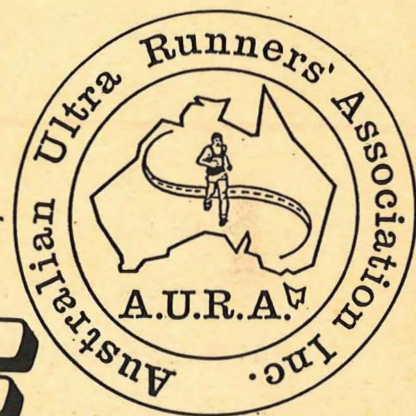


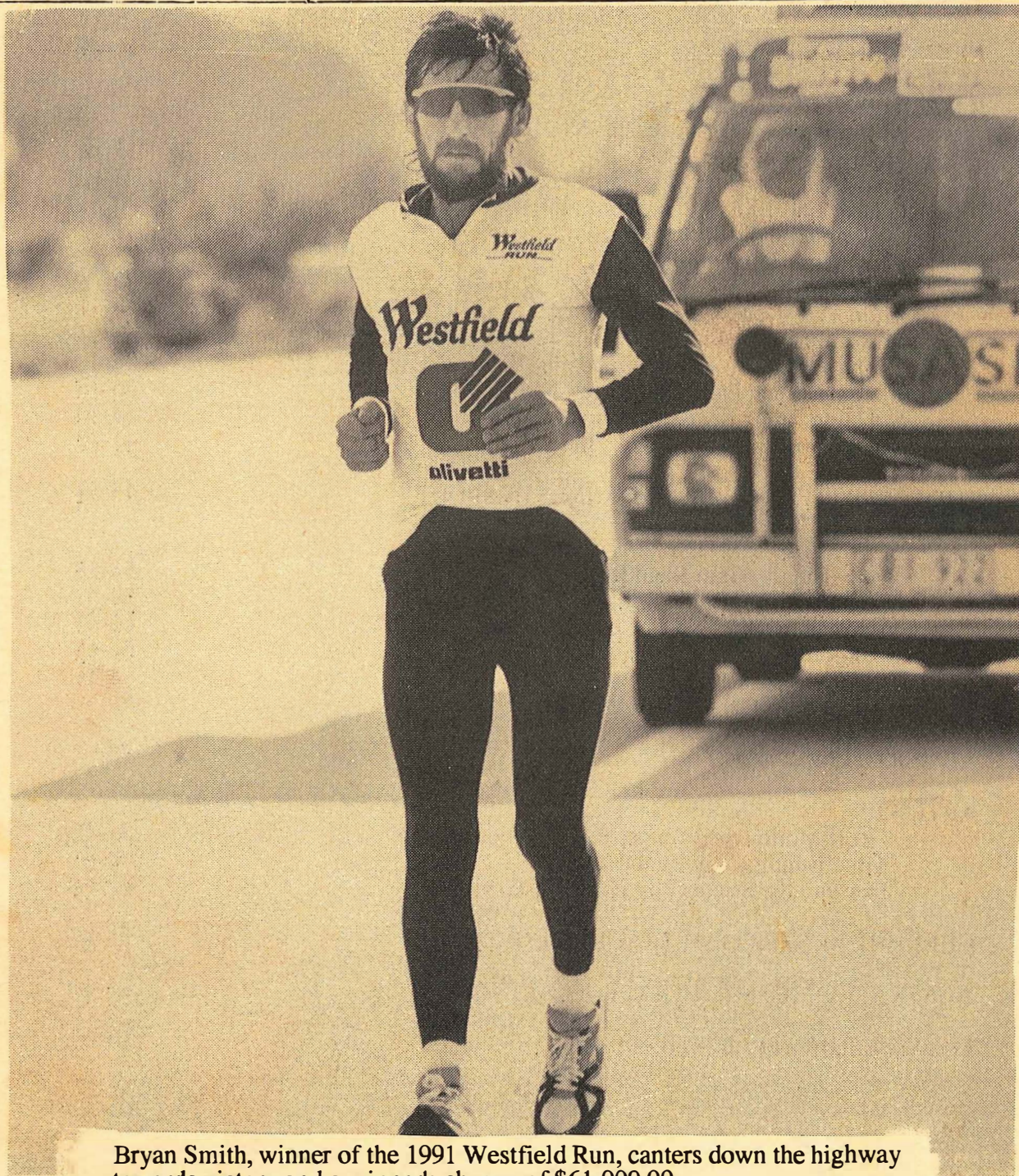


A.U.R.A. MAGAZINE



Vol 6 No.4

November 1991



Bryan Smith, winner of the 1991 Westfield Run, canters down the highway towards victory and a winner's cheque of \$61,000.00

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

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

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EDITORIAL

Vol 6 No.4

November 1991

Hi folks!

Just prior to our Magazine going to the printers, we were able to rush in the results of the Australian 6 Day Race at Colac. We were delighted to discover that popular Australian ultra champion, Bryan Smith has notched up yet another win to his credit by covering 878km in the Colac race. Stop press results are on Page 7.

Bryan is featured on our cover this issue. Congratulations Bryan, from all of us, as well as to all the 13 finishers. It was great to see some of our earlier ultra stars back in this tough event.....Brian Bloomer, Terry Cox (Snr), George Audley, Tony Rafferty, Ron Hill, Cliff Young and George Perdon., to name a few. All of these would have some wonderful stories to tell of their experiences in ultras over the years.

George Perdon tells us that Dawn Parris offered to crew for him in this one, but was a bit taken aback when the first job he gave her to do was to clean his false teeth!!

I am very pleased to report that at last all 16 Special Resolutions were passed almost unanimously at the Special General Meeting that was held on 27th October. Our Association can now benefit in the following ways:

- * We can gain tax exemption for any monies we are holding.
- * An auditor will be appointed so that your funds will be protected.
- * Now the committee can no longer close up shop and abscond with the funds.
- * AURA is now able to be recognised by Athletics Australia as a legitimate athletic organisation, affiliated with them, so that any of our athletes competing overseas in Championship events can wear the green and gold uniform with pride and be official representatives of Australia.
- * Because of our affiliation with Athletics Australia, we can now exert influence in regard to ultra events being introduced into the Olympics.

I guess you were all as shattered as I was to hear of Westfield's decision to withdraw their sponsorship from the Sydney to Melbourne Ultramarathon Run. It has been an event which has been well supported by our members in the past. The distance, the difficult terrain, the vagaries of the weather, the costs involved and the problems of finding a compatible crew, all provided an incredible challenge for our aspiring ultra champions and the event had an aura and a charisma surrounding it which no other Australian event has been able to match. Also the media publicity which it received ensured that the general public were made much more aware of our sport. When Cliffy won the event in 1983, he became a folk hero overnight and put the event on the world ultra map.

AURA thanks Westfield for their past involvement in our sport of ultrarunning. Their race gave an injection of life into the sport and provided an ultimate goal for aspiring ultrarunners. Let's hope that another event takes its place which provides similar motivation for our members, or else another sponsor comes forward to continue the Westfield Sydney to Melbourne tradition.

Have a happy and safe Christmas and New Year and stay injury free.

'Bye for now,



CALENDAR

1991
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 Talley's Running Shop, phone (002)34 9566 or Kerri Law (002) 72 5170 or entry form in this issue.

1992
Jan 5

BOGONG TO HOTHAM, Vic, 60km mountain trail run, 6.15am start at Mountain Creek Picnic Ground. 3,000m climb! Phone Russell Bulman (03)431-1453, 12 Ruskin Court, Eltham 3095.

Jan 26

MANSFIELD TO MT.BULLER - 50 KM ROAD RACE Vic, \$10 entry, 7am start. Entry forms in this issue or available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 781-4305 or Dot Browne, 4 Victory Street, Mitcham 3132 (03)874-2501(H) or (03) 874 5878 (W)

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 the park. approx. 85-90km of tough mountain trail running with lots of bog! 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 track, start 6pm Saturday, breakfast after race, entry \$20, toilets, showers, pool, canteen, Entries close 17th Jan, Contact John Shaw, (0046) 26-6694.

Feb 22/23

VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, Coburg, 400m track, 12 noon start, \$25.00. Entry form in this issue, Closing date: 7th February, Race Director: Dot Browne, 4 Victory Street, Mitcham 3132 or phone (03)874 2501 (H) or (03)874 5878 (W) for entry form.

Mar

6 OR 12 HOUR RACE, Bunbury, WA, organised by the Bunbury Marathon Club, contact Brian Kennedy, 123 Mininup Road, Bunbury, phone (097) 21 9018

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 22

50KM ROAD CHAMPIONSHIP & 6 HOUR FUN RUN, Toowoomba, Q'ld. QMRRC event on a 1.2km circuit, Entry \$20, Race organiser, G.Medill, 13 Ramsey St, Toowoomba 4350 Qld. Phone (076) 382023

Mar 21

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, or phone (047)843 266 (H)

Mar

CAMPBELLTOWN 48 HOUR TRACK RACE, NSW, Bradbury Oval, entry fee \$50, Contact John Shaw, 17 Buvelot Way, Claymore, Phone (046)26-6694.

Mar

TAMWORTH 24 HOUR CHARITY RUN, NSW, Viaduct Park, Tamworth, 10am start. Contact Dallas Earsman, Barreng Street, Tamworth 2340.

April 5

HOBART TO CYGNET ROAD RACE, Tas, 54km, 7am start from Talay's, The Running Shop, Liverpool Street, Need support vehicle and helper. Contact Talays, The Running Shop, phone (002) 34 9566 or Kerri Law (002) 72 5170 (H)

April

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. and Nepean Highway, Own support needed.

April 18

100KM TRACK CHAMPIONSHIP & 12 HOUR FUN RUN, Ipswich, Q'ld, 400m track, QMRRC event, 9am - 9pm, Entry fee \$20, Race organiser: Stephen Lewis, 46 Chernside Road, Ipswich, 4305, phone (07)281-9533.

CALENDAR

- May **12 HOUR TRACK RACE, ROSEBUD**, Vic, Olympic Park, 400m grass track, Percy Cerutty Memorial Race, 8am start, entry forms from Brian Jones, (059) 86-8640, P.O. Box 450, Rosebud 3939, Vic.
- May 3 **BANANA COAST ULTRA MARATHON NSW**, 85km, Coff's Harbour to Grafton, 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, phone (09)384 6036 or Ross Parker (09) 401 7797
- May 15/16 **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS**, 48 Hour starts 9am Friday 15th May, 24 Hour starts 8am Saturday 16th, 440m grass track, University of Queensland. Entry fees \$50, \$40, Contact Ray Chatterton, P.O. Box 589, Toowong 4066 Qld. Phone (07) 870 9590 (H) or (07) 271 8597 (W)
- June **50KM ROAD RACE**, Lauderdale, Tas, \$2 entry, Free nosh-up at the Lauderdale Tavern after the race. Contact Talay's Running Shop, phone (002)34-9945.
- June 21 **50 MILE TRACK RACE** (Australian Championship) Vic. at Box Hill, 400m track 8am start, contact Geoff Hook, 42 Swayfield Road, Mt.Waverley, 3149 or phone (03) 808-9739.
- June 21 **GLASSHOUSE TRAIL RUN** (8km,35km,55km, 80km) Caboolture, Q'ld, Entry \$10, \$15, \$20, \$25. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld 4510 Ph. (074) 95-4334.
- July **50 MILE TRACK RACE**, SA, Salisbury track, Adelaide, \$15 entry, Entry forms, contact Andy Docherty, 24 Freya Avenue, Hallett Cove, SA 5158. phone (08) 387-2624
- Aug **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE**, contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood, SA 5034 .
- Aug 16 **50 MILE ROAD CHAMPIONSHIP & 8 HOUR FUN RUN**, Toowoomba, Q'ld. 1.2km circuit, Organiser: G.Medill, QMRRCevent, entry \$20, Contact G.Medill, 13 Ramsey Street, Toowoomba 4350 Qld., phone (076)382023
- Aug **ROSS TO RICHMOND ROAD RACE**, Tas, 95km, between the two oldest bridges in Australia, 7am start, Need support vehicle and helper, contact Tallays Running Shop, phone (002) 34 9566 or Kerri Law, (002) 72-5170 (H)
- Sept 20-26 **MULTI-DAY (6, 3, 2, 1, DAY CHOICE) Q'LD**, (also relays with varying participation possibilities). Must be at least 5 starters in each event . Caboolture, 1km circuit, \$25 per day, Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld, phone (074) 95-4334.
- Sept . **100KM ROAD RACE**, Bathurst NSW, 6am start at the Courthouse, Russell Street, Bathurst, time limit 11 hours. Contact Big Chris Stephenson, GPO Box 1041, Sydney, 2001, phone (02)523 2996 (H) or (02) 259 33981 (W)
- Sept **SRI CHINMOY 24 HOUR TRACK RACE**, SA, (Australian Championship) Contact Sipra Lloyd, P.O. Box 554, North Adelaide, 5006, phone (08) 239-0690 Or (08)231-5944.
- Sept **MUNDARING TO YORK ROAD RACE**, WA 64.36km (40 miles) 6.15am start at Mundaring Shire Offices, conducted by the WA. 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

CALENDAR

- Oct **PERTH TO BUNBURY WA 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 and 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 **ROYAL NATIONAL PARK ULTRA TRAIL RACE**, NSW, 80.5km (50 miles), NSW, Royal National Park, Sydney, starting at Gray's Point at 5am and finishing at Bundeena. 12 Hour cut-off. Organised by Billy's Bushies. For further information/entry forms, send SAE to The Royal National Park Ultra, P.O. Box 380, Sutherland, NSW 2232 NSW.
- Oct **TASMANIAN 12 HOUR TRACK CHAMPIONSHIP**, Hobart, Tasmania, 8am start, Athletic Domain Centre, (rekortan surface) Contact Kerri Law, 67 Gormanston Road, Moonah, Tas. 7009, phone (002) 72 5170 (H)
- Oct 25 **SIX HOUR TRACK RACE**, VIC., Bill Sewart Athletic Track, East Burwood, 400m track 9am start, \$20 entry, entry forms - Dot Browne, 4 Victory Street, Mitcham 3132 phone (03)874 2501 (H) or (03) 874 5878 (W).
- Oct 31 **RAINBOW BEACH TRAIL RUN**, Q'LD (beach and forest trails) 15,33,55km Rainbow Beach, near Gympie, \$10, \$15 & \$20, QMRRC event, contact races organiser Dennis.Parton, c/- P.O. Rainbow Beach 4581, phone (074) 863217
- Nov **VICTORIAN 50 MILE ROAD CHAMPIONSHIP**, Ballarat, Vic, CHASE Carnival, 6am start, \$20 entry, Entries to Wendouree Athletic Club Inc, 137 Lofven Street, Nerrina, 3350, Vic Contact Jamie Govan (053) 31 5723 (H) or (053) 31 2155 W)
- Nov **ACF BRINDABELLA CLASSIC**, ACT approx. 50km trail run over the Brindabella mountains, just south of Canberra. Contact Trevor Harris, 13 Southwood Retreat, Bonython, ACT 2905, phone (06)293-2461(H) or (06)287-0409 (W) or Barry Moore in Melbourne (03)233-6529.
- Nov **CAMPBELLTOWN CITY SIX DAY TRACK RACE**, 400M grass track,, 10am start, \$120 entry, prize money 1st, 2nd, 3rd, male & female. Contact John Shaw, 17 Buvelot Way, Claymore, NSW, 2560, phone (046) 26 6694

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. Also, please inform us if races are to be discontinued from one year to the next. Thankyou.

N.Z. ULTRARUNNERS ASSN. CALENDAR

- | | |
|-------------|--|
| Dec 1991 | Kepler Challenge Mountain Run 67 km, 1400m climb.
Contact: Kepler Challenge, P.O.Box 11, Te Anau. |
| 28 Dec 1991 | Run Across the Sky 100 mile. Nelson area. 3pm start.
Contact: Steffan Buttmer, 196 Nile St, Nelson.
Phone: (03) 5467248. |
| 31 Dec 1991 | Waitakere Challenge: 60km Bush & Beach running
Contact: Mark Trotman, 48 Urlich Drive, Ranui, Auckland. |
| Apr 1992 | Run For Your Life Brighton 50 miles
Contact: Canterbury Road Running Committee. |
| Jun 1992 | 10th Tree To Sea 80 km (Putaruru to Mt Maunganui)
Contact: Jan Fleming, RD2, Tirau. Ph. (0814) 27605 |

Report on the Special General Meeting Meeting held on 27th October, 1991.

The 16 Special Resolutions put to the AGM in June were again put to this Special General Meeting as a result of a ruling by the Corporate Affairs Office, in respect of the assessment procedure of the votes cast.

The result of the Special General Meeting is as follows:

23 members present + 81 proxy votes.

<u>Resolution Numbers</u>	<u>For Votes</u>	<u>Against Votes</u>	<u>Informal Votes</u>	<u>Pass %</u>
1-6,11	101		3	97
7-10,13	100		4	96
12,14	100	1	3	96
15	98	3	3	94
16	98	1	5	94

It is quite evident that the vast majority of those who bothered to attend or vote are in favour of all Special Resolutions. Thankyou to all of you who attended or voted by proxy,

Our Association is much better off now these necessary changes have been made to our Rules.

MINUTES OF SPECIAL GENERAL MEETING OF THE AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. HELD AT THE CLUBROOMS OF THE BILL SEWART ATHLETIC TRACK, EAST BURWOOD, VICTORIA, ON 27/10/1991.

MEETING The meeting commenced at 4pm.

PRESENT: 23 members of the Association and other interested persons.

PROXY VOTES:
81 proxy votes had been received by the Secretary for this Special General Meeting.

SPECIAL RESOLUTIONS:

16 Special Resolutions for the purpose of altering the Rules of the Association were put to the meeting by resolution of the Committee. All 16 Special Resolutions were passed.

GENERAL DISCUSSION:

None was tendered.

The meeting closed at 4.05pm

AUSTRALIAN SIX-DAY RACE AT COLAC 3RD TO 9TH NOVEMBER, 1991. *Stop press results!!*

1. Bryan SMITH	878km	8. Tony RAFFERTY	620km
2. Peter GRAY	810km	9. Ron HILL	602km
3. Brickley HEPBURN	752km	10. Cliff YOUNG	590km
4. Brian BLOOMER	704km	11. George PERDON	579km
5. Terry COX (Snr)	668km	12. Ernie CATTLE	562km
6. George AUDLEY	641km	13. Terry COX (Jnr)	518km
7. Georgina McCONNELL	627km		

AURA MEMBERSHIP RENEWAL FOR 1992

Membership fees for 1992 are due on 1/1/1992. If you haven't already renewed your membership, please do so as soon as possible.

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

Membership fees for 1992 are: \$20.00 within Australia

	NZ	ASIA	USA	EUROPE
Sea Mail (up to 7 weeks delivery)	\$26	\$26	\$28	\$28
Air Mail (up to 1 week delivery)	\$29	\$33	\$36	\$38

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

All 1991 financial members will receive the first 1992 issue of our Magazine. If you don't pay your 1992 membership fee, you will not receive any further issues of the Magazine.

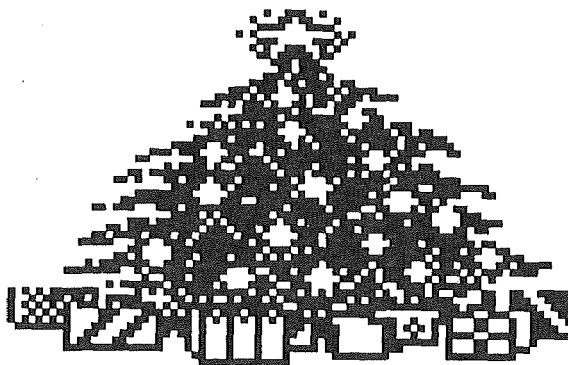


A NOTE ABOUT THE MATERIAL YOU SEND IN ...

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

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

A MERRY CHRISTMAS



AND

A HAPPY NEW YEAR

ULTRA MARATHON RACE HANDBOOK.

The Ultra Marathon Race Handbook has taken over a year and countless hours of work by many people to produce. Some forty individuals and ultra organisations from around twenty countries across the globe have contributed or been consulted for their experience and expertise.

The sport of Ultrarunning spans many cultures and climates. Producing event guidelines that are applicable to all has not been easy. However such an agreed set of rules and recommendations will provide a solid foundation for the future development of Ultrarunning.

The Handbook is firmly based on the best existing practice. It's rules and recommendations are intended as a skeleton to support the sport, not as a straightjacket to constrict development. The rules and recommendations in the Handbook are intended to ensure fair competition between ultrarunners, giving every individual the opportunity to compete on equal terms. The Handbook was also designed as a reference book for ultra race directors, providing ideas and procedures to aid the further development of ultra events. Obviously it is intended that the Handbook will develop as the sport of Ultrarunning progresses.

The Handbook will be around 50 pages in length. The first section concerns rules and recommendations for track, road, trail and indoor ultra events, whilst the second section offers further guidance and explanation of these rules and recommendations. The third section addresses the problems of organising an ultra race in some detail. The Appendices include sample lap sheets, track layout and measurement, record application forms for both track and road events, particularly relevant IAAF rules, and finally IAAF rules on doping. Reprinted from IAU Newsletter, Autumn Edition 1991

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

Please note that any correspondence received may be published in this Magazine unless specifically marked "NOT FOR PUBLICATION".

Dear Dot,

Just a few lines as you know by now that I took out the 4 world records in my division at the Caboolture 48 Hour event, which was part of the multi-day event in September. I also won the Open Handicap of the Geelong to Queenscliff 28km. event along the Bellarine Highway on Sunday 22nd September. However, I did not do much good in the 24 Hour in Campbelltown., Sydney.

In Geelong, it was beautiful weather for running and the highway was the best I've ever been on anywhere in Queensland, Victoria or NSW - no bumps or pot holes, which is definitely weird in Australia.. It was the first time that I've won a race in my entire life as an able-bodied and disabled runner, but I did have over 2 hours start!.

It was a pleasure staying with the Wilsons, the Whitehands and Peter Gray and his mother. They're all wonderful people and I hope that the Geelong Cross Country Club is able to put on a 50 miler at Landy Field, as I may be able to get there for it! And Melburnians and non-runners, please support the Geelong Cross Country runners. Before I go, I wish to thank Rohm & Haas for their very generous sponsorship to running and to helping United Way Charities. Last but not least, I thank the Geelong Advertiser for their coverage of the Geelong to Queenscliff event. A magnificent effort by them, the organisers and race directors and all of the runners themselves. God bless you all and may you all sprout wings on your feet and have a good run.

Yours in running,

"Bazza" Stewart.

PS. I forgot. My thanks to Col and Dot Browne for their accommodation, John and Carol Shaw, Ian Javes and Carol and Tony Street.

PPS. Dot, how about us runners all having a run to help drought, flood and bush-fire stricken communities?

Dear Dot,

I publish a 6-times-a-year newsletter on ultrarunning in Canada and an annual statistical book on Canadian ultramarathon runners and ultra activities in Canada.. I would like to subscribe to the AURA publication, but I am wondering if you would be interested in an exchange - an arrangement I have with a number of other publications. I enclose a copy of my latest issue.

If you would like to exchange copies on a regular basis, please advise me and I will put you on my mailing list. If not, I would like to subscribe and would appreciate being advised of the subscription rate, including postage, and the form of payment you require.

Also, I am always on the lookout for any Canadian statistics that I have not heard about. Several Canadians have run in Australia (Michel Careau, Trishul Chems, David LaPierre and Wally Herman) but there may be others. John Fotakis suggested that I raise the subject with you in case you have, or know of, information that might add to my files.

My thanks in advance

Sincerely,

David Blaikie (Ultramarathon Canada, 5515 Millview Road, Manotick, ON Canada, K4M 1J3)

Ed's note: We have organised a reciprocal arrangement with the Ultramarathon Canada magazines, and articles from David Blaikie's publications will appear in AURA from time to time, with due acknowledgement of course.

The following letter was in response to 11 of our AURA members participating in the Geelong Cross Country Club's 28km Geelong to Queenscliff handicap race. The organisers promised to give AURA a generous donation if at least 10 of our members competed. Accordingly, they have honoured their agreement and we thank the Geelong Cross Country Club very much for their generosity. From all reports, it was a well-organised, very enjoyable event.

Dear Dot,

I enclose the cheque as promised and copies of articles that appeared in the local newspaper - the Geelong Advertiser, covering the 28km Geelong to Queenscliff race. We were thrilled with the coverage, particularly the big article in Monday's paper. Unfortunately, it's probably the last time that we'll run over the course, as it's becoming a bit dangerous in places. We took Barry (Stewart) through quite safely, but by the time the rest came through, there was a bit more traffic (and about half of the race is on a two lane highway).

Thanks again for providing accommodation for Barry in Melbourne. That certainly eased the burden (not that it was) on us.

Thanks again & happy running,

Regards,

Clarke Whitehand. (Vice President, Geelong C.C.Club)

Dear Dot,

I would like to congratulate David Lappiere on his victory in the 6 Day Race in Queensland. Also I would like to thank him for making me run a p.b. - 751km. It was a great race, with the lead changing a number of times. He is a good runner. Also, I thought Ian Javes ran a good event on the organising side. The canteen was a good idea, also the updates and the 12 Hour splits were great. Everything was organised perfectly. The runners were made welcome and they were well-catered for. I would not hesitate to run in this event again. I was happy to run second after a 7 month layoff. No runner needed to bring food as it was all supplied - everything you required - food and fluids were available.

Well done Ian,

Dave Taylor.

Dear Dot and Geoff,

I recently ran in the Sri Chinmoy 24 Hour Race in Adelaide and I'd like to let AURA readers know what a great event it was. The organisation and atmosphere was wonderful, with healthy food supplied to the runners and plenty of enthusiasm from the lap tent.

It was an honour to be in a race with some of Australia's top ultra runners and it was also nice to have eight women finish the race. I hope this might encourage other ladies out there to take the challenge, I'm sure there is a lot of untapped talent out there that needs only a little encouragement.

Congratulations to Helen Stanger on her Australian Record (207 Kms) - a great run!

Best regards,

Wanda Foley

12

Dear Dot,

I have published a book on running ("The Game's Afoot") with the main edition due for release at the beginning of December, and have enclosed a copy of the original version, run off on a copying machine, in the hope that you might mention it in the AURA magazine.

The paperback is written by a veteran runner who, while he may not have reached the peaks of competitive athletics, has experienced many of its pitfalls and thinks others might be interested in reading how to avoid them.

Although the book tackles the hazards of the sport, it is by no means negative. It is subtitled "First Steps to a rationale of running" and finds that regular exercise requiring the level demanded by running could well be essential for the general well-being of people at large.

Overall, the book tries to show that the discipline needed for the development of running fitness can usefully be applied to all levels of life. Sounds serious stuff, but hopefully the writing is not too heavy-handed and the text is interspersed by a number of light-hearted articles.

I have to admit I have not read the AURA journal but as I am fairly safe from the risk of plagiarising it, now I would like to become a reader if you would bill me for a subscription.

Yours faithfully,

Bob Hunter (Brisbane)

Ed's note: An advertisement for your book appears in this issue Bob. We all wish you every success with sales. As you mention in the ad., it would make a great Christmas present.

Dear Dot,

Once again, my wife (crew) Kay and I trekked to Adelaide for the Sri Chinmoy Australian 24 Hour Track Championships. Race organiser, Sipra Lloyd is one of the most organised and hospitable people I have ever met. Nothing is too much trouble for her. From the time each runner is introduced to everyone at the start, to the final presentation 25 hours later, the runners are definitely number one priority.

Spring water, fresh fruit, sandwiches, soup pasta etc - what wonderful food! I think I actually gained weight in this race. Chiropractors were there to rub you up the right way.

The thing I really love about ultra-running is the fact that I can run with the very best in not only Australia but the world. Imagine going to your favourite football team and saying, "I'm going to play today". You can't do it. But ultras, no worries.

All the men and women I've heard about were there, but I must admit my favourites are the ones at the back and in the middle of the pack. Guys like, Terry Buxton (who did a 14km pb), and Dick Crotty, first timer, Steven Pascoe, chatterbox Sue Worley (who took a cake break for Hubby's birthday), Kaven Dedman, Michael Grayling ("Just passing through, saw your light on, mind if I run for the next 24 hours?"). Then of course, there is my and everyone's favourite, Cliff Young. What an incredible bloke!! Always a kind word, always a joke. And Sue Bardy (Yes Sue, the men do make funny noises).

These people have real good old fashioned guts and determination - tough as old boots and hearts of gold.

Every time I run in a 24 Hour (8 so far), I declare it's my last one, till about 10 minutes after the finish when I start to plan my next one.

Great stuff Sri Chinmoy, runners and crews!!

David Holleran.

P.S. Hope you liked the hats!

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



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

1 November, 1991

Dot Browne
Secretary
AURA
4 Victory Street
MITCHAM VIC 3132

Hello Dot,

I regret to advise AURA that Westfield have announced the withdrawal of their sponsorship for the Sydney to Melbourne Ultramarathon.

The event will not proceed in 1992 because there is not time to organize an alternative event.

This is certainly a setback for the sport but I have some ideas for alternative events and will be working on these.

I would like to thank you and all of the AURA members who have supported the event over the years. It has been an exciting time for ultrarunning and I have come into contact with some real characters during my involvement in the run.

I think AURA is in good shape and I reckon we will soon create another event which will take the sport to its next dimension.

I'll see you around the circuit.

Best regards,


Charlie Lynn,
RACE DIRECTOR

ATHLETICS AUSTRALIA PERMIT No. 1E/91

14.



AIMS Association of International Marathons and Road Races

RACE REPORTS

3RD TAMWORTH 24 HOUR RUN MARCH 9/10TH, 1991



10am Saturday and competitors begin their 24-hour ordeal.

24-hour field battles heat, cramps and fatigue

There were plenty of sore feet, aching legs and heavy eyelids at Viaduct Park on Sunday morning when competitors in the third annual 24 Hour Charity Run finally left the track.

A field of 22 men and women began their battle with heat, cramps, fatigue and their own wills to go on at 10am on Saturday and all but a handful survived the full 24 hours.

By 10am Sunday it was Dapto's Ralph Bristow who came out on top

with a total of 192km, well ahead of second placed Craig Rowe of Sydney (179km) and Rob Byrnes of Brisbane (174km).

Sydney's Georgina McConnell, holder of the Australian women's six-day track race record, clocked up an impressive 166km to be the most successful woman, ahead of Marilyn Kinchln, also of Sydney, with 146km and Isabel Buckland of Kurri Kurri with 114km.

Of the local contingent, Martin Hannamenn clocked up 150km,

Dallas Earsman 140km and Tony Little 128km.

The youngest competitor in the field, 11-year-old Amery Thompson, also put in a strong showing under strict supervision by family and friends and was still there at 10am Sunday after stopping for a sleep during the night.

The event, which was sponsored by the State Bank and McDonalds, raised just over \$1500 for the Nazareth House Appeal.



Winner of the recent Tamworth State Bank/McDonalds 24 hour run Ralph Bristow with wife Jan.

3RD TAMWORTH 24 HOUR RUN - MARCH 9/10TH, 1991

VIADUCT PARK, TAMWORTH NSW

NO	NAME	TOTAL DISTANCE KMS.	HALF MARATHON	MARATHON	50 MILES	THREE MARATHONS	100 MILES.
4	RALPH BRISTOW Dapto. NSW	191.805	1-59.39	4-01.53	-	14-15.04	19-00.38
14	CRAIG ROWE Dee Why.	179.701	2-03.30	-	8-30.10	15-14.28	-
12	ROBERT BURNS Ormiston, Brisbane.	174.606	2-13.02	4-29.02	9-13.22	-	-
7	GEORGINA MCCONNELL Sydney.	166.942	2-07.29	4-32.37	10-14.40	17-40.52	22-58.12
2	LINDSAY PHILLIPS Highgate Hill, Q'la.	159.200	2-08.32	5-02.41	10-46.54	17-44.05	-
1	MARTIN HANNEMANN Tamworth.	150.594	2-09.03	4-21.01	8-59.00	-	-
19	TONY FARNHAM Kurri Kurri.	147.281	2-04.28	4-30.41	9-41.16	-	-
8	MARILYN KINCHIN Sydney.	146.038	2-18.16	4-50.24	10-39.49	19-23.53	-
5	DALLAS EARSMAN Tamworth.	137.978	2-16.52	4-52.24	12-28.03	-	-
6	ANTHONY LITTLE Tamworth.	132.136	1-58.20	5-21.02	11-48.25	23-11.17	-
22	ISABEL BUCKLAND Kurri Kurri.	114.910	2-58.16	6-16.54	12-40.03	-	-
13	RAY CHATTERTON Jamboree Heights, Q'la.	112.257	2-33.49	5-43.16	14-38.44	-	-
20	BILL HOLLAND Kurri Kurri.	102.378	2-42.38	6-08.52	17-57.02	-	-
11	KELLY HUMPHRIES Moree.	95.027	2-40.15	8-55.21	-	-	-
16	GRAHAM WILKINSON Gunnedah.	70.800	2-06.43	4-33.58	-	-	-
3	AMERY THOMPSON Tamworth.	61.673	4-30.43	-	-	-	-
15	LESLEY FILMER Tamworth.	44.587	-	-	-	-	-
10	JOHN HENDERSON Tamworth.	35.200	3-38.25	-	-	-	-
21	BOB JACKSON Kurri Kurri.	34.510	3-23.29	-	-	-	-
9	DAVID TAYLOR Campbelltown.	27.600	1-57.30	-	-	-	-
18	WALKERS ROMA MULLEN'S Tamworth.	91.444					
17	JOE MACMANAMON Tamworth.	89.687					

DALLAS EARSMAN

16.

The Blue Mountains Six Foot Track Marathon

Katoomba to Jenolan Caves

No	RUNNER	FINISH	No	RUNNER	FINISH
1	DON WALLACE	M 3,24.41	59	KEVIN HARDAKER	M 4,48.00
2	MICHAEL BURTON	M 3,40.31	60	TERRY ROSE	M 4,48.18
3	ROGER HARDY	M 3,45.53	61	ROBERT HERD	M 4,48.18
4	PETER MALINOWSKI	M 3,53.52	62	JOHN MELNYCZENKO	M 4,49.18
5	PETER ARMISTEAD	M 3,54.42	63	DAN HATCHETT	M 4,50.16
6	BRUCE COOK	M 4,00.52	64	JEFFREY GISSING	M 4,50.25
7	NOVAK THOMPSON	M 4,06.01	65	GEOFFREY GOONPAN	M 4,54.10
8	CHRIS McLEAN	M 4,08.29	66	VIC THOMAS	M 4,54.30
9	BILL CLINGAN	M 4,08.48	67	PAUL EISENHUTH	M 4,54.31
10	JONATHAN HICKS	M 4,09.29	68	GARTH SCOTT	M 4,55.36
11	WARWICK SELBY	M 4,12.11	69	GRAHAM BUNOOCK	M 4,55.42
12	MAX BOGENHUBER	M 4,15.46	70	MIKE THORPE	M 4,56.16
13	ALAN PEACOCK	M 4,18.13	71	DAVID STUART	M 4,56.27
14	MARK HEWITT	M 4,19.51	72	CHRIS GUY	M 4,56.51
15	PAUL MAHONY	M 4,19.59	73	ANDREW CALDER	M 4,56.55
16	ROBERT STEMP	M 4,20.34	74	JOHN FITZMAURICE	M 4,57.42
17	IAN JOHNSON	M 4,21.33	75	TOM MORROW	M 4,57.43
18	GREG BYRNE	M 4,22.08	76	JOHN TROTTER	M 4,57.52
19	ANDREW HICKS	M 4,22.53	77	JON MARSDEN	M 4,57.58
20	PAUL WOODHOUSE	M 4,23.20	78	PATRICK FARMER	M 4,58.05
21	BRUCE INGLIS	M 4,23.24	79	RON SMITH	M 4,58.40
22	PETER GOULDING	M 4,24.21	80	PHIL CLARKE	M 4,58.53
23	ROD GLYNN	M 4,25.05	81	DEBBIE WHITTON	F 4,59.10
24	PETER GOONPAN	M 4,25.35	82	SIMON McGANN	M 5,02.30
25	KEVIN TILLER	M 4,25.50	83	KERRY DOWLING	M 5,02.34
26	ROBERT FLOWER	M 4,27.17	84	GARY LEAHEY	M 5,02.49
27	BILL ARNOLD	M 4,27.43	85	GARY ROBERTSON	M 5,03.00
28	GEOFF HOOK	M 4,27.59	86	MURRAY TOWN	M 5,03.20
29	GRAEME WOODS	M 4,28.04	87	PHIL MEZZINO	M 5,03.21
30	JOHN HART	M 4,28.14	88	STEPHEN LEWIS	M 5,04.23
31	STEPHEN URWIN	M 4,28.54	89	GARRY GILLIES	M 5,04.51
32	GERRY VANDER PLC	M 4,29.02	90	PAT ENGLISH	M 5,07.29
33	CRAIG GOODALL	M 4,29.45	91	RITCHIE VENN	M 5,07.51
34	CREESE SYRED	M 4,30.20	92	ROB WEBB	M 5,08.01
35	MIKE LENNON	M 4,38.02	93	SIMAHIN PIERCE	M 5,08.03
36	GREG BURTON	M 4,38.30	94	ERIC HIGGINS	M 5,10.05
37	PETER NOLAN	M 4,38.40	95	VIC ANDERSON	M 5,10.28
38	DAVE SHAW	M 4,38.43	96	RUPERT AGNEW	M 5,10.32
39	BEN STEMP	M 4,38.45	97	ROBERT RAINBOW	M 5,11.13
40	OLIVER WILLIAMS	M 4,39.02	98	JOHN BYRNES	M 5,13.32
41	BRET NICHOLS	M 4,40.08	99	PETER TILNEY	M 5,13.55
42	PAUL EVERY	M 4,40.08	100	JOHN HAMILTON	M 5,14.30
43	ROBERT TOPFER	M 4,41.35	101	PETER OWEN	M 5,15.15
44	DAVID JENKINS	M 4,42.00	102	GARY HALL	M 5,15.16
45	ROSS SHILSTON	M 4,42.08	103	RAY GOYMER	M 5,16.00
46	ALF FIELD	M 4,43.20	104	TINA CAMPBELL	F 5,16.44
47	DAVID SILL	M 4,44.01	105	IAN COLES	M 5,16.55
48	TONY POWELL	M 4,44.13	106	LEIGH BANKS	M 5,18.11
49	PRACHAR STEGEMANN	M 4,44.25	107	KEN WARD	M 5,18.38
50	PETER BARNES	M 4,44.38	108	PAUL McCUTCHEON	M 5,18.48
51	BENNY HAGBERG	M 4,44.50	109	NGAIRE BRUCE	F 5,18.48
52	STEVEN FRANCKEN	M 4,46.26	110	JEFFREY DYER	M 5,18.53
53	DAVID SEIB	M 4,46.34	111	DENNIS CUNNIFFE	M 5,19.05
54	BARRY COATES	M 4,46.58	112	DIO WONG	M 5,19.58
55	MIKE WARD	M 4,47.06	113	JOANNE TIBBITTS	F 5,20.29
56	SCOTT CRAWFORD	M 4,47.06	114	GRAEME HOFFMAN	M 5,20.35
57	LINDSAY ASHBY	M 4,47.13	115	DICK BARLETT	M 5,21.41
58	KEVIN CASSIDY	M 4,47.39	116	MICHAEL LONDON	M 5,22.14

BLUE MOUNTAINS SIX FOOT TRACK MARATHON RESULTS (cont'd)

NO	RUNNER	X	FINISH	NO	RUNNER	X	FINISH
---	-----	=	-----	---	-----	=	-----
117	RAY DEAN	M	5,23.09	175	KEVIN O'KANE	M	5,51.05
118	WAYNE TREBLE	M	5,23.23	176	BRIAN COLWELL	M	5,51.05
119	GREG PIERCE	M	5,23.26	177	RUSSELL DELACY	M	5,51.35
120	NORM COOPER	M	5,25.50	178	STEPHEN CARRUTHERS	M	5,52.25
121	ALAN FIEN	M	5,25.56	179	BILL KEATS	M	5,52.29
122	PATRICK AUSTIN	M	5,26.12	180	ANDREW HORSLEY	M	5,52.50
123	STEVE NORDISH	M	5,26.34	181	DENNIS BEDFORD	M	5,53.08
124	WARWICK LACEY	M	5,26.54	182	PHILIP WALSH	M	5,53.08
125	JOHN McINTOSH	M	5,27.02	183	RICHARD WALSH	M	5,53.08
126	TREVOR ROBERTS	M	5,27.08	184	MARILYN FOOKS	F	5,53.21
127	EDWARD DOBSON	M	5,27.19	185	BILL RANNARD	M	5,55.57
128	BARRY WHITTON	M	5,28.04	186	TOM HOBBS	M	5,55.57
129	ROSS FOSTER	M	5,28.12	187	COLIN BROWNE	M	5,56.18
130	DOT BROWNE	F	5,28.32	188	MARGARET ROBINSON	F	5,56.19
131	MALCOLM EDGAR	M	5,29.59	189	BEVAN HINITT	M	5,57.05
132	ALLAN WHITHAM	M	5,29.59	190	ROBERT JACKSON	M	5,57.05
133	TOD McGROWTHER	M	5,30.37	191	PETER JANOVSKY	M	5,57.06
134	NEILL ROBINSON	M	5,30.45	192	JOHN RANDALL	M	5,58.13
135	CARL SIMPSON	M	5,30.47	193	CEDRIC SIDEBOTTOM	M	5,58.13
136	WAYNE CLARKE	M	5,30.50	194	JOAN EISENHUTH	F	5,58.43
137	BRIAN RENSFORD	M	5,30.56	195	DAVE KENNEDY	M	5,59.21
138	PAUL LUNSMANN	M	5,30.56	196	JOHN SIMON	M	5,59.53
139	LEO PAUL	M	5,30.58	197	BRUCE HARGREAVES	M	6,00.07
140	IAN CLARKE	M	5,30.59	198	GRAHAME KERRUSH	M	6,00.41
141	MICHAEL KREVELD	M	5,31.06	199	BILL ASHTON	M	6,00.48
142	ROBERT HARDY	M	5,31.49	200	YVONNE PULLER	F	6,02.37
143	SUE HILL	F	5,32.19	201	ROBERT STOREY	M	6,03.06
144	MARK FOLEY	M	5,32.32	202	JOHN STOREY	M	6,03.06
145	PHILIP CHAMBERLAIN	M	5,32.35	203	HENRY FOOKS	M	6,03.08
146	STEPHEN GILL	M	5,33.55	204	PETER SMITH	M	6,03.26
147	DALE THOMPSON	F	5,34.56	205	JUNE MASON	F	6,03.39
148	CRAIG TURNBULL	M	5,35.23	206	TOMMY HILL	M	6,03.41
149	RON WIGGER	M	5,35.28	207	GRAEME SKELTON	M	6,05.37
150	DONALD AITCHISON	M	5,36.45	208	BRUCE PATERSON	M	6,06.14
151	FRED OLOVICH	M	5,36.48	209	ALAN WITT	M	6,08.36
152	PETER VAUGHAN	M	5,36.48	210	RON BLANCHE	M	6,08.37
153	IVAN FREYS	M	5,37.31	211	PETER ALLEN	M	6,10.03
154	JOHN AYLIFFE	M	5,37.31	212	BARBARA ALLEN	F	6,10.03
155	MAX SCHERLEITNER	M	5,37.41	213	JIM PHELAN	M	6,10.12
156	BOB WILLIAMSON	M	5,38.05	214	JOHN SHINDLAIR	M	6,11.20
157	WALTER HOPWOOD	M	5,38.28	215	TONY KRANTZCKE	M	6,11.49
158	PETER ZAREMBA	M	5,38.42	216	PRISCILL COATES	F	6,11.49
159	MARK STURMAN	M	5,39.25	217	CLIVE WENNERBOM	M	6,12.12
160	PAUL RUSSELL	M	5,40.48	218	MICHAEL RILEY	M	6,16.25
161	MIKE LONG	M	5,41.24	219	JOHN SHEPHERD	M	6,17.39
162	GREG REID	M	5,41.57	220	ALAN O'TOOLE	M	6,18.13
163	KARL FLIEG	M	5,42.30	221	COLIN WESTON	M	6,18.18
164	DALLAS HEWETT	M	5,42.32	222	JIM SYDNEY	M	6,19.57
165	SANDY STEENS	F	5,42.56	223	ROBERT DUCKWORTH	M	6,23.03
166	DAVID RASBURN	M	5,43.03	224	JOHN LITTLETON	M	6,23.14
167	GEORDIE FITZGERALD	M	5,44.32	225	JOHN BELL	M	6,23.42
168	JOHN FLANAGAN	M	5,45.32	226	LYN CRIBB	F	6,25.05
169	ANGELA DEAKIN	F	5,46.22	227	DAVE McMAHON	M	6,30.10
170	PETER JANECEK	M	5,46.30	228	JAMES CRONK	M	6,30.11
171	ROBERT KENNEDY	M	5,47.25	229	DAVID LILLEY	M	6,30.47
172	MARK BRISBY	M	5,48.01	230	MIKE MARTIN	M	6,30.49
173	JOHN ATKINSON	M	5,49.05	231	JOHN BRETT	M	6,31.24
174	HARRY PERRY	M	5,49.39	232	KEVIN FENNELL	M	6,32.28

The Blue Mountains Six Foot Track Marathon

Katoomba to Jenolan Caves

MARCH 23, 1991

AUSTRALIA'S PREMIER MOUNTAIN RUN

NO	RUNNER	X	FINISH
==	=====	=	=====
233	LEMMY MOORE	M	6,32.33
234	MICHAEL HODGSON	M	6,34.08
235	ROY FRYER	M	6,35.23
236	TED SMILLIE	M	6,36.17
237	BRUCE MURRAY	M	6,36.47
238	KEITH GILLIES	M	6,38.01
239	GEOFF MCCONNELL	M	6,39.38
240	BILL COURTNEY	M	6,39.38
241	SAM SCUTTS	M	6,39.38
242	IAN HUTCHISON	M	6,41.29
243	CHRIS STEPHENSON	M	6,41.29
244	GAIL ALLEN	F	6,44.01
245	KEVIN FITZGERALD	M	6,44.20
246	GRAHAM ARCHER	M	6,44.20
247	GERALD BAYLISS	M	6,44.20
248	CHRIS FARMER	M	6,44.20
249	WARREN COSTELLO	M	6,46.27
250	FRANK JAMES	M	6,47.16
251	WANDA FOLEY	M	6,47.17
252	HARRY DEAKIN	M	6,48.06
253	NOEL VAUGHAN	M	6,49.11
254	MARGARET VAUGHAN	F	6,49.11
255	PETER HAMER	M	6,49.19
256	DICK CAMPBELL	M	6,49.19
257	BRIAN TYDEMAN	M	6,50.35
258	RAYMOND CARROLL	M	6,53.18
259	DANNY BEARD	M	6,56.18
260	DAVID MATI	M	6,57.12
261	DOMINIC BOIDIN	M	6,58.50
262	DAMIEN BOIDIN	M	6,58.50
263	LINDA CLAYTON	F	6,59.03
264	GAIL NAYLOR	F	7,04.41
265	RON DYER	M	7,11.14
266	JAMES WEST	M	7,11.14
267	KEN INGERSOLE	M	7,14.25
268	LEN CLARK	M	7,22.30
269	NORMAN BROOKE	M	7,22.31
270	TED CLAYTON	M	7,25.19
271	GEORGE IRWIN	M	7,28.25
272	GREG LOVE	M	7,28.49
273	DAVE GIRVAN	M	7,28.49
274	PETER SHARROCK	M	wussy
275	ROBERT SPILLING	M	wussy
276	LES HUNT	M	wussy
277	ROBERT DREW	M	wussy
278	KEITH THOMAS	M	wussy
279	GRAHAME MURPHY	M	wussy
280	BOB FICKEL	M	wussy
281	KEN HOUGHTON	M	wussy
282	KEVIN THOMPSON	M	wussy
283	FRANK MCGILL	M	wussy
284	STEPHEN JACKSON	M	wussy
285	GEORGE SODBINOW	M	wussy
286	TED LILLIS	M	wussy
287	NOELEAN KIRBY	F	wussy
288	ALAN TONGE	M	wussy

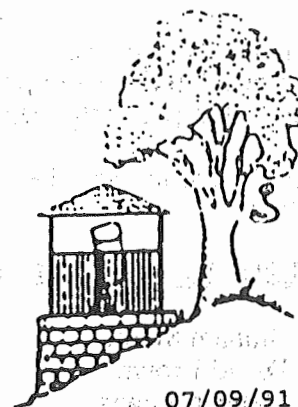
Six Foot Track Marathon

P.O. Box 65,

Leura, N.S.W. 2780

Race Organiser:

Ian Hutchison, J.P.



Dear Six Foot Tracker,

Congratulations on completing the 1991 Blue Mountains Six Foot Track Marathon, one of the most challenging marathons.

This year's 8th annual event attracted 288 starters of which 273 finished! That equates to 15 high heeled blouses who thought they were men!!

There is always next year you guys!!!

Special thanks must go to the 15 Blue Mountains Volunteer Bush Fire Brigade Units for their wonderful support during the run!

Thanks must also go to Caves House for their assistance and hospitality.

We apologise for the very late publication of these results, but there were reasons. Procedures are in place so this doesn't happen again.

Yours in health,

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

Chris Stephenson
(Race Secretary)

All proceeds to the Blue Mountains Volunteer Bushfire Brigade

QUEENSLAND 100KM CHAMPIONSHIP AT IPSWICH - MAY 4TH, 1991

The Queensland 100km Championships were held for the first time at Limestone Park, Ipswich on a 410.5m grass track. Conditions were warm by the time of the 10am start, with a light breeze and some cloud cover, which continued throughout the day. By evening, the wind had dropped, making for very pleasant running.

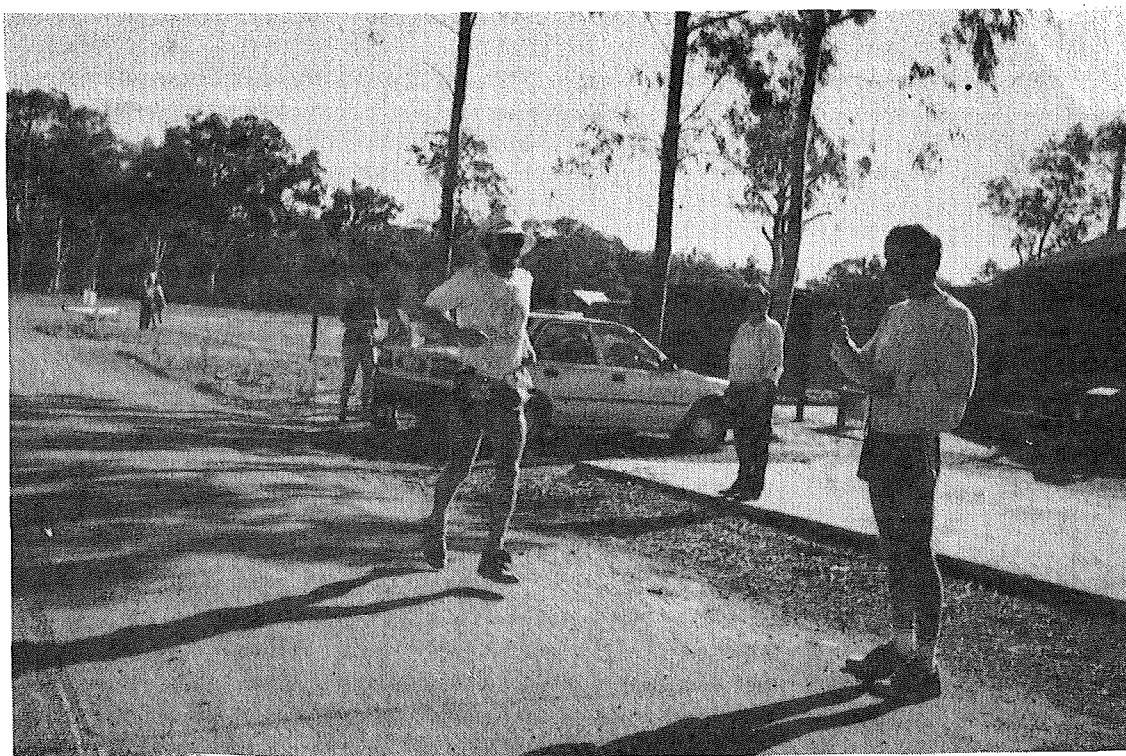
The early pace (sub 3hr.marathon) was set by Asim Mesalic and Cliff French. After an easy first hour, Graham Medill set out in pursuit, and once he gained the lead, was never headed, winning the title in 8.38.18. This signals Graham's return to ultra racing after scaling down his running for administrative duties in Toowoomba last season.

Running well through the early stages, both Cliff French and Ian Javes were forced to retire when old injuries flared. David Brown and Stephen Lewis ran at a similar pace for most of the race, claiming 2nd and 3rd respectively, David improving markedly on his 80km/12 hour performance last year.

Ray Chatterton was the sole remaining competitor in the 12 Hour Race at its completion, winning with 78km.

RESULTS: 100KM CHAMPIONSHIP	50KM	50MILES	100KM
1. Graham Medill	3.54.53	6.45.55	8.38.13
2. David Brown	5.05.05	8.43.40	11.10.17
3. Stephen Lewis	5.09.53	9.01.47	11.27.47

12 HOUR RACE	50KM	12 HOURS
1. Ray Chatterton	6.44.15	78.816km
2. Asim Mesalic	4.29.56	60.754km
3. John Petersen	7.32.13	55.417km
4. Ian Javes	4.51.51	52.133km
5. Cliff French		45.565km



Stephen Lewis crossing the line in second place in the 80km
Glasshouse Trail Run on 23rd June, 1991

GLASSHOUSE TRAIL RUN - SUNDAY 23RD JUNE, 1991

Conducted by the QMRRC - Ultra Division

On Sunday 23rd June, the Queensland Marathon & Road Runners Club (Ultra Division) conducted four trail runs over rugged terrain in the Glasshouse Mountains area.

The four events were, an 8 kilometre cross country, a 35 kilometre run, a 55 kilometre run and an 80 kilometre run. All runs started and finished at the Glasshouse Mountains Lookout, except for the 80 kilometre run which finished at the Caboolture Show Grounds.

Competitors in the longer events covered a range of tracks and trails carrying water bottles as they ran. During these runs the competitors ran around Tunbubudla (The Twins), then ran up and down Beerburum which reduced everyone to a walk due to the steep grade and then past Tibberooowuccum and Tibrogargan. Those in the 55 kilometre and 80 kilometre events managed to run around Beerwah and past Coonoowrin (Crookneck).

Although the trails were well marked a few runners managed to lose their way due to either persistent chatter or being totally mesmerised by the breathtaking scenery. But when minds were back to the job at hand, they all managed to get back on course and complete their runs.

The scenery might have been magnificent, but then again so were some of the performances, such as Yugoslavian born Asim Mesalic from Browns Plains, south of Brisbane. He was first across the line in the 80 kilometre event in just over 7 hours. Although Asim is only a relative newcomer to Ultra distance running, he has learnt a lot about pacing himself due to two previous aborted attempts at Ultras. But probably the most outstanding effort was by nineteen year old Nicole Carroll of Aspley in Brisbane's northern suburbs. She completed the 80 kilometres in fifth place overall and was also the first female. Nicole showed great courage as she put considerable pressure on the leading men for much of the run. Nicole has only competed in one other Ultra distance run in which she performed very well. Stephen Lewis of Ipswich, Frank Heath of Caboolture and Cliff French of Beachmere finished second, third and fourth respectively. Caboolture Motel proprietress, Carol Street finished in eight place overall.

Rein Evenhuis of Albany Creek was first in the 55 kilometre event in an excellent time of just over 4 hours. Second place went to expatriate New Zealander Jevvan McPhee who now resides in Stafford. After finishing third in the 55 kilometre run Peter Ellis, visiting from Hastings Victoria, thought it wouldn't be such a bad idea to run the 80 kilometre event as an unofficial entrant. Seventy five year old John Peterson of Camp Hill in Brisbane completed the 55 kilometre run in just under eight hours and was just ahead of Phillipa Bolt of Kurwongbah, who was the only female entrant in the event.

Using the 35 kilometre run as a training run for the Gold Coast Marathon, Don Wallace of Wooloowin and Tony Kliener of Ningi crossed the line together in a very quick time of 2 1/4 hours. Less than three minutes behind them was Robson Bond of Chermside with Morayfield plasterer Sandy Buchan another five minutes behind. Ian McClosky and Kev Dellow both from Caboolture finished in seventh and ninth placed respectively. Kevin was wondering why he couldn't catch female competitor Jill Colwell, but felt better when he found out that the doctor from Southport was a past Australian Marathon champion whose times have only been bettered by Lisa Martin and Tani Ruckle. Wendy O'Sullivan of Indooroopilly who is also a doctor, completed the 35 kilometres keeping an eye on fellow Q.M.R.R.C. member Peter Holles.

All competitors were extremely pleased with the nature of the event and next year's event looks like it may have even more runners as word spreads.

CROSS COUNTRY 8KM

1. SMITH Klayten	30m 33sec	Palmwoods.
2. MANN Rod	34m 08sec	Nundah.
3. STYMAN Greg	34m 54sec	Keperra.

e:

1. GORDON Lyn	33m 28sec	Wamuran.
2. SMITH Herma	35m 10sec	Palmwoods.
3. BOND Debbie	35m 16sec	Chermside.

35KM (22 Entrants)

1. WALLACE Don	2h 15m 38sec
1. KLEINER Tony	2h 15m 38sec
3. BOND Robson	2h 18m 55sec
4. BUCHAN Sandy	2h 23m 40sec
5. DUNLOP Mark	2h 29m 25sec
6. WHYBROW Steven	2h 31m 09sec
7. McCLOSKEY Ian	2h 32m 31sec
8. COLWELL Jill	2h 33m 42sec

9. DELLOW Kevin	2h 34m 29sec
10. LACEY Radar	2h 35m 12sec
11. HARGREAVES Bruce	2h 35m 26sec
12. COCKS Danny	2h 42m 04sec
13. CORNELIUS Ian	2h 45m 04sec
14. WYNN Mike	3h 04m 47sec
15. WOOD John	3h 05m 11sec
16. JOHNSON Bruce	3h 05m 24sec
17. BAXTER Laurie	3h 05m 29sec
18. HEAP David	3h 06m 21sec
19. KING John	3h 08m 56sec
20. PHILLIPS Lindsay	3h 19m 31sec
21. O'SULLIVAN Wendy	3h 43m 16sec

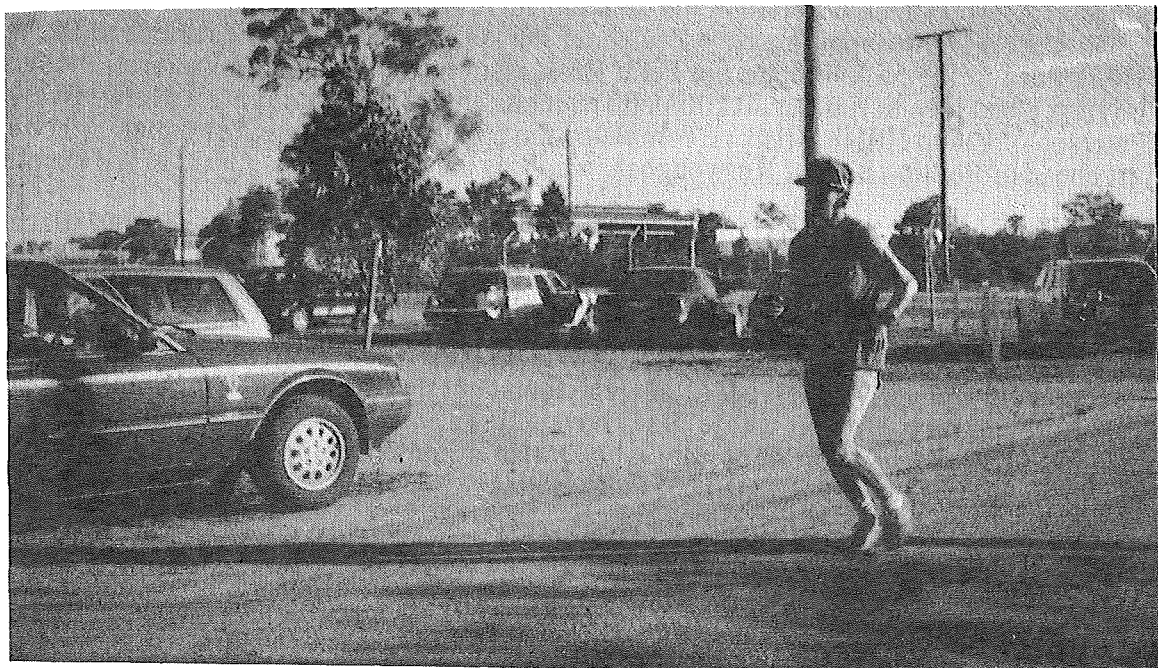
22. HOLLES Peter	3h 43m 16sec
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55KM TRAIL RUN

1. EVENHUIS Rein	4h 09m 48sec
2. McPHEE Jevvan	4h 36m 49sec
3. ELLIS Peter	5h 01m 34sec
4. CHATTERTON Ray	7h 37m 05sec
5. PETERSEN John	7h 41m 00sec
6. BOLT Phillipa	7h 44m 52sec

80KM TRAIL RUN

1. MESALIC Asim	7h 03m 18sec
2. LEWIS Stephen	7h 22m 20sec
3. HEATH Frank	7h 24m 45sec
4. FRENCH Cliff	7h 27m 58sec
5. CARROLL Nicole	7h 52m 24sec
6. BURNS Bob	7h 54m 12sec
7. MORELY Darren	8h 25m 15sec
8. STREET Carol	9h 07m 22sec
9. HEBEL Carl	9h 36m 11sec

Bruce Hargreaves

Carol Street finishes the 80km event of the Glasshouse Trail Run 23rd June, 1991 in Queensland.

12/24 HOUR RACE - PERTH - 8TH/9TH JUNE 1991

by Charlie Spare

The race started at mid-day in unusually fine weather. It is the first time we have had good weather for this race. There were 12 in the 24 Hour and 4 in the 12 Hour.

In the 12 Hour, Alan Doak-Smith and Alan Thurlow had a tight battle throughout the race, neither one able to take a rest at all. There was only two seconds between them at 42km. Doak-Smith eventually won by 7.5km.

In the 24 Hour, at 42km, Joe Record led from Kevin Martin and Trish Spain. Mark Pritchard was in 4th place and from here gradually worked his way up through the field to win from Trish. She seems to have a mortgage on second place. It is only a matter of time before she has a win. She was also very close to 200km.

The race was organised by Tony Tripp and Graeme Prosser, who took over at short notice when Tony had to go overseas on personal business. The race directors were Graeme and Ross Parker, with the assistance of Jeff Whitham. They all should be congratulated.

RESULTS: 12 HOUR

1. Alan Doak-Smith (30 years)	124.570km
2. Alan Thurlow (36 years)	117.070km
3. Mick Hollister (31 years)	102.157km
4. Glenn Gillett (24 years)	53.000km

RESULTS: 24 HOUR

1. Mark Pritchard (43 years)	191.697km	7. Ken Eatt (47 years)	101.333km
2. Trish Spain (49 years)	181.099km	8. Terry Gardner (30 years)	92.176km
3. Kevin Martin	167.358km	9. Bronwyn Salter	81.000km
4. Tom Clarke (44 years)	165.714km	10. Charlie Spare (52 years)	64.800km
5. Laurie Plecas (38 years)	124.000km	11. Joe Record (49 years)	60.000km
6. Dennis Sutton (40 years)	106.341km	12. Mike Thompson (43 years)	36.000km

MANDARING TO YORK - 64KM ROAD RACE

8TH SEPTEMBER, 1991 - W.A.

by Charlie Spare

Fifteen runners set out in very humid conditions at 6.30am. Many of the usual leaders in this race missed this year in favour of the Perth Half Marathon the following week, mainly for the prizes of trips to Japan.

Early leaders were Joe Record and Mike Thompson both of whom dropped out before half-way. For the ten who eventually finished, the whole affair became a slow and painful experience, as the humidity eventually gave way to strong winds and heavy rain. The winning time was the slowest ever, and most runners recorded their slowest times, but were only too happy to finish.

RESULTS:

1. Roger Alschliman	5:04:27	6. Alan Croxford	6:03:55
2. Tony Maris	5:31:09	7. Jacquie Clarke	6:11:07
3. Charlie Spare	5:43:21	8. Barrie Robinson	6:18:46
4. Roger Kilner	5:44:18	9. Steve Wilkie	6:25:56
5. Derek Arnold	5:59:57	10. Trish Spain	6:31:21

THE CABOOLTURE MULTI-DAY EVENT

September 1 - 7th
1991

by
VAL CASE

Initially it seemed to be something to consign to the "too hard" basket, this crazy idea of Ian Javes to hold a multi-day event in the Queensland country town of Caboolture at the beginning of Spring. But doubts did not enter the race director's mind. After all the main reason Ian had competed in the Gibson Ranch Multi-Day in California over the New Year was to observe and learn from the American way of doing things. Actually winning the event in the process was a bonus for him ...

Back home Ian thought hard about the design of his race. He wanted to create an endurance event catering for differing distance goals which did not put huge economic strain on the entrant. If the food and drink needs could be provided by donation from sponsors, and volunteers recruited to run the canteen 24 hours a day, and if people were available for crewing purposes, in theory the runner need only worry about running.

Ian wanted to provide an alternative to the 400 metre track, having experienced longer circuits in the U.S., one of the reasons being easier management of lap-scoring. The Caboolture Showgrounds was chosen as a venue, and an appeal to the Committee of Management for use of the facilities was successful. Accuracy of measurement of the course was assured by using a Jones device on a bicycle calibrated against a one kilometre straight stretch of road.

A small committee was formed to work on various projects: donation of prizes, food products, publicity, T-shirt design and the recruitment of helpers. Ian extended the multi-day running concept by inviting local fitness centres to compete in relays, both power-walking and running.

He arranged for Cliff Young to participate as a runner, and also be a guest speaker at a Sportsman's Dinner on Wednesday

24th night.

It all came together in a remarkably successful way. Weatherwise, it was warm to hot and sunny during the day, cool at night; the brilliant sunrises and sunsets, due to the volcanic dust phenomenon in the Philippines, will no doubt be long remembered by the visitors.

Starting on September 1st, the Six Day Race was low-key in some respects with only five entrants, but the battle for first place was a serious one. David LaPierre from Canada was determined not to repeat last year's experience where he led until well into the second day of the 48 hour, only to be run down by Bob Burns. He ran swiftly but took longer rest periods than his rival Dave Taylor whose ability to resume after very short breaks kept him in contention. After trailing earlier, Dave overtook David at the end of the fourth day and was 20 km ahead by the end of day five. However David's determination paid off, and he won with a margin of nearly 23 km, both runners achieving personal bests.

For the other three entrants, it was a journey into the unknown. Both John Petersen and Ray Chatterton had physical problems to overcome, while Steve Lewis would be justly proud of his 531 km total.

The Two Day (48 hour) segment commenced at 3pm on Thursday with Craig Rowe off to a flying start. However by the 100 km mark Bob Burns, running steadily, had passed him, going on to win with a total of 260 km to Craig's 195. Sole female entrant, Phillippa Bolt, was 'talked into entering' and courageously kept going, always smiling ! to finish with 168 km. Barry Stewart achieved his goal of setting new world records in the disabled category by reaching nearly 140 km.

When I arrived at the track after work on Friday it was as though all Hell had broken loose ! People everywhere - running, power-walking, normal-walking, onlooking and assisting. Caboolture's radio 4 OUR was there with its OB van giving direct broadcast and updates for the listening public. The T-shirt with its bright yellow carpet snake (symbol of Caloolture) was everywhere in evidence, while food and icecream vans did brisk business. Throughout the last 24 hours at any given time there could be 36 competitors on the course, with swarms of supporters of the relay teams cheering loudly.

Three-quarters of the entrants in the One Day Race had not tackled a twenty-hour hour before. Some found to their cost that a fast early pace can lead to injury, exhaustion and early retirement -- but there's always next time ! The lead changed a number of times in the latter part of the race but Carol Street, showing her ability to maintain an even pace and great stamina, outran her male rivals. Ian McCloskey should be proud of his 178 km for second place ahead of Gavin Bazeley (170 km) and Frank Heath (161 km).

The excitement of the crowd increased to the fantastic climax at 3 pm on Saturday. The outright winners were David LaPierre (6 Day - 773 km), Bob Burns (2 Day - 260 km), Carol Street (1 Day - 180 km), Powerwalking Team H, Health & Fitness Link (189 km), and relay Running Team Brisbane Hash Runners (294 km).

A novelty challenge of 24 local 'celebrities', each walking for one hour, trying to beat Cliff Young's total in the 24 hour event resulted in victory for the incredible Cliff by nineteen kilometres. Sponsorship for this, and other runners and walkers, raised over \$5000 for Camp Quality which caters for children with cancer. An endurance award should have gone to Race Director Ian Javes who 'manned the ship' during the long night hours and still managed to organise and delegate effectively during the day.

It is worth making special reference to Carol Street's fine effort - not only is she the busy co-proprietor of the Caboolture Motel, she has been studying therapeutic massage at night classes (many of her colleagues provided a great massage service to weary runners throughout the six days) as well as training up to 250 km a week ! Having celebrated her 50th birthday just a month earlier, Carol looks set to challenge womens' world age ultrarunning records if she manages to find the time. It seems 1991 has been a year of significant birthdays with David LaPierre turning 50 in June, and Dave Taylor celebrating his 40th birthday the day before the race started.

From the favourable comments of all concerned with the first effort, it appears that enthusiasm is high for a repeat staging of the Caboolture Multi-Day Event next year. Congratulations Ian Javes - you worked tirelessly to bring

26. your dream to a sucessful realisation /

CABOOLTURE MULTI DAY EVENT - ONE DAY EVENT

	NAME	DOB	Mar	50km	50ml	100km	100ml	12 hr	24 hr
1	STREET, Carol	15-8-41	4.44.34	5.38.55	9.03.38	11.51.32	21.13.13	101.238	180.144
2	MCCLOSKEY, Ian	19.11-'51	3.48.16	4.36.04	8.02.21	10.05.46	20.19.18	112.515	178.278
3	BAZELEY, Gavin	21.9.62	4.49.34	5.50.02	10.22.07	14.53.40	23.02.17	90.015	170.142
4	HEATH, Frank	5.4.47	4.14.10	5.25.34	10.21.56	13.29.14	23.34.25	89.607	161.000
5	YOUNG, Cliff	8.2.22	4.35.48	5.35.47	9.43.08	12.46.15	-	96.545	159.269
6	FRENCH, Cliff	10.5.43	4.18.04	5.08.31	8.24.55	10.55.28	-	108.605	153.247
7	COCKS, Danny	5.4.54	4.22.55	5.32.28	10.34.35	14.57.10	-	86.000	142.248
8	RAINES, Wayne	16.8.58	4.05.22	4.52.03	11.13.58	15.13.32	-	79.271	130.000
9	PARSONS, Gary	23-12-49	4.08.14	4.58.40	8.17.40	10.43.38	-	108.244	122.400
10	PHILLIPS, Lindsay	17-9.65	4.31.41	5.23.36	11.41.54	18.02.13	-	76.000	120.000
11	HENZELL, Greg	31-1-52	5.04.27	6.21.38	12.10.39	19.39.47	-	74.694	119.004
12	WAKEFIELD, Charlie	13.9.53	6.16.47	7.32.10	15.56.58	19.45.40	-	66.000	113.257
13	CARROLL, Nicole	14.1.72	4.06.00	4.52.30	-	-	-	69.000	69.000
14	BREGANT, Tony	1.1.68	5.40.00	7.55.50	-	-	-	50.000	50.000
15	WALKER, Ian	23.3.60	3.25.30	-	-	-	-	44.000	44.000

CABOOLTURE MULTI-DAY EVENT - 6 DAY RESULTS - SEPT. 1-7,1991

	NAME	D.O.B.	Mar	50k	50ml	100k	100ml	200k	300k	200ml	400k	300ml	500k	600k	400ml	700k
1	LaPIERRE, David	18-9-40	4-05-13	4-55-29	8-30-42	11-02-56	19-58-59	29-33-55	47-31-28	54-37-43	70-23-00	88-35-39	91-15-30	111-00-52	122-37-49	130-46-50
2	TAYLOR, Dave	31-8-51	4-31-52	5-31-39	9-55-45	12-47-45	23-34-20	33-08-34	53-20-57	59-02-03	74-54-26	89-28-40	92-04-13	109-56-17	118-04-54	128-59-37
3	LEWIS, Stephen	14-12-58	4-49-46	5-52-33	13-17-26	16-36-37	31-19-46	41-02-42	66-40-39	71-14-17	98-08-43	128-57-43	136-07-12	-	-	-
4	PETERSEN, John	19-7-16	5-52-23	7-20-29	12-36-03	16-11-48	33-33-02	68-29-34	100-26-57	108-55-00	139-15-57	-	-	-	-	-
5	CHATTERTON, Ray	30-12-48	5-53-18	7-20-27	17-36-51	22-41-39	46-19-43	66-28-38	114-56-42	123-24-37	-	-	-	-	-	-

	Name	12 HR	24 HR	36 HR	48 HR	60 HR	72 HR	84 HR	96 HR	108 HR	120 HR	132 HR	144 HR
1	LaPIERRE, David	108-091	188-000	227-145	305-366	338-538	401-000	462-087	511-000	576-000	631-000	710-093	773-150
2	TAYLOR, Dave	94-558	161-170	212-818	273-000	327-411	393-153	454-789	512-467	586-526	651-119	717-000	750-245
3	LEWIS, Stephen	78-000	136-210	174-000	229-300	274-449	326-500	339-500	390-650	415-250	462-750	486-000	531-150
4	PETERSEN, John	76-726	127-000	169-103	195-411	195-411	217-400	244-000	284-000	318-000	353-000	380-000	415-488
5	CHATTERTON, Ray	68-000	102-000	129-000	161-000	188-000	216-000	237-943	265-250	285-124	311-060	322-264	363-668

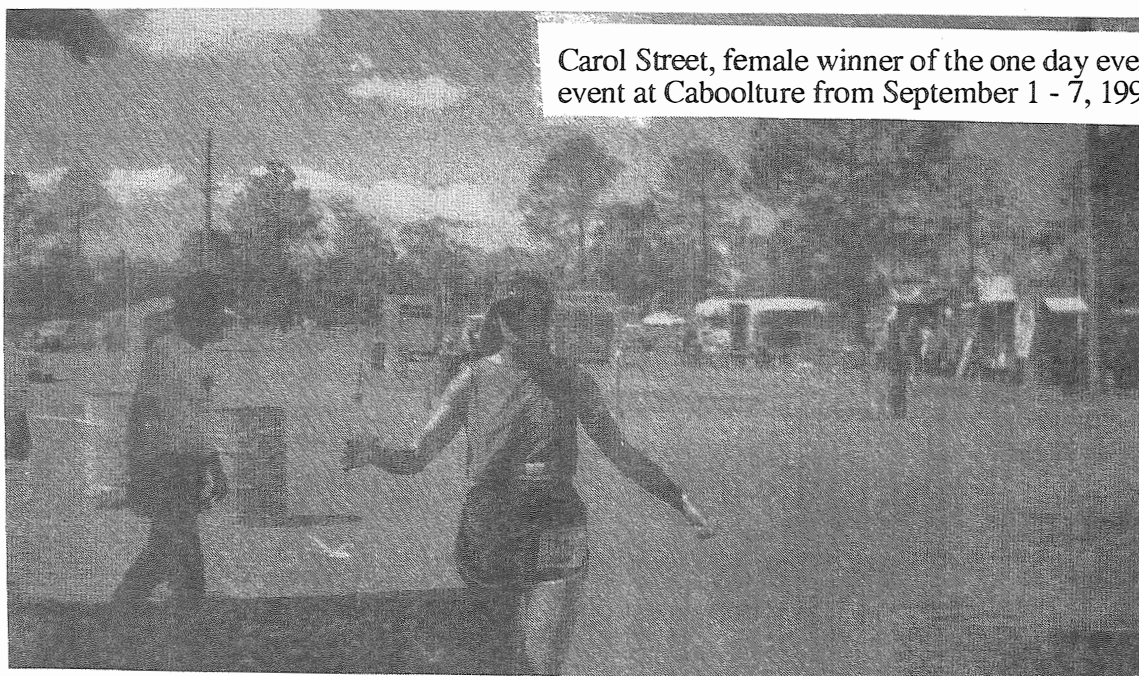
2 DAY RESULTS

Sept 5-7, 1991

	NAME	D.O.B.	Mar	50k	50ml	100k	100ml	200k	12 HR	24 HR	36 HR	48 HR
1	BURNS, Bob	12-6-43	5-04-59	6-03-32	10-13-48	13-06-30	26-04-58	34-24-30	93-024	149-000	206-384	260-000
2	ROWE, Craig	28-8-67	4-05-31	5-08-24	9-14-30	13-07-26	28-52-54	-	97-000	140-000	179-738	105-010
3	BOLT, Phillipa	10-8-56	6-47-10	8-07-05	19-12-35	25-29-44	45-43-38	-	60-000	94-543	122-624	168-178
4	STEWART, Barry	1-1-33	7-34-50	9-00-34	16-21-17	22-33-43	-	-	64-167	100-000	113-000	137-684

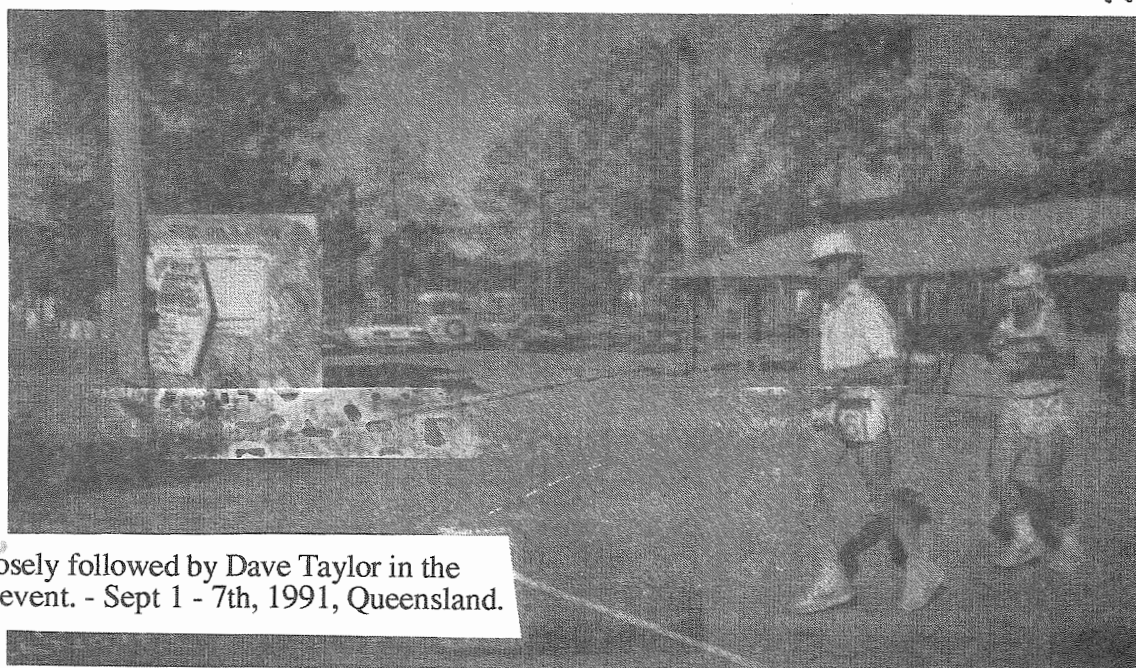


Craig Rowe, Bob Burns, Phillipa Bolt and Barry Stewart before the start of the 2 day event in the Multi Day event at Caboolture in September 1991, race director, Ian Javes.



Carol Street, female winner of the one day event in the Multi-Day event at Caboolture from September 1 - 7, 1991

29.



David La Pierre closely followed by Dave Taylor in the Caboolture 6 Day event. - Sept 1 - 7th, 1991, Queensland.

Canadian wins six-day event

"CABOOLTURE NEWS" WED. 11 SEPT. 1991

THE six-day segment of the Caboolture Multi-Day Event proved to be a close contest between Canadian David La Pierre and Dave Taylor from New South Wales, with the former eventually taking the honours with a total of 773km.

Race organiser Ian Javes fired the starting pistol at 3pm on Sunday, September 1, to send the five runners on their way around a 1km track at the showgrounds.

Taylor achieved a personal best with 750km. Stephen Lewis (531km), 75-year-old John Petersen (415km) and Ray Chatterton (364km) were the other competitors.

Last Thursday, four more runners joined in for the two-day event which resulted in another win for last year's 48-hour champion, Bob Burns, who covered 260km, ahead of Craig Rowe (195km). A last-minute entrant, Philippa Bolt, showed courage in arriving at a total of 168km while Barry Stewart, using crutches for support, broke three world records in his category for disabled athletes by covering nearly 140km.

The relative quiet of the track was shattered with the start by Shire chairman Pat Camilleri of the one-day event, which brought 15 runners, 12 relay teams and countless supporters to the scene.

In an exciting tussle with the lead changing several times, Carol Street, with a total of more than 180km, proved too good for the male competitors, beating Ian McClosky (178km) and Gavin Bazely (170km), with Frank Heath fourth on 161km.

Evergreen Cliff Young ran 159km, soundly beating the total achieved by the relay team of 24 local celebrities who each walked for an hour, recording a total of 140km.

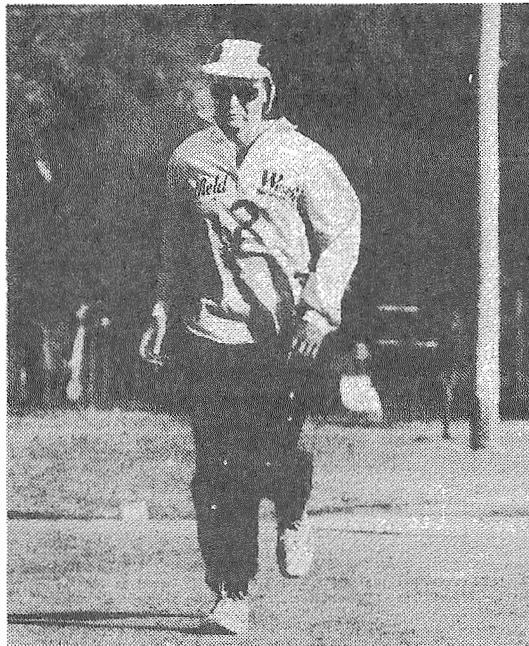
Nine teams competed in the 24 hour power walking relay competition with the winner being Health and Fitness Link Team H defeating runner-up Club Action Team D by 189km to 185km.

In the running relay contest, Brisbane Hash Harriers (270km) defeated Health and Fitness Link (227km).

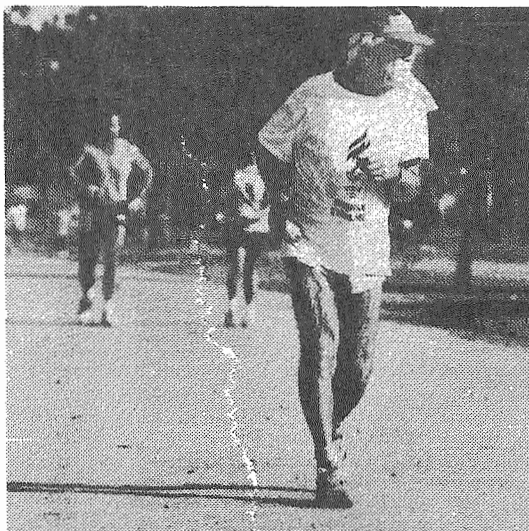
A feature of this event was the provision of a 24 hour canteen supplying the needs of runners and crew, with much of the food and drink being donated. Anne Javes ably co-ordinated this facility.

Welcome relief from aching muscles was provided by the team of local massage therapists while the volunteers who took on the role of lapscoreing over the six days of competition earned the gratitude of all.

At the conclusion of the event, Mr Javes thanked all who had helped make the event a success, after which Member for Caboolture Ken Hayward presented trophies and medals.



● EVERGREEN runner Cliff Young on his way to running 159km, soundly beating the 140km total achieved by a relay team of 24 local celebrities.



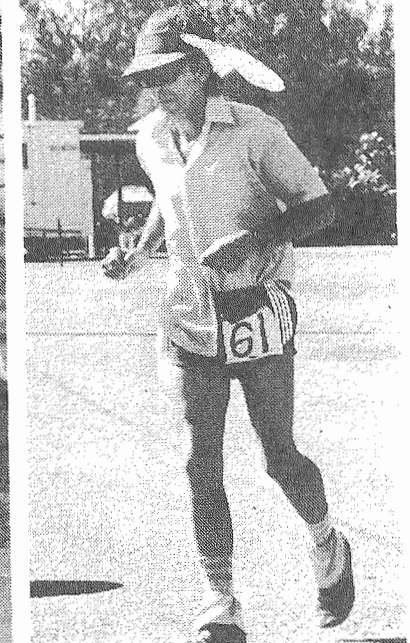
● JOHN Peterson, 75, of Camp Hill kept going in the six-day event, eventually totalling 415km.

Celebrities join Multi-Day Event

"NORTHERN TIMES" SEPT. 4. 1991



● Seventy five-year-old John Petersen ... keeping up with the pack.



● Canadian runner David La Pierre ... leading the group.

INTERNATIONAL ultra-marathon runners have set the scene at the Caboolture Showgrounds for the Camp Quality Multi-Day Event.

The event, which will continue until Saturday, is open to everybody and will raise funds for Camp Quality which runs holiday camps for children suffering from cancer.

Yesterday, Canadian David La Pierre was leading the group of five runners who have elected to run for six days. Veteran runner John Petersen, 75, also was keeping up with the pack.

Organiser Carol Street said that while some of the runners were experi-

encing tiredness, they were still cheerful.

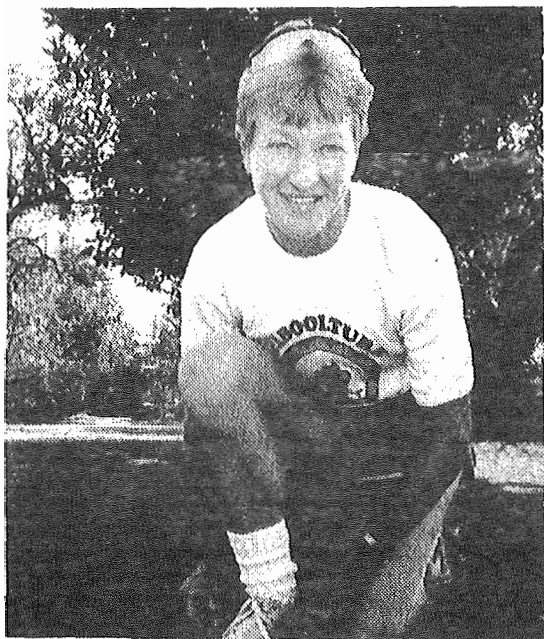
"On Friday and Saturday, 24 local identities will each walk for one hour to help raise funds for Camp Quality," she said.

The celebrities include Caboolture Shire Chairman Pat Camilleri, State Member for Caboolture Ken Hayward and Our Radio journalist Janice Ashmore.

Tonight, famous marathon runner Cliff Young will speak at a sports dinner at the Caboolture Bowls Club. Young also will run in the one-day event at the showgrounds.

For further information about the event and how you can enter, contact Mrs Street on (074) 95 2888.

Celebrities to challenge evergreen runner



● CABOOLTURE Motel proprietor Carol Street is training hard for the one-day event, which will mean a clash with veteran runner Cliff Young (above right). Last Friday she was preparing for a run from D'Aguilar to Mt Mee and return, which is part of her 200km a week training stint.

CABOOLTURE celebrities will make up a team of runners and walkers who will challenge evergreen marathon runner Cliff Young in a 24-hour relay which will be a feature of the Caboolture multi-day event at the showgrounds from Sunday to September 7.

Young, now in his 70s, will also be guest of honour at a sportspersons' dinner at the Caboolture Bowls Club next Wednesday.

Anyone wishing to obtain tickets at \$25 a head can phone 95 2629.

It is the first time in Australia a multi-day running and walking event has been held in conjunction.

Race director Ian Javes decided to add the extra dimensions by conducting two and one-day races as well as relays for both runners and walkers.

The six-day event will get under way on Sunday and entrants so far include David La Pierre of Canada, Robert Dickison of New Zealand, David Taylor of Sydney and Queenslanders Stephen Lewis, Ray Chatterton and 75-year-old John Petersen.

The two-day event has attracted Barry Stewart of Nanago, who walks with the aid of crutches, and the one-day event will feature Young together with locals Carol Street, Gary Parsons and Cliff French. The Caboolture



Motel has organised a relay team for walkers.

Helpers are still required to help supply food and drink for the competitors, assist with lap-scoring and to do odd jobs at the direction of the organisers. They can contact Ian Javes, 95 4334, or Carol Street, 95 2888.

The proceeds of the multi-day event will benefit Camp Quality which caters for children with cancer.

Spectators and supporters can sponsor a competitor at a nominated sum per kilometre covered and they can also enter a competition to guess the total mileage covered by the winner of the 24-hour event.

Sweet success



● Stephen Lewis of Ipswich cools down after a hectic time in the multi-day event.

CANADIAN David La Pierre won the six-day race at the Caboolture Charity Multi-Day Event last week.

La Pierre ran 773km around the Caboolture Showgrounds circuit during the six days to beat his nearest rival Dave Taylor, of New South Wales, who managed 750km.

Other competitors included Stephen Lewis (531km), 75-year-old John Petersen (415km) and Ray Chatterton (364km).

Four runners competed in the two day-event on Thursday and the winner was Bob Burns who covered 260km ahead of Craig Rowe (195km).

Last-minute entrant Philippa Bolt showed great courage by covering 168km while Barry Stewart, who uses crutches, broke three world records in

his category for disabled athletes by covering nearly 140km.

Fifteen runners and 12 relay teams competed in the one-day event. In an exciting tussle, with the lead changing several times, Carol Street proved too good for the male competitors.

She ran more than 180km beating Ian McClosky (178km) and Gavin Bazely (170km).

Evergreen marathon runner, Cliff Young ran 159km soundly beating the total achieved by the relay team of 24 local celebrities who each walked for an hour recording a total of 140km.

SRI CHINMOY NATIONAL 24 HOUR TRACK RACE
September 28th, 29th 1991
Olympic Sports Field
Kensington, South Australia

The morning of the 10th annual Sri Chinmoy 24 Hour Race dawned cloudy and mild with the red regupol surface of the track beaming invitingly to the 33 runners keen to get underway on their journey through the day and night.

The field looked strong with 8 of the top women fronting up from around the nation as well as the two 'giants' of ultra running of this time - Bryan Smith and David Standeven. The participants stood assembled at 8.00 am in anticipation under the start banner which proclaimed Sri Chinmoy's words - "Run , you can easily challenge the pride of frightening distance." Then after a moments silence they were away for the non-stop encircling of the track for the next 24 hours.

At the completion of the first hour, Peter Gray stood first having completed 13.2 kilometres with David Standeven 2nd and Bryan Smith fourth. Peter Gray maintained his front place until the fourth hour when Dave Standeven took over the number one position, not to relinquish it again during the event.

By the time the fifth hour had elapsed, Bryan Smith was in fourth place over all trailing Dave by only 2.8 kilometres. Others in the race for the top position at that stage were Peter Gray, Alan Devine and the 100km national champion, Trevor Jacobs in his debut 24 hour event. Bryan Smith moved up to the second place by the completion of hour six, but still trailed Dave Standeven by 3.8 kilometres.

Between the 7th and 10th hour the second position see sawed between Bryan and Trevor Jacobs; meanwhile Dave Standeven was increasing his leading margin to 5.4 kms which continued to grow to 7.2 km ahead of Bryan Smith at the 12th hour. Showing his superiority over the field, Dave Standeven expanded his clear lead to 10 kms over Bryan Smith - still second in the field at hour 17.

The battle of the giants unfortunately never eventuated. Dave Standeven was able to walk/run the last hour to rest aching muscles and still finish 6 km clear of Bryan.

The excitement in the race was provided by Helen Stanger, who started out modestly ranking in 10th place overall in the first four hours to move up to 4th place by the 10th hour - the position in which she ultimately finished. During the race she took out four national records:

- 12 hour record 120 km 350.55 metres
- 100 mile record 17:47.00
- 200 km record 23:01.11
- 24 hour record 207.969 kilometres

At all times she ran smoothly, steadily and confidently , her lap time reducing only from 2.09 at hour one to 2.46 by the conclusion of the race - a drop of only 37 seconds. Compare this with Dave Standeven who deteriorated from a lap time of 1.49 at hour one to 2.26 by the conclusion - a drop of 77 seconds.

Other women who finished well were Trisha Spain from WA and Wanda Foley from NSW placing 8th and 9th over all.

Another indication of the strong field was demonstrated by six finishers going over 200km and 12 runners breaking 100 miles.

During the night light rain fell. Many runners donned wet weather gear and soldered on; others retired to tents and took a rest.

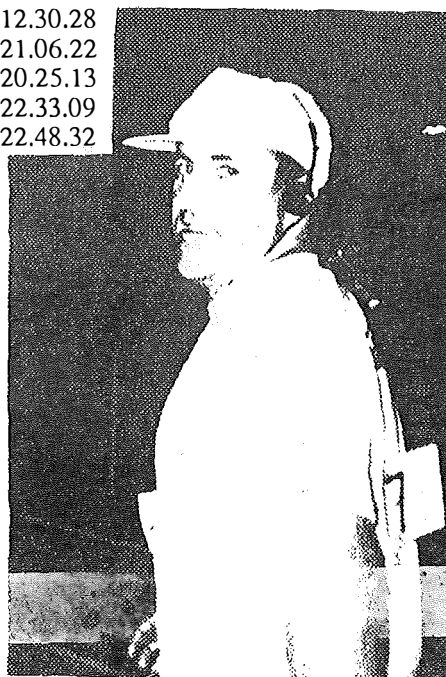
The Sri Chinmoy Marathon Team wish to thank the runners for making the event as great and inspiring as always and offer our gratitude to the Chiropractic Association, Tony Ashwell's computer and all the officials and lap scorers both local and interstate.

David Standeven and Helen Stanger will represent Australia in the World Championship 24 Hour event in Switzerland - 9th and 10th May 1992.

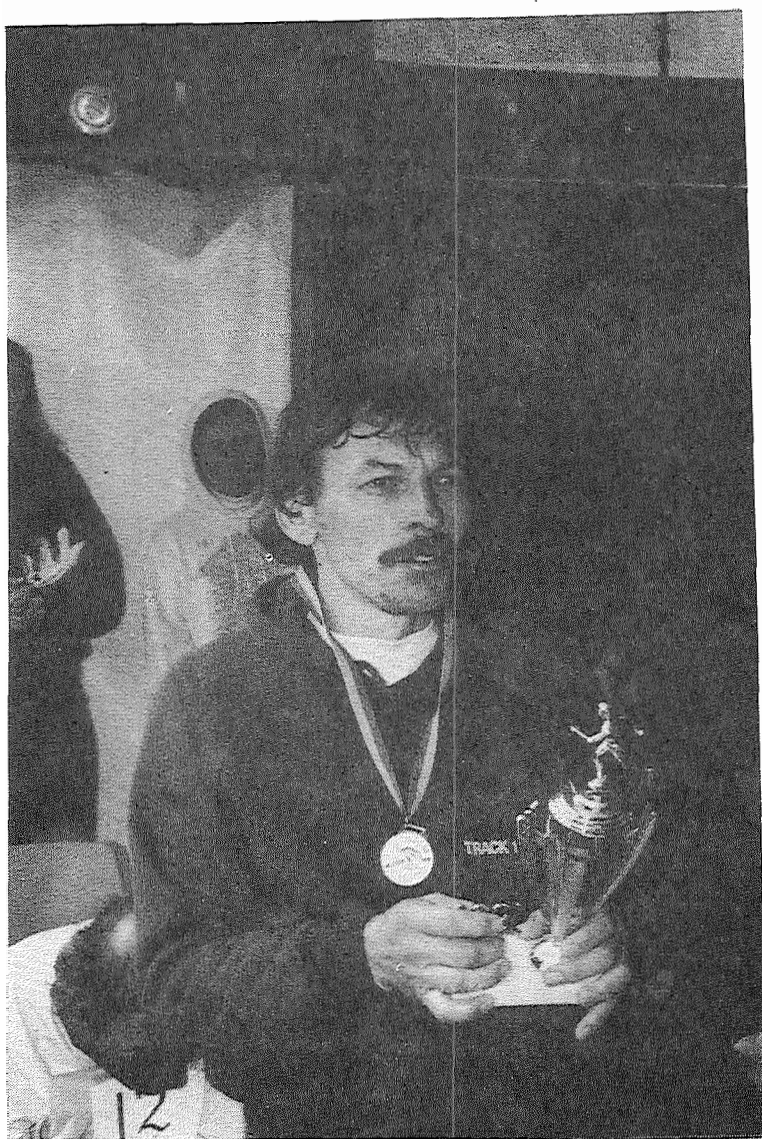
RESULTS

Sri Chinmoy 24 Hour Race 1991

	Marathon	50km	50miles	100km	100mile	200km	Total KMS
David Standeven	3.23.01	4.03.15	6.42.14	8.27.01	14.30.38	18.41.36	237.436
Bryan Smith	3.34.37	4.15.12	7.03.39	8.58.19	15.26.17	19.53.46	231.406
Peter Gray	3.22.31	4.09.15	7.20.11	9.40.50	16.36.18	21.41.39	216.836
Helen Stanger	3.47.29	4.31.05	7.41.05	9.37.59	17.47.00	23.01.11	207.969
John Breit	3.37.50	4.20.59	7.22.39	9.45.33	17.40.47	22.49.27	207.187
Trevor Jacobs	3.33.27	4.15.12	7.02.56	8.53.30	16.57.00	23.43.49	201.238
Guy Schubert	4.10.30	5.00.07	9.31.32	11.51.40	22.37.33		173.200
Trisha Spain	4.19.45	5.24.08	9.01.38	11.38.45	22.09.01		172.612
Wanda Foley	4.49.50	5.47.01	10.12.04	13.34.36	22.47.15		170.179
Alan Devine	3.27.55	4.11.29	7.26.38	9.38.50	21.35.49		169.004
Roger Stuart	4.03.44	5.07.31	9.12.35	11.42.22	22.41.00		164.402
John Champness	4.07.00	4.54.56	8.43.59	11.46.07	23.31.27		162.895
Cliff Young	4.57.40	5.59.28	10.45.44	13.52.14			157.100
Terry Cox Snr	3.34.30	4.21.48	8.09.00	10.37.20			156.376
Terry Cox Junior	3.30.47	4.15.27	8.26.31	11.31.24			143.997
Dave Holleran	4.31.18	5.44.05	9.50.39	12.54.56			143.227
Terry Buxton	4.57.11	6.14.27	11.36.12	15.08.09			141.601
Marcus Bruer	4.51.21	6.06.57	10.48.59	14.09.19			138.604
Sue Worley	4.49.50	6.01.17	11.05.57	15.53.15			135.446
Geoff Boase	3.59.54	4.51.19	8.40.03	11.05.33			130.000
Dick Crotty	6.05.52	7.25.08	12.59.50	17.28.19			129.202
Michael Graylin	4.36.47	5.36.34	9.25.08	12.44.38			124.425
Susan Bardy	6.16.07	7.41.12	13.37.01	17.33.00			122.883
Kaven Dedman	5.01.59	6.12.47	11.42.17	15.39.34			117.904
Ian Taylor	4.44.30	5.47.31	9.48.50	12.30.28			115.592
Stephen Pascoe	4.03.49	5.19.00	12.18.27	21.06.22			112.000
Eileen Lush	6.40.03	8.14.27	14.21.18	20.25.13			109.461
Graeme Cox	5.13.59	6.05.41	12.35.15	22.33.09			102.988
Tony Ashwell	6.59.43	8.18.13	13.23.26	22.48.32			100.000
Carolyn Benson	6.33.25	7.53.37	15.49.40				98.260
Helen Barnes	5.49.19	6.56.38	15.47.24				98.043
Rudi Kinshoffer	3.42.18	4.26.38					73.200
Max Barnes	21.51.20	23.48.12					51.094



David Holleran from Queensland, 16th placegetter with a distance of 143.227km in the Sri Chinmoy 24 Hour Race at Adelaide, 1991.



David Standeven, winner of the Sri Chinmoy Australian 24 Hour Track Championship in Adelaide, 28th Sept. 1991.



The runners are underway in the 1991 Sri Chinmoy Australian 24 Hour Track Championship in Adelaide held on 28th September, 1991.



Helen Stanger receives her trophy from Ross Martin in the Sri Chinmoy Australian 24 Hour Track Championship on 28/9/1991.

PERTH TO BUNBURY - 202KM. 5/6TH OCTOBER, 1991.

The race started from Burswood Casino at 8am in excellent conditions. Mike Thompson went straight to the front and opened up a big lead, which he held until almost half-way. He pulled out shortly after this. The other runners started at a more conservative pace. Joe Record quickly moved into second place, looking very comfortable and content to chase Mike Thompson. By Pinjarra, the half-way point, Record was nearly ten minutes in front of last year's winner, Dave Hedley, then Kerin Boothman, followed by Phil Pearce, who was in seventh place at the marathon point. Phil runs at a very steady pace, with little or no rest, but he has not put together a very tough and efficient crew.

During the second half of the race, Dave Hedley gradually drifted into fourth place, with Kerin Boothman getting to within 200 metres of Joe Record, but Joe was not to be denied the win at this point of the race.

The distance was extended from last year's 187km by using Canning Highway out of Perth instead of Albany Highway. All runners found it a better course. It is now the second longest point to point race in Australia.

Sponsors were The Lighthouse Beach Resort, Bunbury and Hi Tec Shoes, and was organised by Tony Tripp and Brian Kennedy. There were 8 starters, 5 finishers.

RESULTS:	100 MILES	202KM
1. Joe RECORD	16.06.10	20.37.08
2. Kerin BOOTHMAN	16.22.20	21.04.18
3. Phil PEARCE	16.29.35	21.29.02
4. Dave HEDLEY	16.16.50	22.18.02
5. George AUDLEY		27.28.20

THE WEST AUSTRALIAN MONDAY OCTOBER 7 1991

Seasoned Record first home

By MEL MOFFAT

PERTH'S ultra-marathon runner extraordinaire, Joe Record, has done it again.

The man who has become a familiar figure pounding the roadways of Australia in the past 10 years won the Perth-to-Bunbury ultra-marathon yesterday.

He crossed the finishing line at the Lighthouse Beach Resort in Bunbury to complete the 202km journey in 20hr 37min. 8sec.

Second was local hero Kieran Boothman, who was competing in his first ultra-marathon event. He clocked 21:4:18.

Phil Pearce of Albany was third in 21:29:2.

Only five of the eight starters finished the punishing journey. The last two were Dave Headley of Bunbury in 22:18:2 and George Audley of Albany in 27:28:20.

From 50km to 182km, the big five were within two kilometres of each other.

It was only in the last 20km that the experienced Record, who has performed with distinction over the years in the Sydney-to-Melbourne ultra-marathon, pulled clear.

ROYAL NATIONAL PARK ULTRAMARATHON / 1991

The oval at Gray's Point School, set in a smokey hollow, was the site of the start of Australia's premier ultramarathon on Saturday, October 19th. The smoke was the first reminder of the bush-fire which raged through part of the Royal National Park on Wednesday afternoon and night. Reports of the fire prompted numerous calls to race organizers, from runners eager to hear that the 50 mile challenge would go off as planned. By Thursday morning, it was obvious that the fire had been contained and would not hamper the second annual R.N.P. Ultra. The 77 athletes who began the run, were quickly through the scorched and smoldering portion of the Park, and on their way to the finish line in Bundeena - 50 miles away. Last year's inaugural event was a 76.8km run, which was lengthened this year to 80.5km-an internationally recognized distance.

The addition to the course included a portion of calf-deep sand track which will be long remembered (and cursed) by the weary runners who faced that section only a few kilometres from the finish line. The rest of the race was equally challenging, as the runners (guided by course markers) were sent along rugged bush-tracks, sandstone escarpments, steep climbs, and several beaches. Eagle Rock, a favorite landmark, was included in the tour of the Park, and it has been mentioned that "The Eagle Rock 50" might be a better name for the event.

The addition of the extra 3.7km (and perhaps the difficulty of the new terrain) meant that runners spent more time out on the course. A time limit of 12 hours for the run resulted in a few runners not meeting the cut-off times at later aid stations, but 66 brave souls finished the

race. This is a tough race and requires a high level of fitness, but anyone willing to put in the homework time (many miles of training) should be able to face the challenge.

Saturday began with cool temperatures, as the race begins at 5:00am, but once the sun climbed overhead, the temps became a real factor. Some portions of the track are shielded from any breeze, and these sections were quite muggy and hot. Trail conditions have deteriorated since last year, as the National Park Service is severely short-funded and consequently lacks the resources to maintain the tracks adequately. At a time when so many people are receiving government assistance, it seems a shame not to utilize some of that man-power for projects like park maintenance.

The Royal National Park Ultra was once again superbly organized by the Billy's Bush Runners. A very active running group, the Bushies manned all of the aid stations along the course, supplying runners with food, water, ENDURO (an energy drink), plus lots of encouragement and support. A number of the Bushies and many other NSW runners competed in the event, joined by runners from Queensland, Victoria, ACT and New Zealand. Communications were handled by the local Bush Fire Brigades, and post-race massage and physiotherapy were provided by the Sutherland Sports Injury Clinic staff. The finish line festivities at the Bundeena RSL Club were superb, as runners and supporters feasted on fruit, cakes, soft drinks and beer. Many of the runners mentioned that this is the best organized and most professionally staged single-day ultra in Australia.

Both the mens' and womens' races saw the same faces on the awards podium. Don Wallace of Queensland blitzed the course and finished half an hour before Greg Love from the Central Coast, with Ian Graves of Baulkham Hills another 20 minutes back. Maggie Anderson of Auckland, New Zealand now has a perfect record on the course, with 2 wins in 2 starts. Ann Telfer of Kirrawee finished 2nd for the women (a great showing in her first ultramarathon), and Lyn Cribb from the Central

Coast was third woman. Despite the grumbles about the sand track in the last 3 to 4 kilometres of the race, everyone agreed that it was a terrific race. Perhaps it is the difficulty of the course which makes finishing it that much sweeter. A gruelling event, with many satisfied (and tired) competitors, thrilled to say they've finished the toughest 50 miler in Australia!

RESULTS: MALE / 1) DON WALLACE	QUEENSLAND	6:28:32
2) GREG LOVE	CENTRAL COAST	7:08:25
3) IAN GRAVES	BAULKHAM HILLS	7:28:26
FEMALE/1) MAGGIE ANDERSON	NEW ZEALAND	9:10:41
2) ANN TELFER	KIRRAWEE	10:07:21
3) LYN CRIBB	CENTRAL COAST	10:31:59

If anyone feels cheated at having missed out on this great race, it will be staged again next October, the Saturday before day-light-savings time goes into effect. Consider the fact that you have a full year ahead of you to train and dream of conquering the Royal National Park Ultra 50 Mile Run.

Reprinted from Ultrarunning December, 1990

Patience is a Virtue

Patience is becoming more and more uncommon. In a society that wants everything *yesterday*, it seems as though our patience has all but run out.

In my life's journey, this is one aspect that I have to continually work on. Through the medium of ultra sports I have found that patience has monumental importance if I am to achieve my specific goals. In life, there are the ups and downs. In sports there are these same ups and downs. It is during these unstable times that one must have patience. No matter if you are running a five-km race, a marathon, a 100-mile, or around the world, patience is the key to success.

In the past year I have participated in numerous ultra runs and other ultra sports such as the Triple Ironman in France and the Double Ironman in Alabama.

It is from these experiences that I have developed a better understanding of the phrase "patience is a virtue." At times during these events I have gone beyond the "wall" and have hit the bottom of my soul. This always seems like the best time to drop out (actually, on my way to the bottom seems like the best time to drop

out!). Well that isn't why I have trained the many many hours — to quit. I have to constantly remind myself of this. I have to know that these bad times will get better. Things don't have to get worse. I have to concentrate on changing my mental attitude to the positive. Amazingly, things start to work out.

Anyone who has participated in anything challenging knows what I am talking about. It is when things start to become uncomfortable that we want to take the easy way out. But a much higher degree of satisfaction would have been achieved if only you had stuck it out.

Probably the best thing we have going for us is our ability to forget pain. If we weren't able to do this so well, then people wouldn't try to run a mile faster than the current records, or they wouldn't run five or six 100-mile runs all in the same year. But through all this pain at the time they know what satisfaction awaits them at the end. What is unique about ultra sports is that when you push through the low points and finally cross the finish line, you have experienced a broader spectrum of personal emotions.

I personally feel that I am better able to handle the next situation that arrives in my life. Think about how many times you've said, "If I only had the patience!" Well, start working on it!

Jack Nosco

AURA SIX HOUR TRACK RACE

EAST BURWOOD, VIC - 27TH OCTOBER, 1991

By Dot Browne

So many aspects of the AURA Six Hour Track Race were really great. All the early arrivers at the track got roped into a rather hilarious effort of trying to erect Liz Feldman's enormous canopy to shelter the lap-scorers. With the blustery windy conditions, it took about 15 of us to hold the damn thing down. We could all see ourselves being spirited away and doing a group Mary Poppins effort up in the clouds over East Burwood somewhere, before the race had even started.

We had 24 eager participants who performed brilliantly in the ideal 17 degree temperatures. We'd had 35 degree heat last year so were glad of the cooler conditions. Unfortunately, one of our starters, Charles Cameron, had food poisoning from some take-away he'd had the night before and lasted only a short time before pulling out. But the runners that remained excelled themselves. Absolutely EVERY one of them did a personal best for 6 hours which is a pretty amazing result. Their distances ranged from 47.680km to 77.083km.

Michael Bohnke, all the way from Wagga Wagga, took off fast and lead for the first couple of hours. But last year's winner, Jeff Smith reeled him in after 3 hours and stayed in front for the rest of the event. Michael hung on until the half-way mark and the turnaround, then Joe Skrobalak and Peter Gray showed that even pacing pays off in the end and moved into second and third positions. First lady, and last year's winner of the women's race, 61 year old Shirley Young, ran an extra 2km this year to lead in the other 4 females in the event. 63 year old, Corrie de Groot, in her first ultra ran an incredible 54.278km. These results show that this is an event which is certainly suitable for veteran athletes.

We had 13 starters who had never run a Six Hour event before, and they did exceptionally well, particularly 43 year old Sam de Fanis, who took 6th placing with 65.891km. Peter Gray, fronting up for the Colac 6 Day Track Race the following weekend, ran 72.258km for third position. This was supposed to be a "training run", so we hope he survives the big one next week.

It was interesting to see champion ultra runner, Bryan Smith and his wife Jan in a crewing role for Sharon and Joe Skrobalak this year. Bryan's already won the Westfield and the Coburg and Campbelltown 24 Hour races this year and is undecided as to whether to tackle the Colac 6 Day in a week's time. I would love to be able to say that he found crewing tougher than running but I don't think it's true.

President of the Australian Ultra Runners' Association and experienced ultra runner, Geoff Hook crewed and lapscored for his mate Big Al (Witt) and went to sleep over dinner that night, he was so wrecked.

This Six Hour event is also proving to be a great community effort in terms of support from a solid network of veteran athletes from Croydon, Knox, East Burwood and Springvale. They came in their droves to help. They helped set up the equipment, made sandwiches for morning tea, cooked snags for lunch, made pancakes for afternoon tea, served hot drinks all day, cut up fruit, lapscored and crewed for runners, set up sponge stations, timed, measured, recorded and cheered, helped with the presentations and generally created a wonderful atmosphere all day. Thankyou so much!!

Thanks also to the Australian Ultra Runners' Association Inc. who provided backing for this race and AURA's attractive medallions were presented to runners for the first time.

SIX HOUR TRACK RACE

EAST BURWOOD - 27TH OCTOBER, 1991

RESULTS

<u>COMPETITOR</u>	<u>AGE</u>	<u>STATE</u>	<u>MARATHON</u>		<u>FINAL DISTANCE</u>
1. Jeff SMITH	32	Vic	3.05.48		77.083km
2. Joe SKROBALAK	39	Vic	3.16.31		73.562km
3. Peter GRAY	27	Vic	3.12.04		72.258km
4. Michael BOHNKE	27	NSW	3.16.49		69.770km
5. John BELL	47	Vic	3.29.54		68.474km
6. Sam De FANIS	43	Vic	3.12.16		65.891km
7. Michael GRAYLING	35	Vic	3.44.32		64.602km
8. Rudi LOMBARDI	28	Vic	3.24.57		63.737km
9. Lawrie CROUCH	51	Vic	3.47.50		63.448km
10. Shirley YOUNG	61	Vic	3.48.56	W1	63.425km
11. Richard JENKINS	38	Vic	3.41.00		62.955km
12. Alan WITT	43	Vic	4.00.24		61.267km
13. Ernest HARTLEY	41	Vic	3.54.10		60.490km
14. Bill BAXTER	53	Vic	4.12.53		59.692km
15. Lorrie BISHOP	44	Vic	4.04.52	W2	58.431km
16. Graeme BISHOP	46	Vic	3.50.03		56.217km
17. Sharon SKROBALAK	34	Vic	4.32.26	W3	55.384km
18. Corrie DE GROOT	63	Vic	4.25.44	W4	54.278km
19. Norm JOHNSTON	54	Vic	4.26.28		54.095km
20. Max HARRISON	52	Vic	4.26.52		53.908km
21. Rob PETRIE	49	Vic	3.51.19		51.630km
22. Godfrey POLLARD	60	Vic	5.13.19		48.607km
23. Norma DICKSON	29	Vic	5.18.38	W5	47.680km
24. Charles CAMERON	38	Vic	--		18.800km



25 starters in the Six Hour Track Race at East Burwood, Victoria on Sunday 27th October, 1991. Jeff Smith was the winner.

RAINBOW BEACH TRAIL RUN - 2ND NOVEMBER, 1991

QUEENSLAND

On Saturday, 2nd November, the annual Rainbow Beach Trail Run was conducted for the third time. This year's event was sponsored by the Rainbow Beach Holiday Village and conducted by the Rainbow Beach Surf Lifesaving Club under the directorship of Dennis Parton. A total of 47 competitors entered the 3 events (55km, 33km and 15km)

The first part of the two longer runs along the beach proved somewhat more difficult than usual since the tide was high and the remaining sand was somewhat loose. The weather was overcast and humid and the lack of rain in recent weeks made some of the sandy sections of the bush trails more difficult to negotiate.

Gary Parsons led the runners off the beach, but surrendered the lead after entering the forest, to John Lord, who was later overtaken by Rodger Thompstone and Sandy Buchan. This pair put on an exciting sprint to the finish, with Sandy failing by centimetres to overtake Rodger. Four of the runners originally entered for the 55km event, decided to opt out at the 33km mark, but the remaining 10 all finished, with Geoff Boase being first across the line, followed by Victorian visitor (!) Ross Shilston. The third person across the line was the first of the three female competitors, Nicole Carroll, a 19 year old who would seem to have a promising future in this shorter type of ultra run. Second female was Carol Street, who performs best in longer races. Once again, John Petersen showed his mental toughness by completing the course in the trying conditions even though he is 75 years old.

The 15km event for males was won by Chris French from Greg Nott and Andrew French third. Another exciting sprint finish in the women's section saw Therese Corcoran victorious over her running partner Noela Braemeld, with Rosemary Crouch third. Two youngsters decided to emulate their dads and completed the 15km event. They were David Dellow and Damir Mesalic.

It was good to see a pair of well-performed ultra-runners, namely Owen Toliday and Bob Hunter at the event, although, as Owen said, it was not the type of race to enter on limited training. Bob Hunter donated two copies of his recently published book on running - "The Games Afoot" for random draw prizes.

At the barbeque and presentation ceremony, the QMRRC Ultra Division Series trophies were presented to Stephen Lewis and Carol Street. These awards are based on points scored in the best five races of the six race calendar of ultra events in Queensland. Ron Grant's Trophy for Sportsmanship, Commitment and Dedication was awarded to Ray Chatterton.

RESULTS:

15KM

1. Chris FRENCH	1.13.17
2. Greg NOTT	1.13.36
3. Andrew FRENCH	1.16.31
4. Ron MANN	1.21.54
5. Julian BRAMELD	1.22.35
6. Larry LIDBETTER	1.24.37
7. John McINTYRE	1.28.55
8. David DELLOW	1.29.54 (U16)
9. Therese CORCORAN	1.29.54 (!stF)
10. Noela BRAMELD	1.29.55 (2ndF)
11. Mark MURRAY	1.39.04
12. Rosemary CROUCH	1.46.45 (3rdF)
13. Damir MESALIC	1.49.47 (U16)
14. John BARR	1.51.01
15. Andrew PAGE	2.01.32
16. Sandra COX	2.03.49 (4th F)

33KM

1. Rodger THOMPSTONE	2.31.14
2. Sandy BUCHAN	2.31.15
3. John LORD	2.33.51
4. Darren MORLEY	2.39.47
5. Gary PARSONS	2.42.16
6. Murray STRATFORD	2.47.21
7. Owen TOLLIDAY	2.48.20
8. Cliff FRENCH	2.50.54
9. Asim MESALIC	2.51.48
10. Graeme WALKER	2.51.51
11. Shane McBRIDE	2.52.26
12. Bob HUNTER	2.53.26
13. Ashley KEATING	3.03.07
14. Doug QUADRIO	3.13.10
15. Bruce JOHNSON	3.17.05
16. Richard BOWMAN	3.20.25
17. Neil HIGGINS	3.20.27
18. Col WARING	3.27.46
19. Arthur COX	3.34.16
20. Paul STAFFORD	3.43.47

55KM

1. Geoff BOASE	4.47.51
2. Ross SHILSTON	5.06.31
3. Nicole CARROLL	5.27.52 (1stF)
4. Ian JAVES	5.30.25
5. Geoff WILLIAMS	6.03.37
6. Stephen LEWIS	6.03.37
7. Kevin DELLOW	6.26.33
8. Carol STREET	6.26.49 (2ndF)
9. John PETERSEN	8.32.09
10. Phillipa BOLT	9.12.45 (3rdF)

Ed's note: Congratulations to race organiser Ian Javes and Dennis Parton, race director for what appeared to be a fantastic day of events. Our mate from Victoria, Ross Shilston who came in 2nd in the long one is thrilled to have been presented with a trophy, the column of which lights up in the dark. He hasn't stopped playing with it since he came home! Reckons he went 50m. off course during the 55km event to climb a lookout tower on the second lap to check out how far Geoff Boase was ahead. He decided that Geoff was too far ahead to catch, but then when he started to relax a bit, he nearly got run down by Nicole Carroll. so had to pick up the pace again. He knew he would never have lived it down back home in Melbourne if he he'd let a woman beat him!

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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.

The booklet entitled "The Permitted Use of Medicines in Sport", produced by the Australian Drug Agency, and mentioned in our previous issue of this Magazine, is reproduced here for the IMPORTANT information of all athletes. Please study the lists carefully and stay within the permitted confines. Remember, ignorance is no excuse. The onus is on you to avoid the consumption of banned substances in relation to your sporting activities.

AUSTRALIAN SPORTS DRUG AGENCY

THE PERMITTED USE OF MEDICINES IN SPORT

(BASED ON THE CLASSES OF DRUGS PROHIBITED BY THE IOC-MC, APRIL 1989)

First published — 1986

Edited by: **Dr Brian Corrigan**
Dr Ken Fitch
Mr Steve Haynes

INTRODUCTION

The International Olympic Committee (IOC) and other sporting organisations have banned the use of certain drugs by competitors in sporting events. However care has been taken to insure there is minimal interference to the therapeutic use of drugs so that the health care of competitors is not compromised.

This booklet provides information, primarily for medical officers, but also for athletes, concerning the safe use of drugs in sport — that is those drugs not banned by sporting organisations.

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ACKNOWLEDGEMENT

The Australian Sports Drug Agency acknowledges the assistance of the Medical Commission of the International Olympic Committee.

Further information is available from:
Australian Sports drug Agency
P.O. Box 345
CURTIN ACT 2605
Ph: 06 281 1822

HOT-LINE NUMBER: For Canberra callers: 281 2120
Outside Canberra: 008 02 0506

SECTION ONE

CAUTIONARY NOTES

Please read this section thoroughly and carefully as it contains essential information.

- Different sporting organisations may ban different drugs. Prior to an event check with the relevant sporting organisation.
- Banned drugs are not only contained in medicines which may be prescribed by medical officers. They can be found in over the counter preparations which can be purchased without a prescription at the family pharmacist or local supermarket.
- New pharmaceuticals are continually produced; therefore no list of banned or permitted drugs is ever absolutely complete.
- Do not use medicines from overseas unless they are cleared by the team doctor.
- Lists of banned drugs are periodically revised. Always check with the team doctor about medicines well before competition.
- Drug control policy of the relevant international sporting organisation should be well known. Team doctors must liaise closely with their sporting organisations.
- Some medicines have similar brand names. One may contain a banned drug, the other may not, e.g.
Rohitussin does not contain a banned drug
Rohitussin PS contains a banned stimulant.
- Don't rely on brand names of medicines that can be purchased overseas. A permitted brand name in Australia may contain a banned substance overseas.
- The family doctor or local pharmacist may not be fully aware of the drug restrictions at sporting events. Always check medicines with the team doctor.
- Some so called "vitamin" preparations may contain banned drugs, e.g.
Catovit contains a banned stimulant.
Beware "vitamin" preparations that can be purchased overseas.
- Particular attention should be given to combinations of drugs, e.g.
Plain aspirin is permitted
Aspirin and Codeine combination may not be.

IF THERE ARE ANY DOUBTS
DOCTORS: DON'T GIVE IT
ATHLETES: DON'T TAKE IT.

RING THE HOT-LINE - 008 02 0506

SECTION TWO

THE PERMITTED USE OF DRUGS

(This list is not exhaustive, neither should it be taken as a recommendation of the relative efficacy of various substances. There are other preparations that do not contain banned drugs. Further information is available on the **HOT-LINE**).

THERAPEUTIC CLASS	PERMITTED MEDICINE (Brand Names)	CAUTIONARY NOTES
Analgesics	Aspro (Clear) Aspirin Bex powder Ceetamol Disprin Dymadon Naprogesic Panadol Ponstan Vincent's Powder	Beware CODEINE containing medicines and combination preparations, e.g. DYMADON (plain) IS PERMITTED, DYMADON Co contains CODEINE. Paracetamol is permitted.
Antacids	Amphogel Dexsal Digestal Gastrogel Mylanta	
Antiasthmatics	Aldecin Alupent Atrovent Becotide Bricanyl Intal Nuelin Respolin Theo-Dur Ventolin	SEE SECTION THREE Salbutamol, orciprenaline, rimiterol, terbutaline and bitolteral are permitted in aerosol form only .
Antibiotics	Abbocillin Achromycin Amoxil Bactrim Erythrocin Gantrisin Mysteclin Penbritin Sephtrine Vibramycin	All antibiotics are safe including penicillins, tetracyclines and sulphonamides.
Anticonvulsants	Dilantin Epilim Phenobarbitone Rivotril Tegretol Valium Zarontin	

THERAPEUTIC CLASS

PERMITTED MEDICINE (Brand Names)

CAUTIONARY NOTES

Antidiarrhoeals

A.D.M.
Diolyte
Gastrolyte
Imodium
Kaogel
Kaomagma
Kaomycin
Kaopectate
Lomotil

Beware some other preparations may contain **CODEINE**.
Diphenoxylate hydrochloride is not banned and may be used as an antidiarrhoeal.

Antiemetics

Calmazine
Dramamine
Emetrol
Maxolon
Scop
Stemetil

Antifungal-
Antibacterial

Betadine
Canesten
Floraquin
Fungilin
Monistat
Mycostatin
Neosporin
Nilstat
Trilacadin

See also vaginal preparations.

Antihistamines

Avil
Avomine
Benadryl
Dilosyn
Fabahistin
Hismanal
Periactin
Phenergan
Polaramine
Tavegyl
Teldane
Vallergan
Zadine

Use only plain preparations. **Combinations often contain banned drugs.**

Anti-inflammatories

Brufen
Butazolidin
Clinoril
Dolobid
Feldene
Indocid
Naprogesic
Naprosyn
Orudis
Tanderil
Voltaren

All non steroidal anti-inflammatories are permitted. The use of **CORTICO-
STEROID ANTI-INFLAMMATORIES** by injection (intra-articular and local) requires notification. Oral and parenteral corticosteroids are prohibited. Topical administration aural, ophthalmological and dermatological preparations are permitted.

Anti-tussive and
Expectorants

A.A.A. Throat Spray
Benadryl (Plain)
Brondecon
Cepacol Cough Discs
Dequadin lozenges
Duro-tus
Robitussin (Plain, DM)
Strepsils
Tixylix

Beware — the majority of “cough” medicines contain banned drugs.
Dextromethorphan is not banned and may be used as an anti-tussive. Pholcodeine is permitted.

THERAPEUTIC CLASS**PERMITTED MEDICINE (Brand Names)****CAUTIONARY NOTES**

Antiulcerants

De-Nol
Duractin
Tagamet
Ulsanic
Zantec

Hypoglycaemic Agents

Diabinese
Diatol
Euglucon
Glucophage
Insulin
Rastinon

Laxatives

Agarol
Coloxyl
Durolax
Ford pills
Metamucil
Senokot

Muscle Relaxants

Norflex
Norgesic
Robaxin

Nose Drops and Sprays

Aldecin
Becanase
Drixine
Otrivin
Rhinaspray
Rynacrom
Sinex
Spray-Tish
Vicks Inhaler

Oral Contraceptives

Biphasil
Microgynon
Nordette
Triquilar
Triphasil

Rectal Medications

Anusol

Sedatives

Chloralhydrate
Euhypnos
Librium
Mogadon
Serepax
ValiumTopical Rubefacients (Liniments)
CounterirritantsDeep Heat
Dencorub
Finalgon
Hirudoid
Lasonil
Metsal

Vaginal preparations

Canesten
Daktarin
Ecostatin
Flagyl
Gyno-Daktarin
Pevaryl**Beware PONDERAX**, an appetite suppressant contains a banned stimulant.**Beware** — most contain banned sympathomimetic amines, especially ephedrine and pseudoephedrine. All imidazole preparations are exceptable.

All are normally permitted.

CARE! Some preparations contain banned stimulants.All benzodiazepines, barbituates and phenothiazines are permitted by the IOC. Check with individual sporting organisations. **HOWEVER CARE SHOULD BE TAKEN WITH THEIR USE.**

See also antifungal/antibacterial agents.

SECTION THREE

THE PERMITTED USE OF DRUGS — GENERIC NAMES

Beware some preparations may contain a permitted generic and a prohibited drug.
Use preparations with permitted generic only.

1. Antacids and some other gastro-intestinal agents like anti-diarrheals

Alginic acid
Aluminium glycinate
Aluminium hydroxide (dried)
Aluminium hydroxide-magnesium carbonate co-dried gel
Bismuth subsalicylate and methyl salicylate
Calcium Carbonate
Dimethicone (activated)
Diphenoxylate hydrochloride
Hydrotalcite (aluminium magnesium hydroxide carbonate hydrate)
Hyoscyamine sulphate
Kaolin (hydrated aluminium silicate)
Loperamide hydrochloride
Magaldrate (hydrated magnesium aluminate)
Magnesium carbonate (light)
Mebeverine
Mepenzolate bromide
Neomycin sulphate
Proglumide
Sucralfate

2. Anti-asthmatic agents and anti-allergenic agents

Aminophylline
* Beclomethasone Dipropionate
* Bitolterol
Choline theophyllinate
Ipratropium bromide
* Orciprenaline
* Rimiterol
* Salbutamol
Sodium cromoglycate
* Terbutaline
Theophylline
* Note: the use of these substances is allowed by inhalation only.

3. Antinauseants and antiemetic agents

Dimenhydrinate
Diphenidol
Hyoscine
Invert sugar
Meclozine
Metoclopramide
Prochlorperazine
Scopolamine
Triethylperazine
Trimethobenzamide

4. Anti-ulcer drugs

Burimamide
Carbenoxolane
Cimetidine
Metiamide
Metoclopramide
Ranitidine

5. Aspirin and similar analgesic (non-narcotic) and anti-inflammatory non-steroidal agents

Acetylcresotinic acid
Acetylsalicylic acid (Aspirin)
Alclofenac
Aloxiprin
Aluminium aspirin
Azapropazone
Benorylate
Benzylamine
Bucolome
Bufexamac
Calcium
Carbaspirin
Diclofenac
Difenamizole
Diflunisal
Fenbufen
Fendosal
Floctafenine
Flufenamic acid
Glafenine
Ibuprofen
Indomethacin
Indoprofen
Ketoprofen
Mefenamic acid
Naproxen
Oxyphenbutazone
Paracetamol (acetaminophen)
Piroxicam
Sodium salicylate
Sulindac
Tolmetin

6. Contraceptives

Ethinodiol diacetate and ethinyloestradiol
Ethinodiol diacetate and mestranol
Lenonorgestrel and ethinyloestradiol
Lynoeestrenol and ethinyloestradiol
Lynoeestrenol and Mestranol
Norethisterone and ethinyloestradiol
Norethisterone and Mestranol

7. Decongestants and nasal preparations

Beclomethasone dipropionate
Framycetin
Naphazoline
Oxymetazoline
Tetrahydrozoline
Xylometazoline

8. Expectorants and cough suppressants

Syrups:	Bromhexine Destomethorphan Guaiphenesin Pholcodine
Tablets:	Benzonatate Bibenzonium Bromhexine Butamirate citrate Cloperastine Dimemorfan Zipreprol

Suppositories: Cineol
Gaiacol
Morclofone

9. Griseofulvin and other antifungal agents

Amphotericin
Chlormidazole
Clotrimazole
Flucytosine
Griseofulvin
Miconazole
Natamycin
Nystatin
Tinidazole
Tolnaftate

10. Hemorrhoidal preparations

Aluminium acetate
Benzocaine
Benzyl benzoate
Bismuth (oxide, subgallate)
Boric acid
Butyl aminobenzoate
Cinchocaine
Esculose
Framycetin
Hexachlorophane
Hydrocortisone
Lignocaine
Neomycin
Peru Balsam
Polymyxin B sulfate
Pramoxine
Resorcine
Resorcinol
Zinc oxide

11. Hypnotics, Sedatives and Tranquillizers

Acetylcarbromal
Amylobarbitone
Bromazepam
Butobarbitone
Carbromal
Chloral hydrate
Chlorpromazine hydrochloride
Chlordiazepoxide
Chlorazepate dipotassium
Diazepam
Dichloralphenazone
Ethinamate
Flurazepam
Glutethimide
Haloperidol
Heptabarbitone
Hexobarbitone
Hexobarbitone and cyclobarbitone
Lorazepam
Meprobamate
Methaqualone
Methylphenobarbitone
Methypylen
Nitrazepam
Oxazepam
Pentobarbitone
Phenobarbitone
Quinalbarbitone
Temazepam
Triazolam
Trifluoperazine

12. Insulin and other antidiabetic agents

Acetohexamide
Butamin
Carbutamide
Chlorpropamide
Glibenclamide
Glibornuride
Gliclazide
Glibuzole
Insulin
Metformin
Phenformin
Tolazamide
Tolbutamide

13. Muscle relaxants

Carisoprodol
Chlorphenesin
Cyclobenzaprine
Dantrolene
Meprobamate
Methocarbamol
Orphenadrine
Pridenol
Stryamate
Tolperisone

14. Ointments, Creams, Lotions

Bacitracin
Calamine
Chioquinol
Dextranomer
Dimethicone
Diphenhydramine
Framycetin
Idoxuridine
Neomycin
Tretinoin

15. Ophthalmic and otic preparations

Acetic acid
Antazoline
Antipyrine
Bacitracin
Benzocaine
Borate solution (neutral)
Chlorbutol
Dexamethasone
Idoxuridine
Naphazoline
Neomycin
Oxycymoline
Phenazone
Pilocarpine
Polymixin B sulphate
Sodium cromoglycate
Sulphacetamide sodium
Tetrahydrozoline
Triethanolamine polypeptide oleate condensate
Trypsin
Xylometazoline
Zinc sulphate

16. Penicillins and other antibiotics

Amikacin
Amoxycillin
Ampicillin
Bacitracin
Cetacior
Cephalexin
Cephmandolate
Cephazoline
Cephradine

Cloxacillin
Co-Trimoxazole
Doxycycline
Erythromycin
Flucloxacillin
Fostomycin
Gentamicin
Hexamine
Methacycline
Minocycline
Penicillin
Sulphathiazole
Tetracycline
Tobramycin

17. Phenytoin and some other anticonvulsants

Beclamide
Carbamazepine
Clonazepam
Ethosuximide
Ethotoin
Methsuximide
Paramethadione
Phenobarbitone
Phenytoin
Primidone
Sulthiame
Tioxidone
Valproic acid

18. Promethazine and other antihistamines

Antazoline
Astemizole
Azatadine
Brompheniramine
Carbinoxamine
Chlorcyclizine
Chlorpheniramine
Clemastine
Cyproheptadine
Dexchlorpheniramine
Dimethothiazine
Diphencleramine
Homochlorcyclizine
Hydroxyzine
Mebhydrolin
Meperamine
Promethazine
Tertenadine
Triphenylamine
Triprolidine

19. Purgatives (Laxatives or cathartics)

Bisacodyl
Danthron
Docusate
Isphagula Husk
Magnesium hydroxide
Phenolphthalein
Tinnevely Senna Fruit

20. Vaginal preparations

Benzoyl metronidazole
Candididin
Clotrimazole
Diiodohydroxyquinoline
Econazole
Metronidazole
Miconazole
Natamycin
Nystatin

21. Vitamins and mineral preparations

Vitamins A, B, C, D, E, and others

SECTION FOUR

In March 1989, the International Olympic Committee Medical Commission (IOC-MC) made significant modifications to the list of prohibited classes of drugs. Dr Ken Fitch, member of the IOC-MC, has advised of the following:

I. DOPING CLASSES

- A. Stimulants**
- B. Narcotic Analgesics**
- C. Anabolic Steroids**
- D. Beta-Blockers**
- E. Diurectics**
- F. Peptide Hormones and analogues**

A. Stimulants, e.g.

amiphenazole
 amphetamine
 amphetaminil
 benzphetamine
 caffeine*
 chlorphentermine
 chlorprenaline
 clobenzorex
 cocaine
 cropropamide (component of "micoren")
 crothetamide (component of "micoren")
 diethylpropion
 dimethylamphetamine
 ephedrine
 etafedrine
 ethamivan
 ethylamphetamine
 fencamfamin
 fenetylline
 fenproporex
 furfenorex
 leptazol
 meclofenoxate
 mefenorex
 methoxyphenamine
 methylamphetamine
 methylephedrine
 methylphenidate
 morazone
 nikethamide
 norpseudoephedrine
 pemoline
 phendimetrazine
 phenmetrazine
 phentermine
 phenylpropanolamine
 pipradol
 prolintane
 propylhexedrine
 pyrovalerone
 strychnine and related compounds

*For caffeine the definition of a positive depends upon the following: if the concentration in urine exceeds 12 micrograms/ml.

B. Narcotic analgesics, e.g.

alpha-prodine
 anileridine
 buprenorphine
 codeine
 dextromoramide
 dextropropoxyphene
 dihydrocodeine
 dipipanone
 ethoheptazine
 ethylmorphine
 heroin
 levorphanol
 methadone
 morphine
 nalbuphine
 pentazocine
 pethidine
 phenazocine
 trimeperidine and related compounds

C. Anabolic steroids, e.g.

bolasterone
 boldenone
 clostebol
 dehydrochloromethyltestosterone
 fluoxymesterone
 mesterolone
 methenolone
 methandienone
 methyltestosterone
 nandrolone
 norethandrolone
 oxandrolone
 oxymesterone
 oxymetholone
 stanozolol
 testosterone* and related compounds

*For testosterone the definition of a positive depends upon the following: the administration of testosterone or the use of any other manipulation having the result of increasing the ratio in urine of testosterone/epitestosterone to above 6.

D. Beta-blockers, e.g.

acebutolol
alprenolol
atenolol
labetalol
metoprolol
nadolol
oxprenolol
propranolol
sotalol

and related compounds

E. Diuretics, e.g.

acetazolamide
amiloride
bendroflumazide
benthazide
bumetanide
canrenone
chlormerodrin
chlorothiazide
chlorthalidone
dichlorphenamine
ethacrynic acid
frusemide
hydrochlorothiazide
mersalyl
spironolactone
triamterene

and related compounds

F. Peptide Hormones and analogues, e.g.

growth hormone
chorionic gonadotrophin
corticotrophin

II. DOPING CLASSES

A. Blood doping

B. Pharmacological, chemical and physical manipulation, e.g. probenecid, catheterisation, substitution.

III. CLASSES OF DRUGS SUBJECT TO CERTAIN RESTRICTIONS

A. Alcohol

B. Marijuana

C. Local anaesthetics

D. Corticosteroids

SECTION FIVE

CAFFEINE

The Medical Commission of the International Olympic Committee has banned the use of large amounts of caffeine. A urinary concentration of 12 micrograms per millilitre must be exceeded before a sample is considered positive. An athlete would need to ingest approximately 500 milligrams of caffeine over a short period of time to exceed this urinary level of 12. (The actual amount will vary from athlete to athlete and may be different for the same athlete on different occasions.) However, the social use of caffeine prior to competition, e.g. a cup of coffee, cola drink, bar of chocolate, will not produce a positive result unless excessive amounts are consumed in a short period, e.g. about 6-8 cups of coffee, or 10 cans of cola, or 3 family bars of chocolate, etc. Approximate caffeine concentrations for common products are given below:

Products	Caffeine Content
Coffee	50-100 milligrams per cup
Tea	40-80 milligrams per cup
Cola Drinks	30-50 milligrams per cup
Cocoa or Chocolate Drinks	40-80 milligrams per cup
Chocolate Bars	150 milligrams per family block
Over the Counter Preparations	10-100 milligrams

PROLONGED CAFFEINE INGESTION DURING AN EVENT MAY RESULT IN A PROHIBITED URINARY LEVEL

BETA-AGONISTS

The choice of medication in the treatment of asthma and respiratory ailments has posed many problems. Some years ago, ephedrine and related substances were administered quite frequently. However, these substances are prohibited because they are classed in the category of "sympathomimetic amines" and therefore considered as stimulants.

The use of the following beta-agonists in the **AEROSOL FORM** is permitted:

bitolterol
orciprenaline
rimiterol
salbutamol
terbutaline

BLOOD DOPING

Blood transfusion is the intravenous administration of red blood cells or related blood products that contain red blood cells. Such products can be obtained from blood drawn from the same (autologous) or from a different (non-autologous) individual. The most common indications for blood transfusion in conventional medical practice are acute blood loss and severe anaemia.

Blood doping is the administration of blood or red blood products to an athlete other than for legitimate medical treatment. This procedure may be preceded by withdrawal of blood from the athlete who continues to train in this blood depleted state.

These procedures contravene the ethics of medicine and of sport. There are also risks involved in the transfusion of blood and related blood products. These include the development of allergic reactions (rash, fever etc.) and acute haemolytic reaction resulting in fever and jaundice, transmission of infectious diseases (viral hepatitis and AIDS), overload of the circulation and metabolic shock.

Therefore the practice of blood doping in sport is banned by the IOC Medical Commission.

ALCOHOL

Alcohol is not prohibited. However, breath or blood alcohol levels may be determined at the request of an International Federation.

MARIJUANA

Marijuana is not prohibited (but is illicit). However tests may be carried out at the request of an international federation.

LOCAL ANAESTHETICS

Injectable local anaesthetics are permitted under the following conditions:

- (a) that procaine, xylocaine, carbocaine, etc. are used but not cocaine.
- (b) only local or intra-articular injections may be administered (intravascular injections are not permitted).
- (c) only when medically justified and the details including diagnosis, dose and route of administration must be submitted immediately in writing to the IOC Medical Commission.

CORTICOSTEROIDS

The naturally occurring and synthetic corticosteroids are mainly used as anti-inflammatory drugs which also relieve pain. These drugs influence circulating concentrations of natural corticosteroids in the body. They produce euphoria and side-effects such that their medical use, except when used topically, require medical control.

Since 1975, the IOC Medical Commission has attempted to restrict their use during the Olympic Games by requiring a declaration by the team doctors, because it was known that corticosteroids were being used non-therapeutically by the oral, intramuscular and even the intravenous route in some sports. However, the problem was not solved by these restrictions and therefore stronger measures designed not to interfere with the appropriate medical use of these compounds became necessary.

Corticosteroids are banned except for topical use (aural, ophthalmological and dermatological), inhalational therapy (asthma, allergic rhinitis) and local or intra-articular injections.

ANY TEAM DOCTOR WISHING TO ADMINISTER CORTICOSTEROIDS INTRA-ARTICULARLY OR LOCALLY TO A COMPETITOR MUST GIVE WRITTEN NOTIFICATION TO THE IOC MEDICAL COMMISSION.

DIURETICS

Diuretics have important therapeutic indications for the elimination of fluids from the tissues in certain pathological conditions. However, strict medical control is required.

Diuretics have been misused by competitors for two main reasons, namely: to reduce weight quickly in sports where weight categories are involved and to reduce the concentration of drugs in urine by producing a more rapid excretion of urine to attempt to minimise detection of drug misuse. Rapid reduction of weight in sport cannot be justified medically. Health risks are involved in such misuse because of serious side-effects which might occur.

Furthermore, deliberate attempts to reduce weight artificially in order to compete in lower weight classes or to dilute urine constitute clear manipulations which are unacceptable on ethical grounds. Therefore, the IOC Medical Commission has decided to include diuretics on its list of banned classes of drugs.

BETA-BLOCKERS

The IOC Medical Commission has reviewed the therapeutic indications for the use of beta-blocking drugs and noted that there is now a wide range of effective alternative preparations available in order to control hypertension, cardiac arrhythmias, angina pectoris and migraine. Due to the continued misuse of beta-blockers in some sports where physical activity is of little or no importance, the IOC Medical Commission reserves the right to test those sports which it deems appropriate. These are unlikely to include endurance events which necessitate prolonged periods of high cardiac output and large stores of metabolic substrates in which beta-blockers would severely decrease performance capacity.

BRUNY ISLAND

Saturday 7th
December
1991

DENNES
POINT

ALONNAH
PUB

T.U.R.A

LIGHTHOUSE
BAY

63k ULTRA

55.

Bruny Island

63k Ultra

Saturday 7th December 1991

Solo Entry

- Start:** Jetty, Dennes Point.
- Finish:** Lighthouse, Cape Bruny.
- Course:** See reverse.
- Assistance:** No drink stations will be provided. All runners must have at least one support crew. Rules of the road apply - i.e. run on the safest side, preferably facing oncoming traffic. On narrower sections it is preferable for support vehicles to move ahead and wait.
- After Event:** At Hotel Bruny, Alonnah. Light refreshments will be provided by Max Tabor and his staff.
- Start Time:** This is a handicap event so runners start times will be set so they finish at about 2pm. You will be notified of your start time.
- Note:-** Refer to Ferry times on reverse.
- Start is 20km from ferry terminal.
- Prizes:** A Perpetual Trophy will be donated by the Bruny Council to the first Solo Finisher.
- All Solo finishers will receive an engraved Medallion.
- Entries:** Solo entries must be returned by Saturday 23rd of November, 1991.
- Age Limit:** For solo entries minimum age is 18 years on race day.

Further Information:

Kerri Law, TURA (002) 725170
Alan Rider, Talays (002) 349566

56.

Course Record

5 hours 02 minutes - Alan Rider

Entry Form -Solo

Name: _____

Address: _____

Phone: _____ Age: _____

Previous_ Experience: _____

Support Crew Name: _____

Entry Fee: \$10.00

TURA member _____ \$ 8.00

DECLARATION

I, the undersigned in consideration of and as condition of my entry in the BRUNY ISLAND Run for myself, my heirs, executors and administrator, hereby waive all and any claim right of cause action which I or they might otherwise have for or acting out of loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry of participation in the said event.

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

Signature: _____

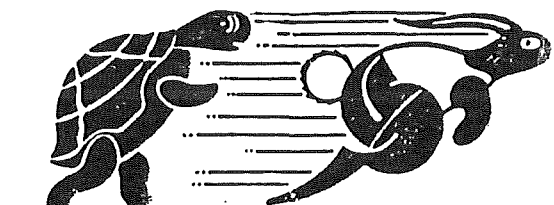
Entries: Solo entries must be returned by Saturday 23rd November, 1991 to enable you to be informed of handicap start times.

INTERNATIONAL ASSOCIATION OF ULTRA RUNNERS (IAU)

This organization has been in operation for many years and AURA is affiliated with the IAU. The primary aim of the IAU is to establish and maintain a network of communication and co-operation amongst ultra runners throughout the world. The IAU maintain world rankings and formulates policy, rules and guidelines in conjunction with its affiliates on all matters relating to ultra running. To further their primary aim, the IAU publish a quarterly Newsletter. Yearly subscription rate is currently eight pounds sterling, inclusive of postage to Australia.

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

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



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T.U.R.A.

TASMANIAN ULTRA RUNNERS ASSOCIATION

FERRY TIMES

Depart Kettering		Depart Bruny	
FRI	SAT	SAT	SUN
4:00 pm	7:15 am	3:15 pm	8:30 am
5:00 pm	8:10 am	4:30 pm	10:15 am
6:30 pm	9:30 am	5:30 pm	11:45 am
		6:50 pm	2:15 pm
			3:15 pm
			4:30 pm
			5:30 pm
			6:50 pm

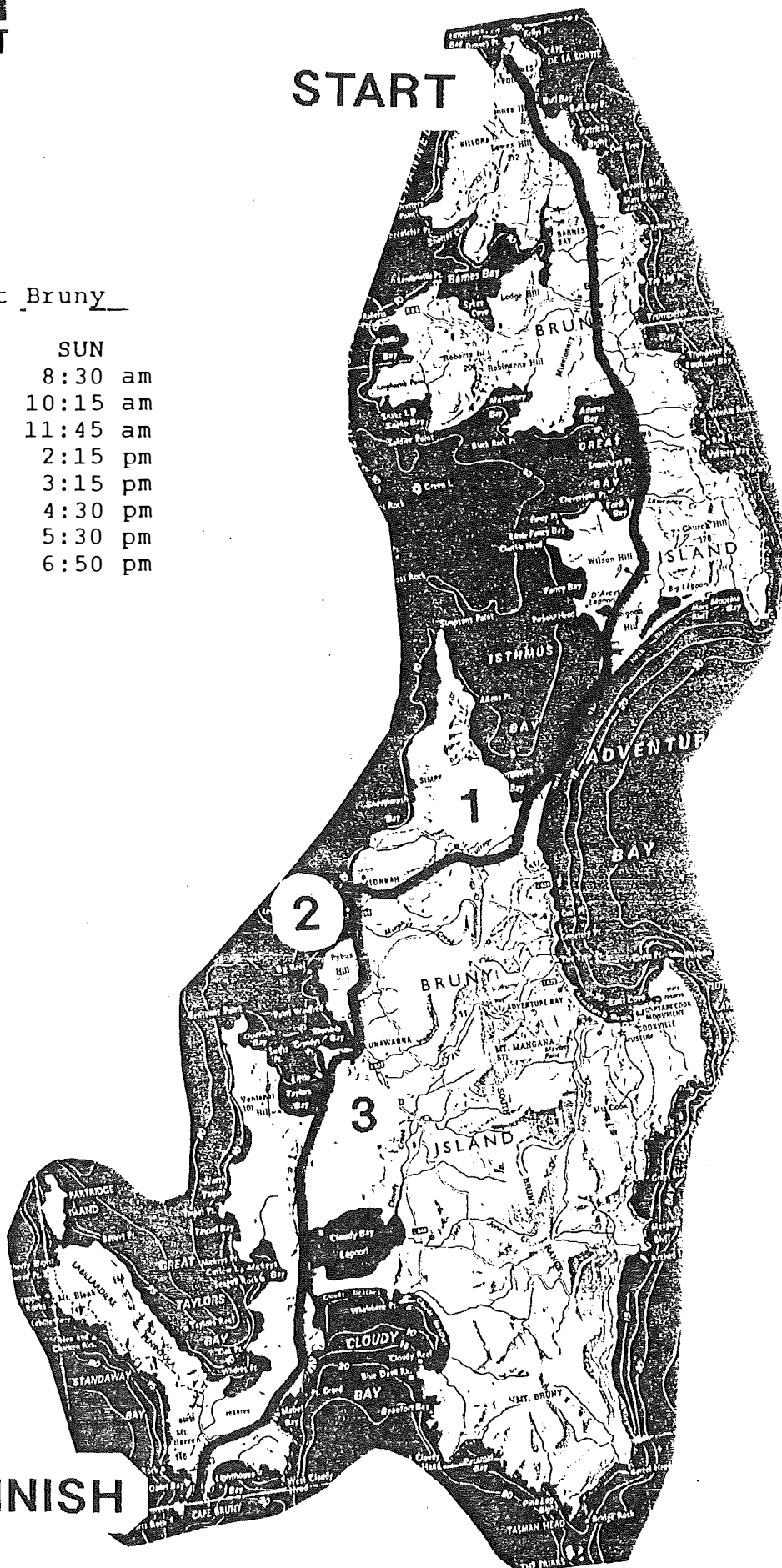
Notes On Course:

Point 1: Keep right towards Allonah.

Point 2: Follow Main Road through Allonah.

Point 3: Turn right at T junction just after Lunawanna.

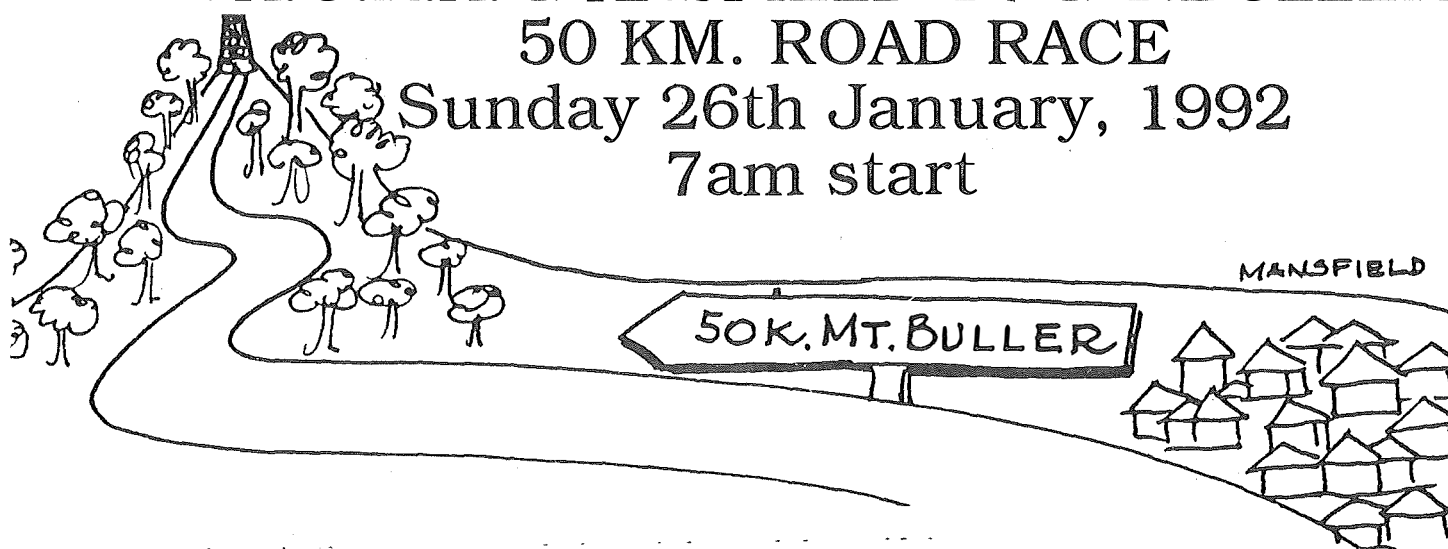
START



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

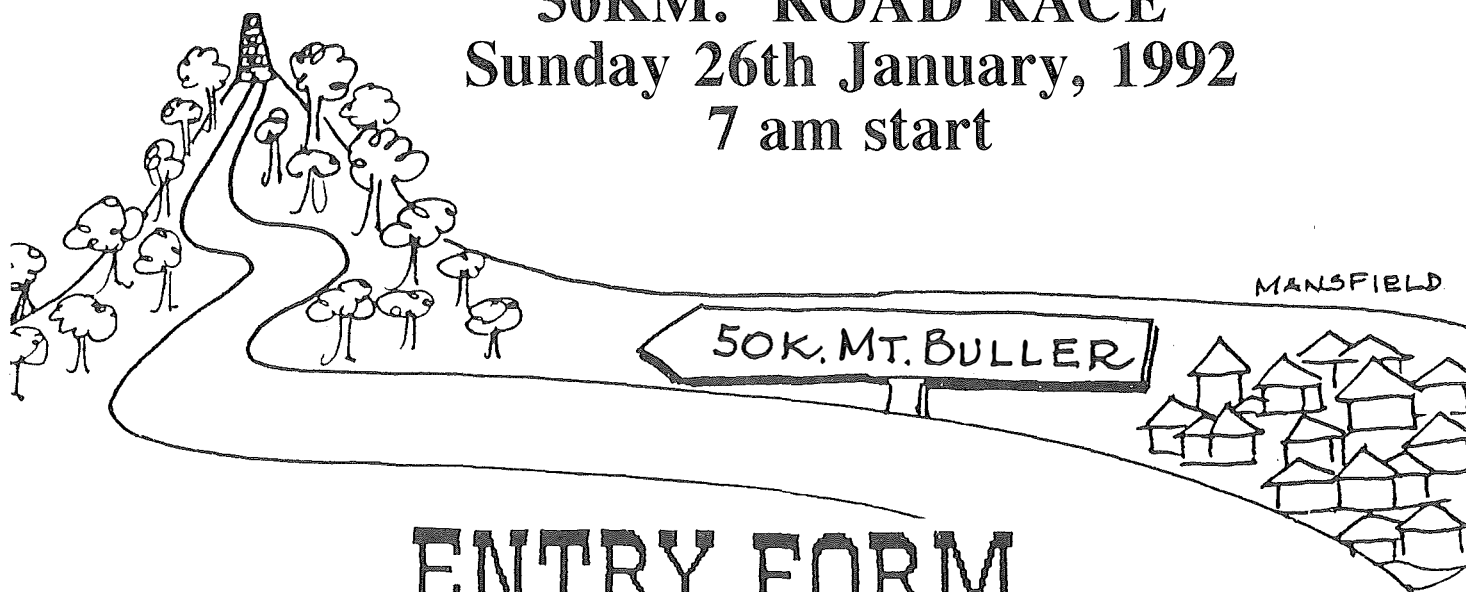
Race organised by the Australian Ultra Runners' Association Inc.
(AURA Inc.)

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

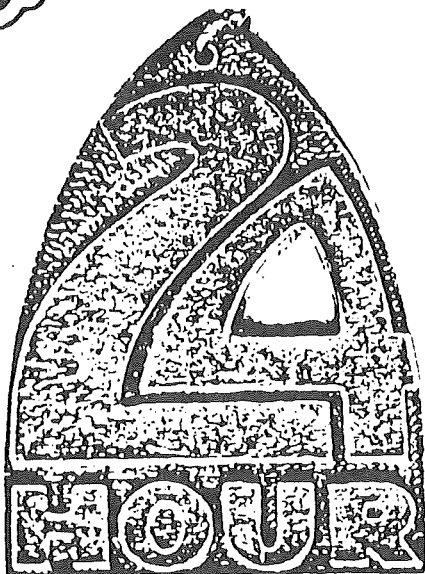
WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the 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

Metal Man Barry runs for Geelong

GEELONG ADVERTISER, Monday, September 23, 1991

ULTRA-marathon competitor, Barry Stewart, runs about 180 kilometres a week and has broken many national and world records in less than five years.

There is no such thing as a day off for the lively 58-year-old Queenslander.

The Geelong Cross Country Club's 28-kilometre event yesterday was a "short jog" for the runner, better known as "The Metal Man from Kingaroy".

Mr Stewart is an inspiration to anyone contemplating a fitness regimen — he runs with the aid of crutches and calipers.

A member of the Australian Ultra-Runners Association, Mr Stewart accepted an invitation to run in the Rohm and Haas 28-km event from Whittington to Queenscliff.

A keen athlete in the 1940s and 50s, he decided to take part in the local event because he had "heard about Geelong's financial troubles on TV".

He is also a fundraiser for charity organisations, and his \$200 sponsorship from the local firm, Rohm and Haas, will be donated to Geelong's United Way.

"I run a lot for charity. I like to help out the children who can't walk or run." He also spends many hours speaking to spinal injury victims in hospitals.

There was a time, after a bad driving accident which severely damaged his legs, when life was not so bright or active for "ex-drunk" Mr Stewart.

"I was the North Queensland beer drinking champion and I used to smoke 90 cigarettes a day," he said.

"But, I've been off the grog since 1956 and am a complete teetotaler."

Only five years ago, Mr Stewart decided to "get out of bed and stay out" and he resumed running.

"I love life, and I love running. I run each day, seven days a week — there is no such thing as a day off".

He runs between 160 kms and 180 kms and walks about 40 kms each week.

Mr Stewart usually gets out of bed at 2 am, has breakfast, starts stretching exercises by 3.30 am and is on the road by 3.45 am.

Mr Stewart has broken four Australian and world records, including the 18-hour road record by completing 81 kms, running 100 kms in 24 hours, and the 48-hour record in 137.7 kms.

He plays down his achievements, and denies being an inspiration to other runners. However, his running partners over the years have included Colac's Cliff Young and ultra-marathon champion, Yannis Kourous.

His nickname, "the Metal Man from Kingaroy", originated from truck drivers warning other motorists on their CB radios that Mr Stewart was running along the road.

The Geelong Cross Country Club event began at 8 am yesterday, but Mr Stewart began more than two hours earlier to arrive at the finish line, the Queenscliff football ground, at the same time as other runners.

Accompanied by several other competitors, he ran about 5.5 kms an hour.



PHOTO: Mike Dugdale

● Barry Stewart: "I like to help out the children who can't walk or run."

The Leopold hill along the Queenscliff Highway was no problem for Mr Stewart, who trains in the Great Dividing Range, near Kingaroy, where he owns property.

"I get tired, but I learn to control it. Like all other runners I learn to beat tiredness," he said.

70.

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ARTICLES

The following is a "Blast from the Past" - an account of one of the early Westfield Runs. It is interesting to note how things have changed. For instance, fancy being the leader in the Westfield and not even knowing! No way that could happen today. Geoff Molloy is now living a fairly quiet life with his wife Pat (whom he married after the Westfield) on a farm on French Island, away from the Westfield hype and publicity which he could have been involved in, had he been a different type of person. In my book, as one of his training partners and a member of his crew when he won the race, Geoff always impressed me as a very special person. He had the incredible knack of making a person feel good, of being part of a group, even if you were a very quiet person on the fringe. He was a great yarn teller and rubbisher. He used to give Denis Moore, his trainer hell. Take the Mickey out of him every opportunity he could. Make everybody laugh. There were about a dozen of us used to run from Wattle Park twice a week and do a 16-20 miler with Geoff. Geoff was always the centre of the group, and he'd talk non-stop all the way, telling funny stories about everybody. He'd make a point of sucking the quiet ones, like Howard Ross, into the conversation, make them feel a part of the group. He throw over his shoulder, when he was in the middle of a story, "Wasn't that right Howie?" or "Remember that Howie?" He was really great. As I said, a special person.

GEOFF MOLLOY - THE WONDER BOY

A report on the 1984 Westfield Melbourne to Sydney

by Dot Browne

Geoff Molloy, the Wonder Boy! First attempt at an ultra, he breaks the existing Australian 24 Hour Track Record. Second attempt, he wins the gruelling Westfield Melbourne to Sydney Run. Wow!

Obviously the stamina Geoff showed 20 years ago in his 9 day Sun Tour Bike Rides was still a part of his makeup. He'd trained 150 miles a week, plus he'd spent 9 hours every weekday on his feet with his lawnmowing job to prepare for this race. It took him months for him to learn to run slow enough. He's a 2hr.29min marathoner and it wasn't easy!.

The Melbourne to Sydney Race of 875km which Geoff won was certainly an interesting one. There were 29 contenders for the \$35,000 prize money. These included experienced local ultra-marathoners, Tony Rafferty, Bob Bruner, John Connellan, Joe Record, Cliff Young, also Dick Cameron and John Hughes from New Zealand, Don Choi from USA, and Tirtha Phani from India, the small man with the big reputation. Geoff was a new-comer to the ultra-running scene, an unknown to most of the field.

Cliff Young of course was the delightful potato farmer who put this race on the map in 1983. This year, he started with a stress fracture in the knee which he felt might "warm up". It warmed up all right. He ran the full distance and finished 7th, just behind Tony Rafferty.

Geoff had managed to obtain sponsorship from "Four 'n Twenty Pies" and they proved to be extremely generous and provided \$4,000 to cover all expenses for this race. "Puma" also totally outfitted Geoff and his 5 man team in matching yellow and black track suits, so not only did they perform as a team, they also looked like one.

The crew was hand-picked - Denis Moore, coach, masseur and manager, Fred Hellyer, cook and chief handler, Bob Hall, chief driver and first-aid man, Ken Barnhill, driver and adviser, and Dot Browne, recorder and statistician. It proved to be a great combination and we got the award from the media for being "the most professionally organised crew". We had a really warm relationship and we all loved the guy we were looking after. I'm sure we also had the most fun.

The race started at Westfield Shopping Centre, Doncaster, Victoria, on Friday 27th April at 10.30am amid great pomp and ceremony. Premier Cain sent them off. Some set off at suicidal 6 minute mile pace. Geoff hung back and was one of the last to reach the city. He commented as he passed Kew Cemetery, "Even the bloody grave-diggers are cheering us on". He received a great ovation from his friends at Melbourne University where he regularly mows the lawns.

The support crews met the runners in Royal Parade, their vans loaded up with food and gear for the week's journey.

At the end of Day One, Geoff had covered 120 miles and had come through the field to place third. Wal McCrorie and Joe Record were still ahead. "Rigormortis has set in" was Joe's comment to Geoff as he passed him stretched out on the grass at the side of the road late Saturday morning, having trouble with cramps.

Geoff's feeding habits were based on those employed by the bike-riders - little and often. The crew prepared small snacks and drinks every 3km during the entire six days and it was a constant challenge for us to offer him something interesting and different. He rested when he needed to, and averaged two hours sleep a day, usually taken in the early hours before dawn.

Very quickly, we all became very adept at leaping on and off the moving van carrying plates of food and balancing drinks.

Our own training comprised of 10 metre dashes out front to feed our boy and 1,000 metre sprints to catch the van after road-side pit stops.

Peter Stone, sports writer for The Herald, kept dropping in to get information for his daily column. Mike Agostino, executive director of the run caught us at 7.30am on Saturday. Fred Hellyer immediately tackled him about the absence of promised race-reports. "We never dreamed they'd spread so far apart so soon", he said, "It's causing us all sorts of problems".

We heard Caroline Vaughan, the only female starter, had fallen out with her blond-headed manager Zigi Bauer and that she'd pushed him off his bike when his urging annoyed her. She sent him crashing into the gravel and he grazed his elbows badly. About 100km past Albury, she pulled out and returned to Woolloongong. Zigi transferred to Joe Record's crew. I spoke to him next day, "How'd you graze your elbow Zigi?" "Fell off me bike" he muttered.

The complete absence of accurate race reports annoyed us. It was ludicrous. All through the early hours of Saturday morning, we thought Geoff was third and that the leader Neil Petersen was two hours ahead. In fact it turned out that we were leading and didn't know it. That day, we were passed again by Joe Record and Hughes while Geoff was resting, but about ten miles out of Wangaratta, Geoff hit the lead and never lost it again.

Over the NSW border, the run became more hazardous with the extensive road-works. The highway became only a single lane in each direction and the broken edges were hazardous to the ankles. Often a dozen or so giant semi-trailers slipstreamed, hitting us with tornado-type winds in their wake. The noise and the wind was like jogging two feet from a fast electric train. Delays of traffic caused by our snail-paced back-up vehicles trailing the runner, annoyed hell out of the truckies and other motorists. In fact, at Albury, a car and semi-trailer collided when avoiding Bob Bruner's support vehicle. It was a miracle that no other accidents occurred where the highway was so narrow.

Several times, when carrying meals to the crew members in the other van, the laden plastic plates were thrown up in the air with the draught, covering both the handler and the Hume Highway with whatever happened to be on the plate at the time. Life was never dull.

Another day, I was out feeding Geoff with soup and toast and his snack was interrupted by a yell from behind, "The bloody van's on fire". I'd left more toast burning under the griller and thick black smoke was pouring out all the doors and windows.

Through Jugiong, thick pea-soup fog on the Tuesday morning trapped the exhaust fumes from the trucks and smelt absolutely foul.

We all lost track of days and time on the road. "What day is it?" asked Ken. "It's Gundagai, so it must be Tuesday" replied Denis.

Officials were certainly conspicuous by their absence. They told us they'd spent many hours up trees, or crawling on their bellies in the long grass, checking on runner's honesty. On one occasion, Bob

Bruner's vehicle pulled up under the very tree where Major Charlie Lynn was hiding, and he was stuck up there for two hours until they moved on. At times when officials were desperately needed for directions of where to go, they were nowhere to be found. Some crews panicked and Wal McCrorie and Keith Marshall both did extra distance when they missed the turn-off at Bargo. Mick Whiteoak and Bill Luke tell me that Wal sprinted for the next 2K to vent his frustration and to burn off Bob Telfer, who was hot on his trail. It was certainly confusing. Quote of the week went to the ever-capable Denis Moore, our team manager. When staggering out on to the road again in the pitch-black after a two hour sleep, he asked, "Which way do we go? I'd hate to have him running back to Melbourne".

Keith Marshall picked up an unlikely crew-member en route, a female bikey, complete with leather gear and huge machine. She joined them at Albury and would frequently roar off into the night to check out the opposition.

By Wednesday, the barrage of reporters started in earnest. Geoff had been in the lead for 4 days and the end was in sight. The press photographers got down on their bellies on the road to organise spectacular shots of him silhouetted against the skyline with the sunrise behind him. They wanted to photograph the nitty-gritty of ultra-distance running, the massages, the food stops, the spray sessions, the singlet changes into night reflective gear. Often his interviews were conducted from the massage table simply because reporters couldn't keep up with him on the run.

On one occasion when I was driving, I almost decapitated an overweight photographer who had thrown all his cameras and gear onto the step of our van and was suffering cardiac arrest trying to jump on himself, with the camera strap still strung around his neck. Fred took fiendish delight in telling me to drive faster.

We often laughed about the fact that one of us always seemed to be caught short taking a pit stop whenever the TV news helicopters hovered overhead. I wondered how many viewers saw me baring my bum on national television.

Geoff was a stickler for the rules. He refused to let anyone run with him, even when he was in the horrors. It paid off. He came out of the race with a completely clean slate.

Fred Hellyer was the backbone of the support crew. He insisted that Geoff was No.1 priority, no matter what. This was shown at 3am one dark night, when old Denis jammed on the power brakes and our pressure cooker on the stove bounced straight out the door and hit the highway. I leapt out after it. "We'll have to wait for Dot!", yells Denis. "Stuff Dot. Geoff's our No.1 priority. She'll catch us somehow." Meanwhile, I was left groping frantically around on hands and knees in the long grass on the side of the highway in the pitch blackness, with the van's tail-lights fast disappearing into the distance. Headlights of passing semis lit the verge from time to time, but eventually, I gave up and had to do a p.b. 10K to catch the van. So..... if you ever find it, it's ours. Contents could be a bit suspect by now.

We tended to leave the van door open because we were in and out of the van to feed Geoff every 15-20 minutes. But every time someone hit the brakes, something else went out the open door. The enamel kettle, after hitting the Hume Highway for the 16th time, looked a battered wreck after six days.

Freddy Hellyer was also a practical joker and would do anything to make Geoff laugh. After Tirtha Phani pulled out on the second day, Fred nicknamed him Tirtha "Phoney".

Near Mttagong, while cooking breakfast, he suddenly went hurtling out the door with a plate of porridge. Two minutes later, we saw what he'd been up to. He rearranged a dozen brightly-painted garden gnomes from a farm-house garden into a tight circle and placed a bowl of porridge in the middle.

Another time in the early hours of the morning, when it was cold and foggy, an old cemetery loomed up out of the gloom. Fred again went charging out of the van, dragging a blanket in his wake. He came hurtling out of the cemetery, down the bank to Geoff out front, blanket over his head and arms outspread. "This is the ghost of Joe Record" he howled in a quavery voice. Denis remarked that he took a very grave view of Fred making fun in the cemetery.

"Hey, can you get me some cream for my ankles?" Geoff yelled through the van window. "Right", says Fred, grabbing a 300ml. of cream from the frig, as well as the analgesic cream that he required. Anything to keep Geoff smiling.

On another occasion, Geoff pointed out an old pair of gumboots lying in the ditch beside the road. Fred grabbed them and seconds later went thundering up the road past Geoff, "'Look out Geoffrey! Here comes Cliffy making his break!" We kept the boots and strung them up on the front of our van - a symbol of old Cliffy's inspirational influence on Geoff.

When things got a bit quiet, Fred would stick his head out the side window and bellow "Go for it Geoffrey. Go for the big one!"

The support in the country towns was unbelievable. Hundreds came out late at night in Yass to cheer Geoff on. Even the road-construction workers supported him. They painted "Welcome" on 50 metres of toilet roll and strung it across the highway. They clapped and cheered as he ran "Through the tape". (Thankyou Brian Lenton)

Incidents such as this kept his spirits high. We also hooked up an external speaker on the van so that he could listen to music the whole way.

But by the fourth night, Geoff was in the horrors. He hit the low spot during a bleak period between midnight and dawn when the temperature was zero. It was at this time that Fred trotted out a motivational speech that would have put Barrassi to shame to get him going again. He reminded him of gutsy performances from his old bikey days, even dragged in his Mum who'd been dead for two years. "We're not quitters are we?" he challenged. It was just what Geoff needed. "Give us me shoes", he muttered and lurched out into the night again.

The reception at Goulburn at 10am Wednesday morning helped to lift his spirits again. Thousands of school-children and locals lined both sides of the main street and yelled, "Go Geoff Go!" in unison. It was great.

Geoff asked Denis just out of Goulburn, "D'you reckon you'll give me a day off after this Den? My mileage looks like being pretty good this week." Denis' comment: "It's easy to take the soft option Geoffrey. Don't count on it."

On the fifth day, Geoff still maintained a 20K lead and was employing "catch-me-if-you-can" tactics. Kiwi, John Hughes was second but Geoff seemed to be constantly stretching his lead. However, early in the morning of the final day, with about 90K to go, near Bargo, Geoff was settling down for a two hour sleep. An official car suddenly appeared and informed us that Hughes had put in a tremendous effort and was now only 7K behind and looking good. 7K!! We all nearly had heart attacks. We woke Geoff after 17 minutes and sent him on his way. He was forced to stretch out instead of shuffling and he attacked the solid Razorback Range near Picton with tons of vigour. "Looks a bit steep up front Ollie. Looks like God's throwing cars out of the sky" was Fred's comment.

But with 40K to go, his energy had run out and the agony set in. He desperately needed sleep but knew he would be passed if he had it. The hot 26 degree temperatures didn't help. He sprayed him and offered him drinks constantly and did everything we could to keep him going. With 25K to go, I saw he was in tears. I jumped back into the van and promptly burst into tears too. Denis was also looking watery-eyed. Fred took one look at the pair of us and yelled, "For God's sake pull yourselves together you two!. How the hell are we going to look after him if we're falling apart too?" Fair enough.

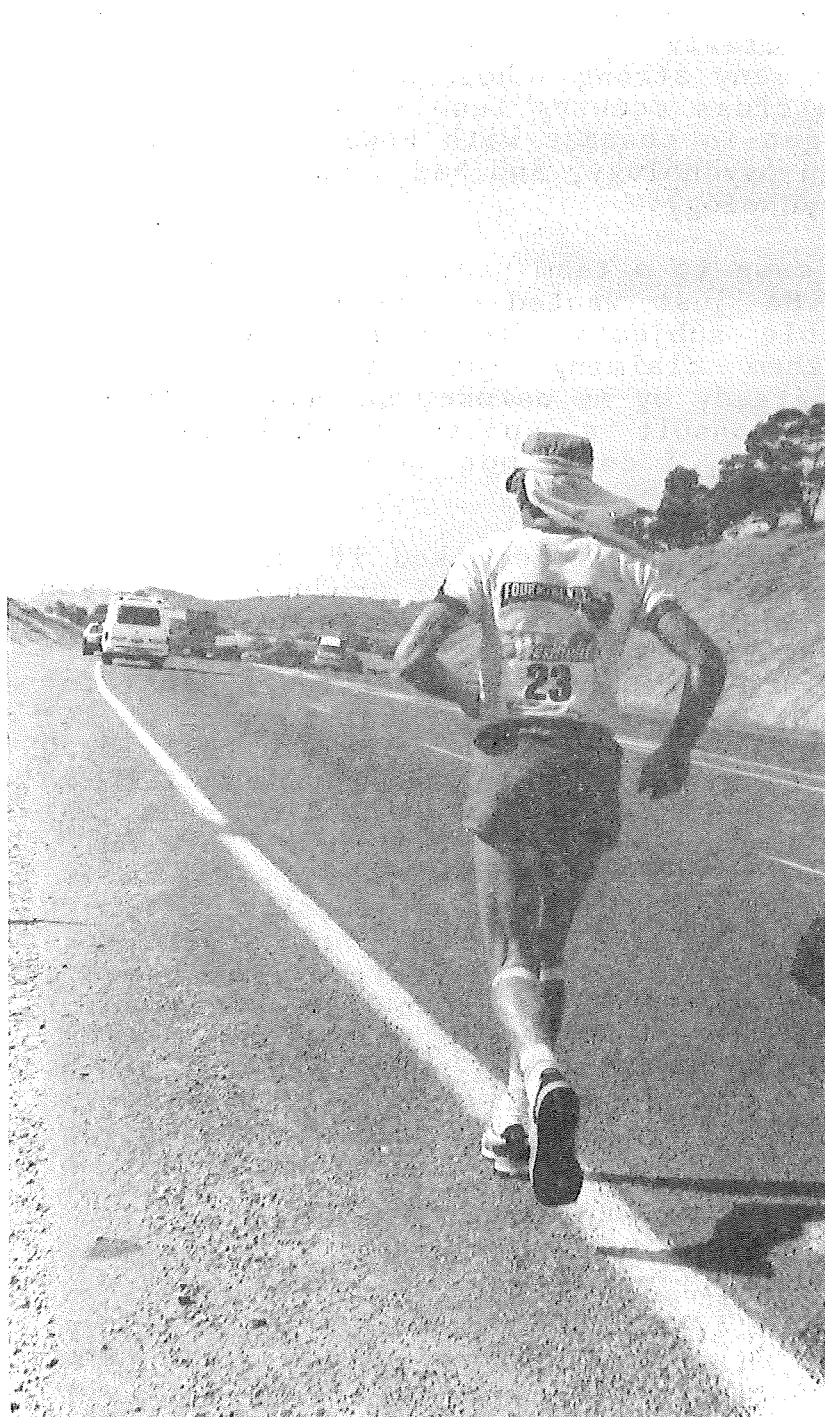
Somehow, Geoff survived the next 15K, and with 10K to go, he actually said that he was coming good again. Charlie Lynn's army blokes ran as a guard of honour around us for the final few kilometres, stopping the spectators who wanted to leap forward and slap him on the back. They didn't realize how weak he was at that stage. It would have taken nothing to knock him over. The relief on reaching the tape was enormous. Thousands of people lined the streets of Parramatta to welcome him in and the glamorous Westfield Cheer Squad girls with their short short skirts and enormous paper floggers made

it all seem very American. The mass hysteria when he finished was unbelievable. The crowd surged forward and enveloped all of us. We were pushed and shoved from every angle as army blokes hooked elbows and tried to protect us. Desperate aggressive photographers banged our heads with cameras as they tried to lift heavy gear high in the air to photograph Geoff from above. It was a claustrophobic experience that I'll never forget.

He was carted off to the Westfield Mall and in front of a jam-packed shopping centre, he was presented with the winner's sash and a cheque for \$20,000. The cheering and shouting was deafening as he accepted it. His crew were all spun out, unbelievably thrilled for him and at the same time, totally exhausted and looking for somewhere to clean up, have a shower and collapse.

But was it all too much for us? Denis' comment sums it up, "If he's not careful, I'll threaten to come again with him next year"

Geoff had taken 6 days 4 hours 2 minutes for his run. Only 9 of the original starters finished. It's been described as the ideal race for middle-aged insomniacs, because 5 of the first 6 were over 50 years of age.



Dot Browne assisting Geoff Molloy during his victorious 1984 Westfield Run from Melbourne to Parramatta, (before the organisers changed the direction of the run).

Most of us ultrarunners have probably heard how people, when they have found out that we are running distances that they wouldn't even bother to attempt on bicycle, doubt our mental sanity. That is in a way understandable. To run 100 kilometers, or a Spartathlon, or even longer races, is a very mental business. Contrary to the non-ultrarunners who I have so often heard questioning the status of my mind, I am convinced that only those who are in control of their own will and emotions can be successful in such a demanding enterprise.

Until 1981, I used to look at running as something entirely physical. If I performed well I gave my body the credit. After a bad race I blamed the heart, lungs, muscles and other parts of my bodily machinery. But all that came to a change when I was studying at the United States International University in San Diego. It was a pretty small private college, and the school had specialised in a few areas where the academic standard was very good. Psychology, and especially sports psychology, was an area where the university had many strong scholars. My coach at that time- I belonged to the cross country team - was a psychology student. Through him I got in contact with Howard Goldberg. He was working on his PhD in psychology, and had a special interest in the area of sports psychology.

Anyway, Howard Goldberg came to a team practice and offered his services to us runners. He just wanted to apply what he was learning to some suitable subjects. My team mates were not interested, some of them claiming they did not need a "shrink". But I am a bit greedy by my nature, so when I realised what it would cost to consult a sports psychologist, for whatever reason I might have, I could not decline the generous offer.

When Howard started to work with me he asked if there was any race in the near future where I wanted to produce a certain result. There was. In a couple of weeks I was scheduled to run a 10,000 meter race in San Francisco. He asked me how fast I was aiming to run it, and when I told him I was setting my goal for a new personal best of 30:50 he immediately went to work on it. The first thing Howard Goldberg did was to calculate that 30:50 means that I would have to average 74 seconds per lap. Then he divided the 400 meters around the stadium in smaller sections, estimating where all the features of the infield were located.

"Now I am going to take you through a session of deep relaxation", he said. I had to sit in a chair, and Howard told me how I was going to feel muscle by muscle relax, and then I was told to visualize myself walking down the steps of a staircase, getting more and more relaxed the deeper down I came. When the procedure was completed and I was relaxed enough, Howard told me to visualize myself being in a big stadium, and described the environment of a track meet for me. It worked very well. I had no problems to fill my senses with the sensations of competition.

"Now you walk up to the starting line and the starter tells the field to get ready", Howard's voice told me. I saw everything so very clear that it was just like being there in real life. In my mind, well, I knew it was in my mind however real it might seem, I looked at my fellow competitors and started to laugh. "What are you laughing at?" Howard asked me. "They look so nervous", I replied. They, my visualized competitors, did really look quite nervous.

Howard hit a metal lampshield and that was the gun to me. The imaginary 10,000 meter race started in my mind. I was at all times told where I was on the track and 74 seconds after the lampshield was hit, I had completed the first lap. Kilometer after kilometer was run that way, and I felt so very relaxed and so confident.

Different scenarios were played up, such as somebody trying to break away from the pack, but all the little incidents were taken care of without unnecessary stress or lack of concentration or confidence. After a while I found myself breathing hard, just like when I was running a real race. I thought it might be bad to sit there and hyperventilate, so I tried to bring my breathing back to normal. Then I got lactic acid in my muscle right away. I went back to breathing like the lungs thought they had to again. The sweat was pouring all over my body; the running in my mind had obviously speeded up my metabolism quite a bit.

I finished the race in good style, and was taken out of the relaxed state. It really felt like my legs had been through something as I walked out of the office.

The race day came, and I went through the 10,000 meters in my mind before I started to warm up. When I stood there at the starting line, I was laughing because my competitors looked so nervous. When we were off running it was like I had been through it many times already, and I had never been more confident or more relaxed in any competition before. I was looking forward to all those little surges and incidents. At seven kilometers it felt like we were out on just an easy training run, so I stepped up the pace and ran the last three kilometers faster than the first three. I finished in 30:35:07, a new personal record.

That achievement could of course not have been done if the body wasn't in good enough shape. But to prepare for the race in the mind was a way of optimizing, to make the head give the legs permission to go all out. If a problem had appeared I would have been more ready to handle it without undue stress.

Back in San Diego again, Howard asked me about the next project, Boston Marathon. I explained some concern about the Heartbreak Hill. That is a series of three hills. When one looks at the course profile they seem to be quite a nasty little topographic obstacle. The hills are located between 30 and 33 kilometers, and just the name, Heartbreak Hill, leads the thoughts to some kind of cardiac disaster due to overexhaustion. I had never seen the hills in real life, and I am sure I was neither the first nor the last runner who got scared just by Heartbreak Hill's name and reputation.

Now Howard performed a rather smart psychological stunt: He invented a problem that did not really exist; a problem that was much easier to handle. He had grown up in Boston and was familiar with the area, so he knew what substitute to use.

"Heartbreak Hill will only work to your advantage because you train so much on the hills around the School. Instead we will focus our training on Wellsley College", he said. Then he described the setting we were going to deal with in the mental training. Wellsley College is a school for girls, located approximately half way between the start in Hopkinton and the finish in Boston. A stretch of half a mile, or 800 meters, is packed with women at the most fertile of ages, 18 to 22 years, 77.

and they will scream so much that every male runner who passes through that narrow corridor of female beauty will get some kind of testosterone kick and speed up the tempo way too much. When the course is back to the normal countryside again, those who ran too fast will have to pay for it, and they risk to get tired. The mental training for the Boston Marathon consisted of visualising myself running the 800 meters by Wellsley College, over and over again. This was a very nice form of training indeed!

On race day I had no worries whatsoever about the Heartbreak Hill. I was just looking forward to the 800 meters that I so thoroughly had prepared myself to run. There was no sign telling us when we were passing Wellsley College. That was not necessary. All of a sudden I found myself running in a lovely inferno of soprano voices screaming encouragements. Not only the eardrums were vibrating. It was like a wall of sound had hit the entire body. I happened to be in a pack with other runners at the time, and they really did speed up a bit. But I was trained for the situation and kept the tempo steady and my head cool, and just ran there and enjoyed the scenery. On the other side of Wellsley College I was passing the men I had previously run with, but now the pack was broken up and the runners strung out.

Obviously I must have run up Heartbreak Hill; but I didn't really notice where it was, and it was no concern of mine at all. I finished the race in a new personal record time, tired of course but not at any time lacking in confidence, perhaps thanks to the mental training I had undertaken. What Howard did to me there was to divert my attention from a problem I was a bit worried about, and that worked very well. 800 meters of girls was much better to have in mind than three kilometers of uphill.

I learned a lot from practising mental training in San Diego and when I moved home to Sweden in 1983 and kept the importance of a good mental attitude in mind when I started to run ultradistance races. The first real chance I had to practise that noble science was when I ran a 100 kilometer race in Lu Sweden. The course was shaped like a figure eight. First five kilometers around the Technical University, and then five kilometers through a housing area. That loop we had to run 10 times.

On the first loop I had some thoughts about the duration of the race: "100 kilometers, running for something around seven hours 10 times around this course, fatigue will be inevitable, my friends who think I'm insane to endure this voluntary might be more right than I am..." Such thoughts are heavy to carry around in a race, so I tried to block them out of my mind.

After nine kilometers on the loop, just in a street corner, I had to extend my stride so I would not step on a dead little rabbit. It was not a very pleasant experience. At the moment it didn't seem very exciting to have to do that nine more times. When I found myself with negative thoughts about the dead rabbit, I realized that I should better snap out of them otherwise the day might be longer than necessary. Suddenly I got the idea of saying something to the rabbit every time I was passing it.

After just some kilometer of thinking I had my comment all figured out for the next time when I was going to pass the street corner. Now I was really looking forward to getting there. "Only four kilometers to go... three kilometers and I".

by the rabbit....just five more minutes of running... now I'm in on the street... there it is... " Just as I hurdled the little dead creature I cracked the comment: "Did you start out too fast or why did you die?" That felt really good and I did immediately start to think about a comment for the next lap. On the final lap I did, probably under the intoxication of endorphines, make up a little poem that I said to the rabbit as good bye.

If anybody is of the opinion that it is sick and disgusting to say things to a little unfortunate and dead animal, I can certainly understand that. But it really did work. It helped me to divide the very long distance in shorter and more easily handled segments. 100 kilometer can be a rather distant goal, and we might need smaller goals on the way as stepping stones towards the finish. And admit 10 rabbits sounds much softer and less threatening than 100 kilometers!

Well, we might not be able to pull a rabbit out of the hat when we need one, but in many situations we can find other tools to use. In the 100 kilometer race in Rodenbach, Germany, 1987, I was in third place 60 kilometers into the race. Vaclav Kamenic of Czechoslovakia was in the lead, and the German runner Wolfgang Schwerek held second place, some minutes ahead of me. Schwerek is a strong runner, with one of the best results in 24-hour running of all times to his credit, and I caught myself feeling a bit inferior to him. As soon as I realised the negativeness about my thoughts, I decided to turn them around so I could get the upper hand in the mental process that was going on in my brain. I started to chant "Wolfgang Schwerek, traningsvark, Wolfgang Schwerek traninsvark..." "Traningsvark" is Swedish and means "sore muscles", especially sore muscles due to overexertion. It worked really well. The rhythm of the phrases was perfect for the tempo I was running at. In a way the words became some sort of meditation mantra that cut out all negative thoughts. And if a lie is repeated enough times it will finally become the truth, so I almost started to feel sorry for Wolfgang Schwerek, running there with sore legs. Instead of being intimidated by his reputation as one of the best ultrarunners in the world, I felt like I had a great chance to pass him.

Now I have given some examples of techniques one can use to control the mind during the races. But much can also be done to the attitude well in advance before the hardship is taken on. For instance, a race like the Spartathlon, 246 kilometers of very demanding running between Athens and Sparta offers all kind of adventures. We start in the controlled chaos of the morning rush hour traffic of Athens, and run out of the city breathing dust and car fumes. When the sun rises and we make our way along the peaceful and scenic coastal road up to Corinth, it can be so warm in the sun that even the officials working at the aid stations are suffering from heat exhaustion. During the night the course winds its way up to the Sangas Pass, 1200 meters above the Mediterranean Sea and we now have many hours of running behind us. The night can be lonely on the little country roads, and there is lots of time to think about how difficult the race is. And difficult it is. In fact, only one third of the runners who start from Athens make it all the way to Sparta on their own two feet.

When I train for the Spartathlon, I don't only run many kilometers to get my body ready for the 246 kilometers. To get in the proper mental shape I practice something I call "Adventure Training". In my adventures I can find difficulties and hardship that will make an ultra distance race seem quite comfortable.

The winter is a great season for adventure training. When the snow is good enough I fill my backpack with a sleeping-bag and lots of food. Then I take a train to somewhere and ski home through the woods, finding my way by map and compass. When the daylight fades away so I can't read the map anymore, I look for a good place to rest and cook my supper.

One time when I had a long and hard day and many kilometers on my ski tracks behind, I stopped by a little lake, packed the snow with my skis and laid the foam pad and the sleeping-bag on that surface. It had been dark for half an hour but the snow made the woods light enough so I could still see to work. Then I lit up the camp stove. The best snow for melting to water can be found deeper down. I scraped away the surface and dug out snow with the right kind of crystals and put the bowl on the burner. After having worked more on my primitive camp site, I got a bag of dried blueberry soup from the pack, opened it and stirred the powder into the melted snow. There appeared to be lumps in the soup, but that can happen sometimes if the sugar got wet when the powder soup was stored. I mashed the lumps with the spoon and ate the soup with a good appetite before I crawled into the sleeping-bag. I lay there, alone in the woods. Nobody but myself knew where I was and it was very peaceful to look up at the stars as my eyes got more and more tired and finally I fell asleep.

When I woke up in the morning it was 12 degrees below freezing and the area was covered with a thick and cold fog. To get ready for a new day on skis is a rather special experience under such circumstances. Undressing to put new clothes on requires a certain degree of willpower, and before the bloodcirculation gets up again one can not really expect to feel comfortable. A hot soup for breakfast was something of high priority. Therefore I grabbed the bowl and was going to dig "breakfast snow" from the same hole I took snow from last night. "Ooops! Half a deershit in the snow pit! I wonder where the rest of the pellets are? Well that explained where the lumps in the blueberry soup I had for supper came from"

After a soup made from very well controlled snow, I shouldered the backpack, strapped the skis on, and set out through the woods again. The next evening I came home, and then I was very grateful I had all the comforts of a modern apartment. Such things I had taken for granted before.

If anybody interprets my way of adventure training as "eat shit and get ready for the Spartathlon", the message has not come across the way I hoped. After a demanding ski trip or kayaking journey, the hardships of an ultradistance race seem much less dramatic. In the wood, for example, my entire well being is depending on myself only. Life there is simple and primitive. A little mistake can get fatal consequences. On a couple of occasions, such as when I have been sitting in the kayak and the waves been too high for my skill and the distance to land too great for my swimming strength, I have feared for my life.

When the going gets tough in an ultra race, I go back to my adventures in my mind. In a race I have good service; aid stations every five kilometers or so. The course is marked so I don't have to find my way myself. If I require medical attention, be it a bandaid or an intravenous drip, that can most likely be arranged. And a few hours of fatigue towards the end of the race is not that much to worry about if I know somebody is there to take care of me on the other side of the finish

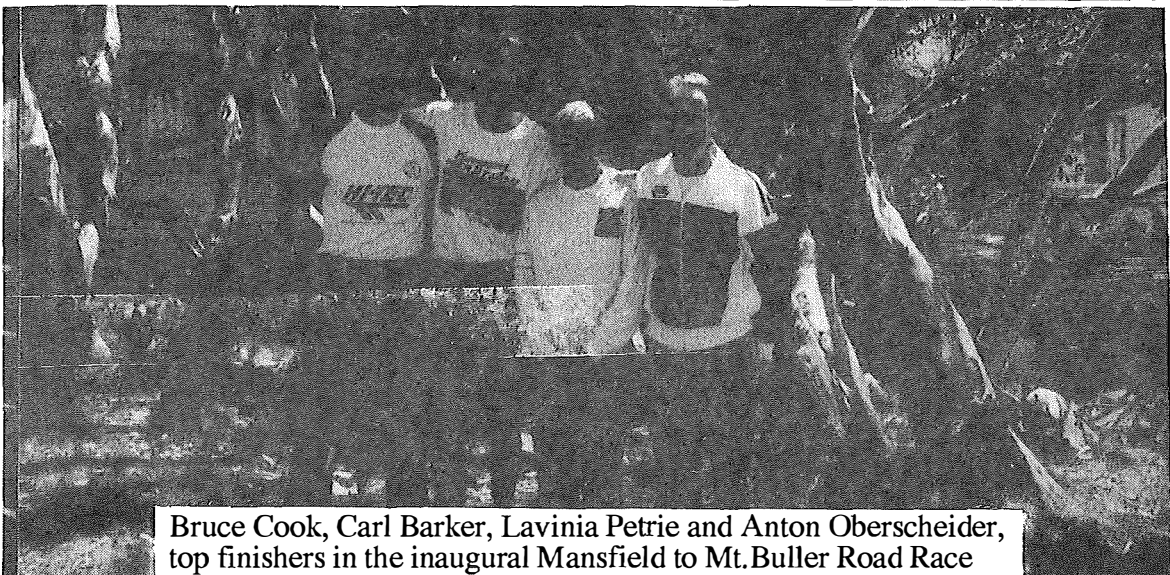
line. After a hot shower and something to eat, life usually gets back to normal again. In the woods I don't have all those facilities. Without my adventure training, the hardship of a race would most likely have been the most dramatic events I had come across, and thereby looked worse than they had to. Beside that, I really enjoy my adventures, and would most certainly have done them all even if they didn't give me any benefits as a runner.

I am sure there are runners who don't need any mental training whatsoever. Ten years ago I thought I was one of them, but the more I learned about myself and about the psychological reactions I had, the more I realized that a runner consists of more than just a couple of legs. If we become aware of the mental circumstances that can impair our performance, allowing us to give 98% instead of 100%, we can also use our creativity to find ways of dealing with them, and hopefully turn the situation to our advantage.

And for some runners, the best way to prepare for an ultra race can be to be part of the wilderness for a few days. Or like I sometimes say when the important issues of life are discussed: Athletics is not the only thing in life; there is sports too!

Reprinted from IAU Newsletter, Autumn Edition 1991
Rune Larsson.
Trollhattan
Sweden.

Note. Rune Larsson has won the Spartathlon twice with a best time in 1987 of 24.41.46. He has a personal best distance for 24 hours on the track of 162 miles. His wife, Mary, is also an outstanding ultradistance runner and her career took off in spectacular fashion in 1984 when she (as Mary Hanudel) set a World Best Performance for 6 Days. Her career plummeted just as spectacularly in 1988 when she was hit by a car in the Sydney to Melbourne Race. In between these high and low points there were some brilliant achievements which included some great runs in the Spartathlon and a fine result in the 1987 Sydney to Melbourne race when she completed the 659 miles in 8 days 12 hours 44 mins. After her tragic accident Mary was hospitalised for nine weeks and after one year of physiotherapy she began competitive running again. In 1990 she completed the Spartathlon in 34.59.45 and it is a pleasure to see that this great athlete has returned to top class competition.



Bruce Cook, Carl Barker, Lavinia Petrie and Anton Oberscheider, top finishers in the inaugural Mansfield to Mt. Buller Road Race held on 27th January, 1991.

IRON AND THE RUNNER

DR. ROGER GUARD

When Andy first asked me to write something on Iron deficiency in runners, I was reluctant to do so because I was aware that there are many complex and unanswered questions in this area. However, there are simple well-established facts about iron that have been known for many years. In most cases runners who become iron deficient do so because they ignore these basic facts. So perhaps re-emphasis is timely.

First, some general comments about pathology tests. Doctors are trained to diagnose disease in resting sedentary individuals, not in maniacs dedicated to thrashing their bodies through marathon, ultra, or iron man feats. This leads to errors being made; e.g. cardiac irregularities considered pathological by traditional teaching are not at all uncommon in athletes, and this has led on many occasions to unnecessary anxiety, expense and discomfort involving tests such as coronary angiographs. Likewise, pathology tests use as their reference ranges a resting sedentary population. The phenomenon of mass participation in running is new to pathology and we are still finding our way.

I also wish to comment on over-interpretation of pathology tests by athletes and doctors. Often I am presented with a runner very concerned because his cholesterol has apparently risen from 4.5 to 5.5. Such apparent changes may well be within the limits of biological variation. Many substances in our body show fluctuating levels day-to-day, and within each day. Iron, for example, shows a circadian rhythm. Others vary with our state of fasting. Then testing has its inaccuracy. Normally a sample is tested only once; multiple testing of the same sample on a single machine will produce a range of results. If it is tested on different test machines at different laboratories an even wider range of results is obtained. The final variability is a product of all the individual variables. So what can be regarded as a biologically significant change in a test result? It is a lot more than many doctors realise, e.g. approximately 17% for cholesterol, 43% for triglycerides, 16% for iron, 7% for ferritin and 8% for haemoglobin.

Now back to iron. Iron is a relatively scarce element in our environment, and is essential for all forms of life. The body has evolved many ways to carefully preserve iron. We have a body store of 2 - 5 gms, most of which is present as haemoglobin in our red blood cells (66%). When each red blood cell dies after 120 days, its iron is carefully recycled. Only approximately 1 mgm is allowed to be lost from males each day in sweat, urine, faeces and skin; this must be replaced in the diet. The menstruating female, however, loses an extra 13.5 mgms per period. I have often pondered this apparent flaw in the evolution of our species. Presumably our genes have never caught up with the speed of human social evolution. Paleolithic females were made to be continually pregnant. Only since infectious diseases have failed to control our numbers has contraception become a reality; also, prior to agriculture, the diet of paleolithic man contained much more animal meat than today (meat is still our best source of iron).

What are the functions of iron? The main function is the carrying of O_2 and CO_2 in the blood by haemoglobin. Iron also functions in myoglobin of muscle, in the cytochromes (enzymes involved in the oxidative production of energy with mitochondria and in protein syntheses), catalase, peroxidase, and enzymes involved in the electron transport system and in the Krebs acid cycle (our chief aerobic metabolic pathway).

How does deficiency present? The body maintains considerable iron stores in the bone marrow (30%) of total body iron; no symptoms of iron deficiency will occur until the reserve stores are used up. When this occurs, tiredness, lethargy (and bad running!) follow, (very non-specific symptoms, unfortunately); if deficiency persists anaemia (i.e. low haemoglobin), of a certain type called hypochromic microcytic follows. With iron therapy physical work capacity immediately improves prior to the correction of the anaemia (which may take several weeks). Presumably this is due to the other functions of iron in energy production enzymes.

How do we diagnose iron deficiency? The most reliable single test is serum ferritin. This protein stores iron, and is present mainly within cells, but a very small amount circulates in the blood stream. Under normal circumstances its level correlates well with total iron stores. Doctors should be aware that under certain pathological states involving cell death, such as hepatitis and inflammation, this statement becomes invalid. Likewise, after strenuous exercise, muscle damage may erroneously elevate serum ferritin. Even under normal conditions serum ferritin has a wide normal range (males 20 - 200ug/L, females 10 - 159ug/L); the other tests used are serum iron and the iron binding capacity or transferrin. These tests measure the transport iron in the blood and reflect a balance between uptake from the gut and delivery to the tissues. It does not reflect iron stores. In states of infection, inflammation or neoplasia uptake by the tissues is accelerated, and serum iron falls despite increased iron stores. Thus, although serum iron is low and transferrin (or I.B.C.) high in classical iron deficiency, the tests must be interpreted with caution in the presence of other illnesses.

How do we treat iron deficiency? Treatment is simple - swallowing iron tablets. However, prevention of the disease is far more desirable. There are complications of taking all forms of medication. Although not of great clinical importance, it is interesting to note that there is a definite increase in bacterial infections during iron therapy. The reason is so simple; bacteria love iron too, and proliferate at an accelerated pace. This, however, should not stop one using iron therapy if one needs it; therapy is used to catch up your iron stores quickly, and then, having achieved that, transfer to a correct diet.

How do you prevent the disease? Two ways - eat the right diet and avoid blood loss. It is difficult for the typical western diet to meet the iron demands of a menstruating female. The average Australian diet supplies 10 to 15 mgms of iron daily. The recommended daily intake for females is 14 mgms based on average 10% absorption. A survey of female distance runners showed an average 12.5 mgms per day; much of the iron in food is not absorbed.

Ferrous iron is found in meats; much of the vegetable iron is ferric and absorption is very variable. Interfering substances such as phytic acid in cereals and most antacids reduce absorption; tannins in tea also decrease absorption. Vitamin C (ascorbic acid) will promote absorption - so eat fruits with your food. Some sources of iron are meats (liver, kidney, beef, turkey, lamb, sardines, pork, chicken and fish in decreasing order of iron content), and vegetables (soy beans, baked beans, lima beans, almonds, wholemeal bread, prunes, wheatbix, broccoli, oats, leafy vegetables, dried apricots and white bread in decreasing order of iron content). Meat and fruit, when eaten with vegetable iron improves the absorption of the iron.

The commonest causes of blood loss in runners (apart from menstruation) are gastrointestinal bleeding, blood donation, and in rare cases, blood loss in urine or sweat. Gastrointestinal blood loss in runners is not at all uncommon. A survey of 32 runners in the Boston Marathon showed seven (7) to have positive tests for blood in the stools within 72 hours following the race. This tended to be commoner in the younger, faster athletes. Many athletes are unaware that they have lost blood; the mechanism of blood loss is thought to be ischaemia (i.e. low blood supply) to the gut leading to micro ulceration. During strenuous exercise blood supply to the gut and brain are greatly reduced in favour of the muscles heart and lungs. (Ever tried to do mental arithmetic at the 8 km mark of a 10 km race?). Common drugs we all take often contribute to the problem. Aspirin, steroids, non steroidal anti-inflammatory drugs all damage the stomach by their anti-prostaglandin action and will produce gastritis, especially in runners. Some runners also cannot tolerate caffeine. If you are getting stomach pains cease caffeine and aspirin.

Many runners are community minded, and donate blood. That's fine! But do be aware of exactly what you are doing, and fit it into your running calendar carefully; we only have five litres of blood in our body, so a 450 ml donation constitutes 9% of our stocks, and 225 mgms of lost iron. How will this affect your running?

Running is not advised at all for the first 24 hours while the body readjusts the blood volume back to normal (by dilution with fluids). After that you should remember that you are operating on 92% of your oxygen carrying capacity, and it will take about two weeks for your haemoglobin to normalise. After that you have the next three months to recruit another 225 mgms of iron from your diet to replace your deficit; this may be very difficult or impossible for a menstruating female, as we have already seen that diet is barely able to provide their normal iron losses. There is a lot of medical opinion suggesting that the three month interval between donations is too short for a female; we see a lot of females made iron deficient through blood donation. Some centres advocate iron therapy for such donors, but this is not generally practised in Australia; without therapy I recommend four months as a minimum.

What about haemolysis? (i.e. the breakdown of red blood cells). The pounding of foot capillaries on bitumen has been blamed; however, footstrike is not the problem. Similar haemolysis occurs in swimmers; it appears that the stress of running or swimming does accelerate haemolysis of aged red blood cells; the iron in these cells is mainly recirculated, so unless, as occasionally happens, red cells or haemoglobin are lost in urine, this does not constitute a common form of iron loss.

What about iron loss in sweat? Sweat contains only up to 400ugms/L so you have to sweat 2.5 litres a day to lose 1 mgm; this is in fact possible, especially in Cairns where I used to live - but now I am in Toowoomba, so forget it!

So there are the basic facts; all very simple!! Unfortunately, it is not. Modern sports medicine is revealing new problems. There is a phenomenon known as sports anaemia which appears to be a false anaemia caused by fluid dilution of blood, perhaps a compensatory phenomenon to decrease blood viscosity. It tends to occur early in training programs for endurance events.

Independent of the above, some endurance athletes have low ferritin and/or haemoglobin levels which do not reflect true iron deficiency. A study of 85 female marathon runners showed that 14 (16%) had low ferritins (below 40 mg/ml). Their maximum exercise performances were measured before and after therapy, and although their ferritins quickly rose, no difference could be detected in their performances. This phenomenon appeared to be an individual idiosyncrasy, since other females with similar training maintained normal ferritins. The diagnosis of these so-called iron deficient states can only be made by the failure of appropriate response after correction of the apparent deficit.

So what are the messages? Eat a balanced diet including meat, fruit and some vegetable iron! Look after your stomach! Plan your blood donations carefully! AND enjoy your running!

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AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN TRACK RECORDS as at November, 1991.

MEN - CLASS 1 RECORDS (Official rankings are kept and AURA plaques issued)

50km.	Bruce COOK (ACT)	3.09.50	Parramatta NSW(NS)	5/3/89
100km.	Martin THOMPSON (NSW)	7.22.38	Tipton , UK (S)	24/10/75
200km.	David STANDEVEN (SA)	18.01.50	Adelaide SA (S)	29/10/89
50 miles	Safet BADIC (Vic)	5:18:20	Box Hill Vic (S)	15/6/91
100 miles	George PERDON (Vic)	12.25.09	O.P. Melb.Vic (S)	23/5/70
12 Hours	George PERDON (Vic)	155.800km**	O.P. Melb.Vic (S)	23/5/70
24 Hours	Mike MARCH (Tas)	260.099km	Coburg Vic (S)	26/2/89
48 Hours	Bryan SMITH (Vic)	386.400km**	Colac, Vic (NS)	15/11/89
6 Days	Bryan SMITH (Vic)	1001.410km	Colac, Vic (NS)	19/11/89

MEN CLASS 2 RECORDS (Only official rankings are kept)

150km	George PERDON (Vic)	11.32.35	O.P. Melb, Vic (S)	23/5/70
250km	Mike MARCH (Tas)	22.53.39	Coburg, Vic (S)	26/2/89
500km	Bryan SMITH (Vic)	2dys19.00.21	Colac, Vic (NS)	16/11/89
1000km	Bryan SMITH (Vic)	5dys.23:52:23	Colac, Vic (NS)	19/11/89
1500km	Tony RAFFERTY (Vic)	13dys.8.58.04	Parramatta NSW (S)	25/8/89
30 Miles	Martin THOMPSON (NSW)	3.01.19	Ewell Court, UK (S)	29/4/78
40 Miles	Martin THOMPSON (NSW)	4.12.40	Ewell Court, UK (S)	29/4/78
8200 Miles	Bryan SMITH (Vic)	1day.15.16.51*	Colac Vic (NS)	15/11/89
500 Miles	Bryan SMITH (Vic)	4dys.19:05:09*	Colac Vic (NS)	18/11/89
1000 Miles	Tony RAFFERTY (Vic)	14dys.11.59.04*	Parramatta NSW (S)	26/8/89
6 Hours	Unknown - Open for claim			
3 Days	Bryan SMITH (Vic)	542.400km**	Colac Vic (NS)	16/11/89

MEN CLASS 3 RECORDS (Rankings may or may not be kept, and if so, may be incomplete)

300km	Bryan SMITH (Vic)	1day11.37.25.	Colac Vic (NS)	16/11/88
400km	Bryan SMITH (Vic)	2days 2:32:36	Colac Vic (NS)	15/11/89
600km	Bryan SMITH (Vic)	3days 8:43:27	Colac Vic (NS)	16/11/89
700km	Bryan SMITH (Vic)	4days 1:27:31	Colac Vic (NS)	17/11/89
800km	Bryan SMITH (Vic)	4days 18:32:50	Colac Vic (NS)	18/11/89
900km	Bryan SMITH (Vic)	5days 8.26.07	Colac Vic (NS)	18/11/89

MEN CLASS 3 RECORDS_ (continued)

1100km	Tony RAFFERTY (V)	9days10.16.27	Parramatta NSW (S)	21/8/89
1200km	Tony RAFFERTY(V)	10days.9.52.58	Parramatta NSW (S)	22/8/89
1300km	Tony RAFFERTY (V)	11days.11.52.03	Parramatta NSW (S)	23/8/89
1400km	Tony RAFFERTY(V)	12days 9.03.56	Parramatta NSW (S)	24/8/89
150 Miles	Mike MARCH (Tas)	22.07.40*	Coburg Vic (S)	26/3/89
250 Miles	Bryan SMITH (Vic)	2days 3.40.50*	Colac Vic (NS)	16/11/88
300 Miles	Bryan SMITH (Vic)	2 days20.38.00*	Colac Vic (NS)	17/11/88
400 Miles	Bryan SMITH (Vic)	3days22.27.45*	Colac Vic (NS)	18/11/88
600 Miles	Tony RAFFERTY (V)	8days 1.38.58*	Parramatta NSW(S)	20/8/89
700 Miles	Tony RAFFERTY (V)	9days 17.36.17*	Parramatta NSW (S)	21/8/89
800 Miles	Tony RAFFERTY (V)	11days 9.14.38*	Parramatta NSW (S)	23/8/89
900 Miles	Tony RAFFERTY (V)	12days19.20.07*	Parramatta NSW (S)	25/8/89
36 Hours	Bryan SMITH(Vic)	302.800km **	Colac Vic (NS)	16/11/88
96 Hours	Bryan SMITH (Vic)	654.800km **	Colac Vic (NS)	18/11/88
120 Hours	Bruan SMITH (Vic)	759.200km **	Colac Vic (NS)	19/11/88

WOMEN CLASS 1 RECORDS_ (Official rankings are kept and AURA plaques issued)

50km	Lavinia PETRIE (V)	4:02:02	Box Hill Vic (S)	15/6/91
100km	Cynthia CAMERON (V)	9.15.26	Coburg Vic (S)	14/9/86
200km	Dawn PARRIS (Vic)	23.25.40	O.P.Melb.Vic (S)	20/8/89
50 Miles	Lavinia PETRIE (Vic)	6:48:51	Box Hill Vic (S)	15/6/91
100 Miles	Margaret SMITH (Vic)	16.01.43	Manly NSW (NS)	21/4/84
6 Hours	Lavinia PETRIE (Vic)	71.379km	Box Hill Vic (S)	15/6/91
12 Hours	Dawn PARRIS (Vic)	117.600km**	O.P. Melb Vic (S)	20/8/89
24 Hours	Dawn PARRIS (Vic)	203.650km	O.P.Melb.Vic (S)	20/8/89
48 Hours	Dell GRANT (Qld)	268.823km	Caboolture Qld (NS)	24/6/90
6 Days	Cynthia HERBERT (V)	738.000km**	Colac Vic (NS)	20/11/88

WOMEN CLASS 2 RECORDS_ (Only official rankings are kept)

150km	Cynthia CAMERON (Vic)	17.40.42	Box Hill Vic (S)	15/2/86
250km	Dell GRANT (Qld)	1day 18:45:00*	Caboolture Qld (NS)	24/6/90
500km	Cynthia HERBERT (Vic)	4days 2.25.07	Colac Vic (NS)	18/11/88
1000km	Vacant			
1500km	Vacant			
30 Miles	Lavinia PETRIE (Vic)	3:54:33	Box Hill Vic (S)	15/6/91
40 Miles	Lavinia PETRIE (Vic)	5:17:05	Box Hill Vic (S)	15/6/91
200 Miles	Cynthia HERBERT (V)	2 days 9.59.59 *	Colac Vic (NS)	17/11/88
500 Miles	Vacant			
1000 Miles	Vacant			
6 Hours	Lavinia PETRIE (Vic)	71.379km	Box Hill Vic (S)	15/6/91
3 Days	Cynthia HERBERT (V)	383.600km**	Colac Vic (NS)	17/11/88

WOMEN CLASS 3 RECORDS (Rankings may or may not be kept and if so, may be incomplete)

300km	Cynthia HERBERT (V)	2days 6.15.45	Colac Vic (NS)	16/11/88
400km	Cynthia HERBERT (V)	3 days 6.19.41	Colac Vic(NS)	17/11/88
600km	Cynthia HERBERT (V)	5 days 0.03.14	Colac Vic (NS)	19/11/88
700km	Cynthia HERBERT (V)	5 days 18.37.25	Colac Vic (NS)	20/11/88
800km	Vacant			
900km	Vacant			
1100km	Vacant			
1200km	Vacant			
1300km	Vacant			
1400km	Vacant			
150 Miles	Cynthia HERBERT (V)	1day 17.23.35.*	Colac Vic (NS)	16/11/88
250 Miles	Cynthia HERBERT (V)	3days 6.47.51*	Colac Vic (NS)	17/11/88
300 Miles	Cynthia HERBERT (V)	3 days 23.34.48*	Colac Vic (NS)	18/11/88
400 Miles	Cynthia HERBERT (V)	5 days 7.10.22*	Colac Vic (NS)	19/11/88
600 Miles	Vacant			
700 Miles	Vacant			
800 Miles	Vacant			
900 Miles	Vacant			
36 Hours	Cynthia HERBERT (V)	206.000km **	Colac Vic (NS)	16/11/88
96 Hours	Cynthia HERBERT (V)	486.000km **	Colac Vic (NS)	18/11/88
120 Hours	Cynthia HERBERT (V)	599.200km**	Colac Vic (NS)	19/11/88

LEGEND

- * Times are the next official recorded times AFTER the nominated distances were passed.
- ** Distances are the previous official recorded distances BEFORE the nominated time was passed.
- (S) Standard Track (i.e. standard IAAF shape with a nominal distance of 400m or 440 yards).
- (NS) Non-standard Track (i.e. non-standard shape with a nominal distance between 300m and 500m. inclusive).

For notification of errors or corrections, please contact Geoff Hook, c/- AURA Inc., 4 Victory Street, Mitcham 3132. Any claim must be fully supported by appropriate documentation (i.e. lap-score sheets and track details)

INTERNATIONAL COACHING NETWORK

This is an item of interest for any member who is interested in coaching. There is a small group of coaches in overseas countries who are involved with ultra-distance athletes and this group wants to set up an international network to exchange ideas and other information related to coaching.

If YOU are interested in joining this network, please contact Geoff Hook, c/- AURA, 4 Victory Street, Mitcham 3132. Vic.

AUSTRALIAN 100 MILE TRACK RANKINGS

NOVEMBER 1991 (Top 100 Males)

1	George Perdon	45	V	12-25-09	Olympic P	2May70
2	Martin Thompson	31	NSW	12-42-50	Tipton UK	24Oct75
3	David Standeven	34	SA	14-02-47	Adelaide 24	1/2Nov86
4	Anyce K Melham	32	NSW	14-05-05	Adelaide 24	28Oct89
5	John Briet	38	V	14-14-00	Coburg 24	25Feb89
6	Bryan Smith	46	V	14-21-00	Coburg 24	10Mar90
7	Peter Schultz		SA	14-27-37	Adelaide 24	13Nov82
8	Owen Tolliday		Qld	14-28-18	Adelaide 24	29Oct88
9	Cliff Young	61	V	14-37-54	Manly	2Apr83
10	Joe Record	40	WA	14-40-00	NSW	1981
11	Mike March	45	TAS	14-45-00	Coburg 24	25Feb89
12	Brian Bloomer	45	V	14-51-07	Box Hill 24	15Feb86
13	Brickley Hephurn	39	V	15-06-19	Coburg 24	23Feb91
14	Keith Swift		NSW	15-10-52	Manly	21Apr84
15	Alistair Wallace		NSW	15-16-05	Manly	29Mar86
16	Jeff Smith		V	15-19-05	Coburg 24	23Feb91
17	Graeme Woods		Qld	15-28-27	Aberfeldie48	23Jan88
18	Geoff Molloy	42	V	15-29-34	Box Hill 24	2Feb85
19	Keith Fisher	22	V	15-38-20	Auckland 24	22Aug87
20	Ashley Parcell	29	Qld	15-48-44	Hensley 24	23Feb85
21	Chris Stephenson	28	NSW	15-50-45	Manly	21Apr84
22	Frank Kelly	34	NSW	15-55-38	Hensley 24	28May88
23	Peter Gray	25	V	16-00-00	Coburg 24	10Mar90
24	Ian 'Javes	44	Qld	16-06-13	Box Hill 24	28Feb87
25	Rudy Kinshofer		SA	16-09-06	Coburg 24	23Feb91
26	Don Keyssecker		NSW	16-09-48	NSW	26May79
27	Barry Brooks	46	V	16-20-00	Box Hill 24	28Feb87
28	Max Rogenhuber	42	NSW	16-22-21	Manly	6Apr85
29	Barry Massingham		NSW	16-22-44	Llandillo	13Apr80
30	Walter McCrorie	52	NSW	16-26-40	NSW	2Apr83
31	Peter Tutty	22	V	16-32-48	Auckland 24	22Aug87
32	Terry Cox (j)	25	V	16-40-00	Coburg 24	10Mar90
33	Alistair McManus	35	V	16-43-30	Perth 24	12Oct85
34	George Audley	51	WA	16-45-02	Perth 24	18Oct86
35	Jack McKellar	44	V	16-45-48	Box Hill 24	15Feb86
36	Geoff Kirkman	35	SA	16-46-14	Adelaide 24	9Nov85
37	Geoff Vissers		V	16-52-43	Coburg 24	10Mar90
38	Bob Bruner	45	V	16-56-15	Adelaide 24	5Nov83
39	Buck Dillon		NSW	16-59-00	NSW	26May79
40	Bob Taggart	42	SA	16-59-22	Adelaide 24	29Oct88
41	Gerry Riley	56	V	17-15-59	Adelaide 24	1Nov86
42	Bob Hunter		Qld	17-16-32	Qld 24	1Jul89
43	Alan Devine		WA	17-19-20	Perth 48	16Oct87
44	Rob Channells		NSW	17-22-01	Campbelltown	28Oct89
45	Maurice Taylor	39	NSW	17-25-56	Adelaide 24	30Oct87
46	Charlie Lynn	40	NSW	17-26-30	Adelaide 24	9Nov85
47	Ernie Elliott		V	17-27-01	Llandillo	13Apr80
48	Allan Croxford	43	WA	17-31-28	Perth 24	18Oct86
49	Alan Peacock		Qld	17-31-46	Qld	5Sep87
50	Tony Dietachmayer	24	V	17-32-57	Coburg 24	13Feb88
51	Nick Read	36	NSW	17-33-50	Coburg 24	13Feb88
52	Murray Cox	44	SA	17-40-29	Olympic P	4Aug90
53	Nobby Young	44	NSW	17-42-59	NSW 24	1Sep90
54	Bob Marden	31	NSW	17-43-00	Manly	21Apr84
55	Brad Boyle	29	NSW	17-44-30	Campbelltown	28Oct89
56	Greg Wishart	50	V	17-46-30	Coburg 24	25Feb89

AUSTRALIAN 100 MILE TRACK RANKINGS

NOVEMBER 1991 (Top 100 Males)

57	Bill Beauchamp	42	V	17-48-53	Adelaide 24	30Oct87
58	Howard Ross	41	V	17-59-56	Box Hill 24	28Feb87
59	Phil Pearce		WA	18-04-46	Perth 24	26May90
60	Geoff Hock	40	V	18-12-35	Manly	6Apr85
61	Bruce Donnelly		Qld	18-16-02	Campbelltown	80Oct88
62	Peter Armistead	44	V	18-17-44	Coburg 24	10Mar90
63	James Wolstencroft	34	V	18-20-20	Coburg 24	25Feb89
64	Patrick Parsons		V	18-25-00	Coburg 24	10Mar90
65	Allan Fox		SA	18-26-20	Adelaide 24	5Nov83
66	Graeme Wilkinson	40	NSW	18-28-25	Hensley 24	29Nov86
67	Chilla Nasmyth		NSW	18-30-03	Campbelltown	13Oct90
68	Mike Thompson		WA	18-30-31	Perth 24	27May89
69	Bruce Hargreaves	37	NSW	18-32-45	Caboolture 24	23Jun90
70	Graeme Townsend	30	NSW	18-33-06	Hensley 24	28May88
71	Jeff Smith		V	18-33-10	Coburg 24	23Feb91
72	Klaus Schnibbe	42	V	18-33-57	Adelaide 24	9Nov85
73	Peter Quinn	40	V	18-35-51	Olympic P	4Aug90
74	Bruce Cook		ACT	18-38-40	Qld 24	5Sep87
75	Ron Hill	46	V	18-42-34	Hensley 24	29Nov86
76	Graham Firkin	53	NSW	18-43-17	NSW	1Sep90
77	John Bell	41	V	18-43-38	Box Hill 24	15Feb86
78	Michael Whiteoak	38	V	18-43-52	Adelaide 24	5Nov83
79	Ross Martin	56	SA	18-44-48	Adelaide 24	9Nov85
80	Bob Burns		Qld	18-45-42	Qld 24	1Jul89
81	Roger Stuart	45	SA	18-47-13	Adelaide 24	29Oct88
82	Tony Collins	42	NSW	18-48-58	Campbelltown 24	28Oct89
83	Robert Nash	37	V	18-51-00	Coburg 24	13Feb88
84	John Champness	47	V	18-57-08	Hensley 24	28May88
85	Ralph Bristow		V	19-00-38	Tamworth 24	9Mar91
86	Doug Markulin		NSW	19-01-09	Llandillo	13Apr80
87	Graham Stenner	44	SA	19-03-31	Coburg 24	25Feb89
88	Ross Parker		WA	19-10-40	Perth 48	16Oct87
89	Bert Oosterdam		WA	19-15-56	Perth 24	26May90
90	Paul Woodhouse	23	NSW	19-17-15	Manly	29Mar86
91	Joe Skrobalak		V	19-17-42	Olympic P	4Aug90
92	John Bencze	57	V	19-25-30	Coburg 24	13Feb88
93	Ian Partington		Wa	19-31-04	Perth 24	12Oct85
94	Michael Bryce			19-35-35	Adelaide 24	29Oct88
95	Barry Allen	30	V	19-36-00	Box Hill 24	28Feb87
96	Ronald Smith	43	V	19-36-13	Coburg 24	13Feb88
97	Gerry Hart	41	V	19-47-44	NSW	13Apr80
98	Terry Cox S	49	V	19-50-30	Hensley 24	29Nov86
99	Roger Weinstein		V	19-51-50	Coburg 24	23Feb91
100	Dan Gray	39	NSW	19-54-32	Hensley 24	19Jul86

STATE BY STATE BREAKDOWN OF MEMBERS

THE MIGHTY VICS.	172	WEST AUSTRALIA	18
N.S.W. (BOO!! HISS!!)	152	A.C.T.	15
QUEENSLAND	42	TASMANIA	12
SOUTH AUSTRALIA	26	OVERSEAS	25
TOTAL MEMBERSHIP	463		

AUSTRALIAN 100 MILE TRACK RANKINGS NOVEMBER 1991 - ALL WOMEN

WOMEN

1 Margaret Smith	48 V	16-01-43	Manly	21Apr84
2 Dawn Parris	36 V	17-52-43	Olympic P 24	19Aug89
3 Cynthia Cameron	44 V	18-11-37	Adelaide 24	1Nov86
4 Helen Stanger		18-46-35	NSW 24	2Sep90
5 Georgina McConnell	45 NSW	18-47-20	Olympic P	19Aug89
6 Trish Spain	47 WA	20-05-16	Perth 24	27May89
7 Dell Grant	Qld	20-10-43	Qld 24	5Sep87
8 Geraldine Riley	22 V	21-49-34	Box Hill 24	15Feb86
9 Helen O'Connor	35 SA	22-17-32	Adelaide 24	1Nov86
10 Kay Haarsman	SA	22-25-31	Adelaide 24	13Nov82
11 Cheryl Stadeven	SA	22-44-40	Adelaide 24	29Oct88
12 Kim Talbot	20 V	22-48-48	Coburg 24	25Feb89
13 Sue Worley	39 SA	23-17-20	Adelaide 24	1Nov86
14 Wanda Foley	42 NSW	23-19-28	Coburg 24	13Feb88
15 Jill Bower	WA	23-24-52	Perth 24	12Oct85
16 Valerie Warren	NSW	23-25-30	Campbelltown	28Oct89
17 Bronwyn Salter	38 WA	23-30-30	Perth 24	18Oct86
18 Sandra Kerr	43 V	23-41-44	Coburg 24	25Feb89
19 Colleen Milbourne	WA	23-49-48	Perth 24	27May89
20 Marcia Leahy	NSW	23-50-10	Campbelltown	13Oct90
21 Eileen Lush	41 SA	31-35-55	Aberfeldie 48	23Jan88
22 Val Case	53 Qld	32-41-00	Caboolture	22Jun90

Ages are as on the day of the event. Corrections and omissions to:-
Gerry Riley 12 English Street, Ballarat. 3350 Tel. 053 331403

SRI CHINMOY 24 HOUR TRACK RACE in AUCKLAND, NEW ZEALAND 8/9TH FEBRUARY, 1992

This will be a N.Z. Championship event,
a qualifier for the
Sri Chinmoy World Championship 24 Hour Track Race
in Basel, Switzerland in May, 1992.

Further enquiries and entry forms:

Shardul Dillicar
P.O. Box 56415,
Dominion Road Post Office,
- Auckland.
Phone: (9) 5256376

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 19.72. (in Australian dollars) as follows: Cheques payable to AURA Inc.

Please circle desired rate: \$20 within Australia.

	NZ	Asia	USA	Europe
Air Mail (up to 1 week delivery)	\$27	\$33	\$36	\$38

Send application and money to: AURA Inc, c/- Dot Browne, 4 Victory St, Mitcham 3132 Australia.



Peter Quirk, competing in the 1990 Westfield Sydney to Melbourne Run, in a high state of concentration as he heads down the highway. Peter finished third in the good time of 6 days 11 hours 40 mins. Well done Peter for a first up effort!