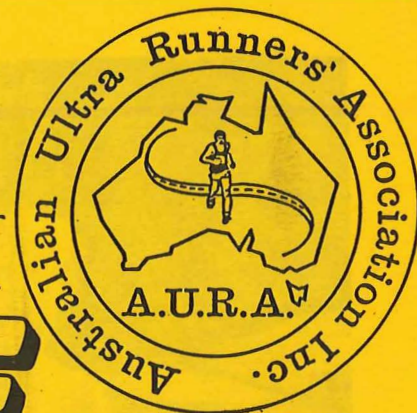


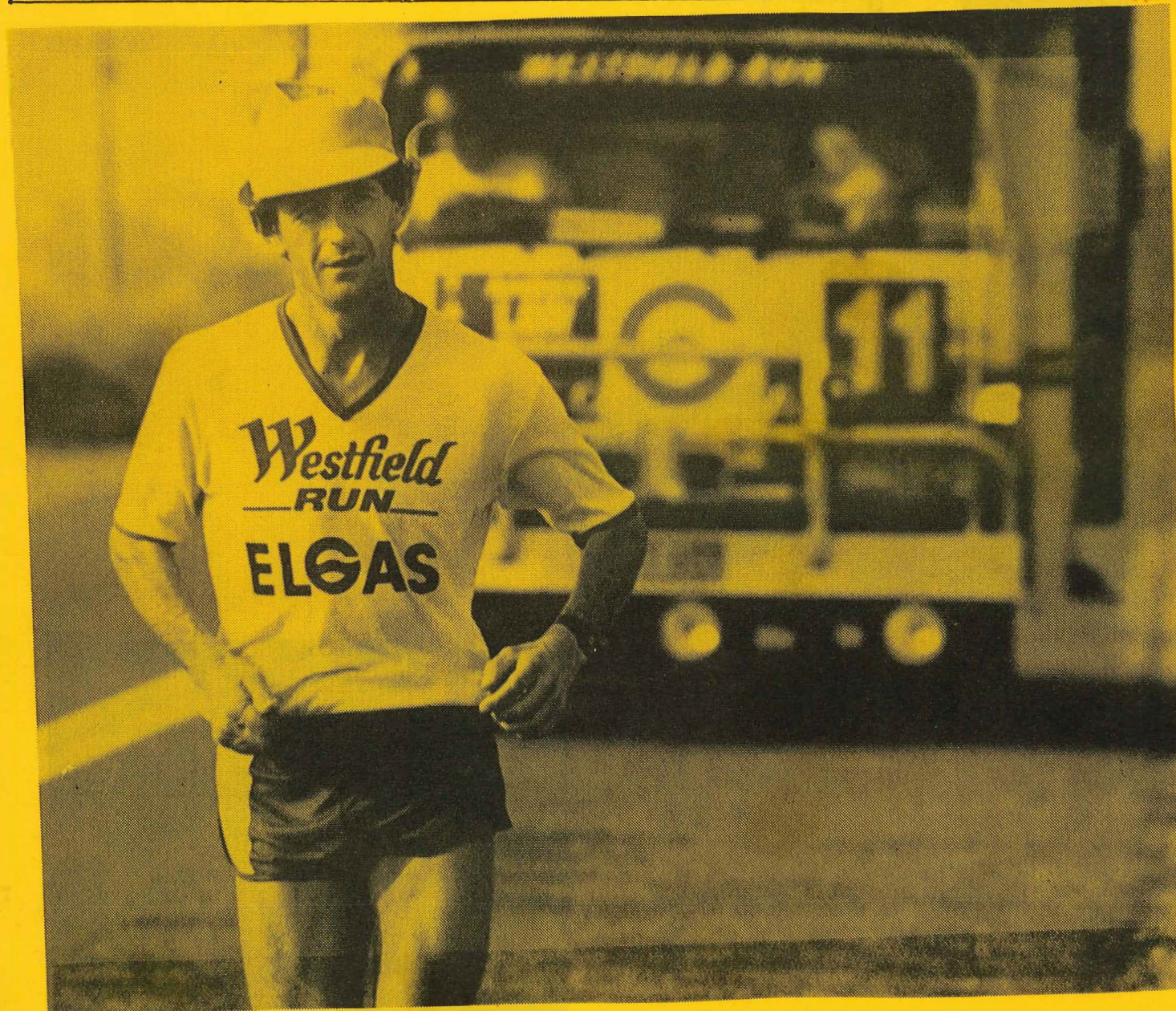


A.U.R.A. MAGAZINE



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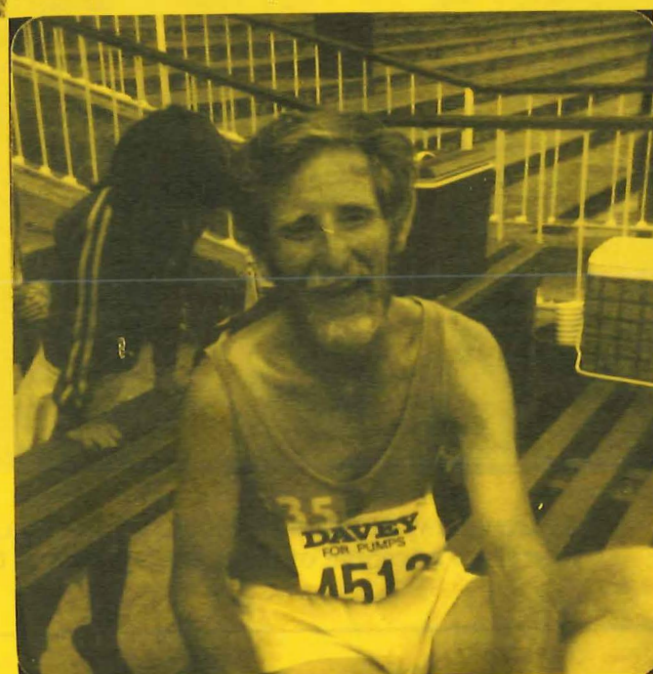
Andrew Law, 31 years of Moonah Tasmania, third placegetter in 1991 Westfield Run.
Kerri Law's account of his ordeal appears in this issue. Andrew took 7 days 9 hours 32 minutes.

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

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



Gerry Riley pounding the turf during one of the Manly 100 Mile races in the 1980s.



A young Gerry Riley, complete with beard, feeling happy about his performance, at Olympic Park, Melbourne.

AURA PROFILE

GERRY RILEY

One of our long-standing members, who has been a stalwart to AURA by being our Statistician, is Gerry Riley, featured on the front cover of this issue.

Gerry offered to be our statistician shortly after our Association got going, and he has sorted and sifted through mountains of facts and figures to keep our ranking lists up to date. Gerry has now shifted to Ballarat in the country, and is handing over the Statistician's job to Carol Stow, who will be transferring all your performances to our IBM computer in order to make the job of updating ranking lists a lot easier.

Gerry did all his work manually and has a card on every runner, with all their performances listed. For all the work you have done for us, Gerry, thank you very much.

In your honour, we dedicate this issue to you, and offer the following profile:

In 1970, a 3-4 miles per day jogger was standing on the sidelines of a Marathon Championship at Werribee, dreaming of the day he might possibly take part. Along came a more experienced athlete and laughed, saying, "You surely don't think you could ever run a marathon!"

Gerry Riley started from scratch and has been through all phases of middle and long distance running, achieving quite commendable times in various track events in the early year:

800m.- 2.19.7, 1500m - 4.30, 1 Mile - 4.57, 5,000m - 17.01, 10km. - 35.39.

Building on this base over twenty years, Gerry has answered the marathon challenge admirably, completing 112 marathons, numerous ultra-marathons and even a few triathlons. A personal best marathon time of 2.53.16, 210km in a 24 Hour Track Race, 1984 Australian 24 Hour Track Champion and 741.20km in the 6 Day Race are amongst Gerry's finest achievements.

Gerry's interest in ultra-marathons resulted in him compiling a comprehensive collection of all results and rankings of Australian ultra-marathon performances. What began as a hobby has become an invaluable source of information and assistance to ultra marathoners at all levels. As race results are received, anyone who completes an ultra marathon receives recognition through a card system which is constantly being updated.

Race Directors from all major Australian ultra marathon events have also benefitted from Gerry's ranking system, by obtaining current rankings, record holders and past performances, prior to organising their events.

No-one will argue that Gerry Riley is definitely suited to marathon and ultra marathon running, and has laid invaluable groundwork for the future of Australian ultra marathoning statistics. Also, there's one more thing that must be said. Anyone who saw his lean, grey figure emerge from the icy waters at Hastings in 1982 after an exhausting 1600m swim, will agree with a final word of encouragement, "Keep on RUNNING, Gerry!"

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EDITORIAL

Dear Members,

It is a very sad task for me to inform you, if you haven't already heard, of the death of Mike March in early July this year. Mike, from Tasmania, broke the Australian 24 Hour Track record at Coburg in 1989 and his distance of over 260km is still the Australasian record.

Mike was a man of many talents, wide job experience, and had a huge depth of compassion. He believed he could run well beyond 260km, but was waiting for someone to break his record to give him something to chase. Mike will be sadly missed by all of us in AURA.

I know you all join with me in expressing our deepest sympathies to Mike's wife Terese, daughter Rebecca and brain traumatized friend, Jacqui Hodgson.

There is another sad occurrence I have to report. Our dear friend, Tom Donovan suffered a severe heart attack a few days after competing in the Rosebud 12 Hour Track Race in May, and has been warned not to run again. Tom survived due to his fitness. We will all miss his ever-smiling face in ultra events and hope he can find the motivation to attend some of our races as a spectator or helper. We all wish you the best of health from now on, Tom.

A report on the Special Resolutions, put to our members at the recent AGM appears on page 17 of this issue. It was extremely disappointing to have these Special Resolutions lost, not because people voted against them, but because too many were apathetic and didn't vote at all. All non-voting members deserve to be castigated for their lack of support.

It is acknowledged that the resolutions relating to Athletics Australia affiliation did not command universal support, so there should not have been any problem in voting "AGAINST" these resolutions and "FOR" the others. There was no compulsion to vote "FOR" any resolution, but I failed to understand why members didn't want our Association to achieve tax exemption status or to fix up anomalies and deficiencies in our Rules.

However, all is not lost, as the report inside explains. The Special Resolutions will again be put at a Special General Meeting of our Association to be held on Sunday 27th October at the conclusion of Dot's 6 Hour Track Race, at East Burwood, Victoria.

Is anyone involved in the commercial photographic or printing trades? If so, we would love to hear from you if you can arrange for cheap screen bromides of photographs for our Magazine. Commercial rates for this work are very high and until recently, Bruce Cook, formally of Canberra, now living in Queensland and out of business, used to do our bromides. So we now need a replacement person. Can you help?

We are indebted to Bruce for all the bromides done for us in the past. Many thanks mate!

Many records were broken during the Campbelltown 6 Day Track Race last year. A year has now passed and no record claims have been made. Presumably, they won't be made, so the various records broken by Helen Stanger and Georgina McConnell won't be ratified. I feel sorry for both Helen and Georgina that their efforts won't be recognised. Therefore I would like to warn all competitors who break records to make sure the race organiser/director makes the appropriate claim on the proper form. It is you who ultimately misses out if they don't.



Kind regards,

Geoff Hook
Geoff Hook.

1991

CALENDAR 1991/92

- * Sept 21 **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 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)234-5944~~.
- * 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. (Please note this race will NOT be held in 1991 but will be scheduled in 1992)
- * 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 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 19 **ROYAL NATIONAL PARK ULTRA, 80.5 KM(50 MILES) TRAIL RACE**, NSW.(by popular demand), 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)545.3609
- * Oct 27 **12 HOUR TRACK RACE**, Hobart, Tasmania, 8am start. Tasmanian 12 Hour Championship, Athletic Domain Centre, (rekortan surface) Contact Kerri Law, 67 Gormanston Road Moonah Tas 7009, phone (002) 72 5170 (H)
- * 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)
- * Oct 27 **50 MILE ROAD RACE**, Ballarat, Vic, C.H.A.S.E. Carnival, (Victorian 50 Mile Road Championship), 6am start, \$20 entry. Entries to Wendouree Athletic Club Inc, 137 Lofven Street, Nerrina Vic 3350, or phone Janie Gavan (053) 315723 0 or (053) 312155 (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.

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CALENDAR

- * 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 Ruvelot Way, Claymore, NSW, 2560, phone (046)26-6694.
- * Dec 7 **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 9566 or Kerri Law (002)72-5170.
- 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, 7am start, 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.

CALENDAR

- * 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 **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.
- * Mar **TAMWORTH 24 HOUR CHARITY RUN**, NSW. Viaduct Park, Tamworth. 10am start. Contact Dallas Earsman, Barrang Street Tamworth 2340.
- * April 5 **HOBART TO CYGNET ROAD RACE**, Tasmania, 54km, 7am start, from Talays, The Running Shop, Liverpool Street. Need support vehicle and helper. Contact Talays, The Running Shop, phone (002)34 9566 or Kerri Law (002) 72 51 70 (H)
- * 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.
- * May **100KM TRACK CHAMPIONSHIP & 12HR FUN RUN**. Ipswich, Qld. 400m track. Q.M.R.R.C. event. Race organiser Stephen 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 3 **BANANA COAST ULTRA MARATHON**, NSW, 85km, Grafton to Coff's Harbour, 6am start, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire, 2450 NSW. Phone: (066) 536831
- * May **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 **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 **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 **50 MILE TRACK RACE**, at the 400m Salisbury track, Adelaide, SA, \$15 entry. For entry application form contact: Andy Docherty, 24 Freya Avenue, Hallett Cove SA 5158, phone (08) 387-2624. (H)

CALENDAR

- 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 **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE**, contact Distance Runners Club of South Australia, P.O.Box 102, Goodwood, SA, 5034.
- * Aug **50MILE ROAD CHAMPIONSHIP & 8HR FUN RUN**, Toowoomba, Qld, 1.2km circuit. Organiser G Medill. Q.M.R.R.C event, entry \$20. Contact Ian Javes, 25 Fortune Esplanade, Caboolture Qld. 4510, ph (074)95-4334
- * Aug **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, 95km, between the two oldest bridges in Australia, 7am start, Need support vehicle and helper, contact Tallays Running Shop, phone (002) 349566 or Kerri Law (002) 72-5170 (H)
- * Sept **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.

RACE DIRECTORS AND 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 ULTRA RUNNERS' ASSOCIATION EVENTS

P.O. Box 2759, Christchurch

1991

- Sep Christchurch - Akaroa 100km (+ 50km & 4 x 25km relay) Contact Christchurch Marathon Clinic, c/- 1/119 Conway Street, Christchurch
- Oct 27 Trail Run. Start/Finish Boyle River Settlement, Lewis Pass. Contact: Martin Hawes, c/- NZUA, Box 2759, Christchurch.
- Dec Kepler Challenge Mountain Run, 67km, 1400m climb. Contact: Kepler Challenge, P.O. Box 22, Te Anau.
- Dec 28-29 Run Across the Sky, 100 miles Endurance Run, NZUA, 100 mile individual, 2 x 50 miles team, 4 x 25mile team, 80% forestry roads, 15% trails, 5% roads, very hilly, approx. 3,000m climbing, all very scenic, Information and entry forms: Steffen Buttner, 196 Nile Street, Nelson, New Zealand, ph (54)67248.
- Dec 31 Waitakere Challenge: 60km Bush and Beach running, contact: Mark Trotman, 48 Ulrich Drive, Ranui, Auckland.

A TRIBUTE TO MIKE MARCH

Mike March - a dear friend and a source of infinite inspiration.

As many of you will already know, Mike died suddenly at his home on the 3rd. July this year.

I had known Mike for quite a few years but the thing that really bound us together as friends was our trip to Melbourne in February 1989 for the Victorian 24 Hour Championship in which he set the Australasian record.

During the few days that we were together before the event I found out so much about the depth of person that lay behind that quiet, shy exterior.

Mike had enormous strength, mental as well as physical and this, together with the fact that he would never set himself any limits, enabled him to reach great heights in so many fields.

He would never see anything that he had done as being "the top" or "the best" - it was always a step towards something greater.

He even believed that his record of 260 Km. in 24 hours was "soft" and one of the great pleasures I had while out training with him was to know that he was just marking time until someone took that record from him and that then he would get serious and "take the bastard back".

I consider myself to have been very fortunate to have had Mike as a close friend - he was, as many long distance runners are, comfortable with his own company, and the friendships he had were certainly of the highest quality.

He was a soft, gentle man who always had time for others - he was involved with raising money for, and with direct assistance to, people with disabilities and yet as David Standeven will remember in his head to head battle with Mike in the 24 Hour event in Adelaide in '89, he was a tough relentless competitor as each of them tried to break the other in the final few hours of the event.

Mike seemed to be able to see further than ordinary people, his vision was always fixed on something beyond the horizon and his strength and determination to pursue his dreams will be an example, to those of us who knew him, for the rest of our lives.

Mike

You decided what you wanted,
You decided what you were willing to exchange for it,
You established your priorities,
And you went to work.

With You

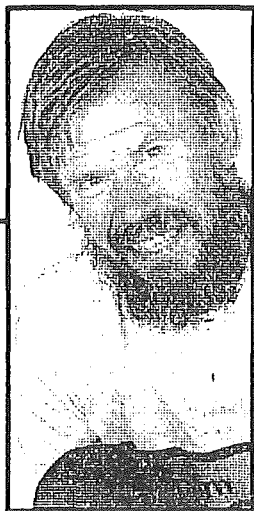
Life was either a daring adventure
Or nothing
And we loved you for it.
Friends forever.

Mike Maddock
(& Cheryl Jenner)

125 Summerlee Rd
Fern Tree, 7054

To Det Browne &
Geoff Hook

Friday, July 5, 1991



Mike March

Top distance runner dies in Hobart

ONE of Hobart's most eccentric and best-loved distance runners, Mick March, died suddenly in Hobart yesterday.

Mr March was the number one-ranked Australian ultra-marathon runner, after winning the Australasian 24-hour title at Coburg, Victoria two years ago, covering 260.1km.

Alan Rider, spokesman for the Tasmanian Ultra Runners Association, described March as a warm and friendly person, who worked hard for handicapped people.

"When he finished the Lake St Clair to Cradle Mountain run, Mick impressed everyone by saying it was good to do things without reward," said Rider.

"He was like an old fashioned explorer type, who hated all the hype of professional running."

Mr March, who was 48, leaves a wife Therese and daughter Rebecca.

MARCH, Michael John. — Suddenly on July 3, 1991, loving husband of Therese, adored father of Rebecca, son of Monica and Jack, brother of Wendy, Roger, and Jonathon (all in England), good friend and stepfather of Diana, Hilary and Ben, son-in-law of Dina (Verneulen), and brother-in-law of Mieke. In lieu of flowers, donations to Headway (c/o St John's Park, New Town) would be appreciated. Private cremation. Memorial Service notice later.
HOOPER & BURGESS
Ph 34 4711

MARCH, Mike. — You decided what you wanted. You decided what you were willing to exchange for it. You established your priorities. And you went to work.

With you life was either a daring adventure or nothing, and we loved you for it.

Friends forever — Mike and Cheryl.

MARCH, Mike. — Wednesday July 3, 1991. Deepest sympathy to Therese and Rebecca for the sudden loss of our wonderful, witty friend Mike. Memories of good times will be with us forever. Jacqui, Sue and family.

MARCH, Michael (Mick). — A friend, a runner, a memory of all the great runs, a loss to all who knew you and admired you — Allen Davey.

Saturday, July 6, 1991

MARCH, Michael John. — Suddenly on July 3, 1991, loving husband of Therese, adored father of Rebecca, son of Monica and Jack, brother of Wendy, Roger, and Jonathon (all in England), good friend and stepfather of Diana, Hilary and Ben, son-in-law of Dina (Verneulen), and brother-in-law of Mieke. In lieu of flowers, donations to Headway (c/o St John's Park, New Town) would be appreciated. A memorial tribute will be held at the football club rooms, Richmond Oval, on Sunday, July 7, commencing at 2.15 pm. All friends most welcome.

HOOPER & BURGESS
Cnr Burnett and Letitia Sts
Ph 34 4711

MARCH, Mick. — A true friend and companion who will be sadly missed on those long runs — Graeme and Shirley.

MARCH, Michael (Mike). — A great companion and friend. Many magnificent runs, the Pipe Line and Welling Falls being the favourite. Your presence will always be there. Make sure your next run is on a golden cloud! and down hill — Bob Richards.

MARCH, Mike. — Dear Mick, thanks for laughing at my jokes and sharing some of the greatest runs of my life, today I run for you and I know you will be sharing it with me somewhere. Miss you mate, deepest sympathy to Therese and Rebecca, David, Miriam and Adam McKay.

Regret to have to advise you, Mike passed away suddenly in his sleep from a heart attack late evening July 3, 1991. Hope you will pass this information on to his mainland friends.

Sincerely,
Therese March.

SUNDAY, JULY 7, 1991

MARCH, Mike. — Deepest sympathy to Therese and Rebecca for the sudden loss of a true champion. We had some great runs together. Always remembered. — Andrew and Kerri Law.

MINUTES OF ANNUAL GENERAL MEETING OF THE AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. HELD AT THE CLUBROOMS OF THE BOX HILL ATHLETIC CLUB, HAGENAUER RESERVE, BARWON STREET, BOX HILL ON SAT. 15TH JUNE, 1991 AT 6PM.

PRESENT: 29 members of the Association and other interested persons.

APOLOGIES: Barry Brooks, Roger Weinstein, Dot Browne

MINUTES of the previous AGM held on Saturday 16th June, 1990 were read. Moved Alan Witt, seconded Sandra Kerr that they be accepted as a correct record of proceedings. Carried.

1.0 PRESIDENT'S REPORT:

The President, Geoff Hook, delivered his report with apology for not having a written report available prior to the meeting due to insufficient time. However, the report would be published in full in the next issue of our Magazine along with other AGM documents.

The main points in his report were:

- 1.1 We are in the 6th year of operation and have just over 400 members
- 1.2 We are happy with members' reaction to our Magazine. "Big Chris", our NSW representative, has suggested the name "ULTRAMAG" for our Magazine and this will be implemented soon.
- 1.3 We are still endeavouring to get our computer ranking system up and running and it is hoped this will be in the near future.
- 1.4 Thanks to the many members who give us donations; we are currently able to keep our membership fee at \$20.00 for next year due to their generosity.
- 1.5 Congratulations to:
 - Carl Barker, Australian 50 Mile Track Record of 5:27:25
 - Del Grant, Australian 250km Track Record of 1day 18:45:00
 - Del Grant, Australian 48 Hour Track Record of 268.823km
 - Sandra Barwick, World 6 Day Track Record and Australasian 48 Hour Record
 - Trevor Jacobs, finished 17th in IAU 100km World Cup in Italy (7:29:45)
- 1.6 Three committee members retired: Trevor Harris & Bill Nagy (ACT) and Ian Javes (Qld). Thanks were expressed for their contribution to AURA and ultrarunning.
- 1.7 International Rules and Guidelines for ultrarunning should be released soon.
- 1.8 AURA now has Public Liability insurance.
- 1.9 An AURA medallion has been struck.

2.0 SECRETARY'S REPORT

- 2.1 The Secretary, Dot Browne, was away overseas on long service leave and therefore was unable to prepare her report. All relevant points which would have appeared in her report were covered under the President's report.

3.0 TREASURER'S REPORT

- 3.1 The Treasurer, Peter Armistead, presented the financial statement which was circulated before the meeting. The accompanying notes with the statement answered any potential queries and only a brief discussion ensued. Moved Peter Armistead, seconded Peter Gray, that the financial statement be accepted. Carried.

4.0 STATEMENT BY COMMITTEE

- 4.1 The following statement was received from the committee.
In the opinion of the Committee:
 - (i) 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.
 - (ii) 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.
 - (iii) the accounts have been compiled by the simple Income and Expenditure format.Moved Paul Every, seconded by Bill Baxter, that the statement be accepted. Carried.

5.0 ELECTION OF OFFICE BEARERS

- 5.1 Since the numbers of nominations exactly equalled the number of positions available, the following members were declared into office:

President:	Geoff Hook	Hon.Sec:	Dot Browne
Vice Pres:	Tony Rafferty	Assis.Hon Sec.	June Kerr
Treasurer:	Peter Armistead	Ordinary members:	Kevin Cassidy Sandra Kerr

- 5.2 Geoff Hook proposed a vote of thanks to outgoing committee member from Victoria, Randall Hughes.

6.0 SPECIAL BUSINESS:

- 6.1 Geoff Hook announced that insufficient proxy votes were received, and that even with all the members present here tonight, the required number of 75% of eligible members could not be achieved. Therefore, unfortunately, all Special Resolutions were lost.

Voting statistics are: Proxies received = 133
(4 proxy votes had some AGAINST votes)
Voting members at this meeting = 28
Required number of affirmative votes = 303

Geoff stated that the Special Resolutions will be raised at the next committee meeting with a view to putting them forward again at our 1992 AGM. Extreme disappointment was expressed due to the hard preparatory work and the expense of the SSAEs.

An official vote was taken to gauge the feeling of the meeting towards the Special Resolutions. All those present voted FOR all resolutions. Therefore, it was obvious that the Special Resolutions have overwhelming support from all members who bothered to vote.

- 6.2 Greg Wishart commented that the loss of the Special resolution relating to our taxation exemption was particularly disappointing and wished we could pass it separately at this meeting. Geoff Hook advised it was not possible and stated that any interest money earned by AURA Inc. was liable to be taxed at a rate of 47%.
- 6.3 Brian Bloomer made a comment that all those present at the meeting agreed to the Special Resolutions and deplored the lack of reponse from the other members, especially those who didn't bother to return their SSAEs.

7.0 APPOINTMENT OF AUDITOR

- 7.1 Since the Special Resolutions were not passed, the appointment of an auditor is not mandatory. However, we will make use of an independeent auditor anyway.

8.0 GENERAL BUSINESS

Only items listed on the Agenda may be voted on in General Business. Since none were submitted, the meeting was open for discussion only.

- 8.1 Tony Rafferty described the events surrounding his article in the previous issue of the AURA magazine and Ian Javes' adverse reaction thereto. Tony explained that Ian was not named in the article, and at the time, he was not aware that Ian was the object of his criticism. He felt that Ian Javes had grossly over-reacted and Tony could not agree to an apology that was unnecessary.
- 8.2 Peter Gray mentioned again the cross-country run at Geelong that was advertised in the previous AURA Magazine.
- 8.3 Brian Bloomer stated that he was not happy with the name change of the Association magazine to 'Ultramag'. He prefers AURA. He also criticized the absence of written reports which should have been available prior to the meeting. i.e. the President's and the Secretary's reports.
- 8.4 In relation to Ray Carroll's cancelled race, it was queried as to who is generally responsible for obtaining race sponsorships. It was suggested that the principle responsibility lies with the AURA committee.
- 8.5 Geoff Hook wished a vote of thanks to Gerry Riley be recorded for the huge effort he has put into being Statisticiann for AURA for so many years.

Meeting closed 7.22pm.

A.U.R.A. 1991 COMMITTEE

PRESIDENT	GEOFF HOOK, 42 Swayfield Road, Mount Waverley 3149 Vic. (03) 808 9739 (H) , (03) 826 8022 (W), FAX: (03) 827 7513
VICE PRES:	TONY RAFFERTY, GPO Box 2106, Melbourne Vic 3001 or 30 Nash Road, Box Hill South 3128 (03) 808 3360(H)
HON. SEC:	DOT BROWNE, 4 Victory Street, Melbourne 3132 Vic. (03) 874 2501 (H), (03) 874 5878 (W)
ASSIS.HON SEC:	JUNE KERR, 108 Eastfield Road, Croydon South 3136 Vic. (03) 723 4246 (H), (03) 870 8096(W)
HON.TREAS:	PETER ARMISTEAD, 26 William Street, Frankston 3199 Vic. (03) 781 4305 (H)
ORDINARY MEMBER: (Vic)	KEVIN CASSIDY, 4 Grandview Road, Preston, 3072 Vic. (03) 478 3687 (H)
ORDINARY MEMBER (Vic):	SANDY KERR, 1 Olympus Drive, Croydon, 3136 Vic. (03) 725 8346 (H)
ORDINARY MEMBER (NSW):	CHRIS STEPHENSON, G.P.O.Box 1041, Sydney 2001 NSW (02) 259 3981 (W) (02) 523 2996(H)
ORDINARY MEMBER (NSW):	MAX BOGENHUBER, 9 Junction Road, Baulkham Hills 2153 NSW (02) 686 1079 (H)
ORDINARY MEMBER (ACT):	TREVOR JACOBS, 7 Dovey Place, Latham, 2615 ACT (06) 2480177 (W) (06)254 7177 (H)
ORDINARY MEMBER (ACT)	IAN JOHNSON, 137 Kalgoorlie Cres, Fisher 2611 ACT (06)275 5941 (W) (06)288 4986 (H)
ORDINARY MEMBER (Tas):	KERRI LAW, 67 Gormanston Road, Moonah 7009 Tas (002) 345522 (W) (002) 72 5170(H)
ORDINARY MEMBER (TAS)	Position vacant
ORDINARY MEMBER (SA):	ANDY DOCHERTY, 24 Freya Avenue, Hallett Cove, 5158 SA
ORDINARY MEMBER (SA):	Position vacant
ORDINARY MEMBER (WA)	CHARLIE SPARE, 9 Rinaldo Cres, Coolbellup 6163 WA
ORDINARY MEMBER (WA)	TONY TRIPP, "Lakeview", Flat 100, Davies Road, Claremont 6010 WA (09) 384 6036
ORDINARY MEMBER (Q'ld)	VAL CASE, P.O, Box 67, Caboolture 4510 Q'ld
ORDINARY MEMBER (Q'ld)	RAY CHATTERTON, P.O.Box 589, Toowong 4066 Q'ld (07) 2718597 (W) (07) 870 9590 (H)

OFFICIAL NON-COMMITTEE POSITIONS

INTERNATIONAL
LIASON OFFICER:_

TONY RAFFERTY (see above)

STATISTICIAN:

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

ASSIS. STATISTICIAN:

CAROL STOW, 21 Richardson Street, Albert Park 3206 Vic
(03) 690 5180 (H)

MAGAZINE EDITORS:

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

ASSIS. TREASURER:_

DOT BROWNE (see above)

PRESIDENT'S REPORT ANNUAL GENERAL MEETING

held at the clubrooms of the Box Hill Athletic Club, Hagenauer Reserve, Barwon Street, Box Hill,
Victoria on Saturday 15th June, 1991 at 6pm.

We are now in our sixth year of operation and our membership numbers appear to have settled in the region of 400. The actual number varies between 400 and 500 throughout the year with the number of new members roughly matching those who allow their membership to lapse.

My main joy as President is the enthusiastic response and praise many of our members direct towards our most prominent service to members, that is our Magazine. That makes all the hours which are put into its production a very worthwhile exercise. At last we now have a name for our publication, suggested by one of our NSW reps., Big Chris. "Ultramag" should appear on the front cover of our next issue, artwork courtesy of Pauline Brooke. Thanks Pauline!

Unfortunately, Big Chris is not all that perfect (well, nowhere near it really), since he is long overdue with his promise to finalise our computer ranking programme. Big Chris has already sunk many many hours into the project for which I thank him, but we hope he can finish it soon so we can blow the cobwebs away from the computer we bought ages ago and fire it up for our future rankings lists.

I am particularly encouraged by the level of financial contributions made by many members. Thank you very much. It is good to see so many members who care for the Association and are willing to provide extra financial support.. Thanks to the many donors, our membership fees don't have to be put up next year. It is the committee policy to build up fixed investments to enable us to continue to produce our excellent Magazine for one year, should our membership collapse. This figure is currently about \$6,000, so don't be surprised by the level of investments we are currently holding. Our Magazine has consistently been 92 or 96 pages for some years now and has a direct circulation of about 450.

On the personal front, Bryan Smith finally broke through with a big win in this year's Westfield Run. After two 4ths and a 2nd, Bryan produced a great performance to win the (1st time) handicap race. His excellent time of 6 days 12 hours 50m. for the tough, new 1016km course between Sydney and Melbourne might be hard to beat in succeeding years.

Congratulations to 2 members who achieved ratified records during the year - Carl Barker, 5:27:25 for 50 miles and Del Grant, 1 day 18:45:00 for 250km and 268.823km for 48 hours! A number of records were broken by Georgina McConnell and Helen Stanger, but no claim has yet been received. AURA member, Sandra Barwick of New Zealand, broke the World 6 Day record and the Australasian 48 Hour record. Well done to all of you - superb performances of which you can be justifiably proud.

Interstate Representatives, Trevor Harris, Bill Nagy (ACT) and Ian Javes (Q'ld) will not be continuing on the committee, so I would like to thank all of them for their enormous contribution to the furthering of ultrarunning in their localities.

I have been working with Andy Milroy of the International Ultrarunners' Association (IAU) on a Technical Sub-committee for an international set of Rules and Guidelines to govern the sport of ultrarunning in line with general IAAF requirements. This document will be finished soon, and it is likely AURA will adopt it as its own reference document. It will make all aspects of ultrarunning clearer for administrators, race organisers/directors and participants.

Work on the list of Road Records on similar lines to Track Records is proceeding and should be finalised soon.

The AURA Achievement Awards. 240km or greater in 24 hours for men, 200km or greater in 24 hours for women, have been instituted. These awards, comprising a recognition certificate, are given once only.

AURA now has Public Liability insurance which affords some protection against claims during normal administrative functions and to some degree for its races. Situations which are not covered, AURA's liability, will be limited by its assets, otherwise competitors must take out personal insurance themselves.

An AURA medallion has now been struck and will be used in AURA plaques and for AURA races. The medallion has the AURA logo on one side and a laurel wreath on the other.

Finally, AURA member from Canberra, Trevor Jacobs, obtained partial sponsorship and the blessing of Athletics Australia to represent Australia at the IAU 100km World Cup under the patronage of the IAAF. Trevor was first Australian to finish, 14th overall in the team that competed last year in Duluth, USA. This year, he finished 17th in 7:29:45 in Florence, Italy. Another great effort against world class competition. Well done and congratulations on a fine result. All AURA members will be proud of you.

Geoff Hook
Geoff Hook (President)

Australian Subscriptions to *Ultrarunning*

Subscription rates:

	1 year	2 years
Surface mail	32	58
Airmail	66	

All amounts are in U.S. dollars.

Recommended payment options —

1. Postal money order in U.S. dollars.
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3. Visa or MasterCard credit cards. If using a credit card, please give
 - the name as it is on the card
 - the card number
 - and the date of expiration.
4. Only if necessary, U.S. dollars in cash. We're honest, but if it gets lost in the mail . . .

In all cases, make sure to print clearly!

Please do not send us a check in some other currency or written on a non-U.S. bank, as our bank seems to be unable to deal with these.

Send subscriptions to:

Ultrarunning
P.O. Box 481
Sunderland, MA 01375
USA

Ed's note: The Magazine "Ultrarunning" is excellent value and is highly recommended to all our readers. While the cost may appear high, it should be noted that you receive 10 issues per year. Naturally, the Magazine's content is mainly American. But you'll notice by the articles we reproduce in our AURA Magazine, that there are many interesting reports and articles in "Ultrarunning". We only select bits and pieces for reproduction from time to time. You need to subscribe yourself to keep up with the latest items of excellent information from "Ultrarunning". Payment by your Visa or Master Card number would be the most convenient way to obtain yourself a subscription.

REPORT ON THE SPECIAL RESOLUTIONS PUT TO THE AURA A.G.M.ON 15TH JUNE 1991.

Of the members who voted, the results were as follows:	FOR	AGAINST
Special Resolutions 1,3,4,9,10,11,12,13,14,15,16	161	---
Special Resolutions 2,5,6,7,8,12,14.	160	1

It can be readily seen that of those members who bothered to vote, there was overwhelming support for the proposed changes to our Rules of Association. However, the numbers fell well short of the required 75% majority of members eligible to vote. Those eligible to vote number 410, so that we required 308 "FOR" votes. Therefore, the Special Resolutions were declared lost at the AGM.

Sometime after the AGM, it came to our notice that the Association's Incorporation office, contrary to our earlier legal advice, interpreted the Association's Incorporation Act as only requiring a simple majority (i.e. 75% of those present, whether in person or by proxy) rather than an absolute majority (i.e. 75% of all those eligible to vote). Since this office is the final arbiter on the question of the requirements to change our Rules, it seems we could have passed all the Special Resolutions at our AGM after all.

Unfortunately, we cannot backtrack on the AGM decision, so the AURA Committee at a recent meeting, decided to put the Special Resolutions forward again, but this time at a Special General Meeting (SGM) of our Association to be held at 3.45pm on Sunday 27th October, 1991 at the Bill Sewart Athletic Track, East Burwood, Victoria. (i.e. within an hour of the completion of Dot's Six Hour Track Race.)

The Committee begs your understanding in this matter, but we must follow the correct legal processes to change our Rules. Enclosed in this issue is another proxy voting form for those who cannot attend the SGM. PLEASE fill in this proxy form completely, showing your voting preference, sign it and send it to the Honorary Secretary AURA, 4 Victory Street, Mitcham 3132 Victoria. so that it reaches us by Friday 25th October, 1991. We won't be sending out SSAEs this time because it cost us \$180 last time and some members had the audacity to use them to send us their membership renewal without the proxy voting form being included.

The following is the case again "FOR" and "AGAINST" the 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 INCORPORATED
NOTICE OF SPECIAL GENERAL MEETING
FOR THE PURPOSE OF ALTERING THE RULES OF THE ASSOCIATION
TO BE HELD AT 3.45PM ON SUNDAY 27TH OCTOBER, 1991.
AT THE BILL SEWART ATHLETIC TRACK, BURWOOD HIGHWAY, EAST BURWOOD, VIC.

The only items of business to be transacted at this AGM are the Special Resolutions listed below:

SPECIAL RESOLUTION 1;

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

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

SPECIAL RESOLUTION 2:

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

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

SPECIAL RESOLUTION 3:

That the following new clause be added:

AUDITOR

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

SPECIAL RESOLUTION 4:

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

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

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

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

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

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

SPECIAL RESOLUTION 5:

That the following changes to clause 7 be made:

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

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

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

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

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

* Add new sub-clause 7 (8)

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

* Add new sub-clause 7 (9)

(9) Receipt of an official letter by the secretary from Athletics Australia containing a determination of the committee resolution shall constitute the final step in expiration 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:

That the following sub-clause 3(9) be added:

- (9) An entity, such as a corporation, a sporting body, a race committee, which is nominated and approved for membership as provided in these rules is eligible to participate with the voice(s) equal to the number of memberships taken out, in the affairs of the Association on payment of the annual subscription(s) payable under these rules.

SPECIAL RESOLUTION 14:

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

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

SPECIAL RESOLUTION 15:

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

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

SPECIAL RESOLUTION 16:

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

- (d) becomes unfinancial.

APPENDIX 1

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

Application for membership of Australian Ultra Runners' Association Incorporated (AURA INC.)

I
(Full name of Applicant)

of
(Address)

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

become a member of the 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
(Name)
second the nomination of the Applicant, who is personally known to me, for membership of the Association

.....
(Signature of Seconder)

.....
(Date)

Current membership fees for 19..... (in Australian dollars) as follows: Cheques payable to AURA Inc.

Please circle desired rate: \$ within Australia.

Air Mail (up to 1 week delivery)	NZ \$...	Asia \$....	USA \$....	Europe \$....
----------------------------------	--------------	----------------	---------------	------------------

Send application and money to: AURA Inc, c/- Dot Browne, 4 Victory St, Mitcham 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 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 of and at any adjournment
of that meeting.

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

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

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

SPECIMEN SHEET ONLY - DO NOT USE

Signed

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

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

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

AURA CLOTHING & ADVERTISING MATERIAL

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

We also have printed cloth badges and car windscreen stickers.

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

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

AURA CLOTHING ORDERS

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

COLOURS: red white gold aqua grey

SIZES 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

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

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

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

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

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

NAME:.....

ADDRESS:.....

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

TYPE:.....

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

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

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



LETTERS TO THE EDITOR

Dear Dot & Geoff,

In your March '91 edition of AURA, Max Bogenhuber's letter got in my craw and I really felt I had to write to you and explain my feelings regarding his letter about the Bogong to Hotham run. I have also had runs cancelled at the last minute. One was from Harrierville to Mt.Hotham in the four peaks climbs, and I know how much Max would have been disappointed after a long training period. But to say this run should not have been cancelled under extreme weather conditions is very selfish. The organisers are responsible for all runners. Max said that he wanted the organisers to treat the runners as hardened adults, and I believe that they did in this case, as it is a very hard decision to cancel a race, and the race director DOES have to be everyone's mother. I have run the Mt.Beauty to Mt.Bogong run on a day of extreme conditions. I started the run early, and the weather deteriorated as I ran up the mountain. I did not know until later, that the police had come up the mountain and turned the runners behind me back. I was the second last runner that got through. When I was coming out on the treeline to the bare rocks, the clouds were coming at me in waves flowing over each other. I could not see 20 feet in front because of the grey blanket, but ran upwards, the wind freezing and strong. I found a snow pole and followed it to a tape that was spinning fast. I followed this to a cairn where three marshalls were huddled down. They radiod to confirm my position and I followed the tape in another direction to two guys huddled in a small tent. They said a bloke was hidden behind a rock further on and he showed me the track down. If runners lose their way in these conditions or worse, the organisers ARE responsible for them. They may have to search for them or even may have to call in the emergency services. Think what a picnic the media would have! They could get their teeth into the ultra events and say they were dangerous. The organisers could even be sued for incompetence and it could ruin other mountain runs like the Four Peaks , National Running Week and so on. I say CONGRATULATIONS to Race Director, Russell Bulman for being responsible and caring.

Graeme Robertson.

Dear Dot & Geoff,

I write to put information before our AURA members, particularly those in the western suburbs of Sydney. The Parramatta District Amateur Athletic Club is feeling the pinch membership-wise. This club has just lost a couple of key people, leaving the club struggling to maintain its existence and retain its track in North Parramatta. Whilst the Parramatta club must rely more on its local youth for future development, I believe that its current situation merits the attention and possible support of the local ultra community.

In 1980, the Parramatta club became the first Sydney athletic club to organise an ultra - the City of Parramatta 50km, which it has continued to support ever since. If the club "goes", so might the event, or is there another group out there just waiting to conduct a track 50km? When Parra kicked off the 50km, it had a small keen group of ultra runners as members. For a variety of reasons, this is no longer the case.

In the current executive of the club are people sympathetic to ultra competition. President, John Smith is a former Australian race-walking representative, multiple state champion over distances up to 50km. and a walking Centurion (100 miles under 24 hours; it took John less than 19!), whilst John Dwyer has run marathons as well as officiated at 50km and Open 16km events. If you want to find out more about the club, please ring secretary, Mrs.Betty Miles at 15 Keats Street, Carlingford.

As a former member, now re-located too far away to do much else for the club, all I ask is that you give Parra some serious consideration. Finances do not seem to be a problem, it is MEMBERS that they need.

Best wishes,
Yours in running,
Steel Beveridge.

Dear Dot & Geoff,

First of all, I would like to congratulate Ralph Bristow on his great 24 Hour win at Tamworth, running well over 190km. The hot conditions made it very difficult for all the runners. It was worth over 200km in my opinion. His crew did a truly professional job. Jan, his wife was great along with his son Luke. I have noticed Ralph's performances of late. He is really improving, third in the 6 Day at Campbelltown, third in the 12 Hour at Macquarie Fields and a win in the Tamworth 24 Hour. Great stuff mate!

Dave Taylor.

Dear Dot & Geoff,

I would like to make a few comments concerning this year's Westfield race. Firstly, in my opinion, it was the best Westfield to date. The handicap system was great and made it exciting for the battlers. There were some great performances. Credit to Keith o'Connell and his great crew. Eduardo Vega showed great determination to get that medal. It paid off. Great stuff! Rob Channells, Helen Stanger and Dawn Parris can all be proud and I'm sure they will be back next year. You three are all special people and are winners too, along with Shaun Scanlon who will topple the mountain eventually because of his courage. Also, another great effort by Peter Gray. But I don't think anyone would deny the winner, Bryan Smith his rewards. If anyone deserved to win, it was this runner. If you look at his record, he has been so consistent all year round, and is well supported by his wife Jan. He must have had a great crew. Another superb effort by Maurice Taylor, breaking 7 days to finish 2nd, and Kevin Mansell a great 3rd, he along with Mark Gladwell completing 5 in a row. Kevin now has run 3rd twice in the event. Maurice Taylor is close to a win, having had a great 18 months. He has had a 2nd at Colac 6 Day and a 3rd in an English 6 Day and a 4th, 4th and a 2nd in the Westfield. Congratulations also to Tony, taking 2nd place across the line and 5th overall. He deserves it, for the charity work he does. Kevin Mansell and Maurice Taylor, along with the rest of the field are just great athletes.

I would like to thank Charlie Lynn and Chris Bates for the support and help they gave Craig Rowe during the event. Also, I would like to thank Mark Gladwell for what he did at the dinner. He gave Craig his medallion, but that's the sort of person Mark is. Craig Rowe put in a great effort considering his short preparation. He was a pleasure to coach and did not want to quit at any stage. I withdrew him at 923km. His was a great effort, and I thank him for giving me 110%. Both he and I thank Helen Stanger for her help and support prior to withdrawing. But what I admire him for most was the fact that he phoned Mark Gladwell and is going to give the medallion back because he wants to get his own by crossing that line himself, which is great in my eyes. Craig has received a lot of press because of his background, but believe me, Craig has not looked for it. It was bound to happen. I'm sure Craig will finish next year and I wish him all the best, along with his crew.

All the best to all runners and crews for the future, and Dot and Geoff for a great job. Thanks,

Dave Taylor.

PS Craig said to tell Keith Fisher he will put him in the cold dam next year. Ha Ha.

Dear Dot,

Hope you had a good holiday and you had more success with it than the three musketeers on their trip to to California. I talked to my brother Fred a few days ago. He tells me that both Peter and Hookie bombed out at the Western States 100. Looks like they'll have to train a bit harder next time. That run eats people! It's a pity that not more Aussies don't go over to give it a bash. It really gives you a good look at your soul, to see what you're made of.

I am enclosing our entry form for the Royal National Park Ultra in October. Please print it in the next issue. Thanks! Hopefully we will see a few Victorians up here for it again. And hopefully, one of them can run well enough to make the top five, Ha ha! Say hello to Hookie & Peter for me.

Max Bogenhuber.

Dear Dot,

I would like to publicly thank Ian Javes for his term as Queensland representative for AURA. I was a little surprised to hear that he was not going to nominate for another year.

The last couple of years, Ian has received a bit of "bad press" as he tends to be a bit controversial and says what he thinks. Unfortunately, most people don't know of all the good work he does in Queensland. If it wasn't for him and his almost single-handed efforts, ultra running in Queensland would be non-existent. He is not happy just putting on an event and leaving it at that, it has got to be better next time, and it normally is.

As of this AGM, Val Case and myself have nominated for the two vacant positions as Queensland representatives. We are going to try and increase our state membership numbers, generate more interest in ultra running, and try and get a few more people organising a few different events.

I can be contacted at P.O.Box 589, Toowong 4066 Queensland or phone (07) 870 9590.

Yours faithfully,

Ray Chatterton.

Dear Dot,

I returned from South Africa briefly for a business trip in early May. They were expecting 14,000 entrants for the Comrades Marathon and a local marathon in Pretoria while I was there attracted 6,000 runners, had marching girls and sky divers in the stadium and live bands at the water tables.

Bruce Fordyce did not win the Comrades; he had stomach trouble, but Frith Van der Merwe won the ladies' section. Frith also placed in the first 10 in the uphill 56km Korkie Marathon and won 2 gold medals, one for being in the first 10 and one for first lady home.

I've enclosed an article about Bruce Fordyce and Frith Van der Merwe. Now that non-South Africans can run Comrades again, it's time to start training for the '92 "up" run. These were the favourites for the '91 "down" run, but, as I stated, only Frith won. Bruce used to run for the Rand Athletic Club, Frith the Benoni Northerns, but both had \$50,000 p.a. contracts with Allied Building Society. Allied purchased the Rocky Road Runners' Club, a predominantly Jewish Club and Bruce and Frith had to join Allied Rockies.

Best regards

Murdoch Mackenzie.

Deat Dot,

I was happy to finish my second Westfield Sydney to Melbourne Run. This year, I took out 10th place with a time of 7 days 22hours 28 min. These are the people on my crew who helped me get to the finish line: my mum, Norma Gray, Norma Dickson, Brendan Todd, Clif Ryan, Mark Ryan, Neil Tuttle and Bob Fickel. A big thankyou to each of them.

I would also like to thank Charlie Lynn, Chris Bates and all the Westfield officials for the great job they did in helping everyone in the race. For instance, some of the race officials came onto my crew to help me when I was coming into Canberra and over the Snowy Mountains.

A special thanks to the race doctor and medical team for checking my feet. Another thanks to the media team for doing a great job.

Congratulations to all the runners for your performances in this race. I was very proud of you all, because you all did your best.. Watching runners push on when the going got tough made me try harder. For all the people who crewed in the race, you all did a top job helping the runners.

Well, that's all from the runner from Snowy River,
Peter Gray ("Graypower")

Dear Dot,

Firstly, a few comments about the use of Ranitidine (Zantac) as an anti-nausea agent. Following the AURA article on this, I decided to try it, as I have used most of the other common medications and home remedies in an attempt to reduce vomiting and nausea, without a great deal of success. I seem to be struck by this problem after the 12 hour mark in 24 hour races and am not so much bothered by the actual vomiting, although this is a dehydration concern, as the debilitating feeling of nausea that persists while any physical activity is attempted. I have used Ranitidine twice so far this year, taking 300mg on each occasion as soon as any stomach discomfort was felt. During the Wyong 24 hour, this was after 12 hours, and the medication allowed me to continue with mild discomfort, a much more pleasant situation than in four previous 24 hour races.

In the Ipswich 100km, it alleviated a slight stomach discomfort after 9 hours. On both occasions, a reduction in heart beat rate (bradycardia) to less than 60 beats per minute while walking was noted, an unusual complication with Rantidine. This was felt as a physiological uneasiness, but was not sufficient to be of concern. Rantidine is a marked improvement on previous medications such as Maxolon and Stemitil, both of which have a sedating effect and work on the vomiting aspect, not on the nausea.

At present, a new anti-nausea drug Ondansetron has just been released for chemotherapy patients and I am looking into the possible benefits for runners of one of its analogues.

Secondly, as organiser of the Ipswich 100km Track Race, which was the Queensland Championship event this year, I would like to apply to have it recognised as an AURA event. And also considered as a candidate for the Australian 100km Championship if this has not been allocated to the Coburg 100km Race.

Due to the current rationalisation of all Queensland marathon and ultra events, an exact date for the 1992 race has not been set. However, this should be available very soon and will be somewhere near the first Saturday in May. The 400metre grass track is surveyed by IAAF standards, floodlighting and amenities are available, as is accommodation within 200metres of the track. Ipswich also has direct transport links with Brisbane Airport for interstate competitors.

Finally, keep up the good work. I find the AURA Magazine a constant source of inspiration.

Yours sincerely,

Stephen Lewis.

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.

Dear Dot,

I am asking you to print this appeal to all members of AURA in Australia and overseas. That I am looking for an experienced crew for my attempt upon:

1. The 6 Day Race
2. The 100km in 1000 hours
3. The Kingaroy to Perth via the capital cities.

Already Tony Rafferty has come to the rescue re. the Across Australia Run for Cancer, and Tony, please accept my thanks. And in regard to the 6 Day, the 1000km in 1000 hours and Across Australia Run I intend to entice Ron Grant to share his experience with me, and to give me the benefit of his advice in regard to these events. Any advice that Trevor Harris can give me is also welcome.

As you know by now, I am in the 48 Hour Race in the Caboolture Multi-Day event on 1st - 7th September next and the Lord Mayor of Brisbane has granted me my wish to run the 1000 Hours attempt in New Farm Park in Brisbane. Hopefully, I'll start that run in February 1993, 5 months after I do the 6 Day event and a year before I attempt the Across Australia.

If anyone is interested, my current training schedule is 140-170kms. per week running and 30-40km extra walking, no backups at all!! With backups, I can do 40km per day 5-6 days per week.

The 1000km in 1000 hours run will be done to raise funds for the St. Vincent de Paul Society, Australia wide and it will be dedicated to Mother Mary Mackillop, the foundress of the Nuns of St. Joseph!!

And this has to be emphasised. I am NOT out after Ronnie Grant's record or Trevor Harris' effort or those of any of the great runners in the 19th and 20th century. No way!!

Yours sincerely,

Barry Stewart (Kingaroy, O'ld)

Dear Dot,

I wish to advise the committee of A.U.R.A. that I do not wish to be considered as State Representative for A.U.R.A. It is my experience that the present hierarchy of AURA does not consult with its state representatives before making decisions, and if constructive opinions are offered, then one becomes the object of vindictive and spiteful articles in the AURA Magazine. These articles are also full of misinterpretations and untruths.

I may in future even discontinue my subscriptions to the AURA Magazine. Certainly I will no longer continue to give generous donations. In Queensland, we have the Q.M.R.R.C magazine in which to publish articles on ultra events. A check has revealed that in the 15 to 20 events I have been involved in organising in Queensland, only a small percentage of entrants have been from interstate, so I may as well not waste my time and effort in sending articles to AURA.

If the present hierarchy continues its approach, it may be better to rename the organisation, as the "Australian" at present seems to be a misnomer. Certainly, I feel that the proposed affiliation with Athletics Australia should not even be considered until there is a truly representative Australian ultra running organisation. I do not believe that such an affiliation is going to lead to any great benefits or sudden influx of large amounts of money.

Ian Javes.

Ed's note:

Thankyou for your letter Ian. We are sorry to lose you as interstate rep. as you've always been a keen and vocal spokesperson for your state. You have certainly helped to lift interest in ultra events in Queensland. You have created a variety of interesting events and your organisational ability is excellent. It's a shame you feel personally aggrieved that you are not getting many interstaters in your Queensland events. Part of the reason is, because of the growth of interest in ultrarunning in Australia and the resultant growth in events being staged in each state, athletes do not need to travel interstate in order to compete in an ultra event, as was the case 10 years ago (and it's too expensive anyway!). Because we don't compete in your events, it doesn't mean we are not interested in them. We feel we give reasonable coverage to each state. We print anything that any Australian ultrarunner sends us. We can't do more than that. I'm sorry you don't agree.....Dot.

Dear Geoff

I would like to thank you for your assistance with arrangements that enabled me to contest the World 100 Km Championships held in Italy on 25 May 1991. It was a pity that a full Australian team could not participate, after doing so well last year in Duluth, USA. Unfortunately these are tough economic times. Let's hope we can arrange something for next year's race in Barcelona; I'll be keeping an eye out for sponsors herein A.C.T.

I am very pleased with my race result considering the very rushed week spent securing Qantas sponsorship and making travel in Italy arrangements. After travelling for almost two days, I had hoped to get one day's rest before the race. Not to be. I spent the day fixing race drinks, walking around in rings and trying to understand Italian race instructions! I now know what a race manager does - a lot! It was a day well spent, however, because without a back-up crew, I had to rely entirely on what I put out at drink stops.

I decided not to place my mountain torch (worn on the head) out on the course in case it "walked". As it turned out the sun went down pretty late and I only had to run for about 2 hours in the dark. Occasionally I could run in the headlights of a support car following another runner.

All up it was a valuable experience. I have attached a more comprehensive race report for the AURA magazine, if you like. Also, thank you for the nice letter of 7 June 1991.

Regards

Trevor A Jacobs

*T A Jacobs
7 Dovey Place
LATHAM ACT 2615*



Marathon Men Team, consisting of Cliff Young, Tony Rafferty, Yiannis Kourou and Bryan Smith, who competed in TV quiz program, Celebrity Family Feud. As games' show players, they made good ultra-distance runners.

RACE RESULTS & RACE REPORTS

HOBART TO CYGNET ROAD RACE (TASMANIA)

54KM - 17TH APRIL, 1991

by Kerri Law

This year's Talays to Cygnet run saw 7 starters. The 54km course is made up of winding, twisting, narrow roads, blind corners, and plenty of ascents and descents for the majority of the route just to make things interesting. Each runner has his own support vehicle and helper, so once the race starts, you are on your own. Conditions were cool and drizzly, with a temperature of 16 degrees celsius.

John Jarman, originally from the north of the state has now made a move to Hobart. He has won this race once before and was keen to set a cracking pace, and covered the first 11km in 45.40. Close behind was Andrew Law in a time of 47.35.

The roads were greasy, but for the runners, conditions were good. Runners' positions stayed the same throughout the entirety of the race and both Hardy Fehlandt and Lloyd Pennicott ran their p.b.s. John, Andrew and Alan "Easy" Rider all agreed that the hills didn't seem as big once you have run them several times. Andrew used this run as a lead-up to the Sydney to Melbourne. John, on the other hand, competes in many handicapped races and cross-country, so found this race very enjoyable. His next aim is to run a longer distance, such as the Bruny Island 65km run. Alan said he could have run a lot faster but was comfortable with what he was doing.

Mike Maddock, a veteran runner, battled with the flu as well as the run. His comments were that he felt better after the run than he did before (!!)

David Gatenby plodded on in preparation for his attack on the Ross to Richmond. He also completed the run in a faster time than was anticipated.

Afterwards, we had eats at the Cygnet pub where Mike Maddock told us about his party trick. Once he has eaten after a run, he can bring it back up within minutes.....mmm!!

I thought I had a fair understanding of why you guys do this ultra running, but after seeing Mike Maddock before the race, I'm not sure now!!

RESULTS:

1. John Jarman	3.39.12	5. Lloyd Pennicott	5.25.22
2. Andrew Law	3.56.28	6. Mike Maddock	5.56.19
3. Alan Rider	4.13.59	7. David Gatenby	6.19.39
4. Hardy Fehlandt	5.20.27		

We look forward to perhaps a few more ultra runners participating in next year's event.

Kerri Law

Pete Armistead & Hookie going thro' their second childhood on the way to Katoomba in NSW for the Six Foot Track Marathon.



Successful Cerutti 12 hour run

By Donald Whitelock

Come the first Saturday in May and for its fifth year the only 12 hour ultra marathon in Australia was run at the Rosebud Olympic Park.

This year's memorial run was started by Nancy Carney, widow of the great coach, Percy Cerutti, whose genius is recognised world wide.

At 8 a.m. on May 4, 21 amateur and professional runners set out in excellent weather to commemorate both the skill and the lifestyle of Cerutti, and to run for 12 hours.

Fitness and endurance Percy would have been proud to be remembered by the kind of runner who honoured him on the day - a very fit and highly experienced group of athletes.

They included Terry Cox of Rosebud who, with a history of running in Europe and locally, has a fastest marathon time of 2 hours 25 minutes 3 seconds.

Terry's son, Terry Cox jr., also ran, one of the youngest at 25, to come in 6th. Both father and son have completed a number of Sydney to Melbourne ultra-marathons, and numerous other endurance events.

Philip Barnes has to his credit a number of Cerutti memorial runs, several Big Ms, two Qantas marathons, seven survivor

triathlons and about 70 different triathlons since 1984.

Peter Quinn of Werribee has run eight ultras and 30 marathons. Among other events, Peter Gray of West Geelong, whose weekly training allocation is 120 kms, lists Westfield 7-day, Colac 6-day, Coburg 24-hours and 46 marathons, 64 triathlons, eight triathlons, six ultra triathlons and four Red Cross Canoe Murray River marathons.

Dawn Parris, limbering up for the Westfield, who comes from Greensborough, whose weekly training allocation is 200 kms, lists 15 ultras and over 20 marathons.

She came in first lady in this memorial run. These are just a few.

The best run yet

Of these 21 runners, 14 exceeded 100 kms, every runner completed the event, the shortest distance achieved was a mighty 63.314 kms and the longest distance was 129.798 - just a fraction under 130 kms.

Less than 3 kms separated the first three. This was an excellent result. It was felt by all the runners to be the best yet.

Results

1, Jeff Smith, 129.798 kms, Ferntree Gully; 2, Peter Gray, 127.868 kms, Geelong; 3, Brickley Hepburn, 126.557 kms, Geelong; 4, Peter Quin, 119.741 kms, Werribee; 5, Joe Skrobalac, 118.256 kms, Rockbank; 6, Terry Cox jr., 111.234 kms, Rosebud; 7, Rudi Lombardi, 111.059 kms, Noble Park; 8, Terry Cox sr., 110.333 kms, Rosebud; 9, Michael Grayling, 106.461 kms, Heathmont;



Dawn Parris and George Perdon, Dawn was first lady with 105.045 kms.



Peter Gray, Jeff Smith and Joe Skrobalac after 8 hours running, still looking fresh, already approaching the 100 kms. Jeff finished 1st, Peter 2nd and Joe 5th.

10, Kon Butko, 105.134 kms, Mt Eliza; 11, Dawn Parris, 105.045 kms, Greensborough; 12, Tom Donovan, 104.752 kms, West Coburg; 13, Philip Barnes, 101.893 kms, Mt Martha; 14, Trevor Parris, 100.583 kms, Greensborough; 15, Sharon Skrobalac, 94.839 kms, Rockbank; 16, Ron Hill, 91.304 kms, Dromana; 17, George Perdon, 87.295 kms, Burwood; 18, Greg Wishart, 86.303 kms, Frankston; 19, Norm Johnston, 80.281 kms, Cranbourne South; 20, Jaques Gaillard, 75.941 kms, Dandenong; 21, Ali Zwynenburg, 63.314 kms, Seaford.

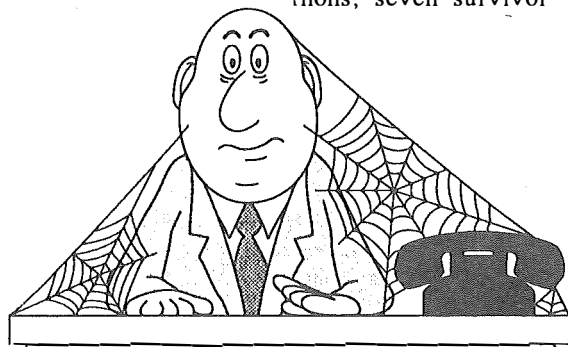
Joint community effort

This year's run was organised by Brian Jones, with the assistance of Connie Jasinskis, Jo Mellere, Donald Whitelock, Ron Hill, the Terry Coxes and other runners.

Members of the Victorian State Emergency Service voluntarily donated their time again this year to set up the lighting.

The Percy Cerutti memorial 12 hour run will be held again next year on the first Saturday in May.

Those runners who took part, and all the running organisations, prize the run highly both for the memory of a great coach and because it is the one and only 12 hour run in the Australian calendar.



Race reports, results and articles needed for next issue!!
Closing date :
Friday 8th Nov. '91.

BANANA COAST ELECTRICAL ULTRA-MARATHON - 12TH MAY 1991
by Steel Beveridge

The ninth annual 85 km. race was notable for two main reasons - the performance of Trudi Kidd and that of three top Queenslanders. Trudi was the first lady to enter our event and ran strongly all the way from Grafton to Coff's Harbour, at least so I am told. I lost sight of her sometime before we got out of South Grafton. By the time I eventually crossed the finish line, she had showered, eaten a 3 course sit-down meal and probably read a good book. To clock 8.56.20 from a 3.59 marathon pb is a truly superb effort, especially as the opposing southerly wind most certainly added time to the journey. Note the time ladies!! The standard has been set. Come along next year and see if you can get to Grafton faster than Trudi got to Coff's.

Geoff Boase proved a worthy winner, outstaying a quality field to join the sub-seven hour club, leading in a Queensland team, which suggests the possibility of an interstate challenge in future years. Geoff had company through much of the first half of the race in the persons of Paul Every and two-time winner Jim Bennington. Paul's recent racing, which included the Forster Ironman must have played a part in his time being a little adrift of his 1989 effort, but it held up for second place, ahead of a fast finishing Gary Parsons.

The NRN television cameraman who shot some film for the news during the race must have maroon coloured glasses as he 'caught' both Geoff and Gary but gave Paul the go-by. This extra coverage was without doubt prompted by Geoff's status in the ultra scene. We are grateful to all the local media for their coverage of the race over the years and will be hoping for more of the same for our tenth anniversary in 1992 (May 3rd, to avoid Mothers' Day).

Of the other finishers, only Geoff Hain had covered the course before. Paul, Geoff Hain and myself all collected course p.w.s., so the others can take heart if they were not as quick as they had hoped. They will all run faster next year when the wind will be behind them (won't it?).

Bill Joannou gave some balance to the inter-state rivalry, by coming in fourth, half an hour ahead of Caboolture's Frank Heath, who gave Queensland a 9 to 12 'team' margin. Dan Narain ducked under 8hrs.30min in sixth to show the value of the Royal National Park experience. By the time I had reached the end, Bill and Dan had had to leave for Sydney, but my heartfelt thanks and congratulations to both on their success.

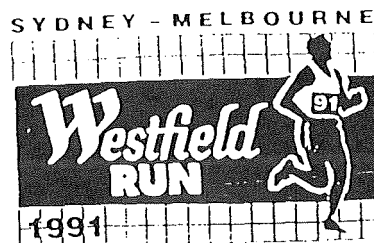
We will be hoping to see some of those who have run in the past over the course again for the tenth anniversary next year. Our sponsor, Bananacoast Electrical, has been of special service, as it not only provides trophies for all finishers, tee shirts for first time finishers and a post-race feed for us all, but in the person of the owner, John Esplin, serves as lead vehicle and time-keeper!

However, providing extra hands to assist runners from out-of-town has always proven difficult, so the rule about bringing your own second has been cited so as not to disappoint those who might be tempted to travel on 'spec'. For next year, John and I will try to compile a list of potential seconds from our area for those who cannot provide their own assistance, but NO promises can be made nor guarantees given.

As driving 85kms in short, slow spurts is even less interesting for a stranger than a relative or friend, we will need to know well in advance who needs a second, so as contact between runner and second will be possible well before race day. Drop me a line or phone (066 536831) if you think you may need help and are serious about starting on May 3rd, 1992 from Coff's Harbour Post Office at 6am.

RESULTS:

1. Geoff Boase (Mooloolaba)	6.50.30	6. Dan Narain (Ermington)	8.28.38
2. Paul Every (North Epping)	7.09.38	7. Trudi Kidd (New Lambton) **	8.56.20
3. Gary Parsons (Caboolture)	7.10.59	8. Geoff Hain (Kyogle)	9.02.15
4. Bill Joannou (Ermington)	7.50.35	9. Steel Beveridge (Nth.Sapphire)	9.48.42
5. Frank Heath (Caboolture)	8.21.21	** First lady	



RESULTS OF THE 1991 WESTFIELD RUN

FIRST ACROSS THE LINE (\$30,000)

Time:

BRYAN SMITH 47 MELTON VIC AUST
6 Days 12 Hours 50 Minutes

SHORTEST ELAPSED TIME (\$30,000)

Time:

BRYAN SMITH 47 MELTON VIC AUST
6 Days 12 Hours 50 Minutes

CLIFF YOUNG TROPHY (\$1,000) FIRST AUSTRALIAN TO FINISH

Time:

BRYAN SMITH 47 MELTON VIC AUST
6 Days 12 Hours 50 Minutes

ERNIE CATTLE MEMORIAL TROPHY (\$1,000)

(ATHLETE WITH FASTEST MARATHON TIME WHO FINISHES)

DON MITCHELL (eq.)

ANDREW LAW (eq.)

MARATHON TIME:

3 HOURS 28 MINUTES 23 SECONDS

ORDER OF FINISH	RUNNER	DAYS	HRS	MIN	
1.	\$30,000 BRYAN SMITH 47 MELTON VIC AUST	6	12	50	11.50PM (22/5/91)
2.	\$15,000 TONY COLLINS 43 NORAH HEAD	7	4	17	3.15AM (23/5/91)
3.	\$10,000 ANDREW LAW 31 W MOONAH TAS AUST	7	9	32	8.32AM (23/5/91)
4.	\$5,000 MAURICE TAYLOR 43 CAMPSIE NSW AUST	6	23	22	10.22AM (23/5/91)
5.	\$2,500 KEVIN MANSELL 40 PENRITH NSW AUST	7	2	26	1.26PM (23/5/91)
6.	\$1,500 JEAN GILLES BOUSSQUET FRANCE	7	2	47	1.47PM (23/5/91)
7.	\$1,000 DON MITCHELL NEW ZEALAND	7	5	08	4.08PM (23/5/91)
8.	\$1,000 EDUARDO VEGA BONNYRIGG NSW	7	1	59	4.59PM (23/5/91)
9.	\$1,000 MARK GLADWELL NORTH ROCKS NSW	7	20	45	7.45PM (23/5/91)
10.	\$1,000 PETER GRAY WEST GEELONG VICTORIA	7	21	28	8.28PM (23/5/91)
11.	KEITH O'CONNELL FAIRFIELD WEST NSW	8	10	51	9.51PM (23/5/91)

WITHDRAWALS

RUNNER	KMS	DAY/TIME	NEAREST TOWN	REASON
D STANDEVEN	422	SUN 19 MAY - 4.57PM	14KM N OF ADAMINABY	GENERALISED FATIGUE
O TOLLIDAY	442.0	SUN 19 MAY - 5.30PM	6KM S OF ADAMINABY	EXHAUSTION - HIP/GROIN STRAIN
2 R BROMKA	500.0	MON 20 MAY - 3.07PM	50KM N OF KHANCOBAN	SHIN SPLINTS/BRONCHITIS
R PRINCE	588.0	MON 20 MAY - 11.30PM	15KM S OF CORRYONG	BRONCHIAL PNEUMONIA
S SCANLON	526.5	MON 20 MAY - 5.31PM	50KM N OF CORRYONG	SEVERE TENDONITIS
D PARRIS	606.7	TUES 21 MAY - 11.00AM	49KM S OF CORRYONG	SHIN SPLINTS/BLISTERS
T MURAMATSU	664.1	TUES 21 MAY - 1.10PM	7KM S OF TALLANGATTA	VIRAL INFECTION
H STANGER	750.4	WED 22 MAY - 9.00AM	55KM N OF BENALLA	BENALLA CUT
R CHANNELLS	770.0	WED 22 MAY - 9.00AM	35KM N OF BENALLA	BENALLA CUT
H CLEMMENTS	874.1	THURS 23 MAY - 2.03PM	20KM S OF EUROA	LEFT LEG TENDONITIS
C ROWE	920.5	THURS 23 MAY - 2.02PM	10KM S OF SEYMOUR	EXHAUSTION
L PHILLIPS	1000.0	THURS 23 MAY - 11.00PM	COBURG	MISSED THE FINAL CUT

A race for battlers

THERE was one thought that kept Robert Channels going as he hobbled slowly and painfully towards Springhurst, a tiny town on the Hume Highway between Wodonga and Wangaratta.

It wasn't that his wife and son still loved him, although surely they must have stuck with him as he pursued a goal that had become an obsession.

Nor was it that a group of people who had never met each other before had become a team, and more than that, friends, thrown together as they were to minister his every need.

It wasn't even that he had run further than he ever had before.

No. The crumb of comfort that Robert Channels clung to, and still cherishes now with his blistered feet and swollen, heavily strapped lower legs, is that he would be back next year.

Back again to run from Sydney to Melbourne via the high country and anywhere else the organisers of the Westfield ultramarathon see fit to send them. Stronger. Fitter. Smarter.

Robert Channels's support crew van was parked at the Footscray market, where he had come to thank a representative of his sponsors, the banana industry. When he sits and talks, he looks like the heavily tanned, race-hardened 48-year-old that he is. When he stands and walks, the impression is of a near-cripple, 30 years older.

When Bryan Smith was the first man across the ultramarathon finish line at Doncaster on Wednesday night, Channels was waiting in a wheelchair to greet him.

He had stopped running at Springhurst at 8.57 that morning, three minutes inside the target he had set for himself, 750 kilometres from where he had begun. The cut-off point was 52 kilometres down the highway at Benalla; those who had not made it there by 9 am would be withdrawn from the race.

"Shin splints" is the name of a condition in which the lower leg muscle detaches itself from the fibula, or shin bone. They began to bother him around Corryong. By the time he reached Tallangatta, his son Troy, who had driven from Sydney to meet them, and did so near Khancoban around midnight, could tell his father wasn't going to make it.

By Wodonga it was also apparent to the rest of the crew. Channels shins were being iced for 10 minutes every hour to soothe the throbbing.

His knee had to be realigned by a doctor. His hamstrings were constantly cramping.

Channels and his support crew, a workmate from the Nambucca shire council in Macksville and other people he knew in the running fraternity, had already experienced some gigantic mood swings. There was the adrenalin rush of being in the lead for the first four days, the unsettling feeling of running through all those towns, unseen and unknown, with locals watching television or in bed: Mittagong at 7.30 pm, Goulburn at 6.30 am, Belconnen at midnight, Cooma at 2.30 am.

"We knew Rob was doing amazing things," a crew member said, "and we were trying to do amazing things to keep him going." They played Neil Diamond and Slim Whitman over the loudspeakers of the support van trailing him. They appeared out of nowhere on the side of the road, doing pushups and aerobics; in the Snowy Mountains they dressed in towels, pretended they were Greek nymphs and showered him with leaves; between Khancoban and Corryong they set themselves up on the side of the road in their bathers, under a beach umbrella.

When you read these pages, or think about sport in general, your interest is automatically drawn to those we consider the best.

The recognition of those who are eminent in their field is based on the perception that no one wants to hear or read about mediocrity, however brave or well-intentioned it might be.

On the face of it, that is all that the 23 starters in the Westfield Run had to offer: bravery in lieu of ability, endurance rather than charisma.

There was hardly what we would consider a decent athlete among them. The only possible entrant with any aspirations to world class, Yannis Kourou, was a non-starter, because he wanted to be paid for his trouble.

Robert Channels was no less a battler than any of them. The first time he tried to run around the tan track,

15 years ago, he had to stop several times. His first marathon, in Manly, took him three hours and 45 minutes. The last 10 kilometres of his second was agony. He suffered severe hypothermia after his first 24-hour race, at the outer Sydney suburb of Campbelltown in 1988.

Despite all that, distance running has claimed him. "I love the physical sensation of running, of being fit," he says.

The Westfield has claimed him too. "You don't compete with each other. It's good to beat someone, but at the same time, you stop and help each other. You're basically competing with the course and time and yourself."

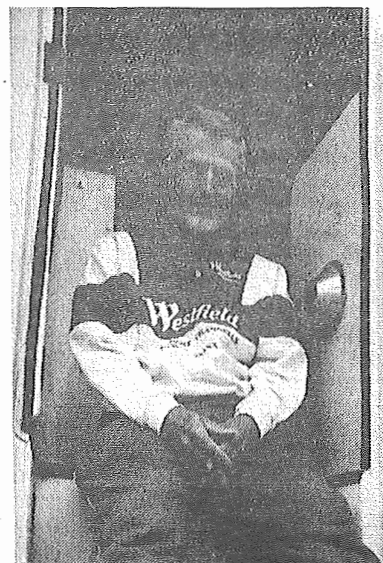
Elite sportsmen and women are never asked why they do what they do. The answer is there in the level of their performance, and the returns they receive — money, fame, the knowledge that they are the best, or close to it.

There is none of that for people like Rob Channels, a truck driver with the Nambucca shire council. At best you could call it pride and satisfaction. The old joke that you only do it because it feels so good when it stops hardly applies here.

"I know in my own heart I can do it," Channels says of his ability to run long distances. "How many other people in Australia can say that? Probably anybody could if they wanted to, but I know I can do it any time I like."

"Running gives you a sense of feeling of yourself. It's a sense of worth that you can do something and do it well. Everybody needs to feel good about themselves. Even the occasional 5 km jogger, one of the reasons they do it is to feel good about themselves."

"That's why you have a lot of those people in this race (former Long Bay jail inmate, Craig Rowe; recovering alcoholic, Kevin Mansell). It's a form of running where you don't have to run really fast to be competitive. You just have to have the belief and the mental capacity to keep going."



Robert Channels: "I know . . . I can do it."

Picture: KEN IRWIN

THE WESTFIELD RUN 1991

KOUROS BLOWS THE LEGEND

by Charlie Lynn

Pheidippides' rise to stardom in 490 BC was sudden and dramatic. Whether he ran from the plains of Marathon to Athens to bring news of a great victory against the Persians, or whether he ran from Athens to Sparta to seek assistance against an invading force, is unclear.

What is clear is that his moment of glory was shortlived - he dropped dead after delivering his message!

It was to be another 2475 years before an Athenian runner would create a similar sensation. His name was Yiannis Kouros.

Kouros was beginning to make his mark on the world ultra scene when he was invited to participate in the 3rd annual Westfield Run in 1985. His performance was awesome. The Australian media referred to him as 'The Colossus of the Roads', 'The Greek Streak', 'The Golden Greek', 'The Greek God of Ultrarunning'..... Kouros became a household name overnight.

But if his rise to stardom was sudden, then his fall from grace has been no less dramatic.

After winning 4 Westfield Runs from 1987 - 1990, Kouros decided that it was time for the sponsor to up the ante. He used the 1990 winner's conference to tell the world that the sponsor was not paying enough. Later in the year, his manager advised Westfield that Kouros would require fees and expenses totalling \$80,000 before he would start in 1991.

The answer from the race organisers was short and direct. Kouros was told Westfield would not meet his demands, but he was free to enter the event like any other competitor. He declined.

Around this time, somebody in the Kouros camp hatched one of the most ill-conceived ideas in the history of ultrarunning. Kouros would attempt to upstage the Westfield Run by running between Sydney and Melbourne at the same time as the 1991 Westfield Run. Kouros' less than erudite manager, Theo Premetis, simply explained the timing of his run as a co-incidence!

And so on the 16th May, 1991, the greatest ever long distance non-event began. Kouros, the undisputed world ultramarathon champion, had allowed himself to be the major player of a tacky publicity stunt. His run bore all the hallmarks of rank amateurism.

The route was not measured and no independent observers were appointed to verify records. If he was attempting to upstage the Westfield competitors, then he blew it when he took a short cut through Canberra. Nothing was heard of him again until he arrived in Melbourne sometime the following week. The reception was in keeping with the standard of the stunt. Premier Kirner was rumoured to meet him but her office denied all knowledge of any commitment. Thousands of Greeks were supposed to chant him in but they must have got the time mixed up.

And so, Yiannis Kouros was forced to wait on the pavement outside the finish area whilst his organisers tried frantically to whip up a crowd. It was a humbling experience for the World's Greatest Ultra-marathoner. And it was apparent that the farce had fizzled!

STATE BY STATE BREAKDOWN OF MEMBERS

THE MIGHTY VICS.	169	WEST AUSTRALIA	18
N.S.W.	151	A.C.T.	14
QUEENSLAND	39	TASMANIA	12
SOUTH AUSTRALIA	27	OVERSEAS	21
TOTAL MEMBERSHIP		452	

Monday 13 May 1991.

7 am - first meeting for race officials for the Sydney to Melbourne Run.

It was great to see Charlie, Annie and the old faces from last year's race, Tony who spent time with me on the road at night, Judy the Courier, who had quite a laugh when she saw me come out of my Van after being asleep and head off, but the wrong way with my crew saying "no Sandy this way please, it's a lot faster". Tandy, Mountain Man, Dave and many others.

We had a briefing on officials' duties, route, and log books, phones etc, but most importantly was our specific duties. My duty, what a buzz! Motivate down the field with Cliff Young and Irene was to be our driver.

Tuesday 14 May

Press Conference for the runners and crews. Another great day for me and many sentimental moments for me seeing again past friendships and catching up on all the news. Randi Bromka was there from the USA, I had raced against her in England and had kept in touch, Peter Gray, David Standeven, Bryan Smith, Kevin Mansell and many others - a very special time.

Wednesday 15 May

I never realised that the next 8 days would unveil such inner feelings from me so here goes.

11 am the first of the runners started, within that field were the three lady starters, first time Sydney to Melbourne runners. Helen Stenger, whom I had raced against at the Campbelltown 6 day - a very strong lady, I knew then she was going to go places with her Ultra Running. Dawn Parris whom I had heard a lot about, what a superb person with a jovial personality. Randi Bromka, after one race meeting together we felt like sisters, the rapport was so special - a true friend.

Cliff, Irene and I cheered them on their way with a red rose for the girls when they got along the road a little and Cliff flying the Helium balloon with "Come on Team" on it, and pink balloons flying around the Van all helped to get that special smile from everyone.

It was so exciting you could see the adrenalin just oozing out of the runners - of course it felt so easy at this stage and they had the right to feel on top of the world, they were already winners, they had started the toughest road race in the World - The Westfield Sydney to Melbourne.

We headed back to the 3 pm start then home to the motel to get organized for the road ahead.

Cliff scored one of my homemade omelettes for his tea and was told to strip so as to get his washing done, which turned out to be a regular thing (I guess he wondered what sort of person he had got) and then he was tucked up in bed ready for an early start.

Thursday 16 May

24 hours after the first runners the top seeded runners left. This was a very emotional time for me, especially seeing the New Zealand Runners lined up, along with Kevin, Tony, Maurice and David to name a few.

Then whoops! The tears started to flow, I left in a hurry for the Ladies' Room, wiped away the tears, pulled myself together and returned to receive a hug and kiss from Cliffy as he felt what I was going through - I also found out, that "Kiss from Cliff" wasn't to be my last, what a loving creature.

We headed off after collecting a few bits and pieces for the runners to the Marathon mark. Russell Prince powered through the marathon in 3.02, how on earth can he keep that up - he was on a high and looked great.

We returned to Campbelltown to pick up some of the Officials and take them through to Mitagon but Irene with her mind on all sorts of things went through a railroad crossing with the bells ringing saying quite innocently "how do you tell when a train is coming?". Cliff taught us a few new words,

but we had our first real laugh - Cliffy proceeded to name our Van "The Mobile Sin Bin".

Many things were going to be seen over the next 8 days.

Randi's crew were popping blisters after her first Marathon, Dawn fell in a pothole and sprained her ankle, but that smile of hers never left her face and she just kept saying how proud she was to be in this great race.

We had a flag sign with many different sayings - 'Wanna Party', 'You're Cute' etc. This always got a smile from the runner. Passed Andrew Law going through Goulburn and he looked as fresh as if he had just started.

We called on every runner through to Canberra. Shaun was in high spirits as was Lindsay, Craig and Harry, this time with them we got to know them better. Both Helen and Randi were looking great too.

A pit-stop was needed and the only place handy was the bush on the side of the road. Oh, no! I turned my head and saw the body of a lady. Being curious I headed over to it. Well, some body - a Sex Doll. Cliff was delighted with it, and tied it to the front of our van - yes we did get some funny looks. We returned to Canberra with her and got a lot of laughs amongst everyone.

We continually came across Kevin, in time for him to be tucked up, managed to get a hug to him before he closed his eyes.

Irene and I went out that night for a few hours so was able to do the last few kms with Robert Chamells to Canberra before his sleep and then back to Keith O'Connell who was very strong and looking forward to Canberra Chris Bates took me out the next night so as I could have a run with some of the runners. I was heading up a hill with Bryan Smith and there on the side of the road already were Chris and Charlie. I said "Do I have to go home now", the reply was "soon". "O.K., see you in Melbourne". Alright for me to feel fresh and lively, but my thoughts went back to last year to get into perspective just how those guys were feeling).

Cliff had a promotional date at Westfield Belconnen Mall, after this we headed for Cooma.

Our days were busy but so rewarding. I realised that I just had to be with the runners at night so I organised David Meyers to pick me up on his night shift at 11 pm and be let out with the runners and crews.

This time was very rewarding to me as I not only learnt what the Official's job entailed keeping that computer up to date, but it was a time the runners needed that little bit of motivational talk. I thank Irene, Chris and David for the opportunity of doing this and the patience with me in doing so.

The days were going by, the Snowy Mountains descended upon us. Randi had big problems with her shins. I spent most of one day with her and her crew to keep her going - it was tearing me apart inside, it just seemed so unfair, but that is Sydney to Melbourne - what a girl. Dr Jo was with them all, doing his best to keep everyone well and running. "Top marks Dr Jo".

Adaminaby put on a barbecue for everyone coming through 6 pm to 6 am - this was a real treat, and trout too.

Through the Snowy Mountains we had -8°, so cold for the runners, it was so picturesque, but thick ice and cold air made it very hard. The runners couldn't get away from breathing that cold air in. Bronchitis set in and made it very difficult for many.

Came across Craig Rowe shivering as he was attempting yet another hill. He said he was just recovering from a dip in the dam - crazy - but he thought it was quicker than having his legs iced for swelling. What a guy. Managed to get to know him a lot better as time went on, he was lucky, he had a totally devoted Crew behind him.

Days and days were going by and the sad times came with runners having to withdraw, sickness, injury etc.

Melbourne was in sight for Bryan Smith. Charlie asked me if I would run Bryan in from the 33k mark. Delighted of course and really enjoyed the time with him, hearing about his last 6 days. I have to comment on the great music he had coming from his van but was intrigued to see his wrist was bandaged, he told me he had RSI from clicking his wrist in time to the music. A sure winner he was - well done Bryan and thank you for those hours into Melbourne and congratulations to your crew for a job well done. Barbara and Graeme Firkin kept the lead runners on the right track, being the lead vehicle wasn't an easy job, Boy! did they look like they had run the whole distance but it was good to see them enjoy a hearty drink at the party at the end.

The last day runners were coming in all the time, everybody was kept busy bringing them in and just checking their whereabouts.

I ran in with Keith O'Connell the last runner before the cut-off. What a great person, enjoyed his sense of humour, even though he was dog-tired and when he ran, boy did he run. Mountain Man came out and joined him with plenty of support. That finish tape meant a million dollar dream to Keith and he deserved every bit of the elation he was going through at the end.

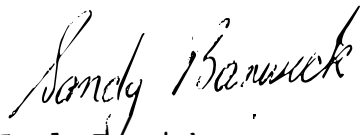
It was all over except for the Prize Giving and Luncheon. It was very upmarket, I would say from the comments I heard that everybody enjoyed themselves very much.

I would like to thank Charlie Lynn for having me on the Sydney to Melbourne run as an Official.

This experience has given me another outlook on Ultra Distance Running. The gratitude I have at seeing how hard the organizing side^{work}, but most of all the satisfaction I have got in giving something back in the way of support - motivation to everyone on this magnificent run and to Ultra Distance running, a sport I am dedicated to and a very special part of my life along with everyone involved in it.

Thank you.

Kind regards,



Sandy Barwick
Ultra Distance Runner,
New Zealand.

What a fantastic start to the 1991 Westfield Run!

Julie Anthony's rendition of 'Advance Australia Fair' is a fitting tribute to the Westfield Warriors who stand tall and proud on centre stage at the start line.

And then the haunting music of 'Chariots of Fire' stirs the blood of each competitor as they count down the seconds to their epic challenge.

A final salute from visiting dignitaries and sponsors and the Mayor of Liverpool fired the starting pistol to send them on their way.

On their way to new horizons!

The oldest competitor in the event, Keith O'Connell, leads the field out into Macquarie Street as they swing south for 1028km of highway between Sydney and Melbourne.

The first group of 9 competitors were novice 'Westfielders'. They seem content to let Keith hold the lead while they chat excitedly and run the first few kilometres together. Such is the spirit of ultrarunning!

Support vehicles and crews move in behind them as they pass the Macarthur Tourist Centre at Liverpool. The teams are now complete - runner and support crew linked by an umbilical system of pre-arranged signals.

Excitement levels run high within crews and the adrenalin keeps runners moving smoothly along the highway.

Robert Channells moves quietly up to take the lead around the Campbelltown exit. Robert is a former Warrant Officer from the Australian Army and a Vietnam Veteran. He leads the runners through the marathon mark at 42.2 km with young Lindsay Phillips right on his hammer.

The marathon times of the first group indicate they are not carried away by the occasion and that they are all running to plan. Fifty two minutes separate the group as they cross this significant mark.

Marathon Times (Group 1)

Robert Channells	3 hr 56 min.	Dawn Parris	4 hr 05 min.
Lindsay Phillips	3 hr 56 min.	Harry Clements	4 hr 22 min.
Randi Bromka	4 hr 02 min.	Keith O'Connell	4 hr 26 min.
Helen Stangar	4 hr 02 min.	Craig Rowe	4 hr 48 min.

Lindsay Phillips is running 'high' through the marathon mark. He remains in Roberts slipstream while Randi Bromka and Helen Stangar pass through a few minutes later.

As the novice Westfielders finish their first marathon, the 4 hour handicap group - Tatch Muramatsu, Shaun Scanlon and Eduardo Vega wait nervously for the starting pistol to send them off down the highway.

Eduardo Vega set the pace for this second group and leads them through the marathon mark. Their times are:

Eduardo Vega	3 hours 53 minutes
Shaun Scanlon	3 hours 57 minutes
Tatch Muramatsu	4 hours 00 minutes

Eduardo falls off the pace around 55 kilometres with a stomach upset.

Shaun Scanlon continued his steady pace with confidence. Shaun seems determined to crack the 'big 200' for 24 hours. He also seems determined to not let anybody lead him into Melbourne without a fight!

Tatch Muramatsu is a wiser ultrarunner this year. He has obviously built up his leg muscles for this year's event and is also adjusting his tactics to suit the environment of the race.

Twelve hours into the event and another group of runners report to centre stage at Westfield Liverpool. The first group has now been running for 12 hours and are all clear of Mittagong - it is going to be an awesome task to peg them back.

The shopping centre is empty. It is cold and bleak.

Andrew Law keeps himself warm in a 'Tassie Tiger' wrap, Peter Gray is sporting a Davey Crockett cap, Tony Collins is wearing a big grin, and Mark Gladwell is displaying an air of quiet confidence as he lines up for his fifth consecutive Westfield Run.

A small crowd of well wishers assembles and stands proudly as another rendition of 'Advance Australia Fair' echos through the empty hallways of the shopping centre.

Westfield Executive, Chris Bates, fires the starting pistol at 11.00 pm and the 12 hour handicap group leaves the start line to be quickly enveloped in the cold darkness outside.

Wednesday night turns out to be one of the longest ever for the eight 'gun' runners starting off on a 24 hour handicap.

Sleep is difficult when you know your training schedule is finished, you know you are as prepared as you will ever be, and you know your competition is using every second to put distance between them and you. And there are a lot of seconds in a 24 hour period - 86400 to be exact!

By 11.00am on Thursday the waiting has ended. The other competitors don't matter anymore. The focus is now internal.

The national anthem reminds the runners and the crowd that ultrarunning has come of age - it now has the status deserving of ceremonial function.

The gun runners are quiet and relaxed as they ponder the task ahead. They are inspired by the first chords of Chariots of Fire and they wish each other well in the true spirit of ultrarunning.

A shot is fired exactly 24 hours after the first group departed, and the gun runners are off.

There is an atmosphere of power within this group and one cannot help but sense that the winner of the 1991 Westfield Run is among them.

Their marathon times gave the first indication of the quality of the group:

Russell Prince	3:02:02	Bryan Smith	3:40:33
Don Mitchell	3:28:23	Jean Boussiquet	3:56:39
Owen Tolliday	3:33:14	Maurice Taylor	4:00:07
David Standeven	3:40:24	Kevin Mansell	4:00:07

Russell Prince takes off in the tradition of a 'Kiwi Flyer' and serves notice he is in this event to win. Race favourite, Bryan Smith, reaches the 100 km mark in 9:32 but he is 19 km behind Prince.

Owen Tolliday runs with aggression from the start and it is clear he intends to put pressure on the gun runner group as he reaches the 100 km mark in 9:12.

Kevin Mansell and Maurice Taylor are well aware of the task ahead and they settle into a slow steady stride alongside each other. It is clear these two have decided they will support each other in the early stages of the race.

Kiwi timbercutter, Don Mitchell, and 'Mighty Midget', David Standeven are two minutes ahead of Bryan Smith at 100 kilometres.

Jean-Gilles Boussiquet ignores the early surge and settles into a steady gait - he almost looks as if he is 'sussing' out the course. More astute observers comment that Boussiquet is in for the long haul and he knows the Westfield Run does not really start until Monday or Tuesday.

By the end of the first 24 hour period Russell Prince has notched up 225 kilometers. Bryan Smith reaches 209 km, Boussiquet is 8 km behind Smith and Maurice Taylor. David Standeven and Don Mitchell are a further 14 km behind Boussiquet. Kevin Mansell experiences some difficulty with tonsillitis and drops off the lead pack - but the bulldog spirit is evident in Kevin as he plugs on and readjusts his goals along the way.

At the front of the field Robert Channells is literally running on bananas as he increases his lead over Keith O'Connell by 20 km.

Helen Stangar and Randi Bromka are placed 3rd and 4th respectively. Helen holds a lead of 10 km over Randi and it is evident these two champions will fight to the wire for the Women's gold cup.

The sun is beginning to fall behind the communications tower on Black Mountain as Russell Prince reaches the national capital late on Friday afternoon. Bryan Smith is now within 500 metres of Russell as they cross the 250 km mark.

Smith and Prince have two of the most experienced coaches in ultrarunning.

Smith's coach, Fred Hellyer, is an old stager. He was on Geoff Molley's crew when Geoff won in 1984. No Australian runner has won it since but Fred is quietly confident his charger will be the one to beat in 1991. Fred watches Bryan like a hawk and notes everything he eats, drinks and wears.

Russell Prince has brought Max Marsh out from New Zealand to guide him through his first multi day event. Max has looked after the Kiwi Express, Dick Tout, on a couple of previous occasions and managed Sandra Barwick in her record breaking run in 1990. Max is regarded as one of the most professional coaches in the business.

It's going to be a battle of mind, body, spirit and coach between Bryan, Fred, Russell, and Max.

Robert Channells passes through Michelago as the gun runners approach the outskirts of Canberra. Robert has extended his lead to 7 km over Keith O'Connell and they lead the gun runners by 65 km.

The Monaro Highway looks like a scene from Star Wars in the early hours of Saturday morning. Temperatures have dropped to near zero, the sky is icy clear and the vehicle safety lights reflect off the barren hills along the high plains.

Competitors now sense the loneliness of the long distance runner as they push on towards Cooma.

Robert Channells is first into town at 2:30 am. Under normal circumstances one would expect a cheerful crowd to welcome the leader of the World's Greatest Race. But Cooma has seen it all before and even the night watchmen has gone to bed.

But Robert doesn't need the crowd. He is fully aware of his achievement and he passes on through the main street. His crew are in high spirits and they take a well earned rest.

Keith O'Connell continues his consistent gait and picks up Robert just before sunrise

Tony Collins has moved into third place. He is only 6 km behind Keith O'Connell as O'Connell hits the Snowy Mountain Highway towards Adaminaby. Tony has already whittled his 12 hour handicap away to pass nine runners. He has rested for only two and a half hours in his first 55 hours on the road.

By mid-day Saturday 18 May, Robert Channells had regained the lead from Keith O'Connell. The field positions are:

Pos.	Name	Handicap	Distance
1	Robert Channells	0	418.1 km
2	Keith O'Connell	0	413.8 km
3	Helen Stangar	0	400.3 km
4	Tony Collins	12	398.7 km
5	Craig Rowe	0	389.0 km
6	Tatch Muramatsu	4	384.7 km
7	Eduardo Vega	4	384.9 km
8	Russel Prince	24	383.1 km
9	Mark Gladwell	12	377.5 km
10	Bryan Smith	24	377.3 km
11	Peter Gray	12	375.2 km
12	Randi Bromka	0	372.5 km
13	Lindsay Phillips	0	370.4 km
14	Harry Clements	0	370.0 km
15	Jean-Gilles Boussiquet	24	365.9 km
16	Andrew Law	12	346.1 km
17	Dawn Parris	0	341.8 km
18	Don Mitchell	24	337.5 km
19	Owen Tolliday	24	337.0 km
20	Maurice Taylor	24	329.0 km
21	Kevin Mansell	24	320.2 km
22	Shaun Scanlon	4	305.7 km
23	David Standeven	24	276.7 km

The quality of the field is apparent on day 3 when all runners are still in the race. But some ominous signs are beginning to appear.

1989 line honours winner, David Standeven, is struggling. His crew urges him on but the mighty midget with the heart of a lion cannot seem to get it together. He hangs in with the hope that he will come good.

Owen Tolliday has set a blistering pace for the first 250 km but a pain in the groin causes him to stop for treatment in Canberra.

Shaun Scanlon takes a long break in Canberra after a great run. He sets out again with a fierce determination to achieve his goal.

Kevin Mansell has to drop off the pace when he contracts tonsillitis. The Killer curses the problem but vows to hang in until he shakes it off.

The town of Adaminaby turns out in force to welcome Robert Channells as he reaches them mid afternoon on Saturday. It seems most of the town has gathered under the 'Big Trout' just off the highway to cheer the runners through.

But much more is in store in Adaminaby.

The town has banded together and put on a complimentary bar-b-que for all runners, crews, and officials. It is a most welcome gesture from the Adaminaby mountain folk.

Adaminaby is the final stop for David Standeven and Owen Tolliday. Both are forced to retire and come on into town to sample some local hospitality.

By midnight the runners are now committed to the mountain. The temperature has dropped to minus 7 degrees and treacherous black ice has formed on the road.

Tony Collins continues his assault up the mountain and captures the lead from Robert Channells early in the night.

Russell Prince is showing his strength and establishes a 11 km lead over Bryan Smith. He is 30 km behind Tony Collins. He has closed the 12 hour start given to Tony by 8 hours. But Tony has taken 5 hours and 28 minutes rest whilst Russell has only stopped for 2 hours and 19 minutes in his first 450 km!

French champion Jean-Gilles Boussiquet is a further 16 km behind Smith and is running quietly and confidently. He is the one they will all have to watch .

The women are performing exceptionally well. Helen Stangar is in third position at Adaminaby. Randi Bromka is starting to have problems with tendonitis and Dawn Parris has thrown off an earlier ankle injury. She is in high spirits as she approaches the mountain.

Australia's highest town, Cabramatta, beckons the runners as they inch their way up the mountain. Tony Collins is first to reach the outskirts of the town at 4:00 am on Sunday.

Keith O'Connell takes over second place from Robert Channells and Bryan Smith picks off Russell Prince to assume third position. Jean-Gilles Boussiquet moves into fourth position.

Mother nature provides the ultimate lift to the competitors on Sunday morning. After a bitter cold night the sun rises to expose a clear blue sky which seems to fuel runners with the warmth of its rays. The scenery is breathtaking as they cross the head of the Tumut Dam and commence a fearsome climb to the half way mark.

By mid-day on Sunday, May 19, the positions are:

Pos	Name	Handicap	Distance
1	Tony Collins	12	548.9 km
2	Keith O'Connell	0	526.1 km
3	Bryan Smith	24	508.6 km
4	Eduardo Vega	4	506.2 km
5	Robert Channells	0	505.4 km
6	Mark Gladwell	12	500.8 km
7	Russell Prince	24	498.6 km
8	Helen Stangar	0	497.8 km
9	Jean-Gilles Boussiquet	24	496.5 km
10	Tatch Muramatsu	4	492.2 km
11	Craig Rowe	0	490.8 km
12	Peter Gray	12	476.0 km
13	Lindsay Phillips	0	473.3 km
14	Andrew Law	12	472.3 km
15	Maurice Taylor	24	466.2 km
16	Kevin Mansell	24	456.2 km
17	Don Mitchell	24	452.2 km
18	Dawn Parris	0	449.6 km
19	Randi Bromka	0	447.5 km
20	Harry Clements	0	443.6 km
21	Shaun Scanlon	4	428.2 km

It is obviously a clear advantage to negotiate the mountains during the daylight hours. The warm sun and spectacular scenery are uplifting. Runners can clearly see their immediate objectives and can struggle towards them. By night it is an entirely different story. Darkness descends quickly and so does the temperature. Treacherous black ice forms on the roads in the freezing conditions. Runners are engulfed into a cold, dark world of their own. They lose their footing on the hills and the passage through the mountain becomes a nightmare.

The lead runners are all clear of this section by nightfall but the rest of the field are faced with a major challenge.

Tony Collins is first across the border and enters the small Victorian township of Corryong as the sun sets. Tony is having difficulty with a bronchial problem but he puts it to the back of his mind and runs determined to keep the front position. His past performances indicate he will never surrender.

Bryan Smith has moved into second position and is coming down off the mountain as Tony passes through Corryong.

Russell Prince moves up into 5th position while Jean-Gilles Bossiquet seems content to stay back in the pack.

Andrew Law runs confidently as he reaches the mountains. This country suits the 'Tassie Tiger' as he picks up the pace and begins to move through the field.

Helen Stanger moves into 6th position and has established a 60 km lead over America's Randi Bromka.

Randi is treated for shinsplints and is now putting up a gallant struggle as she reaches the high country. But the mountains are too steep and she is forced to succumb at Cabramarra. Randi has covered 500 km and reaches our highest town at 3:07 am on Monday morning.

As the sun comes up on day 4 there are few changes to the field. Fourteen runners have cleared the high country and enter the State of Victoria.

By mid-day Monday, May 20, Tony Collins reaches the outskirts of Wodonga with a lead of 27 km over Bryan Smith. Jean-Gilles Boussiquet makes a strong run off the mountain range and moves into 3rd position. The stage is set for a great race into Melbourne. The field positions at the start of Day 4 are:

Pos.	Name	Handicap	Distance
1	Tony Collins	12	690.5 km
2	Bryan smith	24	663.3 km
3	Jean-Gilles Boussiquet	24	639.8 km
4	Andrew Law	12	637.6 km
5	Mark Gladwell	12	634.0 km
6	Keith O'Connell	0	621.5 km
7	Maurice Taylor	24	619.0 km
8	Russell Prince	24	609.0 km
9	Robert Channells	0	608.0 km
10	Helen Stangar	0	606.1 km
11	Eduardo Vega	4	605.9 km
12	Kevin Mansell	24	592.8 km
13	Don Mitchell	24	592.2 km
14	Lindsay Phillips	0	590.5 km
15	Tatch Muramatsu	4	586.2 km
16	Peter Gray	12	576.9 km
17	Craig Rowe	0	575.7 km
18	Harry Clements	0	555.3 km
19	Dawn Parris	0	542.0 km
20	Shaun Scanlon	4	527.9 km

Tony Collins maintains his lead despite the debilitating effects of slight bronchitis and a condition of exercise induced asthma. Bryan Smith maintains his consistent pace but is finding it difficult to rein in a very dogged and determined Tony Collins,

Andrew Law regains 3rd position from Jean-Gilles Boussiquet with some strong running.

New Zealand's endurance champion, Russell Prince is forced to retire with bronchial pneumonia at Tallangatta.

Shaun Scanlon ends his run at Tooma Dam after a guts effort.

Maurice Taylor and Kevin Mansell edge their way forward while others are immersed in battle with themselves.

Bryan Smith powers on through the night and by 3:00 am on Wednesday he can see the distant reflection of Tony Collins support vehicles. Smith has rested for only 3 hours and 49 minutes since setting out from Westfield Liverpool at 11:00 am on the previous Thursday.

He is dogtired but the sight of the race leader and the thought of a dream victory lift his spirits.

At 4:00 am he finally catches Tony Collins who is resting. Tony gets out of bed, shakes hands with Bryan and they walk a few hundred metres together. Tony wishes him well.

At mid-day on Wednesday, May 22, the race positions are:

Pos	Name	Handicap	Distance
1	Bryan Smith	24	813.6 km
2	Tony Collins	12	810.9 km
3	Andrew Law	12	775.2 km
4	Maurice Taylor	24	759.0 km
5	Jean-Gilles Boussiquet	24	757.5 km
6	Mark Gladwell	12	755.6 km
7	Lindsay Phillips	0	736.2 km
8	Don Mitchell	24	732.0 km
9	Eduardo Vega	4	731.8 km
10	Keith O'Connell	0	731.4 km
11	Peter Gray	12	729.1 km
12	Kevin Mansell	24	727.1 km
13	Robert Channells	0	705.1 km
14	Helen Stangar	0	697.5 km
15	Craig Rowe	0	694.9 km
16	Harry Clements	0	675.5 km
17	Tatch Muramatsu	4	660.0 km

Jean-Gilles Boussiquet and Andrew Law battle throughout the night but Boussiquet is forced to rest early in the morning, and Law establishes a 20 km lead by mid-day.

Maurice Taylor moves quietly into 4th position.

Dawn Parris is forced out of the race at 11:00 am. She has covered 606 km in 6 days but an early ankle injury and severe tendonitis, have taken their toll. She knows she will not make the cut-off. 'It's not fair' cries Dawn, 'Everything about me is fantastic - my crew is in high spirits, I feel great, I'm motivated, but this bit in my instep just won't let me run -and it won't go away!'

Sometimes it just doesn't seem fair that such a small part of the body can break down and wreck so much hard work and shatter so many great dreams!

At the beginning of day 6, Thursday May 23, the positions are:

Pos	Name	Handicap	Distance
1.	Bryan Smith	24	948.8 km
2.	Tony Collins	12	936.0 km
3.	Andrew Law	12	897.5 km
4.	Maurice Taylor	24	886.2 km
5.	Kevin Mansell	24	871.9 km
6.	Jean-Gilles Boussiquet	24	859.2 km
7.	Mark Gladwell	12	854.4 km
8.	Don Mitchell	24	851.5 km
9.	Eduardo Vega	4	851.4 km
10.	Keith O'Connell	0	837.3 km
11.	Peter Gray	12	836.0 km
12.	Lindsay Phillips	0	821.0 km
13.	Harry Clements	0	821.0 km
14.	Craig Rowe	0	819.5 km

The final cut-off point is passed. 39% of starters have been defeated by the event, and the remaining 14 runners are set for the most difficult task they have ever faced.

To the public and the media it seems a dour struggle and an anti climatic finish.

But to Bryan Smith, his wife Jan, and their loyal crew, it is one of the great experiences of life. No heroics, no razzmatazz - just a steady run towards a small crowd a few minutes before midnight on Wednesday - 6 days, 12 hours and 50 minutes after setting out from Sydney.

Tony Collins has dropped back some 18 km but he is sure of second place and crosses the line in great spirit in a time of 7 days, 4 hours and 17 minutes.

But the true winners for Tony's run are the kids undergoing cancer therapy at Camperdown Hospital in Sydney. Tony and his wife Jan have raised over \$100,000.00 for cancer research at Camperdown since he began running the Westfield back in 1989, and this year he declared he would donate his prizemoney (\$15,000.00) to the kids for further research!

Andrew Law, the Tassie Tiger knows he cannot pick up ground on Tony Collins but he also knows he cannot afford to falter with Maurice Taylor just 17 km behind him.

Maurice has run a most consistent race and there is no doubt he will hold his pace to the finish.

His training partner, and close mate, Kevin Mansell is another 13 km behind and is holding off a strong challenge from French champion, Jean-Gilles Boussiquet.

Boussiquet picks up the pace as he enters Melbourne and comes within 300 metres of Mansell.

But Mansell is not intimidated by the Frenchman and he shows the mettle that earned him champion status in Australia in 1989. He digs in and increases his speed to 14 km/h.

Boussiquet picks up his pace and they chase each other as they pass through the city centre.

Casual observers see two ragged looking ultramarathoners struggling towards the finish.

Experienced observers see a classic finish between two champions.

More than 140 km down the road from Dawn the last female left in the race is going through hell. Helen Stangar is exhausted. Even her crew, the irrepressible Billy's Bushies from Sydney's southside are despondent. They have tried everything to coax, cajool, intimidate, and bribe Helen, but she is nearing the end of her tether.

She has been on the road for almost seven days and has covered 750 km over some of Australia's wildest terrain - and she has only had 13 hours rest! She pushes on but seems resigned to the fact that Melbourne is too far away for her this year.

The early leader, Robert Channells, is also struggling to stay in the race.

The 'runners high' enjoyed just a few short days ago by Robert and his crew has transformed into a 'runners low' as he tries desperately to keep focused on his ultimate goal - the finish at Westfield Doncaster! But his goal is fading, his body is exhausted and his spirit is daunted - thousands of kilometres of hard training, 750 km of tough running - and only 270 km to go to the finish - so near, yet so far!

At 9:00 am on Wednesday, Robert withdraws from the race. He has nothing left to run on.

Harry Clements and Craig Rowe are now the tailenders and they realize the Benalla cut-off point is hanging over them like a guillotine.

Both runners have surprised everybody with their performances so far but their crews are silent as each runner plods towards his immediate objective about 50 km down the road.

Their major obstacle is the clock.

Harry gets into a cadence he thinks he can hold for the next 6 hours.

Craig is only a kilometre ahead of Harry but he is past worrying about anybody else on the planet earth. He is locked into an incredible battle with himself and is oblivious to his immediate environment.

Harry passes Craig in the early hours of the morning and his crew are relaxed with the fact he will make Benalla on time.

But Craig is in deep trouble. His feet are almost twice their normal size and badly blistered. But his spirit is undaunted. His run into Benalla is undoubtedly one of the most moving achievements of the 1991 Westfield Run.

Officials and spectators watch in silence as he struggles towards the cut-off. His feet are killing him, his body is screaming out for rest and he is hallucinating. His immediate environment is a blur but nothing is going to stop this warrior from making the cut. And he does it by a whisker!

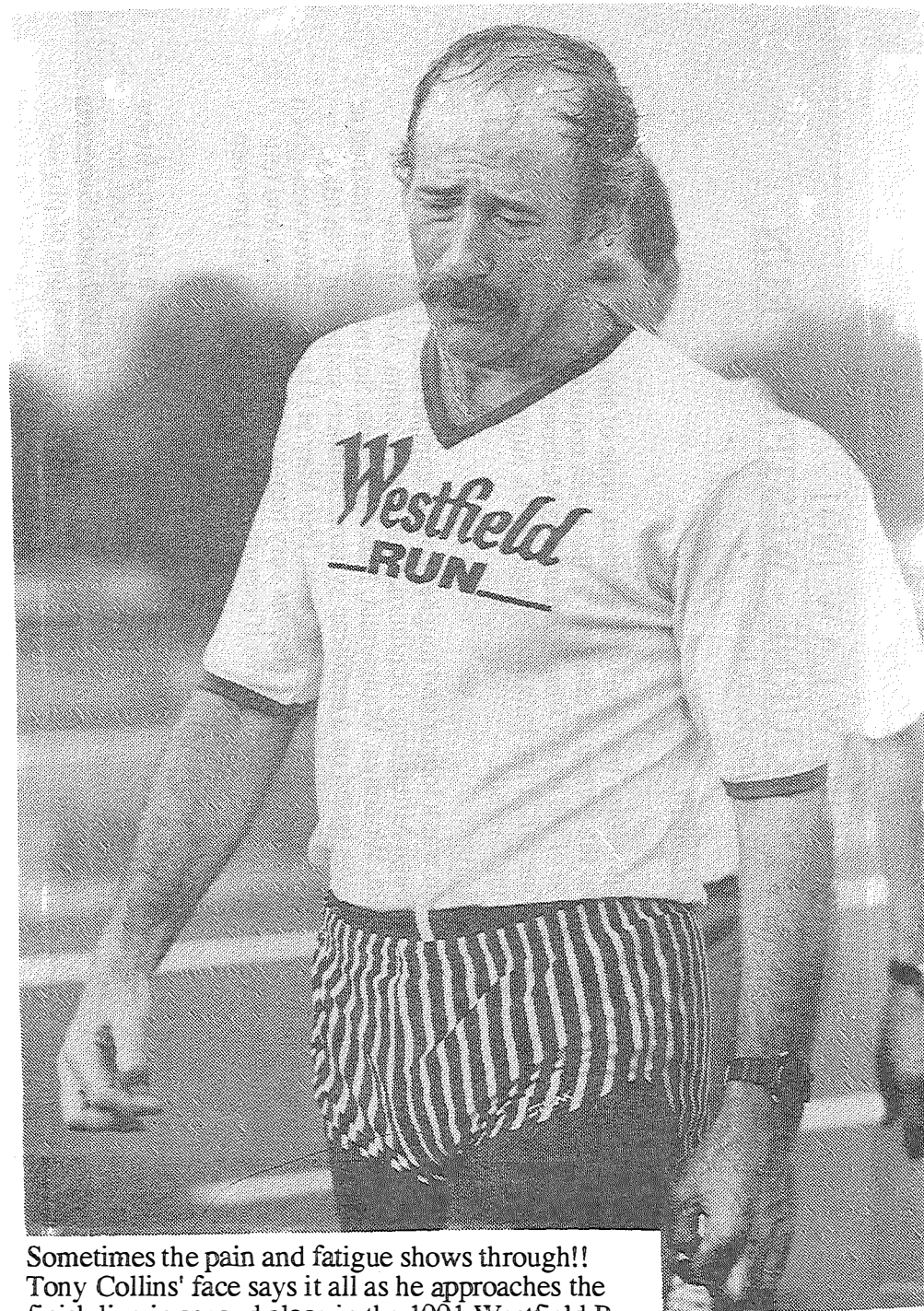
A small crowd gathers in silence as Craig slumps into his van. He is asleep before they lay him down.

Bryan Smith passes through Seymour with 80 km to go to victory. He slowly extends his lead over a gallant Tony Collins by 12 km.

But his crew are not relaxed. They know and respect Tony Collin's fighting spirit and they know Tony will never surrender.



At last!! Victory for Eduardo Vega, after 3 previous attempts at the Westfield Run. Eduardo kept his biggest grin for the finish line.



Sometimes the pain and fatigue shows through!! Tony Collins' face says it all as he approaches the finish line in second place in the 1991 Westfield Run.

ANDREW LAW 1991 SYDNEY TO MELBOURNE - WESTFIELD RUN

by Kerri Law

The World's Greatest Race - 1028km

Sponsors

I would firstly like to mention our sponsors, because without them, none of the events below would have been possible. For Andrew and the 8 crew to compete in the event required sponsorship to the value of \$11,000, with extra expense of the travel from Tasmania to Melbourne. Our sponsors were: Elgas, Talays, TT-Line, Blunderstone P/L, Flag Inns and Budget, with numerous contributing sponsors and of course support from family and friends.

1991 Course and Race Conditions

The route of the 1991 Westfield Run was a longer and tougher course compared to 1990's. The race started at Liverpool in Sydney, through Mittagong, Goulburn, Canberra, Cooma, Adaminaby, Cabramurra, Corryong, Talangatta, Wodonga, Wangaratta, Benalla, Euroa, Seymour, and finished at Doncaster in Melbourne. The race was based on a handicap system. Runners started on 15th May, 1991 at 11am, 3pm, 11pm, and 24 hour handicappers started on 16th May at 11am. Andrew was given a 12-hour handicap, which meant he started at 11pm. He was very happy with his handicap and felt quietly confident that he could possibly make the top five if everything went according to his pre-race goals.

Background

Just a bit of background to show the guts and determination of this 'Tassie Tiger' as far as getting fit for the 1991 run. Since the 1990 run, Andrew spent 6 months dealing with injury. After May 1990, he spent 2 months in plaster. His tibial tendon had snapped at the 700km mark of the 1990 race. Surgeons had to remove 4cm. of the tendon. To regain strength and flexibility, Andrew received lots of physio and exercised frantically to regain 100% strength. He also had orthotics made to help the muscles which had dropped in the arch of his feet, to return to normal.

This is where Andrew's mental strength came in. Most people would have given up, but Andrew was determined that the injuries would not stop him from running. He would visit our local Health Centre in plaster to lift weights and exercise his upper body and ride an exercise bike very gently. I just could not stop him from getting on the bike. I was very worried he may hurt himself, so did some checking just to make sure he wouldn't damage the repair work. He was fanatical! He would not or could not accept defeat.

After 6 months of tiresome, unrelenting training, he attempted 7km and 10km runs, only to return home with sore spots and niggles here and there. I honestly thought he wouldn't make the 1991 race as time wasn't on his side.

Two months before the big day, Albert Johnson, Andrew's trainer, suggested that he take the orthotics out. The rate that Andrew picked up after doing this was amazing. There was no stopping him.. Andrew put in some solid training, including long runs to the top of Mount Wellington - training that certainly paid off as he ran over the Snowy Mountains. He looked superb. He had built himself up into perfect condition. He deserved a medal before the race began.

Race Day

Race day arrived. The excitement, nervousness and tension started to build up. Andrew couldn't wait to get started. I couldn't get it out of my mind what was about to happen. The vans were set up without any fuss. Second time around was so much easier. Half the crew were from the previous year - they knew what they were in for. The rest of the crew could only begin to imagine.

"Chariots of Fire" music was playing; each crew member gave Andrew words of encouragement and I, as usual, couldn't keep the tears from flowing. Andrew knew these were tears of relief because we had actually made it and also because this was Andrew's chance to really have a go. He knew he could make the distance, so his main aim was to improve his time. His goal was six and a half days to complete the run. He did it in seven days, nine hours.

Counting down 3, 2, 1, and the gun went off. I roared at Andrew to "GO!" as if was running 100 metres, not 1028 kilometres. The night start was an advantage as there was little traffic. It was a top night to run, the weather was a comfortable 16 degrees.

The Crew

Robert Jacobs (Jake) was crew commander. His job was to make sure the crew worked their shifts and that everything on board ran smoothly. He did a fine job and was a very valuable person to have on the team. He helped Andrew through the really tough patches and emotionally, this must have been a very difficult job. But, by gee, he was bloody good at it! I think he drew tears from the majority of the crew as we watched him pep-talk Andrew after a two-hour sleep, to motivate him to run another 22 hours before he could get another one!

This year, I worked as cook, cook, cook and more cook. I ran with Andrew at least once a day to have a good chat and make sure he was happy with everything. I'm sure he must be one of the easiest runners to look after. Hardly ever would he complain. I shared this position with Linda Jacobs. We also took charge of grocery shopping and washing clothes.

Jim Bell and Martyn Gregory were our key drivers. Anthony Williams and Jake were the main runners, Alan Jansson was the physiotherapist-acupuncturist and log-book person and Michael O'Leary was a jack of all trades. Several of the guys tried their hand at cooking, but it was evident from Andrew's reaction - spitting the food out - that it was best that Linda and I took charge.

Jake and Linda prepared a roster which worked extremely well. Everyone worked for four hours then had a four-hour break. One person out of the eight had an eight-hour break. This worked well. It was important that when a crew member was to go off for a sleep that they did this, otherwise they, and the other crew, paid for it on the next shift. It was crucial that Andrew had an awake crew looking after him, not half-dead ones.

Eight people in confined quarters was a definite trial of personalities and human relations, but everyone was there for the same reason - to help Andrew achieve his goal - and everyone made sure they did. They worked very well together. I have to admit there were a few clashes of personality, but these sorted themselves out very quickly.

Day One

8.2km out of Westfield and Andrew had a bit to eat. We fed Andrew small portions of food every 45 minutes. His diet consisted of fresh fruit, pasta, vegies (especially potatoes and pumpkin), spaghetti, soup, custard, yoghurt, baby food, quiche, pizza, cake, chicken, fish and, by the end of the trip, whatever you could think of. His drinks included apple juice, coke, milo, coffee, water, carboblast and homeopathic remedies added to water. We also included iron tablets and ginseng into his daily diet. There was no lack of nourishment, that's for sure.

At the 21.4km mark, Andrew had some custard followed by coffee. Whilst eating hot food, Andrew would slow down to a fast walk. He was travelling very nicely at this stage. His aim for the first day was at least 200km. His race plan was set out in 60km lots. He attacked each 60km as an individual goal. His first goal was Wollongong which was 61km away. Unfortunately, we didn't stick to this plan for very long. At the 29km mark, a change of socks was required. One of the new and very expensive pair had quite a large seam over the toes. It was becoming quite irritating. Andrew completed the first marathon in 3.28.23, equal fastest time with Don Mitchell of New Zealand. Only 23 more marathons to go!

At 3.17am at the 50.8km mark, we made a stop to change Andrew's clothes, massage and a poo. Andrew had a slight tenderness in the tendon. At this stage, you can imagine the concern. I didn't say anything, but privately, I was very worried. I spoke to Andrew later on to see how he felt. By this time, the pain had ceased and he had complete flexibility. A sigh of relief from all and Andrew got on with the job.

Stomach cramps nagged Andrew at the 79.2km mark. We stopped for 39 minutes to ice feet and treat cramps. At the 106.3km mark, we had to change his socks once more. The expensive socks were bloody useless! The seams had caused a whopping blister - at \$38 a pair, you don't expect this sort of problem. We converted back to Andrew's old faithfuls.

At 5.22pm, Andrew was drug-tested. The drug test took 45 minutes. Because it took so long, the desperate need for sleep fell on Andrew like a wet blanket. He received some acupuncture treatment and sleep. We allowed him one hour solid sleep. At 11.01pm, Andrew had run 187 kilometres, 13 short of his goal. Having the unplanned snooze and the drug test put things out a bit, but unfortunately they were necessary.

We had made several errors on the first day which were rectified immediately. Andrew had severe chaffing, which was left for too long until treated, and while resting, his feet were jammed hard against the end of the bed, aggravating the tendon just below the knee. We learnt very smartly to elevate his legs at all times. Our mistakes caused severe pain in the next few hours of running.

Because he also had only one hour's sleep, his performance on the second day suffered. We also learnt that he needed two hours minimum if he was to put in a good day's running.

At the 160km mark, Andrew passed Dawn Parris (scratch runner) and Sean Scanlon (4 hour's handicap). This really lifted the crew. As for Andrew, he still knew there was still a hell of a long way to go. His aim was to catch several runners by the end of the first day and this is exactly what he did. Everything was going well even with all the hiccups.

Day Two

Through the night, Andrew struggled on. This was mainly due to the lack of sleep. The one-hour and half-hour breaks were not sufficient. As daylight approached, he sparked up. Ten kilometres out of Canberra, and Andrew knew from the signs that there wasn't far to go. He could have a good sleep - two hours minimum and a shower. Upon approaching Canberra, he had to take a right-hand turn and run another 20 km until we reached the pre-booked hotel. At this stage, he felt like jumping on the bull-bar of the vehicle or doing his shoe laces up, as Charlie Lynn had said earlier on, whilst the vehicle was moving (hee, hee!).

He finally made it to the hotel at the 274.3km mark. He had the works. Awaking from his sleep, he was a new man and was keen to put in a good morning's running. At this stage, he still had chaffing problems which slowed him up. He was very frustrated with this. His average running speed had dropped from 7.67km per hour to 5km. This was a dramatic decrease. The flat countryside to most runners was a blessing, but Andrew couldn't wait to attack the hills as he knew this is where he would make his mark on the race. Weather conditions were superb. At one stage he required ice on his neck to cool down. As far as the crew were concerned, the weather was brilliant. At the end of the day, Andrew had covered 304km, 120km for the second day of the run. This was not his aim; he had hoped to have run at least 140.

Day Three

Andrew's feet became very hot, blisters were very painful and the chaffing wasn't improving. At the beginning of day three, it took one hour to treat his blisters and hot feet. He had only covered four kilometres. Inexperience was taking its toll, as we soon found out. Andrew wasn't being treated correctly. It wasn't until Andrew spoke with Mark Gladwell (another runner) that Mark gave us some valuable information. Metho and water for hot feet, and use a needle and thread for blisters rather than cutting them with scissors. Once again Mark Gladwell was our saviour. I wonder would he give us any helpful hints in our next attempt - like how to cross the line first! This was just one example of the runners' true spirit. What wonderful special people they are. Camaraderie between runners and crews was terrific throughout the entire race.

Before Cooma and in the middle of the night, Andrew, Peter Gray (Vic) and Russell Prince (NZ) ran a 13km stretch together. It was a great boost for Andrew, as it kept him on the road longer than we anticipated. The fact that he had some company improved his performance out of sight. At the same time, Andrew's feet also started to cool down and his chaffing was disappearing. His style was much more comfortable. It looked as though these guys hadn't been running for several days. They were just amazing. Martyn was runner at this stage. When Prince had a drink, Andrew would have a drink, if Prince had something to eat, Andrew would have something to eat. Andrew did not want to stop for any reason. If Prince did, then he would.

Once Prince did stop. (Gray had dropped off earlier). We went two kilometres up the road and Andrew rested for two hours. By the time he was running again, it was nearly daylight. Once he was back on the road, he soon got back into the rhythm. With music like AC/DC roaring out, he had no choice.

Lighter Moments

Heaps of funny things happened along the way. One that comes to mind at this stage of the race was when a crew member (Mick O'Leary) was at the side of the van having a wee. Mick is very modest at the best of times, always making sure his wee stops were taken when either Linda or myself were not around. Another crew member (Jim Bell) noticed Mick and put him in a headlock. Mick struggled and Jim spun him around only to be totally surprised with Doctor Jo's presence. He nearly christened the doctor but luckily, Jo had quick reflexes and was able to dodge the wayward fountain. Mick's embarrassment topped it off. He had everyone in stitches for the next eight hours at least. Mick soon realised he would never live this one down, so he played along with the stirring.

Back to the Race

At this stage in the race, Andrew passed Randy Bromka (USA), Lindsay Phillips (NSW) and caught up with Bryan Smith (Vic). He ran 3km with Bryan Smith then had to make an urgent pit stop. Andrew ran through Cooma, and on the way, we saw Bryan Smith (setting up for the night), Gary (sleeping),

Vega (sleeping) and Maramatsu (sleeping). If they were in a deep sleep, I'm sure the music we had blasting would have woken them. Andrew really enjoyed having Aussie 'rock' beating out as he put one foot in front of the other. The day was quite warm and the coolness of late afternoon was welcome. Twenty-three km. from Adaminaby, Mick was once again sent with two pillows to the other van. He ran flat chat ahead to catch the other vehicle. To his dismay, he was running the wrong way. The van was behind the vehicle that he came from. Everyone, including Andrew, was hysterical! We had realized that two hour sleeps were a must, so everything was falling into routine. At the end of day 3, Andrew had covered an extra 123km. at an average of 5.13km per hour. Still nowhere near his goal.

Day Four

At the 439.3km mark, Andrew rested really well. It was evident that this was the key to his performance in day 4, as he picked up extremely well. He was averaging 7 and 7.5km an hour and looking brilliant.

Andrew was enjoying the food immensely. I don't think he would dare complain - he wasn't game! I would have clobbered him. The monotony of making a variety of food which was good for him sometimes became rather daunting. He loved cornflakes with milk and sugar and a dollop of honey first thing every morning at brekky time. Alan Jansson (acupuncturist) hated this, as he thought it took too long for Andrew to eat. Did he enjoy it? Every mouthful was a delight. Tsk, tsk, the poor guy wasn't even allowed to enjoy his cornies.

Linda had some great sayings like, 'It's like watching a machine in action - only it's more reliable' Andrew's running had impressed her as much as the rest of the crew. A strong bond was formed with everyone as Andrew continued on his epic journey. Nothing but admiration and respect was felt for this little 'Tassie Tiger'. His legs looked magnificent as he strode along the seemingly endless road.

At the 465.5km mark, we were at an elevation of 1300 metres. Andrew was approaching Kosciusko National Park. He was cruising even though the stats for day 4 don't describe his incredible performance. He was averaging 8.4km per hour when he set his sights on Craig Rowe. The flashing amber lights attracted Andrew and he would always increase his speed until well past his opponent. Depending on the time of day and how he was feeling, Andrew would either run with them for a while or go straight by. At this time, he wanted to make some ground. He passed Craig at the 476.2km mark.

At Cabramurra, the highest township in Australia, we stopped to change Andrew into shorts. I hand-washed his clothes while we stopped. We gave Cadbury chocolates to all the children we saw along the way. There were a couple of children as we headed out of Cabramurra and I took the opportunity to brag about Andrew for a short/long while, then we continued on our way. We would go ahead 40km or so to have a rest.

We saw Cliff Young, which was great. He was a terrific morale booster for all the runners as well as the crew. Andrew had to cross the top of Tumut Pond Dam. The scenery was exquisite and the weather was great. You could see Andrew looking in every direction taking in the magnificent view.

At the 509.9km mark, Andrew commenced the steepest climb of the entire route. The road climbed from 1200m to 1630m over a distance of 4.5km. When we reached the top, we were at the half-way mark. Andrew murdered this ascent in 44 minutes. He was now in 8th position. A further 20km and he passed Vega and Prince - now 6th position. There was no movement in the Channels camp so we snuck by at 507.2km on the way to Corryong.

At 583.2km, Andrew stopped at Colac Caravan Park to relieve himself. It was 5.47am. Darkness was still upon us and our battery had run flat. Food was quickly passed to the second vehicle, who followed Andrew until we could get going again. We were fortunate enough to have Boussiquet's (France) crew nearby. They heard our distress calls and arrived almost instantly. They were prepared to leave their runner to help us. Fantastic! We thought we were going to be stranded as we had great difficulty getting started. A last desperate push was the cure. We had learnt another lesson - give the vans a GOOD run every day because it is so uneasy to come unstuck.

618.5km - Sandy Barwick ran with Andrew. This brought back fond memories of 1990. Andrew and Sandy battled for a fair part of that race.

Andrew was going through a pair of runners a day. We had 5 pairs. He was on the last of them so a new pair had to be purchased. He would have nothing but 676 New Balance runners. They are now off the market and 677s have taken their place. It took some quick talking to convince Andrew that they were identical to the 676s. We were even at the point of making the 7 into 6 so he wouldn't even know. He was too with it to put one over him so he finally realised that there was no other option but to accept the 677s - yeh!!

After a long sleep, Andrew would wake feeling quite refreshed, but there was one instance where it took a bit longer for him to wake up properly. Jake (crew commander) went out with Andrew and gave him all the inspiration under the sun. To watch them work was fantastic. It was the most tear-jerking stuff anyone could witness. Jake would have a stretch, then Andrew; Jake would begin to swing his arms while walking at a reasonable pace, Andrew would do the same. More words of encouragement and then finally a jog. More Stretching and movement and he was off. Quite often, we would watch in awe and try to understand why - WHY - he wants to do this to himself??

His courage and determination to get on with the job showed his sheer brilliance. Jake would jump back into the moving vehicle - totally washed out with the mental pressure. It was so hard to have to push someone to their limits in order to run this race, but, by gee, could Jake do it. He was magnificent. All the crew in their own way did this too. If not motivating Andrew, they often drove for such long periods - 12 hours sometimes - without a grizzle out of them. Jim (driver) ran with Andrew at one stage to have a break. They have been mates since school. Jim could feel what Andrew was going through. He'd put his arm around Andrew's neck and give him words of encouragement. This all added up to Andrew's success. He knew that the crew were doing their damndest to get him there, the rest was up to him. He kept us going - bloody fantastic!

We stopped at 10.25pm at Wodonga. Once Andrew was set up and seen to, we all fed our faces with pizza and had farting competitions. Anthony was the best although he was one of the quietest persons I have ever met - an ideal crew member for such a tough trip. He would do anything to help Andrew. Linda and I browsed along the main street and looked in shop windows. It was hard to sleep. We were at the 700km mark, 328 to go.

Andrew was running extremely well. He passed Jean Gilles Boussiquet just after Wodonga. He increased his lead from Boussiquet to 30km at 808.5km. He was no major threat unless Andrew was struck with injury, which wasn't going to happen.

Day Five

The fifth day's performance certainly proved that.. Day 5 and another 150 km. We were on the road by 2am. Wangaratta was our next major goal.

One of the officials who we fondly named Top Gun (David) ran with Andrew for about 5km. It really brightened Andrew up. He couldn't do enough for us; he was great.

At 744.0km Andrew was in third position. He was 35.1km behind Bryan Smith and 28km behind Tony Collins.

751.5km - 20km out of Wangaratta, and the weather was changing. It was spitting and Andrew was forced to rug up. As far as Andrew's spirits went, he was in top form. He managed to con Linda for a strawberry cream chocolate.

We arrived in Wangaratta at 11.17am. By this time, the rain was quite heavy, which forced many onlookers inside. Andrew ran through the township feeling good, determined to make some ground on Collins. The music was becoming monotonous for Andrew/crew, I'm not sure which, so I purchased a few new tapes just for a change. We played these to death and then went back to the old faithfuls. All our tapes (about 40) were numbered so the same tape wasn't played over and over. Yet quite often, tapes were repeated when it was the driver's favourite.

By 800km, we had made ground on Collins. Andrew had gained 6km. The gap was quite large in hour terms, but not impossible. He was hoping to gain some more ground. This would probably have been the hardest part of the race. Andrew was, in fact, the meat in the sandwich. He had two runners ahead, and two on his tail, no-one to run with, no-one close enough to attack. If he had seen a flashing light, it would have motivated him like a rocket. We did spot a flashing light but unfortunately, it wasn't another runner, only the local council hard at work!

At 9.05pm, Andrew was treated with some Chinese food from a restaurant in Euroa. Franky, the owner and his friend came aboard for 20 minutes to watch Andrew running. They were thrilled to be part of it. Thanks, Franky; the Chinese was superb!

At 838.7km, we iced Andrew's feet and treated blisters. Pit spots for blister treatment weren't anywhere near as often. Andrew was averaging a 7.9km pace at this point, quite incredible considering the distance he had covered. Andrew stopped at 12.40am for a sleep and some acupuncture treatment, then up and away at 3.25am. Only a couple of hours till daybreak. Andrew ran through Euroa at 4.20am. For the next 8 hours, he ran consistently. At this stage, we heard that Maurie Taylor was 20km behind. As long as Andrew was consistent, Maurie had no opportunity of catching us.

Days Six and Seven - Countdown to the Finish

At 12.05pm, 5km out of Seymour, Andrew had some acupuncture on his ankle. It was becoming extremely tender. By 2.21pm. we were forced to put an ankle strap on his foot. At 4.37pm we iced his feet. At this stage, we were 62km. out of Melbourne.

Running through Seymour was a terrific boost as runners that had withdrawn through injury were on the roadside, congratulating Andrew. This was a good feeling as the runners and crews were the ones that really knew what it was all about.

50km from Melbourne. We iced his feet once more. It was at this stage that Andrew's dad joined us along with our major sponsor's representative, Douglas Law from ELGAS, and his family. The two boys ran behind Andrew for several kilometres. This was great because at this stage, Andrew was feeling exhausted- nearly ready to drop. Having them there helped him to keep going. Thanks guys, your presence was a welcome sight.

Once they departed, Andrew practically stopped dead. He was in a state of physical exhaustion. Tiredness had taken its toll; he desperately needed sleep. We stopped two hours, one hour complete sleep, the other feeding, treatment, change of gear ready for the last stint to the finish. After 20 hours running, you can imagine his fatigue.

We woke Andrew only to find that his body was still in sleep mode. His mind and body were separate. Andrew hallucinated and said that he could see the crew talking to him and he could also see himself. Jake, as usual, finally convinced Andrew to start moving. They walked and talked for about 15 minutes when something finally snapped in Andrew's mind as to where he was and what he had to do. This episode was a teensy bit scary. Fortunately, I was asleep at the time. I don't think I could have handled it that well, especially when they asked him who Kerri was and he didn't. know. Good on you Jake, you're a true professional.

Communication with Andrew was very difficult as race rules wouldn't permit us to run beside him. If we needed to talk, it was virtually yelling to each other, as we had to stay two metres behind at all times except when handing him food. No pacing was allowed.

Just before the 1000km mark, we passed Spring Street. "Spring" is one of Andrew's oldest nicknames. 28km to go. The crew was really excited at this point in time. To witness such an event was fantastic. Top Gun (official) was with us for the last 30km. He was running with Andrew through the built-up area.

Drinks, food, drinks, food - although it was near the end, this was still an important factor. It could affect the final few hours. The majority of the crew couldn't sleep from about 10pm the night before. So close and yet so far. The last 20km seemed an eternity. Andrew was so tired. He knew he didn't have far to go. The streets of Melbourne were so daunting. I think we covered every street possible. Over hill and dale, left here, right here, until finally our destination - Doncaster Shopping Centre. Six kilometres before the finish all the crew except two left for the line. Jake and Jim stayed with Andrew to follow him in. Little did Jim realize that there were six kilometres to go. He thought there was only one or two! He was very lucky the official vehicle was still around. He needed to catch a lift. He was near exhaustion, the poor soul! This, like many other incidents made the trip memorable for all of us.

Third Place - A Fantastic Effort!

Andrew arrived at Doncaster and crossed the finish line in seven days, nine hours and 32 minutes. The thrill to watch him, the celebrations, excitement, sheer brilliance of this human machine. What a man, what a champion!! He had done it once again. First Tasmanian to complete the run, now third place. How fantastic!

Tributes

The crew were thrilled to be part of it. It is an experience I would personally recommend to anyone who has an interest in sport. These endurance men and women are totally dedicated, the most gutsy people I have ever known. I take my hat off to them. They are all absolutely fantastic.

Also to the Westfield organisers - what a great race! It's the most professional set up I have ever witnessed, and I was proud to be part of it.

To the crew - what can I say? I'm almost certain they would have been one of the most professional in the race.. Thankyou so much to them for giving up their time to be part of it.

To Andrew. What a man! I can't wait for his next run. Andrew is a quiet achiever who deserves heaps and heaps of recognition. He has become well-known in the athletic scene in Tasmania and hopes to compete interstate on a fairly regular basis. He would also like to compete internationally.

This is just the beginning of a long career in ultrarunning for the Tassie Tiger, Andrew Law.

VMC
MELBOURNE INC.



50 MILE

TRACK RACE

SATURDAY 15th JUNE, 1991

(INCORPORATING THE AUSTRALIAN CHAMPIONSHIP)

Race Organizer: Geoff Hook
42 Swayfield Road,
Mt. Waverley. 3149.
Telephone: 308 9739

17th June, 1991.

Dear

Thankyou for participating in this year's 50 Mile Track Race. I wish I could have ordered better weather for you but nonetheless, with so many p.b.'s and records, it became a most successful day. Thankyou for your contribution towards this success. Everyone is to be congratulated, runners, lapscorers and helpers, for working hard and keeping a happy disposition on such a bleak, rainy day.

I was able to thwart Geoff Boase's desire to be awarded the perpetual trophy permanently (by achieving three straight wins) when Safet Badic entered the race and cleaned-up not only the race, but also the Australasian Record in the smart time of 5:18:20. Well done Safet.

Lavinia's great performance richly deserves special mention because she broke every possible record beyond a Marathon to including the 50 Miles. A fantastic performance Lavinia and an excellent effort in finishing in 5th position.

There were many other very memorable performances, including quite a few p.b.'s. Congratulations to all runners.

In sharp contrast to this years 6ft. Track Marathon where the mighty Vics. had a 100% finishing success in contrast to the N.S.W. bods, the tables were turned in this race. It was pointed out to me that the N.S.W. team (comprising one person) had a 100% finishing success in contrast to the mighty Vics. Oh well, we can't win them all!

My humble apologies for the lack of portable toilet facilities. Unfortunately we were let down by Box Hill Athletic Club which had not arranged to open the double gates into the ground. A serious consequence of this neglect led to a severe injury to Frank Prowse who slipped on the wet grass while heading for a tree that runners were using as a replacement for the toilet. I'm very sorry for this unfortunate experience Frank.

Thanks once again for your participation and I really hope you come back to compete in this race again next year.

I hope you are now well recovered.

Keep fit and stay injury free and healthy.

Kind regards,

54 *Geoff Hook*

VICTORIAN MARATHON CLUB INC.

RESULTS

50 MILE TRACK RACE AUSTRALIAN CHAMPIONSHIP

DATE: 15th June, 1991
VENUE: Box Hill Athletic Track

Place	Competitor	Marathon	30 Miles	50 km	40 Miles	50 Miles
1.	Safet BADIC, 30 (Vic)	2:44:45	3:08:16	3:14:55	4:10:30	5:18:20 ■
2.	Geoff BOASE, 40 (Qld)	2:58:29	3:27:45	3:35:25	4:46:17*	6:06:13
3.	Paul EVERY, 27 (NSW)	3:11:23	3:40:31	3:48:38	4:57:04	6:13:08
4.	Brickley HEPBURN, 40 (Vic)	3:23:36	3:53:12	4:01:37	5:16:05	6:38:10
5.	Lavinia PETRIE, 47 (Vic) 1stF	3:26:45	3:54:32 ▲	4:02:02 ▲	5:17:04 ▲	6:48:51 ▲
6.	Ian CLARKE, 37 (Vic)	3:20:00	3:53:25	4:03:00	5:23:38	6:49:31
7.	Peter GRAY, 26 (Vic)	3:30:25	4:01:52	4:11:05	5:29:29	6:57:57
8.	Neville PORTER, 56 (Vic)	3:24:11	3:55:46	4:07:20	5:31:26*	7:04:55
9.	Jeff SMITH, 32 (Vic)	3:24:20	3:59:10	4:12:58	5:33:13	7:05:20
10.	Roger WEINSTEIN, 41 (Vic)	3:32:34	4:05:47	4:16:00	5:38:40	7:09:31
11.	Randal HUGHES, 67 (Vic)	3:27:32	4:06:50	4:15:33	5:45:40	7:22:45 ●
12.	Peter QUINN, 41 (Vic)	3:32:33	4:09:06	4:18:45	5:51:28	7:32:00
13.	Shirley YOUNG, 61 (Vic) 2ndF	4:01:32	4:37:46	4:48:06	6:15:23	8:04:22
14.	Keith CROWLE, 52 (Vic)	3:49:23	4:33:40	4:51:14	6:48:33	8:58:20
15.	Lorrie BISHOP, 44 (Vic) 3rdF	4:31:10	5:20:57	5:31:28	7:20:26	9:13:18
16.	Greg WISHART, 52 (Vic)	3:46:23	4:44:24	4:56:48	7:15:54	9:45:39
DNF	Graeme BISHOP, 46 (Vic)	4:08:42	4:54:21	5:08:05	-	37.28ml.
DNF	Rudy LOMBARDI, 27 (Vic)	3:38:20	4:19:14	4:28:10	-	35.79ml.
DNF	Ken WALTERS, 58 (Vic)	3:30:54	-	-	-	28.58ml.
DNF	Merrilyn TAIT, 42 (Vic)	5:57:48	-	-	-	27.34ml.
DNF	Ron CAMPBELL, 48 (Vic)	3:34:30*	-	-	-	26.59ml.
DNF	Dawn PARRIS, 38 (Vic)	4:43:45	-	-	-	26.34ml.
DNF	Frank PROWSE, 39 (Vic)	3:12:07	-	-	-	26.34ml.
DNF	Joe SCROBALAK, 38 (Vic)	-	-	-	-	23.11ml.
DNF	Jean-Claude MORRE, 34 (Vic)	-	-	-	-	19.88ml.

*Time is the next completed lap after the nominated distance was achieved.

■ Australasian Record

▲ Australian Record

● World Age Record

NOTE: Lavinia Petrie also captured the Australian 6 hour record with 71.379km.
Records are not yet ratified.

VMC 50 mile track race

THE VETERAN ATHLETE

JULY 1991

Records fall in National 50km championships

Though persistent rain and bitterly cold winds provided organisers with an unenviable task, it failed to dampen the spirits of several hardy Victorian veterans at this year's VMC 50km Australian Track Championships, held at Box Hill, on 15 June.

Twenty five competitors braved the appalling conditions for, in some cases, up to ten hours, many falling by the wayside as the field gradually diminished to sixteen valiant finishers.

However, for several of the sixteen it proved to be a triumph over adversity as records fell with almost monotonous regularity throughout the day.

Expatriot Yugoslav Safet Badic, 30, continued to stamp his class on the ultra scene with a superb all-the-way win in a new Australian record of 5 hours 18 minutes - 20 seconds from gallant runner-up and winner of the event in '89 and '90, Queensland veteran Geoff Boase.

Leading the Victorian veteran contingent was brilliant 47 year old Lavinia Petrie, who set new national standards for 30 miles (3.54.32), 50km (4.02.02), 40 miles (5.17.04) and 50 miles (6.48.51) on her way to 5th place overall and 3rd veteran to finish the gruelling event.

In eleventh place, M65 multi national champion Randall Hughes extended his already proven credentials to the ultra scene by establishing a new world best for 67 years old in 7.22.45, shaving more than five minutes off the old mark of 7.28.00.

Following her recent success in the Qantas Melbourne marathon just two weeks earlier - where she won the W60 division in 3.43.22 - Blackburn's diminutive Shirley Young, 61, also lowered the world mark held by US ultra star Marcia Trent by almost eleven minutes on her way to an amazing performance of 8.04.22.



Shirley Young, 61, lowers world mark in VMC 50 mile champs.



Randall Hughes, 67 (above) sets new world best in VMC 50 mile ultra.

SUNSHINE COAST DAILY, Friday, June 14, 1991.

Boase runs into stiff competition

By
SEAN WADDINGTON

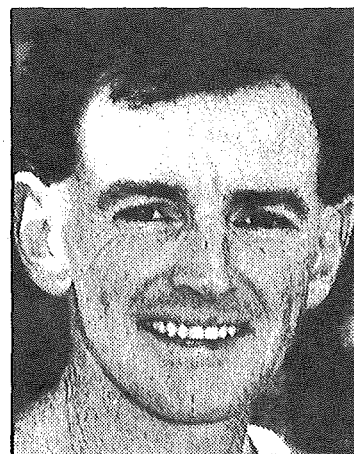
AUSTRALIAN 50-mile track championship organisers have pulled out all stops to prevent Sunshine Coast runner Geoff Boase from becoming the first to win the crown three times.

Boase, who won the Boxhill event in 1989 and 1990, will get to keep the trophy if he can make it third time lucky this weekend.

"It is an unwritten law that if you win it three times you keep the trophy," he said this week.

However race director Geoff Hook, who has watched the prize circulate among Australia's finest ultra marathon runners throughout the race's 12-year history, has brought in several big-guns this year to thwart the hat-trick attempt. He jokingly warned the duel-winner not to become too excited about taking the trophy home to the Coast.

Boase believes 39-year-old ACT competitor Trevor Jacobs, who



● BOASE ... determined to notch up the hat-trick.

holds the Australian 100km road record of seven hours 22 minutes, will be his toughest opponent.

The Coast athlete, who completed the last two events in six hours 12 minutes, said he would need to run a sub-six hour race to trouble the southerner.

Report on World 100 Km Championships Held in Italy

Trevor Jacobs

10 July 1991

Preamble

I can see now why some race reports are never written. If you don't do it straight away, the chances of doing it later are minimal! So I'm really having to force myself to do this.

The race was held in Italy on 25 May 1991, between Firenze (Florence) and Faenza over the Appenines Mountains.

Pre-Race

After foregoing the ACT 12 hour race scheduled for March 1991 (which was later cancelled) in order to concentrate on the TOTO's 100 Km race to be held in May, I was somewhat shocked when Ray Carroll informed me that his race had also been cancelled. That was going to be my ticket to Italy! So what to do now? I made numerous attempts to gain sponsorship and had almost given up with one week to go when Qantas agreed to partial sponsorship. A half price ticket for me and a discounted ticket for my wife did the trick. After a hectic few days making travel arrangements, off we went on Wednesday, 22 May.

We jumped on to a train for Firenze straight after arriving in Rome. Then we caught a train to Faenza, the location of race headquarters. This train ride turned out to be also a bus ride over the steepest part of the Appenines Mountains. It was so steep I thought to myself "this can't be the race route, surely". We got to Faenza late on Thursday, checked in at race headquarters and went to bed in the accommodation provided at the local Seminary. For a while my wife and I thought that we would be kept apart because they were guiding us in different directions. But it was only a misunderstanding due to language problems - they were showing us different parts of the building separately. Phew!

The next day was a busy one spent trying to determine race arrangements and organising drinks. I spent a lot of time trying to get my race package and number. I was apprehensive when told I could pick it at the start line tomorrow - it seemed like a recipe for disaster! Everyone else got their numbers today. I should have had more faith in the organisers however, as everything turned out O.K.

We, the runners, spent most of the next day travelling from Faenza to Firenze by bus via Bologna. The bus got lost for a while in Firenze (there were people and narrow streets everywhere), but we eventually arrived at the "Savoy Hotel". They provided us with a nice pasta meal 2 hours before the start. We eventually got to the start line in a square packed with people. They reckon that there were 3 000 runners. I couldn't tell because there were runners and spectators everywhere, all mixed up.

The Race

The 4.00 pm start was delayed for 10 minutes by officials bravely trying to get the field to move back 10 metres to the correct start line. Forget it! They only moved about 1 metre! Off we went, and it was uphill almost straight away. The pace seemed good, but I couldn't tell because there weren't many distance markers and they were confusing because sometimes there were several markers showing the same distance! So it was a case of run as you feel, which was better anyhow.

The weather was hot and humid for the first 23 Km steady climb. At this stage, I was near some top runners (eg Don Ritchie), so I was happy. Although it was still hot, it felt a bit better going downhill over the next 12 Km. Don Ritchie pulled away here - I let him go because I wanted to make sure that I finished. Didn't see him again.

Then came the main feature of the race. I'd seen it before from a bus. It was STEEP uphill along a zig-zagging road for 15 Km to the top of the mountains. It was survival stuff. At 50 Km on top of the mountain I felt pretty stuffed. The next 5 Km was STEEP downhill and I took it easy in order to recover. This seemed to work because I was able to gradually speed up from then on. Despite the then much cooler and more pleasant weather conditions, I still found it necessary to drink about 300 or 400 mL at each 5 to 10 Km drink stop.

There were numerous small towns en-route lined with enthusiastic spectators shouting "Bravo, Bravo". There were BBQ's and fires with locals beckoning you to join them for a break and photos. No way! The atmosphere was unparalleled in my experience. I think some bookmaking was taking place because there were flurries of activity near the pubs with number taking and note writing by the locals. Quite a few recognised my Australian colours.

Running was pretty lonely in the second half away from the towns because the runners were well strung out. I passed a few runners near dark and later several caught me. This was good because I could run in their support car's headlights. A Hungarian runner (I think) kept surging past me, but I got him in the end. Khudure from Botswana also caught me and we ran together for a while. I couldn't help thinking of the Deek vs. Ikanga contest in the Commonwealth Games Marathon in Brisbane. I know that there was no comparison, but it was a good illusion that worked because I dropped him off over the last 10 Km (by 8 minutes).

I felt like I was flying over the last 20 Km or so and finished full of running. I'd like to see the splits because I reckon the last 10 Km was the fastest of the whole race (another illusion?). Also, the support vehicles seemed to be banned from the last 10 Km and we were then all running in the dark (it was very dark at that stage).

The streets of Faenza soon approached and I tried to speed up because I thought that I may be able to break 7^{hr} 30^m. The final kilometre was packed with people going crazy and it felt like I was sprinting - just as well because I just scaped in under 7^{hr} 30^m (I came 17th overall in 7^{hr} 29^m 45^s). Full results are provided below.

I was pleased to be only 7 minutes outside my time in U.S.A. (which was flat course in comparison). However I was a bit peeved to later learn that I was so close behind about 7 runners when I had finished so well. Too bad. It's good incentive next time.

Post Race

I pulled up very well, much better than after the U.S.A. race. Sunday was spent relaxing and walking about Faenza. On Monday we jumped on a train to Milano and thence through Switzerland and Germany, arriving at Rotterdam, Holland, the next morning. We stayed there two weeks visiting my wife's relatives and friends from 28 years prior when she migrated to Australia. This was a perfect time for doing very little and enjoying the scenery.

Such relaxation had a penalty to pay on arrival in Australia, however, because I had entered in the A.C.T. Vets half marathon and really struggled to achieve a slow time (77 minutes). Its been a long grind back to fitness thereafter. Although I'm down to run the Australian Marathon at the Gold Coast on 21 July for the A.C.T. team, I think I'll just be going through the motions.

Thanks

I'd like to thank a number of people whose assistance enabled me to run in Italy. These include Neil Chalker of Kershaw Smash Repairs (he has supported me for two years in a row). Dave Cundy of the ACT Cross Country Club, Gary Hand of Weston Creek Athletics, the ACT Office of Sport, Recreation and Racing, Geoff Hook of Australian Ultra Runners Association, Neil King of Athletics Australia, Malcolm Campbell of the International Association of Ultrarunners, Sauro Scagliarini (race organiser) and, of course, Qantas Airways.

Next Race

Hopefully the 100 Km Championships in Barcelona, Spain, in February 1992.

Results

Individuals:

1.	Nunes (Brazil)	6.35.36 (record)
2.	Vuilleminot (France)	6.39.14
3.	Bellocqu (France)	6.52.55
4.	Huglin (Germany)	7.02.49
5.	Mannel (Germany)	7.10.08
6.	Cuntz (Germany)	7.10.21
7.	Macke (Gr Britain)	7.10.53
8.	Ritchie (Gr Britain)	7.13.26
9.	Kopilov (USSR)	7.19.55
10.	Knies (Germany)	7.20.04
11.	Olry (France)	7.21.00
12.	Didillon (France)	7.22.41
13.	Moore (Gr Britain)	7.23.21
14.	Szucs (Hungary)	7.23.30
15.	Tamburini (Italy)	7.25.18
16.	Corredor (Spain)	7.27.47
17.	Jacobs (Australia)	7.29.45
18.	Khudure (Botswana)	7.37.32
19.	Bogar (Hungary)	7.38.48
20.	Teece (Italy)	7.40.49
30.(F)	Elanor Adams (Gr Britain)	7.52.15

Teams:

Men	1.	Germany	Women	1.	Germany
	2.	Gr Britain		2.	Russia
	3.	France		3.	Gr Britain



Queensland AURA members, left to right:
Cliff French, Ian Javes & Bob Burns.

SOUTH AUSTRALIAN 50 MILE TRACK RACE.
PETER GRAY MAKES IT TWO IN S.A.

Following his outstanding win in the 24 Hr. Australian championship in 1990 held at Adelaide Harriers track, Peter Gray made it clear that he wants a win in each of the events held in South Australia. His win here at the Salisbury track leaves him only our prestigious 100K Adelaide to Victor Harbor road race, to be held on 25th of August, to achieve his ambition.

Twelve runners out of eighteen initial entrants faced the firing gun of Don Parker, only two of them unfamiliar with the distance on a track. Peter Nell formerly of South Africa now of Naracoorte is happiest when doing bush runs but wanted to try his luck at this type of event. Andrew McComb no stranger to the Ultra distance scene and no slouch either as he proved in the Three Peaks Yacht race last year, nevertheless had never run in a fifty miler. To all the others the enjoyable agony in front of them was all too familiar.

From the beginning Murray Cox, Roger Stuart and Peter Gray were obviously going to make a battle of it, with Murray having a one lap lead over the other two after the first hour with Andrew McComb two laps further back, there was another two lap gap to Peter Nell and Bill Beauchamp with stalwarts Gerry Riley and Ross Martin yet another two laps behind them. One lap more to the first female Sue Worley who led Kaven Dedman by a lap, he was followed one lap behind by Helen Barnes and Sue Bardy last at this stage.

Stuart was obviously having increasing problems during the second and third hours and they were not trivial bringing him to a halt having completed 28K. Cox passed the marathon mark more than four minutes in front of Gray with McComb running evenly a close third. Barnes was first female to pass the marathon mark and was looking strong. Gray took over the lead from just after the marathon and kept it throughout finishing in 6hrs.58mins.11secs, with Cox dropping out thru' injury just before reaching 50K.

McComb, slipping into second place still had a lot in reserve but, not being sure of what to expect played it cool and eventually finished second less than twenty minutes behind the winner. Beauchamp came in ten minutes later finishing strongly for third position, with Riley in fourth; he was the last competitor to complete the distance before the official cut off time although Sue Worley and Helen Barnes who were battling it out for most of the race went on to complete the distance with Sue finishing ten minutes before Helen. Sue Bardy with her 42.75 miles ran 6.75 miles further than last year, next year she will go the full distance. Peter Nell found the transition from bush to track a bit arduous at the latter end but continued on to a credible run of over 47 miles. Kavan Dedman didn't train for this event but still managed over 37 miles. In coming second, McComb in his first 50 miler prevented a clean sweep by the Vics.

Andy Docherty.

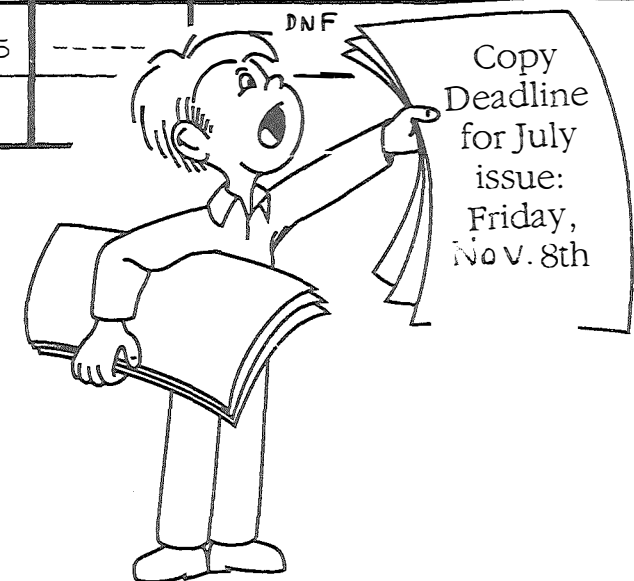
SOUTH AUSTRALIAN VETERANS' 50 MILE TRACK RACE 21ST JULY 1991

	AGE	10 MILE	20MILE	MARATHON	30 MILE	50k	40 MILE	50 MILE	9.5 + 50 MI.
									HOURS
PETER GRAY	26	1.11.07	1.16.17 2.27.24	3.18.59	1.22.15 3.49.39	3.59.47	1.36.22 5.24.54	1.34.52 6.58.11	
ANDREW McCOMB	60	1.17.01	1.16.27 2.33.28	3.24.50	1.25.52 3.59.20	4.09.04	1.34.54 5.32.42	1.45.07 7.17.49	
BILL BEAUCHAMP	43	1.19.00	1.29.31 2.48.31	3.43.01	1.27.40 4.16.11	4.28.26	1.34.30 5.50.41	1.36.57 7.27.38	
GERRY RILEY	60	1.25.56	1.17.34 2.43.30	3.37.16	1.32.41 4.16.11	4.31.34	1.51.01 6.07.12	1.50.11 7.57.23	
ROSS MARTIN	61	1.25.59	1.42.55 3.08.54	4.16 ?	2.08.16 5.17.10	5.31.25	2.17.40 7.34.50	49M.904yds.	
SUE WORLEY	43	1.34.51	1.58.04 3.32.55	4.43.04	1.56.56 5.29.51	5.48.32	2.12.19 7.42.10	48m.1698yds.	1.56.12 9.38.22
HELEN BARNES	41	1.36.51	1.44.51 3.21.42	4.31.29	1.59.50 5.19.39	5.34.12	2.07.38 7.25.46	48m.385yds.	2.22.26 9.48.12
PETER NELL	48	1.29.35	1.52.53 3.22.28	4.36.51	2.04.01 5.27.09	5.42.57	2.26.29 7.53.38	46m.837yds.	
SUE BARDY	58	1.59.50	2.02.09 4.01.59	5.24.17	2.14.18 6.16.17	6.32.03	2.26.45 8.41.36	42m.1320yds.	
KAVEN DEDMAN	44	1.44.59	2.14.52 3.59.51	5.22.54	2.28.46 6.28.37	6.47.50	-----	37m.498yds.	
MURRAY COX	45	1.09.10	1.15.20 2.24.30	3.14.54	1.42.10 4.06.40	4.20.25	-----	DNF	
ROGER STUART	48	1.12.4	1.51.46 3.04.26	DNF.					

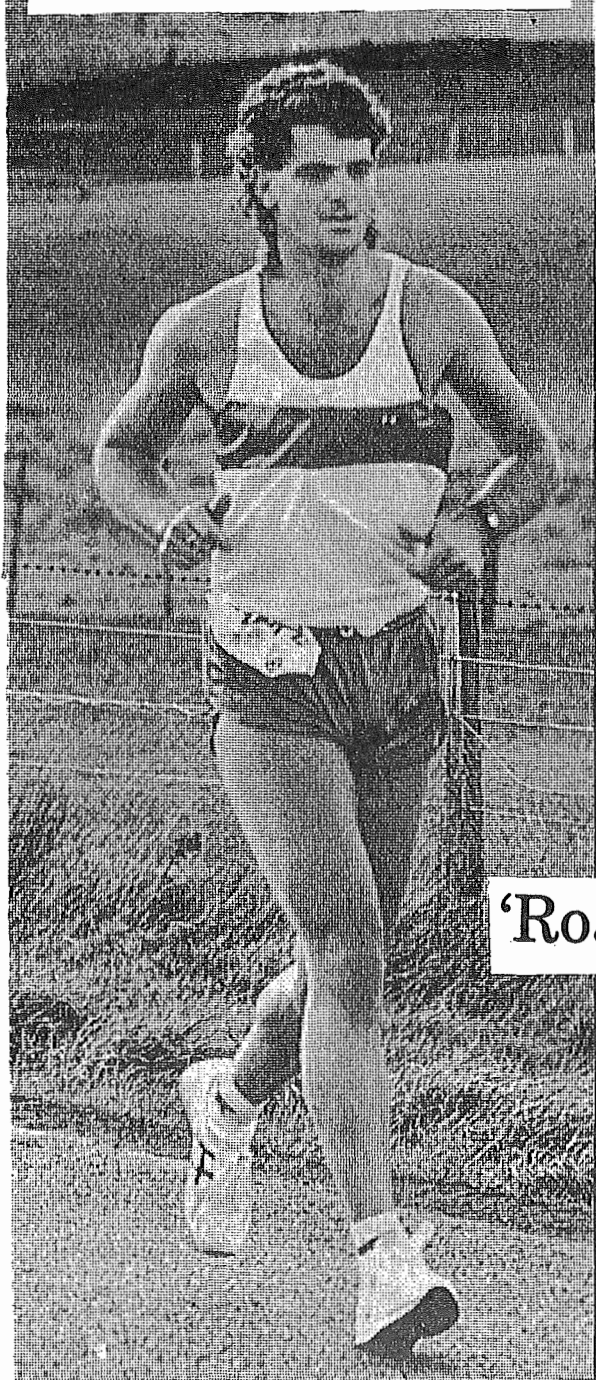
DONATIONS TO AURA - THANKYOU!!

Thankyou again to the following members who have so generously donated extra funds to help our finances since our last issue. You are helping us to survive without a subscription increase.

Don McDonald \$5, Graeme Russell \$10, Peter Nell \$5, Tony Dietachmayer \$30, Ernest Hartley \$10, Graeme Robertson \$5, John Dean \$10, Michael Thompson \$5, Randall Hughes \$5, Alan Rider \$20, Derek Bambrick \$10, Graham Firkin \$10, Randi Bromka \$4, Rob Petrie \$10, Greg Reid \$10, Dave Taylor \$5, Mike Thorpe \$10, Andrew Hallam \$5, Simon Simonides \$10, Kurt Binder \$10, Thomas Toomey \$1, Greg Browne \$5, Kevin Mansell \$10, Keith Fisher \$20, Bill Ranse \$10.



John Breit strides out to win the event. Tailwinds buffeted the runners through the 94km event.



Breezy run by Briet fends off Westburgh's late dash

VICTORIAN ultra-runner John Briet held off fast-finishing Tasmanian "Fast Eddie" Westburgh to win the Talays Ross-to-Richmond Ultra run and relay yesterday.

Briet's time of 7h44m42s was 12 minutes outside last year's record for the 95-kilometre course.

This year's race was assisted by a ferocious tailwind which at times had runners almost airborne.

Westburgh's greater control over his early pace enabled him to reduce Briet's lead of 18 minutes at the 60-kilometre mark to a rapidly closing six minutes at the finish.

Astute watchers of the closing kilometres all agreed that if the race had been longer, Westburgh would have stretched Briet to the limit for line honours.

The evergreen 61-year-old Westburgh was fresh and bouncy at the finish whilst the much younger Briet was showing the effects of no racing during the past 12 months.

Third place was taken by Peter Gray, from Victoria, whose ideal steady pace out-

lasted rivals who prove faster over the shorter distances.

Good runs by first time ultra-runner Ken Devine, from Launceston (9h06m22), Hardy Fehlandt (9h17m29) and Lloyd Pennicott (10h17m41) indicated the depth of ultra-runners building in the wake of Andrew Law's two successful recent runs in the Sydney-Melbourne ultra-marathon.

Law was forced out at the 31-kilometre mark with a recurrence of a lower leg injury.

After withdrawing, Law he was not going to risk any further damage "particularly with the amount of downhill running through Colebrook and Campania".

Briet complimented the gruelling course, summing it up as "a true test of ultra-running skills."

The team relay section repeated last year's win by the Tasmanian Triathlon Club. This year's time of 4h42m50s was some 14 minutes slower than last year's course record.

Close racing was the order of the day from all teams with several blanket finishes across the historic Richmond Bridge finish line.

'Road warriors' face ultra-slog

By JOHN BRIGGS

THOSE "road warriors" are at it again — this time in the annual 95km Talays Ross to Richmond ultra-marathon on Sunday.

It's likely to be the last hurrah for Westfield Run veteran Eddie Westburgh, but many of the big guns of the ultra world will be firing on the road to Richmond.

Andrew Law, who has finished the past two Westfield Runs, is nursing lower-leg injuries, but is keen to attempt to win the race he won two years ago.

Victorian John Breit, a regular Westfield performer and second Australian in the 100km world championship in the USA last year, looks the favourite, says race co-ordinator Alan Rider, also a Westfield entrant four years ago.

Other interstate runners are Peter Gray and Jeff Visser, all well-performed in the ultra-marathons.

Westburgh, 60, wants to have one last crack at a major ultra-marathon and his good effort in the Southern Cross Marathon shows there is still plenty in his legs.

Among the other solo runners are Hardy Fehlandt, David Gatenby, Mike Maddock, Lloyd Pennicott and Ken Devine.

There is also a big entry in the teams event, with seven teams likely to line up.

The Australian Army's local Transport and Movements Section may field a team and will also provide back-up officials as an exercise for its unit.

The solo runners are expected to take about seven hours, with the teams finishing much earlier.

The leading solo runners should arrive in Richmond about 3pm.

Dear Dot,

It was great to have mainland participation in the Ross to Richmond run this year, on 11th August.. We would like to thank both John Breit and Peter Gray for running in the event. We would like to see more 'mainlanders' attempt to run the hills of Tassie - great training for the Sydney to Melbourne! Regards,

Kerri Law (Tasmanian Ultra Runners' Assoc)

ROSS TO RICHMOND RUN - 94KM - TASMANIA
11TH AUGUST, 1991

RACE ADVERTISEMENTS

EVENT: SUNICRUST CHASE CARNIVAL., SUNDAY 27TH OCTOBER 1991.

Chase is an easy way of saying a mouthful of words, it means specifically - Central Highlands Special Endurance.

Chase means to scores of Ballarat and Victorian athletes a significant and serious outing to test their skill in a venue and on a course that has developed the abilities of runners like Stephen Monegehtti. Chase is a great family day by picturesque Lake Wendouree.

This is a day for the serious and the mildly interested with events from 50 miles to 6 kilometres.

The events are:

6 a.m.	50 Mile Ultra Marathon.
8 a.m.	Marathon.
9 a.m.	Racewalk 6 km.
10 a.m.	Fun Run 6 km.

There are excellent prizes, plenty of spot prizes and a return trip to the Gold Coast up for grabs, compliments of Frank Ford Travel.

Come to Ballarat and join in with the legendary "run around the lake".

For more information and entries contact:-

JAMIE GOVAN.....(053) 31 5723 home.
 (053) 31 2155 business>

COMMITTEE REPORT

Items of interest from the recent AURA Committee Meeting held on 4th September,

1. The committee has now issued the following documents:
 - (a) Requirements for Championship events.
 - (b) Requirements for obtaining and retaining the status of an AURA event.
2. The Committee decided to put the Special Resolutions again to the members at a Special General Meeting to be held on Sunday 27th October, 1991.
3. Two new events were approved as Australian Championship events, subject to compliance with the relevant requirements. These events were:

Ipswich 100km Track Race, Queensland
Caboolture 48 Hour Track Race, Queensland.
4. The Committee decided to purchase calibrated and certified stop watches to lift the integrity of record claims.
5. Dot Browne's Six Hour Track Race in October, was approved as an AURA event.
6. The following records were ratified:

Safet Badic	Class 1	50 miles	5.18.20
Lavinia Petrie	Class 1	50km	4.02.02
		50 miles	6.48.51
		6 Hours	71.379km
	Class 2	30 miles	3.54.33
		40 miles	5.17.05

10TH ANNUAL

Sri Chinmoy

AUSTRALIAN NATIONAL



24 Hour Track Race

INVITATIONAL

World Championship Qualifier

Adelaide - South Australia
September 28th and 29th 1991

“Run and
Become...
Become and
Run.”

INFORMATION FOR THE 24 HOUR RUN

How long have you been running?
Do you hold any ultradistance records? If so, please list:
How many ultras have you run?
What was your Most outstanding race?
Longest distance run?

DISTANCE	BEST RACE (include placing)	BEST TIME	HOW MANY	COMMENTS
Marathon				
50KM				
50 MILES				
100KM				
100 MILES				
12 HOUR				
24 HOUR				
48 HOUR				
ANY OTHERS				
SYD-MELB				

What other sports are you active in?
Any comments or additional information of interest:
.....
.....
.....

10th Annual Sri Chinmoy 24 Hour Track Race

RACE INFORMATION

STARTS: 8.00am Saturday, 28th Sept. 91

LOCATION: Olympic Sports Field

Kensington Park

SERVICE TO RUNNERS:

- Certified 400 metre floodlit, synthetic track
- Personal lap counters
- Splits at Marathon, 50k, 50 mile, 200k, 100 mile, 200k, 250k.
- Running direction changed every 6 hours.
- Food and drink supplements during race
- Rest room and medical facilities
- Limited to 50 participants
- No applicants under 18 years will be accepted.
- Prompt notification of acceptance

PRIZES: 1st Male and Female will receive a return trip to compete in the 1992 24 hour World Championship to be held in Basel - Switzerland. Medallions to all finishers.

APPLICATION FOR ENTRY

- Applicants wishing to apply for entry are encouraged to do so promptly
- Applications close when all 50 positions fill
- To apply - Fill out application for entry coupon (clearly), stating the relevant running information requested (further information is welcomed on a separate sheet)

INCLUDE - Entry fee: \$75.00 (refunded if not accepted)

A large stamped self addressed envelope

Send Cheque and Application

To: Sri Chinmoy 24 Hour

Track Race

P.O. Box 554

North Adelaide

S.A. 5006

For More Information Phone

(08) 239 0690 (Bus) (08) 356 5020 (AH)

"Run you can easily challenge the pride of frightening distance"

Sri Chinmoy

--- Tear Here ✂ ---

Sri Chinmoy 24 Hour Track Race

Please Print Clearly

For Official
Use Only

Last Name		First Name		Sex		Age	
				Male Female		on race day	
Mailing Address		Street		Birth Date		Occupation	
				City			
State (or Country if not Australia)		Post code		Area Code		Phone	

No runners under age 18 will be accepted. Entry fee \$75.00 (includes T-Shirt)

Make cheques payable to: Sri Chinmoy 24 Hour Race

T-shirt size ☐ sm ☐ med ☐ lg ☐ xl

Sponsored by the Sri Chinmoy Marathon Team and the Sri Chinmoy Centre



Signature Date

In consideration of this entry accepted, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release the Sri Chinmoy Marathon Team and their representatives for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

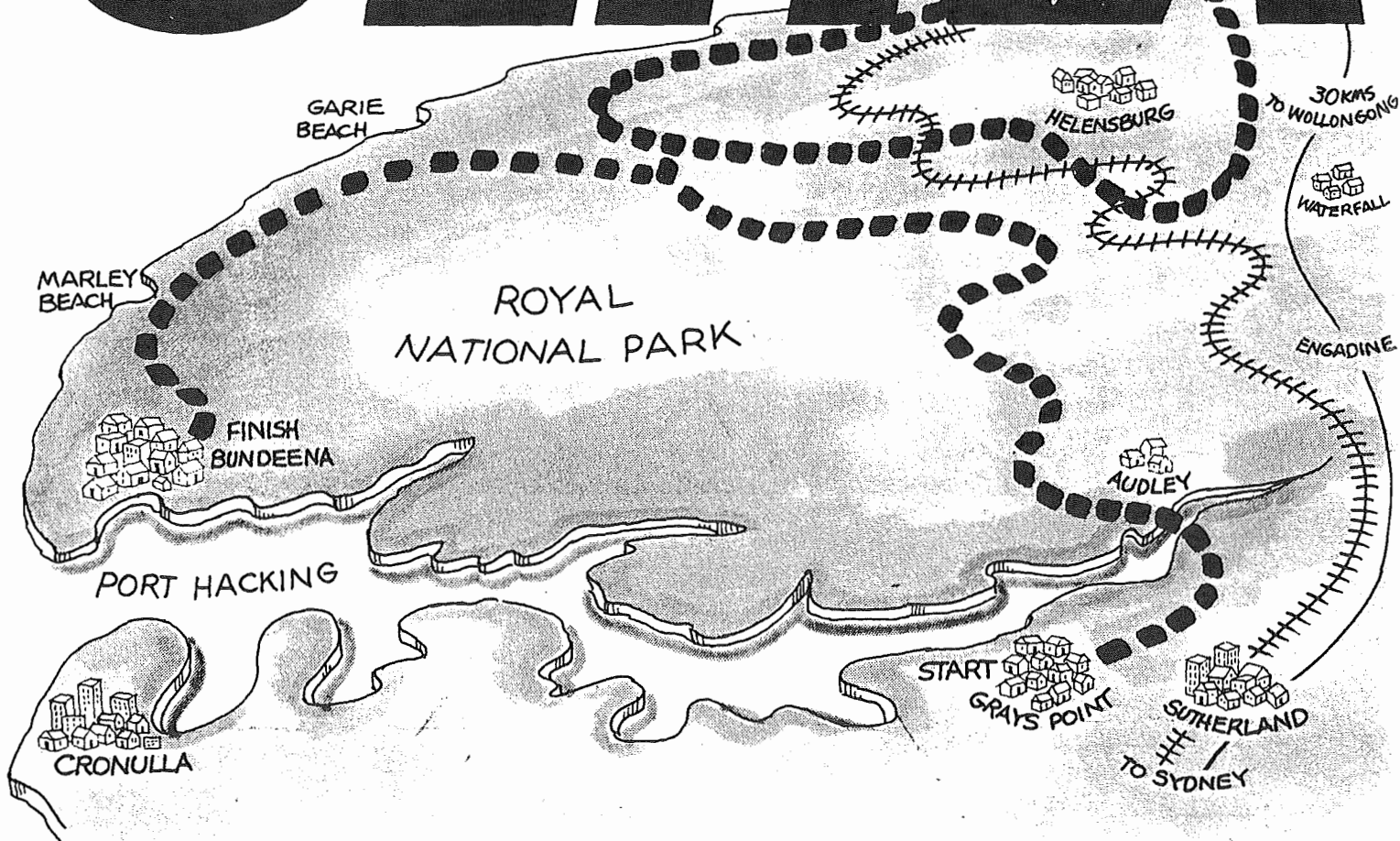
Sri Chinmoy, Meditation teacher, philosopher, poet, musician, athlete, weightlifter, man of peace, inspires "self transcendence" of body and spirit. Endurance sports such as running are excellent metaphors for this philosophy.

The Sri Chinmoy Marathon Team international running organization provides the public with over 500 races a year ranging from 400m races to the elite 1,300 mile race held each year in New York City.

Support By: Australian Chiropractors Association (S.A. Branch)
Travelodge Australia
Pura Natural Spring Water.

ROYAL NATIONAL PARK

ULTRA



Saturday 19th October 1991

A solo, 80.5 kms, dawn-to-dusk, ultra marathon run through the magnificent Royal National Park, just south of Sydney.



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

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



A solo, 80.5 kms,
dawn-to-dusk,
ultra marathon
run through the
magnificent Royal
National Park,

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

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

Saturday 19th October 1991

RACE DETAILS

Date: Saturday, 19th October, 1991.
Start: Grays Point Public School,
Angle Road, Grays Point, NSW.
Time: 5.00 am.
Finish: Loftus Street, Bundeena, NSW.
At Bundeena R.S.L. Club.
Time Limit: 12 Hours.
Entry Fee: \$35.00 (T-Shirt extra) - \$15 L|SLV)
Closing Date: Monday, 7th October, 1991.
Late Entry Fee: \$15.00. extra
Cash Prizes: Outright Winner \$1000.00.
1st Male and 1st Female (other
than outright) \$400 each.
Cash Prizes down to 10th place.
Goblets: To all official finishers.

Detailed race information will be mailed to
all entrants prior to the event.

RACE RULES

Competitors must

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

Age Limit

- 17 years minimum.

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

ENTRY FORM

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

STATE: _____ POSTCODE: _____ COUNTRY: _____

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

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

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

sufficiently trained for the competition of
this event. This waiver, release and
discharge shall be and operate separately in
favour of all persons, corporations and
bodies involved or otherwise engaged in
promoting or staging the event and the
servants, agents, representatives and

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

Signed: _____ Date: _____ Size of optional T-Shirt: _____

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

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"/>
ADDRESS: number and street		DATE OF BIRTH	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
suburb or town	POSTCODE	TELEPHONE HOME	WORK

Person to be notified in case of emergency:

<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	AGE ON RACE DAY
<input type="text"/>	<input type="text"/>	<input type="text"/>
Relationship	TELEPHONE HOME	WORK

PREVIOUS ULTRA EXPERIENCE: _____

WAIVER

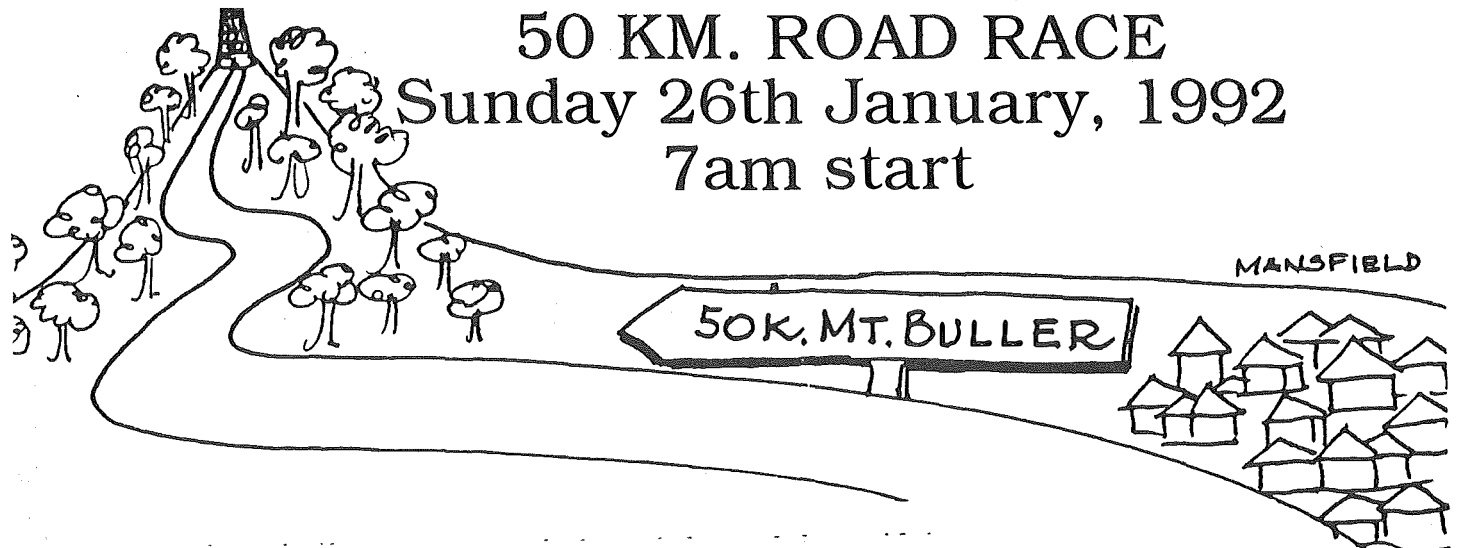
I, the undersigned, in consideration of and as a condition of my entry in the SIX HOUR TRACK RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss 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

A.U.R.A. MANSFIELD TO MT.BULLER 50 KM. ROAD RACE

Sunday 26th January, 1992

7am start



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

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

PRIZES:

First Male
Second Male
Third Male

First Female
First Veteran Male
First Veteran Female

ENTRY FEE:

\$10.00

Cheques payable to Peter Armistead - AURA Inc

ENTRY FORMS TO:

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

CLOSING DATE:

31st December 1991

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

DEDICATION DETERMINATION DISCIPLINE

Race organised by the Australian Ultra Runners' Association Inc.
(AURA Inc.)

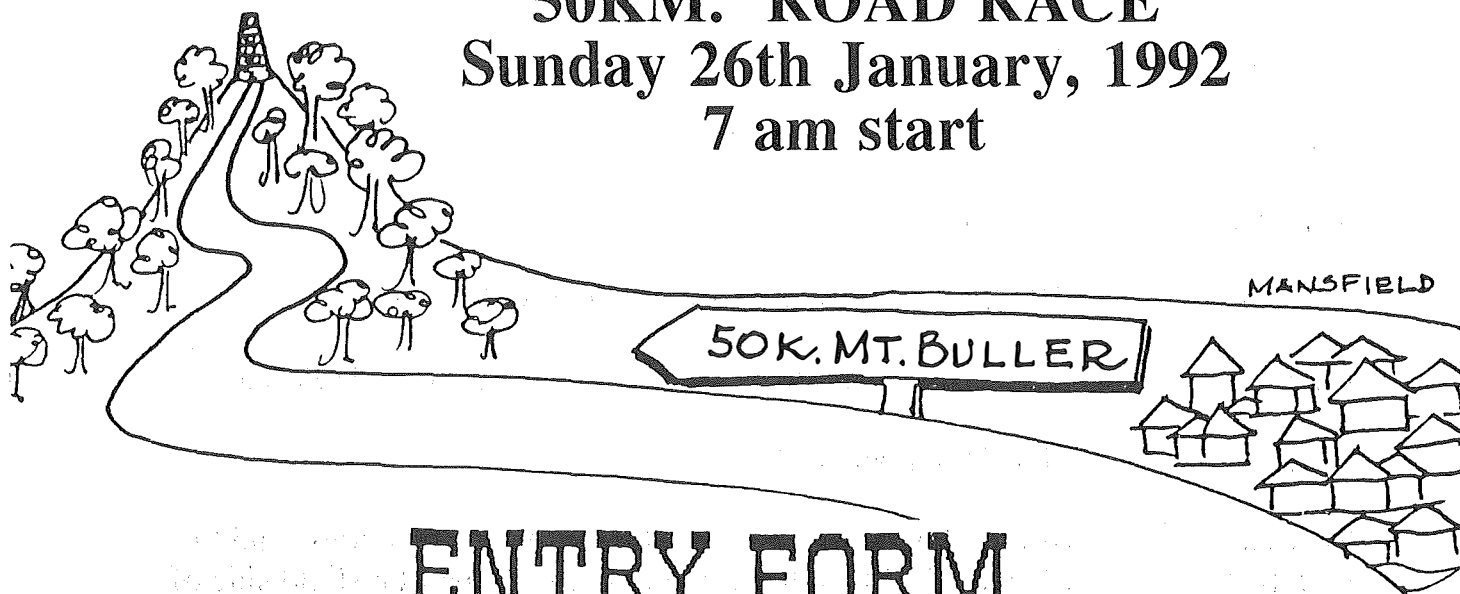
INFORMATION FOR RUNNERS

- Race Date: Sunday 26th January, 1992
- Start Time: 7am (daylight savings time)
- Report in: 6.30am sharp.
- Entry fee: \$10.00 payable to Peter Armistead (AURA Inc)
- Entry to: Peter Armistead, 26 William Street, Frankston 3199 Vic.
- Closing date: 31st December, 1991
- Race start Location: At the Mansfield Dairy, on the corner of The Parade and the Mansfield - Mt.Buller Road (500m. on the Mansfield side of Pullins Ski Hire).
- Accommodation: A variety of accommodation is available at Mansfield and Merrijig, and further details will be advised on receipt of entry.
- Support team: It would be advisable for each runner to provide a support vehicle for themselves. A number of drink stops will be provided by organisers, but further assistance, clothing changes and food stops may be needed by the runner. Runners must be aware that dramatic temperature differences and variable weather conditions occur between the Mansfield area and the Mt.Buller climb. Runners will need to have warm, waterproof clothing available for the final 16km should weather conditions deteriorate. Even in mid-summer this is a necessary precaution.
- Safety Precautions: Runners must run on the right hand side of the road, facing the traffic at all times during the race and take extreme care with oncoming cars.
- Clothing: If no support vehicle is provided by the runner, clothing bags and gear will be taken from the start to the Arlberg Hotel at the finish.
- Finish: Drinks and refreshments will be provided for runners at the Arlberg Hotel at the finish.
- Results: As well as the major prizewinners, certificates & AURA medallions will be awarded to every competitor and results will be posted to each entrant within two weeks of the race.

A.U.R.A. MANSFIELD TO MT.BULLER 50KM. ROAD RACE

Sunday 26th January, 1992

7 am start



ENTRY FORM

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

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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:

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

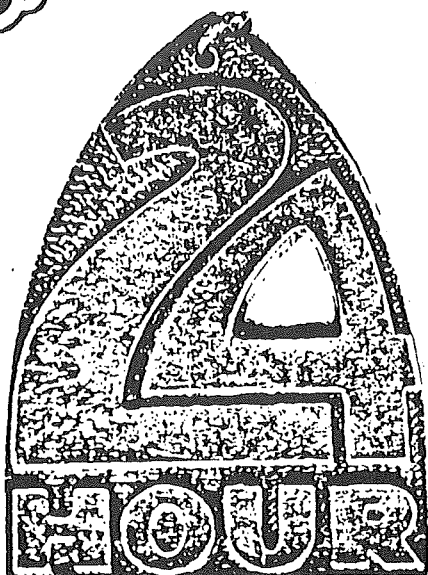
WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the AURA MANSFIELD TO MT.BULLER 50 KM ROAD RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.

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

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

Race organised by the Australian Ultra Runners' Association Inc.
(AURA Inc.)



TRACK RUN INFORMATION

RACE DATE: Saturday & Sunday 22nd & 23rd February, 1992
TIME: 12 noon on Saturday, 22nd February, 1992
REPORT IN: 11am sharp
ENTRY FEE: \$25.00 Cheques or money orders payable to Dot Browne (Race Director)
ADDRESS FOR ENTRIES: 4 Victory Street, Mitcham 3132 Vic.
CLOSING DATE: Friday 7th February, 1992. No late entries.
LOCATION: Harold Stevens Athletic Track, Outlook Road, Coburg.
(Melways Ref. Map 18A10) - off Murray Road.

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

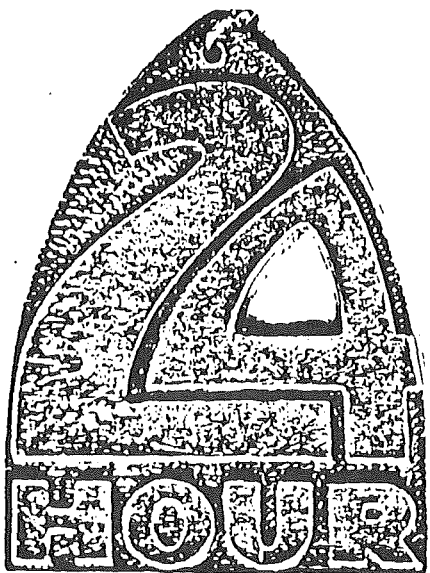
LAPSCORING: A manual lapscoring system will be used throughout the race (with lap-score sheets provided by the organisers). However a computerised lap-scoring system will be used as a back-up. Runners must provide their own lap-scorers.

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

FACILITIES:

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

Dot Browne
Race Director
(03)874 2501



TRACK RUN INFORMATION

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

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

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

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

WITHDRAWAL: Entrants who notify the organisers of their withdrawal from the race by Friday 7th February, 1992 will receive a full refund of entry fee.

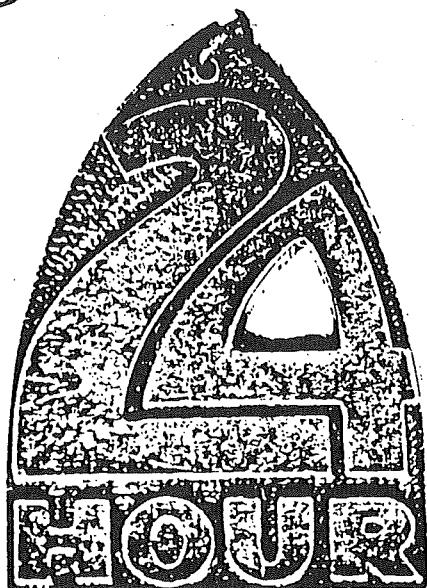
RACE RULES

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

PROUDLY SPONSORED BY

Westfield

DOT BROWNE
Race Director
(03)8742501



TRACK RUN ENTRY FORM

THE VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
and incorporating the Victorian
WESTFIELD RUN 1992 TRIAL
Saturday & Sunday 22nd & 23rd February, 1992
at Harold Stevens Athletic Track, Coburg at 12 noon

Please read the attached Information Sheet and the Summary of Rules and Conditions before filling in the Entry Form. Ensure that you complete all sections of this form including the "Runner's Profile" overleaf. Also, read and sign the Declaration. Mail the form, together with cheque/money order for \$25.00, (payable to Dot Browne) to the address below. If you intend to order T-shirts @ \$8.00 each, please add this amount to your entry fee. Closing date: Friday 7th February, 1992. No late entries.

Address for entries: Dot Browne (Race Director),
4 Victory Street,
Mitcham 3132, Victoria.

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"/>
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

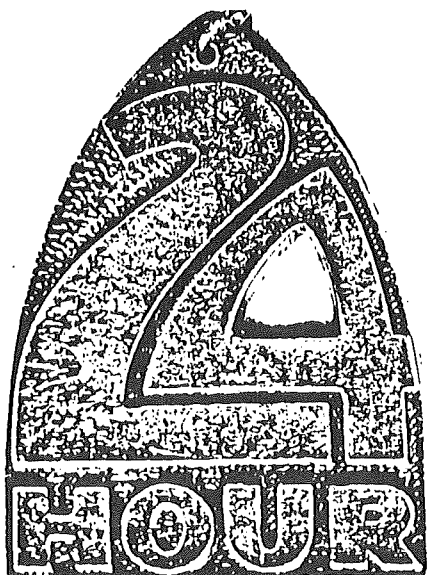
Person to be notified in case of emergency:

AGE ON RACE DAY

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

PROUDLY SPONSORED BY

Westfield



TRACK RUN ENTRY FORM

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

.....

.....

.....

.....

.....

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

CREW MEMBER:

LAPSCORER:

TEE-SHIRT ORDER: Commercially-printed official tee-shirts, featuring the words 24 Hour Run 1992 and with a large 24 Hour Medal design will be available for \$8.00 (to be paid for with your entry please) Kindly indicate your choice of size and colour.

Please circle: Size required 12 14 16 18 20 22 No. of tee-shirts:

Colour: white black gold navy red sky blue aqua maroon

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

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

Signed: _____
PROUDLY SPONSORED BY

Westfield

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



GEELONG NEWS, Tuesday, July 23, 1991,

Peter's pace is just perfect

A LIGHTNING visit west of the border has rewarded Geelong ultra-marathoner Peter Gray with victory in a 50 mile (80km) race in Salisbury, South Australia.

Gray, 26, was the youngest starter in the field and covered the distance in difficult conditions in 6:58:11, well ahead of his nearest rival, South Australian Andrew McComb who ran 7:15:17.

Another Victorian, Bill Beauchamp, was third in 7:27:30.

It was Gray's second start at Salisbury. He first competed there in 1989 and finished a creditable fifth.

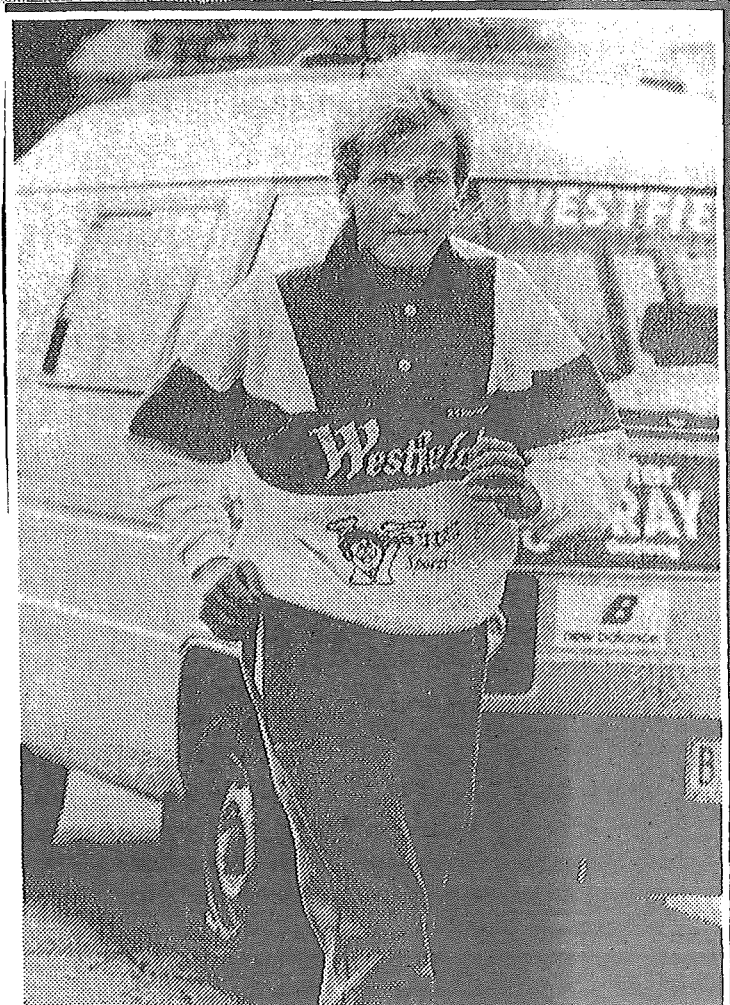
After a break following his 10th placed finish in the Sydney-Melbourne Westfield Ultramarathon, Gray had been training solidly in the lead up to last Sunday's race.

However he only left on Saturday morning and was back home by yesterday, slightly disappointed that he was unable to break the 6:30 goal he had set himself.

"The conditions weren't good over there but I just did the best I could," he said.

Although his next major goal is the Colac six day race late this year, his immediate goals are a 90km race in Tasmania next month and a 24 hour race on September 27 and 28.

IMPROVER: Peter Gray's steady racing style was rewarded with a 50 mile victory last Sunday but he is eyeing off bigger titles in the future.



• Peter Gray demonstrated he suffered no ill-effects from the Westfield run as he went jogging barefoot yesterday.

ADVERTISEMENT



1.5 km SWIM - 40 km BIKE - 10 km RUN
OCTOBER 13th 1991

SPONSOR AND
OFFICIAL SUPPLIER

Aussie Triathlon Champion, Rod Cedaro, wears them. So does 1991 New Zealand Ironman, Dirk Ashmoreit. Former US Gymnastics Team member, Trish Reed-Hahn, swears by them, and so will you!

They're SportLaces, and they're giving old fashioned shoelaces a run for their money.

SportLaces are made from a technologically advanced rubber material which is supple, fade resistant, and extremely strong.

So strong, in fact, that laboratory tests prove SportLaces are 12 1/2 times more wear resistant than carbon steel.

What's more, SportLaces have superior

**SPORT
LACE**
TECHNOLOGY DESIGNED LACES.
STRETCH YOUR PERFORMANCE!

memory and "stretchiness" which make them ideal for athletes who want to avoid painful pressure points and chafing.

The unique properties of SportLaces also mean triathletes can slip in and out of their shoes without untying the laces, saving precious seconds in transition.

They also accommodate the natural swelling of the feet and stretch to allow more natural foot motion during performance.

SportLace Importer, Evan Arnott, says SportLaces have been tried and tested not only in the laboratory, but out in the field as well.

"Before releasing SportLaces onto the market, we wanted to make sure they'd

stand up to the rigours of real competition. Athletes from all over the world have been asked to test them out, and the results are quite extraordinary. SportLaces beat the traditional shoe lace hands down!"

Now available in Australia, SportLaces are the preferred lace for runners, joggers, walkers, aerobicisers, biathletes and triathletes, and retail for a very reasonable \$6.99.

And they're not just functional - they look good too! SportLaces are available in black, white, pink, purple, green, blue, yellow, and orange, and you'll find them at all good sports stores and leading department stores. Or use the handy coupon below.

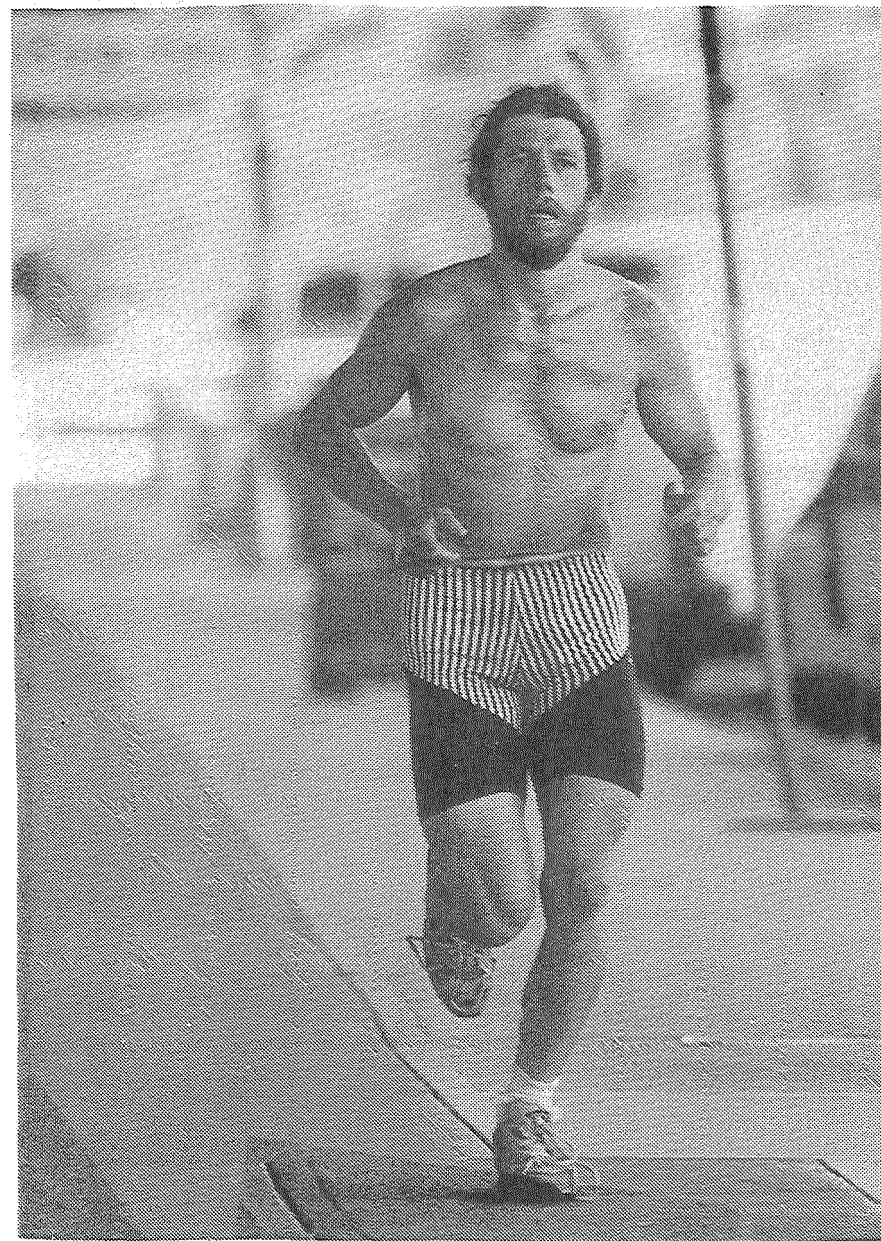
IF YOU FILL OUT THE COUPON BELOW YOU WILL
RECEIVE SPORT LACE'S FOR \$6.50 PER PAIR

SEND TO: ARNOTTS OF AUSTRALIA
P.O. BOX 157 CAULFIELD VICTORIA 3162

NAME		COLOUR	QTY	TOTAL
ADDRESS		BLACK		
CITY		WHITE		
P/C		PINK (FLUORO)		
I WISH TO PAY BY		PURPLE (FLUORO)		
CHEQUE	BANKCARD	GREEN (FLUORO)		
CREDIT CARD	VISA MASTER	BLUE (FLUORO)		
CARDHOLDER'S NAME		YELLOW (FLUORO)		
EXPIRY DATE		ORANGE (FLUORO)		
SIGNATURE		GRAND TOTAL		

\$20.00 MINIMUM ORDER WITH CREDIT CARDS
PLEASE ALLOW UP TO 21 DAYS FOR DELIVERY

PLEASE INCLUDE \$1.50
FOR POSTAGE AND HANDLING



Paul Every, second placegetter in the Banana Coast
Electrical Ultra Marathon on 12th May 1991.

NORTH COAST NEWS PHOTOGRAPHER - BRUCE THOMAS

ARTICLES

Dear Dot & Geoff,

My wife and I were in the U.K. in late April and all of May. As a consequence, it was difficult for me to get daily news, or indeed any news, on the progress of the "Westfield", which was on while we were away. In fact, I was unaware of the result of the race until we were actually travelling home on the Jumbo, when a news film, which had been flown out from Melbourne to Singapore, was shown on the inflight video set. I had been scanning the English papers for news, to no avail. However, I did come across the enclosed article in the London Evening Standard on May 21st. I should point out that I do think it was written 'tongue in cheek' and that no offence is intended.

Also, on another matter, I had intended to run in a 24 hour race whilst in the U.K.. However, unfortunately, I caught a very severe flu on the second day we were there which did in fact snooker me for the duration of our trip. However, I went to the venue and had a look at the race, and whilst there spoke to Alan Gardiner who was the race organiser. I was quite impressed with the set-up and thought it all compared quite favourably with most of our set ups here.

The race was run on a tarmac road seven tenths of a mile per lap, measured and ratified by John Disley, AAA and AIMS measurer. It was well lit at night and being entirely within a private property, was traffic-free. It was easily reached from anywhere in and around London, as it was at Feltham, which is just a couple of minutes off the M25 London Orbital motorway. This year, the race was selected along with four others, as part of the British ultra running cup. It is a bi-annual event so the next one will be held in May 1993.

I took the liberty of telling Alan that I would endeavour to get his race a mention in our ultra magazine, so that perhaps if any members are in the U.K. when it is on, they might like to have a run in it. The details are as follows: Feltham Puffers 24 Hour Race, c/- Alan Gardiner, 31 Sandycoombe Road, Twickenham, Middlesex, TW1 2LR, England, UK.

Hoping you can find a corner somewhere in the Magazine to print this letter, in order that Alan's race gets a mention,

I remain, Yours in running,

John Champness.

Mad dogs & dentists

London Evening Standard 21/5/91

The ultimate pointless exercise

SOME time tomorrow or Thursday, an Australian dentist and up to 19 assorted other strange people with more time than sense will hobble into Melbourne. The dentist, Tony Collins, was leading the motley bunch when word reached us from the town of Wodonga, which is 204 miles from Melbourne and 438 miles from Sydney.

Collins and the men and women trailing behind him are attempting to run the entire 642 miles from Sydney to Melbourne in a week or so in an event called the Westfield Ultra-Marathon. In fact, Collins leads his nearest rival, compatriot Bryan Smith, by the distance of a conventional marathon—26 miles. Third-placed Jean Gilles-Boussiquet, of France, is another 17 miles further back.

Russell Prince, from New Zealand, had been right up there with Collins but the wimp pulled out just because they wanted him to go to hospital for treatment for bronchial pneumonia.

American Randi Bromka, a 39-year-old waitress, will not be back saying "Have a nice day" to customers of the restaurant where she works in Aspen, Colorado, for a while. She quit at the halfway mark of the ultra-marathon, suffering from blistered feet, sore shins and bronchitis.

Two others have also pulled out with equally piffling problems. Why do they do it? Money is at stake but I cannot believe that

the first prize of about £12,300 is what is driving on Collins. After all, most other Australian dentists come over here and earn that much filling a few English cavities.

So Collins and company must be doing it... well, to prove they can do it. And a more pointless exercise it is hard to envisage.

Although I once wrote an intemperate piece about physical fitness, which prompted Seb Coe to berate me, I eventually succumbed to the view that gym'll fix it.

My efforts in the gymnasium have been so successful that my wife's laughter is now quite muted when I undress. And the annual

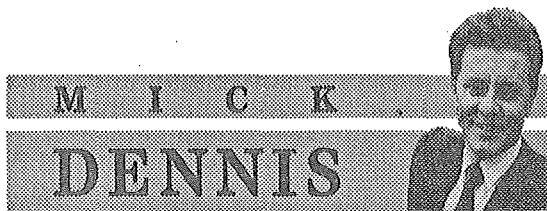
televising of the London Marathon moves me, like many people, to marvel at the determination of some people to complete an astonishing feat of endurance. Like many people who

cannot or will not attempt marathons, I feel inadequate when I watch those who can and do.

But nothing will convince me that ultra-marathons are sport. Nor are triathlons, in which people swim, cycle and run obscene distances.

Running 642 miles and risking bronchitis and goodness know what makes no sense at all. Far from feeling inadequate, the Westfield Ultra-Marathon makes me grateful for my relative sanity, and the sanity of my relatives.

Would you buy a set of dentures from Tony Collins?



Dear Friends and fellow AURA members,

Most of you will be aware of my attempt to run from Sydney to Darwin via Brisbane and Townsville supported by Inga Beale on a mountain bicycle with the trailer.

I am pleased to inform you that we entered Darwin on the morning of 20th June, 1991, after leaving Coogee at lunchtime on the 8th March, 1991. There were of course a few setbacks/injuries etc. but altogether, it was a very rewarding and satisfying experience. We're now enjoying a relaxing recovery week in Darwin and will return home using more "conventional" means.

Regards, Carl Barker & Inga Beale.

START: COOGEE BEACH, MONEYP, March 8th 1991. FINISH: DARWIN, June 20th 1991

DAY	KM	DESTINATION	DAY	KM	DESTINATION	DAY	KM	DESTINATION	DAY	KM	DESTINATION
1	15	CROWS NEST	28	30	ASPLEY	55	64	TOWNSVILLE	82	53	BARKLY HINTERLAND
2	35	BEROWRA	29	37	CABOOLTURE	56	0	(REST DAY)	83	56	BUSH CAMP
3	47	W. GOSFORD	30	59	NAMBOUR	57	52	CALCIUM	84	62	BUSH CAMP
4	39	NORAH HEAD	31	52	Nr. GYMPIE	58	63	BURDEKIN R/HOUSE	85	71	THREEWAYS
5	55	NEWCASTLE	32	41	GUNALDA	59	62	BALFES CREEK	86	47	ATTACK CREEK
6	52	KARUAH	33	59	MARYBOROUGH	60	46	CAMPASPIE RIVER	87	50	BUSH CAMP
7	43	BULADELAH	34	0	(REST DAY)	61	67	TORRENS CREEK	88	39	KENNER SPRINGS
8	45	NABIAH	35	67	APPLE TREE CREEK	62	44	PRAIRIE	89	49	BUSH CAMP
9	34	TAREE	36	53	GIN GIN	63	44	HUGHENDON	90	42	ELLIOT
10	0	(REST DAY)	37	64	GRANITE CREEK	64	67	MARATHON	91	48	BUSH CAMP
11	44	KEW	38	49	BOROREN	65	48	RICHMOND	92	53	DUNMARRA
12	36	FORT MACQUARIE	39	32	BOYNE RIVER	66	48	MAXWELTON	93	44	DALY WATERS
13	35	KUNDABUNG	40	58	MOUNT LAREOM	67	50	NELIA	94	53	BUSH CAMP
14	16 (walk)	KEMPSEY	41	76	ROCKHAMPTON	68	50	JULIA CREEK	95	40	LARRIMAH
15	21 (walk)	CLYBUCCA	42	0	(REST DAY)	69	0	(REST DAY)	96	74	MATARANKA
16	40	NAMBUCCA	43	69	KUNWARARA	70	63	FULLERTON RIVER	97	59	KING RIVER
17	53	COFFS HARBOUR	44	69	TOOLOOMBAH CK	71	74	CLONCURRY	98	49	KATHERINE
18	50	HALFWAY CREEK	45	71	CLAIRVIEW	72	60	BUSH CAMP	99	0	(REST DAY)
19	52	CONPER	46	51	ILBILBIE	73	60	MOUNT ISA	100	43	EDITH RIVER
20	34 (walk)	HARWOOD	47	51	ALLIGATOR CK	74	0	(REST DAY)	101	48	PINE CREEK
21	8 (walk)	NOOMBAN WOODS	48	56	KUTTABUL	75	66	MINGERA CREEK	102	55	HAYES CREEK
22	74	BALLINA	49	52	BLOOMSBURY	76	62	BUSH CAMP	103	58	ADELAIDE RIVER
23	29	BYRON BAY	50	45	FOXDALE	77	60	CAMOOWEAL	104	62	BUSH CAMP
24	52	MURCHILLAMBAH	51	51	Nr. BOWEN	78	37	KIAMI CREEK	105	51	DARWIN!
25	30	TWEED HEADS	52	51	GUTHALUNGRA	79	60	BULL CREEK			
26	46	OXENFORD	53	56	HOME HILL	80	50	BUSH CAMP			
27	46	MANSFIELD	54	38	GREEN ACRES	81	60	BUSH CAMP			

80 (BRISBANE)



Marathon runner Carl Barker and support rider Inga Beale on their way through Townsville. Photo: GARY SCHAFER

FORGET about the specialised diet of the ultra marathon runner.

Marathon runner Carl Barker does it on 15 Weet Bix and a healthy dose of MacDonald's each day.

Mr Barker, who is running from Sydney to Darwin, arrived in Townsville yesterday, preparing for the tough desert leg of his journey.

Unlike most marathon runners who are accompanied by support teams and vehicles, Mr Barker is accompanied only by his girlfriend Inga Beale.

She is carrying all their supplies, clothes and

Burgers keep Carl on the run

bedding in a small, metre-square trailer on the back of a bicycle.

Each evening the weary pair set up a tent and have burgers for dinner if there is a MacDonald's restaurant in the town. If there's not, they shop for groceries.

They also do their own washing, which is often seen drying on the back of the

bicycle as Ms Beale rides along.

Mr Barker is collecting money for Ronald MacDonald's children's charities.

More used to running shorter marathons, Mr Barker said he had been finding the distances quite stressful. While he aimed to run at least 47km a day, he often did 10km extra.

A ruptured leg muscle and damage to the bike trailer had been the major setbacks in the run so far according to Mr Barker.

"Our main worry now is water. We can only carry a maximum of 12 litres of water with us so we're hoping that people will stop and give us water along the way," he said.

The pair will now head out through Charters Towers and Mt Isa to Darwin.

Anyone wishing to donate money should deposit it in the children's charities account 4421 10008415 at any Commonwealth Bank.

Vets·road·relay Melbourne Sydney

August 1991



VETERANS ROAD RELAY -- MELBOURNE TO SYDNEY
via Princes Highway
12 Noon 6 August to 5.25 pm 10 August 1991

DISTANCE COVERED 1069.5 Kilometres.

TIME TAKEN 101 Hours 22 Minutes
(4 Days 5 Hours 22 Minutes)

THE RUNNING TEAM

Gerald St.John,
24 Legs
215.6 Kils.
19.4 Hours
5.41 Mins/Kil.

Tom Prosser,
25 Legs
212.9 Kils.
21.7 Hours
6.12 Mins/Kil.

Rod Bowen,
26 Legs
220.2 Kils.
19.7 Hours
5.37 Mins/Kil.

Arthur O'Keefe,
24 Legs
215.1 Kils
19.6 Hours
5.48 Mins/Kil.

Peter Butcher,
25 Legs
213.2 Kils.
20.1 Hours
5.67 Mins/Kil.

THE SUPPORT CREW

Mobile kitchen & bedroom...Michael O'Keefe & Gordon Burrowes

Runner's Escort vehicle...Sergeant Peter Thomas &
L/Cpl Andrew Tabain

Chiropractors' van & Shuttle bus.. Michael, Sally & Wayne.

VETS ROAD RELAY --- SYDNEY to MELBOURNE

At 12 noon Tuesday 6 August at Melbourne Town Hall, Vic Vets President, Tony Bradford fired the gun that sent a 5 man Vets relay team on its way to Sydney. Saturday 10 August, four and a half days later, we arrived at the Sydney Town Hall, having kept one runner continuously on the road every hour of the day & night in the intervening period.

Along the way we made mistakes, we discovered gaps in our organization, we battled wind, rain & traffic but we never doubted that we would make it.

In the dark of an early morning in the mountains above Orbost we shouted angrily at each other in the wind & rain. Often we laughed & joked in whispers so that we would not disturb the sleeping runners. Always we cheered & clapped the runner on the road (and will any runner forget the Maori Howl from Sally the NZ. Chiropractor at the end of each 10K leg). We push-started a monster of a Camper Van with a flat battery in the dark of the night. We watched in awe as that quiet Welsh gentleman, Tom, emerged from his shell to become the rowdiest & bawdiest member of the running team. We said "If I had been in charge I would have done it this way". We said "Next time we must..." But always, at the right moment, a tired runner or an equally tired crew member would make a suggestion that clicked everything back into place again, and once again, we were convinced of our ability to keep a runner continuously on the road.

THE WEATHER

Lots of wind & rain in the first two days, particularly at night. Very cold at times, even on the sunny days, there was a cold breeze. But also memories of clear star-filled skies with magic runs in a crisp, clear, cold as well as sunny moments during the days. Such a sunny moment was as we crossed the Vic/NSW border & an ex-NSW member of the team points out that we had no more rain after we crossed the border.

THE ROAD

The Police said it was too dangerous to run on the Hume Highway so went via the Princes Highway. We didn't mind an extra 170 Kil.! Lots of traffic at the Melbourne & Sydney end, and, yes, they do drive a lot faster in Sydney. Frightening, speeding log trucks & wood-chip trucks in the early mornings in the mountains.

5 & 6K uphill legs were not uncommon, and one 9K uphill leg in the wind & rain will never be forgotten by the runner concerned.

Most of the road had good shoulders to run on, but sometimes the escort vehicle had to pull over to let trucks pass & the runner had to be left by himself for short periods.

We got lost at Newborough trying to avoid the Morwell Freeway as requested by the RTA (we sent one runner 3k up a hill that was not necessary). After a reshuffle we ran along the Freeway which was clear of traffic as we passed along at Midnight. We strayed onto the Freeway by mistake coming into Sydney and that was a frightening experience.

In trying to get off the freeway our party became separated and 3 runners were left to run the dreaded Bulli Pass (grade 1 in 7) by themselves.

THE SUPPORT CREW

The three Chiropractors from the Phillip Institute were invaluable. Time & again the runners said that the run would not have been possible without them. They worked on each runner before & after his run at all hours of the day & night. They also doubled as the shuttle bus for the runners.

The two Army personnel drove the escort vehicle for the runner. This means that they drove the whole way from Melbourne to Sydney at 10 Kil/Hr through wind & rain, day & night, sunshine & cold. Everybody was impressed by their reliability & continual good humour.

The 2 drivers of the Camper Van (mobile bedroom & kitchen) found themselves to be chief cooks & bottle washer also, something which had not been planned. They were the most abused members of the crew. Tired runners do not take kindly to being shaken around in their beds. Nor do tired runners take kindly to being made to run extra distance in the wind & rain when the Camper Van cannot find a spot to park off the road at the end of the 10 K leg. The idea was that the Camper Van would leap-frog ahead 20 K. & keep the van still for as long as possible to give the runners a chance to sleep. These drivers also had the unenviable task of waking a tired runner to tell him it was time to go and run another 10K uphill in the dark, cold & rain.

CITY TO SURF

Yes we ran the City to Surf fun-run in Sydney. That was the whole reason for the trip. Some of us had thought of running the City to Surf and somebody suggested "Why not run up to Sydney?" That's how it all started.

As a member of the support crew, I ran with the Road Relay team as they ran in the City to Surf & despite the fact that they had run five Marathons in four and a half days I had trouble keeping up with them. We had a lot of fun running as a group and we made sure that all those around us knew that these marvellous Vets had just run all the way from Melbourne. Sydney turned on a hot sunny day for the race and it was quite warm as we passed over the line. Maybe there would be a different story to tell if there had been hot, sunny weather all the way instead of the cold conditions, that we battled on this long trip. Maybe we'll find out next year!

LESSONS LEARNED

1. The pattern of running must be determined by the runners beforehand & this forms the backbone of the whole organization. However there must be enough flexibility built into the pattern to allow the support crew to arrange things safely.
2. Practice the routine beforehand. Use the vehicles & runners that will be used on the trip and identify problems. Practice not only the running & changeovers, but also the eating & sleeping arrangements. How do you cope with these latter two when the whole vehicle is hung with wet running clothes? Practice it & find out beforehand.
3. Appoint a Road Boss (not a runner). The Road Boss makes the decisions for all when adaption is necessary.
4. Plan, plan, & plan some more and then be ready to adapt.



ULTRA-RUNNERS CRASH IN FAMILY FEUD

BY

TONY RAFFERTY

Sydney entertainer and spaghetti queen, Maria Venuti, lurched towards the podium: arms waving, hips wagging. Her neckline plunged deeper than a New Zealand bunji jumper. I stood opposite her with my right hand beside the buzzer, trying hard not to be distracted by her provocative gestures and swelling bosom.

Compere, Rob Brough, always smiling, asked a question: "What runs, but isn't alive?" I hit the buzzer first. "Roadrunner" and the audience cheered. It was the first thing that came to my head. A Freudian slip, perhaps? The cartoon character runs and isn't alive, in the literal sense, I thought. A loud gong sounded.

The answers: "water", "car", "river", were selected from a survey of 100 audience members before the show started. Simple isn't it.

Brough, his teeth sparkling under the hot television lights, asked another one: "It takes two to ...?" Cliff Young jumped in: "Kiss." Yiannis Kouros said, "Shake hands." I thought about tango but offered "Dance." Bryan Smyth said, "Talk." We earned a few points on the board.

Earlier that day the four of us met at Melbourne airport and flew to Brisbane. A chauffeured-driven limousine transferred us to the Parkroyal hotel and later to the channel 7 studios to appear on CELEBRITY FAMILY FEUD. It was billed as the MARATHON MEN verses the STARS. "The ultra-runners would be a better title" I said to Yiannis. He agreed.

When we approached the make-up room, Maria Venuti pranced through the door and challenged us to a sprint up the corridor. "Come on Cliff," she yelled, "I'll wear you out first and I'll take on the rest later." Cliff said, "Anytime you like, Maria." Everybody cheered. Actress, Noeline Brown, smiled but didn't speak. "I'm not goin' in there," shouted Agro, the puppet. "My hairy bugle doesn't need make-up, not like you lot." Jeanne Little ~~HUDDLED~~ us together and said, "If you're intelligent fellas, you haven't a hope in this show."

There were four shows to be taped and the IRISH COMICS challenged the KITCHEN WIZZES first. "King of the kitchen", Bernard King, talked to me about Death Valley as the make-up lady pancaked his bald head. Cliff delighted the floor crew with demonstration runs. Bryan talked about his Sydney to Melbourne win and Yiannis signed autographs and hinted at more world records.

Comedian of the year, Dubliner, Brian Doyle, joked with Belfast comic, Paul Martell: "The orange and the green on the same side - anything could happen tonight," he said. The Irish funneymen wore a big shamrock on their chest and the cooking experts with tall chef's hats looked like true professionals. They were called to the floor and the audience warmed up.

When our turn came, we left Geoff Lawson, Craig McDermott and Mark Waugh chatting about future cricket tours. Bobby Limb offered some helpful hints. "Don't try too hard," he said. "That's the secret."

The compere, still smiling, asked, "How would a woman describe an attractive man?" We answered, "wonderful", "handsome" and "nice", but the STARS won the points and the game, matching the answers of the audience with "sexy" and "hunk"! We shook hands with Rob Brough, waved to the friendly audience and left the set.

Jeanne Little boasted, "I told you. Intelligence won't win this show." Agro said, as games show players, we make good ultra-distance runners.

Maria Venuti impersonated a variety of dubious running styles and displayed her two best attributes. Her antics demonstrated the value of good pasta as an energy source. Noeline Brown remained aloof.

Later, I met Bryan at the Parkroyal bar. Yiannis and Cliff rested. The conversation headed in numerous directions. Rosemary Stanton discussed nutrition for endurance athletes and Paul Martell and Patrick McCarville, with a noggin of Jameson's too many, "solved" Belfast's problems with a contribution or two from me. The man of many voices, Paul Jennings tried to get a word in now and again.

When the clock struck midnight, Bryan and I left the smoke and din behind us to observe some of Brisbane's architectural facades during a brisk walk.

The next morning at Sydney airport, pumped with passion and adrenalin, Maria Venuti, charged towards us like an exuberant sheepdog, hugged us closely and nearly smothered Cliff. "Come and see me sometime, Yiannis. Teach me to run from Sydney to Melbourne." Yiannis with a broad smile said he was too busy. A crowd gathered for autographs. Jeanne Little, unrecognisable in dark sunglasses, black coat and beret, stood alone. The Irish comedians headed for the bar.

In Melbourne, Bryan Smith greeted his wife Janet and told her we were bamboozled by Venuti's boobs!

TONY RAFFERTY. AUGUST 1991.

ULTRARUNNING

by Mike Maddock (Westfield '90)

Waking your runner up after a sleep,
Slowly, painfully getting him to his feet,
Unable to even stand on his own without support,
Helping him tenderly from the van to stand beside his witch's hat.

That first painful step
Then another
And another.

Flanked by those that love and admire him,
He eases himself unsteadily along the road.

His faltering steps slowly strengthen,
As, one by one, his helpers leave his side,
And return to the comfort of the van.

But with some great inner strength
That very few of us have,
His stumbling walk becomes a painful run.

The last helper leaves his side
And your runner stands alone
The headlights picking out his fragile form
In the darkness.

His unsteady gait smootes until he again
Drops into that narrow, well-defined groove
That is ultra-running.



Roger Stuart and Mike Thompson
during a quiet moment during Dot's
24 Hour Race at Coburg, Vic. in
1990

OVERSEAS NEWS



Two for the road . . . and wearing new shoes. Bruce Fordyce and Frith van der Merwe will tackle the Comrades Marathon on May 31 in shoes supplied by the Japanese manufacturer Mizuno. The pair that Fordyce will wear is being specially made for him and will arrive a fortnight before the race. He will also wear a 'koolit', a hard sponge collar that, once wet, is reckoned to relax the neck muscles and help keep the upper body cool. Fordyce will wear No 10 in the race to signify he is aiming for his 10th Comrades title. Fordyce says he took the decision to compete after running the RAC time trial on Tuesday. "It was not a particularly fast time, but my condition indicated I was in the shape I need to be in for a good run," he said.

AUSTRALIAN 6 DAY RANKINGS (AUGUST, 1991)

1 Bryan Smith	V	1001.200Km	Colao	Nov89
2 Maurice Taylor	41 NSW	894.000Km	Colao	Nov89
3 Joe Record	46 WA	890.800Km	Colao	16Nov87
4 David Standeven	36 SA	860.000Km	Colao	Nov88
5 George Perdon	60 V	841.600Km	Colao	26Nov84
6 Ian Javes	48 Qld	810.709Km	Campbelltown	18Nov90
7 Peter Gray	25 V	806.400Km	Colac	Nov89
8 George Audley	WA	805.200Km	Colac	16Nov87
9 Tony Collins	43 NSW	770.104Km	Campbelltown	18Nov90
10 Brian Bloomer	45 V	763.600Km	Colao	24Feb86
11 Cliff Young	62 V	749.600Km	Colao	26Nov84
12 Tony Rafferty	47 V	747.000Km	Ia Rochelle	29Sep86
13 Gerry Riley	57 V	741.200Km	Colao	16Nov87
14 Patrick Farmer	NSW	739.600Km	Colao	Nov88
15 J Lewis	NSW	735.631Km	Campbelltown	18Nov90
16 Keith Fisher	V	732.400Km	Colao	Nov88
17 Dave Taylor	38 NSW	731.255Km	Campbelltown	19Nov89
18 Greg Wishart	51 V	721.600Km	Colao	Nov89
19 Lindsay Phillips	35 Qld	703.454Km	Campbelltown	18Nov90
20 Ralph Bristow	V	702.114Km	Campbelltown	19Nov89
21 James Sheridan	27 SA	662.500Km	Manhattan USA	4Jul83
22 Robert Channells	NSW	656.326Km	Campbelltown	18Nov90
23 Bob Fickel	37 NSW	643.039Km	Campbelltown	19Nov89
24 Graham Firkin	53 NSW	642.318Km	Campbelltown	18Nov90
25 Eduardo Vega	49 NSW	627.314Km	Campbelltown	19Nov89
26 Shaun Scanlon	46 NSW	635.407Km	Campbelltown	18Nov90
27 Brian Colwell	41 NSW	624.793Km	Campbelltown	18Nov90
28 Keith O'Connell	50 NSW	608.656Km	Campbelltown	19Nov89
29 Geoff Hook	43 V	606.800Km	Colao	16Nov87
30 Bob Marden	33 NSW	604.800Km	Colao	24Feb86
31 Bruce Donnelly	Qld	550.636Km	Campbelltown	18Nov90
32 John Timms	NSW	529.703Km	Campbelltown	18Nov90
33 Ron Grant	47 Qld	501.568Km	Campbelltown	18Nov90
34 Peter Pfister	46 V	474.400Km	Colac	24Feb86
35 Brad Boyle	30 NSW	406.458Km	Campbelltown	18Nov90
36 Kevin Mansell	NSW	215.600Km	Colac	Nov89
37 Bob Bruner	47 V	181.856Km	California	30Mar85

Women

1 Georgina McConnell	47 NSW	738.903Km	Campbelltown	18Nov90
2 Cynthia Herbert	V	738.000Km	Colao	Nov88
3 Helen Stanger	NSW	691.588Km	Campbelltown	18Nov90
4 Wanda Foley	43 NSW	659.595Km	Campbelltown	19Nov89
5 Lucille Gladwell	NSW	571.571Km	Campbelltown	18Nov90
5 Valerie Warren	56 NSW	571.571Km	Campbelltown	18Nov90
6 Merrilyn Tait	40 V	492.400Km	Colao	Nov89

AUSTRALIAN 200KM TRACK RANKINGS (AUG. 1991)

1 David Standeven	37 SA	18-01-50	Adelaide 24Hr	28/29Oct89
2 Bryan Smith	V	18-13-19	Olympic P24Hr	19/20Aug89
3 Owen Tolliday	38 Qld	18-16-44	Adelaide 24Hr	29/30Oct88
4 Mike March	45 Tas	18-22-48	Coburg 24Hr	25/26Feb89
5 John Briet	38 V	18-33-07	Coburg 24Hr	25/26Feb89
6 Brickley Hepburn	39 V	19-29-13	Coburg 24Hr	23/24Feb91
7 Brian Bloomer	46 V	19-42-30	Box Hill 24Hr	15/16Feb86
8 Peter Gray	26 V	20-09-23	Coburg 24Hr	23/24Feb91
9 Ashley Parcell	29 Qld	20-16-28	Hensley 24Hr	23/24Feb85
10 Cliff Young	63 V	20-17-09	Adelaide 24Hr	9/10Nov85
11 Keith Fisher	23 V	20-27-27	Coburg 24Hr	25/26Feb89
12 Frank Kelly	34 NSW	20-34-56	Hensley 24Hr	28/29May88
13 Barry Brooks	46 V	20-43-52	Box Hill 24Hr	28Feb87
14 Rudi Kinshofer	SA	20-45-13	Coburg 24Hr	23/24Feb91
15 Graeme Woods	Qld	20-51-25	Aberfeldie 48Hr	23/25Jan88
16 Terry Cox (Jn)	24 V	21-41-04	Coburg 24Hr	10/11Mar90
17 George Audley	51 WA	21-43-37	Perth 24Hr	18/19Oct86
18 Geoff Kirkman	35 SA	22-04-19	Adelaide 24Hr	9/10Nov85
19 Anyce K Melham	32 NSW	22-10-58	Adelaide 24Hr	28/29Oct89
20 Alan Devine	29 WA	22-05-30	Perth 24Hr	17/18Oct87
21 Ian Javes	44 Qld	22-06-49	Box Hill 24Hr	28Feb87
22 Bob Hunter	Qld	22-11-27	Qld 24Hr	1/2Jul89
23 Robert Channells	NSW	22-17-21	Campbelltown 24Hr	28Oct89
24 Greg Wishart	50 V	22-20-26	Coburg 24Hr	25/26Feb89
25 Jeff Smith	V	22-23-34	Coburg 24Hr	23/24Feb91
26 Bob Bruner	45 V	22-28-46	Adelaide 24Hr	5/6Nov83
27 Jack McKellar	45 V	22-31-39	Box Hill 24Hr	15/16Feb86
28 Charlie Lynn	40 NSW	22-33-05	Adelaide 24Hr	9/10Nov85
29 Bill Beauchamp	41 V	22-33-28	Box Hill 24Hr	28Feb87
30 Gerry Riley	56 V	22-35-34	Adelaide 24Hr	1/2Nov86
31 Murray Cox	44 SA	22-38-18	Olympic P	4/5Aug90
32 Alan Croxford	43 WA	22-38-49	Perth 24Hr	18/19Oct86
33 Alan Peacock	27 Qld	22-43-34	Qld 24Hr	5/6Sep87
34 Bob Taggart	42 SA	22-50-01	Adelaide 24Hr	29/30Oct88
35 Bruce Donnelly	Qld	22-50-25	Campbelltown 24	13/14Oct90
36 Graeme Wilkinson	40 NSW	22-53-23	Hensley 24Hr	29/30Nov86
37 Tony Collins	42 NSW	23-05-46	Campbelltown 24	28/29Oct89
38 Nick Read	36 NSW	23-06-22	Coburg 24Hr	13/14Feb88
39 John Bell	41 V	23-14-21	Box Hill 24Hr	15/16Feb86
40 Nobby Young	44 NSW	23-15-00	NSW 24Hr	1/2Sep90
41 James Wolstencroft	34 V	23-15-44	Coburg 24Hr	25/26Feb89
42 Brad Boyle	29 NSW	23-20-15	Campbelltown 24	28/29Oct89
43 Chilla Nasmyth	NSW	23-20-25	Campbelltown 24	13/14Oct90
44 Maurice Taylor	38 NSW	23-27-00	Box Hill 24Hr	28Feb87
45 Howard Ross	40 V	23-28-26	Box Hill 24Hr	15/16Feb86
46 Graham Stenner	44 SA	23-31-46	Coburg 24Hr	25/26Feb89
47 Patrick Parsons	V	23-34-20	Coburg 24Hr	10/11Mar90
48 Graham Firkin	53 NSW	23-35-58	NSW 24Hr	1/2Sep90
49 John Champness	47 V	23-36-22	Hensley 24Hr	28/29May88
50 Geoff Hook	46 V	23-38-58	Coburg 24Hr	23/24Feb91
51 Peter Quinn	40 V	23-39-09	Olympic P	4/5Aug90
52 Peter Armistead	44 V	23-45-45	Coburg 24Hr	10/11Mar90
53 Barry Allen	30 V	23-56-51	Box Hill 24Hr	28Feb87
54 Mike Thompson	WA	24-00-00	Perth 24Hr	27/28May89
55 Ross Parker	WA	25-43-25	Perth 48Hr	16/18Oct87

AUSTRALIAN 200KM TRACK RANKINGS (AUG. 1991)

56 Ron Hill	47 V	25-44-18	Aberfeldie 48Hr	23/25Jan88
57 Graham Medill	41 Qld	26-40-24	Qld 48Hr	20/22Jun89
58 Bob Burns	Qld	30-26-30	Caboolture 48Hr	22/24Jun90
59 Gary Clark	WA	31-54-42	Perth 48Hr	16/18Oct87
60 Stan Miskin	62 V	33-21-47	Aberfeldie 48Hr	23/25Jan88
61 Peter Richardson	23 V	34-32-42	Aberfeldie 48Hr	23/25Jan88
62 Tony Rafferty	48 V	35-41-24	Aberfeldie 48Hr	23/25Jan88
63 Lindsay Phillips	25 Qld	32-39-00	Caboolture 48Hr	22/24Jun90
64 Greg Hillier	SA	42-26-56	Aberfeldie 48Hr	23/25Jan88
65 Dave Scott	40 WA	43-16-06	Perth 48Hr	16/18Oct87
66 Stephen Dunn	SA	44-02-50	Aberfeldie 48Hr	23/25Jan88
67 James Hume	V	44-28-56	Aberfeldie 48Hr	23/25Jan88
68 John Peterson	73 Qld	44-33-25	Qld 48Hr	30Jun89

WOMEN

1 Dawn Parris	36 V	23-25-40	Olympic P 24Hr	19/20Aug89
2 Helen Stanger	NSW	23-52-02	NSW 24Hr	1/2Sep90
3 Cynthia Herbert	44 V	23-56-10	Adelaide 24Hr	1/2Nov86
4 Dell Grant	37 Qld	32-10-42	Caboolture 48Hr	22/24Jun90
5 Eileen Iush	40 SA	41-10-05	Aberfeldie 48Hr	23/25Jan88
6 Val Case	53 Qld	42-39-06	Caboolture 48Hr	22/24Jun90

Ages are as on the day of the event.

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

053 381403

053 225357

"No hope! Give it in! No chance! Doomed to fail!
No way you can do it! Save yourself the
embarrassment! Pathetic!"



MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

Application for membership of Australian Ultra Runners' Association Incorporated (AURA INC.)

I
(Full name of Applicant)

of
(Address)

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

become a member of the 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)

*

Ia member of the Association
(Name)
second the nomination of the Applicant, who is personally known to me, for membership of the Association

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

Current membership fees for 19..... (in Australian dollars) as follows: Cheques payable to AURA Inc.

Please circle desired rate: \$ within Australia.

	NZ	Asia	USA	Europe
Air Mail (up to 1 week delivery)	\$...	\$....	\$....	\$....

Send application and money to: AURA Inc, c/- Dot Browne, 4 Victory St, Mitcham 3132 Australia.

I.O.O.F. JAMES COVANN
053 312077



A WINNING TEAM

Bryan and Jan Smith hold the token of their dreams - the WINNER'S CUP of the 1991 Westfield Run.