



A.U.R.A. MAGAZINE

Vol 6, No.2

May 1991



IN VICTORY.....SANDRA BARWICK.....IN VICTORY

The amazing Sandra Barwick (NZ) in victory at last year's Campbelltown Australian Six Day Track Championship. Not only did Sandy win the race outright, she broke the Australasian 48 hour record with a distance of 326.541km (over 200 miles) and also broke the world 6 day record with a distance of 883.631km.

Well done and congratulations Sandy, from all of your fellow AURA members.

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

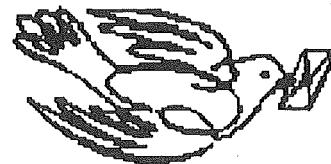
Registered Office: 4 Victory Street, Mitcham, 3132. Australia. Telephone: (03) 874-2501

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EDITORIAL



Hi Folks,

We've had big complaints from the NSW contingent, well mainly Big Chris really, about the pansy nature of our image. We need to get more macho he reckons. Big Chris was particularly incensed by the colour of our last cover - PINK! Yuck! Also, he wants a name change and suggests ULTRAMAG! Reckons it's got a nice gutsy feel to it if said with feeling and repeated in a chant, say around 50 times or so. Big Chris actually put his recommendations into practice recently at 3am in the morning after the Six Foot Track Marathon, when he was a bit under the weather. We had to throw a bucket of water over him to bring out of his frenzy, and besides, the other guests were objecting to the noise. Really, you can't take these NSW blokes ANYWHERE. As Peter Armistead would say, Big Chris needs more DISCIPLINE! All I can say about Big Chris's comments is that if the colour of the cover is all he's got to whinge about, we're not doing too bad. What do YOU think about the ULTRAMAG suggestion?

Incidentally, the mighty Vics. kept up their impeccable record of superiority by having a 100% finish rate in the tough Six Foot Track Marathon recently. (not like another state I could name). Admittedly, there were only 12 of us, but we had quality rather than quantity didn't we?

In this issue, we have a stack of important Special Resolutions we want you to respond to please. If you fail to respond, and put them aside without casting your vote, our club will suffer in a number of ways. Firstly, we will have to start paying tax on any money that we have, (which means that the subs. will have to go up to cover it!), and secondly, we will not be able to affiliate with the main athletics body in Australia, Athletics Australia. (AA). And it is important that we do, for a number of reasons.

Do you realize that for the first time, Athletics Australia is actually treating our ultrarunning association as a legitimate branch of athletics in this country? They are actually wanting us to amalgamate! I can't believe it! We've got to jump in and consolidate that recognition before they change their mind! In the past, inter-club athletes and the National and Victorian athletics bodies have tended to treat ultrarunners as Mickey Mouse athletes - a bunch of crazies totally divorced from the main-stream of athletics. But they seem to have had a change of attitude. Possibly the prospect of including an ultra in future Olympics is making them change their minds about us. It's great I reckon!

Another reason for affiliating with Athletics Australia as I see it, is so that we have a chance of collecting some of the government funding for athletics. (to perhaps help our stars get to some international ultra events, and wear an official Australian singlet, what's more!) . All monies received from the government for athletics in this country are channelled through Athletics Australia, so if we're not affiliated with them, we've got no hope of our athletes ever receiving any assistance from them. So that's three reasons for sending back your Special Resolutions voting or proxy slip. PLEASE do something about it!

By the way, if this issue of the magazine is a total disaster, don't blame me. It's all Hookie's fault, because the poor fellow has had to do it all on his own. By the time this mag goes to print, I'll have jet-setted over to UK for the months of May and June. Hookie's endeavouring to keep everything beyond control until I return, so go easy on him.

Another thing that concerns me is the number of ultra races which are being cancelled lately. WHY?? We had to wipe 6 events off our Calendar this issue. I have a theory that you either have to have some special feature about a race which will attract people (such as the magnificent scenery and spectacular finish in the Six Foot Track Marathon), or else, you have to give the runners something that they will want to come back for - could be a buckle, could be a special mug or medallion, could be a pewter liquor goblet., could be the special singing in the middle of the night that the Sri Chinmoy disciples do - something unique to that particular event. And of course, it goes without saying, the organisation must be spot on. The quickest way to lose your field for the following year is to not look after ALL your runners this year, not only the place-getters. You must spoil EACH of your runners as much as you can. Remember that it's just as hard for the bloke who comes last as the one who wins the event. They've all put in to the max. and it's up to the Race Director to recognise and acknowledge that effort. It's an insurance policy for getting a field the following year. Excuse me while I get down off my soap-box. See you!

Dot Brown

_CALENDAR

1991

- * 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.
- * 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. (Doubtful...check up)
- * 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 10/11 **24 HOUR TRACK RACE - INTERNATIONAL CHAMPIONSHIP**, Olympic Park, Melbourne. Contact Raymond Carroll (03)562-3312.
- * Aug 18 **50MILE ROAD CHAMPIONSHIP & SHR 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 18 **50MILE ROAD CHAMPIONSHIP & SHR 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 25 **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 **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 **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.

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- * 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, phone (02)523 2996 (h) or (02)259 3981(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
19 **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, or Max Bogenhuber (02)686-1079

- * 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) or (03)874 5878 (w)

- * 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 3 **6 DAY TRACK RACE AT COLAC**. 400m grass track, at tree-lined Memorial Park. entry by invitation. 8pm Sunday 3/11 start to Saturday 9/11. Contact The Australian Six Day Race Committee, P.O.Box 163 Colac, Vic 3250, or Graeme Williamson, chairman.

- * 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 **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.

CALENDAR_

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, 12 Ruskin Court Eltham 3095.
- * 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.
- * Mar **6 OR 12 HOUR RACE**, Bunbury, W.A., organized by Bunbury Marathon Club, contact Brian Kennedy, 123 Mininup Road, Bunbury, phone (097) 219018
- * Mar 1 **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 **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 **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 **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 **CAMPBELLTOWN 48 HOUR TRACK RACE**, NSW. New event, Bradbury Oval, entry fee \$50. Contact John Shaw, 17 Buvelot Way Claymore. Phone (046)26-6694.
- * Mar **TAMWORTH 24 HOUR CHARITY RUN**, NSW. Viaduct Park, Tamworth. 10am start. Contact Dallas Earsman, Barreng Street Tamworth 2340.
- * Apr **FRANKSTON TO PORTSEA ROAD RACE**, Vic, 34 miler, contact Kon Butko, 66 Allison Road, Mt.Eliza, 3930, phone (03)787-1309. 7am start, cnr. Davey St. & Nepean H'way. Own support needed.
- * Apr **100KM RACE AGAINST THE CLOCK**, VIC. Olympic Park, 8am start. Contact Ray Carroll (03)562-3312.

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- * 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 **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 **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 **BANANA COAST ULTRA MARATHON**, NSW, 85km, Coff's Harbour to Grafton, 6am start, contact Steel Reveridge, 20 Arrawarra Road, Mullaway, 2456, NSW.
- * May **WESTFIELD SYDNEY TO MELBOURNE RUN**, Parramatta, NSW to Doncaster Vic, 1015km, contact Charlie Lynn, c/o Westfield Run Office, suite 3 67 Jacaranda Avenue Bradbury NSW 2560, phone (046)28-4820.

RACE DIRECTORS & RACE ORGANISERS PLEASE NOTE:

Send race *dates* to us as soon as you set them, so that we can keep this Calendar up to date and runners have timely advance warning of actual dates.



NEW ZEALAND

NZ CALENDAR

ULTRARUNNERS

ASSN



NEW ZEALAND ULTRARUNNERS
P.O. BOX 2759
Christchurch

TIMETABLE

- 4 May 1991 Clyde Dalton Memorial 24 Hour-100 Mile Race:
North Hagley Park, Christchurch. Starts 2 p.m. Saturday
Contact: Bob Dickison C/- NZUA, Box 2759, Christchurch.
- 2 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.
- Sep 1991 Christchurch-Akaroa 100km (plus 50k & 4x25k relay):
Contact: Chch Marathon Clinic, C/- 1/119 Conway St, Chch.
- 27 Oct 1991 Trail Run, Start/Finish Boyle River Settlement, Lewis Pass.
Contact: Martin Hawes, C/- NZUA, Box 2759, Chch.
- Dec 1991 Kepler Challenge Mountain Run 67 km, 1400m climb.
Contact: Kepler Challenge, P.O.Box 11, Te Anau.
- 28 Dec 1991 Run Across the Sky 100 mile.
Contact: Stefan Buttmer, Nelson or NZUA.
- 31 Dec 1991 Waitakere Challenge: 60km Bush & Beach running
Contact: Mark Trotman, 48 Ulrich Drive, Ranui, Auckland.



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

(Incorporated in Victoria)

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

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Australian Ultra Runners' Association Incorporated will be held at the clubrooms of the Box Hill Athletic Club, Hagenauers Reserve, Barwon Street, Box Hill, Victoria on Saturday 15th June, 1991 at 6pm.

Business to be transacted at this meeting comprises:

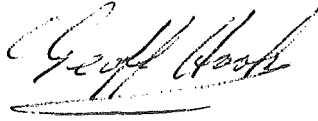
- (a) to confirm the Minutes of the previous AGM held on the 16th June, 1990.
- (b) to receive from the Committee, reports upon the transactions of the Association since the previous AGM.
- (c) to receive and consider the statement to be submitted by the Association in accordance with Section 30 (3) of the Associations' Incorporation Act.
Statement by Committee:
In the opinion of the Committee:
 - (1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December, 1990, and the state of affairs of the Association as at 31st December, 1990
 - (2) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
 - (3) the accounts have been compiled by the simple Income and Expenditure format.
- (d) to elect officers of the Association and the Ordinary Members of the Committee
- (e) Special Business:
Special Resolutions 1 to 16 inclusive are listed separately, on the following pages.
Note: Clause 19 of the "Rules for Australian Ultra Runners' Association Incorporated" states:
 - (i) Each member shall be entitled to appoint another member as his proxy by notice given to the secretary no later than 24 hours before the time of the meeting in respect of which the proxy is appointed.
 - (ii) The note appointing the proxy shall be in the form set out in Appendix 2.To vote by proxy on the Special Resolutions, please use the sample proxy voting form in this issue of the Magazine, otherwise you can vote in person at the AGM.
- (f) Appointment of Auditor - subject to Special Resolution 3 being passed at this AGM.
- (g) General Business:
Only items listed here may be voted on by means of resolution at the AGM.
Other items not requiring resolution may be discussed.

The time, date and place of the AGM has been chosen to coincide with a planned social get-together of all those associated with the VMC 50 Mile Track Race. This way, we will be honoured with the presence of at least a few interstate members who will be attending the race. AGMs can be uninteresting occasions, so this one will be kept short. Nevertheless, it is a VERY IMPORTANT one, due to the Special Resolutions being put with a view to certain changes to our "Rules". Therefore it is imperative

to have as many members attending as possible (or your proxy vote), to show you care about AURA and the way it is being run and managed. Some refreshments will be provided by the Association. However, it would be appreciated if you could bring a plate of food to share, and something to drink.

May the spirit of AURA be with you,

GEOFF HOOK (President)



A NOTICE TO ALL MEMBERS

In the previous issue of our Magazine (Vol.6 No.1), we published 16 Special Resolutions (for the purpose of altering the Rules of our Association) for member comment.

We now publish all 16 Special Resolutions again as part of the Agenda for our Annual General Meeting listed in the Notice for the meeting. The AURA Committee urges ALL members to vote on these Special Resolutions, either in person on 15th June, 1991 or by proxy. The appropriate proxy form is included in this issue of our Magazine for you to register your vote. PLEASE vote FOR all Special Resolutions.

The case FOR 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, prevent the committee or any individual member making financial gain out of AURA, and will preserve any earnings by AURA as free from taxation.

Special Resolution 3 makes it mandatory for an Auditor to be appointed which helps to prevent our Treasurer "cooking the books" and absconding overseas with all of our funds.

Special Resolution 4 rectifies an anomaly in the handling of appointment and voting into office of our Interstate Representatives. The proposal makes it more equitable for all concerned.

Special Resolutions 5 to 8 inclusive are required by Athletics Australia (AA) before they can further consider our application to affiliate. The main advantage of our affiliation with AA is the greatly increased status our sport of ultrarunning will receive in Australia. We will gain official recognition from government for Australian participation in world and/or international championships, especially the Olympic Games, when they finally include an ultra athletic event within their program. Other advantages include a higher level of appeal (for disputes) and responsibility relating to the taking of banned substances by athletes.

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

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

Special Resolutions 12 to 16 inclusive prevent a member who has become unfinancial (unpaid subscriptions for more than 12 months) from taking part in the running of AURA. It is not fair on any of us for a member who has become unfinancial to be a member of the Committee of Management or vote at our AGMs.

The cast AGAINST the Special Resolutions:

There have been none submitted.

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 Territorian 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 in the year in which it is due, shall be deemed unfinancial.

SPECIAL RESOLUTION 13:

This Special Resolution is now deleted. Its intent is already covered by clause 18.

SPECIAL RESOLUTION 14:

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

- for (9) Only candidates who are not unfinancial members shall be accepted as valid nominations
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.

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 Seconder)
(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.)



AUSTRALIAN 6 DAY RACE COLAC INC.



P.O. Box 163
Colac 3250

To AURA Magazine,

Enclosed is a cheque for \$100, for our subscription, and a donation to your magazine. Could you please send us two copies of each print of the magazine.

This year, 1991, the Colac 6 Day Race will start at 8am on Sunday 3rd of November and conclude at 8pm on Saturday 9th November.

We would appreciate you listing these times and dates in your calendar.

Yours sincerely,

Graeme E. Williamson (Chairman - Australian 6 Day Race Colac Inc)

Ed's note: Graeme, we were overwhelmed by your generous donation. Please pass on our appreciation to your Committee. Good luck with your event!

Dear Dot,

Here finally is the Pyramids Marathon story. What a drama it's been! I'm enclosing a threatening note from some of the patients at the Royal Childrens' Hospital - a joint effort by a number of bold young persons!

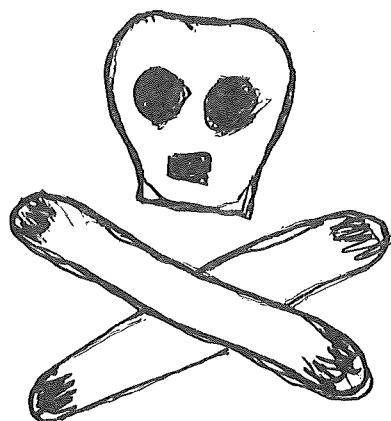
They are all currently having an attack of total hysteria over you taking the bike to the summit of Mt. Buller. Kids screeching at each other, "Why don't you try the road mate?" plus the unprintable reply and everyone cracking up. At least it makes a change from "Ruck-a-Chukky" from Hookie's story last issue.

Pieta, age 11 years, is going to write you a story about running, as she is a particular fan of John Breit. She has supplied a beautiful photo of herself to be included in the magazine, but as yet has not written the story to accompany it.

Best wishes,

Rikki Bewley

Dear Dot,
Print Rikki's
story or you'll
be dead meat.
From Dan.



and the kids.

Reply to Ian Javes' letter in previous issue of this Magazine, Vol. 6, No.1, March, 1991
by Geoff Hook

I don't know why a few (very few) people are obsessed with criticising the use of 400m tracks for ultra events. There is no compulsion to conduct or participate in such events. Competitors who injure easily when running ultras on a 400m. track should refrain from track races.

Sure, there are disadvantages with 400m tracks, but the main advantage is that results are comparable around the country and world scene. Therefore, records are a natural product from such races.

There are moves internationally to have records set in some road races, most probably certified loop courses up to 2km in length. Point-to-point courses have elevation, line of shortest distance and cheating problems. Nevertheless, I can't see how you can compare the results from the 1 mile loop course at Flushing Meadow with any result from a standard 400m track. Therefore, we will need a new category of records for all times and distances with all the attendant difficulties, in looking after the rankings.

To my knowledge, in your position as State Representative for Queensland, you and all track race organisers should have received a copy of the AURA requirements for record claims in track races. If you didn't get your copy, let me know and I'll send another one. The document answers all your queries and criticisms.

The requirement for an AIMS measurer for road courses is only necessary for world records (or best performances), world or international championships. Australia has only one race in this category to date, namely the Bathurst 100km. It is unlikely our runners will be breaking world records at the moment. Here in Victoria, I have personally calibrated my bicycle (no Jones device fitted) against a calibrated half kilometre stretch of road and measured a couple of courses here, including adding a short course prevention factor of 1/2%. It certainly beats a car odometer or a measuring wheel for accuracy. I see no reason why this procedure should not be followed for all Australian road races. Where a competitor is likely to break a world record, the course must be measured by an AIMS measurer.

Part-lap measurements to the nearest centimetre should not be difficult for anybody. The reason for requiring it is simple. Just like time measurements are required to the nearest 1/100th of a second, we never record results to 1/100th of a second or 1 cm., but the information is necessary so the rounding up or down in the results (as the case may be) can be checked by anybody at a later date.

I am astounded that, as an Interstate Representative, you do not appear to read the committee meeting agendas or minutes we send you, otherwise you would be well aware that, for a long time now, I have been contributing to a technical sub-committee with the aim of producing a set of rules and standards for ultrarunning. A lot of effort is going into this exercise from people all around the world and the document is close to its final draft now. It should be officially released under the title, "Manual for the Conduct of Ultra-Marathon Events" later this year. These things don't happen overnight, and because of this impending "Manual", I suspended further developments of our "Rules and Regulations". It would be silly for us not to adopt the international standard (even if we want to modify some minor aspects to suit our own particular requirements) I dutifully passed on some of your earlier comments and criticisms regarding 400m tracks to the technical sub-committee director. They were largely (not entirely) rejected as not applicable to an international standard.

You seem to imply that the selected event for the Olympics (if one is selected) should be tailored to suit Yiannis Kouros. That's ridiculous! Ultrarunning covers such a vast range of times and distances that no one event can be classed as "the" ultra event. If you lift your parochial view from Queensland, or even Australia, you will see that 100km (apart from being a TRUE ultra event) is by far the most popular distance. Why not start with 100km? If we can ever contemplate a second ultra event for the Olympics, then a 12 or 24 hour event would seem logical considerations.

Dear Dot and Geoff,

Just a line to say, firstly, thanks for a great Mag. Definitely better than all the women's magazines and most of the men's! (apologies to Maire Docherty)

Congratulations also to Ian Javes for his great achievements in the Campbelltown 6 Day Track Race and the Gibson Ranch 6 Day Track Race in the States. He is preparing for even better results, wait and see! His letter (AURA, March 1991) regarding the conduct and measuring of ultra events concerns me. As Race Organiser of the Wyong 24 Hour, that prestigious race which enticed runners from the furthest corners of the continent to compete against the heat, humidity, soft track etc. etc. and provided a winning total of 259km from NSW's premier runner. Thank you Yiannis. (Beat that Victoria!) From a personal and more serious point of view, 400 metre tracks are available or creatable (with the aid of one's local surveyor) and represent a standardised formula for comparison (weather and track surface being further variables)

It would seem to me that Australia leads the world in ultra competition, especially the truly long distances. Ian puts it nicely when he says that 'good marathon runners.... seem to be able to perform well in events up to about 100km' We are NOT marathon runners, nor should we be compared with superattenuated marathon runners.

I agree strongly with Ian about unknown factors coming into play between 100km and 100 miles, be it mental or metabolism. Look at Mark Gladwell, who has completed four Westfields, but whose 24 Hour pb. is only around 164km, or Pat Farmer's achievements - three Westfields and a 24 Hour pb of 188km. Also Kevin Mansell has completed four Westfields and a third place in one of them, with only a 191km pb for 24 Hours. All these world-class runners would fade into obscurity if asked to run 100km in the Olympics. It would seem reasonable to me to stage a multi-day event AROUND THE ATHLETICS STADIUM (in front of the crowd) for 6 or 7 days, and this would represent the ULTIMATE OLYMPIC EVENT - the one most in touch with the original, classical Greek sporting event. Any race of 6-7 days would test the mettle of TRUE ultra athletes, shorter distances being useful for training. Perhaps we should introduce an ultra-ultra category?

Best wishes,

Tony Collins.

Dear Friends and AURA members,

Firstly, congratulations to the participants of this year's Coburg 24 Hour Track Race, especially the much improved runs of Brickley Hepburn, Rudi Kinshofer, Peter Gray and Geoff Hook, as well as the expected quality of Bryan Smith.

During the race, I asked, well pleaded I suppose, with my girlfriend Inga (due to fly home to England on 1st March) to accompany me on a trip from Sydney to Darwin, running. After a lovely week's holiday in Victoria, on our return to Sydney, I resigned my job. We bought a mountain bike and trailer, loaded up the camping gear and set off on Friday 8th March.

Covering only 15km on the first day, still fixing on boxes and negotiating the Harbour Bridge steps, we have now reached Maryborough after 32 days and 1365km, and are enjoying our third rest day.

We are being sponsored by McDonalds with food, which is good news as we're both hotcake chocshakebigmac-aholics. Only wish there were more en route!! We are raising funds for Ronald MacDonald's Children's Homes, and any donations can be made at any Commonwealth Bank into Account No. 4421 1000 8415 "Carl Barker Sydney to Darwin Charity Run".

Thanks for help along the way to AURA members - David Williams, Bruce Inglis and Dale Thompson, Tony and Jan Collins, Steel Beveridge, Charlie and Alana Seamons and Ian Javes.

We will endeavour to keep you informed of our progress.

Yours in running,

Carl Barker and Inga Beale.

Dear Dot,

I would like to give a lot of thanks to these people who helped me out in the Campbelltown 48 Hour Track Race: my mum Norma, who always looks after me in these races, Trevor Parris and his daughters. Trevor massaged my legs whenever I had a break. I ran well after that. Jan Smith and the Smith crew rolled Easter eggs on the track for me and the other runners. They also gave me a good cup of tea as well. Wanda Foley put some sun-cream on my back so I wouldn't get sunburnt. Keith O'Connell's crew took my plates and cups off me and put them back on my table.

A special thanks also goes to the lapscorers who worked such long hours. They did a great job. Another special thanks goes to John and Carole Shaw, who put a lot of time and work into this race. They had me and my parents up at their home before the race.

It is also a great idea to have this race on just seven weeks before the Westfield Run . Congratulations to all the runners on their performances throughout the whole race. Bryan Smith won the race with another top performance. He also won the Graveyard Award for the early hours of Sunday morning. The organisers had two Graveyard Awards to give away. Keith O'Connell won the other one for the Monday morning. He also came fourth. Robert Channells ran great throughout the race. Well done for taking third spot.

Dawn Parris came fifth in the field. She also was the first woman. Her performance was very good. She kept on pushing herself. Well done, Dawn! It was also good to see Warren Costello get the Encouragement Award. He did alright throughout the race.

For anyone that I might have missed, thanks very much and congratulations.

From the runner who came second in this year's Campbelltown 48 Hour Track Race,

Yours sincerely,
Peter Gray.

PS. Victoria took out 1st, 2nd and 5th so "Go! Vics.Go!"

19th April, 1991

5 Henry Road
Riverwood 2210

Dear Dot,

ROBYN Davies' inclusion in the Women's 24 hour Track Rankings with a distance of 95.275km amused me no end. Robyn is in fact a male - well I think so, although I have never seen him in the shower.

ROBYN is known as a bit of a "Purse Carrier" but if he wishes to remain in the Female Rankings could one of our female Aura Members please supply him with a SKIRT.

Yours faithfully,

GRAHAME B. KERRUISH
("Mountain Man")

PS Congratulations on a fine magazine. A.U.R.A. just gets better and better like a good wine or a good woman - ROBYN???

IAU

INTERNATIONALE TERMINLISTE
INTERNATIONAL FIXTURE LIST
LISTE INTERNATIONALE DES DATES

INTERNATIONAL
ASSOCIATION OF
ULTRARUNNERS

Ulrich Kamm, Fiedlerstr. 1a, 8000 München 71
Germany Tel.: 089/7913303

Dear Dot,

Thank you very much for the given information! It came 4 days late for the last issue; so it will be included in June.

I hope you got the March issue of the Fixture List. I mailed it three weeks ago.

This week I received the AURA Magazine. I already payed the membership for 1991 last December!

I am really sorry, that I have to send you the included notice. But I had to make a decision. In February I had to take 5 days of my precious annual leave - besides all evenings and weekends of course - to get the Fixture Liste ready in time!

Since I started with this job 6 years ago until today, I sold 0 copies to Australia.

I like reading your magazine very much. But as I must try to reduce costs at least a little bit, I think I will finish my membership at the end of this year. - Maybe I find a sponsor and things will change again.

Best wishes

München, 22.03.91



Dear Dot,

I am Vice President of the Geelong Cross Country Club, a well-established running club about to enter its 21st season and boasting a membership of 230. We hold a winter season of about 24 races over a variety of distances and terrains. In recent years, we have attempted to "Gee-up" the profile of running in the Geelong region by creating some media interest in some of our events. We occasionally invite a "celebrity" to stimulate the media. Two years ago we invited Cliff Young and he was a booming success. (Cliff had been a GCCC member before he became the "Cliffy" that we now know). Last year some of the Melbourne Marathon Spartans came down for our 28km.

Most of our races are sponsored so that payouts of small amounts to placegetters and winners are covered. (around \$400 per event).

This year, I thought that since there were a few ultra-runners locally (Cliffy, Peter Gray, Keith Fisher, Godfrey Pollard, Cliff Ryan, Brickley Hepburn etc.), that we might see if we could get them and some of their fellows to participate in our longest race, a 28km road race from Geelong to Queenscliff.

Race details are as follows: 28km Road Race (Handicapped start!)
Geelong to Queenscliff via Bellarine Highway.
Sunday September 22nd, 1991. 8am start.

My proposal is this: Our club will offer a \$200 donation to AURA Inc. if at least ten (10) ultra-marathon runners from AURA participate in this 28km event. We will provide transport back to the start if necessary and will provide four drink stations. Billetting can be arranged if required. The course is undulating, with a couple of good hills. Race entry will be FREE to AURA members.

I hope that this offer and the event might catch the imagination of some of your Melbourne and our local members. I am keen to develop the proposal further and hope to hear from you if you think that the idea is a good one.

Yours sincerely,

Clark Whitehand (for the Geelong Cross Country Club)
25 Hutchinson Court,
Drysdale 3222 Vic.
Phone: (052) 513020

Ed's note: We think this is a wonderful suggestion and would really appreciate some of our members taking advantage of their offer. It sounds like a great event and our club could always do with an extra \$200 to help keep our subs. down! Contact Clark Whitehand yourselves!

Please Note: Invitational and free entry runners will not be eligible for prescribed prizes (only spot prizes).

BEST WISHES AND GOOD LUCK

The Westfield run from Sydney to Melbourne is on again and by the time you get this issue of the Magazine the Run should still be in progress (or just finished).

Please join us in wishing all the Australian Runners BEST WISHES and GOOD LUCK. It is hoped you all achieve personal goals in the Run.

Those Australians competing are:-

Robert CHAWNELS (NSW)
Tony COLLINS (NSW)
Peter GRAY (VIC.)
Kevin MANSELL (NSW)
Dawn PARRIS (VIC.)
Craig ROWE (NSW)
Bryan SMITH (VIC.)
Helen STANGER (NSW)
Owen TOLLIDAY (QLD)

Harry CLEMMENTS (NSW)
Mark GLADWELL (NSW)
Andrew LAW (TAS)
Keith O'CONNEL (NSW)
Lindsay PHILLIPS (QLD)
Shaun SCANLON (NSW)
David STANDEVEN (SA)
Maurice TAYLOR (NSW)
Eduardo VEGA (NSW)

GO AUSSIE, GO!!



The Victorian weapon for an attack on the 1990 Blue Mountains Six Foot Track Ultra Trail Race. From left to right:- Michael Browne (Masseur), Dot Browne (5:41:07), Robin Anderson (4:54:54), Pat Cooper (6:56:28), June Kerr (Motivator), Geoff Hook (4:18:02), Peter Armistead (4:06:00) & Col Browne (5:59:15).

RACE RESULTS AND RACE REPORTS

BOGONG TO HOTHAM RACE - 6TH JANUARY, 1991

REGARDING CANCELLATION

by Russell Bulman (Race Director)

I was surprised by Max Bogenhuber's reaction to the cancellation of the Bogong to Hotham Race, as reported in the March 1991 AURA magazine. As Max correctly noted, the temperature dropped from the high 30s to 4 degrees early on the morning of the race day. By that time, it had rained continuously at Mt. Beauty for 12 hours and there was no way of being sure if the weather would get better or worse. And it certainly could have got worse.

My information sheet that accompanies entry forms warns potential starters that they should equip themselves in case the weather turns bad during the run.. I would feel irresponsible if I allowed runners to start the race in foul weather, and the officers of the Department of Conservation and Environment are of the same view.

There is a memorial not far from the summit of Mt. Bogong to three people who perished there in the 1960s. And Cleve Cole Hut is a memorial to the skier who died nearby in the 1930s. These deaths all occurred in winter, and the unfortunate victims WERE prepared for winter conditions. I do not want the Bogong to Hotham Race to produce a summer-time tragedy, should a summer snowfall occur.

The decision to cancel the race was discussed subsequently with the Ranger from the Department of Conservation and Environment at Mt. Beauty. He told me that the decision to cancel the race would be a factor in our favour in our application to hold the race in 1992.

As it turned out on the day, the weather did improve and the conditions were not particularly dangerous. But at 6am, a decision had to be made and the benefit of hindsight was not available to me. If I err on the side of caution, I make no apologies for this.

Should D.C.E. permission be granted, the race will probably go ahead on the first Sunday in January, 1992. If Max Bogenhuber has decided not to participate again, that is a loss to the race, and to him.

Russell Bulman (Rooftop Runners).

COMMITTEE REPORT

ITEMS OF INTEREST FROM THE RECENT AURA COMMITTEE MEETING HELD ON 10TH APRIL, 1991

1. A small profit was made for the previous calendar year (1990), mainly due to the high level of generous donations. A moderate money reserve is being built which will be limited to cover one year's production of the Magazine. This will ensure that we maintain our current quality of Magazine production in the event of membership renewal problems, giving us breathing space to assess our position and chart a new course if it becomes necessary.
The committee recommend no change in our annual membership fee of \$20.00 for 1992.
2. Upon a suggestion from Big Chris Stephenson, the Committee approved the adoption of the name "ULTRAMAG" for our Magazine. This name will be implemented when the appropriate art work is completed.
3. The Committee approved the incorporation of the Mansfield to Mt. Buller 50km Road Race as an AURA event. Race Director, Peter Armistead, now receives the protection of our incorporated Association.
Race Directors of well-organised and established ultra races in Australia, and who require an incorporated body to back their race, may apply to AURA for the pre-conditions required and due consideration.

CREWING FOR EL PRESIDENTE
VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
23/24TH FEBRUARY 1991
by Peter Armistead

Well Dot's 24 Hour Run has been over for three days and I'm only just starting to recover, not from competing, but crewing for our President. Running these things is tough, but crewing for the Hook is like living another life.

Our team consisted of: June Kerr, Steve Pallot, Ross "Funnel Web" Shilston (as named by Big Chris because he's small and covered in black hair) and Norm Brooke (who handled the tough job of lap-scoring), and myself. I repeat a line the Hook has often used on me, "How did I ever get tangled up with this guy?"

The Hook's aim was to conquer the 200km barrier, a task which has, until now, proven very elusive. I think Geoff felt he was running out of chances and it was now or never. His preparation had been good (to the point of overdoing it), but he had freshened up well, even to the extent of not setting his alarm the last week and waking naturally.

Hookie had a schedule drawn up averaging 22 laps per hour, which would give him the 200km with around 30 laps up his sleeve. Boy, did we need them! As usual, the first few hours were a breeze with scores of 27, 26, 26, 25, 24, 24, 23 to further add to our buffer zone. Our problem was, however, that our boy was not consuming enough liquid. Consequently, at his first weight check by Dr.Spiro Moraitis, he was down 3 kilos in weight. Not good.

The 8th hour saw only 19 laps completed, followed by 21, 20, 21, 20 - all under our hoped-for average. The race up front was shaping as a great battle. After 6 hours, Carl Barker lead David Standeven by 6 laps, Bryan Smith was sitting comfortably in third spot, with Brickley Hepburn and John Breit in close attendance. Carl pulled out in the 8th hour, suffering from the effects of a virus.

Our boy, Hookie was starting to look a bit ragged. Still we were not too worried as he looks a bit that way at the best of times. Our buffer zone was disappearing fast. It was very hard to get a smile out of him. In fact, at one stage, he told me to "Piss off!" - a lovely way to speak to one's handler I don't think! He did not seem to respond to anything and things were looking desperate.

With 6 hours left, the target was 18 laps per hour to reach our goal. So after 17 in the 18th hour, things were grim. Walking for food breaks was being stretched out for 2 laps or more - just another excuse not to run! We had to keep cracking the whip or our aims were history. However, a cup of milo seemed to work wonders - 21 laps in the 20th hour lifted our spirits.

Finally a smile appeared on the previously unhappy Hookie face, and I heaved a sigh of relief. He'd finally realized that his goal was within his grasp, and our job was somewhat easier for the last couple of hours. He passed the 200km with 15 minutes to spare, carried along by the encouragement and cheers of the crowd. I don't think the Hook has been so happy in a long while. He did another 2km to put the issue beyond doubt.

It was a great thrill to be involved in the day and it is an experience that every ultra runner should try, to see just how hard the handler's job is. Well done Hookie!

Bryan Smith took out the event with a magnificent 250km effort. What a runner! Brickley Hepburn came through for 2nd, with a big improvement in distance. Rudi Kinshofer, Peter Gray, David Standeven, Jeff Smith and Hook followed, all over 200km.

It was certainly an enthralling event, and congratulations to Dot Browne on organising another beautifully-staged ultra. Where wuld we be without this lady?

Good running,
Peter Armistead.

V.V.A.C.I. VICTORIAN 24 HOUR TRACK CHAMPIONSHIP COBURG, 23/24TH FEBRUARY, 1991

by Dot Browne (Race Director)

In this 8th year of operation, the field was the best quality I'd ever had. Two Westfield winners in Bryan Smith and David Standeven, ten Westfield finishers, the Australian 50 Mile champion, Carl Barker and Jeff Smith, the winner of the Vets. 6 Hour Race held last October. These were in addition to 13 other experienced ultra runners and another 10 who had never run an ultra before, 37 starters in all. Six had travelled from interstate in order to compete.

It was a fantastic event, although the weather was not all that kind to the runners. Saturday, although overcast, was very humid and seemed to take its toll on competitors during the night. Sunday's sun pushed the temperature up to 36 degrees, not ideal conditions by any means. But the performances were fantastic. Bryan Smith showed his experience in pacing himself well, and hung back for the first few hours to come through and hit the front after the 7th hour. David Standeven and Carl Barker were ahead of him in the early stages. Brian produced another brilliant performance - 250.729km. Brickley Hepburn put in a blinder with a 22km personal best to finish in second place with 239.32km. Rudi Kinshofer also made his trip from Adelaide worthwhile by doing a 30km p.b. to place third with 232.431km. What a performance! It's great to see these interstate boys do so well. Peter Gray was next, with his mum Norma giving him support again. A 6km p.b. for Peter to finish fourth and with a distance of 230.732km. What an amazing young athlete Peter is!

David Standeven was not in top shape for this one. He hadn't had the best of health for the last few months and it showed. However, he still put in a good one and was well over the 200km with his 5th placing and 218.864km. Next in line was Jeff Smith, an ultrarunner with fantastic potential. Jeff is definitely an athlete to watch in the future. He's only run 3 shorter ultra events and has performed brilliantly in each one - a fourth and a second in the Ballarat 50 Miler, and a win in the East Burwood Six Hour last October. In seventh place was el Presidente of the Australian Ultra Runners Association, Geoff Hook, who thrilled both himself and the crowd by realizing a life-long goal - that of running over 200km in 24 hours. He had tremendous support from the crowd and his crew, but he really had to dig deep to achieve it. Great effort Geoffrey! Merrilyn Tait, the only female entrant, came 16th overall and ran 145.242km. Another great effort!

Apart from Jeff Smith, some of our other first-time 24 Hour runners also performed extremely well. Ivan Davis ran 170.57km, Peter Risstrom ran 161.744km, Ken Marden did 156.995km, and Ken Matchett, at the age of 69 years, put in an amazing 133.737km in his first. Well done!

But as I was surveying the scene as the race was in progress, one fact really hit home to me. The runners in a 24 hour race, only constitute about one-fifth of those involved, and this year was no exception. There were another 150 helpers on the sidelines, all there with the specific purpose of helping the runners achieve their personal goals. Some are the runners' crews who watch them every lap, assessing their needs in terms of food, drink, rest or change of clothing or a million other needs a runner might have - an extremely demanding job because they only get a two minute break before the runner is round again! Their lapscorers must be equally attentive, because nothing irritates a runner more than to think that a lap he has covered has not been recorded. The masseurs from the Society of Clinical Masseurs, Alan Witt, Anthony Ashley-Brown, Kalia Wheatley, Grame Davidson and Mike Browne, worked tirelessly, starting their therapy even before the race had begun. Robyn and Dianna Todd, David Sheahan and Jeff Briggs kept the lapscorers fed and were also on duty for the full 24 hours, serving hot drinks, snacks, porridge, BBQ and pancakes at regular intervals. Then there were Pauline and Kevin Nippard in the canteen, who kept the pies, pasties, soup, hot-dogs and icecreams up to the public and crews. Spiro Moraitis, the race doctor was invaluable. His calm friendly serenity inspired confidence in the runners when they developed problems with muscles, joints or stomach. His advice was sought for the full 24 hours. He also weighed each runner at regular intervals to check on dehydration. Other helpers manned the drink and sponge stations and regularly refilled the portable toilets. Col Browne and Bill Baxter updated the leader board every hour, which provided a great

service to the runners but also meant that they didn't get any sleep. Harold Stevens organised a lap-scorers'tent and went to great trouble to erect it on the day.

What a community effort! I was again totally overwhelmed by the tremendous support that I received from my mates at the Croydon Vets venue in fulfilling all these roles. They are such a solid group of positive people who were prepared to sacrifice 24 hours to help this event run smoothly. They receive no accolades, get no score on the board, no position on the ranking lists but the race couldn't go on without them. They are the backbone of the event. I can't thank them enough. I just hope the runners appreciate them as much as they should.

The presentations went well, with Colin Browne producing a printout of the placings and distances within half an hour of the finish. George Perdon, one of the legends of ultrarunning, helped present trophies to the first three placegetters and special medals, certificates and commemorative pottery mugs to all other finishers.

12TH ANNUAL CITY OF PARRAMATTA 50KM TRACK CHAMPIONSHIP

by Steel Beveridge

I trust that a more informed scribe will make some comment, including official results on this year's Parramatta 50km, but as this did not happen last year, I thought that a couple of paragraphs would not go astray.

This year the event changed to a proper track race, involving 125 laps of the official 400metres so as to fall in line with most record-setting criteria. As one who has assisted in the birth of this race in 1980, I was interested to see if the shorter lap would make any distinguishable difference. Apart from keeping the lap-scorers marginally busier, there did not seem to be much difference - 125 as opposed to 100 laps on the old 500metre course....They're both a lot of laps!

Mind you, it used to be a lot easier to figure out pace per kilometre when the kilometres came around every 2 laps exactly. Still, a track race has as its greatest attraction the fact that you can watch the race as well as participate. Greg Love made guessing the winner quite easy for most of the distance, as his winning margin indicates.

Figuring out who was running second, third, fourth etc. was considerably more of a challenge, as most of the the rest of us varied our rate of progress quite a lot during the morning. Getting lapped happened frequently, especially early on. With so many starters, getting over for faster runners in accordance with normal track etiquette often became impossible or at best a nuisance to both parties, so Greg most certainly ran further than 50km as he wove his way around each lap.

Therein may lie the reason for faster times on a longer circuit...or perhaps not.. In any case, all those who raced at Parramatta were well looked after by the Parramatta D.A.A.C. with even the weather being fairly kind (for March). Let's hope for even better weather for No.13 in 1992. I'll be there (if I'm spared) for start No.12, and hopefully finish No.11. (I failed to finish in the inaugural event and missed one further down the track) Has anyone else finished ten of these events? Is this race the longest running ultra still held in NSW?

Ed's note: Thanks for taking the effort to give us a report on this one Steel. We need as few more members like you who will take the initiative and write about events that they have participated in. Too many leave it to the other bloke, as of course, we never quite receive it.

I was interested in your comment about "getting over for faster runners". I assume you mean, getting over into the second or third lane so that faster runners can go through on the inside. I honestly didn't think anyone ever did that. It's certainly not practised in our Victorian track events - causes confusion, I reckon! Better to hug the inside lane yourself and let the fast boys go round you. It saves them weaving in and out, and at least you know where you stand rather than wondering whether this or that runner is going to move out for you or not!



PARRAMATTA DISTRICT AMATEUR ATHLETIC CLUB

AFFILIATED WITH THE N.S.W. A.A.A.

10 Gregory Street,
North Richmond. 2754.
Phone 045- 712017.

Listed below is the results of the Parramatta 50K run at Barton Park on March 3rd, 1991. *400m Track*

	<u>Marathon Time</u>	<u>Finish Time</u>
1.Greg Love	2.41.35	3.16.17
2.Paul Every	3.06.24	3.47.44
3.Bob Fickel	3.19.07	4.08.28
4.Philip Clarke	3.26.07	4.12.47
5.Julius Horvath	3.33.30	4.13.12
6.Steel Beveridge	3.34.46	4.19.02
7.James Bazzo	3.31.23	4.19.17
8.Maurice Taylor	3.45.34	4.19.19
9.John Melnyczenko	3.34.47	4.25.42
10.Sam Scutts	3.36.35	4.31.07
11.Paul Eisenhuth	3.46.52	4.34.46
12.John Maccarone	3.47.23	4.35.34
13.Christopher Farmer	3.46.10	4.37.14
14.David Williams	4.00.39	4.38.02
15.Dave Girvan	3.48.42	4.41.52
16.Dale Thompson(F)	3.54.33	4.47.18
17.Grahame Kerruish	4.02.28	4.51.13
18.Patrick Austin	4.04.34	4.52.53
19.Geoff Hain	4.04.27	4.53.47
20.Patrick Farmer	3.50.24	4.58.41
21.Bob Williamson	4.04.35	4.58.42
22.Geoff McConnell	4.16.55	5.09.05
23.Michael Hodgson	4.14.33	5.10.02
24.Dick Campbell	4.13.56	5.10.25
25.Warren Costello	4.24.51	5.20.37
26.Lyn Cribb (F)	4.34.16	5.25.38
27.Lucille Gladwell	4.34.03	5.30.54
28.Valerie Warren (F)	4.45.34	5.39.48
29.William Courtney	4.33.03	5.48.29

DNF- John Flanagan, Robert Drew, Mark Gladwell, Tic Toc, Peter Janovsky, William Rannard.

35 starters this year with 29 finishers. All the female runners finished this year.

Tic Toc achieved a Marathon Time of	4.26.43
William Rannard	" " " 3.57.30
Bob Drew	" " " 3.41.58

Hope to see you next year on March 1st, 1992.

QUEENSLAND 50 KM ROAD CHAMPIONSHIP AND 6 HOUR RUN

TOOWOOMBA

MARCH 10 1991,

1.4km Road Circuit (Uncertified)

At midnight on 9/10 March eighteen runners braved unusually cold and windy conditions for that time of the year to compete in the first Ultra event for 1991.

Thirteen entered the 50KM Road Championship which was won by Col McLeod of Toowoomba for the second year in a row. Geoff Boase and Gary Parsons attempted to push Col early but paid the price and were later forced to withdraw. Even Col found the last few circuits quite arduous and missed improving on last years' time.

Two newcomers to Ultra running, Murray Stratford and Rodger Thompstone of Brisbane, finished second and third and another Toowoomba runner, Graham Medill, in fourth place. Carol Street won the women's section of the 50km Road Championship.

Only five runners opted for the 6 Hour Run but all put in excellent performances. Cliff French of Beachmere led home Darren Morley and Ashley Keating of Brisbane. Nicole Carroll from Aspley in Brisbane ran superbly to cover over 60km and win thre women's section. Considering Nicole is only nineteen she would appear to have a bright future in Ultra running. John Petersen may turn 75 this year but he still managed to cover over the marathon distance in 6 hours.

Thanks must go to Graham Medill, his wife Phillipa, Col McLeod and some of their Toowoomba Road Runner friends for organising the event and assisting in lap scoring.

Ian Jarvis

Race Director

Ian Jarvis

RESULTS

TOOWOOMBA ULTRA

MARCH 10 1991

50km ROAD RACE

	<u>D.O.B.</u>	TIME
1. McLeod, Col	03.01.36	3hrs 26m 03s
2. Stratford, Murray	14.01.56	3hrs 45m 15s
3. Thompstone, Rodger	07.04.51	3hrs 55m 12s
4. Medill, Graham	28.03.48	3hrs 59m 12s
5. Evans, Brian	29.09.42	4hrs 47m 18s
6. Heath, Frank	05.04.47	4hrs 50m 38s
7. Lewis, Stephen	25.02.57	5hrs 19m 34s
8. Cox, Arthur	25.08.48	5hrs 24m 28s
9. Street, Carol (1F)	15.08.41	5hrs 42m 34s
10. Loeken, Rene	25.12.55	withdrew at 43k
11. Naravan, Prinesh	17.05.70	withdrew at 43k
12. Boase, Geoff	06.02.51	withdrew at 41.6k
13. Parsons, Gary	23.12.49	withdrew at 27.6k

6 HOUR RUN

	D.O.B.	50K TIME	FINAL DISTANCE
1. French, Cliff	10.05.43	4hrs 02m 10s	70k
2. Morley, Darren	04.07.61	4hrs 04m 09s	67.2k
3. Keating, Ashley	01.12.39	4hrs 21m 14s	64.4k
4. Carroll, Nicole (1F)	14.01.72	4hrs 18m 05s	62.6k
5. Petersen, John	19.07.16		43.2k

THE SIX FOOT TRACK MARATHON- 23 MARCH. 1991

by Kevin Cassidy

This was, for me, one of the wackiest weekends I have ever spent, due to the fact that I was with the world's wackiest people. Leaving Melbourne with my wife, Margaret, we arrived at the Hampton Hotel (approx 30 minutes from the start) and met up with the rest of the Victorians who had travelled up in the mini-bus. This motley-looking crew consisted of Robin Anderson, June Kerr, Peter Armistead, Colin & Dot Browne, Geoff Hook, Ross Shilston, Norm Brooke and Alan Witt (heren known as Halfwit). Bruce Cook from Canberra was also there to add some respectability to the group. Eventually we all bedded down for the night.

Saturday morning arrived and after a quick brekkie, we all piled into the mini-bus to travel to the start at Katoomba, and the bullshit was flying thick and fast as claim and counter-claim of various mighty deeds travelled round the bus. Ross, who was wearing what looked like a toilet seat around his neck, was the butt of many jokes, but as Halfwit flatly said, "The hairy little bastard deserves it". Dot was worried that Col would go out hard and blow himself to bits so she decided to lay down the law, "Now listen, hub" she said, "you're not to go running off ahead of me". Col duly obeyed his orders.

At last we were ready to start. We collected our blue numbers and squashed onto the narrow rough track with over 300 other runners on the outskirts of Katoomba. Race organisers (Big Chris and Hutch) made a short speech, donated \$5,000 to the Bush Fire Brigade, then sent us on our 46km journey to the Jenolan Caves. The first few kilometres were a steep drop down some very rocky stairs, known as "Nellie's Glen". There was no racing or passing there. You just held your position and made sure you didn't fall or you would break your neck. Eventually the track became safer and we continued our long descent down some very rough and winding trails through open forest with numerous fences to climb just to make life more difficult. After 17km, we arrived at Coxes River, which was the lowest point of the race. After having swum, waded or almost drowned whilst crossing the river, we were met with a steep 3.5km climb which knocked the stuffing out of us, just at the point when we didn't need it. The course then dropped for a few more kilometres before we tackled the pluviometer. This climb was a real killer. You couldn't race this section. It was too bloody steep. You just had to battle on as best you could. At this stage, 27km was out of the way and 19km remained and I realized then that I had pushed too hard on the down hills and my back was really aching and I would have to slug it out from there. The next 9km was an undulating climb along a four-wheel drive track, and as the day had got quite warm, the drink stations at 3km intervals were doing big business. With 10km to go, we ran on to the highway for the next 5km. By this stage my back was killing me, so much so that people were passing me as if I was standing still. At the 41km mark, we headed back on to the undulating bush trail before we reached the final 3km which was a very steep drop down a narrow and rough trail. A quick glimpse over the edge gave you the first sight of Caves House (the finish) down below, and concentration was of the utmost importance as you thundered down to the finish on rubbery legs to be met at this finish by a large and noisy crowd in the most scenic race finish area you could ask for.

I was pleased with my first up run of 4hrs.47mins. Ross had finished a few minutes ahead of me, whilst President Hook managed to sneak under 4.5hours. But the biggest news was that notorious Peter Armistead had taken fifth place overall in 3hrs.54mins. A real classy run! The next Victorian home was Dot, followed by Colin, followed by Halfwit. Only one Victorian remained out on the course and that was Norm. We all had our fingers crossed that he would make it inside the 7.5 hours cut-off.

As we waited, Big Chris and Hutch, who had started at the rear, zig-zagged down the mountain to the finish dressed as nuns. Had these two yahoos suddenly found religion? Or are they just kinky? Who knows?

Suddenly Norm was in sight, and as he finished only eight minutes inside the cut-off, we all had a special cheer for Norm as his finish meant that we Victorians had a 100% success rate, something that the NSW Nancy Boys couldn't claim. (Suffer Big Chris!)

We caught up with Pat Farmer at the finish and he was in rather a chirpy mood, perhaps because this time, he had decided to run without carrying 50kg of camping gear on his back.

Meanwhile Robin was trying, to no avail, to get the Melbourne football scores (well, St.Kilda really), but up here in NSW, the only game they know about is the one where grown men get together, bend over and stick their noses into each other's bums. Fair dinkum, have you ever seen anything as ridiculous as a rugby scrum.? It looks like a giant crab walking across the beach.

As the presentations got underway, Dot stated that she was surprised with her time, as she doesn't have much time to train these days. But later, when she was out of earshot, Colin confided that her story was all bullshit and that she was, in fact, an "f...ing good runner", or as Halfwit would say, an "FGR"

We were all pretty jovial as we piled into the mini-bus for the trip back to the Hampton Hotel for the bush-dance. And it was during this trip that Halfwit decided to form his own religion for ultrarunners and he told us he was now to be known as "Brother Half" and Hookie, "The Abbot". Soon after arriving at the bush dance, we lined up in an orderly fashion for our smorgasbord meal, but not Hookie. He just pushed his way to the front and piled so much food onto his plate that, as he tried to walk back to the table, peas and carrots went rolling all over the dance floor. Not really a very Christian thing to do. But then, what would you expect from a man who turns up to run at a 24 Hour Race and packs an electric hair-dryer in with his running gear! Enough said.

Most of the crowd had downed a few sherberts by then, and, as we sat down to eat, Peter decided to karate-chop a silver foil packet of butter, squirting it all over the table cloth. "Gee you're embarrassing, Pete!" I stated, "Just be glad it didn't squirt you in the eye" was his laconic reply.

After the meal, a few of us decided to hit the sack, while the other hardy souls decided to crack open a bottle of port and kick on. Eventually, the no-longer-sober port drinkers arrived back in the bunkrooms and woke us all up with their noise. Brother Half's new religion had taken hold by this stage, and everyone was sitting in a circle, crosslegged chanting "Hari hum", as they bowed to worship an empty port bottle.

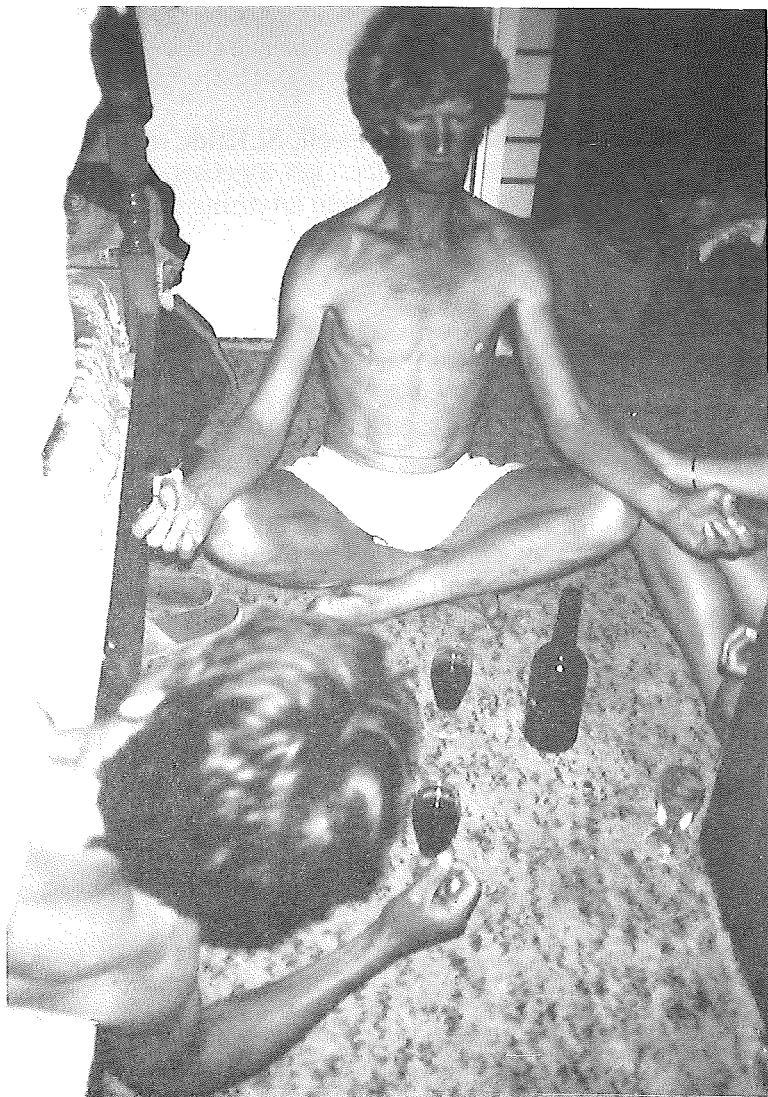
Robin, whom I always used to think was a respectable young man, made it clear that he was going to chop the legs off the now sleeping President Hook in an attempt to toughen him up. Meanwhile, Pete decided to rip the mattress from underneath the sound-asleep Ross, and Ross showed great restraint to remain in his position on the wooden base of the bed. However, he was not too happy about having water thrown over him. Pete then decided that, as the port had run out, he would sneak into Norm's room and pinch his bottle, but Pete didn't realize that all the noise had woken Norm, and he was ready and waiting. As Pete snuck through the door, Norm leapt out of the darkness and clouted him with his pillow, which sent Pete back-peddalling in a state of shock. (Norm 1, Peter 0)

During all this shenanigans, Margaret was discreetly snapping up some rather incriminating photographs which I hope will be published and will reveal the extent of the misdemeanours. Big Chris finally wandered in at some ridiculously small hour and the pros and cons of ultrarunning were discussed. "Ultrarunning is easy", stated Big Chris flatly, "I'm going to run 230km in Dot's 24 Hour Race next year, and I'll do it with ease." Well..... the pressure is really on the big fella now.

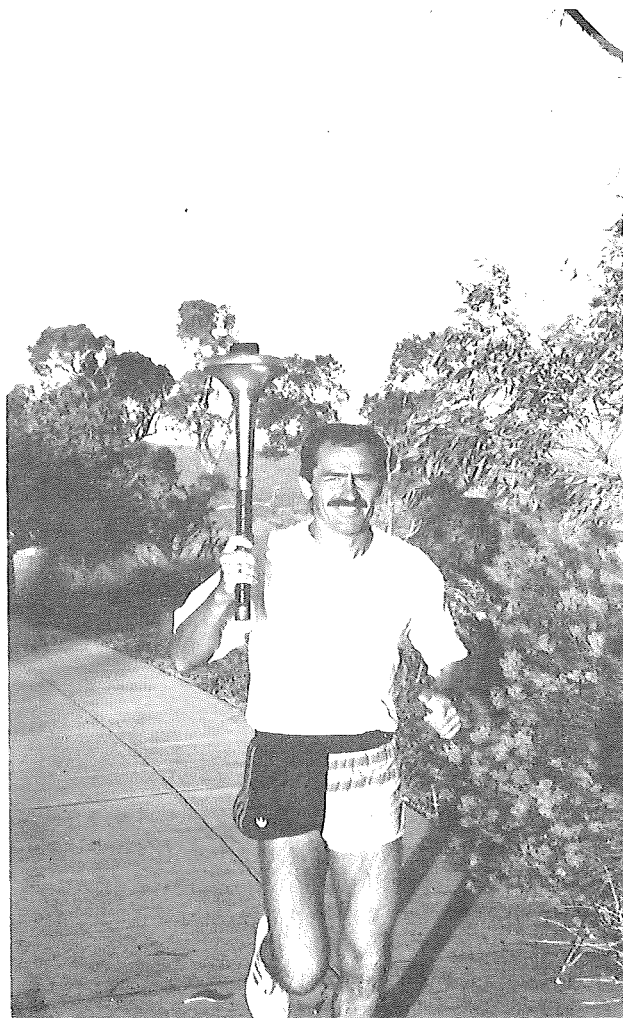
Somehow, Dot managed to sleep through everything. Eventually all the yahoing and religious chanting died down around 3am and we nodded off to sleep. The next morning, a few of us decided to hang around for the fun run later in the day, but the crew in the mini-bus had to make an early start. As they headed off down the highway, they looked every bit like a bus-load of patients from the local nut house.

What a weekend! If you haven't run the Six Foot Track, then you are missing out on a unique experience....just don't stay with the Victorians!

Ed's note: Although the Victorian contingent were absolutely impeccable in their race performances (total 100% finish rate and all that), this little lady felt that their post-race behaviour left a lot to be desired. In fact, to be honest, it was downright shocking. There was one particular AURA member, whom we previously had considered to be an extremely respectable young man, who revealed a rather startling personality change when he'd had a few sherberts...well, ports really. I was quite horrified. Just as well your Hon.Sec. kept herself nice.



Is it the glass of port that sends him into a trance? The guru, Pete Armistead, after his amazing 3:54 and 5th place overall in this year's Six Foot Track Race.



Yiannis Kouros training in Canberra for this year's Sri Chinmoy Peace Run with the torch.



An absolutely decadent fellow. Brother Half (or Big Al) was heading for his 3rd dnf in a row in this year's Six Foot Track. He avoided the dunny seat award by finishing, and celebrated by hitting the turps.

Dear Dot,

Please find enclosed a newsletter from Central Coast Hash House Harriers (C^2H^3) about Hutch's and Big Chris' Blue Mountains Six Foot Track Bush Run.

Regards,
Gary Auld.

SIX FOOT TRACK MARATHON

It was a clear sunny day. Twentyone mullets from C^2H^3 in colour-co-ordinated Girvo singlets plus 303 insignificant runners from various places around the globe gathered at the Explorers' Tree, Katoomba, ready for the bigun. Billy tea and damper were consumed. Nervous pisses were had as officials made earth-shattering speeches about something you can't eat.. Then right on 10am, the flag dropped and all 324 of us set off on a trail that was set over 100 years ago, a distance of 46.6km across the Megalong and Coxes River valleys. In all, there were 16 water-stops which also supplied first aid as well as bananas, oranges and watermelon at some of them.

The run itself varies in elevation from 200m to 1100m above sea level. It is very scenic and ranges from steep narrow tracks to paddocks and fire trails. It includes one river crossing, which, at the time of the run was about 2 feet deep. Even with all these distractions, I must admit that there was at least one time about 25km into the run when I fantasized about choking the living shit out of Girvo for talking me into this madness. But at the next water stop, a support bandage was applied to my failing knee, and with the aid of two Panadol and a banana, I was able to complete the run with the thoughts of justifiable homicide slowly ebbing from my mind.

On the completion of the run at Caves House, there was a welcome cheer squad of assorted spouses, friends, Hariettes and Hashers to greet weary runners, and with the arrival of the sweepers, it was all over bar the drinking.

First place went to a banana bender from Queensland, 3hrs.18min and a new record, can you believe it? The two sweepers, Girvo and Romeo were presented with their Six Foot Track belt buckles for the completion of 6 Six Foot Track Marathons. One runner from the Wattagan Warriors also received his buckle, thanks to the sweepers and Fireman who helped him through some tough spots....Good sportsmanship!

Alphabet arrived in fourth place! A great effort! Simple Simon, only 18 years old also did a great time of 5 hours! There were 19 DNFs from the field, but all C^2H^3 starters finished within the cut-off time.

Those who stayed Saturday night made their way back to Hampton Court Motel for a smorgasbord and spit roast and indulged in Six Foot Track talk, drinking beer and house wine. For those who had not seized up, there was plenty of dancing to keep the body moving.

Great run. Great day.

See you there next year!

Chinook (Six Foot Track Marathon Man - Move over Cockroach!)

JP.S. If anyone is interested in buying a second hand crutch... see Dave Girvan.

SYDNEY OR THE BUSH

(A report on the Six Foot Track Marathon, March 23rd, 1991)

by Greg Love

I woke on Saturday morning wondering who has the tougher job, my dear mum for taking my two sons to Sydney's Royal Easter Show, or Dave Girvan and myself, sweepers in the 1991 Six Foot Track.

On arrival at the Explorer's Tree, Katoomba, the scene resembles the show, people everywhere and plenty of bullshit. Girvo arrives at the check-in propped up on a crutch; he assures Hutch and Big Chris that he'll be able to manage the 288 starters, the 47kms, and the hills. (NO WUSSIES IN THIS RACE). As sweepers, we get the privilege of 15 minutes head start, and once out of sight, Girvo abandons his crutch (a clown in every show) and we have a pleasant run to the first drink station, where we sit and await the herd of prime beef on display. Soon the thoroughbreds come galloping into view. Don Wallace, Paul Woodhouse, Roger Hardy among others in the lead pack, truly a blue ribbon field. Once the bulk of the runners, including many familiar faces and friends have passed, we link up with The Fireman, Big Chris and Hutch on a rollercoaster ride (more like a ghost train) to the Cox's River. From here on, Girvo and The Fireman displayed their cattle dog instincts goading and spurring on a few stragglers and strays. One notable effort was put in by Ted Clayton who wanted to wimp out at 19.5km but couldn't because his wife was ahead of him, and he also wanted to receive his buckle for completing six Six Foot Track runs.

Sweeping the field does have its advantages, plenty of time to enjoy this beautiful part of OZ, many photos taken and also we got to stop at each check point and have a chat to the friendly Bush Fire Brigade people who man these stations, and who also receive the profits from the run. From the information we gathered at each progressive station, we heard of a battle royal being contested at the head of the field, and of many personal struggles and achievements.

Once we had climbed up to the Pluviometer, we were pretty confident that all our runners would make the finish, so we relaxed a bit and got stuck into the food that we had been carrying, thinking of who would be pigging out the most, me or my kids at the show! Ah, the pine forest comes into sight, about 10km to go. Here we have a cleansing ale waiting for us and more food. Surprisingly, we are right on schedule with the cut-off times supplied to us, and we cross the finish line in 7.30 hours.

The finish area is like side-show alley with all the spruikers about and everyone enjoying themselves. Well my boys got their show bags, Don Wallace got the trophy and a new course record, Girvo and I and another 10 runners got our buckles and everyone got high on the atmosphere (or was it the drink?)

Mum and the kids beat us home, but we all felt the same, tired, dirty, aching feet and smiles from ear to ear. What a day!

Your sweeper,
Greg Love.

Ed's note: Thanks for your report Greg. Great! I'll never forget the sight of Big Chris and Hutch dressed up as nuns zig-zagging their way down that final kilometre of the mountain to the finish at Caves House, their habits a-flapping and the hairy legs a-bounding. What an ovation they received!

LEPPIN 12 HOUR DAWN TO DUSK ULTRAMARATHON - NEW ZEALAND

EAST COAST BAYS STADIUM - MONDAY 24TH MARCH, 1991

RESULTS

1. Neville Mercer	143.740km	12. Steve Drake	105.600km
2. Margaret Hazelwood(F1)	127.089km	13. Belinda Carpenter (F3)	103.810km
3. Bruce McComb	120.414km	14. John Broderick	101.731km
4. Stuart Grieve	116.190km	15. Tony England	100.591km
5. Gary Regtien	113.232km	16. David Hamilton	100.400km
6. Ken Lindsay	113.036km	17. Vonnie Hughes (F4)	92.076km
7. Jos Smith (F2)	112.627km	18. Edward Coupe	91.065km
8. Tony Ruffer	107.533km	19. John Taylor	86.442km
9. Thomas Whitehead	107.082km	20. Bruce Lindsay	85.545km
10. Peter Munro	106.380km	21. Wayne Powell	82.066km
11. Tony Travaglia	106.277km		

RED ROCK TO COFF'S JETTY BEACH & HEADLANDS RUN

by Steel Beveridge

This event was inaugurated on Sunday 24th March, 1991. The date was selected because of favourable tides on that day. I will do my best to avoid a clash with the Six Foot Track next year. I apologise to Ian Hutchison, but assure him that we did not diminish his field in any way this year. I've run the Six Foot Track, once. It's a great event to run....once.

This race is about the same length but a lot easier. The scenery is equal to anything anywhere. The going varies from firm low-tide sand to genuine headland climbing. This time, we had an opposing southerly breeze which slowed progress, but, on the positive side, made conditions cooler.

Following the example of our Queensland colleagues, we provided 3 distances to encourage more interest. Runners could elect to start at Red Rock and run only to Woolgoolga (15-16km), or start at Woolgoolga Surf Club and run to Coff's Jetty (25-27km), if they did not want to go 'all the way'. One runner chose to stop at Woolgoolga this year. (It was his longest ever run in any case) whilst five joined in at Woolgoolga.

Another runner set out from Sandy Beach (south of Woolgoolga) on his longest ever effort, hoping to be caught by those of us starting further north. We did catch him but, as he was lost in the scrub on one of the headlands at the time, we did not see him until the finish.

In the best tradition of the North Coast life-style, this year was very 'laid-back' organisationally. Next year, a couple of the problems which surfaced this time will be solved. We will probably charge an entry fee to assist with the catering and marking of the approved course. Those who got a little lost this time all ran further. No-one can stay lost for long on this course as long as they remember to keep the Pacific Ocean on their left throughout.

Only two of us completed the full distance this year, More will have a go next year for sure. If you want to be amongst them, you will be more than welcome. Watch the AURA magazine for details.

Results: Red Rock to Coff's Jetty
Steel Beveridge 4.16.46
Danny Rhodes 6.41.00

Red Rock to Woolgoolga:
Neville Dodsworth 1.33.26

Woolgoolga to Coff's Jetty
John Esplin & Steve Clemesha 2.41.31
Peter Elzer 3.05.00

Others:
Adam Prater (Red Rock to North Sapphire) 3.07.00
Bill Karskens (Sandy to Coff's) 3.57.00

Ed's note: How come this event was not advertised in the AURA calendar Steel? Next year, give us the details so that you've a chance of getting a few more starters. Also, a small hand-drawn course map for the 3 races would be helpful. I found it a bit confusing as to who was running where, from your article. Thanks!.....Dot..

BUNBURY W.A. 6/12 HOUR MARCH, 1991 (Exact date not supplied)

RESULTS

12 Hour Race:

1.	John PRESSLEY	131.386km
2.	Doug WRIGHT	116.016km
3.	Kevin MARTIN	107.543km
4.	Dennis SUTTON	93.942km
5.	Mark PRICHARD	92.630km
6.	Jacqui CLARKE	76.909km

Joe RECORD dnf
Mike THOMPSON dnf

6 Hour Race:

1.	George GARLAND	69.440km
2.	Dave HEDLEY	65.655km
3.	Mike MERIDITH	59.440km
4.	Tina ALDRICK	44.180km

The winners all received a watch from our Sponsors, Applebees Jewellers of Bunbury.
Report of Mark Prichard.

This race occurred sometime in March (actual date not supplied - even for our Calendar).

MY FIRST 24 HOUR

by Marilyn Kinchin

Originally, the aim was for a 12 hour event, but the event was cancelled. After spending three months training mega miles during the hottest Sydney summer, I thought, "Why waste the preparation. Try a 24 hour!"

Tamworth Charity Run, organised by the evergreen Dallas Earsman was the event.

10am start, already warming up to 35 degrees C. and 22 starters lined up. Various events were running at the same time, a relay by the fast athletes, and 4 to walk throughout the 24 hours. This was all a new experience for me to pace myself on a 400m track, as opposed to my real love of open roads and marathon events. But I stayed with my plan.

Dave Taylor set the pace and lead for the first 2 hours, followed by Georgina McConnell. During the afternoon, as the heat began to take its toll, 8 runners held their positions throughout the race.

There was a mixture of runners from Queensland, Curri Curri, Tamworth and Sydney. Georgina and I made it interesting for the organisers as only 5 laps separated us for 15 hours. Lindsay Phillips kept a subtle eye on us and finished well in the final stages. Ralph Bristow relentlessly followed his program and maintained the lead with Craig Rowe closely behind him.

For me being a novice, the first 12 hours was easy, but the inexperience and the unknown hit me through the night.. I felt for every runner who has participated in an ultra event, especially those who come back to tackle them again and again.

Daybreak and the closing hours were approaching. Ralph Bristow held the lead until the end. Craig maintained second place after going through the horrors in the night.. The walkers tenaciously carried on through the night and clocked up 95km. Isobel (sorry I didn't get your last name) from Curri Curri took out the courageous award for her effort, going further than she set out to do. Georgina maintained her constant pace, winning the ladies' section and reaching 4th place overall. I was pleased I finished and put in as much as I could during the last hour.

A great weekend was had by all. Val Warren crewed for us and her experience was invaluable. After a recovery sleep and then a post mortem on the race, it was a weekend I'll never forget.. Time goes by and you forget the pain and maybe consider another event. I always thought ultra runners were addictive people, but now I can understand that your achievement is your "high."



Victory! 1st and 2nd Women - Tamworth Charity 24 hour run.
Left:- Georgina McConnell and Marilyn Kinchin.

FRANKSTON TO PORTSEA - 55KM - 6TH APRIL, 1991. RESULTS

1. Paul Patton	4.03.15	10. Alan Witt	4.53.47
2. Brickley Hepburn	4.20.25	11. Phillip Dodin	4.57.05
3. Tony Franklin	4.22.45	12. Geoff Womersley	5.03.13
4. Joe Skrobalak	4.30.09	13. Peter Gray	5.09.07
5. Kevin Cassiidy	4.32.44	14. Martin Dixon	5.20.29
6. Kon Butko	4.53.05	15. George Perdon	5.31.57
7. Jules Continto	4.53.26	16. Jim Wolstencroft	5.35.24
8. Geoff Hook	4.53.32	17. Norm Johnston	6.35.00
9. Terry Cox Jnr.	4.53.40	18. Mick Whiteoak	DNF

Conditions for this year's race were ideal, with a predicted top temperature of 22 degrees. The race started punctually at 7am but the runners were upset within minutes by a dog being knocked right beside them on the road. Kev Cassidy's new wife Margaret neglected her duties of looking after her husband for a short time to take the poor animal to the vet. We hope it survived.

However, it seemed that Paul Patton (last year's winner) was not too disconcerted by the incident because he took off at 100 miles an hour, leaving the rest of the field for dead and went through the first 5km in 19.30min. and the marathon distance in 2.48. However, Paul says that he faded badly in the last 10km so was about 20 minutes slower than his course record set last year.

We must mention one particular runner who deserves to be slated - Peter Armistead. Up to within two days of the race, he made firm promises and a definite commitment to run with Pat Cooper. He would really look after her, he reckoned, just like he "looked after her" in the Six Foot Track last year. Well it seems he's let her down badly again. He just didn't front. Reckoned he had an urgent call to lay bricks up at Mansfield. Likely story! Some blokes will do anything to get out of looking after a lady! Pat was so distraut when she heard, that she didn't turn up either. That boy needs to take his own advice and practise more determination, dedication and discipline.

Hookie and Alan Witt ("Brother Half" as we call him) kept each other company the whole way, and despite suffering from blisters in the last 10km, Al put in a sensational finish along those roller-coaster hills after Hookie shared one of his magic "Power Bars" from USA with him. The two of them damn near caught Kon Butko in the last 800 metres! Gave him a hell of a fright. If Al hadn't been wearing those fluoro orange shorts, Kon wouldn't have noticed him creeping up on him. Kon went like the clappers when he realized that the two rogues were so close, and finished only 27 seconds ahead of Hookie.

Norm Johnston was a character. He'd started off the run with a bulky kit-bag slung over his shoulder. Lord knows how he intended to run 55km carrying that! I grabbed it off him at around 5km and threw it in my car, but at 10km he wanted it back again. He had a present for one of his old flames in it apparently - roses and the whole bit! Said she lived not far off course, and he was going to drop it off during the race. Fancy waiting for a race situation to do the big Casanova act.! He obviously wanted to make a fast getaway.in case she attacked him.

Most of the field finished under five and a half hours, which brought us round to lunch-time. A perfect time for us all to go to the Portsea Hotel nearby for a great meal, sink a few beers and listen to Brother Half Witt's stories about how he almost cleaned up Butko.

Dot Browne.

Ed's note: Mick Whiteoak gets the dubious honour of being the first Victorian WUSSIE. After so many years since his last ultra, he should have been as fresh as a daisy. However, he only made it to the marathon point where he was heard to offer the following excuse: "I only run marathons".

PERCY CERUTTY MEMORIAL 12 HOUR RUN

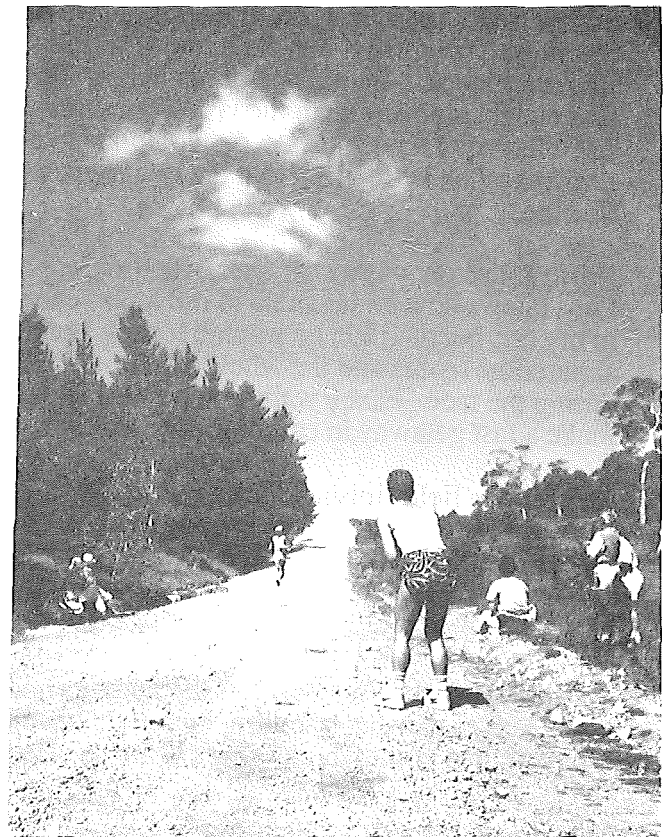
ROSEBUD - 4th MAY, 1991

COMPETITOR	MARATHON	50km	50 MILES	100km	FINAL DISTANCE
1. Jeff Smith, 31	3:33:51	4:17:19	7:09:52	9:01:20	129.798km
2. Peter Gray, 26	3:34:17	4:17:54	7:13:50	9:05:44	127.868km
3. Brickley Hepburn, 39	3:39:51	4:22:58	7:16:59	9:18:48	126.557km
4. Peter Quinn, 41	3:41:50	4:27:21	7:36:14	9:56:04	119.741km
5. Joe Skrobalac, 38	3:37:15	4:18:04	8:01:35	9:54:12	118.256km
6. Terry Cox (Jnr), 25	3:41:14	4:37:02	8:30:37	10:50:39	111.234km
7. Rudy Lombardi, 27	4:02:12	5:07:03	8:35:42	10:50:00	111.509km
8. Terry Cox (Snr), 55	3:46:02	4:40:53	8:18:57	10:41:34	110.333km
9. Michael Grayling, 34	3:59:41	4:55:16	8:26:10	11:12:20	106.401km
10. Kon Butko, 43	3:46:51	4:39:04	8:12:19	10:57:20	105.134km
11. Dawn Parris, 38 (F1)	4:31:27	5:27:38	9:13:27	11:27:51	105.045km
12. Tom Donovan, 60	4:21:15	5:28:25	9:04:08	11:27:36	104.752km
13. Phillip Barnes, 46	4:12:53	5:15:50	9:22:42	11:44:16	101.893km
14. Trevor Parris, 40	4:28:35	5:20:29	9:41:27	11:56:55	100.583km
15. Sharon Skrobalac, 34 (F2)	4:42:38	5:50:20	10:27:28		94.839km
16. Ron Hill, 50	4:13:02	5:20:08	10:08:32		91.304km
17. George Perdon, 66	6:02:16	7:10:12	11:13:40		87.295km
18. Greg Wishart, 52	4:40:28	5:57:52	11:14:56		86.303km
19. Norm Johnson, 54	5:10:56	6:33:52			80.281km
20. Jacques Gaillard, 44	5:43:07	6:59:44			75.941km
21. Ali Zwynenburg, 63 (F3)	7:50:45	9:23:18			63.314km

NOTE: The results take account of the track being 1 metre short. All marathon, 50km and 50 mile times were not recorded at their respective exact locations, however times are those at the next completed lap.



The mad rush down Nellies Glen near the start of this year's Six Foot Track.



After all those torturous hills and with only 9km to go, Pete Armistead is encouraged by our Chief Motivator, the lovely June Kerr.

THE WESTFIELD RUN 1991



MEDIA RELEASE
16 APRIL 1991

THE EVENT

The 1991 Westfield Run .. Tougher, longer, richer and more exciting

"The ninth running of the Sydney to Melbourne Westfield Run will see a number of exciting changes," announced Executive Director of the event Chris Bates.

"We are continually looking at ways to improve the Westfield Run and this year we've increased prize money, introduced handicapping for the entire field and through the advice of the NSW and Victorian Police Departments, altered the course of the race to ensure better safety for the runners and the public," Mr Bates said.

Respected as the World's Greatest and Toughest Footrace, this year's Sydney to Melbourne Westfield Run will be an even bigger test for the runners as the altered course will take runners through the highest country in Australia.

The new route increases the distance of this year's Westfield to 1028km, the second longest distance since the race was first conducted in 1983.

Organisers have allowed an extra day for competitors to complete the event which will start at 11.00am on WEDNESDAY 15 MAY 1991 from Westfield Shoppingtown Liverpool in Sydney's western outskirts.

The route takes the Hume & Federal Highways to Canberra, then via the Monaro Highway to Cooma. After passing through Cooma, the course takes the Snowy Mountains Highway through Adaminaby, and then on past Australia's highest town, Cabramurra.

The new route winds its way through the Kosciusko National Park, before taking the runners via the Alpine Way into the picturesque Murray Valley to the Victorian town of Corryong and then along the Murray Valley Highway to Wodonga on the Murray River. The runners then travel along the Hume Highway, south through Wangaratta, Benalla and Seymour to the City of Melbourne, then onto the finish at Westfield Shoppingtown Doncaster.

Over fifty runners applied to take part in this year's gruelling Westfield Run. The organisers have announced a final field of 24 of the world's top ultrarunners to do battle over the 1028 km bitumen and concrete track. Six of the field are internationals representing France, USA, New Zealand and Japan. Three women are competing in the event and nine of the field are making their debut in the Westfield.

All runners in this year's Westfield will start on handicap and will be chasing the world's richest purse for ultrarunning - a total of \$100,000.

Handicaps will be established by members of AURA, the Australian Ultra Runners Association and runners will start in four hourly intervals with the outmarkers starting at 11.00am on Wednesday 15 May 1991 and the scratch group 24 hours later.

Apart from the close association with AURA, the Westfield Run 1991 will be run under the auspices of AA (Athletics Australia).

\$30,000 will be the reward for the first runner home and a further \$30,000 will go to the runner with the fastest time. Prizemoney will be distributed to the top ten finishers.

The Cliff Young Award for the first Australian to finish carries \$1000 and the traditional Gum Boot Trophy. A new award the Ernie Cattle Memorial Award of trophy and \$1000 will go to the runner who completes the fastest marathon and finishes the Westfield Run. Cattle from Holbrook, NSW entered the Westfield Run in 1988, 1989, 1990. The very popular Ernie, who used to "sprint" the first marathon died tragically when his ultra light plane crashed last year.

THE COMPETITORS - FORM GUIDE

THE 1991 WESTFIELD RUN WILL GO DOWN TO THE WIRE!

Changes made for the ninth running of the Sydney to Melbourne Westfield Run will make the event tougher, longer, richer and definitely more exciting. From over fifty applications received for a place in the field of the Worlds Greatest Race organisers have selected 24. "It's the classiest and most competitive field we have had since the Westfield Run was first conducted in 1983," said Executive Director of the Westfield Chris Bates.

"Six class internationals, representing USA, Japan, France and New Zealand will do battle against world class Australians in an event we believe will not see an obvious winner until the last days of the race." Bates said. "With a total prize purse of \$100,000 the incentive is there to bring out the best in every competitor."

Three women have gained entry into the Westfield Run and this year will compete equally for the prizemoney. All the women are making their first appearance. The women include two Australians DAWN PARRIS 38 from Greensborough Melbourne, Victoria, and HELEN STANGER 40 from Loftus Sydney NSW and USA champion RANDI BROMKA 39 from Aspen Colorado.

Among the internationals who will contest the money, favourites include New Zealand's RICHARD TOUT 43, from Auckland and DON MITCHELL 43, timber worker from Nelson.

Both men have performed well in their previous encounters in the Westfield Run. Tout, although forced to drop out through a knee injury after 214km in 1989, gained 3rd place in 1987 and 2nd place in 1988. Mitchell enters his third Westfield Run confident he will improve his previous form. Mitchell was 6th in 1989 and 5th in last year's Westfield.

Newcomer to the Westfield Run is 47 year old Frenchman JEAN-GILLES BOUSSIQUET from Paris. Boussiquet has held world records over 24 hour, 48 hour and Six Day events and is well qualified to take the title. He is not modest about his ability stating he'll finish first in the worlds greatest ultramarathon. Only lack of sponsorship has prevented Boussiquet's earlier appearance in the Westfield Run.

The speedy waitress 39 year old RANDI BROMKA from USA comes to the Westfield Run with the advantage of doing a lot of her training in the Mountains around Colorado and when not running ultras Randi competes in Mountain Man Triathlons which includes cross country skiing, snow shoeing and speed skating.

While the internationals look strong, so do the Australians. Our leading Australians are among the top ultramarathoners in the world. Three Australians are among five only runners in the world who have run 1000km in under six days. Telecom technician 40 year old KEVIN MANSELL Penrith NSW, and diminutive South Australian DAVID STANDEVEN 39 from Christie Downs reached the record in the 1989 Westfield Run, while Victorian BRYAN SMITH 47 from Melton achieved the feat in 1988. The others to have achieved this record are Yiannis Kouros in the 1989 Westfield and Englishman George Littlewood in 1888.

STANDEVEN looks a strong chance in this year's event after an excellent performance when he held off Kouros for the line honours in 1989. SMITH with two fourth placings (1988, 1989) and a second in last year's Westfield will take some beating. Apart from MANSELL who together with MARK GLADWELL 43 Bus Driver from North Rocks NSW will be aiming for history as the first runners to complete five consecutive Westfield Runs, MAURICE TAYLOR 43 year old Bereavement Counsellor from Campsie Sydney who has finished in the top five in the '89 and '90 Westfield Runs will be a strong contender.

Queenslander OWEN TOLLIDAY 41 from Buderim on the Sunshine Coast returns to the Westfield Run after a resting last year. TOLLIDAY is a strong runner having finished in the top ten in his previous Westfield starts in 1988 and 1989. His lead up form suggests he should not be overlooked.

Geelong Victoria's 26 year old PETER GRAY was the youngest to finish a Westfield Run last year, completing the distance in 11th place. Peter's results on 24 hour events recently suggest he is a vastly improved runner.

Let's not forget to add to the contenders ANDREW LAW, 31, fitter from Hobart Tasmania. Andrew finished 12 th in last year's Westfield being the first Tasmanian to finish the gruelling Sydney to Melbourne. Form over the past 12 months suggests Andrew should not be overlooked.

In a race full of inconsistencies due to terrain, distance and the weather, newcomers DAWN PARRIS, 38 from Greensborough, Melbourne, holder of the Australia 100km and 24 hours records and 40 year old HELEN STANGER from Loftus, Sydney, 4th place in the 1990 NSW 24 hour championship and seventh in the 1990 Australia Six Day Championship are two runners who could be well up in the placings.

Of the other new comers in this year's field, all are well credentialed for the journey. 23 year old CRAIG ROWE labourer from Dee Why NSW will show plenty of determination. Craig has spent his years since 16 in prison and is using the Westfield Run to show he can achieve something worthwhile in his life. KEITH O'CONNELL 52 from Fairfield West in Sydney NSW is the oldest competitor but knows what he is in for having crewed for runners over the last four years in the Westfield. Good performances are also expected from SHAUN SCANLON 46 Miller NSW having his second start, LINDSAY PHILLIPS 25 from Brisbane, QLD in his debut appearance, RUSSELL PRINCE, 35 from Christchurch New Zealand in his first Westfield Run and TATSUYA MURAMATSU, 35 from Okayama, Japan who returns for his second attempt. MURAMATSU completed 479km in 1990.

The 1991 Westfield Run will be a keenly fought race. All runners will start from handicaps established by AURA (Australian Ultra Runners Association) and conducted under the auspices of AA (Athletics Australia).

Limit markers will start at 11am Wednesday 15 May 1991 from Westfield Shoppingtown Liverpool with four hourly starts until the back markers 24 hours later.

Prizemoney is \$100,000, the highest ultra running purse in the World. \$30,000 for first and prizemoney distributed to the first ten place getters.

A further \$30,000 will go to the fastest elapsed time.

For further information:

David Douglas (02) 358 7653

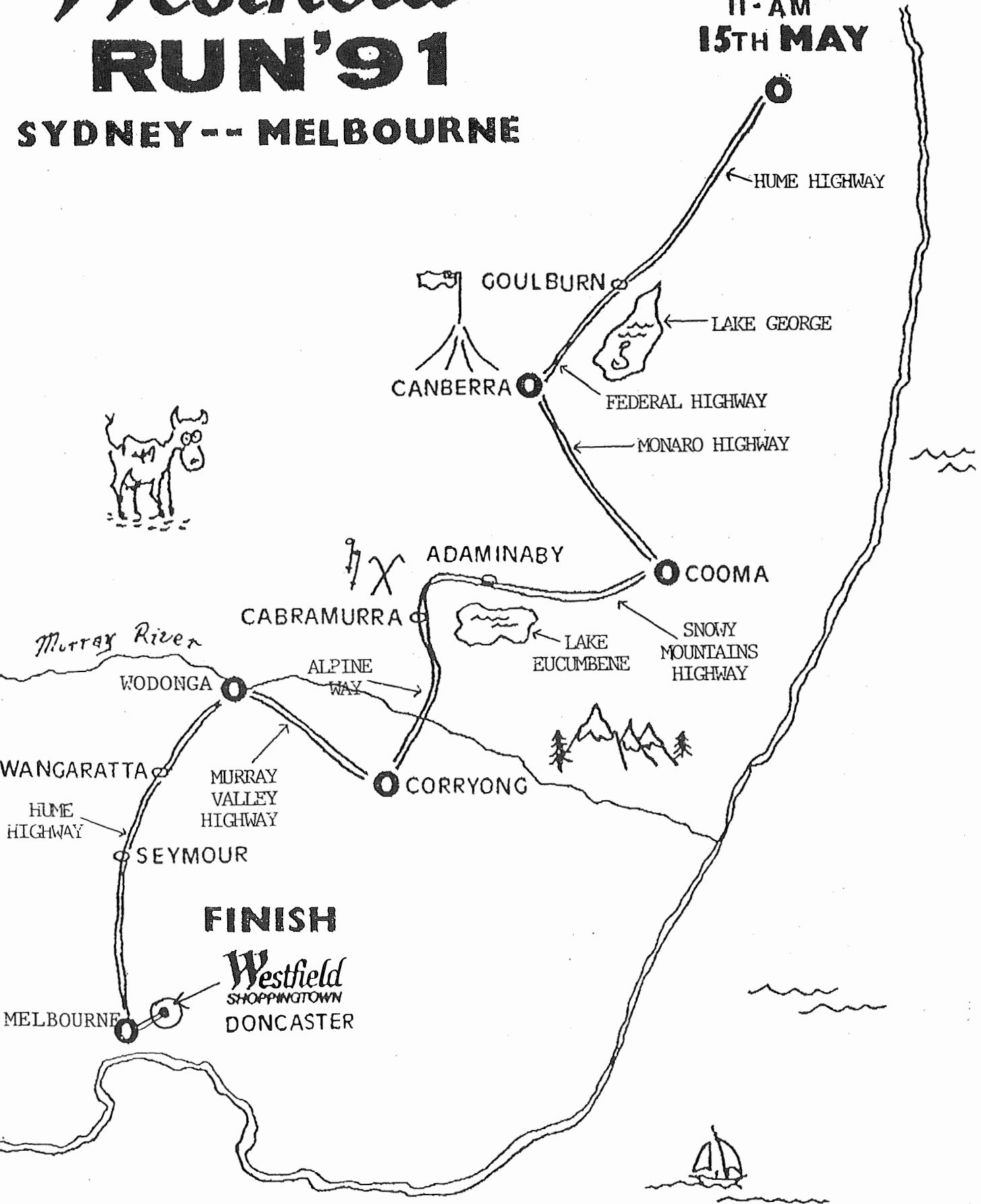


NAME	AGE	OCCUPATION	TOWN/STATE/ COUNTRY	WESTFIELD RUN PERFORMANCES
1 BOUSSIQUET Jean-Gilles	47	Chemical Worker	L'île d'Elle, FRANCE	First Start
2 BROMKA Randi	39	Waitress	Aspen, Colorado, USA	First Start
3 CHANNELLS Robert	48	Driver	Bowraville, NSW AUST	First Start
4 CLEMENTS Harry	29	Sales Supervisor	Castle Hill, Sydney NSW, AUST	First Start
5 COLLINS Tony	43	Dental Surgeon	Norah Head Central Coast AUST	4thWR: 1988(928km), 1989(13th) 1990(10th)
6 GLADWELL Mark	43	Bus Driver	North Rocks Sydney NSW AUST	5thWR: 1987(11th), 1988(14th), 1989(9th), 1990(13th)
7 GRAY Peter	26	Gardener	W. Geelong, VIC AUST	2ndWR: 1990(11th) youngest to finish
8 LAW Andrew	31	Fitter	W. Moonah, TAS, AUST	2ndWR: 1990(12th)
9 MANSELL Kevin	40	Technician	Penrith, Syd, NSW, AUST	5thWR: 1987(14th), 1988(7th), 1989(3rd), 1990(9th)
10 MITCHELL Don	43	Timberworker	Nelson, NEW ZEALAND	3rdWR: 1989(6th), 1990(5th)
11 MURAMATSU Tatsuya	35	System Manager	Okayama, JAPAN	2ndWR: 1990(479km)
12 O'CONNELL Keith	52	Clerk	Fairfield West, NSW AUST	First Start
13 PARRIS Dawn	38	Home Duties	Greensborough, VIC AUST	First Start
14 PHILLIPS Lindsay	25	Taxi Driver	Highgate Hill Brisbane, QLD, AUST	First Start
15 PRINCE Russell	35	Secondary Teacher	Christchurch NEW ZEALAND	First Start
16 ROWE Craig	23	Labourer	Dee Why, Syd, NSW AUST	First Start
17 SCANLON Shaun	46	Supervisor	Miller, Syd, NSW, AUST	2ndWR: 1990(360km)
18 SMITH Bryan	47	Lines Officer	Melton, VIC, AUST	4thWR: 1988(4th), 1989(4th), 1990(2nd)
19 STANDEVEN David	39	Storeman	Christie Downs SA, AUST	4thWR: 1987(7th), 1988(5th), 1989(2nd), 1990 Did not compete
20 STANGER Helen	40	Home Duties	Loftus, Syd, NSW AUST	First Start
21 TAYLOR Maurice	43	Bereavement Cousellor	Campsie, Sydney, NSW, AUST	4thWR: 1988(735km), 1989(5th), 1990(4th)
22 TOLLIDAY Owen	41	Engineering Surveyor	Buderim, Sunshine Coast QLD, AUST	3rdWR: 1988(8th), 1989(10th), 1990 Did not compete
23 TOUT Richard	43	Marketing Manager	Birkenhead, Auckland NEW ZEALAND	4thWR: 1987(3rd), 1988(2nd), 1989(214km), 1990 Did not compete
24 VEGA Eduardo	50	Fitter	Bonnyrigg, Sydney NSW, AUST	4WR: 1988(600km), 1989(142km), 1990(unofficial finish)

Westfield RUN'91

SYDNEY -- MELBOURNE

START
Westfield
SHOPPINGTOWN
LIVERPOOL
11-AM
15TH MAY



THE WORLD'S GREATEST RACE

Setting a goal to finish an ironman triathlon is simply unthinkable to most people - particularly when you have to swim 3.1 km, cycle 180 km and run a marathon all in the same day.

But then a 12 hour ironman finisher finds it difficult to understand how anybody could do it in just 10 hours. And so it goes. Perceptions!

If you want to be a champion ironman all you need is heaps of natural ability, lots of heavy money to buy light bikes, and a big dose of 'Ds' - desire, dedication, discipline, determination and a 'do it' attitude.

Ultramarathons are a bit different. Natural Ability is not as important but each 'D' needs to have capital letters.

Ultramarathons refer to any event beyond the marathon distance. The most popular are 100km, 24 hour and 6 day races. Each one of these is a new dimension in achievement. Each one demands a new goal and a further application of the big 'Ds'.

But the ultimate test of endurance for ultrarunners is the Westfield Run. More than One thousand kilometres of road between Sydney, Canberra, Cooma, Corryong and Wodonga to Melbourne. A killer of a course which takes in Cabramurra - the highest township in Australia.

The Westfield is now acclaimed as the longest, toughest and richest footrace in the world. It is an event which goes beyond mental and physical limits - it is the ultimate test of a man's spirit.

There is an aura about the Westfield Run but it is difficult to identify.

Some enter this race to experience this aura and to finish within the allowable time. Some refer to it as the ultimate challenge and some are attracted by the media attention. Others just like to say they did it and some race for the money.

The real reasons are probably much deeper. Perhaps a desire to be recognized for a special achievement.

Whatever the reason the Westfield probably provides the greatest buzz an ultra athlete will ever experience.

The build up is electric. Exciting pre-race razzamatazz - town and country welcomes along the way, a rousing reception at the finish and a prestigious VIP awards function to cap it off.

It's enough to make the most sluggish of lounge lizards want to take up running!

Then there's the small matter of prize money - all \$100,000.00 of it.

The handicap system now gives everybody a chance to take line honours and win \$30,000.00.

A further \$30,000.00 will be collected by the runner who records the fastest lapsed time.

So this year our ultrarunners have another reason for competing in the Worlds Greatest Race - and it involves the biggest D of all.....Dollars!

INSIDE WESTFIELD '91

By: Charlie Lynn

It's ironic that the World's Greatest Race will be even greater without the World's greatest ultrarunner.

The introduction of a handicap system, a new route over the Snowy Mountains, and an increase in prize money to \$100,000.00 have added a new dimension to the race.

The Kouros saga has generated a fair bit of media comment.

Nobody disputes that Yiannis Kouros is the greatest ultrarunner of all time. His achievements in four previous Westfield Run's, the Colac 6 Day Race, the New Zealand Ultrathon and the Greek Spartathlon are legendary. He is the Greek God of Ultrarunning.

So why is he not competing in the 1991 Westfield Run?

Only Yiannis Kouros can really answer that question.

From a race organisers viewpoint it seems he has been badly advised.

His manager's demands for appearance money, race expenses, and clothing exceeded \$80,000.00. His booty would probably have increased to \$140,000.00 with prize money.

One would hope the sport could eventually afford such largesse, but in 1991 it is simply out of the question.

Yiannis seems to have forgotten that he achieved his fame through the Westfield Run. Without it he would still be a relatively unknown groundsman at a sports stadium in Athens, Greece.

He also seems to have forgotten that it was the Westfield Race Organisation which stood behind him when the IAAF imposed an international ban on him for competing in South Africa in 1988. Westfield had the ban rescinded and Yiannis won about \$40,000.00 as a result.

But rather than thank the sponsor for the fame he has achieved, and for the support he has received, he has chosen to knock them instead.

Kouros's recent actions indicate that he considers himself to be bigger than the sport.

He is either naive or he is being badly advised.

Westfield's decision to stand firm against his demands should encourage him to change either his attitude, his sport or his manager!

Either way the other Westfield runners will benefit. They not only have more prize money but they also have a real chance to win it.

It looks like being the greatest race yet.

XXXXXXXXXXXX

Some of the media have been trying to beat up a story about the fact we don't have a separate prize money section for women.

The question would be more appropriate if and when we have more women participating in the sport. It is difficult to establish a prize money structure when you cannot guarantee any entrants!

In the meantime the handicap system will suffice to ensure all competitors have a chance to win the \$30,000.00 that comes with being the first person to cross the line. As far as gender is concerned - it doesn't matter whether you are male, female or eunuch - whoever gets their ass across the line first wins!

XXXXXXXXXXXX

Some interesting features of the new route include a climb through Cabramurra - the highest town in Australia.

When runners reach the halfway point at 514 kilometres they will be at the highest point of the course - 1650 metres. It is literally all downhill from that point.

But an early snow could well turn the event into an ultra biathlon.

XXXXXXXXXXXX

Predicting the winner of the race is akin to predicting the weather this year.

European champion, Jean-Gilles Boussiquet, has interrupted his training for the Barcelona olympics to compete in the Westfield Run this year. Boussiquet has an impressive ultra record - he is a former world record holder for the 6 day ultra event. The field will have to pace themselves of Boussiquet and have something left at the finish to win.

New Zealanders Dick Tout and Russell Prince can be expected to attack right from the start. Tout holds the world 24 hour indoor track record and was placed 2nd in 1988. Prince has won the world endurance championship in New Zealand and was recently placed 2nd in the 100 kilometres world champion in the USA.

South Australia's David Standeven will be at short odds to win after capturing line honours in 1989. But he will be under enormous pressure from Victoria's Bryan Smith. Smith was placed 2nd in 1990 and his recent ultra performances have been strong and consistent. He will be the one to beat!

If the lead pack decide to do battle with each other rather than the event they may well burn each other out. If that happens then Sydney's Kevin Mansell could very well pick them off and pick up the big one.

Don Mitchell, Owen Tolliday and Maurice Taylor are outside chances.

The rest will run for the challenge.



At last year's Cambletown Six Day Event
From left to right:- Val Warren, Georgina McConnell, Loucille Gladwell,
Tony Collins and support Del Grant.

RACE ADVERTISEMENTS



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PRESS RELEASE - FOR IMMEDIATE RELEASE

Unique New Event Designed For Runners and Walkers

A new event in India introduces the concept of combining exotic adventure destinations with the sport of running. Nonrunners will be able to walk along the same route as the runners.

Scheduled for October 13-26, 1991, the 14 day itinerary includes a fully supported international run of 5 days (110 miles) in the Indian Himalayas with views of Mt. Everest and Mt. Kanchunjunga; simultaneously, nonrunners will be walking along the same route as the runners. The group will visit the famous Taj Mahal in Agra and ancient monasteries in Sikkim. In Delhi there will be sightseeing and a final 26 mile marathon run. Additional extensions to India and Nepal will include big gameviewing, camel trekking, Himalayan trekking, and a Marathon in Kathmandu, Nepal, on October 12.

This trip will appeal to a variety of long distance, marathon, and casual runners, plus nonrunners who want to visit places off the beaten track and participate in an "event". Since the daily running distances are not great, most persons capable of running a marathon will be able to participate. Runners will stay overnight in bungalows and have plenty of high carbohydrate foods.

Jim Crosswhite, the race director, spent five months in India, Sikkim, and Nepal organizing the main events and various extensions. A veteran of adventure running all over the world, Jim has selected Darjeeling and Sikkim for their unique mountain views and cultural diversity. If you are a runner or active walker, this is an event you will not want to miss.

The land and internal flights will cost \$2200. starting/ending in New Delhi, India. The price with group flights from either New York, Los Angeles or San Francisco will be \$3199. leaving October 11 and returning October 27, 1991. Most meals are included, while accommodation is in four star hotels, tourist bungalows, and good quality lodges throughout.

For a free brochure and further information on the October events or customized tours to India and Nepal, contact: Jim Crosswhite, Force 10 Expeditions, P O Box 30506, Flagstaff, AZ 86003, toll free 1-800-922-1491.

Travel Editors Please Note: The enclosed articles about adventure running tie into the October 1991 Multi-day Run and Trek. Please feel free to edit and publish them. If you have an interest in similar articles for publication, please let me know.

CABOOLTURE MULTIDAY EVENT

SUMMARY OF RULES AND CONDITIONS

The following is a summary of rules and conditions applying to your entry
There must be at least 5 entrants in each race for the that race to be viable.

ACCEPTANCE

All entrants must agree to abide by the race rules, as laid down by the organisers.

CATERING

A kitchen will be in operation to assist in supplying runners with food and drink throughout the events. Any special foods and drinks will need to be supplied by the runner and his/her crew.

ELIGIBILITY

The race is open to all long distance runners, casual joggers, etc. Amateur or professional, but the organisers may specify any minimum requirements (medical, personal, athletic etc) which they see fit, and reserve the right to reject any application. No competitors under 18 years of age will be allowed.

MEDICATIONS

No artificial aids, or drugs are to be used, except specific prescription drugs for specific medical conditions - and only by prior arrangement with the organisers. Masseurs available at some times during the race.

PACING

No "pacing" by support crews, will be allowed on the track or off.

REFUNDS

To qualify for a refund, your withdrawal must be lodged prior to the race commencement date.

SUPPORT CREWS

Entrants should have at least one person to help them for the 24 hours with lap counting and food. Overseas and interstate runners excepted.

TRACK RULES

Slower competitors should give way to faster runners at all times

WITHDRAWALS

The race director may at any time withdraw a contestant on medical advice or failure to abide by the race rules

CABOOLTURE

HOME OF THE CARPET SNAKE

Get a wiggle on at



6 DAY 3pm Sunday, September 1 to 3pm Saturday, September 7, 1991

3 DAY 3pm Wednesday, September 4 to 3pm Saturday, September 7 1991

2 DAY 3pm Thursday, September 5 to 3pm Saturday, September 7 1991

1 DAY 3pm Friday, September 6 to 3pm Saturday, September 7 1991

Must be at least five starters in each

A friendly event at low cost for those who wish to test their ability at a longer endurance run.

You may run or walk for the duration of the race.

Help raise money for CAMP QUALITY as you test your endurance

ENTRY FORM

CABOOLTURE MULTI DAY EVENT

Closing date Multi Day Event - August 21st

ENQUIRIES TO:

Ian Javes, 25 Fortune Esp. Caboolture, Qld. Australia 4510 - Telephone 074 954334

NAME:

☐ MALE ☐ FEMALE

ADDRESS:

DATE OF BIRTH:

T Shirt Size 22 20 18 16 14 (circle)

PHONE:

CATEGORY:

6 DAY \$150 ☐ 2 DAY \$50 ☐
3 DAY \$75 ☐ 1 DAY \$25 ☐

Must be at least five starters in each

In consideration of this entry being accepted, intending to be legally bound 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. further verify that I am in proper physical condition to compete.

SIGNATURE:

DATE:

For accommodation in Caboolture, contact Carol Street (an Ultra Runner herself) at the Caboolture Motel, 074 952888, 4 Lower King Street, Caboolture 4510

Cheques and Money Orders payable QMRRC - Ultra Division
Please include a brief history of your ultra running performances to date

RACE INFORMATION

- VENUE: Caboolture Showgrounds, Beerburum Road, Caboolture
- COURSE: 1KM Circuit. Partly bitumen, grass and gravel paths.
- ENTRY FEE: 6 Day - \$150 3 Day - \$75
2 Day - \$50 1 Day - \$25
- START TIMES: 6 Day - 3pm Sunday, September 1, 1991
3 Day - 3 pm Wednesday, September 4, 1991
2 Day - 3 pm Thursday, September 5, 1991
1 Day - 3 pm Friday, September 7, 1991
- All finish at 3 pm Saturday, September 7 1991.
- CHARITY RUN: Runners are invited to obtain sponsors so that monies can be raised for CAMP QUALITY, an Organization that puts on camps for kids with cancer.
- FACILITIES: Power points, showers, toilets, building for use as dormitory (all you need is your sleeping bag), kitchen to supply runners with food and drinks.
- LAP SCORERS: Provided for interstate and overseas runners but local runners, should bring their own.
- AWARDS: Medallions and certificates to all finishers. Trophies for winners of each event. Random draw prizes. Special 'Walkers' Trophy
- N.B. Runners and crews will not be able to set up at the showgrounds until after midday, Sunday, September 1, 1991. A flea market is conducted at the showgrounds every Sunday morning.

Could any persons willing to be on a roster to help with lapscoreing or in the kitchen please contact Ian Javes, 25 Fortune Esplanade, Caboolture 4510 - Phone 074 954334

SIX HOUR TRACK RACE

An ideal race for the novice ultra runner.

BILL SEWART ATHLETIC TRACK
BURWOOD HIGHWAY, EAST BURWOOD
SUNDAY 27TH OCTOBER, 1991
START TIME: 9AM

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

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

CLOSING DATE: Friday 11th October, 1991

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

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

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

ENTRY FORM

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

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

Person to be notified in case of emergency:

AGE ON RACE DAY

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

PREVIOUS ULTRA EXPERIENCE: _____

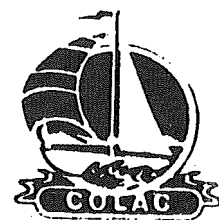
WAIVER

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

Signed.....Date



AUSTRALIAN 6 DAY RACE COLAC INC.



P.O. Box 163
Colac 3250
Victoria

APPLICATION FORM 1991 3.11.91 - 9.11.91

NAME;.....

ADDRESS;.....

.....

PHONE; BUSINESS PHONE.....

AGE;.....NATIONALITY.....

PERFORMANCES OVER PAST TWO YEARS:.....

.....

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ENTRIES CLOSE.. 24th MAY 1991.... to above address.

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

=====

THE ROYAL NATIONAL PARK ULTRA IS ON AGAIN

=====

After last year's successful running of the RNP Ultra it was decided that the run will be held again this year.

For those that have not run this before, bad luck !....you've missed participating in the running of a great inaugural event, last year. But on the serious side, this is a fairly tough run, held mostly on bush trails. The terrain includes rain forests, beaches, nasty little hills and cliff tops along the ocean. The scenery is out of this world, there were even some naked girls on one of the beaches, but you wont get much time to enjoy it, as you will be too busy watching your step most of the time. Sorry about that !

The distance has been increased to make it a full 50 miler (80.45k), with the cut-off time remaining at twelve hours. This is meant to make the goal of finishing just a little bit harder to achieve, which all you hardy souls should cherish, because if it's easy, it's not really worth doing, now is it ?

Although no ultra run is ever easy, last year's event proved that it can be done even by those that do not train mega miles. We had a large number of virgin ultra runners (as in never done it before), with no forced withdrawals due to missing the cut-off time at any stage. In fact, runners were that well looked after that out of 78 starters, we had 72 finishers. So give it a go, even if you have never tried it before, you'll like it (that's what the boy said to the girl).

At this stage, no sponsor has been secured, so there is a possibility that our reasonable entry fee of last year may have to be increased slightly. We are trying hard to avoid it, but we may have to, in order to provide you with a quality event.

The date of the run is October 19th, starting at the Grays Point oval at 5:00 am. Grays Point is right on the Royal National Park, south of Sydney.

As was the case last year, aid stations with drink and food will be provided at regular intervals. We also provide a service of dropping off competitor's own bags of provisions, at any major aid station.

Keep watching this space for more information on the event, in the meantime start your training for it, you wont regret it. We will NOT call the race off, even if there is a possibility of rain before, during or after the race !

Further information and entry forms can be obtained by sending a stamped, self-addressed envelope to: The RNP Ultra,
P O Box 380,
Sutherland, NSW, 2232.

HONOLULU, HAWAII

HONOLULU MARATHON

HONOLULU
MARATHON

Melbourne,
Australia,
Four. 1991

15 DECEMBER 1991

TAKE PART IN THIS OVERSEAS MARATHON OR JUST TO JOIN IN ON THE ATMOSPHERE AS A SPECTATOR. SET TO TAKE PLACE ON THE 15TH OF DECEMBER 1991, THE HONOLULU MARATHON IS AFFORDABLE, EXCITING AND PERFECT FOR BOTH THE FIRST TIME AND SEASONED MARATHON RUNNERS

Complete tour price \$1200.00

TOUR INCLUDES

RETURN INTERNATIONAL AIRFARES FLYING CONTINENTAL AIRLINES

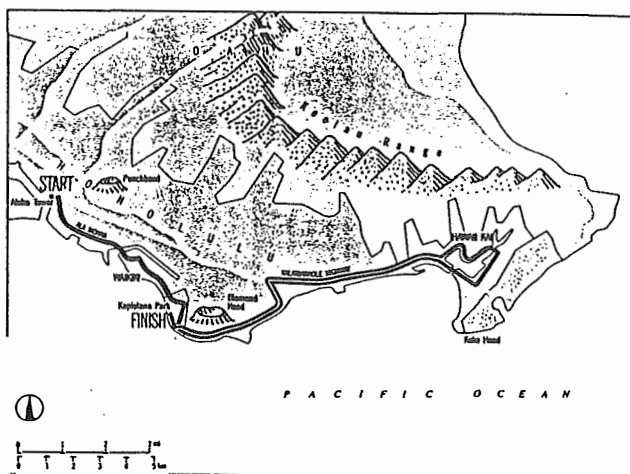
7 NIGHTS ACCOMMODATION FOR MELBOURNE PASSENGERS

LATE EVENING CHECK OUT ON THE LAST DAY

EXCLUSIVE DESIGNED MELBOURNE AUSTRALIA GROUP T- SHIRT

HOTEL PORTERAGE AND TAXES

* RACE ENTRY FEE IS NOT INCLUDED - TO BE ADVISED BY HONOLULU MARATHON ASSOCIATION.



All FINISHERS will receive a commemorative Finisher's shirt and a Finisher's certificate.

Honolulu Marathon

ORGANIZER Honolulu Marathon Association
3435 Waiialae Avenue
Room 208
Honolulu, HI 96816
USA

RACE DIRECTOR John Kelleher
DATE Usually the second Sunday in December.
START 6:00 AM at Aloha Tower
FINISH Kapiolani Park.
TIME LIMIT None.
ELIGIBILITY Open to runners of all abilities.

AWARDS Awards to top finishers in all age groups. Shell leis and T-shirts to all finishers. Official certificate mailed to each finisher.
COURSE RECORDS Ibrahim Hussain, Kenya, 2:12:08 (1985); Patti Catalano, USA, 2:33:24 (1981).

TEMPERATURE 80°F (27°C)
CROWD 50,000

TERRAIN Flat except for short uphill grade on Diamond Head.
COMPETITORS 8,000 from thirty nations.
REFRESHMENTS AND SERVICES Water, cola, and sponges every 2 miles; post-race showers, cola, and massages.

ENTERTAINMENT Fireworks display and military band at the start, hula dancers midway, live rock and Hawaiian music at the finish.

ADDITIONAL EVENTS Runners' merchandise expo and clinics, 4.6-mile Couples Run Thursday morning in Kapiolani Park, Friday evening pasta party, post-race bring-your-own picnic and awards ceremony in Kapiolani Park.
UNUSUAL FEATURE The pre-dawn start.

For information contact:

*Running
into the 90's*



* TOURS LEAD BY

Gerald St. John, (03) 482-1218.

John Driver (03) 725-3454

REGENCY TRAVEL PTY. LTD. (03) 521 1910



IT'S ON

• THE WORLD'S GREATEST RACE • THE WESTFIELD RUN '92 •
• \$100,000 PRIZEMONEY •

IF YOU CAN ACHIEVE ANY OF
THE FOLLOWING GOALS:

- | | | |
|-------------------|---------------------|-------------------------------------|
| Marathon | 2 hours 40 minutes | <input checked="" type="checkbox"/> |
| 100km Ultra | 8 hours 00 minutes | <input checked="" type="checkbox"/> |
| Ironman Triathlon | 13 hours 30 minutes | <input checked="" type="checkbox"/> |
| 12 Hour Ultra | 120km | <input checked="" type="checkbox"/> |
| 24 Hour Ultra | 200km | <input checked="" type="checkbox"/> |
| 6 Day Ultra | 800km | <input checked="" type="checkbox"/> |

Then you will be eligible for entry into the World's Greatest 1000km Race
between Sydney and Melbourne in March, 1992.

APPLICATIONS CLOSE 30 OCTOBER 1991

For more information write to:

Charlie Lynn
Race Director
Westfield Run
3/67 Jacaranda Avenue
Bradbury NSW 2560
AUSTRALIA

or send a fax to (046) 28-3615

NAME: _____

ADDRESS: _____

P/Code: _____

COUNTRY: _____

MEMBER



AIMS Association of International Marathons and Road Races

MEDIA ARTICLES ON MEMBERS

Page 94 — FRANKSTON STANDARD, Tuesday, March 19, 1991

Dear Dot & Geoff,

I have enclosed a copy of an article the local newspaper did on me a few weeks ago, which I thought you might like to use for the next AURA magazine. A couple of things are incorrect:

- (1) I deliver 600 papers, not 360
- (11) there were 35 competitors in the V.V.A.C.I. 24 Hour, not 20.

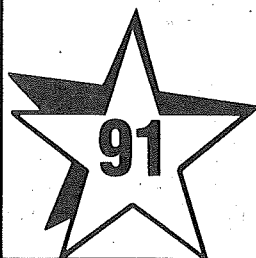
Anyway, keep up the good work with the AURA magazine and, if possible, could you list any Ultra Walking Races in Australia that you know of. I know a few people, including myself, who would be interested in these.

Thanking you, and best regards,

Merrilyn Tait.

Ed's note: Thanks for your letter and article, Merilyn. In regard to ultra walking races, I must admit that I have not heard of any such races in Australia. Perhaps part of the reason is that it would be very difficult for walk judges to police correct walking techniques over the long periods of time required for an ultra event. Anyway, we'll keep you in mind.

SPORTS STAR



Running a round to beat arthritis

A SEAFORD ultra-marathon runner who regards the Melbourne Marathon as a "warm up", can thank the *Frankston Standard* for her recent success.

Merrilyn Tait, 41, uses her weekly paper round in which she delivers 360 copies of the *Standard* as a training session.

In the recent Coburg 24-hour race, Tait, the only female in the 20-strong field, recorded 145km to finish in front of some of Australia's best distance runners, including Tony Rafferty.

A measure of Tait's fitness was fact her eagerness to go for a run the day after the ultra-marathon, despite having been on her feet for the entire race.

"Normally I sleep half the next day but I was up at 7 am bright and aware," she said.

"If it wasn't for a sore leg, I could have gone for a 10km run."

The energetic housewife, who clocks up about 160km a week in training, has done 10 marathons, five 24-hour races, two 12-hour



MERRILYN Tait... uses her paper round as a training session for ultra-marathon running.

races and 50 mile races since taking up running in 1984.

"I've got a long history of knee problems," said Tait. "Before I got into running, I'd had three knee operations and I was getting arthritis in my joints."

"So I decided I'd get out there and have a go — complete with knee bandage."

"I've found that if I sit around doing nothing I feel the arthritis,

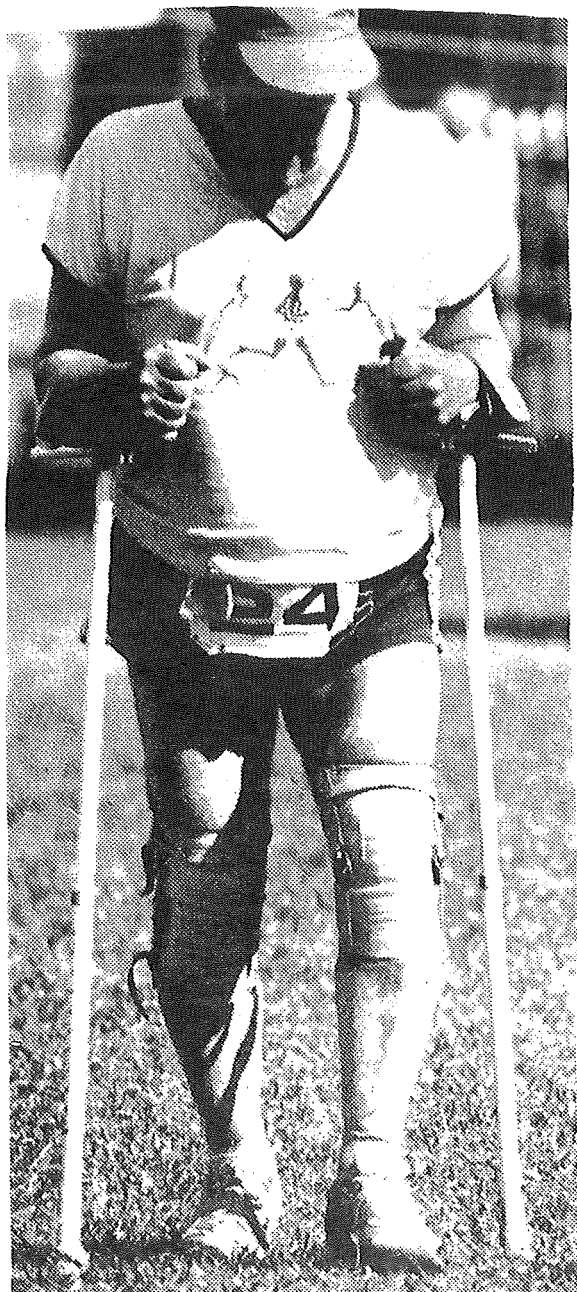
but if I'm moving around I feel better."

Tait attributes her success to the Lifestyle gym which she says has helped build strength and stamina.

Although she says she will never do a Sydney-to-Melbourne marathon, Tait hopes to race in ultra-marathons overseas.



Yiannis Kouras with Robert De Castella training with the peace torch in the Canberra Hills for this year's Sri Chinmoy Peace Run.



A champion battles on — Barry Stewart on his way to creating a world record.

Battling on for a world record

MANY marvelled at the performance of Greek legend Yiannis Kouros in the Wyong 24-hour race.

But silently making his way around the track was another man of such steely character going by the name of Barry Stewart.

It's true, Stewart did not run as far as Kouros. In fact, he did not even make it halfway to Kouros' mark of 258km.

While Kouros continually lapped contestants, Stewart lapped none.

But Stewart's effort in itself is a record no one else in the world can boast.

For Barry Stewart is crippled with cerebral palsy.

With both knees heavily strapped and walking sticks attached to his arms, Stewart battled his way to a world record.

For handicapped runners, the world record stood at 81km.

Stewart took advantage of the soft turf under his tender knees and extended that mark to 91km.

Race organiser Tony Collins paid tribute to Stewart, emphasising how tough Stewart is to record such a distance.

"He was all strapped up," Collins said.

"While we were running he was just there going slowly but steadily. It would have been hard."



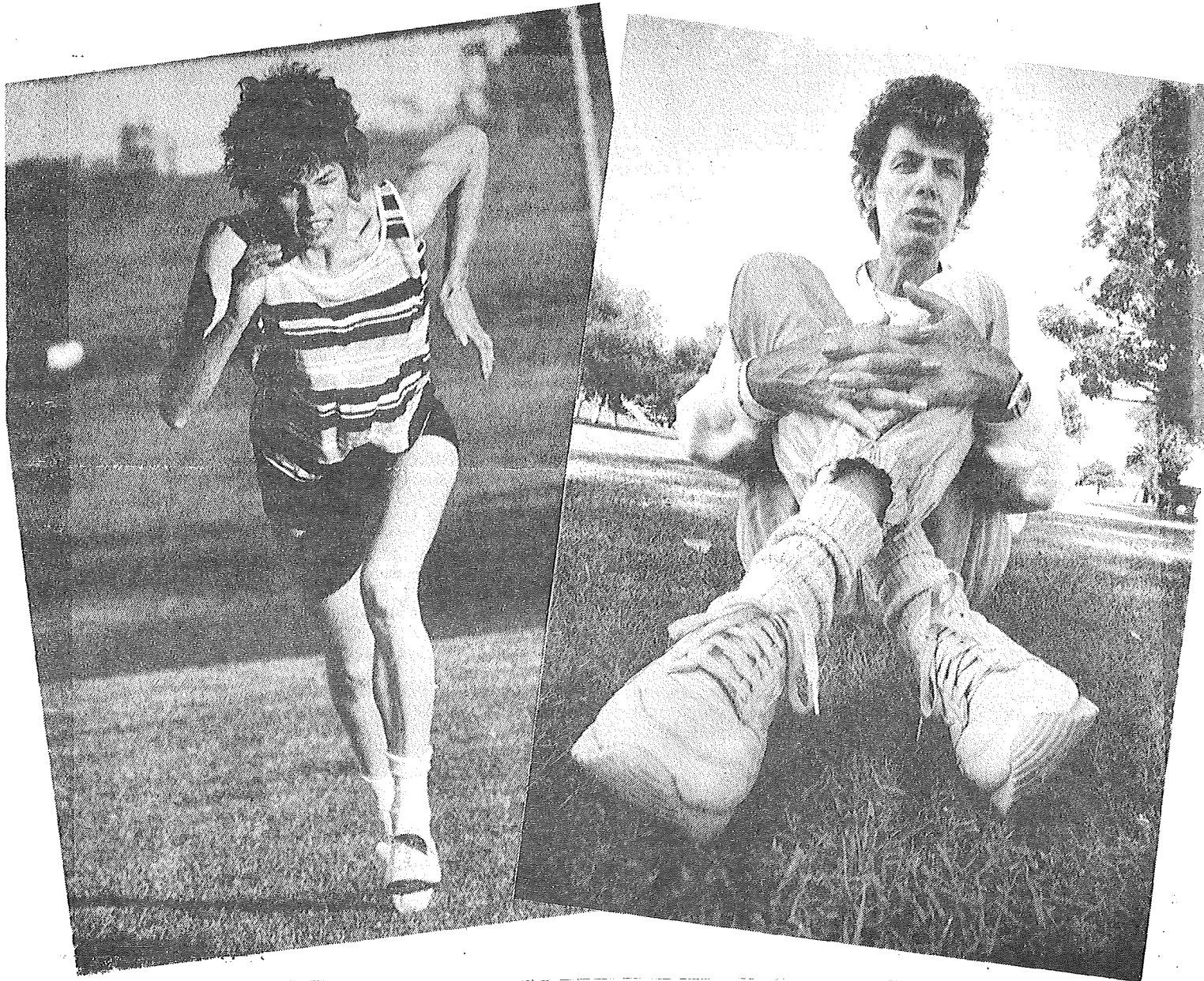
Yiannis Kouros on his way to another record breaking win.

Women who dared

THE SUNDAY AGE

27 JANUARY 1991

Pioneers for their sex in a men's domain



Then and now: Adrienne Beames (left), was running against men and the clock in 1969. Today (right), as she plans to run across Death Valley, she is to be recognised in a television special on women marathoners.

Picture: NEW IRWIN

A long-running tale of fighting the odds

CLOSING in on 50, Adrienne Beames is still running, and the distances are getting longer. Late this year she is planning to become the first woman to run through California's Death Valley. She thinks it will take four days.

Beames was before her time, a distance runner in Australia when 1500 metres was the longest track event officially recognised for women.

But her tastes went beyond that, first 3000 metres, 5000, 10,000, then marathons. The only problem was that in the early 1970s in Australia there were simply no events to cater for her.

It did not stop her. She ran against men, against the clock, against professionals and amateurs alike. Although her efforts were rarely officially recognised, there are people who remember and respect her. Pat Clohessy, from the Australian Institute of Sport, is one. "In the years before women were involved in a serious way in distance running she was there and she ran commendable times," he says.

Beames says she was always interested in breaking new ground. "Being the first woman to break barriers — it had an appeal for me because I thought if men can do long-distance running, why can't women?"

Beames was an exceptional athlete, an A-grade pennant tennis play-

er and three-time Victorian squash champion before she turned to athletics. Last year, she completed her graduate diploma in sports science at Rusden.

Her father, Percy, was captain and coach of Melbourne Football Club, regularly played for Victoria and was also a Sheffield Shield batsman.

She is reed-thin yet sinewy — a real marathon runner. She is talkative and enthusiastic, a self-promoter and believer. She gives the impression of being always in a hurry.

Beames is best remembered for setting a then unbelievable time of two hours, 46 minutes 30 seconds in a men's marathon run at Werribee in August 1971 — some 15 minutes faster than any time previously recorded by a woman in the world. The record now is 2:21.

It was never officially recorded because at the time there was no world list, nor was it timed by the Victorian Women's Amateur Athletic Association, the now-defunct body which, judging by the clipping files from the period, Beames and her coach, Fred Warwick, did not get on well with.

"Fred tried to talk them into timing it, but they were 'oh no, no, no'.

They almost insinuated that you needed an ambulance following you, women couldn't do those distances. It was hopeless."

There were plenty of other excellent times over the years in a variety of distances. She claims a total of 13 world bests or records, and in 1977 set another 2:46 time in a marathon at Scottsdale in Arizona, at that stage placing her about fifth fastest in the world. By then she was 36. An Olympic marathon event for women was still seven years away.

Beames ended up spending much of the '70s studying, working and running in the US and most of the '80s at home injured, first with a cruciate ligament problem and then five years out after both feet broke down while she was training for the 1984 Sydney-Melbourne run.

At last, some recognition has come to her. Beames will be featured in a Spanish television special on women marathon runners to coincide with the Barcelona Games, even though she never ran in the Olympics.

"I feel now, after 20 years of running, that if Death Valley doesn't come off, the Spain thing is going to be worth all those years. I feel that will be my gold medal because I never really got anything out of all that work."



Above: The start of the Pyramids Marathon. In the centre of the photo are Rikki Bewley and Terry St. John. Left: A proud Rikki showing off her winner's medallion back at work at the Children's Hospital. See next pages for race report.

ARTICLES

RUNNING INTO WAR The Pyramids Marathon

Cairo, Egypt
18th January 1991

By Rikki Bewley

04.01.91

I often wonder where one story in my life ends and another begins. Maybe the story of the Pyramids Marathon began with a childhood fascination with Egypt. A 9 year old who asked to be taken again and again to the Egyptian rooms at the British Museum. I had a soothing sojourn with those same beloved mummies on the day before the London Marathon 1990.

The real beginning of the Pyramids Marathon was an image in an Australian running magazine. A little figure in Pharaonic dress, accompanied by a dog running from the Giant Pyramid to the Step Pyramid and a brief text advertising the most exotic marathon in the world in Cairo, Egypt on 18th January 1991.

I always marvel at those moments: the casual conversation, the fleeting glance, two people whose paths cross at a certain point, an advertisement in a running magazine. Insignificant moments that change the course of a lifetime. It was 4th July, Independence Day 1990 and the decision was made totally and irrevocably. I was going to run the Pyramids Marathon.

I wrote a letter to Marie Francis, the Marathon organiser, in Bethesda, Maryland U.S.A. and then unable to wait for a reply, I phoned her. She exuded confidence, charm and enthusiasm and cheerfully answered all my questions. She was an older lady, non-runner, an ex-T.V. producer who also organised the Miss Egypt Beauty Quest and other productions. In retrospect it's amazing the warning bells didn't sound at least faintly at this juncture. Is this venture feasible?

All unaware I went ahead laboriously saving money for Egypt. I only work 29 hours per week so accumulating money for adventures is always difficult. I could write the definitive text on the "Baked beans, bananas and bread and vegemite diet."

I also began painfully training for the Marathon. I have Ankylosing Spondylitis - a severe arthritic disease affecting my heart, lungs and many joints, particularly hips and spine. I have a constant conflict raging inside me: satisfaction at being able to run a marathon versus frustration at not being able to do it very much faster.

On August 2nd (my birthday), Iraq invaded Kuwait. I was mildly perturbed but not too concerned. Weren't Middle Eastern countries always at war? I checked on the atlas and Cairo was a long way from Kuwait.

I had many pleasant sessions in the library reading about the Pyramids, the Sphinx, the Nile, the Valley of the Kings. The pictures sprang out at me from the pages, all aglow with their seductive secrets and splendour.

I also read a number of traveller's tips that were extremely useful. If any of you are planning to run or holiday in Egypt, it is possible to stay fit and healthy if you don't drink the local water or eat any fruit or vegetables washed in it. Buy bottled water and make sure the tops are sealed. Eat only food that has

been thoroughly cooked. Carry your own loo paper and soap (the loos are indescribable!) and wash your hands a thousand times in the course of your trip! Resist the temptation to try out local delights such as the communal hookah (water pipe). Don't get bitten by a dog when out running. It may have rabies. And also remember in Muslim societies it is unacceptable for females to expose their arms and legs. Displays of affection in public are also not acceptable.

The days and months passed, tickets were acquired and I was arising at 4.20 a.m. daily to train. The 15th January deadline for Iraq to withdraw from Kuwait was set and I became worried. I was however convinced that war wouldn't break out for several weeks and I would be leaving Cairo on 21st January, so all would be well. The naivete of this viewpoint defies belief! Marie Francis continued to reassure me that all would be well and that we'd all have a wonderful time.

With a remarkable instinct not to be deflected from my chosen course, I told only 3 friends of my proposed expedition and made them vow not to tell anyone else. I knew that sane, sensible people could probably persuade me to abandon my plans. I'm sure you can all identify with the ferocious determination of the distance runner to cross that finishing line, regardless of the obstacles.

And so I approached departure day in relative calm and then all hell broke loose. I received a phone call from my travel agent to say all international carriers had ceased flights in and out of Cairo. The only way I could get there was to fly Singapore Airlines to Rome and then Egypt Air to Cairo. This would make my trip 4 days longer and I would have to leave the very next day. He also told me that my accumulated savings were insufficient to pay for the trip by approximately \$800. I had no credit cards, no other money. Panic! Gloom! Despair! Should I cancel the whole trip? I simply couldn't bear to!

I visited my local bank manager (whom I'd never previously met). He wasn't concerned about the \$800 but he was incredulous when I said, "I need it now! On the spot! I told him the whole story of the Pyramids Marathon. My anxieties and my determination to succeed. And he, lovely man, lent me the money. When I departed with the precious traveller's cheques, he said, "I've lent you the money but you have to be the first woman across the finishing line." "No way" I thought.

And so the next day I bid a tearful farewell to my cat and set out alone for Egypt. I'm sure I had an inkling even then that I was setting out on what could well be the most terrifying journey of my life. The flight was uneventful, although I remained tense and anxious.

I had a wonderful day in Rome. I caught the train from the airport into the city and travelled past stone houses, grape vines and tracteries of trees illuminated by hazy Winter sunlight. Like all the best Italian movies! I wandered the city streets, bought some blood red oranges and learnt to step out bravely into the screeching traffic when the sign said "Avant." I thought I was so intrepid and adventurous. What a little innocent! On the train back to the airport a charming Italian man chatted me up and gave me a bunch of dates from Tunisia. Definitely like something in the movies!

The Egypt Air flight to Cairo was a little scary but after 42 hours of travelling, I was too tired to care. Cairo Airport at 1 a.m. in the morning was shattering. A vast, grim, dark place totally devoid of any signs of human comfort. I passed through Customs and was pounced on by a crowd of frenzied taxi drivers all insisting that the Mena House (Marathon Headquarters) was booked out and I should stay at a variety of hotels, any one of which they would drive me to forthwith. One man, in front of my eyes, rang the Mena House and was apparently told that they had no record of me, or Maria Francis or the Pyramids Marathon. At this stage I became really scared and the nightmare feeling that never entirely left me, descended. I insisted on ringing the Mena House and established that I did have a booking. I then selected the kindest looking taxi driver and asked him to take me there.

The Mena House Oberoi Hotel is situated 11 kilometres south west of Cairo at the foot of the Pyramids. And so my first view of Cairo was in the early hours of the morning. The city did look as romantic as the photos in the travel books. High-rise buildings, mosques and minarets against a velvety dark sky and the first breath-taking view of the Nile with its necklace of lights and the Cairo Tower like a column of diamonds. My weariness was forgotten as I drank in the sights of this mysterious Middle Eastern city. I was enchanted to see my first Egyptian camels and donkeys trotting along the roads and began to believe for the first time that my trip had been worthwhile. I never recaptured that first romantic impression of Cairo but I developed an enduring love for the animals, the Nile, the Pyramids and the Museum of Antiquities. And so finally I arrived at the Mena House, Giza. A very long way from the tram stop in Malvern Road where I began my journey!

The Mena House was quite outrageously plush and decadent. A hotel with a long history of illustrious guests including Winston Churchill and various film stars. It was a comfortable and luxurious place to stay but I found its grandeur and emptiness lonely. I was the only overseas runner who had been brave (or foolish!) enough to make the journey to Giza, so inevitably I spent a lot of time alone. A party of American runners were stranded in London and never arrived. The only other overseas competitor was Terry St. John from Montana U.S.A. who was on holiday in Egypt and staying with his wife and two friends in Cairo. I got to know Marie Francis, Marathon organiser, an amazing lady originally from New York, who appeared daily in a brilliant array of fur coats, feathered hats and high heels.

One night we dined with members of the local "Hash House Harriers" running club. This small club consists of Egyptians and English and American expatriates who run in the desert near the Pyramids or train in the stairwells of high-rise buildings. It is totally impossible to run in Cairo. The noise, crowds, traffic and pollution are stupefying. I never grew even slightly accustomed to Cairo traffic. Thousands of cars roaring along with horns blaring and tyres screaming and there are no traffic lights or pedestrian crossings. And in this scene of total chaos are inextricably mixed camels, donkey carts, horses, dogs, cats and children.

During my stay at Mena House I ran daily at dawn in the hotel garden. I won't ever forget those dusky blue dawns and the Pyramids floating huge, yet unsubstantial above the desert sands. They've outlived millions of lives and look likely to outlive millions more. And the smell of the Egyptian early morning - dust,

animals, flowers, food cooking...the incense of the East. Often as I ran past the hotel gate I would see a camel train setting off along the dusty road. The camels stepping majestically nose to tail linked together with bells and tassels...memories to light up the rest of my life.

I spent my first 5 days exploring Cairo and its surroundings. As I'd always dreamt, I clambered completely alone through a narrow, airless tunnel into the centre of the Giant Pyramid, rode a camel in the desert, sailed in a felucca on the Nile and lingered over the mummies in the museum.

Somewhere in the distance the war was about to begin and Cairo as it always has, both ignored and absorbed what was about to happen. The rich got richer and the poor continued to beg in the streets. The city was incomprehensible and endlessly fascinating. Cairo seemed to be a manifestation of that whole strange country. A blending of antiquity and the present in the swarming life of its streets. And the amazing backdrop reflected the contradictions. The fertile borders of the Nile ending abruptly in shifting desert sands. Ruined monuments that could be Pharaonic or Roman or Christian in which people lived in shanty towns between the columns of tombs that were inscribed with the complex and wonderful mythologies of 3000 years ago. There was no chronology in Cairo. Apparently no logic.

Thursday, 17th January was the low spot of my trip. War broke out in the Gulf and I was totally absorbed in C.N.N. telecasts and filled with fear and fatigue. There was talk of Cairo Airport being closed to all civilian flights. I wasn't brave at all on this day. To compound a bad situation, the hotel staff informed me that they were closing down all rooms except for the luxury suites due to lack of tourists. I ended up spending marathon eve in Marie Francis's suite. She was very kind, but it's not my idea of a good time to spend the night before a marathon in a double bed with the female marathon organiser! I didn't get much sleep.

Marie went to the Pasta Party in Cairo but I elected to stay behind to try and rest. I fell into an uneasy doze punctuated by the ringing of the telephone. I awoke in the early hours of the morning and stumbled out in my skimpy t-shirt to go to the loo. I hadn't realised there were other occupants of the suite and was startled to find the young men who were to man the water stations also dozing uneasily on the floor. I don't know who got more of a surprise, them or me! Remember? Uncovered women are taboo in Muslim societies. Could there possibly be a more stressful build-up to a marathon?

And finally next morning there we all were assembled on the starting line next to the Sphinx. There was last minute chaos and confusion. There had been course changes due to the closing of the Pyramids and other tourist attractions for fear of terrorist activity. There had been a problem with delivery of water to the drink stations. Some of the Americans were afraid to run for fear of attack. All 49 of us on the starting line were suffering varying degrees of anxiety, fear and impatience and the tension level was so great the very air was electric with it. I gazed at the Sphinx with his inscrutable smile and tried to relax. And at last a loud shout of "Go!" Definitely, definitely no guns to start this marathon! We were away!

I ran off next to Terry St. John, an attorney from Montana and the other overseas competitor in the marathon. Terry had

volunteered to run with me when I realised that there was no way a female could run alone in this marathon. And a better knight in shining armour racing (limping!) to the rescue of a damsel in distress couldn't be imagined! Terry was a veteran of a host of marathon and ultra events. A witty, cool humorous guy with a lovely wife and two hospitable friends. They were helped by Mohamed, their Egyptian driver who heroically drove his car over hazard strewn roads to bring us extra water. We couldn't have had better support crew. Terry had a severe knee injury which had survived a couple of bouts of surgery and was now encased in a huge brace. I'm totally sure he shouldn't have been running a marathon but who am I to talk? "The Limp and The Crip" we called ourselves and I don't think there's even been a better marathon duo! We talked, joked, related running stories and I developed an intense desire to run the Pikes Peak run in Montana.

And all the time the kilometres were unrolling beneath our feet and our senses were assailed with the sights and sounds and smells of this primitive, magical, inexplicable Third World country. The course was through farming country and we passed people tilling the ground with primitive implements and living in mud and thatch huts. Ravishingly beautiful children ran beside us chattering and asking inevitably for money. "Baksheesh" was the first word I learnt in Arabic. Adults in flowing galabeahs stared at us with long, unblinking, inscrutable stares. I wondered what they were thinking of my bare arms and legs. Marie had suggested I wear tracksuit pants to run in, but even in the cool (approx. 10 C) Egyptian winter morning I couldn't bear the thought of running in long pants and chose to wear my shorts. Apart from the lingering stares, one thrown stone and one charge from a dog, we didn't encounter any problems. We reached the half-way point at the step Pyramid at Saqqara and began the homeward leg of the out and back course. We were still running slowly but strongly and by now there were only 8 competitors on the course. The others had elected to run 10 k or 21 k.

The road was hard-packed dirt and although rough in places was ideal for our painful joints. And incredibly, after all the tensions of the preceding days, I could feel myself taking off! Growing wings! This after all is what it was all for! We ran on determinedly passing camels, donkeys, goats, water buffalo and people fishing in the canal. A whole busy world like a painting full of detail. A Breughel perhaps. A child in a red dress playing with a plastic horse in the dust, a dog lifting his leg, a camel snatching leaves from a tree. The drink stations manned by the young men in wonderfully exotic Pharaonic dress appeared at intervals but there were no kilometre markers and it was a little difficult to estimate how far we'd run. We were tiring but still moving well.

Mary (Terry's wife) and Mohamed, the driver supplied extra drinks and much needed encouragement and support. Obviously in such a small field we saw very few other runners. I smiled to myself thinking of my 1990 marathon in London with 28,000 runners! Apart from the essential (and very public!) pit-stops we hadn't stopped running and were steadily counting off landmarks encountered on the outward journey.

Suddenly I touched Terry's arm and exclaimed, "Look! I can see the Pyramids!" And there they were dreaming and golden against the pale blue winter sky. The Pyramids and the finishing line. We

were tired, aching and Terry had a few minutes of bad cramp but we were nearly there! Instantly I could see all the possibilities in front of me as clear and shining and unexpected as an oasis in the desert. I was going to beat 4 hours 30 minutes, I was going to do a P.B. I was going to be the only woman and the only Australian to run this marathon, and however extraordinary the circumstances, I was going to win a marathon. The feeling was of the most pure joy and we picked up our feet and moved more surely. "The Limp and The Crip" ran wearily, happily past the last camel, the last crowd of women and children, the last goats, negotiated the last stretch of road and pulled off a miracle. Our time was 4 hours 25 minutes 19 seconds. We were joined by Mary and forgot all about displays of affections in public places as we hugged and kissed exuberantly. The Sphinx smiled serenely at this tiny human triumph and the Pyramids guarded their timeless secrets.

I've always had a fantasy of winning a marathon. Wearing my green and gold Australian tracksuit and being presented with my winner's medal with applause ringing in my ears. Well of course it wasn't quite like that but in my experience fantasies don't always come true. We had the Awards Night ceremony in a local restaurant and the crowds were rather small but I proudly wore my Australian tracksuit and received the winners medal and prize of a watch. And the applause couldn't have been sweeter!

And afterwards I went to stay with Terry and Mary and Bill and Jane, their two friends living in Cairo. Marie Francis was going on to Nairobi to organise the Kilimanjaro Marathon (incredible lady!) and I was to spend my last 3 nights with my new found friends. And that was lovely too. Like coming home. There were cornflakes and boiled eggs, a budgie chirping in his cage and all of us sharing anxieties about the war. I have a sudden, piercing memory of sprawling on Jane's bed listening intently to the static-blurred BBC World Service news and playing with her collection of tiny leather camels. I think these four Americans literally saved my life. After the outbreak of war, Cairo became a tense and scary place and without them I think I would have died of loneliness and fear.

The day after the marathon, the five of us and Mohamed explored the huge Khan El-Khalili bazaar. An endless array of cave-like stalls filled with a glittering show of treasures - jewellery, glassware, rugs, pointed slippers and embroidered galabeahs (full-length garment traditionally worn by men) like something out of "Ali Baba" or "Arabian Nights", and the desperately eager stall-holders who'd lost all their tourist trade vying for our attention. The rain poured down (it never rains in Cairo) and a B.B.C. team conducted sombre interviews with Egyptians asking their opinions on the war. I was tired, aching, cold and frightened. At one time a noisy motorized pump was used to empty an overflowing sewer and I was convinced it was an air-raid siren. It was a dazzling day, a dark day, a day I wouldn't have missed for anything.

Two days later I said an emotional goodbye to Terry and Mary outside Cairo Airport and began the long, long journey home. The Egypt Air flight to Rome was delayed and I spent 4 hours cowering on a seat surrounded by soldiers with machine guns. Fortunately I was joined by a young couple from Newcastle, N.S.W. or that endless time would have been even more terrible. The first time in my life I've ever known the real meaning of terror. At one point, someone

dropped a metal tray on the floor and I felt my heart actually stop beating. Finally taking off from Cairo was one of the best moments in my life! I leaned back in my seat, breathed a sigh of relief and my eyes alighted on a dog seated across the aisle from me (and it wasn't wearing a seat belt). The Egypt Air staff assured me that they enjoyed adventures and risk-taking and I believed them.

But the long journey was not yet over. I arrived at Rome in the middle of the night and found the airport largely in darkness and filled with more men with machine guns and huge Alsatian dogs. I took a terrifying taxi ride into the city with the only taxi driver available: a highly dubious character. He overcharged me by about \$30 but I was only glad to get out alive. Does one ever become immune to being scared I wonder?

Next morning I took off for Singapore and felt marginally safer. I stayed 12 hours in the airport there as I was unwilling to surrender my passport and travel into the city. During the trip I developed an intense fear of being separated from my passport and documents and even now, 6 weeks later I still have nightmares about them being stolen.

Prior to leaving Singapore, the final drama was played out. The Captain courteously informed us that two unaccompanied, unmarked pieces of baggage had been checked aboard and in the circumstances it would be best if these were treated as suspected bombs. After a lengthy delay we took off, stopped briefly at Adelaide and finally landed at Tullamarine. Australia has never ever looked so good. I didn't get down and kiss the ground but I certainly felt like it! I was exhausted with infected blisters and painful joints and I didn't cry until I arrived home and my cat came running to meet me.

The story doesn't finish here. Such stories never end. I'm back at work at the Royal Children's Hospital helping the kids there to make sense of the world and on my floor lies a beautiful rug made by 7 year old children in Giza. I read the papers anxiously and listen to the radio, follow the progress of the war and feel part of it in a way I never would have before. I remember the terror of Cairo Airport and the sight of a "Galaxy" aircraft loaded with "Patriot" anti-missile devices refuelling on its flight to Tel Aviv and I recall what it was like to feel part of history. I feel frightened, I feel grateful, I feel stronger. I watch the 24 hour run and identify more strongly than ever before with the runners pushing the physical and emotional limits as far as they'll go. My experiences in Egypt were different but perhaps some of the feelings were the same.

I still run at dawn every morning and look up in amazement at that same fragile sliver of moon I saw suspended above the Pyramids. I explore the calm, quiet feeling inside me and realise its happiness. The Egyptians say you don't go out looking for happiness, it will come and land on your shoulder like a butterfly. And as I run I gently reach up with my hand and touch my shoulder.

AURA MEMBERSHIP DETAILS - STATE BY STATE

The Mighty Vics	151
New South Wales	138
Queensland	36
South Australia	24
Total membership	410

West Australia	17
A.C.T.	12
Tasmania	12
Overseas	20

CONFESSIONS OF A DROP-OUT.

BY

TONY RAFFERTY.

A traumatised turtle, its neck outstretched, paddled swiftly round and round the shallow pool, in the aluminium dustbin. Exhausted, it searched for solid ground.

Railway station-master, Mick McCaw, found it early in the morning on a seat beside the staff entrance at Campbelltown station. He had thrown two buckets of water in the bin and placed the reptile there until he decided its future.

"Mick, it's pooped." Said his assistant. "It needs a rest. Get a couple of rocks from the track."

When he put them in the bin the turtle climbed up the biggest one, its flipper-like limbs sliding on the slippery surface. After a struggle it reached a flat part and rested. Its neck disappeared into its shell.

I had arrived in Campbelltown for the NSW six day race after a sleepless overnight train trip from Melbourne and enjoyed a hot cup of coffee with the railway staff while they wrote a sign "Lost Turtle Wants A New Home".

The race started the next day in humid, windy conditions. Stomach cramps in the early stages caused a slow marathon time but I labored into the night hours. In the pre-dawn gloom and lacking concentration and incentive, I left the track with a furrowed brow and went to bed.

A few hours later, running in last place behind Dave Taylor and Ron Grant, I walked to the support vehicle, gulped a stubby of lukewarm beer and in a style reminiscent of Joe Record's exit from a Sydney to Melbourne race, I said: "Stuff it. I'm going home."

Questions came like rapid gunfire from the afternoon-shift station staff, when I arrived back at the platform. I pointed out a number of reasons for stopping. Or were they excuses?: five speaking engagements in seven days only a week before the race; two assignments overdue for Deakin university; a florescent light that flickered all night on the train journey; digestive upsets early in the race.

We shook hands when the Melbourne-bound train arrived and they told me that "Tony the turtle" had found a new home in a rocky pond on the town's outskirts.

I heard later that Sandra Barwick won the race with strict discipline, desire and determination. She showed her heels to the rest of the field despite severe muscle stiffness during the first and second day. Her grand performance, with arrogant ease and elegance, raised the anger of one male competitor, who, according to a reliable source, reacted, "...in a fit of bad sportsmanship".

Having a turtle named after me could be regarded as a symbol of my slow, submissive, running demeanor. I took it as a compliment. A turtle travels slowly, sticks its neck out to make progress and usually reaches its destination. With a 95 per cent record in finishes, I haven't shown that form recently.

Weeks later in the Victorian 24 hour race at Coburg, I ran limp, like a firehose when the water is turned off. In disgust at my contrary mental attitude and poor physical response, I turned my back on the track and walked again.

Geoff Hook's long legs carried him towards a 200 kilometre target. He displayed strict self-control, and admirable initiative and

enterprise. His diligent support team demonstrated energy and sensitivity to help him achieve his goal. Hook was focused; totally tuned to the moment.

I pondered another failure. Were the intense study commitments and the busy lecture circuit, genuine reasons for another poor performance.

I travelled back to Campbelltown by car in heavy Easter traffic for John and Carole Shaw's 48 hour race. Unlike Geoff Hook's dedicated support crew at Coburg, mine, as reliable as an Iraqi Scud missile, didn't turn up. I changed under a tree in light rain. The organisers and the runners shared my concern and were quick to offer help.

Once again, with little incentive after 12 hours running, I rested for long periods and completed a dismal 130 kilometres after 24 hours and stopped running.

Meanwhile, Brian Smith, with a concentrated mind and "wings on his feet" skimmed the firm grass track and went on to win the race.

Back in Melbourne and depressed as a man in a dole queue, I put myself through a severe interrogation. I questioned my running moods: Why had I no will to push on? Had the races and solo runs over 20 years finally taken their toll? Am I too old? Do I need a long rest?

I stopped training for a week and took long walks in the Botanical gardens. I fed the ducks; visited the library; tapped my feet at a jazz club; painted an abstract; drank good Reisling; pulled up weeds; saw the Phantom; read Brendan Behan's "Borstall Boy" and found the answer to my predicament: I lacked the elements of success in running ultra-marathons that I practised religiously for lecture circuit engagements and study projects. Although physically fit, I wasn't mentally attuned. I lacked the concert pianist's discipline, the chess player's concentration and the single-minded focus of an Everest conqueror.

This week, golfer, Greg Norman, dropped to number four in the world rankings. On the eve of the US Masters, the former world number one said he will tee off with "zero desire". He said he'd been feeling burnt out and had no incentive to play. It seems that Norman's energies were directed towards his personal appearances and promotional work. Like my running, his golf had suffered.

Concentration is the art of focusing one's attention and like the turtle climbing the rock, I'll stick my neck out, with a single-minded, concentrated approach, to make progress later in the year, in my 100th ultra-marathon.

TONY RAFFERTY. APRIL 1991.



The Victorian team which cleaned up at this year's Six Foot Track Marathon with a 100% finishing rate, together with an aspiring Vic. (?), Bruce Cook of the ACT.

Good-natured banter, desperate demands and comic or abusive comments are frequently part of the interaction between runners and crews in an ultra event and is often a source of amusement to listeners.

For example, just before the start of the Campbelltown Six-Day event Dave Taylor was heard to say to Keith O'Connell "Geez, you look crook, mate. Why don't you go and have six hours' sleep?" The reply is unprintable.

At one stage well into the race Lindsay Phillips was doing some race-walking just behind Cliff Young. I called out: "What's this walking business?" to Lindsay. Cliff, thinking I was talking to him said in a most aggrieved voice "I thought I was running"

Ian Javes (for whom I was crewperson) had been going quite well, though not remarkably so, when he stopped to have some chicken soup after which he picked up his pace and did some very fast laps. Ron Grant's daughter (who was crewing for Lindsay) said: "What have you given him - some steroids?" to which I replied no, he's just had some chicken soup. "Well" she sniffed "That chicken must have been on steroids then!"

Late in the race Cliff sat down with Dell Grant outside Ron's tent to have a bit of tucker. A runner going past glanced, then did a double-take saying "Gee, Ron, you've aged in this event!"

Ian had his revenge on me during the Wyong 24-hour race over the Australia Day weekend when as a smug spectator he helpfully informed me that I had the Kouros arm action right -- now why couldn't I get the rest of it going....? Why, indeed!

Off the track Barry Stewart was telling me about the hazards he encounters in training. "Dogs are the worst -- they always go for the crutch" he stated. "How horribly painful" I replied, thinking that the odd bite on the leg wasn't so bad after all. "Yes" continued this brave disabled runner "Sometimes it's the left one and sometimes the right."

Perhaps other readers could contribute humorous anecdotes as ultrarunners are generally known to be a funny lot

DONATIONS - THANKYOU! THANKYOU!

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

Stephen Dunn \$10, Julius Horvath \$10, Brian Colwell, Bill Keats \$5, Connie Bolger \$10, Robert Dickison \$6, John Connellan \$20, Ken Walters \$10, Karen Rigg \$5, Jim Wolstencroft \$20, Brian Mills \$5, Australian 6 Day Race Committee \$80 !!, Stephen Grant \$5, Sandra Kerr \$5, Robin Anderson \$10, Bob Burns \$5, Geoff Boase \$25

Donations received after 16th April will be acknowledged next issue. Thankyou again.

Podiatry

Reprinted from Australian Runner Vol. 10 No. 5.

Out of tune band

by Jason Agosta

Iliotibial Band Friction Syndrome (ITBFS) is an overuse injury resulting from friction between the iliotibial band (ITB) and the bony prominence of the lateral femoral condyle. Pain is usually localised over the lateral (or outside of the) knee and aggravated by running long distances. With more people running more often and for longer distances, lateral knee pain is a common lower leg complaint made by injured runners. Knee pain being cited in approximately 42 per cent of all running injuries (Clement et.al 1981).

Anatomy: The ITB is a thickened band of connective tissue originating from the iliac crest of the pelvis with both the tensor-fascia latae and gluteus maximus muscles inserting into it. The ITB extends along the lateral aspect of the thigh, over the femoral condyle and across the knee joint to insert into the tibia.

Pathology: Runners with ITBFS commonly complain of pain over the lateral aspect of the knee. The pain is aggravated by continuous activities such as running, with repetitive flexion and extension of the knee. During knee flexion and extension the ITB slips back and forth over the femoral condyle setting up a friction syndrome and an inflammatory response in the underlying tissue/bursa or the ITB itself.



On the left, the iliotibial band as it runs down the femur, or outside of the thigh and attaches to the tibia. On the right is where pain is most likely to be felt.

Contributing factors

Training errors: Excessive increases in distance, speed or hill training may not allow the body to adapt to the increasing friction.

Shoes and surfaces: Inadequate footwear with poor shock absorption and hard surfaces will contribute to greater stress to the lower limb causing the ITB to tighten. Running on cambered surfaces will contribute to injuries on the down-sloping side of the camber (Lindenburg et.al 1984).

Flexibility: Runners with tight ITBs will be subject to ITBFS as the increased tension causes a greater friction syndrome. Tight gluteal and tensorfascia latae muscles will increase the tension of the ITB.

Lower limb alignment: Varus alignment of the lower limbs (bow legs) and of the rearfoot contribute to causing a tight ITB. With varus alignment the runner usually strikes the ground harder and more laterally to create greater lateral stress. Runners with varus alignment tend to pronate (roll inwards) excessively with their feet to compensate and this causes greater internal rotation of the tibia during support phase of running which increases the tension of the ITB. Leg length discrepancies may contribute to ITBFS.

Pelvic stability: Muscular fatigue and/or weakness may contribute to play a major role in the development of ITBFS. During running the gluteal muscles on the supporting limb side contract to keep the pelvis from tilting to the non-sup-

port side. Excessive pelvic tilting creates an increased tension in the ITB and in turn creates a greater friction between the ITB and lateral femoral condyle.

Treatment: Typically management of ITBFS includes anti-inflammatory measures such as icing and sometimes medication. Specific stretching of the ITB and related muscles should be undertaken in conjunction with massage and modifying the training program. Changes in running surfaces must be adhered to, and appropriate footwear for one's individual foot type and function should be worn and changed (to a new pair) regularly. Structural alignment anomalies may not be changed, but abnormal compensatory movements may be controlled with appropriate orthotics footwear. Strengthening of pelvic stabilising muscles to control pelvic tilt will be important in correcting one's biomechanics. Chronic persistent cases may require anti-inflammatory injections and in some cases surgical management may be necessary.

(Jason Agosta is a podiatrist at the Olympic Park Sports Medicine Centre in Melbourne.)

Pacing your recovery

by Peter Plimm

Inevitably, muscle soreness is an occupational hazard experienced by all hard-training runners. The kind of soreness I'm considering here is that which occurs after an unusually high level of physical exertion and which generally peaks 24 to 48 hours later.

Beyond the peak, the soreness then subsides at varying rates depending on the severity of the exertion.

What causes such muscle soreness? If you thought to yourself lactic acid, then you are absolutely wrong according to a University of Texas investigation.

Lactic acid is produced when a muscle works anaerobically i.e. when muscle sugar (glycogen), the prime energy source, is not used in combination with oxygen. This occurs when the blood circulation is partially blocked due either to sustained contractions of the muscle fibres (as in a prolonged isometric, eg. running at greater than 75

After the level run, subjects experienced no significant muscle soreness, despite significantly elevated lactic acid concentrations during each of the five minute intervals.

With downhill running, the lactic acid was not significantly increased during or after exercise. However, soreness ratings were dramatically increased after 24 hours.

Lactic acid concentrations returned to about pre-exercise levels within 60 minutes of the exercise.

So, again, what causes the muscle soreness and why is it more likely to occur in downhill versus level running?

Two theories to explain the soreness question have been prominent for many years and now both have been experimentally verified. The first holds that the anaerobic work causes muscle spasm. Herbert de Vries at the University of Southern California used electromyographic techniques (EMG measures electrical activity in muscle tissue) showing that a clear relationship exists between soreness and spasm.

He further showed that such soreness could effectively be reduced using static stretching techniques, where the stretch position is held for two minute periods with an intervening one minute rest period.

Certainly, to a certain extent this theory holds true. Most of us can probably testify to the difference in muscle soreness that results after stretching thoroughly after exertion, compared to immediately hopping into the car. However, there are still times when despite the static stretching, soreness still persists.

The second theory was, for many years just a theory. It proposes that soreness results from minor structural damage to the muscle tissue. It now appears that this theory has finally been verified.

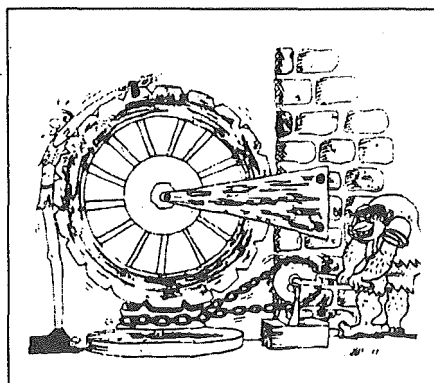
Dr Robert Hikada at Ohio University conducted a study involving 10 participants in the 1982 Ohio marathon. Electron microscopy was to examine small pieces of muscles taken from the runners before and after the marathon.

Apparently, most samples, including those obtained before the race showed evidence of muscle fibre death and inflammation. Many substances normally confined to the interior of the muscle cell were found outside. Structural derangements were in some instances observed in the contractile portions, as well as torn cell membranes. All of these observations were most prevalent at one and three days after the race.

Why is running so "destructive"? It's been suggested that it's because of "eccentric" muscle contractions. Usually muscles perform concentrically - that is, to develop force the muscle contracts and shortens in length at the same time. However, while running, as the slightly bent leg hits the ground the thigh muscles are contracting and lengthening. This eccentric contraction is even more dramatic while running downhill which would explain the higher rate of soreness in the earlier described study.

So it is thought the connective tissues in the muscles and muscle membranes are physically torn apart.

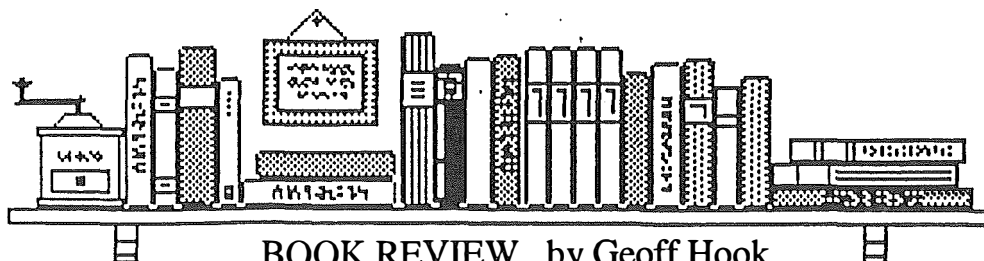
The moral of the story is to do your static stretching following workouts to eliminate any spasms. And perhaps to delay a hard workout if soreness persists rather than risking further tissue damage. By the way, I am unaware of any evidence that such damage is in any way permanent - time and increased circulation to the tissues from light exercise and massage should rebuild you nicely.



In medieval days there was always someone willing to help you with your stretching.

per cent VO₂ max). The accumulation of acid is accompanied by fatigue and pain within the active tissues.

In the Texas study, blood lactic acid concentrations were measured in seven men before, during and periodically for up to 72 hours after two 45 minute sessions of interval running (nine repeat five minute runs with a two minute rest on (a) a level treadmill, at a speed requiring 80 per cent of each subject's maximum oxygen intake, and (b) a downhill treadmill at the same speed, and so requiring less than 80 per cent VO₂ max. Each participant got the pleasure of subjectively rating their muscle soreness.



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

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

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

Interestingly, some novel and completely different approaches to training are given which may just suit the ultra runner who can't find success with more standard regimens. Then there are the dispelled myths and reinforcement of the basic foundations of ultrarunning. There is even the busy schedule of a housewife, mother and part-time office worker, who has a heavy training schedule and still finds time for aerobics and gym work with self-hypnosis to give her an immense love of running.

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

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

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(Note: Andy Milroy's 1st booklet, "Training for Ultras" and this booklet "International Ultra Training" have both been republished. If you missed out on a copy when AURA had a stock to sell, you can obtain either one or both booklets by writing to: Don Bonser, 76 Benhill Wood Road, Sutton, Surrey, SM1 3SJ, U.K.

Current prices not advised, but you can send a sterling currency bank cheque for 4.50 and/or 5.50 respectively, made out to: "Road Runners Club").

by Dave Cundy

Reproduced from Canberra Runner, No. 83 March, 1991

Athletics Australia, through its Distance Running Commission, has taken a giant step forward in trying to standardise road course measurement throughout Australia. Reproduced below is a media release that AA issued in December. It mentions using two day seminars to train new course measurers. I will conduct a seminar in Canberra mid-year if there is a demand. If interested, please let me know and I will save a place for you at the seminar.

ATHLETICS AUSTRALIA ADOPTS COURSE MEASUREMENT STANDARDS

Australia's many fun runners will be amongst the main beneficiaries of a recent decision by Athletics Australia (AA) to adopt rigorous course measurement standards for Australia.

The AA Board endorsed recommendations put to it by the Distance Running Commission, its principal advisory body on distance running matters.

The main features of Australia's Road Race Course Measurement Scheme include adoption of the internationally recognised IAAF/AIMS standards and the provision of an "AA certified accurate course" logo that can be displayed by races that meet these standards.

The scheme is based on a similar system operating successfully throughout the United Kingdom.

In the UK there are over 150 approved course measurers. On the other hand, Australia has few people skilled in the calibrated bicycle method, which is the only internationally approved method of course measurement.

Such are the standards in Australia that many races are still measured by motor vehicles which invariably result in exceptionally short courses. Even the often used surveyors' wheels can produce very short courses, particularly when used on rough bitumen.

Because so few people are skilled in the calibrated bicycle method, the Distance Running Commission has offered to conduct course measurement seminars throughout Australia. In the first instance these seminars are to be organised through State Athletic Associations who will help administer the new Scheme.

NSW Athletics has already responded to the challenge to lift standards in that State and a seminar was conducted by Dave Cundy, a qualified IAAF/AIMS course measurer, during November. Plans are in place for a similar seminar to be conducted in Hobart for Athletics Tasmania on 5-6 January.

It will, of course, take a little time to produce a number of qualified measurers around the country. Nevertheless, the Distance Running Commission would like to see as many major permit races as possible operating under the new scheme in 1991 with many fun runs following in 1992.

Fun run organisers interested in providing accurate courses for their participants will be able to apply for course certification via their State Athletic Association. The Association will put the organiser in contact with a qualified measurer who will liaise with the organiser to complete the measurement.

Paperwork associated with the measurement will be forwarded to the Secretary of the AA Course Measurement Scheme who will forward the "AA certified accurate course" logo to the organisers if all measurement details are satisfactory.

There will be a long term benefit from this Scheme for those statisticians who enjoy compiling road race ranking lists. Until now these lists have been very suspect because of the lack of consistency in course measurement.

Future rankings lists will be a little more meaningful if compiled from races displaying the "AA certified accurate course" logo. Of course, comparisons between performances at different road races will always be difficult because of varied terrains and conditions.

To help the Distance Running Commission assess the level of interest in this Scheme, run organisers are encouraged to write to Dave Cundy, Secretary, AA Course Measurement Scheme, 33 Lawrence Crescent, Kambah ACT 2902 to obtain an application form to have their courses measured.

In the meantime, Athletics Australia will lead the way by ensuring that its own national road and marathon titles continue to be held on "AA certified accurate courses".

Dave Cundy
SECRETARY
AA COURSE MEASUREMENT SCHEME
17 December 1990

World 100 km — Duluth, USA — by Trevor Jacobs

Reproduced from Canberra Runner, No. 83 March, 1991

1. Introduction

Seeing as I always greatly enjoy reading about the exploits of runners overseas and in other special events, I thought that someone else may like to hear about my recent experiences in the World 100km Championships held at Duluth, USA. The race was incorporated in the Edmund Fitzgerald Ultra-Marathon. This race is an annual event named after the ship "Edmund Fitzgerald" which sank on Lake Superior during a severe storm in 1972.

As an aside, Lake Superior is a massive freshwater lake that fortunately has remained beautifully clean and unpolluted, unlike some of its neighbouring lakes. Fishing is fantastic on the lake, and the water is so clear you can apparently see its bed in the centre of the lake. The countryside about the lake is also very picturesque.

The main sponsor for the Australian 100 km team was TOTO's Pizzas of Melbourne. I was also assisted by Kershaw Smash Repairs and Weston Creek Athletics Club. Such sponsorship is resulting in some progress being made in ultra-distance running in Australia. Thanks also the Dick Telford for his excellent guidance with training for the event. He told me how to properly prepare and it certainly helped (I'll describe training later).

To all those who participated in the Lamington drive held to raise funds, my sincere thanks as it helped defray the costs considerably.

2. Qualifying

The team of five runners qualified to run in USA by contesting the TOTO's 100 km run held in Melbourne in April 1990. The team consisted of four men and 1 woman (only 1 woman qualified because of a time cut-off). David Standeven (SA) qualified first in 7^{hr} 42^m 16^s, John Briet (VIC) second in 7^{hr} 44^m 09^s, me third in 7^{hr} 54^m 07^s and Owen Tolliday (QLD) fourth in 7^{hr} 55^m 07^s. Dawn Paris (VIC) finished in 10^{hr} 42^m 21^s.

3. Training

After the 100 km race in Melbourne we all went away to prepare for the USA run. Some chose to squeeze some big races into their program. John Briet ran in the Westfield Ultramarathon, David Standeven ran the Adelaide to Victor Harbour 100 km run one month before the USA run, whilst Owen and I mainly concentrated on training.

Dick Telford got me to increase my mileage to more than 100 miles/week (peaking at 120 miles three weeks before the run). I had two "bread and butter" sessions per week; the first was the long Sunday run that was generally a little more than 20 miles, and occasionally 30 miles. The second was a fairly fast paced run at my anaerobic threshold level for 10 miles. The latter run aimed to raise my threshold. Dick's advice assisted me greatly during the race, and I feel very privileged to have received it.

4. The Trip to USA

We departed as a team from Melbourne on 22 October 1990 and flew to Los Angeles via Auckland and Tahiti. We spent three days in Anaheim (near Disneyland) and we all immediately suffered rather badly from the effects of air pollution - headaches and sore, dry throats. I thought I was catching the flu and would run badly. Luckily, the symptoms eased when we arrived in Minnesota. The Yanks loaned us two nice cars to use for several days. We drove north to Duluth on 26 October and tried to relax for the race the next day.

5. The Race

We had to get up very early (4am) next morning for the drive north to the start, scheduled at 7am. At 7am it was very dark, cold and windy (a head wind!). Race rules said we could only take drinks every 5 km and we couldn't contact our support crew until after the 10km mark. Drinks 5km apart later in the race was too long for my liking, but most of us coped OK. In the first 10 km I ran in a pair of long tights because of the cold (it sleeted at times and slower runners behind got snow). I also ran in a long sleeved t-shirt all the way. I changed into shorts a bit later when it seemed to warm up a bit. That was my only stop (about 15 secs).

I set out on just over 4m/k pace, with Owen and David going a bit slower and John going out confidently with the lead bunch at about 6 m/mile. Owen's hip was sore due to the cold (typical Queenslander!). It was a good sign that I had to keep telling myself to slow down because I was heading for sub 7 hours for the full distance. I'm glad I did that because things got pretty tough in the second half.

Before the race I had a hope of being somewhere near Yiannis Kouros, but during the race this proved ridiculous because even over shorter distances (for him) he is a great runner (he finished fourth and was closing on the leaders at the end). I had to be content with passing John at 30 km - all I had to do then was stay 5 mins ahead of Owen and be the first Australian. So I tried to concentrate on running at a good steady pace at a bit over 4 m/km, slowing considerably up hills that were exposed to the strong headwind and compensating on the downhill.

My quads started to tighten (in a band down the outside) at around 40 km. Luckily they didn't worsen very rapidly. Another interesting effect was one leg seemed to feel worse for a while and then 30 minutes or so later, the other felt worse.

The German team became somewhat disorganised during the race when they parked the Pontiac loaned to them on a hill and forgot to put the brake on. It ended up submerged in Lake Superior! I remember passing another loan car bogged and dented in a ditch on the side of the road. Just as well cars are cheap there. The deer season had just opened and I jumped out of my skin several times when hunters hidden in the forest alongside the road suddenly started shooting, hopefully not at passing runners.

I got to halfway in 3^{hr} 30^m almost exactly, and thought 7^{hr} 10^m might be possible for the race. Owen was pushing very hard at that stage and got to within three minutes of me. He later said he found it very frustrating that he couldn't see me ahead - just as well. At about 70 km he took a wrong turn in a town and unfortunately lost several minutes. After that he slowed considerably. Over the last 30 km, every time I tried to work out my ETA, it seemed to be about 7^{hr} 22^m or 23^m — I had set my sights on at least beating the Australian track record of 7^{hr} 22^m 35^s. I kept trying to pick it up so as to make it easier at the end, but I didn't seem to be making any progress — the ETA didn't change. I was spurred on by catching many runners and seeing others pull out from cramps, fatigue etc. I seemed to be finishing better than all those around me, which was encouraging.

I kept trying to convince myself that 20 k, 15 k, 10 k etc. was not far to go — but time was dragging. 5 k to go and I had to run under 4 m 30 s per kilometre. Luckily, the last 200 m were downhill and I managed to "sort of" sprint, blowing out a couple of blisters at the same time which sent one foot numb and tingly, and thankfully just got me under the target-time by 23 seconds! What a fantastic thrill, particularly as my support crew had resorted to pleading and begging me to run faster. My time was also 7 mins inside the Australian road record for 100 km.

Owen was the next Australian in 7^{hr} 39^m, followed by David in just over 8^{hr} and John was well back. Dawn also broke the Australian record by 5 mins by finishing in 9^{hr} 10^m. Our team came second overall (first three to finish), only a few seconds behind the Germans.

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One of the most remarkable things about the race was the great attrition of the "gun" runners from around the world. I think this was due to the fast early pace of the lead pack plus the tough conditions (wind and hills, and gravel and dirt road at times). The conditions seemed to suit me (and Kouros who hung back a bit early and finished strong) so that I finished 14th out of about 150 starters. First was a Frenchman in 6^h 36^m, New Zealand second in 6^h 38^m, then Canada in 6^h 42^m and Yiannis 6^h 43^m. My 10 k splits were something like 41.14, 41.32, 43.27, 42.38, 45.14, 44.18, 46.54 and last 20 km in 1^h 35^m.

The yanks put on a terrific presentation afterwards. Best was the slide show of runners, support crews, organisers and spectators.

6. Post-Race

Lots of rest! I ended up staying on in USA for another two weeks to look at dams and rivers for my work with the Murray-Darling Basin Commission. This was a perfect time to eat, sleep and recover. It must have worked well because I didn't catch a cold. The worst problem after the race was several sore toe nails — until they came off and dried out.

I came across the Hawaiian 5k Championships on the way home and ran fourth in 16^m 29^s. I was pleased with that because I hadn't been training much.

7. The Future

My next aim is to compete in the TOTO's 100 km race at Olympic Park, Melbourne in early April 1991. If I do well there then I might get an opportunity to run in the next World 100 km championships in Italy in May 1990.

8. Ultras for Others

From my brief experience with ultras, I would encourage others to try them because they are not as hard as you might first think. This is because the pace is much slower than in normal shorter races. Also the food and drink that is taken in during the race would normally mean that you can forget about 'hitting the wall' like in a marathon. There are certainly significant openings in Australia for good ultra runners - so give it a go! I would be happy to advise on training aspects.

A good place to start may be the ACT Cross Country Club's 12 hour run being organised in March 1991 by Trevor Harris and Derek Quinto.

9. Summary

In short, for me it was a trip of a lifetime. What a great time athletes must have who are able to do this sort of thing regularly.

Trevor Jacobs
2 January 1991



Last year's inaugural Royal National Park Ultra winner, Don Wallace. His time, a very fast 5:47:43.



At the start of this year's SIX FOOT TRACK RACE (Left to Right) Norm Brooke, Dot Browne, Geoff Hook, June Kerr, Kevin Cassidy and Col Browne.

OVERSEAS NEWS

Ultrarunning Around The World — A Look Back At 1990

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

Nineteen-ninety was another fascinating year in the development of ultrarunning as a world sport. Looking just one year at a time often makes it difficult to pin-point the longer-term trends, but the cumulative efforts of international interaction are occasionally thrown into sharp relief. A case in point was the first International 24 Hour Championships at Milton Keynes in England, where five national teams were represented in their national uniforms. Such recognition would have been a mere pipe dream a couple of years ago. Achieving that recognition has required sustained pressure by national ultrarunning groups on their national running federations, the holding of national ultrarunning championships, and the example of such pioneering countries as Germany and the United States.

International competition is essential in widening the awareness of ultrarunners beyond the narrow limits of their own national ultrarunning scene. The Inter-Continental 100 Km Cup series of events (with races in such widely separated countries as Australia, Brazil, Japan, and New Zealand,

as well as several European venues) was devised to give runners around the globe the chance to take part in worldwide competition, while the elite ultrarunners could meet head to head at the IAU 100 Km World Cup at Duluth in October. For those who found 100 km too short, there was the Europa 24 Hour Cup series in addition to the IAU 24 Hour Championships at Milton Keynes. These competitions also provided a developing framework of major events, raising the standard both of performances and race organization and doing much to develop world-wide ultra communication.

The 100-km has long been regarded as the international standard bearer of ultrarunning. The Inter-Continental Cup got off to a tremendous start with the West German championships, where Birgit Lennartz set a new women's world best of 7:18:57 and Karl Heinz Doll ran a new national best of 6:29. Behind these two there was remarkable depth; in October the Germans won both the men's and women's team competitions at Duluth.

As the year progressed, other perform-

ers showed their competitive credentials. Poland's Przyemslaw Jamont's win at Faenza, Italy, consolidated his position as one of the major figures of the event. The legendary Don Ritchie won the UK national 100-km in 6:46, breaking seven hours for the 12th time in 14 years. At Torhout, Belgium, Jean-Paul Praet and Roland Vuilleminot ran under 6:40. But the real test came at Duluth, where blustery winds and an undulating course added to the pressure of the greatest 100-km field ever assembled. New Zealand's Russell Prince (a 5:06 50-miler) set out to win the race from the front, while behind him the pack broke up under the twin pressures of wind and course. Eventually France's Vuilleminot joined Prince at the front and came through to win in 6:34, though only after a stern tussle. With Prince in second and Canada's Stefan Fekner in third, there were three continents represented in the first three places.

The women's event was a clash between Eleanor Adams (UK), Ann Trason (USA) and Marta Vass (Hungary), three of the top four 100-km runners in the world (Birgit Lennartz was injured). Eleanor's multi-day experience and strength proved decisive in the difficult conditions and she won with 7:55, with Trason and Vass finishing barely a minute apart some ten minutes later.

Despite the undoubted successes of the

Scott Schneider



Eleanor Adams of Great Britain finishes at the IAU World Cup in Duluth, adding a win there to one earlier in the year at the IAU 24 Hour.

100-km event, to my mind the most notable feature of the 1990 ultra season has been the development of the other major ultra event — the 24-hour. This race is often seen as an exercise in survival, but this year's standards, particularly in the men's events, have been remarkable for the depth of performances among the top runners.

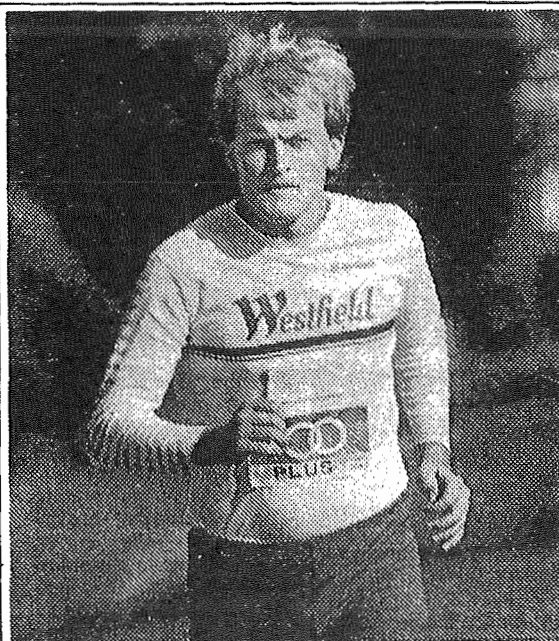
The IAU 24 Hour Championship in February was the catalyst for this upsurge. Don Ritchie's 166 miles, followed by Australian Bryan Smith's 156 and American Roy Pirrung's 154 was just the peak of the greatest ever 24-hour in terms of depth. The women's race featured a win for Eleanor Adams (with Duluth, that gives her two world titles!) with 147 miles, the second-best ever, with Marianne Savage from the UK second with 141 and Monika Kuno from Germany third with 135. In the Europa Cup races during the year Roland Teunisse (Holland), Peter Samulski (Germany), and Helmut Schieke (Germany) all ran over 162 miles. Add to these the 174 miles by Yiannis Kouros run in Melbourne, Australia, and Rae Clark's 165 miles at the U.S. Championships, and the huge step forward in the event can be appreciated.

However, ultrarunning has always been more than the 100-km and 24-hour events, no matter how popular these standard events become. London to Brighton (53+ mi) was won by David Beattie in 5:54, whilst the Comrades in South Africa was won by Bruce Fordyce for the ninth time. The Spartathlon and Sydney to Melbourne were both claimed by Kouros (who also finished fourth at Duluth). And James Zarei ran 622 miles at the Gateshead Six-Day.

Other items of interest:

- This was the first year that Soviet ultrarunners competed regularly in Western Europe, particularly at 24 hours; they will be a force to be reckoned with.
- There are signs of interest in ultras in Africa outside of South Africa — two Kenyans ran in the 100-km in Santander, Spain, and there will be an African 100 Km Championships this year in Botswana.
- Canadian ultrarunners have moved into world class at several distances, particularly with the Andy Jones 50-mile in 4:54.
- The range of ultra events is growing, including several multi-day stage races.
- There has been continued progress in the growth of national ultrarunning associations, with the Czechs and Irish forming such bodies in 1990. These groups, allied to their national running federations, continue to add to the number of national ultra championships, providing valuable incentives and recognition to their ultrarunners.
- Recognition of a different kind came from the IAAF, as it proposed recognizing ultra records and a 100-km championship. The implications for ultrarunning are potentially profound and far-reaching. The future of the sport looks to be full of interest.

Andy Milroy is the technical director of the IAU; he lives in Wiltshire, England.



GOING PLACES: Peter Gray tunes up for the Ultra-marathon with his daily run through Geelong.

Peter tackles a Rocky road

by Colin Mockett

PETER Gray likes to run.

The 26-year-old ex-wharfie trains every morning and evening, by running from his Geelong West home to the other side of the city, where he laps Eastern Gardens twice, then runs home.

The reasons behind this are much more than fitness and pleasure; Peter is constantly motivated by the need to prove himself — and he also runs for money.

His runs prove he can beat handicaps — they have done since he was injured in a car accident at five years old — and he also raises money for charities.

It's a potent mix, for Peter Gray is a very good runner.

So good, that the part-time gardener is considered one of the favorites for this year's Westfield Sydney to Melbourne ultra-marathon, in two weeks' time.

But Peter shrugs off those who rate his chances.

"We don't know how good the overseas entrants are — I'm going in it just to finish, that's enough for me."

Peter finished last year in 11th position.

He is the race's youngest finisher, more of a feat because for much of the time he was running with a temperature.

Peter draws inspiration from the *Rocky* series of movies.

"I don't like wearing a 'walkman' when I run, so I have music played over the support car's loudspeakers," he said, "mostly *Chariots of Fire* and the *Rocky* music."

This year's Westfield run is the toughest yet. The 1028km route goes through the Snowy Mountains.

Peter will be racing, not just to prove himself again, nor for the \$30,000 first prize, but also to raise cash en-route for Geelong's Salvation Army Kardinia Alzheimers appeal.

And for the chance to become West Geelong's real-life *Rocky*.

Trio makes a top marathon team

A TEAM of Geelong ultra marathon runners won the teams' event at the Halls Gap Marathon last Sunday.

Brickley Hepburn, Peter Gray and Graeme Russell, won the 42-kilometre teams title with a combined time of 9 hrs 4 min, eight minutes clear of South Melbourne, with a Ballarat team third.

Individual times were: Hepburn 2 hr 50 min, Gray 2:59 and Russell 3:15.

Gray was using the event as a warm-up for the Westfield Sydney to Melbourne Marathon which will start in two and a half weeks.

Wimmera runner Robert Wallis won the Halls Gap individual run for the fifth successive year.

FOLLOWING PHEIDIPPIDES

A PERSONAL ACCOUNT OF THE SPARTATHLON

BY BOB NORTON

Reprinted from IAU Newsletter, Spring Edition 1991

There was a lone car up ahead, flashing it's lights at me but it was impossible to estimate the distance-perhaps half a mile, perhaps two miles. Anyway here I was, alone in the dark, in the middle of the desolate Greek mountains at 5 o'clock in the morning, running along the tarmac of an empty, half completed six lane highway, with just a torch.

A little surreal you may think-and it was, but it was probably the only stretch on the modern day GREEK SPARTATHLON which would have looked strange to the great originator of distance running-Pheidippides, who successfully ran the same 155 miles from Athens to Sparta in 490 BC to request military aid from the Spartans, for the beleaguered Athenian army at Marathon. We like him were working to a thirty six hour deadline.

The race had started in Athens the previous morning at 7 am, when eighty-three athletes from twenty countries set out on what is acknowledged as one of the toughest ultra distance events in the world-so tough that only a third of the field ever finishes.

We ran through the centre of Athens and out along the main road to the cleaner air of the coast- a distance of some eighteen miles through some of the most polluted air in the world. I was wearing my "Respro" traffic mask which thankfully filtered out most of the noxious fumes, though it did make me look like a Teenage Mutant Ninja Turtle and caused Bob Meadowcroft to ask which Bank I intended holding up.

As we reached the coast road at 30 kms the field was spreading out and the run settled into it's place as the temperature started to climb into the high 80's. My pace was a steady undemanding 3 minutes per mile.

The road to the first elimination point at Corinth (81kms) skirts the blue Mediterranean for much of it's length, passing through small Greek towns and villages and criss-crossing along and under the motorway and the quaint narrowguage railway that both run along the coastal route. Within about 10kms of Corinth I passed James Zarei, who was down to a walk, and the light breeze which had been so pleasant gave way to a muggy heat, proving the weather forecasters right and heralding the approach of what was to be aviolent electrical storm.

The mugginess made me tired and it was too early in the race for that, but I was soon crossing the famous and magnificent Corinth Canal and checking in at the Corinth elimination point with a good 2½ hours to spare.

A ten minute rest and some food and drink did little to revive me, so feeling very tired I stopped again within a mile for a ten minute nap in an olive grove. A local ant bit me hard before my watch alarm went off and I was back on the road feeling fresh and ready for the journey to Nemea at 128kms.

The skies were changing fast and I was running over the flat plains towards the mountains when the storm broke. The terrain was level and open, so the forked lightning that struck the ground all around was quite disturbing, but the torrential cooling rain was welcome as it cleared the sticky air. As the storm abated I passed the beautiful ruins of Ancient Corinth- paused to put Vaseline on my wet wrinkled feet and left the road for a section over rough tracks, which would take me to the drink station at 100kms- another small landmark.

Passing a family of gypsies erecting two huge communal bell tents, I could hear yet more thunder and soon another violent storm was all around us. French runner- Pierre Russias, Bob Meadowcroft and I fought our way through two inches of water and mud; the torrential rain suddenly turned to hailstones the size of marbles which pounded us for a full five minutes. Though my own bravery is, of course, legendary, I was the first to stick my bruised head under the first olive tree- we were absolutely freezing. Thankfully that was to be the last of the storms and after a quick soup at the next drinks station I left feeling warmer again.

The smell of the countryside was brought alive by the wetness and was beautiful in a strong, pungent sort of way. Soon the arid landscape gave way to more vineyards and as the mountains approached, we were pressed eagerly by the locals to accept bunches of their ripe green fruit.

Soon I was climbing the steep road to the next village, the sky was still cloudy and dusk was falling nearly an hour early- a little worrying as my torch was still 10kms away at Nemea and my warm top over 20kms away.

Soon I heard footsteps behind me and James Zarei appeared looking his normal self again and running in his usual strong, relaxed manner. We ran together until the second elimination point at Nemea, with the ever considerate James slowing his faster pace to take account of my plodding gait. At Nemea we parted, James keen to press on to reach his warmer clothing, me keen for some substantial food and another ten minute sleep- I had the time. I had reached Nemea in 12 hours 53 minutes, over three hours ahead of the cut-off point.

I left again, just as Jeff Hufton and Bob Meadowcroft arrived. I didn't know at the time but poor Jeff was not feeling well and had just been pulled out of the race on medical grounds.

The next section takes in a lot of cross country dirt roads as the route winds its way across miles of deserted Greek countryside to the foot of the big mountain at 100 miles. By now I was running comfortably by torchlight, feeling good and looking forward to picking up my Helly Hensen top. It wasn't actually cold but rain continued to threaten. Soon the tracks receded and after briefly running with two Belgian runners, I arrived at check point 46 to a warm English welcome, a much appreciated pit stop, some real chips, a home-baked ginger biscuit and a large mug of hot coffee- a real luxury after 90 miles and nearly 17 hours of almost constant running.

Soon after, I reached the third elimination point at Lyrkeia with 3½ hours to spare; once again I laid down, on a convenient slab of concrete for another of the refreshing ten minute naps that kept me going. More coffee, more biscuits and I was off again, this time heading for the major challenge of the whole run.

Four miles on I reached the foot of the mountain.

I have nothing but admiration for those runners like Patrick Macke, James Zarei, Terry Edmondson, Hilary Walker and others who can still run all or part of this horrific section, after a full 100 miles of effort. I am not one of them, so I proceeded to walk at the fastest pace possible.

The mountain defies description. I knew from last year's abortive run that it was hard, but the human mind is incapable of remembering just how hard. There are three stages:

The first is a series of hairpin bends, a tarmac road which rises steeply up an almost sheer mountain face for nearly two miles. This is the worst bit.

The next stage is the worst bit as well! It leaves the road and winds it's way on a small well marked mountain path to the summit. Looking up you can see the fluorescent green markers stretching for ever up into the blackness. The mountain appears to have no top, and it is not until some 40 minutes later that the windswept ridge appears out of the blackness and suddenly I'm on the top of Greece.

Now comes the worst bit. Downhill it may be, but easy it is not. The rocky uneven track off the mountain descends at 45 degrees for over a mile, winding it's way down once again through fluorescent markers that seem to go on for ever. The lights of the village at Sangas twinkle in the depths like fireflies at the bottom of a deep well.

There are no other lights anywhere until I reach the bottom when I can see two specks of light at the very top- the torches of two more runners winding their way down.

Sangas at last and yet another warm welcome from the wonderful Greek people who put so much time, effort and money into this marvellous event. More coffee, more biscuits, another nap and then onwards once more.

It's flat again and as I run alongside the mountains the moon shines out from behind the clouds and there are even more stars. With over 100 miles behind me and around 15 hours of time left, I'm daring to feel quite confident about finishing inside the time limit.

Soon I've passed through elimination point 4 at Nestani, stopping only for a drink and a biscuit before running down the road and meeting the big new highway that represents the only alteration to last year's route.

It's like running on a treadmill, and the car lights ahead-which I know mark a drinks station- seem to keep receding at the same pace as I approach them. Eventually I beat the mirage and am rewarded with some hot tea before continuing to the next dot of light ahead. I can still see the two runners behind me in the distance. Finally, after about eight miles, I leave the treadmill of the road and head off down a small country lane towards the last elimination point, passing with real joy the point where I dropped out exhausted last year.

I've run all the way up to now(except for the mountain) and though my legs feel very good, I am tired and keep taking short walks of a few minutes to rest. Dawn breaks at about 7.00am. I've covered 120 miles and Tegea is just a couple of miles away(two miles further than last year, since the course is now 5kms longer). I reach Tegea -the last elimination point. Once again I enjoy the hospitality of the drink station personnel -one of whom gets a little too enthusiastic about ripping off my socks and all my blister protection with them. I restrain her and eventually convince her that I am still capable of putting on a clean pair of socks without a safety net.

Another nap - this time in the luxury of a caravan bed - and after twenty-five minutes I'm heading off for Sparta with a real lift in my spirits.

Only 48 kms to go, but it's all on the main road and it's hilly. I resolve to walk quickly up the hills, but run all the other bits. The plan works well but I start slowly as the first as the first hill goes

up and up for a full four miles. As I go, I check the kilometre markers on the road, running from one to the next and knocking off the distance in my mind, encouraging myself to keep going, cajoling my mind and body into action. The route rises more than falls for the next 20kms or so until with 25 kms still to go, I reach the top of this mountain range and the road goes predominantly down- and by 20kms off Sparta is continuous downhill.

I've had a couple of naps by the roadside (is that really a dead body over there?) and consumed vast quantities of Pepsi at the still frequent drink stations. It's hot again but I'm far from dehydrated - having to stop every twenty minutes behind one of the few bushes beside this busy road.

Only 15kms to go and, after resuing a wild tortoise that was about to cross the hectic roadway, I've got my sights set on the finish and I'm running strongly, not at all tired now and excited at the prospect of a respectable time.

The now familiar, tinny ring of thirty or forty goat bells reaches me as I pass first an old shepherd and then an old woman, leading a donkey piled high with fodder. Both clap excitedly and as I turn the corner, I see Sparta itself lying half hidden down in the valley below, some 12kms away.

Now nearly every vehicle is greeting me. Lorries, cars, buses, all the drivers blow their horns whilst passengers clap and cheer. I acknowledge them in return with quiet thanks that I had got this far and that now I really am going to make it.

With just 7kms to go I stop at feeding station number 73 to tremendous cheering, applause and handshaking. Half a dozen children present me with a crown beautifully made by them from olive twigs. I feel so moved that I can hardly speak but I thank them gratefully for their token and move on once again down the hill.

Local people are now out on their balconies adding to the traffic's encouragement with shouts of "Bravo" and more clapping. A little girl stops me to hand over a small yellow flower and give me a very powerful smile, and only yards later another hands me a bunch of Basil-a Greek symbol of affection a respect. I carry them all carefully with me.

Soon I pass the last of the 75 drink stations that have been my lifeline over the last day and a half, and with just 2kms to go my stride lengthens and my mind focuses on the last glorious piece of effort.

As I enter the town a posse of young boys on bikes and on foot joins me, asking excitedly in broken English where I come from, have I run the race before? They congratulate me and guide me with obvious pride to the turning that heralds the short finishing stretch to King Leonidas' statue.

Suddenly I hear familiar English voices; Jeff Hufton and Janice-Terry Edmundson's wife- are jumping up and down and shouting me on. I turn the corner and there at the end of the road amidst a small crowd is the statue and the scene which I have visualised thousand of times in both my training and the run itself.

My pace quickens, I see Lucy my wife standing by King Leonidas' side. As everyone cheers and applauds I try to smile but by now the best I can do is to avoid bursting into tears. I bound up the steps and touch the foot of the statue, relishing the moment. It was 31 hours 56 minutes since I left Athens, 250kms away and I was 15th out of 35 glorious finishers.

Like all the other finishers, I cannot describe the heady emotional mixture of exhilaration, achievement, relief and exhaustion which accompanied that moment, but as the Mayor of Sparta placed the official olive crown on my head, I knew that completing this race was the sweetest, most wonderful moment of my running life.

And now I did smile - from ear to ear!

Note. The Spartathlon results appeared in the last Newsletter. (Ed).

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EDITORIAL.

Malcolm Campbell.

During a meeting in Athens in September the IAAF Council approved Rules for World Records on roads. Road records will only be recognised for races held under IAAF Rules over the following distances:

15km, 20km, Half Marathon, 25 km, 30km, Marathon, 100km, Road Relay.

This represents the greatest advance so far in the development of the 100km event and tangible evidence that the event comes under the generic umbrella of distance running. It doesn't solve any of the current problems of our sport but it is nevertheless an encouraging sign for the future.

There is now a much better awareness by athletes of what has been achieved and perhaps with that awareness individual athletes are now setting their sights a little higher. Certainly standards in many events are rising and as international competition increases these standards will continue to rise. The IAU 100km World Cup at Duluth, USA, produced a high level of competition in the best sporting traditions. Russell Prince from New Zealand lead from the start and was not passed by the winner Roland Vuilleminot until the closing stages. As Prince passed the finishing line his first words were "Where's the Frenchman?" He wanted to be one of the first to congratulate him. It was a very sporting gesture.

The next IAU 100km World Cup takes place in Italy and details are given elsewhere in this Newsletter. The success at Duluth will be a great help towards the development of the event in Italy and already there are signs that many countries will be sending representatives.

Interest in the 24 hour event increases and we saw some outstanding performances in 1990. Yiannis Kouros still remains the undisputed champion in this event but there are now a number of athletes with their sights set on his World Best Marks for track and road and some interesting races are in prospect for 1991.

The history of the Six Day Race goes back further than the Modern Day Olympics and the leading competitors are athletes of the very highest ability. Most experienced six day runners learn very early about stress and the body's response to stress; they also learn about correct diet, sleep patterns, track tactics and adaptive procedures when injuries occur. In many respects the successful six day competitor is the perfect athlete and the six day event is the perfect race. Plans are being developed to attract the best six day runners in the world to Gateshead (UK) next year and we await further details with interest.

1990 has been another fascinating year in the development of ultrarunning as a world sport. Taking one year at a time it is difficult to pinpoint the growth of this "organism" but the cumulative effects of the continuous inter-action internationally, and subsequently on a national scale, are occasionally thrown into sharp relief. A case in point was the first IAU International 24 Hour Championships at Milton Keynes where five national teams were represented in their national vests etc. Such recognition would have been a mere pipe dream a couple of years ago. To achieve that degree of recognition has required sustained pressure by national ultrarunning groups on their national federations, the holding of national ultrarunning championships, at first unofficial, and the example of such pioneering countries such as Germany and the United States.

International competition is essential in widening the awareness of ultrarunning beyond the narrow limits of their own national ultrarunning scene. The Inter-Continental 100km Cup was devised to give runners across the globe the chance to take part in a world wide competition, whilst at the sharp end of the sport elite competitors could meet head to head in the IAU 100km World Cup at Duluth. For those who found the 100kms too short there was the IAU 24 Hour Championships at Milton Keynes and the Europa 24 Hour Cup. Such competitions also provided a developing framework of major events, raising the standard of performances, race organisation and doing much to develop world wide ultra communication.

The 100km has long been regarded as the standard bearer of ultrarunning. The Inter-Continental 100km Cup got off to a tremendous start with the West German championships at Hanau, where Birgit Lennartz set a new women's world best of 7.18.57. Her performance was just the icing on an incredibly rich cake as Karl Heinz Doll also weighed in with a new national best of 6.29. Behind these two the male and female West German 100km performers produced remarkable strength in depth, a significant pointer for the World Cup in Duluth later in the year.

As the year progressed other performers showed their competitive credentials. Poland's Przyemslaw Jamont's win at Faenza consolidated his position as one of the major figures in the event. The legendary Don Ritchie won the UK national 100km in 6.46 to break seven hours for the event for the twelfth time in fourteen years! At Torhout Jean-Paul Praet and Rolan Vuilleminenot ran under 6.40. However the real test would come at Duluth.

At Duluth blustery winds and an undulating course, added to the pressure of the greatest 100km field ever assembled, was to prove a tough examination of ultra credentials. Russell Prince (a 5.06 fifty miler) set out to win the race from the front. Behind him the pack broke up under the twin pressure of wind and course. Eventually the French veteran Vuilleminenot joined Prince at the front, and after a stern tussle, came through to win in 6.34. Prince took second and Stefan Fekner of Canada third. Thus three continents were represented in the first three places!

The women's event was a clash between Eleanor Adams(UK), Ann Trason(USA) and Marta Vass (Hungary)-three of the foremost quartet of 100km runners in the world today (Birgit Lennartz was absent through injury). Eleanor's multi day experience and

strength proved decisive in the difficult conditions, and she won in 7.55 with Ann Trason and Marta Vass finishing barely a minute apart twenty minutes later.

Both men and women's team prizes went to the Germans.

With the IAU Inter-Continental 100km Cup encompassing races in such widely separated countries as Australia, Brazil, Botswana, Japan and New Zealand as well as including numerous European venues, and of course the World Cup event in Duluth in the USA, those runners who didn't get to the World Cup will have had their chance to measure themselves against the very best in the world.

Despite the undoubted successes of the 100km event, to my mind the most notable feature of the 1990 ultra season has been the development of the other major ultra event- the 24 Hours. this race is often seen as an exercise in survival, but this year standards, particularly in the men's events, have been remarkable for the depth of performances among the top runners.

The The Milton Keynes IAU 24 Hour Championships in February was to be the catalyst for this upsurge. Don Ritchie's 166 miles, backed by Australian Bryan Smith's 156 miles and Roy Pirrung(USA) 154 miles was just the peak of the greatest 24 Hour result ever in terms of depth(co-incidentally the same three continents in the same order featured in the top three places in the men's races in both Milton Keynes and Duluth). The women's event featured a win for Eleanor Adams (thus Duluth gave her two world titles!) with 147 miles(second best mark ever) with Marianne Savage (UK) second with 141 miles and Monika Kuno(GER) third with 135 miles.

As I said this inaugural championships, allied to the IAU Europa 24 Hour Cup, seems to have inspired a host of excellent performances. In the Europa Cup races Roland Teunisse(Holl). Peter Samulski(GER) and Helmut Schieke(GER) all ran over 162 miles, while Dusan Mravlje(YUG), Hans Erdmann(GER) and Gennardi Groshev(Soviet Union) all covered over 158 miles. Add to these Yiannis Kouros's 174 miles in Melbourne, Australia and Rae Clark's 165 miles in the USA, together with the underlying strength in depth behind all these marks, and the huge step forward in the event can begin to be appreciated.

However Ultrarunning has always, and will always be far more than the 100km and 24 hours, no matter how popular these standard events become. The traditional classic events continued to attract their devotees. The London to Brighton was won by David Beattie in 5.54, whilst the Comrades in South Africa was won by Bruce Fordyce for the ninth time. The Spartathlon and the Sydney to Melbourne were both claimed by Yiannis Kouros(who also finished fourth at Duluth). At 6 Days James Zarei ran 622 miles.

Behind all these facts and figures are hidden interesting details which, perhaps, give some inkling as to the future of the sport. The Africans have established themselves as the dominant force in distance running. This year there were signs that ultras are beginning to attract their attention. Two Kenyans ran in the Santander 100km, and there will be an African 100km Championships held in Botswana next year.

1990 saw the first year in which Soviet ultrarunners competed regularly in Western Europe, particularly at 24 hours. The relative youth of their ultrarunners, combined with their

strength in depth, particularly at 24 Hours, means they will be a force to be reckoned with in the future, once the current problems with travel have been resolved.

It is not just the countries new to the ultra scene which are developing fast. Countries with relatively small ultra populations are starting to have a real impact on the world of ultrarunning. Over a range of distances Canadian runners moved into world class in 1990, particularly with Andy Jones' 4.54 fifty mile run. Across the world the New Zealanders have produced a number of excellent performers-Russell Prince being the latest.

Development within the sport has not just been limited to the numbers and diversity of the runners who are tackling it's challenges. The range of ultra events is growing too. A recent growth has been in extended multi day stage races with several such events held around the globe- in the Soviet Union, USA, France, Morocco and in 1991, China.

Organisationally the continued growth of national ultrarunning associations is perhaps the most significant feature, the Czechs and Irish forming such bodies in 1991. Pressure groups such as these, allied to receptive national federations, continue to add to the number of national ultra championships, providing valuable incentives and recognition to their ultrarunners.

Recognition of a different kind came from the IAAF in 1990. The International Federation proposes to recognise world road records for the first time. Included in the schedule of events is the 100km. The implications for the sport of ultrarunning are potentially profound and far reaching. Handled intelligently this recognition will be a great asset to the sport.

The future of the sport looks to be challenging and full of interest. This year, Kenya, Sierre Leone, Bolivia, Turkey and Argentina joined the world ultra community. One of the biggest challenges we have to face is to provide such newcomers with the support and encouragement they need. From such countries, along with the likes of Japan, Botswana and Brazil will come the elite ultra runners of the future, giving the present ultra "establishment" the fierce competition it must have if our sport is to continue to progress.

Andy Milroy.

IAU Technical Director.

Note. Shortly after Andy Milroy's report was prepared we received the following item from him concerning Ultrarunning in Bolivia:

Some interesting news has been received concerning Juan Antonio Luna Arnez, the Bolivian ultra runner who ran in the IAU 100km Championships in 1988. On the 26th of October Juan ran 100kms from Tiquina Town to El Alto City in Bolivia in 9 hours 32 minutes 52 seconds. The time may not sound very remarkable, however the course was 4,100 metres above sea level. We do not normally publish information about solo runs but apparently Juan could not find opposition because everyone else thought it was too hard and dangerous to run such a distance at such altitude on such a mountainous course.

Juan Antonio Luna Arnez wants to compete in Europe in 1991, Hopefully at Faenza. After the mountains of La Paz the Apennines should seem a mere hill!

I'VE GOT A LITTLE LIST. . by Malcolm Campbell.

Every year about this time I set down what I consider to be the best performances of the year. Every year I have to stress that the list in no way reflects the opinion of others. In many ways it is impossible to compare a performance at 100kms with one over 6 Days but at the same time there are athletes who reach a standard of excellence that demands attention and I believe that those in this list come into that category.

My filing system presents the perfect answer to industrial espionage and I have had to rely on my memory banks for some of the material presented. I am reasonably sure, however, that the following athletes were the top ten performers of 1990.

- | | | |
|--------------------|--------------|------------------------------|
| 1. Sandy Barwick. | New Zealand. | Ladies World Best. 6 Days. |
| 2. Birgit Lennartz | Germany | Ladies World Best 100kms |
| 3. Don Ritchie | UK | Indoor World Best 24 Hours |
| 4. Eleanor Adams | UK | Indoor World Best 24 Hours |
| 5. Yiannis Kouros | Greece. | Winner. Spartathlon. |
| 6. James Zarei | UK/Iran | UK All Comers Record. 6 Days |
| 7. Karl Heinz Doll | Germany | National 100km Record |
| 8. Andy Jones | Canada | National 50 Mile Record |
| 9. Rae Clark | USA | National 24 Hour Record |
| 10. Max Courtilon | France | National Indoor 24 Hr Record |

TOP TEN PERFORMANCES OF 1990.

1. Sandy Barwick. New Zealand.

Events at the end of the year are bad news for my list situation. Many times in the past I've prepared my list only to find some great performance has been achieved that needs to be included. I had thought there were two six day races taking place in Australia and was very sad to learn that the very fine race at Colac had been cancelled. I knew that Sandy Barwick was hoping to run a good six day race and when I telephoned, her daughter told me she had set a new record. I contacted John Shaw-race Director of the Campbelltown City Six Day Track Race-and was pleased I did. The event took place on November 18th to 24th and the winner achieved 883 kms(548 miles) finishing a little over 70 kms ahead of the second placed Ian Jarvis. Sandy was the winner. It took a little time for this to sink in. There had been many cases in recent times of Ladies finishing as overall winners and in many respects that fact is of little importance but a World Best Performance of 548 miles adding ten miles to the previous record held by Eleanor Adams, has by any terms of reference to be considered something special. I make no secret of the fact that Six Day Racing is my favourite event but even allowing for all of my prejudices on the subject Sandy Barwick's run was undoubtably the best performance of 1990.

2. Birgit Lennartz. Germany.

In the West German 100km Championships at Hanau, Birgit Lennartz set a new World Best Performance of 7 hours 18 minutes 57 seconds. Reports from that race indicate that she is capable of even faster times for the distance. Birgit is twenty five years old with a best marathon time of 2.38.31. The 100km event has now been accepted by the IAAF as a standard distance event. It

seems certain that with that acceptance will come full recognition of the athletic excellence of the leading 100km runners. There is a thought in my mind that Birgit Lennartz is destined for great honours. She is the right young lady in the right event at (and with) the right time.

3. Donald Ritchie. United Kingdom.

The greatest 100km runner of all time is "The Don". His 6.10.20 set at the Crystal Palace over ten years ago has never been seriously challenged. Many fine athletes have graced the 100km event during this decade of development and for most of this time Don Ritchie was the one they all had to beat. Even in 1990 his strong competitive instinct is thriving and after winning the British National 100km Championships with a new Masters World Best Performance he won the Santander 100km Race against world class opposition in an even faster time. Unlike Brigit Lennartz he was in the right event but at the wrong time and National Honours which should have been awarded to him many years ago eluded him. The matter was rectified in 1990 when he was selected for the British Team for the IAU World Cup at Duluth.

Ironically he makes this list for a performance in an event of entirely different proportions. The 24 Hour. On Sunday February 4th he won the IAU 24 Hour Indoor Championships at Milton Keynes, England with a final distance of 267.543kms/166 miles 429 yards. It would be quite wrong to think that he has gone as far as he can in 24 hours. He is a patient, confident and supremely talented athlete and still the one they all have to beat in any event in which he elects to participate.

4 Eleanor Adams. United Kingdom.

"Here's to you Mrs Robinson". I shared a bottle of Champagne with Mr and Mrs Robinson a few months ago. At that time they were plain and simple Nigel Robinson and Eleanor Adams and we were not celebrating their forthcoming marriage. We were toasting Eleanor's victory in the IAU 100km World Cup at Duluth. The strong winds had tested even Eleanor's amazing stamina and after crossing the line she fell. Her legs just needed to stop what they had been doing for the last 7 hours 55 minutes and eight seconds. As she stumbled her head crashed against mine and I was concerned I was the reason for her falling. "I'm alright" she replied in a most reasonable voice, "It's just my legs". I was far from alright and my own head was throbbing and I reflected, not for the first time, that I would always come off second best in an encounter with Eleanor. She is not on this list for that performance-impressive as it was. She is here for winning the IAU 24 Hours Ladies Indoor Championships at Milton Keynes with a new World Best Performance of 237.861 kms/147 miles 1408 yards.

5. Yiannis Kouros. Greece.

Generally speaking any performance by Yiannis Kouros ranks for a place in this list. The trick is to establish which is the best. He had set a new World Best Performance for 200kms in August on the Olympic Park Stadium, Melbourne with a time of 15.51.39. Earlier in the year he had won the Sydney to Melbourne Race for the fifth time.

I think the best performance by Kouros this year and the main reason for his inclusion on this list is winning the

Spartathlon in 20 hours 29 minutes 4 secs. It must have been a great disappointment to all Greeks when the 1996 Olympic Games were awarded elsewhere. Kouros has been a great ambassador for his country and there was real hope that should the Centenary Games go to Greece the Spartathlon might have received special attention that year. Perhaps not in the Olympic Programme which is presumably designated when the bid is made but nevertheless as a special celebration. Every country needs their sporting heroes-never more so when things are going a little wrong- and Greece was not disappointed in their hero who finished only about four minutes slower than his best recorded mark of 1984.

6. James Zarei. United Kingdom/Iran.

James had two pairs of running shoes and only three laces. The mathematicians amongst you will be able to appreciate that when a change of shoes is necessary a little extra time is involved in the operation. During a six day race a number of shoe changes become necessary and in normal circumstances a few extra seconds might not seem important. One of the longest athletic records in British history is the 623 miles 1320 yards achieved by the British Athlete, George Littlewood, in Madison Square Gardens, New York in 1888. This was the record that James was aiming for. This was the record that I had convinced him was within his grasp and this was the record he failed to achieve by about one and a half miles. My report of the race which was the greatest Six Day Race ever held in this country should be included in this issue and more detailed reports will be issued in a separate publication by NALGO-the major sponsors of the event. It was the NALGO Six Day Race at the Gateshead International Stadium on October 15th to October 19th 1990 and James won with a distance of 622 miles 525 yards. It was the first time ever that the magic 600 mile marker has been passed in the United Kingdom.

James is described in the Irish Press as the "Iranian Express" having won four out of five starts in races in that country. During the celebrations after his last win in Ireland in the Greystones 24 Hours Race my good friend Dan Coffey and I persuaded James that he had a real chance of beating Littlewood's record. Now Dan knows more than most about Six Day Racing and almost as much as I do and we both knew he was in with a real chance. That he missed the record was to some extent a failure on my part but he produced one of the greatest performances ever achieved in a Six Day Race.

7. Karl Heinz Doll. Germany.

Earlier in this list I referred to Birgit Lennartz who set a new record for 100kms in the West German 100km Championships at Hanau. Karl Heinz Doll recorded the best 100km performance of 1990 when he set a new National Record of 6.29.34. Doll is one of many talented German 100km runners and in the National Championships eight competitors finished under 7 hours.

8. Andy Jones. Canada.

In May Andy Jones, a twenty eight year old engineer, set a National 50km Record with 2.54.17 which probably placed him in the top ten all time list for that distance. There were reports in the excellent publication. "Ultramarathon Canada" that his clash with twenty five year old Eric Seedhouse in a 50 Mile Road Race in September should produce an outstanding time for the winner. A report of that race is featured in this newsletter and Andy Jones set a New Canadian 50 Mile Record when he won with 4.54.59.

9. Rae Clark. USA.

There is a certain perversity about life, certainly about my life, and no matter how neat and tidy one would wish arrangements to fall into place along comes something or someone to upset the applecart. I wrote earlier of Don Ritchie and the subject of selection for National Honours. Rae Clark is an outstanding athlete and was selected for the American National Team at Duluth. It would have been a story book ending to the year for both of them if they had finished "in the frame" at Duluth but it was not to be. Rae Clarke is listed here for his great performance at the end of September when he won the National 24 Hour Championships with a National Record of 165 miles 427 yards. This was an outstanding performance and probably figures in the top ten all time ranking list for 24 hour events.

10. Max Courtillon. France.

Max Courtillon speaks better English than I do which on reflection is no great compliment. During the closing stages of the NALGO Six Day Race in England he spoke many words of encouragement to the rest of the competitors. James Zarei, the winner of the event, will have appreciated his support and sportsmanship. Max finished in 6th position with a little over 419 miles.

Max is on this list for his 5th position in the IAU 24 Hours Indoor Championships with a distance of 149 miles 1091 yards for a National Record. Max is sixty two years old.

FOOT NOTES.

We hope that you have enjoyed reading the Newsletter and take this opportunity of reminding readers that subscriptions for 1991 are now due. The annual subscription for the United Kingdom is £5 inclusive of postage and for other countries the annual subscription is £8 inclusive of postage. Payments may be sent to:

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

May we also remind readers of the excellent IAU Fixture List prepared by Ulrich Kamm. An advert for the Fixture List appears elsewhere in the Newsletter. It is the most comprehensive ultradistance fixture list ever produced and recommended reading to all enthusiasts of the Sport.

Finally to the many people kind enough to send material for publication our grateful thanks. The Christmas post has prevented the inclusion of some very fine articles- in particular one on the Spartathlon - we shall try to rectify matters in the next edition. In the meantime

HAPPY NEW YEAR.


Malcolm.

AUSTRALIAN 50 MILE TRACK RANKINGS

AUSTRALIAN 50MILE TRACK RANKINGS APRIL 91' (top 100)

1	Carl Barker	34	SA	5-27-24	Adelaide	15Jul90
2	Bruce Cook		ACT	5-35-32	Box Hill	29Jun85
3	Laurie Brimacombe	41	V	5-38-49	Box Hill	29Jun85
4	Keith Swift		NSW	5-40-45	Melb Uni	11Jul81
5	Graeme Woods	41	Qld	5-43-50	Coburg 100K	28Aug88
6	Bill Clingan	43	NSW	5-44-21	Bankstown	19Jul87
7	Peter Tutty	23	V	5-44-50	Box Hill	18Jun88
8	Martin Thompson		NSW	5-45-20	Tipton UK	24Oct75
9	Phil Iear	37	Vic	5-47-45	Melb Uni	11Jul81
10	Ian Rands		V	5-49-21	Melb Uni	23Mar80
11	Don Keyssecker		NSW	5-55-09	Christchurch	30Aug80
12	George Perdon	55	V	5-55-21	Melb Uni	23Mar80
13	Alistair McManus	35		5-55-58	Box Hill	28Jun86
14	Owen Tolliday		Qld	5-57-28	Olympic R100K	8Apr90
15	David Standeven	37	SA	5-58-07	Salisbury SA	16Jul89
16	Barry Brooks	45	V	5-59-08	Box Hill	29Jun85
17	John Breit	33	V	6-03-18	OlympicP. 100K	8Apr90
18	John Conellan		V	6-07-16	Melb Uni	25Jun83
(19)	Gary Beale		V	6-07-23	Melb Uni	25Jun83
(19)	Brian Bloomer	42	V	6-07-23	Box Hill	23Jun84
21	Peter Logan	35	V	6-07-28	Melb Uni	25Jun83
22	Kon Butko		V	6-08-59	Melb Uni	25Jun83
23	Anyce K Melham	32	NSW	6-09-48	NSW	Jul89
24	Peter Milne	31	V	6-11-32	Box Hill	28Jun86
25	Peter Moore	34	V	6-14-12	Melb Uni	26Jun82
26	Geoff Boase	39	V	6-15-28	Box Hill	16Jun90
27	Mike Whiteoak	37	V	6-15-49	Melb Uni	26Jun82
28	V Mercer			6-17-06	Olympic P 24	4Aug90
29	Bryan Smith	44	V	6-17-42	Coburg 110K	28Aug88
30	Leif Michelsson	45	V	6-19-13	Box Hill	20Jun87
31	Peter Sullivan	33	Qld	6-19-51	Canboolture	11Feb89
32	Ernie Elliott		V	6-21-33	Melb Uni	23Mar80
33	Trevor Jacobs		NSW	6-21-41	Olympic P100K	8Apr90
34	Joe Record	49	WA	6-22-33	Olympic P100K	8Apr90
35	Tony Dietachmayer	24	V	6-24-52	Coburg 100K	28Aug88
36	Frank Prowes	31	V	6-30-31	Box Hill	28Jun86
37	Cliff Young	60	V	6-31-26	Melb Uni	26Jun82
38	Frank Kelly	35	NSW	6-31-44	Canberra 100K	10Oct88
39	Trevor Harris	40	ACT	6-33-49	Bankstown	19Jul87
40	Keith Fisher	22	V	6-34-46	Box Hill	20Jun87
41	John Barrie		V	6-35-39	Melb Uni	25Jun83
42	Geoff Hook	42	V	6-35-54	Box Hill	28Jun86
43	Bob Marden	33	NSW	6-36-23	Box Hill	28Jun86
44	Gerry Hart	42	V	6-36-27	Melb Uni	11Jul81
45	Kevin Hardaker			6-37-09-	NSW	Jul89
46	Neil Coutts		V	6-37-32	Melb Uni	11Jul81
47	Ashley Parcell	30	Qld	6-37-37	Box Hill 24	15Feb86
48	Safet Badet		V	6-38-00	Coburg 24	10/11Mar90
49	Ron Campbell	47	V	6-38-13	Box Hill	16Jun90
50	Peter Gray	25	V	6-38-34	Olympic P 100K	8Apr90
51	Bob Zwierlein	25	V	6-38-49	Rosebud 12H	6May89
52	Neil McCabe		Qld	6-40-13	Coburg 100K	28Aug88
53	Max Carson		V	6-43-04	Coburg 100K	28Aug88
54	Walter McCrorie	52	NSW	6-44-08	Melb Uni	25Jun83
55	Peter Schultz		SA	6-45-50	Adelaide 245/6	Nov83
56	Stephen Dunn	22	SA	6-46-46	Salisbury	16Jul89
57	Paul Sharp		V	6-46-55	Box Hill	23Jun84
58	Terry Cox	49	V	6-47-39	Box Hill	28Jun86

AUSTRALIAN 50 MILE TRACK RANKINGS

59	Don E. Smith	40	SA	6-48-10	Salisbury	10Jul89
60	Ron Hill	46	V	6-49-16	Box Hill	24Jun86
61	Ken Walters	53	V	6-50-48	Box Hill	28Jun86
62	Robert Osborne		NSW	6-51-49	Bankstown	19Jul87
63	Jeff Visser	20	SA	6-51-50	Coburg 100K	10Sep89
64	Brinkley Hepburn	39	V	6-52-53	BoxHill	19Jun90
65	Brad Boyle	29	NSW	6-53-57	TSW	Jul89
66	Graham Chapman		V	6-55-00	Melb Uni	25Jun83
67	Bob Schikert	39	WA	6-56-33	Melb Uni	11Jul81
68	Peter Armistead	39	V	6-56-35	Box Hill	29Jun85
69	Bill Beauchamp	42	V	6-56-40	Coburg 100K	13Sep87
70	John Brown		V	6-57-05	Melb Uni	26Jun82
71	Max Bogenhuber	47	NSW	6-57-34	TSW	Jul89
72	Kevin Cassidy	28	V	6-57-35	Coburg 100K	28Aug86
73	Gordon McKeown		V	6-57-50	Melb Uni	25Jun83
74	Alistair Wallace		NSW	6-58-30	Manly 100Mile	29Jan86
75	Mick Bryce	40	V	6-59-32	Box Hill	18Jun88
76	Mick Read	36	NSW	7-00-19	Coburg 24H	13/14Feb88
77	Joe Syrobalak	34	V	7-02-24	Box Hill	10Jun90
78	Don McDonald	41	V	7-03-10	Box Hill	18Jun88
79	Bob Taggart	42	SA	7-04-06	Adelaide 24H	29/30Oct88
80	Gerry Riley	56	V	7-04-23	Box Hill	20Jun87
81	Bert Smith	47	V	7-05-14	Box Hill	13Jun88
82	Ian Olifent		SA	7-05-26	Adelaide 24H	9/10Nov86
83	Peter Richardson	22	V	7-07-40	Box Hill	28Jun86
84	Bruce Donnelly		Qld	7-07-50	TSW 24H	1/2Sep90
85	John Bell	40	V	7-08-14	Box Hill	29Jun85
86	Klaus Schnibbe	44	V	7-08-27	Box Hill	20Jun87
87	Greg Wishart	49	V	7-08-41	Coburg 100K	13Sep87
88	Alan Devine		WA	7-08-52	Perth 24H	17/18Oct87
89	Chris Stephenson	27	NSW	7-08-57	Melb Uni	25Jun83
90	Roy Sutcliffe		SA	7-09-52	Adelaide 24H	5/6Nov83
91	Bruce Kirk	26	V	7-10-19	Box Hill	10Jun90
92	Mike March	45	TAS	7-10-34	Coburg 24H	25/26Feb89
93	Claud Martin	50	V	7-10-39	Box Hill	28Jun86
94	Graeme Townsend	32	NSW	7-11-11	Sydney 100K	30Sep90
95	Les Bradd	34	V	7-12-05	Box Hill	2Jun86
96	Howard Ross	40	V	7-13-31	Box Hill	29Jun85
97	Graham Medill	40	Qld	7-13-58	Caboolture	11Feb89
98	Ian Javes	47	Qld	7-14-11	Olympic P 24H	4/5Aug90
99	Robert Nash	37	V	7-15-09	Box Hill	18Jun88
100	Max Kitto	42	SA	7-15-34	Adelaide	24Jul88



A couple of desperates. Peter Armistead (left) and Robin Anderson relaxing after last year's Six Foot Track Marathon in the Paragon Cafe, Katoomba.

AUSTRALIAN 50 MILE TRACK RANKINGS

AUSTRALIAN 50MILE TRACK RANKINGS APRIL 91'

WOMEN.

1 Cynthia Cameron	44 V	6-52-42	Box Hill	28Jun86
2 Adrienne Beames	V	7-04-34	Melb Uni	23Mar80
3 Dawn Parris	33 V	7-27-11	Box Hill	28Jun86
4 Georgina McConnell	NSW	7-51-05	NSW	Jul89
5 Sally Woods	Qld	7-52-52	Goburg 100K	28Aug88
6 Helen Stanger		7-54-27	NSW 24H	1/2Sep90
7 Gloria Kennedy	NSW	7-57-27	Melb Uni	25Jun83
8 Anne Callaghan	46 V	8-09-02	Box Hill	23Jun84
9 Trish Spain	47 WA	8-10-30	Olympic P 24H	19/20Aug89
10 Caroline Vaughan	46 NSW	8-28-28	Box Hill 24H	4/5Feb84
11 Margaret Smith	49 V	8-28-49	Aberfeldie 150K	10Mar85
12 Dell Grant	Qld	8-29-30	Qld 24H	5/6Sep87
13 Sue Worley	SA	8-36-45	Box Hill	23Jun84
14 Helen O'Connor	SA	8-47-45	Adelaide 24Hr	3/4Nov84
15 Bronwyn Salter	40 WA	9-00-28	Perth 24H	28/29May88
16 Cheryl Standeven	SA	9-00-57	Adelaide 24H	29/30Oct88
17 Kay Haarsma	SA	9-05-56	Adelaide 24H	13/14Nov82
18 Patty Bruner	44 V	9-14-03	Melb Uni	11Jul81
19 Sandra Kerr	43 V	9-15-21	Rosebud 12H	6May89
20 Helen Barnes	SA	9-27-35	Adelaide 24H	27/28Oct90
21 Colleen Milbourne	WA	9-34-55	Perth 24H	27/28May89
22 Geraldine Riley	22 V	9-39-09	Box Hill 24H	15/16Feb86
23 Merrilyn Tait	41 V	9-29-24	Olympic P 100K	8Apr90
24 Wanda Foley	42 NSW	9-49-37	Campbelltown 24H	8/9Oct88
25 Kim Talbot	21 V	9-52-54	Goburg 24H	10/11Mar90
26 Corinne Sommers	29	10-15-23	Gaboolture 24H	23/24Jun90
27 Leonie Gordon	SA	10-34-08	Adelaide 24H	3/4Nov84
28 Kelly Humphries		10-50-05	Tamworth 24H	24Mar90
29 Lucille Gladwell	NSW	10-52-55	Campbelltown 24H	28Oct89
30 Valerie Case	51 V	11-01-17	Hensley 24H	28/29May88
31 Val Warren	NSW	11-02-10	Campbelltown 24H	28Oct89
32 Marcia Leahy	NSW	11-14-34	Campbelltown 24H	13Oct90
33 Marilyn McCartney	37 SA	11-30-50	Adelaide 24H	1/2Nov86
34 Eileen Lush	39 SA	12-00-49	Adelaide 24H	1/2Nov86
35 Mary Young	24 V	12-52-43	Box Hill 24H	2/3Feb85
36 Carolyn Benson	42 SA	13-22-03	Adelaide 24H	28/29Oct89
37 Elaine Guturres	SA	15-53-20	Adelaide 24H	9/10Nov85

Ages are as on the day of the event.

Corrections and omissions to Gerry Riley, 12 English Street, Ballarat 3350
053 331403



Local boy from Benalla, Vic., Wal McCrorie is joined by 12 years old James Murry for a kilometer during an earlier Westfield Run.

MEMBERSHIP APPLICATION

A.U.R.A.

Application for Membership of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

I,
(Full Name of Applicant)

of
(Address)

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

become a member of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED.

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

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

I, a member of the Association
(Name)

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

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

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

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

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

Current Membership fee for 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.