	578 605
Stu Mittleman,US	577 1100
Tom O'Reilly,GB	576 675

World track record	
Yiannis Kourou,GR	635 1385

Modern, men	
Yiannis Kourou,GR	639
James Zaret,GB	622 508

Bryan Smith,45,AU	622 435
Gilbert Mainix,51,FR	609 775
Jean-Gilles Boussiquet,41,FR	605 1691
Ramon Zabalo,FR	593 64
Patrick Macke,GB	579 207
Stu Mittleman,US	577 1100
Tom O'Reilly,GB	576 675
Dusan Mravljic,YUG	568 319
Siegfried Bauer,42,NZ	563 1245
George Gardiner,40,US	554 72

North American additions	
Brian Purcell	543
Trishul Cherna,CAN	538 189
Marty Sprengelmeier,41	516 960
Don Choi	511 596
Robert Perez	501 693
Michel Carreau,48,CAN	500 1452
Al Prawda	500 1233
Al Howie,44,CAN	495
Bill Schultz	475
Michael Allen	473 440
Harlan Martin	472 1320
Dan Brannen	468 685

U.S. all-comers record	
Yiannis Kourou,GR	635 148
Age groups, world	
40-44 J.-G. Boussiquet,FR	605 1691
45-49 James Zaret,GB	622 508
50-54 Gilbert Mainix,FR	609 775
55-59 Gerry Riley,AU	449 1536
60-64 Cliff Young,AU	536
George Perdon,AU	522 1864
65-69 Cliff Young,AU	416 998

Age groups, U.S.	
40-44 George Gardiner	554 72
45-49 Cahit Yeter	468 417
50-54 Michael Allen	473 440
55-59 Clarence Hickey	438 680
60-64 Richard Cozart	387
65-69 Willie Ross	382 1454
70-74 Willie Ross	298

All-time, women	
Eleanor Adams,GB	538 582
Sandra Barwick,NZ	534 1542
Donna Hudson,US	487 1585
Mary Hamud,US	486 1056
Edith Coult,41,FR	479 968
Renate Nierken,GER	458 1056
Cynthia Cameron,AU	458 1006
Lorna Richey,US	457 345
Suprabha Schecter,US	457
Maadine Du Pree,US	456
Pippa Davis,41,US/GB	450
Christine Barrett,GB	446 1129
Sue Andrews,NZ	435 1241
Christel Vollmerhausen,GER	431
Antana Loca,CAN	427
Carmel Baker,40,GB	412 1584
Sue Medaglia,49,US	411 1623
Hildegard Schmidhuber,GER	410
Rosalind Paul,GB	407 751
Françoise Lamothe,61,FR	402 1582
Karina Nequin,US	400 220
Antana Loca,CAN	400

Age groups, world	
40-44 Eleanor Adams,GB	538 582
45-49 Sue Medaglia,US	411 1623
50-54 Barbara McLeod,CAN	393
55-59 C. Vollmerhausen,GER	431
60-64 Françoise Lamothe,FR	402 1582

Age groups, U.S.	
55-59 Myra Linden	340 440
60-64 Sarma Minoli	310

48 Hours

All-time, men	
Yiannis Kourou,GR	281 48
Ramon Zabalo,FR	260 1717
Gilbert Mainix,FR,54	259 427
Charles Rowell,GB,1882	258 220
Jean-Gilles Boussiquet,41,FR	255 182
Richard Tout,NZ	253 914
John Hughes,US,1882	251
George Hazael,GB,1882	242
Bryan Smith,AU,45	240 172

Modern, men	
Yiannis Kourou,GR	281 48
Ramon Zabalo,FR	260 1717
Gilbert Mainix,FR,54	259 427
Jean-Gilles Boussiquet,41,FR	255 182
Richard Tout,NZ	253 914
Bryan Smith,AU,46	240 172
Brian Purcell,US	240
Gilbert Roger,FR	240
Colin Dixon,44,GB	239 701
David Dowdle,GB	238 1122
Roger Quemener,FR	238 1056
Patrick Simmonet,FR	233 107

All-time, North America	
John Hughes,1882	251
Brian Purcell	240
James A. Cathcart,1888	238
Frank Hart,18xx	232 440
Scott Demaree	230 704
Don Choi	227
Patrick Fitzgerald,1883	226
Ray Krolewicz	224 1731
Al Prawda	224 1177

Dan Brannen	223 135
Doyle Carpenter,48	219 1689
Richard Lacouse,1881	218 352
Edward Weston,40,1879	218
Dan Herty,1882	217 660
Charles Harriman,1883	216
Stu Mittleman	215 1540
John Sullivan,1882	215
Ephraim Clow,1881	215
George Gardiner,40	213
Peter Panchot,1883	212
Robert Vint,1883	211

U.S. all-comers record	
Yiannis Kourou,GR	266 578

Age groups, world	
40-44 J.-G. Boussiquet,FR	255 182
45-49 Alan Fairbrother,GB	221 704
50-54 Gilbert Mainix,FR	259 427
55-59 Dan Coffey,GB	203 545
60-64 George Perdon,AU	198 164
65-69 Phil Latulippe,CAN	150 1689
70-74 Willie Ross,US	138

Age groups, North America, modern	
40-44 George Gardiner	213
45-49 Doyle Carpenter	219 1689
50-54 Phillip Parker	188 1073
55-59 Ed Williams	179 357
60-64 Ed Williams	161 369
65-69 Phil Latulippe,CAN	150 1689
70-74 Willie Ross	138

All-time, women	
Hilary Walker,GB	227 1302
Arlene Touchard,44,FR	215 1543
Angela Mertens,BEL	214 1186
Marianne Savage,GB	213 1092
Eleanor Adams,GB	207 968
Sandra Barwick,NZ	202 446
Silvia Andonie,MEX	195 1760
Edith Coult,40,FR	195 167
Christel Vollmerhausen,GER	193 1563
Bev Williams,CAN	191 1470
Françoise Lamothe,62,FR	190 48
Donna Hudson,US	189 693
Christine Gray,GB	188 385
Marcy Schwam,US	187 1406
Rosalind Paul,GB	186 623
Annie van der Meer,HOL	183 1082
Ann Sayer,45,GB	182 1326
Christine Barrett,GB	181 556
Eileen Eliot,45,US	180 1584

All-time, North America, women	
Silvia Andonie,MEX	195 1760
Bev Williams,CAN	191 1470
Donna Hudson	189 693
Marcy Schwam	187 1406
Eileen Eliot,45	180 1584
Eddie Garrett,41	170
Mary Ann Miller,50	169 1335
Suprabha Schecter	166
Barbara McLeod,50,CAN	165
Kay Moore,44	164 936
Kim Cavanagh	161 75
Lorna Richey	160

Age groups, world	
40-44 Arlette Touchard,FR	215 1543
45-49 Angela Mertens,BEL	214 1186
50-54 Barbara McLeod,CAN	177 137
55-59 Ch. Vollmerhausen,WG	193 1563
60-64 Françoise Lamothe,FR	190 48
65-69 Françoise Lamothe,FR	162 1586

Age groups, North America	
40-44 Eddie Garrett	170
45-49 Eileen Eliot	180 1584
50-54 Barbara McLeod,CAN	177 137
55-59 Bev Nolan-Cannata	132 1408
60-64 Jan Richards	127 680
65-69 Helen Klein	130 858

24 Hours

All-time, men	
Yiannis Kourou,GR	178
Wolfgang Schwark,GER	171 1106
Bernard Gaudin,FR	170 1231
David Dowdle,GB	170 974
Hans-Martin Erdmann,GER	170 580
Jean-Gilles Boussiquet,FR	169 705
Don Ritchie,45,GB	166 429
A. Komissarenko,SU	165 500
Rae Clark,US	165 427
Rune Larsson,SWE	163 346
Richard Tout,NZ	163 286
Mark Pickard,GB	162 1249
Ron Teunisse,HOL	162 832
Park Barner,US	162 537
James Zaret,42,IRAN/GB	162 454
Peter Samulski,GER	162 343
Helmut Schieke,GER	162 198
Mike March,AU	161 1087
Ron Bentley,42,GB	161 545
Victor Suborn,SU	160 1476
Peter Mann,GER	160 670

World track record	
Yiannis Kourou,GR	176 388

North American additions	
Bernad Heineich,43	156 1367
Cahit Yeter,46	155 1182
Roy Pirrung,41	154 313
Peter Holubar,CAN	150 1659

Al Howie,CAN	150 354
John Hughes,1882	150
Tom Poesert	147 247
Brian Purcell	146 1584
Nick Marshall	146 528
Don Jewell,46	145 115
Robert Van Deusen	145 408
Scott Demaree	143 704
Iten Caldwell	143 392
Ed Foley	143 238
James Edmonson	143
Steve Warshawer	142 598
John Prewitt	142 383
Marshall Ulrich	142 153
Luis Rosa	140 756
George Gardiner,40	140 400

U.S. all-comers record	
Yiannis Kourou,GR	178

Age groups, world	
40-44 Hans Erdmann,GER	170 580
45-49 Don Ritchie,GB	166 429
50-54 Peter Samulski,GER	162 343
55-59 Dave Cooper,GB	155 676
60-64 Max Courtillon,62,FR	149 91
65-69 Cy McLaughlin,NZ	130 999
70-74 Ernie Warwick,GB	109 171

Age groups, U.S.	
40-44 Bernd Heinrich	156 1367
45-49 Cahit Yeter	155 1182
50-54 Gard Leighton	136 1470
55-59 Richard Rozler	139 429
60-64 Carlton Mendell	125 1044
65-69 Ross Walzer	108 123
70-74 Edson Sower	107 655

All-time, women	
Eleanor Adams,41,GB	149 411
Hilary Walker,GB	146 1629
Angela Mertens,BEL	144 395
Ann Trason,US	143 152
Marianne Savage,GB	141 1306
Monika Kuno,GER	141 132
Tamara Merakina,SU	137 1684
Sandra Barwick,NZ	137 21
Sue Ellen Trapp,43,US	136 1514
Rosalind Paul,GB	134 1089
Waltraud Reiser,GER	133 1486
Lynn Fitzgerald,GB	133 939
Helga Bachhaus,GER	132 1433
Mary Hamud,US	132 1299
Randi Bromka,US	132 882
Edith Coult,41,FR	131 1614
Sandra Brown,GB	131 583
Zofia Turosz,47,POL	130 1416
Lorna Richey,US	130 973

World Indoor and Road record	
Eleanor Adams,42,GB	147 1408

North American additions	
Chris Hart	128 181
Sue Medaglia,47	126 749
Toni Belaustegui,40	125 885
Karina Nequin	124 661
Silvia Andonie,MX	124
Kay Moore,42	122 186
Linda Elam,43	118 1466
Pat Remmer	117
Sue Kahler	116 676
Georgette Cooper	115 813

Age groups, world	
40-44 Eleanor Adams,GB	149 411
45-49 Angela Mertens,BEL	144 395
50-54 Gisela Fricke,GER	130 781
55-59 Gerda Schröder,GER	119 140
60-64 Françoise Lamothe,FR	114 760
65-69 Françoise Lamothe,FR	108

Age groups, North America	
40-44 Sue Ellen Trapp	136 1514
45-49 Sue Medaglia	126 749
50-54 Barbara McLeod	113 1126
55-59 Ruth Anderson	110 439

All-time, women, U.S.

Ann Trason	19:22:05	Ra
Sue Ellen Trapp, 43	21:13:46	a
Randi Bromka	22:41:00	a
Lorna Richey	23:01:57	a
Sue Medaglia, 47	23:38:42	a
Toni Belautegui, 40	23:42:37	a

12 Hours

Men		
Yiannis Kourou, GR	101	Ra
Don Ritchie, GB	100	727 Ta

Men, U.S.		
Rae Clark	98	Ra#
Bernad Heinrich, 44	95	1216 Ta

Women		
Ann Trason, US	88	Ra#
Angela Mertens, BEL	87	831 R

Women, U.S.		
Ann Trason	88	Ra
Christiane Avin', 40	79	1658 R
Marcy Schwam	79	942 T
Sandra Kiddy	79	696 R

100 Miles

All-time, men		
Don Ritchie, GB	11:30:51	T
Cavin Woodward, GB	11:38:54	T
Yiannis Kourou, GR	11:48:38	a
Derek Kay, 40, SA	11:56:56	T
Tom O'Reilly, GB	12:02:32	T
Rae Clark, US	12:12:19	T
Dave Box, 41, SA	12:15:09	T
Martin Daykin, GB	12:16:46	T
David Dowdle, GB	12:17:09	T
Ron Hopcroft, 40, GB	12:18:16	T
Wally Hayward, 45, SA	12:20:08	T
George Perdon, AU	12:25:09	T
Bernad Heinrich, 44, US	12:27:01	T

All-time North American, men		
Rae Clark	12:12:19	#
Bernad Heinrich, 44	12:27:01	T
Alfonso Anzaldo Meneses, MX	12:46:20	T
Jose Cortez	12:54:31	a
Stuart Mittleman	12:56:34	a
Roy Pirrung	13:15:50	a
Ray Scannell	13:16:02	a
Terry Martin, CAN	13:18:25	a
Lion Caldwell	13:19:12	T
George Gardiner	13:22:10	T
Ted Corbitt, 49	13:33:06	T
Cahit Yeter, 51	13:35:21	T
Don Marvel	13:36:35	T
Kevin Eagleton	13:40:28	T

Age groups, world		
40-44 Derek Kay, SA	11:56:56	T
45-49 Wally Hayward, SA	12:20:08	T
George Perdon, AU	12:25:09	T
Wally Hayward, SA	12:46:34	Ta
50-54 Cahit Yeter, US	13:35:21	T
Peter Samulski, GER	14:28:07	Ra
55-59 Joseph Tudo, FR	15:16:22	Ra
David Cooper, GB	15:14:35	Ta
60-64 Cliff Young, AU	14:37:54	Ta
65-69 Cy McLaughlin, NZ	17:37:16	Ta
70-74 Ernie Warwick, GB	21:35:27	Ta

Age groups, U.S.		
40-44 Bernad Heinrich	12:27:01	T
45-49 Ted Corbitt	13:33:06	T
50-54 Cahit Yeter	13:35:21	T
Gard Leighton	14:58:19	Ta
55-59 Gard Leighton	16:05:30	Ta
60-64 Carlton Mendell	17:35:27	Ta
65-69 Wilfredo Rios	18:42:50	Ta
Rosa Walzer	21:59:16	T
70-74 Larry O'Neill	21:55:23	T
Edson Sower	21:57:44	Ta

All-time, women		
Ann Trason, US	13:55:02	#a
Eleanor Adams, 42, GB	14:43:40	a
Hilary Walker, GB	14:49:34	T
Sue Ellen Trapp, 44, US	15:05:51	T
Christine Barrett, GB	15:07:45	T
Sandra Kiddy, 49, US	15:12:54	Ta
Monika Kuno, GER	15:27:46	Ta
Donna Hudson, US	15:31:57	a
Marianne Savage, GB	15:42:36	a
Lynn Fitzgerald, GB	15:44:21	Ta
Marcy Schwam, US	15:44:28	Ta
Sue Medaglia, 48, US	15:55:17	T
Margaret Smith, AU	16:01:43	T
Yvonne Sumner, 47, SA	16:08:56	T

North American additions		
Natalie Cullimore	16:11:00	a
Christine Gibbons	16:41:26	Ta
Randi Bromka	16:44:20	Ta
Ruth Anderson, 48	16:50:47	T
Kay Moore, 44	16:54:01	Ta
Linda Elam, 43	16:58:45	Ta
Sue Summerhays-King	17:52:39	T
Belh Ann Rouleau	18:01:41	T
Lorna Richey	18:14:18	Ta
Linda Elam, 44	18:14:25	Ta
Chris Hart	18:18:53	Ta
Samara Balfour	18:23:54	a
Karina Nequin	18:26:48	a
Antana Loe, CAN	18:27:07	Ta

Age groups, world

40-44 Eleanor Adams, GB	14:43:40	a
45-49 Sandra Kiddy, US	15:12:54	Ta
50-54 Yvonne Sumner, SA	17:47:25	Ta
Gisela Fricke, GER	18:02:53	R
55-59 Gerda Schroder, GER	19:39:20	Ta
60-64 Françoise Lamothe, FR	20:47:35	a
65-69 Helen Klein, US	22:12:02	Ta

Age groups, U.S.

40-44 Sue Ellen Trapp	15:05:51	Ta
45-49 Sandra Kiddy	15:12:54	Ta
50-54 Marty Maricle	19:26:04	T
55-59 Ruth Anderson	20:54:24	Ta
60-64 Helen Klein	22:15:26	Ta
65-69 Helen Klein	22:12:02	Ta

100 Km

All-time, men, certified		
Don Ritchie, GB	6:10:20	T
Jean-Paul Praet, BEL	6:15:30	T
Bruce Fordyce, SA	6:25:07	Ta
Cavin Woodward, GB	6:25:28	Ta
Jean-Marc Bellocq, FR	6:26:13	Ta
Karl-Heinz Doll, GER	6:29:34	Ta
Deon Holthausen, SA	6:31:14	Ta
Domingo Catalan, SP	6:31:32	Ta
Jan Szumiec, POL	6:33:40	Ta
Roland Vuilleminot, 44, FR	6:34:02	Ta
Przemyslaw Jamont, POL	6:34:39	Ta
Werner Dörtenbacher, GER	6:34:45	Ta
Philémon Mogashane, SA	6:35:22	Ta
Richard Choutmar, CAN	6:36:57	Ta
Vaclav Kamenik, CZ	6:37:10	Ta
Heinz Huglin, GER	6:37:52	Ta
Russell Prince, NZ	6:38:00	Ta
Bruno Joppen, HOLL	6:38:11	Ta
Bernad Heinrich, 41, US	6:38:21	#
Attila Kovacs, HUN	6:38:46	Ta
Bruno Scelsi, FR	6:39:12	Ta
Lev Hilterman, POL	6:39:25	Ta
Vito Melito, IT	6:40:20	T
Herbert Cuntz, GER	6:41:04	Ta
Stefan Fekner, CAN	6:41:05	Ta
Charles Trayer, US	6:41:47	Ta
Manfred Trager, GER	6:42:00	Ta
Roger Julien, FR	6:42:18	Ta

Certified road best		
Don Ritchie, GB	6:28:11	Ta

Uncertified additions		
Jean-Paul Praet, BEL	6:03:51	a
Jan Szumiec, POL	6:17:57	a
Vaclav Kamenik, CZ	6:17:56	a
Domingo Catalan, SP	6:19:35	a
Erno Kis-Kiraly, HUN	6:24:38	a
Yiannis Kourou, GR	6:25:06	a
Bruno Scelsi, FR	6:27:08	a
Peter Rupp, SW	6:27:25	a

Certified North American additions		
Sean Crom	6:45:35	Ta
Tom Zimmerman	6:45:46	Ta
Barney Klecker	6:50:43	Ta
Frank Bozanich	6:51:20	Ta
Alfonso Anzaldo Meneses, MX	6:51:52	T
Rae Clark	6:56:43	Ta

Uncertified North American additions		
Allan Kirk	6:37:54	a
Bill DeVoe	6:54:56	a
Stuart Mittleman	6:57:49	a
John Coffey	6:58:54	a
Ray Scannell	6:59:25	a
Max White	6:59:45	a

U.S. track record		
Bernad Heinrich, 45	7:00:12	T

Age groups, world		
40-44 Roland Vuilleminot, FR	6:34:02	Ta
45-49 Don Ritchie, GB	6:40:23	Ta
50-54 Hans Reich, GER	7:03:14	Ta
55-59 Hermann Baudisch, GER	7:51:32	Ta
60-64 Max Courtillon, FR	8:25:08	Ta
65-69 Manfred Manschke, GER	9:50:35	Ta
70-74 Konrad Voelkening, GER	9:53:08	Ta
75-79 Julius Hannappel, GER	12:03:25	Ta
80-84 Adolf Weidmann, GER	21:04	Ta
85-89 Gottfried Naef, GER	23:33	Ta
40+ track: Don Ritchie, GER	6:46:10	T

Age groups, U.S.		
40-44 Bernad Heinrich	6:38:21	Ta
45-49 Bernad Heinrich	7:00:12	T
50-54 John Sullivan	7:38:43	Ta
55-59 Gardner Leighton	8:34:53	T
60-64 George Billingsley	9:31:25	Ta
65-69 George Billingsley	9:54:59	Ta
70-74 Edson Sower	12:09:42	Ta

All-time, women, certified		
Dirgit Lernartz, GER	7:18:57	Ta
Ann Trason, US	7:30:49	Ta
Marcy Schwam, US	7:47:29	#
Eleanor Adams, GB	7:48:33	Ta
Sandra Kiddy, 47, US	7:49:17	Ta
Iris Reuter, GER	7:56:20	Ta
Agnes Eberle, SW	7:56:40	Ta
Harmut Zehender, GER	7:58:54	Ta
Monika Kuno, GER	8:01:01	T
Sigrid Lomsky, GER	8:03:08	Ta
Sue Ellen Trapp, US	8:05:28	Ta
Katharine Janicke, GER	8:07:41	Ta
Kathy D'Onofrio-Wood, US	8:08:43	Ta
Leslie Watson, GB	8:15:50	Ta

Uncertified additions

Chantal Langlacé, FR	7:26:01	a
Marta Vass, HUN	7:41:42	a
Christa Vahlensieck, GER	7:50:37	a
Genoveva Eichmann, SW	8:05	a
Katharina Janicke, GER	8:08:35	a

North American additions

Theresa Daus-Weber	8:34:49	Ta
Jackie Davis	8:39:02	Ta
Randi Bromka	8:40:07	Ta
Carole Williams	8:41:19	Ta
Silvia Andonic, MEX	8:43:03	Ta
Sue Medaglia, 44	8:53:49	Ta
Sherry Popowick	8:54:25	Ta
Susan Olsen	8:56:01	Ta

U.S. track record		
Ann Trason	8:16:33	Ta

Age groups, world		
40-44 Eleanor Adams, GB	7:48:33	Ta
45-49 Sandra Kiddy, US	7:49:17	Ta
50-54 Lotte Witte, GER	8:32:21	Ta
55-59 Gerda Schroeder, GER	9:43:37	Ta
60-64 Gerda Schroeder, GER	10:32:50	Ta
65-69 Françoise Lamothe, FR	11:24:23	Ta
70-74 Berangere Carré, FR	15:27	Ta
75-79 Rosa Vogel, SW	15:38	Ta

Age groups, U.S.		
40-44 Sue Medaglia	8:53:49	Ta
Sue Ellen Trapp	9:02:52	Ta
45-49 Sandra Kiddy	7:49:17	Ta
50-54 Sandra Kiddy	8:46:11	Ta
Sandra Kiddy	9:23:34	Ta
55-59 Ruth Anderson	10:55:00	Ta
60-64 Ruth Anderson	11:30:58	Ta
65-69 Helen Klein	12:09:17	Ta

50 Miles

All-time, men		
Bruce Fordyce, GB/SA	4:50:21	a
Barney Klecker, US	4:51:25	#
Don Ritchie, GB	4:51:49	Ta
Andrew Jones, CAN	4:54:59	Ta
Riata Laitinen, FIN	4:57:28	Ta
Cavin Woodward, GB	4:58:53	Ta
Graeme Fraser, GB/SA	5:00:03	Ta

North American additions		
Erik Seedhouse, CAN	5:04:18	a
Don Paul	5:09:58	Ta
Stefan Fekner, CAN	5:10:09	Ta
Bernad Heinrich, 41	5:10:13	a
Bill DeVoe	5:12:35	Ta
Jim Pearson	5:12:40	Ta
Stuart Mittleman	5:14:05	Ta
Frank Bozanich	5:14:36	Ta
Fritz Mueller, 43	5:14:54	Ta
Bob Deines	5:15:20	Ta

U.S. track record		
Ken Moffitt	5:21:22	T

U.S. all-comers record		
Bruce Fordyce, GB/SA	4:50:51	Ta

Age groups, world		
40-44 Don Ritchie, GB	5:07:06	a
45-49 Tom Richards, GB	5:12:37	a
Don Ritchie, GB	5:23:02	Ta
50-54 Ted Corbitt, US	5:35:03	Ta
55-59 Alex Ratelle, US	5:53:06	Ta
60-64 Frans Pauwels, US	6:24:18	Ta
65-69 George Billingsley, US	7:28:35	Ta
70-74 Willie Rios, US	8:46:27	Ta
75-79 Wally Hayward, SA	9:44:16	Ta
80-84 Ben Mostow, US	12:13:35	Ta

Age groups, U.S.		
40-44 Bernad Heinrich	5:10:13	a
45-49 Roger Roulier	5:29:44	Ta
75-79 Ben Mostow	11:22:44	Ta

All-time, women		
Ann Trason, US	5:54:17	a
Marcy Schwam, US	5:59:26	#
Kim Moody, US	6:01:53	Ta
Leslie Watson, GB	6:02:37	Ta
Eleanor Adams, GB	6:04:28	Ta
Sandra Kiddy, 47, US	6:09:09	Ta
Ann Franklin, GB	6:10:24	a
Hilary Walker, GB	6:16:58	Ta
Monika Kuno, GER	6:17:30	Ta
Jan Kreuz, 41, US	6:19:05	Ta

North American additions		
Katey Angel	6:25:49	Ta
Sue Ellen Trapp	6:25:56	a
Karen Smith-Kohrberg	6:29:29	Ta
Chris Gibbons	6:31:35	Ta
Dantele Cherniak	6:33:56	Ta
Nina Kusacki	6:35:54	Ta
Mary Hanuel	6:36:13	Ta
Bobbie Dixon	6:37:53	Ta
Denise Green	6:38:16	Ta
Jackie Davis	6:44:15	a
Judy Ikenberry	6:44:43	T
Silvia Andonic, MEX	6:44:44	Ta
Bjorg Austrheim-Smith	6:45:56	Ta

U.S. track record		
Ann Trason	6:36:25	Ta

Age groups, U.S.		
40-44 Jan Kreuz	6:19:05	Ta

50 Km

All-time, men		
Thompson Magawana, SA	2:43:38	a
Jeff Norman, GB	2:48:06	T
Ben Choou, SA	2:48:52	Ta
Don Ritchie, GB	2:50:30	T
Chuck Smead, US	2:50:46	Ta
Don Paul, US	2:50:55	Ta
Johnny Halberstadt, SA	2:51:16	Ta
Barney Klecker, US	2:51:53	Ta
Johannes Thobeyane, SA	2:52:16	Ta
Willie Farrell, SA	2:52:16	Ta
Bill Scobey, US	2:52:24	Ta

AUSTRALIAN 24 HOUR TRACK RANKINGS - JANUARY 1991 - TOP 100

1	Mike Marsh	45	TAS	250.099Km	Adelaide	25/26Feb89
2	David Stanleeven	37	SA	250.157Km	Adelaide	28/29Oct89
3	Bryan Smith	45	V	254.515Km	Olympic P	19/20Aug89
4	Owen Colliday	38	Q	253.003Km	Adelaide	29/30Oct88
5	Brian Bloomer	45	V	242.598Km	Box Hill	15/16Feb86
6	John Breit	39	V	237.409Km	Olympic P	4/5Aug90
7	Cliff Young	63	V	235.909Km	Adelaide	9/10Nov85
	Ashley Parcell	30	Q	234.959Km	Hensley	23/24Feb85
9	Geoff Holloy	40	V	232.400Km	Box Hill	2/3Feb85
10	Keith Fisher	23	V	232.207Km	Coburg	25/26Feb89
11	Joe Record	38	WA	230.029Km	Crystal P	Oct79
12	Barry Brooks	46	V	227.574Km	Box Hill	28Feb87
13	Frank Kelly	34	NSW	225.275Km	Hensley	28/29May88
14	Peter Gray	25	V	224.888Km	Coburg	10/11Mar90
15	Geoff Kirkman	35	SA	220.500Km	Adelaide	9/10Nov85
16	George Audley	51	WA	219.301Km	Perth	18/19Oct86
17	Terry Cox (Jr)	24	V	217.373Km	Coburg	10/11Mar90
18	Ian Javes	44	Q	217.070Km	Box Hill	28Feb87
19	Greg Wishart	50	V	216.784Km	Coburg	25/26Feb89
20	Bill Beauchamp	41	V	213.775Km	Box Hill	28Feb87
21	Charles Iwnn	40	NSW	213.839Km	Adelaide	9/10Nov85
22	Bob Hunter		Q	213.458Km	Qld	1/2Jul89
23	Amyce Welham	32	NSW	213.287Km	Adelaide	28/29Oct89
24	Graeme Woods	40	Q	212.559Km	Qld	5/6Sep87
25	Bob Bruner	47	V	211.584Km	Box Hill	15/16Feb86
26	Alan Croxford	43	WA	210.934Km	Perth	18/19Oct86
27	Terry Riley	50	V	210.272Km	Adelaide	1/2Nov86
28	Robert Channells		NSW	209.146Km	Campbelltown	28/29Oct89
29	Jack McKellar	45	V	208.915Km	Box Hill	15/16Feb86
30	Hick Read	30	ACT	208.859Km	Coburg	13/14Feb88
31	John Bell	41	V	208.450Km	Box Hill	15/16Feb86
32	Murray Cox	44	SA	208.330Km	Olympic P	4/5Aug90
33	Tony Collins	42	NSW	208.091Km	Campbelltown	28/29Oct89
34	Bruce Donnelly	32	Q	207.929Km	Campbelltown	13/14Oct90
35	Alan Peacock	27	Q	207.410Km	Qld	5/6Sep87
36	Bob Taggart	42	SA	205.849Km	Adelaide	29/30Oct88
37	James Wolstencroft	34	V	205.848Km	Coburg	25/26Feb89
38	Howard Ross	40	V	205.634Km	Box Hill	15/16Feb86
39	James Sheridan	27	SA	205.420Km	Connecticut	25Sep82
*40	Brickley Hepburn	37	V	205.235Km	Olympic P	19/20Aug89
41	Brad Boyle	29	NSW	204.717Km	Campbelltown	28/29Oct89
42	Graeme Wilkinson	40	NSW	204.716Km	Hensley	29/30Nov86
43	Shilla Wasmuth		NSW	204.213Km	Campbelltown	13/14Oct90
44	Tobby Young	44	NSW	204.083Km	NSW	1/2Sep90
45	Patrick Parsons		V	203.812Km	Coburg	10/11Mar90
46	Graham Pirkin	53	NSW	203.608Km	NSW	1/2Sep90
47	Graham Stenner	44	SA	203.526Km	Coburg	25/26Feb89
48	John Champness	47	V	202.934Km	Hensley	28/29May88
49	Maurice Taylor	38	NSW	202.666Km	Box Hill	28Feb87
50	Rudy Kinshofer		SA	202.089Km	Coburg	10/11Mar90
51	Alan Devine		WA	202.000Km	Perth	17/18Oct87
52	Peter Quinn		V	201.700Km	Olympic P	4/5Aug90
53	Mike Thompson	41	WA	201.228Km	Perth	27/28May89
54	Phil Pearce		WA	200.808Km	Perth	26/27May90
55	Barry Allen	30	V	200.776Km	Box Hill	28Feb87

*Brickley Hepburn should be elevated to 18th position with a more recent performance: 217.222km at Olympic Park, Melbourne on 4/5th May, 1990.

24 HOUR TRACK RANKINGS (cont)

50 Peter Smith	44 V	200.81Km	Coburg	10/11Mar90
51 Dan Goss	40 NSW	198.571Km	Hensley	20/31Mar87
52 Robert Nash	37 V	197.77Km	Coburg	13/14Feb88
53 Graeme Townsend	30 NSW	196.770Km	Hensley	23/29May85
54 Ron Hill	40 V	196.715Km	Hensley	29/30Nov86
55 Alistair Hollanus	34	196.662Km	Hong Kong	17/1Nov84
56 Keith Swift	43 NSW	196.400Km	Hensley	23/24Feb85
57 Alan Fox	SA	196.340Km	Adelaide	5/6Nov83
58 Ronald Smith	43 V	196.322Km	Coburg	13/14Feb85
59 Bob Burns	W	194.819Km	Tarworth	24Mar90
60 Ross Martin	50 SA	194.095Km	Adelaide	9/10Nov85
61 Bob Eardley	34 NSW	194.509Km	Hensley	30/31Mar87
62 Bruce Cook	31 ACT	194.253Km	Wid	5/6Sep87
63 Michael Whitehead	35 V	193.030Km	Adelaide	3/4Nov84
64 Joe Szabolak	V	192.920Km	Olympic P	8/5Nov86
65 Bert Oostdam	WA	192.150Km	Perth	20/27Mar90
66 Klaus Schaubbe	42 V	191.890Km	Adelaide	9/10Nov85
67 Geoff Ewace	V	191.850Km	Adelaide	23/29Oct86
68 Kevin Mansell	NSW	191.637Km	Campbelltown	13/14Oct90
69 Peter Milne	32 V	191.634Km	Coburg	13/14Feb88
70 Andrew McCombe	SA	190.13Km	Adelaide	3/4Nov86
71 Ross Parker	WA	190.000Km	Perth 1 Tr	10/1Nov87
72 Roger Stuart	43 SA	189.962Km	Adelaide	1/2Nov86
73 John Bencze	57 V	189.052Km	Coburg	13/14Feb88
74 Keith O'Connell	49 NSW	188.957Km	Hensley	27/29Mar87
75 Geoff Hook	42 V	188.704Km	Adelaide	1/2Nov86
76 Pat Farmer	20 NSW	187.180Km	Campbelltown	5/6Oct86
77 Bob Fickel	37 NSW	187.054Km	Campbelltown	23/29Oct89
78 Chris Stephenson	29 NSW	187.031Km	Box Hill	15/16Feb86
79 Terry Cox (S)	49 V	187.336Km	Hensley	29/30Nov86
80 Stan Mishin	55 V	187.104Km	Adelaide	3/4Nov84
81 Ken Murray	4 NSW	186.425Km	Hensley	23/24Feb85
82 George Gordon	40 V	185.175Km	Olympic P	19Mar90
83 Michael Bryce	V	184.699Km	Adelaide	21/30Oct88
84 Ian Taylor	35 NSW	184.456Km	Hensley	30/31Mar87
85 Bruce Kirk	25 V	184.391Km	Coburg	25/30Feb89
86 Tony Dietrichmeyer	24 V	184.000Km	Coburg	13/14Feb88
87 Kevin Cassidy	20 V	183.095Km	Hensley	30/31Mar87
88 David Yeman	54 V	183.514Km	Coburg	13/14Feb88
89 Michael Sohnke	NSW	182.100Km	Wong	17/28Jan90
90 Col Jerram	45 V	182.149Km	Coburg	10/11Mar90
91 Dave Taylor	34 NSW	182.047Km	Box Hill	15/16Feb86
92 Frank Pearson	NSW	181.821Km	Hensley	23/24Feb85
93 Trevor Harris	40 ACT	181.390Km	Wid	5/6Sep87
94 Rod Martin	45 NSW	181.377Km	Hensley	23/29May88

Unfortunately, the 1989 Sydney Striders 24 Hour Race results have not been able to be included in these rankings because results were not forwarded to the our statistician.

AURA MEMBERSHIP DETAILS - STATE BY STATE

Aust. Capital Territory	11	South Australia	24
New South Wales (Boo! Hiss!)	130	West. Australia	16
The Mighty Vics.	143	Tasmania	11
Queensland	33	Overseas	20
Total 388			

WOMEN

1 Dawn Parris	36 V	203.650Km	Olympic P	19/20Aug89
2 Helen Stanger		200.865Km	NSW	1/2Sep90
3 Cynthia Herbert	44 V	200.615Km	Adelaide	1/2Nov86
4 Geogina McConnell	46 NSW	195.355Km	Olympic P	19/20Aug89
5 Trish Spain	47 WA	191.207Km	Perth	27/28May89
6 Margaret Smith	49 V	177.600Km	Box Hill	2/3Feb85
7 Dell Grant	33 Q	172.001Km	Qld	5/6Sep87
8 Helen O'Connor	35 SA	171.426Km	Adelaide	1/2Nov86
9 Cheryl Standeven	SA	168.584Km	Adelaide	29/30Oct88
10 Kim Talbot	20 V	168.493Km	Goburg	25/26Feb89
11 Wanda Foley	42 NSW	165.055Km	Goburg	13/14Feb88
12 Sandra Kerr	44 V	165.009Km	Goburg	10/11Mar90
13 Sue Worley	39 SA	164.568Km	Adelaide	1/2Nov86
14 Geraldine Riley	22 V	164.412Km	Box Hill	15/16Feb86
15 Jill Bower	WA	163.461Km	Perth	12/13Oct85
16 Val Warren	NSW	162.793Km	Campbelltown	28/29Oct89
17 Marcia Leahy	NSW	162.328Km	Campbelltown	13/14Oct90
18 Browyn Salter	40 WA	161.462Km	Perth	28/29May88
19 Kay Haarsma	SA	161.053Km	Adelaide	13/14Nov82
20 Colleen Milbourne	41 WA	161.044Km	Perth	27/28May89
21 Merrilyn Tait	39 V	154.708Km	Goburg	25/26Feb89
22 Lucille Gladwell	NSW	153.411Km	Campbelltown	28/29Oct89
23 Valerie Case	51 V	151.255Km	Hensley	28/29May88
24 Marilyn McCarthy	37 SA	147.777Km	Adelaide	1/2Nov86
25 Helen Barnes	SA	139.015Km	Adelaide	28/29Oct89
26 Mary Young	24 V	132.895Km	Box Hill	2/3Feb85
27 Corrinne Sommers		132.946Km	Caboolture	23/24Jun90
28 Eileen Lush	39 SA	131.566Km	Adelaide	4/5Oct87
29 Carolyn Benson	42 SA	131.293Km	Adelaide	28/29Oct89
30 Leonie Gordon	40 SA	124.455Km	Adelaide	3/4Nov84
31 Patty Bruner	40 V	110.601Km	Adelaide	5/6Nov83
32 Elaine Gutterres	49 SA	103.690Km	Adelaide	9/10Nov85
33 Robyn Davis		95.275Km	Wyang	27/28Jan90
34 Caroline Vaughan	34 NSW	92.800Km	Box Hill	2/3Feb85
35 Kelly Humphries		82.000Km	Tamworth	24Mar90
36 Sue Bardy	SA	24.945Km	Adelaide	27/28Oct90

DONATIONS

Thankyou!_Thankyou!_Thankyou!_Thankyou!_Thankyou!

Thankyou again to the following members who have so generously donated extra funds to help our finances since the last issue. We really appreciate your assistance, and they enable us to keep our subscription rate stable. Donations up to March 3rd are as follows:

Peter Quinn \$10, Tony Collins \$20, Stan Miskin \$5, Peter Pfister \$10, Gerry Riley \$5, Bruce Hargreaves \$30, Tony Rafferty \$10, Brad Doyle \$10, Ron Wigger \$10, David Douglas \$10, David Barwick \$5, Brickley Hepburn \$10, Peter Smith \$10, Robert Simma \$5, Tony Krantzcke \$20, Dick Crotty \$5, Val Case \$10, Tony McDonald \$30, Rob Channells \$5, Roger Stuart \$5, John Fotakis \$5, Charlie Spare \$10, Jean-Claude Morre \$10, William Johnston \$10, Dawn Parris \$10, Errol Smith \$10, Charlie Lynn \$10, Peter Ryan \$14.20, John Champness \$20, Carl Barker \$5, Graeme Hoffman \$10, James Cronk, \$10, Nobby Young \$20, Michael Hodgson \$10, Georgina McConnell \$5, Ralph Bristow \$5, Wayne Goldsmith \$10, Andy Docherty \$10, Mark Foley \$5, Wanda Foley \$5, James Clarke \$5, Kevin Cassidy \$10, Graham Medill \$5, Oliver Williams \$10, Jeff Smith \$10, Lemmy Moore \$20, David Scanlon \$5, Steve Nordish \$10, Graham Wallace \$5, Max Carson \$10, Jack Woodward \$5, Cliff Ryan \$7, Gary Auld \$10, Anthony Harber \$5, Peter Janovsky \$10, Greg Love \$10, Graeme Wilkinson \$10, Doreen Burgoyne \$5, Ron Smith \$10, Bryan Smith \$10, Ian Javes \$30, David Holleran \$10, Brian Kennedy \$10, Grahame Kerruish \$5, Ken Matchett \$20, Bob Fickel \$20, Barry Whitton \$30, Keith Crowle \$10, Roger Hardy \$20, Warren Costello \$10, Simon Hughes \$5, Barry Brooks \$10, Kim Talbot \$5, Ray Carroll \$5, George Perdon \$10, Peter Armistead \$5, Alan Staples \$10, John Shaw \$5, Kaven Dedman \$5, Les Davis \$10. Wow!!

MEMBERSHIP APPLICATION

A.U.R.A.

Application for Membership of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

I,
(Full Name of Applicant)

of
(Address)

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

become a member of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED.

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

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

I, a member of the Association
(Name)

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

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

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

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

.....
(Signature of Secunder)
(Date)

Current Membership fee for 1991....

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

Please circle desired rate:

\$20... within Aust;

N.Z.	Asia	U.S.A.	Europe
------	------	--------	--------

Sea Mail (up to 7 weeks delivery)	\$26.	\$26.	\$28.	\$28.
-----------------------------------	-------	-------	-------	-------

Air Mail (up to 1 week delivery)	\$29.	\$33.	\$36.	\$38.
----------------------------------	-------	-------	-------	-------

Send application and money to:

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