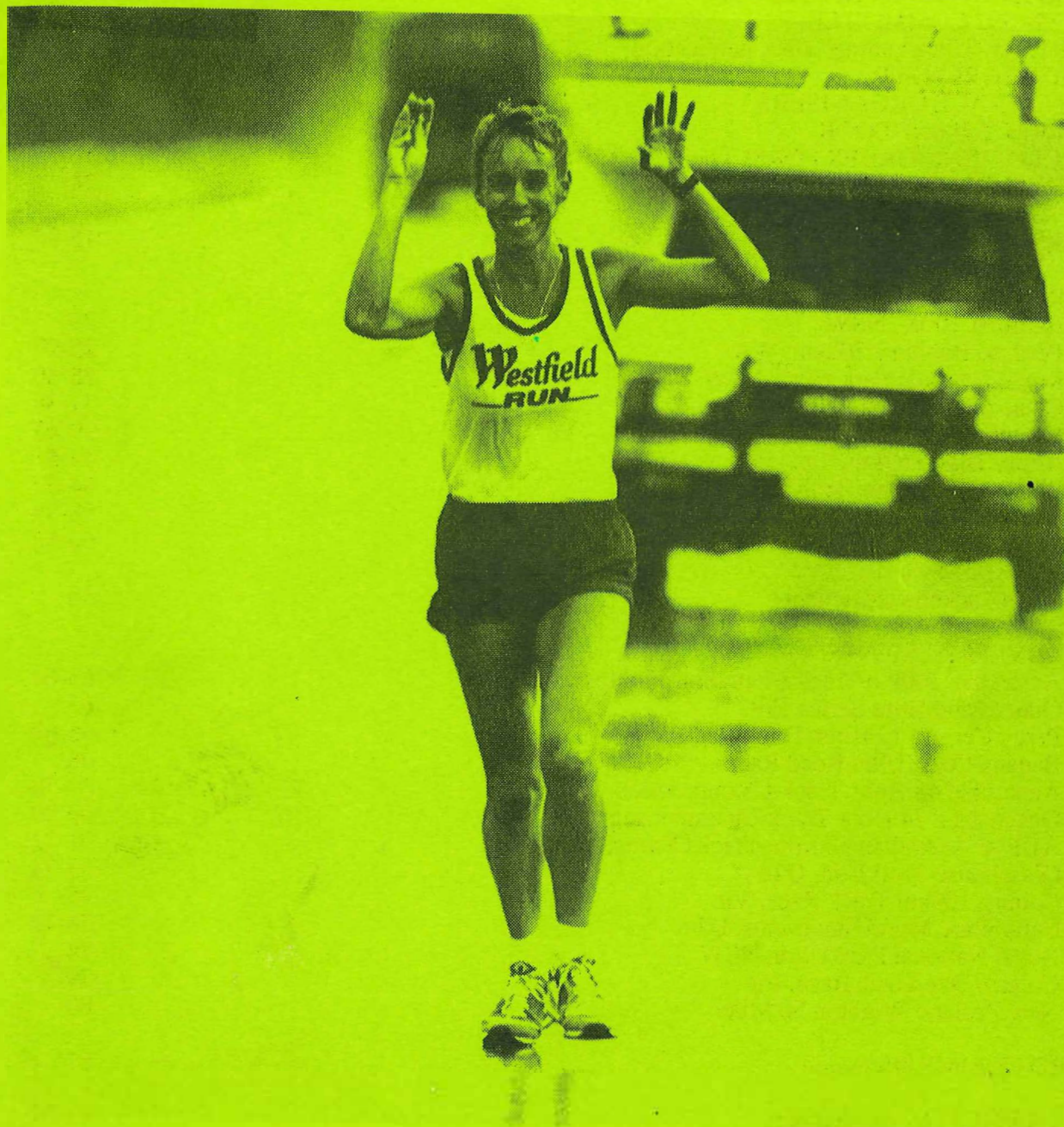


ULTRAMAG

Vol.7 No.1

March, 1992



Helen Stanger, showing a broad grin during the last Westfield Sydney to Melbourne Run in 1991. Helen has recently broken many Australian records and so is currently running very well. Congratulations on your fine achievements, Helen.

**A.U.R.A.**
MAGAZINE



Official publication of
the Australian Ultra
Runners' Association
Inc. (Incorporated in
Victoria).

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4 Victory Street,
Mitcham 3132 Aust.
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EDITORIAL

Dear Members,

ULTRA what? Yes, it's ULTRAMAG, the new name for our Magazine. This name was suggested by our NSW Committee Member, Big Chris, one year ago, and subsequently approved by our AURA Committee. The art-work has been a long time coming and some members even threatened not to renew membership if we didn't get ULTRAMAG up and running. Phew, that was close; we can't afford to lose members.

The old saying, "It's a great day for the Irish" was certainly true for Tony Rafferty recently. Tony, AURA Vice-President and IAU Committee Member, got married for the third time. We hope it's third time lucky for Tony and Coral.. We all wish him and Coral best wishes for a long and happy life together. (See Media Articles)

The passing of the Special Resolutions last year resulted in a notable achievement. We had our first officially recognised team representing Australia in an international ultra event. This was only possible through our affiliation with Athletics Australia (AA), and a lot of hard work behind the scenes. Trevor Jacobs, Bryan Smith and Carl Barker comprised our team in the recent IAU 100km World Cup under the patronage of the IAAF in Palamos, Spain (See report in this issue)

Achieving affiliation with AA was not our only gain from the passing of the Special Resolutions. We received tax exemption status from the Australian Taxation Office and successfully claimed back tax already deducted from our earnings.

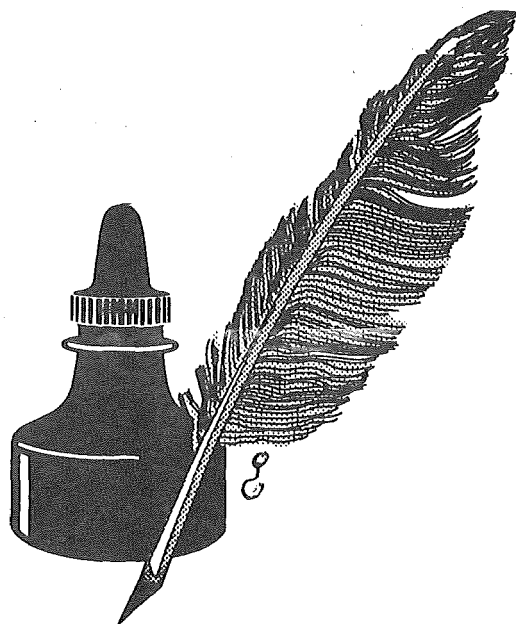
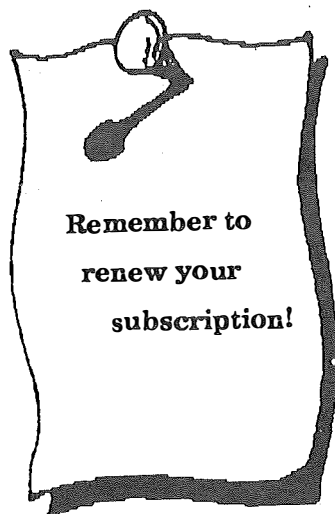
We apologise for a couple of minor mistakes in our previous issue. We received the Colac 6 Day results via the telephone and recorded the name Cattle instead of Kettle. Sorry Drew! (Official results in this issue) Also, in the list of Australian Track Records, our computer inadvertently shifted a number from one line to another, thereby crediting Bryan Smith with the enviable record of 1 day 15:16:51 for 8200 miles. And you thought Kouros was the best ultra distance runner. This error has been corrected back to 200 miles and many new records (mainly women's) have since been ratified. The updated list is printed in this issue.

Our heartfelt thanks go to Mike Thompson of Western Australia, who has kindly taken over the job of bromiding our photographs, from Bruce Cook. We are now able to maintain our desire to include a liberal quantity of photographs in each issue, without being subject to the high cost of bromiding. Thanks, once again Mike!

Finally, it is sad to have to AGAIN report the lack of race results from Campbelltown, both the 24 Hour and 6 Day events last year. This means that our Statistician (who should receive a separate copy anyway) cannot keep our Ranking Lists up to date and other members do not have the benefit of digesting the results which may be of interest to them. Can anybody help with a copy of these results please?

Kind regards,

Geoff Ford



CALENDAR

- Mar **6 OR 12 HOUR RACE**, Bunbury, WA, organised by the Bunbury Marathon Club, contact Brian Kennedy, 123 Mininup Road, Bunbury, phone (097) 959546
- 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, Barrang Street, Tamworth 2340.
- April 11 **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 **AUSTRALIAN 100KM TRACK CHAMPIONSHIP & QUEENSLAND 100KM TRACK CHAMPIONSHIP**, Ipswich, Q'ld, 400m track, Bill Paterson Oval, Limestone Park, Cnr. Salisbury Rd & Lion St, Ipswich 4305, a QMRRC event, 9am - 9pm, Entry fee \$20, Race organiser: Stephen Lewis, 46 Chernside Road, Ipswich, 4305, phone (07)281-9533.
- May 2 **AURA 12 HOUR TRACK RACE, TOOTGAROOK**, Vic., Tootgarook Recreation Reserve, Trueman's Road, Tootgarook, Mornington Peninsula, 400m grass track, \$20 entry, Percy Cerutti Memorial Race, 7am start, Race Director: Dot Browne, 4 Victory Street, Mitcham 3132, phone (03) 874 2501 (H) or (03) 874 5878 (W) (Please note change of venue!)
- 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 22/
23/24 **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS**, 48 Hour starts 9am Friday 22nd May, 24 Hour starts 8am Saturday 23rd, 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)
- May 30/31 **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
- 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 20 **AURA 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.

CALENDAR

- 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 9 **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)
- Aug 16 **COBURG 100KM TRACK RACE**, VIC. Harold Stevens Athletic Track, Outlook Road, Coburg. Race Director: Kevin Cassidy, 4 Grandview Road, Preston, 3072, Phone (03)478 3687 for enquiries. Entry form in this issue.
- Aug 16 **50 MILE ROAD CHAMPIONSHIP & 8 HOUR FUN RUN**, Toowoomba, Q'ld. 1.2km circuit, Organiser: G.Medill, QMRRC event, entry \$20, Contact G.Medill, 13 Ramsey Street, Toowoomba 4350 Qld., phone (076)382023
- Aug 15/16 **PERTH TO BUNBURY WA ROAD RACE** 187km, 10am Saturday start, 30 hour cut-off at 4pm Sunday. Contact Tony Tripp "Lakeview" Davies Road, Claremont Perth 6010 Ph. (09) 384-6036
- 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
- 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 17 **ROYAL NATIONAL PARK ULTRA TRAIL RACE**, NSW, 80.5km (50 miles + shorter race of 50km), 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.

CALENDAR

- 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 **AURA 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 15-21 **AUSTRALIAN 6 DAY RACE**, COLAC, VIC., Memorial Park, 8pm start, Closing date for applications, May 25th. Application forms to: P.O. Box 163, Colac 3250, Vic.
- 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
- Dec 5 **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE**, Tasmania, 64km (Australia's - the worlds? southernmost ultra race). Course takes in the length of Bruny Island. Support vehicle and helper required. Contact Tallay's Running Shop, phone (002)34 9566 or Kerri Law (002) 72 5170 or entry form in this issue.
- Dec **50 MILE ROAD RACE, BALLARAT, Vic.CHASE CARNIVAL** 7am start, Entries to 115 Lydiard Street, North Ballarat or phone Geoff Russell (053) 34 7303
- 1993**
- Jan **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 **A.U.R.A. 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 **WYONG 24 HOUR TRACK RACE**, NSW, Contact Tony Collins, 36 Bungary Road, Norah Head, 2263 NSW
- Feb **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 **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.

CALENDAR

- Feb **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)
- Feb 16 **1000 KM IN 1000 HOURS ULTRA ATTEMPT**, Q'LD, New Farm Park, Brisbane, starts 12 noon - Queen Street Mall rotunda, A St.Vincent de Paul Australia wide Charity Run to be made by Barry Stewart, P.O. Box 471, Kingaroy, Queensland 4610, or AURA members invited to run a km. or two with Barry to assist him in his attempt..
- Feb **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP**, Coburg, 400m track, 12 noon start, Race Director: Dot Browne, 4 Victory Street, Mitcham 3132 or phone (03)874 2501 (H) or (03)874 5878 (W) for entry form.
- April 25 **LAUNCESTON TO HOBART 200KM ROAD RACE. TAS** Contact Kerri Law, 67 Gormanston Road, Moonah 7009 Phone (002) 345522 (W) or (002)72 5170 (H) or Alan Rider, 102 Balook Street, Lauderdale 7021 Tas

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

Mar 28	Run For Your Life Brighton 50 miles. 6 am start. Contact: Canterbury Road Running Committee.
May 2	Six-to-Six 12 Hour Run/Walk. Contact: NZUA, C/- Box 2759, Christchurch.
Jun	10th Tree To Sea 30 km (Putaruru to Mt Maunganui) Contact: Jan Fleming, RD2, Tirau. Ph. (0814) 27605
Jul	Tauranga 50km
Sep	Track 100 km, QEII Park, Christchurch.

AURA COMMITTEE APPOINTMENT / ELECTION OF INTERSTATE REPRESENTATIVES

A couple of members have questioned the process whereby the Executive Committee appoints the State Representatives (and hence Ordinary Members of Committee).

The following information is offered to enlighten all members:

To start with, we cannot get enough people to stand as Interstate Representatives and we have to twist a few arms. The mandatory holding of elections is time-wasting and costly if not needed. Members are given the opportunity to nominate themselves by the time of our AGM. The incoming Executive then appoints the Interstate Representatives from the list of self-nominations. If more than the State or Territory entitlement nominate, the Committee will either choose the entitled number, or ask if any of the nominees are willing to stand aside in view of the excess nominations. Usually, the matter would be resolved at this stage. If any member is dissatisfied with the decision, a postal vote within the particular State or Territory can be called. This then puts the decision back to you, the members.

If anyone can suggest a fairer, simpler and more cost efficient system, let us hear about it.

For your edification, the newly amended Rules of Association have been typed up and will be serialized in subsequent issues. You will then be informed as to all the rules that govern the operation of our Association.

Geoff Hook (President)



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
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.



SOUTH AFRICA.

Reprinted from IAU Newsletter, Winter Edition, 1991

In August the IAAF Council met in Tokyo and a considerable time was taken up in discussions concerning the return of South Africa to international competition. The report and recommendations of Mr Lamine Diack (SEN), President of the African Amateur Athletics Confederation (AAAC) were considered. Delegates of South African Athletes were represented by Mr Joe Stutzen, Co-Chairman of the South Africa Amateur Athletics Association (SAAAA) who was accompanied by Mr Gert le Roux, General Secretary of SAAAA.

Press reports indicate that the IAAF Council was not pleased to discover that despite the significant assistance given by the IAAF there had been no positive results. Currently there appeared to be no unity, no final constitution and no development programme in operation in South African athletics and in some instances, apartheid is still being practised.

After considerable debate the IAAF Council found it impossible to recommend to the IAAF Congress to grant full membership to SAAAA. However in order to welcome the South African athletes back to international competition, the provisional membership granted to SAAAA within Africa is maintained.

The interpretation of these findings is that athletes may compete against South African athletes in countries outside of South Africa if these countries are members of the African Amateur Athletic Confederation. Athletes may not compete in South Africa.

All athletes competing abroad are required to obtain permission from their National Governing Bodies and observance of this regulation is strongly advised.

FORTHCOMING 1992 A.G.M.

CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 6th Annual General Meeting in June, at which a new Committee of Management must be elected.

Nominations for elected Committee positions will close on 15th May, 1992. Positions open for nomination and election by ALL members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistant Secretary, Treasurer. For the sake of reasonable management of committee meetings, filling these positions are open only to members living in or near Melbourne, except the position of President. The position of President is open to all AURA members, however, the person so nominated must undertake to personally guarantee to attend all Committee and General Meetings of the Association (sickness and illness excepted) at no cost to the Association, otherwise the nomination is invalid. All meetings will be held in Melbourne.

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

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

Positions available are:

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

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

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

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the secretary by the 15th May, 1992.

In summary then, if you are interested, we require from you by the 15th May, 1992, the following:

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

Example of Form of Nomination:

I nominate, being a member of AURA,
for the position of
to be decided at the Annual General Meeting of the Association to be held in 1992 .

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

Name of SecunderSignature.....Date.....

Nominee's acceptance signatureDate.....

A.U.R.A. 1991/92 COMMITTEE

PRESIDENT:	GEOFF HOOK, 42 Swayfield Road, Mount Waverley 3149 Vic. (03) 808 9739 (H) , (03) 826 8022 (W), FAX: (03) 827 7513
VICE PRES:	TONY RAFFERTY, GPO Box 2106, Melbourne Vic 3001 or 30 Nash Road, Box Hill South 3128 (03) 808 3360(H)
HON. SEC:	DOT BROWNE, 4 Victory Street, Melbourne 3132 Vic. (03) 874 2501 (H), (03) 874 5878 (W)
ASSIS.HON SEC:	JUNE KERR, 108 Eastfield Road, Croydon South 3136 Vic. (03) 723 4246 (H), (03) 870 8096(W)
HON.TREAS:	PETER ARMISTEAD, 26 William Street, Frankston 3199 Vic. (03) 781 4305 (H)
ORDINARY MEMBER (Vic)	KEVIN CASSIDY, 4 Grandview Road, Preston, 3072 Vic. (03) 478 3687 (H)
ORDINARY MEMBER (Vic):	SANDY KERR, 1 Olympus Drive, Croydon, 3136 Vic. (03) 725 8346 (H)
ORDINARY MEMBER (NSW):	CHRIS STEPHENSON, G.P.O.Box 1041, Sydney 2001 NSW (02) 259 3981 (W) (02) 523 2996(H)
ORDINARY MEMBER (NSW):	MAX BOGENHUBER, 9 Junction Road, Baulkham Hills 2153 NSW (02) 686 1079 (H)
ORDINARY MEMBER (ACT):	TREVOR JACOBS, 7 Dovey Place, Latham, 2615 ACT (06) 2480177 (W) (06)254 7177 (H)
ORDINARY MEMBER (ACT):	IAN JOHNSON, 137 Kalgoorlie Cres, Fisher 2611 ACT (06)275 5941 (W) (06)288 4986 (H)
ORDINARY MEMBER (Tas):	KERRI LAW, 67 Gormanston Road, Moonah 7009 Tas (002) 345522 (W) (002) 72 5170(H)
ORDINARY MEMBER (TAS)	Position vacant
ORDINARY MEMBER (SA):	ANDY DOCHERTY, 24 Freya Avenue, Hallett Cove 5158 SA.
ORDINARY MEMBER (SA):	Position vacant
ORDINARY MEMBER (WA)	CHARLIE SPARE, 9 Rinaldo Cres, Coolbellup 6163 WA
ORDINARY MEMBER (WA)	TONY TRIPP, "Lakeview", Flat 100, Davies Road, Claremont 6010 WA (09) 384 6036
ORDINARY MEMBER (Q'ld)	VAL CASE, "Fiesta Place" Caravan Park, Camira 4300 Q'ld. (H) (07) 271 4739 (W) (07) 271 8722
ORDINARY MEMBER (Q'ld)	RAY CHATTERTON, P.O.Box 589, Toowong 4066 Q'ld (07) 2718597 (W) (07) 870 9590 (H)

OFFICIAL NON-COMMITTEE POSITIONS

IAU EXECUTIVE
COMMITTEE MEMBER

TONY RAFFERTY (see above)

STATISTICIAN:

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

ASSIS. STATISTICIAN:

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

MAGAZINE EDITORS:

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

ASSIS. TREASURER:

DOT BROWNE (see above)

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	1 year	2 years
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Airmail	66	

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 - the name as it is on the card
 - the card number
 - and the date of expiration.
4. Only if necessary, U.S. dollars in cash. We're honest, but if it gets lost in the mail . . .

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USA

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

SUMMARY FROM RECENT COMMITTEE MEETING HELD ON 13/2/1992

1. Two Australian races have been nominated for the 24 Hour Intercontinental Cup this year. These are: the Sri Chinmoy race in Adelaide and Dot's race in Melbourne. The winner is the person with the longest distance covered from any two nominated races around the world.
2. AURA profit for last financial year was \$400, compared with \$2,000 for the previous year.
3. Two races became AURA events. These are the Box Hill 50 miler, and the Rosebud (now Tootgarook) 12 Hour Track Race.
4. The IAU are proposing the formation of Continental Commissions and AURA affiliation with the IAU. Details are not yet explicit, so we are awaiting more detail.
5. The following records were ratified:

Campbelltown Australian 6 Day Track Championship 18/11/1990 to 24/11/1990

<u>Class 1</u>	48 Hours	Helen STANGER	286.8km	(268.823km)
	6 Days	Georgina McCONNELL	738.103km	(738.000km)
<u>Class 2</u>	72 Hours	Helen STANGER	388.0km	(383.600km)
	200 Miles	"	2days 7:59:16	(2:9:59:59)
	500km	Georgina McCONNELL	4days 0:53:57	(4:2:25:07)
	250km	"	1day 18:31:13	(1:18:45:00)
<u>Class 3</u>	300km	Helen STANGER	2days 2:55:11	(2:6:15:45)
	400km	"	3days 2:27:08	(3:6:19:41)
	150 Miles	"	1 day 13:54:01	(1:17:23:35)
	250 Miles	"	3days 2:45:18	(3:6:47:51)
	36 Hours	"	231.600km	(206.000km)
	600km	Georgina McCONNELL	4days 22:42:29	(5:0:03:14)
	700km	"	5days 17:52:53	(5:18:37:25)
	300 Miles	"	3days 21:58:09	(3:23:34:48)
	400 Miles	"	5days 6:47:28	(5:7:10:22)
	96 Hours	"	497.600km	(486.000km)
	120 Hours	"	608.000km	(599.200km)

Sri Chinmoy 24 Hour Track Race (Australian Championship) Adelaide 28th & 29th/9/1991

Class1.	12 Hours	Helen STANGER	120.351km	(117.600km)
	200km	"	23:01:12	(23:25:40)
	24 Hours	"	207.969km	(203.650km)

ATTENTION ALL RACE ORGANISERS!!

Recently, many Australian records have been broken, and in a number of cases, race organisers were not geared up for the proper recording of details of the new record. The requirements for a proper record application are:(only pertaining to each person for whom a record is being claimed)

- The original lap-score sheets signed by all lapscorers who recorded on those sheets.
- a record application form for each distance or time, correctly filled out and signed.
(Copies of this form may be obtained from the Hon. Secretary)
- a Track Certificate. For standard tracks, a copy of the original certificate will do. For made-up tracks, a certificate from a registered surveyor is mandatory.

Failure to meet these requirements could jeopardize the record application, so it is in the runners' best interests to ensure that their race organiser is geared up to handle a record if one is broken during a particular race. It is important for race organisers to have on hand the relevant Australian Records which are current at the time of their race. (This information can be obtained from our statistician, Gerry Riley, telephone (053) 331403.)

Relevant races are track events only: 50 miles, 100 miles, 50km, 100km, 200km, 12Hour, 24Hour, 48Hour and 6 Days.

Note: The longer events sometimes have intermediate records broken (e.g. 100miles and 200km in a 24 Hour Race) so race organisers should be prepared for ANY record.

THE ULTRA MARATHON RACE HANDBOOK

The International Association of Ultrarunners has come out with the first edition of *The Ultra Marathon Race Handbook*, a guide for race directors. The sport of Ultrarunning spans many cultures and climates. Producing event conduct 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. Its 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 designed as a reference book for ultra race directors, providing ideas and procedures to aid the further development of ultra events.

The Handbook is 44 pages long. The first section concerns rules and recommendations for track, road, trail and indoor ultra events; the second section offers further guidance and explanation of these rules and recommendations; and the third addresses in some detail the problems of organising an ultra. Various appendices include sample lap-sheets, information on track lay-out and measurement, record application forms for both track and road events, and particularly relevant IAAF rules (including their rules regarding doping).

Individuals from 20 countries were involved in formulating the contents of the Handbook, under the leadership of Andy Milroy, IAU Technical Director.

Copies of the Handbook can be obtained from:

Andy Milroy,
3 Bellefield Crescent,
Trowbridge, Wiltshire BA14 8SR,
UNITED KINGDOM.

Cost per copy is \$12.00 (Australian dollars) payable by cash only, or the equivalent by cheque in pounds sterling.

The Handbook is highly recommended for all ultra race directors and any other interested persons.



All in the interests of setting an accurately measured road course, Peter Armistead and Geoff Hook going over the 5km road markings on the Mansfield to Mt. Buller 50 km Road Race, held in January each year. Hookie has just spat the dummy and thrown his bike down when he found that the council had re-sealed the road recently and wiped out his so carefully painted road markings from the year before.

AURA CLOTHING & ADVERTISING MATERIAL

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

We also have printed cloth badges and car windscreen stickers.

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

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

AURA CLOTHING ORDERS

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

COLOURS: red white gold aqua grey

SIZES 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

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

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

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

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

Kindly fill in details in BLOCK LETTERS.

NAME:.....

ADDRESS:.....

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

TYPE:.....

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

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

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



LETTERS TO THE EDITOR

Dear Dot,

AURA was asked if there were any Ultra Walks. The Perth Hi-Tec 24 Hour Race to be held in May also has a 24 Hour Walk event. I believe it has only been contested once and that was by myself. It was in May 1988 and I covered the 100 miles in 23 hours 28 min40s. and did 164.051km in the 24 hours.

It has a trophy called the Jim Turnbull Trophy. Jim was the first in WA to walk the 100 miles in 24 hours on another track.. He ran the 100 miles while I was walking it, so became the first to complete the double with me second. We believe that it is an Australian first and second. If anybody wants to take on the 24 Hour Walk, they should contact the Hi-Tec organisers and they will organise for the walk judges, as the walking has to be judged to be official.

I would also like to congratulate the Colac 6 Day Race organisers on their event. The conditions were tough, with the local papers reporting 30mm of rain in the first 24 hours. While running, I had my feet slide under the turf a few times where new turf had been inserted. The tons of sawdust mixed in with the mud did not help. In temperatures between 4 degrees and 16 degrees C, I had a bucket of water on the track which I dipped my feet in to wash away the mud and sawdust.

With feet sliding one way and another in the mud, a muscle went and I was off the track for a few hours. Perhaps it was also lack of training, as I had retired and was only race walking until August, when I won the State 50K Race Walk Championships. I restarted running in August, then completed 3 ultras in less than 6 weeks: 30th September - 95K Wheelbarrow Race, 5 days later on the 5th October - Perth to Bunbury 202km, then 3rd November - Colac 6 Day Race. With the lack of training, I was very pleased to finish 6th at Colac. What was more pleasing, was the organisers giving prize-money to all finishers instead of spending it on bringing in overseas runners. They even gave each runner an extra \$100 wet weather money!.

I had a break in December, but a New Year's resolution of training a minimum of 32km a day has been kept, and I am on target to challenge Gerry Riley's 55-59 years, 100 mile and 24 Hour Australian Records. This won't be easy, as the Hi Tec track has only seen a 202km 24 Hour total since my 219km in 1986, except for 1990 when I did 205km. Only thing I can think is that it must be a difficult track to run on. It's a 1km grass track around a football oval.

Wish me luck!

George Audley.

Russian Ultrarunning Association

Dear Ultrarunning friends,

Our Association of Ultrarunners which is under the supervision of the Russian Federation has top class ultrarunners such as: (Names & times etc of 35 Russian athletes given. Best 100km time: 6.43, best 12 Hours: 143.218km, best 24 Hours: 259.800km)

The athletes of our club would like to participate in the races of your country. We would be thankful to you for any information about your ultramarathons. On our part, we guarantee to keep strictly to the established order of your country, and to inform you about ultramarathons in Russia.

We are ready to accept your teams in our country, and to advertise your sponsors.

Awaiting your contact.
With best regards,

Ultramarathon Information Director,
Streletsov Igor, Michurin str,
a/ya N 65 2a-2-21, Moscow region,
Kaliningrad - 6, 141070
Russia.

Dear Dot, Geoff & Committee,

I would like to congratulate all the ultra distance ladies in the year 1991. Firstly, *Helen Stanger*, who has so many Australian records, please let them be recognised. *Val Warren*, first lady in the Campbelltown 6 Day race and bettered her world age record 55-59 years by 30km. *Wanda Foley*, who achieved a pb in the 24 Hour Race. *Marilyn Kinchin*, who ran over 100 miles in the Campbelltown 24 Hour Race and was also first lady in the Combination Marathon. *Lucille Gladwell*, achieved a pb in the 12 Hour Race. *Isobel Buckland*, a newcomer in ultras, bettered her second 24 Hour Race by 10km.

Then we have the lovely *Dawn Parris*, *Shirley Young*, *Corrie De Groot*, *Merrilyn Tait*, *Carol Street*, *Nicole Carroll*, *Maggie Anderson (NZ)*, *Anne Telfer*, *Lyn Cribb*, *Sue Worley*, *Helen Barnes*, *Trish Spain* and someone I admire and respect, World Champion, *Sandy Barwick*.

Please forgive me if I have forgotten any other performers. Well done LADIES!!

Yours sincerely,

Georgina (Georgie) McConnell.

Dear Dot,

Thankyou for your letter. I'm sorry you saw the results of the Rainbow Beach trail run. Actually, I'm not sorry I entered, but found out that it is an event that you have to train for..... perhaps next year. I hope the author of your report on the race did it justice, as it deserves a graphic write-up. I innocently went up, all out of condition, expecting a 55km amble over pleasant, possibly undulating forest trails. The first 10km on the surf beach was an eye-opener. as the sand was very soft. So what might have been a near sprint on a hard surface by the leading pack was turned into a slog.

A short stretch of tarmac, despite being uphill, had almost allowed the muscles to return to normal operation when we hit the forest trail, definitely single-track, and covered by about a foot of sand which had drifted from the adjacent wind-blown dunes. The up side of the dunes was a noticeable de-accelerator, but the soft, sliding surface let you crash downhill at top drop.

The going was nothing if not varied. The course led from the sand blow, slap bang into thick rain-forest, where the path was not at all evident except as indicated by strips of cloth some fastidious organiser had tied to the vegetation. This trail necessitated a succession of Campese-style turns as the constant zig-zagging through the trees wrong-footed the runners.

They had to be even more careful on the next section through a palm-grove, to avoid being tripped by the matted roots. It was a relief to reach a long stretch of bush road where the limbs could be extended. I was concentrating so much trying to avoid the rocks which liberally covered the dirt track, that I did not really register that the road ran mainly downhill. After the turn, however, when the road had to be covered in reverse direction, I was fully appreciative that the hill seemed endless.

As you might expect, the road did end, at the foot of a massive, steep sand-hill, which all but one runner walked, and he said, that for all the pace he managed, he might as well have walked. Over the top, even the return journey up and down the other sand dunes seemed easy going. Not all that easy apparently, for when I reached the starting point, which was also the turning point for the repeat 22km through the rainforest, I made the snap decision that 33km was an ideal distance for a training run. (The well-known trap of repeat-circuit courses: it makes it too easy to null out)

Luckily a few hardy souls persevered, and all praise to them. In hindsight, it is a great course for runners whose strength lies in stamina rather than speed, so should appeal to many ultra specialists. They would be advised to devote a fair bit of their training to hills.

As you probably know, Ian Javes plans another six-day week of races, which will include a number of shorter races in 1992. He does a fine job of organising these events and looks after the competitors, so any ultra-runners could do worse than give Caboolture a go.

Incidentally, the proper edition of my book, "The Game's Afoot" is now due for delivery here in Brisbane on December 9th.

Yours sincerely,

Bob Hunter.

Dear Dot,

I hope you're well. As you know I crewed for Murray Cox in the Darwin-Adelaide Run. I hope the run is known to be a charity run to increase public awareness on alcohol and drug abuse. Murray did bring this message across excellently on television, radio and in the newspapers. There was an enormous input by Murray to get this run off the ground. However, the money expected was not raised. We all hoped for a better ending.

I am tagged by my friends as "mad man", and the tag is becoming bigger. However, I feel good about my running and I'm glad, along with many others, that you give us a great 24 Hour Race to compete in. Thankyou.

Yours faithfully,

Rudi Kinshofer.

Dear Dot & Geoff,

Hope you're all well down there in Victoria. I'm a little battered and bruised after Cradle Mountain - conditions I hope I don't have to contend with again for a long time. It's an ideal training ground for those lady mud wrestlers - well at least all my falls were on soft ground! Full marks to Richard Pickup for making the race possible for us. He sure had a lot of organising and worrying to do. It's a race every ultra runners should do at least once.

Take care, and see you all at the Six Foot Track,

Best wishes,

Olly Williams.

Dear Dot & Geoff,

Hi! and g'day. Excuse the lack of correspondence in recent months. I finally caught up with a copy of the Magazine.

I was very sad to read of the death of Mike March, but it was great to read of Tony Collins much merited second place in the Westfield. We'd visited the Collins' on our oddyssey in early March. Tony was none too confident then about the Westfield. When talking of our trip, he said to me, " You realize you've made a commitment to run to Darwin" That really put the wind up me I must confess, but later during tougher stages, I drew great strength from the memory of his words.

Congratulations to Safet Badic on a fine run in June - the 10 mile splits were very impressive and make a good target to aim for.

You may have heard that I returned to the UK in August. My girlfriend Inga and I had a lovely time and I took a holiday in France with my parents (taking second place in a tough half marathon in 1.12.02) Relationships are full of compromise and I finally came to the decision that I'd come back to Australia and pick up where I'd left off. Arriving on Sunday 22nd October on a one-way ticket, I decided that our relationship was very special and immediately booked a ticket back on Tuesday 22nd October for Friday 8th November. After a stopover in Thailand, I will arrive in London on 16th November. I feel I must, and want to give it a bit more time before I think of other priorities, like running and living in Australia. I hope you will understand. I will give you our address in London as soon as we have one and will renew my membership over there.

Regards and best wishes,

Carl Barker.

Dear Dot, Colin and Geoff,

First we would like to take this opportunity to say many thanks, congratulations and good wishes for 1992 for the hard and wonderful work you put into this wonderful AURA book. Plus it is a pleasure to watch the efforts you put into making your ultramarathon events such great successes. It goes without saying you deserve the biggest trophy one could ever win. Keep up the dedication!. Keep up the good work!.

Also, we want to say what a fantastic time we had at the Colac 6 Day Race. Yes, it rained.. rained.. rained... but that did not stop the memorable and dramatic success of a great and wonderful race. The brilliance and the top organisation from the start to the finish was fantastic - the greatest standard of performance. Every day there was great enjoyment in the contests, the enthusiasm of all the runners and the great efforts each one did under the circumstances.

That Kettle was a great man, especially the way he took time out for the children. And our own Cliffy. You were tops! My wife and mother said that they have never been shown so much love as when they arrived on the fifth day. Each runner, including Bryan Smith and Ron Hill and Georgina McConnell came over and gave them a big kiss and hug. All the runners were so wonderful, as well as their crews and families. You are the greatest people. The people of Colac were also so warm and wonderful. When I phoned in the day or night, I was treated with the greatest respect. Thankyou.

People we did not know came and gave Terry and Terry Jnr. every support they could give - very hospitable people. Everything you did was no bother - food from the sponsors etc. The cooking was tops. Even the media reports and photographs were great. What a brilliant event.

And I have to say what a great run my husband Terry did. You were fantastic. Good on you mate! My son Terry Jnr. was the youngest competitor in the race. He put in a great run and I'm very proud of him. I felt it was a great performance under the poor weather conditions. Although you have only been running 3 years young Terry, you have come a long way. Terry Jnr. is planning to have a rest after Colac, so if you don't see him running, he is taking time out.

To all you great wonderful ultra runners and your beautiful families and crews, have a wonderful and safe Christmas and New Year, and may 1992 be a big one for you all.

The Cox's Team.

(Phew! Your enthusiasm is overwhelming!)

Dear Dot & Geoff,

Here I am again! Dot, we are organising a helluva do up here in April at the Peanut Festival Time. I am in the process of challenging all the Shire Councillors, media people and celebrities in the South Burnett, Brisbane and Toowoomba.

I'm in the 4 Day event and I have to do 240 kms, while 60 councillors and 30 or 40 celebrities and media people only have to do the 240kms.between them. There are 4 Day, 24 Hour, 12 Hour, 10K, and 5K. events being organised to help Miss Joanne Judge, a Miss Showgirl entrant, who is trying to raise funds to put in improvements for the disabled at Kingaroy Showgrounds.

The South Burnett National Show Society, through the good offices of the caretaker couple, Terry and Elaine, have given us the use of Kingaroy Showgrounds, and I know the South Burnett Times and Radio 1071 AM is behind us, so please put a brief advert. in AURA for us. Remember, a 4 Day, a 24 Hour, 12 Hour, 10K and 5K inaugural events.

For information, write to:

The Secretary, South Burnett National Show Society,
Showgrounds,
Youngman Street,
Kingaroy, 4610, Queensland.

Thankyou..... Barry Stewart

Dear Geoff,

As you can see, I've taken the plunge again. I'm sure it's third time lucky. I enclose a couple of cuttings for publication in the next issue of the AURA magazine.

Since the great disappointment of the cancellation of the GREAT WALL of CHINA race, I've been working on the trans-continental solo run across the nation from the most westerly point to the most easterly tip. (Canarvon to Byron Bay). Sponsorship is hard to get in these difficult financial times, but I have a few interested parties to speak to in the coming weeks.

I hope you had a very happy new year and may the coming 12 months be rewarding ones. Please send my best wishes to Dot and I'll see you soon.

Regards,

Tony Rafferty.

Dear Dot,

Having just completed the Campbelltown 6 Day Race, I would like to thank John and Carol Shaw for a great race! John and Carol worked tirelessly for the 6 days and I have no doubt a lot of time was put in before and after the race. Thankyou both. I would also like to convey my thanks to all the people who gave of their time cheerfully to help make this run so successful. To Peter Gray, who spent many hours in the lap-scoring tent, thankyou for your support and cheerfulness through the 6 days, particularly early in the morning when I, after having had a couple of hours' rest, staggered back onto the track, not really feeling full of joy, and wondering if I would ever run again. Your enthusiasm certainly was an inspiration to me. Never once did I have to ask, "Have you got me?" Thankyou Peter!

This was a great result for me, a result only achieved with the support of a great crew. Thanks a million Maria & Reg. Without you, I could not have done it.

To Georgina and Lou, my training partners, thankyou for many happy hours out on the road preparing for this event.

To all the runners participating in the Campbelltown 6 Day Race, congratulations. It was a privilege to share the 6 days with you all.

Thanks to Shaun and Patricia Scanlon for your encouragement during the run. The champagne was great!

To Dell and Ron Grant, it was nice talking to you Ron, and thanks Dell for your comgratulations.

Val Warren (Baulkham Hills)

Dear Dot,

I was very happy with my performance in the Colac 6 Day Race. I would like to give a big thank you to my mum, Norma, and Sue Cook for looking after me throughout the whole race. They did a great job. I would also like to give another thanks to the people who crewed for Tony Rafferty and Georgina McConnell. They gave me pancakes and pizza on the run. Also, a thank you to Dawn Parris who helped me and the other runners out. A thankyou to the Colac race committee for giving me some helpers, to help my mum and Sue Cook out with food and drinks. A special thank you goes to the volunteer lap scorers. I would also like to congratulate all the runners on their performances.

From the runner from Sleepy Hollow, Geelong,

Peter Gray.

The following two letters are published to inform all of our members the position regarding officially representing Australia in athletic competition overseas.

Dear AURA Committee,

27th November, 1991

As you may be aware, a Trans American race will be held 20th June - 22nd August, 1992 in the tradition of the Bunion Derbies. I am attempting to raise sponsorship for this locally, and this would be greatly facilitated if I could compete as an official Australian representative. As this is an international event, the runners will be recognised on a national basis, regardless of their official status, and so the matter is primarily of concern at an organisational level.

Trusting you will give this request your full consideration.

Yours in running,

Stephen Lewis (Ipswich. Q'ld)

Dear Stephen,

With regard to your letter of 27th November, 1991 in relation to the 1992 Trans-American Footrace, I offer the following comments:

Before AURA affiliated with Athletics Australia (AA), there would have been little or no chance of any Australian ultrarunner competing officially as an Australian athlete in an ultra event. Now that we are affiliated, the chances are much improved, but remain difficult. AURA has no power to declare an athlete an official Australian competitor; only AA has this power. Firstly, they must recognise a particular event as worthy of selecting official Australian representatives. (An unofficial discussion with AA has indicated you would have no hope in your request). If the event gets recognised, it is then up to the AA selection committee to decide who (individuals and/or team members) to select to representative Australia. It is my expectation (hope?) that since AA has no expertise in ultra-distance running, they would consult the AURA committee on the question of selection. Then, if you get this far, come the questions of invitations, eligibility/clearance and the requirement to be a member of AA, i.e. you would need to join a local athletic club (if not already a member) affiliated with your state association. (Note that membership of AURA does not give full individual membership of AA).

You are quite free to take the matter further. If you want it discussed by the AURA committee, please let me know, but I can't see the committee arriving at any different determination than outlined above. You may also like to approach AA directly, but I personally don't think you will make any headway with them.

There is no reason why you cannot compete as an Australian and wear green and gold colours when competing. You should not claim official representation, and if you do, you will not have any piece of paper to back-up the claim, and any race organiser will be unable to confirm the claim.

I hope the foregoing clarifies the situation of representing Australia as an official athlete.

I wish you well and much success in the race across America and ask you to keep us informed with results, reports, newspaper clippings and photographs, so that we can report the event in our Magazine.

Good luck and best wishes,

Geoff Hook.

Dear Geoff,

Concerning my request for entry to the Trans American 92 Race as an official Australian entrant, thank you for your detailed reply. It fully clarifies the situation and indicates the best course of action. Given the bureaucracy involved, I shall quite happily forgo the rubber stamp and merely run in a green and gold outfit.

I am sure the Trans Am is going to become one of the world's great ultra runs (if it gets to the starting line) Any further information obtained on the race will be forwarded to AURA.

Please pass on my name and address to anyone else that is interested in the event. If others enter, I will co-ordinate a group entry for airline discount, crewing etc.

Yours in running,
Stephen Lewis,
46 Chermside Road,
Ipswich Queensland 4305
Ph. (07) 281 9533.

Dear Dot,

I would just like to take this opportunity to acknowledge the help I received during the Campbelltown Six Day Race held in November last year.

First of all, my crew: Ray Chatterton, Lorraine Page and my youngest son Murray. Without their philanthropic dedication and commitment in looking after me, I simply could not have finished in second place, or even at all for that matter!

The number of runners that offered me their shoes when they saw the trouble that I was having with my feet was amazing. Great people these ultra runners. There are so many nice people around. In particular, many thanks to New Zealander Robert Dickison, who lent me his shoes. He had to give me his size twelve shoes, as my usual size ten-and-a-half were extremely agonising because of blisters on my feet. At the end of the race, he told me to keep them, and to send a couple of tee-shirts instead. Thanks a lot mate! New Zealanders also seem to be very nice people.

Also many thanks to Dave Taylor for his perpetual encouragement throughout the race, and to his crew member, Ann for her help at one stage. Dave is one of the nicest men in ultrarunning and is a credit to the sport.

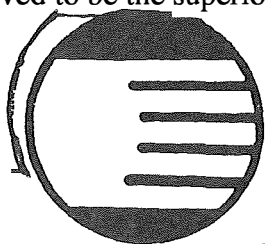
And of course, I must not forget John Shaw, whom I sympathise with for his tough time in finding sponsors for the event, especially in these hard economic times.

Congratulations to the winner, Tony Shaw, who proved to be the superior runner on the day, and I look forward to competing against him in future events.

Yours sincerely,

Bob Burns.

Dear Dot,



masseuse
89 ivanhoe pd.,
ivanhoe 3079
ph. 497 4171

What an event! I am so grateful to have been part of your 24 Hour Run. To observe and experience the indomitable human spirit of those runners will be something that will stay with me for a long time. At the end of the 24 hours, there were certainly some tears in my eyes.

In the future, please feel free to call on me to be part of the massage team. It was a wonderful experience for me.

Thanks again,

Shayne Walthers.

ivanhoe relaxation massage therapy service

Ed's note: This letter is printed in the hope that you Victorians will support Shayne, also Anthony Ashley-Brown of 13 Faversham Road, Canterbury (836 8337) who massaged tirelessly at my 24 Hour Race at Coburg recently for no payment. We should support those who support us in our sport.....Dot

Dear Dot,

Just a note to say how much I enjoyed the 24 Hour Run (at Coburg) today. It really is a very special event. The whole day was a magical one for me.

I had a good 12km run in Harold's Fun Run. I feel as if I'm finally starting to recover from the Bruny Island Ultra!

I loved watching the 24 Hour Run. Such triumphs of the human spirit are inspiring, and after the 24 Hour, I always resolve to work harder at my own running. And the efforts of the crews and helpers are heart-warming

At the Awards Ceremony, I was so delighted and surprised to receive the beautiful trophy and silk scarf for my efforts at Bruny Island. It really was a superb event.

And tonight, I went to see "Prince of Tides", a very well-made film, also about the resilience of the human spirit. A fitting end to a magnificent day!

Hope to see you soon,

Good running!,

Rikki Bewley.

G'day Geoff, Dot & AURA members,

As you will undoubtedly have heard, my run in Spain was 'not to schedule'. I contracted a flu virus two weeks prior, which meant running anything more than 15km was a tall order. It was not a very auspicious beginning to my 100km representational running!

Nothing could be salvaged as valuable experience from the race; except to witness never ending optimism, courage and kindness displayed by Angela Bates - who shattered her leg in a motorcycle accident last year. She never complains or thinks a negative thought. Stephen and Trine (Inga's brother and sister) and Angela came down to help with the race, which as it turned out, finished in difficult circumstances.

After eleven hours and thirty nine minutes, most people were elsewhere, but Bryan Smith greeted me with a handshake and "Good on yer!" for finishing, which made the effort worthwhile.

It was a well organised race with enthusiasm and appreciation displayed by the Spanish.

Fine performances by Trevor and Bryan, especially after travelling such distance to compete.

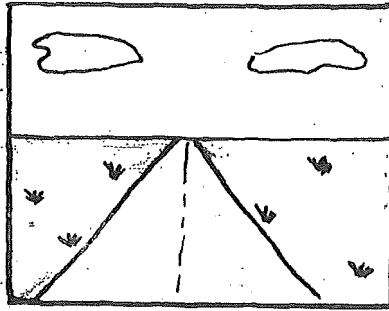
For me, it's back to the drawing board. There are still 'embers of ambition' to do a good 100km this year, as well as a "You've got to be kidding?" 24 Hour race.

Regards,

Carl Barker.

STATE BY STATE BREAKDOWN OF AURA MEMBERS

THE MIGHTY VICS.	176	WEST AUSTRALIA	20
NEW SOUTH WALES (boo! hiss!)	153	A.C.T.	15
QUEENSLAND	44	TASMANIA	13
SOUTH AUSTRALIA	25	OVERSEAS	26
TOTAL MEMBERSHIP:		473	



MARK & WANDA FOLEY
38 PEARCE STREET
BAULKHAM HILLS
NSW 2153

Dear Dot & Geoff,

18th November 1991

I'd just like to mention two trail races which were very enjoyable:

1. The Royal National Park Ultra in NSW: anything organised by Billys Bushies can be relied upon to be a real challenge. Fifty mile of trail winding through national park, over steep headlands with fantastic ocean views and across beaches of lovely soft sand all combine for a great event. The work put into the aid stations and marking the course is a credit to the Bushys. The last few kilometres along a sandy track keeps the runners honest but all is forgiven at the finish: more food and drink followed by a presentation of pottery goblets to each finisher inside the Bundeena RSL. This event is a must for anyone who likes trail running and enjoys our scenic coastline.

2. The Brindabella Classic, ACT: this 50K race has been held for five years now, the last two organised by Trevor Harris and his committee. This race is real mountain classic. The trip to the start on top of Mt Ginini is an adventure in itself. Most of us take the bus and the atmosphere is memorable. At least three seasons can be encountered on the way to the finish at the Cotter River, including five inches of snow for the first 7K in 1990. There are some awesome downhill sections, a few uphill grinds, shady forest paths, panoramic views, pine forests and creek crossings throughout the course. Trevor's crew provide food stations in just the right spots, all manned by enthusiastic people. The tired but happy runner is greeted at the finish by a group of masseurs, pottery Brindabella Classic goblets for every finisher and a finish photo mailed out with the results. It's also another run to finish at a pub. This year a relay category was included and was hotly contested, adding to the event. The best news was a course change adding 3K (now 53K total). Most found the course to be faster than before!

These two races, along with the other trail runs around the country, give "bush bashers" some great opportunities.

regards,

Mark Foley

RACE RESULTS AND REPORTS



THE 1991 BATHURST 100k FOOTRACE

FINAL RESULTS

Saturday 21st September

PLACE	RUNNER	SUBURB	H, M, S
=====	=====	=====	=====
1	BILL CLINGAN	GEORGES HALL NSW	8,12.26 *
2	ROBERT HERD	TRANGIE NSW	8,34.50
3	MAX BOGENHUBER	SUTHERLAND NSW	8,39.23
4	MICHAEL BOHNKE	WAGGA NSW	9,40.14
5	PAUL EVERY	NTH EPPING NSW	9,59.49
6	GEOFF HOOK	MT WAVERLEY VIC	10,33.20
7	GEORGINA McCONNELL	BAULKHAM NSW	10,37.53 W
8	MARILYN KINCHIN	SANS SOUCI NSW	10,54.36 W
9	JEFF VISSER	BELMONT VIC	11,12.21
10	MARK FOLEY	BAULKHAM NSW	11,22.59
10	PHIL CLARKE	CASULA NSW	11,22.59
12	PETER JANOVSKY	BEXLEY NSW	11,39.41
12	PAUL EISENHUTH	GEORGES HALL NSW	11,39.41
14	GRAHAME KERRUISH	THE MOUNTAIN NSW	12,15.52
15	KEITH O'CONNELL	FAIRFIELD NSW	} dnf
16	PETER NELL	NARACOORTE SA	

* new race record

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LIGHTHOUSE BEACH RESORT

PERTH TO BUNBURY ULTRAMARATHON - 202km

5th & 6th October, 1991

by Brian Kennedy

The running of the second Perth to Bunbury was arranged very hastily during August and September and was still in doubt until the last week, when we had not received police permission to run. The all-clear arrived in due course and everything was ready on race day. It will be better organised next year, and we may even get an interstate runner or two.

Starting from the Burswood Casino, the route was to take a new course which increased the distance from 187km to 202km, a course that would test all runners.

The last minute withdrawal of two runners left a field of very class ultra men, no women this year. The field consisted of: Joe Record (Perth), George Audley (Albany), Charlie Spare (Perth), Phil Pearce (Albany), Mike Thompson (Perth), Dave Hedley (Bunbury), Mark Pritchard (Bunbury) and Kieran Boothman (Bunbury).

The race started at 8am, and right from the start the experienced Perth runner, Mike Thompson set a pace that would make a half-marathon runner happy. At the 30km mark, Thompson was still running fast with the rest of the pack running a very comfortable pace. At this point, Joe Record was looking good and very fit. Could this be Joe's best run for quite a long time?

At the 50km mark, Thompson was still 17 minutes ahead of Record and only 57 minutes separated first and last runner. (see results) At this point supporters were beginning to ask if Thompson could keep up the pace. Joe Record was still looking very good and newcomer Kieran Boothman was sticking to his pre-race plan of getting to the 100km mark as quickly as possible and then deciding what to do.

1990 "Bunbury" winner, Dave Hedley was running easy, and pacing himself very well, just in front of the very experienced George Audley. Phil Pearce was well in control of his pace. 1991 24 Hour winner, Mark Pritchard appeared uncomfortable, and Charlie Spare was there but struggling.

The next 25km saw Thompson paying for his fast early pace, and Record starting to put his stamp on the race. But it was still early days yet! Thompson went through 75km in 6hrs. 10.20, with Record only 3min.40s behind him. Pritchard and Spare were lagging a bit at this stage.

The next 25kms. to the 100km and oh how a race can change! First there was Record in the fast time of 9.11.35, and still looking good. Hedley was pacing himself to perfection to be only 7min.47s. behind Record in second position, and it was decision time for the Bunbury solicitor, Boothman, who was only 16min.03s behind Record. Pearce was in good spirits and rhythm and it was evident he was pacing himself for a fast night session. Early leader, Mike Thompson had nothing left. Mark Pritchard had big problems that required a quick visit to the hospital for a doctor's examination, which was to cost him two valuable hours. Although he was suffering a lot, he pushed on into the night. Spare had withdrawn, and at this point, it is not clear if he uttered his famous last words (like most of us have), "NEVER AGAIN!"

And so to the 100 mile mark. Excellent running conditions saw the field still maintaining a fast pace, with the first 4 runners within 23 minutes of one another. (see results) It was Record, then Hedley, Boothman, Pearce and Audley. Spare, Thompson and Pritchard had now withdrawn. We were not to know that this was really where the race started for the first 4 runners.

Within the distance of 20km, to the 180km mark, and only 20km from home, we support crews and followers were to see a real race unfold.

Record was still in front, looking and feeling good. He even had time to do a live cross to the local ABC radio programme on a hand-held telephone, loaned to the race organisers by Time Telephone Company. (The ABC were having a 24 hour appeal for the Royal Flying Doctor Service)

Boothman had moved up to be only 200 metres behind Record and was looking great. (NO interviews for Boothman, who could almost taste victory) and only 3 minutes behind Boothman came Pearce in what looked to be a winning stride. Hedley at this point was starting to fade but he was determined to finish and would not give in.

With 10km to go, Boothman was still hanging on to Record by a mere 200 metres and it seemed that Record would have to call on all of his experience to hold off the inexperienced Boothman. Record spotted the lights of Bunbury and gave it his last big effort, which proved too much for Boothman. And so Record was first home at the beautiful Lighthouse Beach Resort. What a race!!!

Brian Kennedy

P.S. Sorry I am unable to send photographs of winner crossing the line etc, but some rotten swine pinched the camera from my car!

RESULTS:

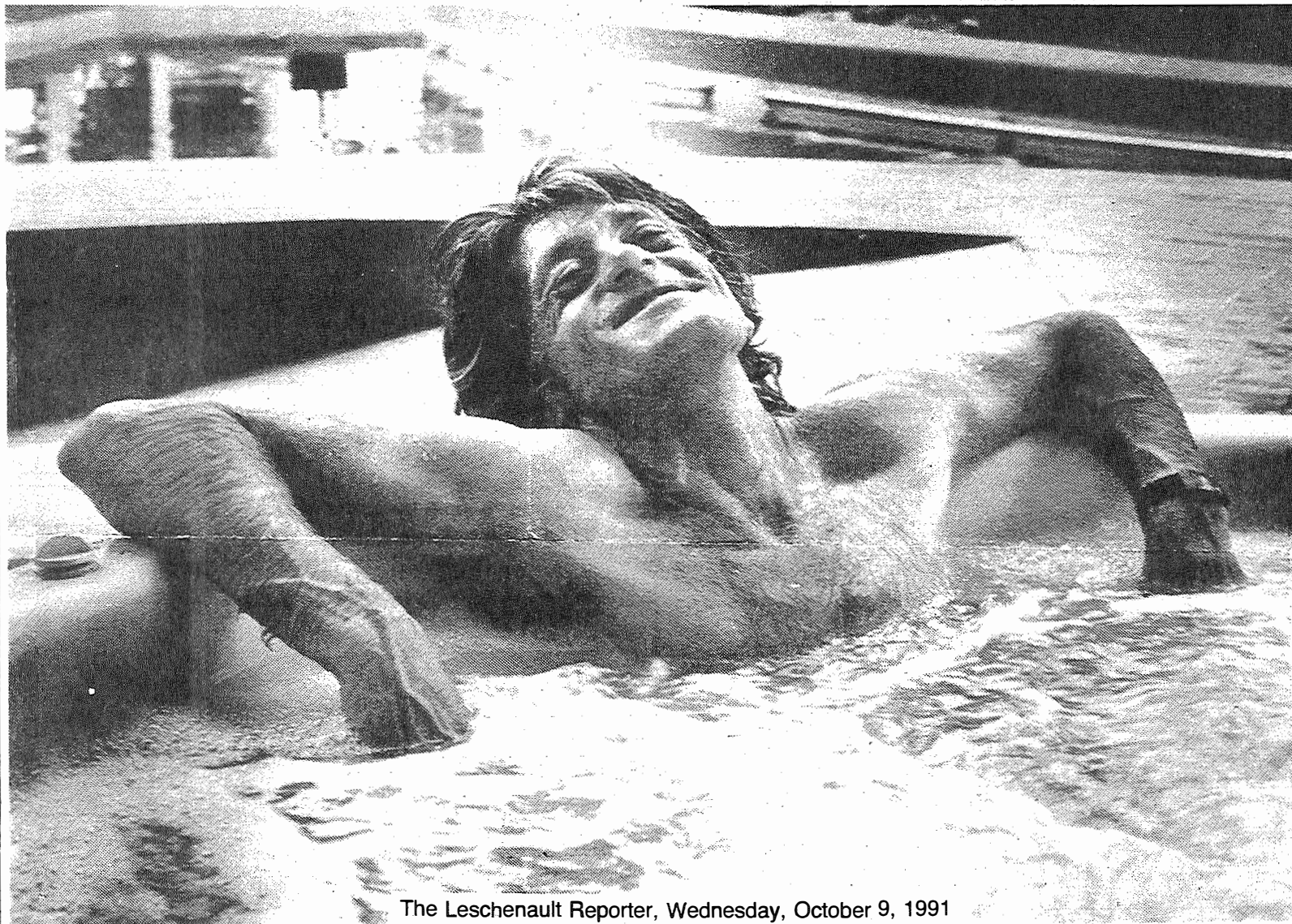
PL.	NAME	50KM	100KM	WAROONA	100ML	FINISH
1.	Joe RECORD	4.06.20	9.11.35	12.05.00	16.06.10	20.37.08
2.	Kieran BOOTHMAN	4.14.45	9.27.38	12.23.30	16.22.20	21.04.18
3.	Phil PEARCE	4.26.00	9.38.50	12.26.00	16.29.35	21.29.02
4.	Dave HEDLEY	4.18.10	9.19.20	12.10.00	16.16.50	22.18.02
5.	George AUDLEY	4.22.30				27.28.20
DNF:						
	Mike THOMPSON	3.49.55	9.53.00	w/d		
	Mark PRITCHARD	4.30.00	12.30.00	w/d		
	Charlie SPARE	4.36.30	w/d			

THANKYOU FOR YOUR DONATIONS!!

Our grateful thanks is extended to the following generous members, who have helped keep our subscription rates from rising in 1991/92 despite dramatic increases in postage costs. Thankyou so much!

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AWASH WITH THE PAIN OF VICTORY



The Leschenault Reporter, Wednesday, October 9, 1991

● OH WHAT A FEELING ... Few people would have known the feeling that charismatic long distance runner Joe Record experienced on Sunday. The seasoned veteran of the bitumen was filled with pleasure and pain as he took a spa following his runaway win in the Lighthouse Beach Resort Perth-to-Bunbury

ultramarathon. Record battled a groin injury and fatigue to finish in 20hrs 37mins and 8secs to beat Bunbury lawyer Kieran Boothman over the 202km distance. Record was concerned during the race that Bunbury runner Dave Hedley was looming behind him. Little did he know that it was Boothman for most of the

distance. Hedley, last year's winner, finished in fourth place. Record said was too sore to enjoy the victory and believed he might look for more enjoyable running ventures in the near future. One idea was to run down the Bibbulmun Track with a bag on his back.
Picture: ANDY NIBLETT

ST. GEORGE BUILDING SOCIETY LTD.

ROYAL NATIONAL PARK ULTRA

29/10/91

POST-RACE COMPETITORS LISTING

PLC	AGE	NAME (Chest N°)	AUDLEY TIME	Pos	LEECH TIME	Pos	CARIE (CUT) TIME	Pos	APPLE PIE TIME	Pos	H/BURGH STN TIME	Pos	CARIE (IN) TIME	Pos	WATTAMOLLA TIME	Pos	BUNDEENA RSL TIME
1	30	Don Wallace (1)	0:29	1	1:23	1	1:58	1	2:47	1	3:34	1	4:27	1	5:17	1	6:28:32
2	37	Greg Love (39)	0:31	3	1:28	3	2:03	3	2:52	3	3:43	2	4:46	2	5:45	2	7:08:25
3	47	Ian Graves (75)	0:29	2	1:23	2	1:59	2	2:52	2	3:47	3	4:53	3	5:58	3	7:28:26
4	28	John Worswick (3)	0:31	4	1:30	6	2:08	6	3:04	5	4:05	4	5:15	4	6:17	5	7:50:37
5	49	Max Bogenhuber (30)	0:32	8	1:37	10	2:18	10	3:15	9	4:14	7	5:21	5	6:16	4	7:57:39
6	34	Paul Kelleher (72)	0:35	23	1:42	23	2:23	19	3:22	15	4:20	12	5:23	7	6:24	6	8:00:19
7	38	Bill Broughton (43)	0:31	6	1:29	4	2:06	4	3:03	4	4:11	6	5:28	8	6:41	8	8:14:43
8	37	Ross Shilston (5)	0:34	21	1:42	21	2:28	22	3:36	22	4:40	20	5:47	13	6:53	13	8:23:52
9	39	Peter Bourgaize (41)	0:33	11	1:33	7	2:13	7	3:14	7	4:18	8	5:43	11	6:56	9	8:28:13
10	41	Oliver Williams (40)	0:33	13	1:38	15	2:18	13	3:16	10	4:19	10	5:43	12	6:53	12	8:32:15
11	27	Mark Steinberg (35)	0:31	5	1:29	5	2:08	5	3:07	6	4:07	5	5:22	6	6:35	7	8:34:48
12	33	Andrew McKenzie-Hicks (69)	0:34	19	1:39	19	2:21	16	3:20	13	4:20	11	5:35	9	6:50	10	8:45:36
13	56	Ludwig Herpich (52)	0:34	18	1:38	17	2:21	17	3:25	17	4:35	17	5:57	18	7:07	17	8:47:13
14	49	Ian Javes (49)	0:33	10	1:37	8	2:18	9	3:21	14	4:34	16	5:58	19	7:07	16	8:59:48
15	44	Ian Johnson (7)	0:37	28	1:46	27	2:30	25	3:37	24	4:40	22	5:50	14	7:01	14	9:01:03
16	38	James Rooney (67)	0:36	27	1:45	24	2:29	23	3:33	21	4:37	19	5:54	15	7:05	15	9:02:02
17	35	Gavin Howard (60)	0:34	17	1:37	13	2:16	8	3:15	8	4:19	9	5:40	10	6:52	11	9:04:26
18	39	Terry Rose (51)	0:34	20	1:40	20	2:23	21	3:31	20	4:39	18	6:01	20	7:21	20	9:06:03
19	40	Maggie Anderson (34)	0:39	37	1:53	34	2:42	35	3:55	37	5:06	31	6:22	23	7:35	22	9:10:41
20	52	Eric Porter (10)	0:35	22	1:42	22	2:23	20	3:25	16	4:34	15	5:55	16	7:16	18	9:12:25
21	34	Wayne Tomasums (64)	0:34	15	1:37	11	2:18	12	3:19	12	4:31	14	5:56	17	7:20	19	9:20:36
22	48	Cliff French (50)	0:42	59	1:54	38	2:41	33	3:51	32	5:08	33	6:24	26	7:37	23	9:30:39
23	24	Emile Alam (84)	0:44	73	1:59	59	2:44	40	3:53	34	5:04	29	6:28	27	7:46	24	9:36:15
24	45	Trevor Bergman (74)	0:38	34	1:50	30	2:35	29	3:39	25	4:45	23	6:10	21	7:35	21	9:37:35
25		Geoff Hook (19)	0:36	26	1:47	28	2:34	28	3:43	26	4:55	25	6:23	25	7:48	25	9:48:26
26		Graham Latta (78)	0:33	12	1:38	18	2:21	15	3:27	19	4:40	21	6:16	22	8:03	28	9:58:38
27	44	Anne Telfer (54)	0:40	46	2:07	66	3:04	64	4:21	56	5:36	47	6:56	35	8:18	32	10:07:21
28	34	Bill Joannon (16)	0:38	33	1:54	36	2:43	37	3:51	31	5:07	32	6:37	29	8:36	27	10:08:14

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AGE	NAME	(Club No)	AUNLEY		LEACH		GABIE (OUT)		APPLE PIE		HYBURN STN		GABIE (IN)		WATMOLLA		BUNDEEN RD.
			TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	
29	John Bunsing	(92)	0:38	35	1:56	44	2:47	44	4:01	41	5:21	38	6:48	32	8:14	29	10:09:03
30	Dave Given	(45)	0:38	36	1:56	45	2:47	43	4:01	40	5:21	39	6:48	31	8:14	30	10:09:14
31	Graham Jones	(27)	0:43	63	2:07	65	3:07	69	4:30	66	5:42	50	7:04	40	8:20	33	10:09:48
32	Kevin Cassidy	(79)	0:36	25	1:46	25	2:34	26	3:48	29	5:04	28	6:22	24	7:48	26	10:16:07
33	Mike Thorpe	(9)	0:44	69	2:09	69	3:08	70	4:32	69	5:50	54	7:10	47	8:27	38	10:21:21
34	Graham Sundock	(48)	0:44	72	2:09	71	3:08	71	4:32	70	5:50	55	7:10	46	8:27	39	10:21:22
35	Rees Williams	(57)	0:47	76	2:24	74	3:24	75	4:37	72	6:03	66	7:23	54	8:40	43	10:23:22
36	Michael Kreveld	(63)	0:46	74	2:14	73	3:12	72	4:32	68	5:50	56	7:10	49	8:30	40	10:31:09
37	Lyn Cribb	(47)	0:41	57	1:56	46	2:51	49	4:09	48	5:33	45	7:02	38	8:33	42	10:31:59
38	Patrick Austin	(42)	0:40	44	1:58	48	2:49	46	4:07	47	5:35	46	7:03	39	8:32	41	10:37:34
39	Conrad Knasiak	(85)	0:34	16	1:38	16	2:22	18	3:36	23	5:00	26	6:32	28	8:16	31	10:42:24
40	Chris Stephenson	(21)	0:36	24	1:46	26	2:34	27	3:48	28	5:04	30	6:53	33	8:26	36	10:45:58
41	Philip Clarke	(81)	0:40	43	1:54	39	2:45	41	3:59	39	5:21	37	6:56	36	8:26	34	10:45:58
42	Mark Foley	(24)	0:40	42	1:54	42	2:42	36	3:55	35	5:14	34	6:53	34	8:26	35	10:45:58
43	Greg Overton	(32)	0:41	48	1:54	41	2:41	32	3:49	30	5:03	27	6:36	30	8:27	37	10:57:31
44	Brian Rensford	(18)	0:44	71	2:09	70	3:07	68	4:37	73	6:03	67	7:37	60	9:11	57	11:00:27
45	Trudi Kidd	(59)	0:40	45	1:59	57	2:56	58	4:19	55	5:47	53	7:25	57	8:52	49	11:02:13
46	Robert Simms	(31)	0:37	32	1:50	29	2:40	30	3:55	36	5:26	41	7:06	44	8:51	46	11:02:13
47	Barbara Robinson	(76)	0:42	60	2:08	67	3:04	65	4:29	61	5:51	58	7:23	55	8:55	51	11:03:53
48	Neil Robinson	(77)	0:42	61	2:08	68	3:04	66	4:29	62	5:51	59	7:23	56	8:55	50	11:03:54
49	Timothy Trenowden	(12)	0:44	68	2:25	76	3:21	73	4:32	71	6:03	65	7:37	59	9:11	59	11:14:06
50	Paul Eisenhuth	(86)	0:43	62	1:59	55	2:52	54	4:19	54	5:46	52	7:22	53	9:01	55	11:15:09
51	Peter Janovsky	(70)	0:43	64	1:59	54	2:52	53	4:19	53	5:46	51	7:22	52	9:01	54	11:15:09
52	Rob Webb	(56)	0:39	38	1:58	47	2:49	45	4:04	44	5:32	43	7:02	37	8:48	44	11:15:23
53	Alan With	(14)	0:37	31	1:54	35	2:43	39	4:04	45	5:27	42	7:06	43	8:48	45	11:15:23
54	Ray Westwood	(26)	0:32	7	1:37	14	2:29	24	3:46	27	5:18	35	7:05	42	8:52	48	11:20:52
55	Dan Nefain	(17)	0:40	39	1:53	33	2:42	34	4:01	43	5:38	49	7:21	51	9:01	53	11:24:38

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PLC	AGE	NAME	(Chest N°)	AUDLEY		LEECH		SABIE (OUT)		APPLE PIE		H/BURCH STN		SABIE (IN)		WATTAMOLLA		BLINDFEND R	
				TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS
56	29	Todd McGrouther	(37)	0:41	55	1:58	49	2:49	47	4:06	46	5:32	44	7:10	48	8:51	47	11:27	37
57	37	William Rannard	(44)	0:41	56	1:59	56	2:52	52	4:13	49	5:36	48	7:14	50	9:01	52	11:28	35
58	30	Martin Collins	(22)	0:37	30	1:51	31	2:43	38	3:53	33	5:18	36	7:09	45	9:11	58	11:34	53
59	50	John Brett	(73)	0:43	66	2:07	63	3:04	63	4:30	65	5:54	62	7:35	58	9:18	61	11:38	40
60	29	Craig Dodimead	(25)	0:41	47	2:00	60	2:55	57	4:19	52	5:51	57	7:46	65	9:26	64	11:42	56
61	49	John Shepherd	(6)	0:41	50	1:59	51	2:58	61	4:25	58	5:52	60	7:38	62	9:18	63	11:43	01
62	30	Graham Horde	(38)	0:37	29	1:51	32	2:50	48	4:21	57	5:52	61	7:38	61	9:18	62	11:43	01
63	52	Graham Kerruish	(26)	0:41	58	2:07	62	3:07	67	4:38	75	6:02	64	7:40	63	9:16	60	11:44	36
64	32	Michael Roads	(68)	0:41	54	1:59	50	2:54	55	4:30	64	6:19	73	8:08	70	9:42	66	11:48	19
65	50	Gerald Bayliss	(61)	0:47	75	2:25	77	3:25	77	4:47	76	6:19	71	8:04	69	9:43	69	11:54	00
66	52	Robert Duckworth	(71)	0:44	70	2:03	61	2:55	56	4:17	51	5:57	63	7:41	64	9:35	65	11:59	4
67																			



Famous Australian father and son ultra team, Terry Cox (Snr) and Terry Cox (Jnr), starters in several Westfield Runs.

SMITH WINS IN COLAC MUD-BATH

An account of the 1991 Australian six day race

BY

TONY RAFFERTY

When Bryan Smith ran off the track to change his running shoes on the second day of last year's six day race at Colac, he said to his wife, Janet: "These shoes felt like slippers at the start, now I think I've got bricks tied to my feet." His shoes, with no sign of the maker's logo, were caked in mud 4 cms thick.

Chaos, crisis and confusion reigned when a heavy downpour turned a firm, neatly manicured grass track into the worst running conditions I've experienced.

Pea-size hailstones whipped up by 81 kph wind squalls, pelted the track and sent runners scurrying for cover under trees. I ran for shelter at the bowling club hedge, alongside the track, slipped, sailed about a metre in the air and landed flat on my back in muck. A tent collapsed. A beach umbrella flew like a kite, speared the turf on the centre of Memorial square, like a javelin and missed a dog by two metres.

Ron Hill splashed through the quagmire in canary yellow gum boots. He discarded them half an hour later and returned to running shoes. Claims by leading shoe manufacturers of better torsion, ideal stability and excellent flexibility, didn't matter in this race.

AURA member, Kevin Cassidy arrived from Melbourne to lend moral support. In teeming rain he summoned a wry smile as if to say we were crazy as we plundered through a sea of mud.

In the 1984 New York six day race at Downing stadium, a thunderstorm dumped litres of water on the track. Lightning split in half an iron crush barrier on the terraces. Running in ankle-deep water, I noticed two tee shirts and a tracksuit float six metres away from my flooded tent. Oranges, apples and bananas swirled in puddles at the hospitality marquee. Despite the flood, Yiannas Kouros broke George Littlewood's 93 year old world six day record.

The conditions in that historic race were the worst I had seen until 1989 during a 1000 mile challenge race at Granville in NSW. Continious heavy rain followed an electrical storm which reduced a satisfactory surface to a swamp, suitable for mud wrestling. Pat Farmer, Dave Taylor and myself, splashed through slippery slime for 14 humid days and cold misty nights. By comparison, the New York running conditions were moderate.

At Colac the deluge continued intermittently every day.

One night a drenched drunk carrying a belly thicker than a Michelin blimp, yelled out: "Keep it up, Neddy," as bearded Brickley Hepburn, ran up the back straight. "Good on ya, Chips," he shouted. "You're only a drip," as I followed Hepburn's mud-steps. Water dripped from the peak of my cap like a leaking tap. He reached out to steady himself against a tree, missed, and landed on top of a park bench still clutching a beer can.

AURA statistician and veteran ultra-runner, Gerry Riley, his wife, Maureen, family members and friends, drove from Ballarat prepared for a good-weather picnic. They seemed content huddled under an elm tree, eating sandwiches. Gerry kept a smile on my face with an Irish joke as I squelshed my way through the murk.

On the third night as members of the Colac city band walked towards the start/finish line to perform, a gust of wind lifted a base drum from its

moorings and rolled it into the wall of the fountain. Spectators stayed at home in the comfort of their loungerooms. Not a note was played and the band, wet through, returned home.

Bernice Potter has worked at the race every year since 1983. She said that this race was like a nightmare. Bent over like a rice picker for hours every day, she cleared the track of fallen branches and twigs and supervised the pouring of truckloads of sawdust and woodchips to help absorb moisture. It didn't work. Tiny wood slithers eased their way into the shoes of runners and caused blisters and small abrasions.

The ever-accelerating, Bryan Smith, maintained his cheeky sense of humor. "If mud is a beauty treatment then we must have the world's best looking feet," he said. He cemented his reputation as Australia's leading ultra-marathoner when he took first place with 878.4 kms. Like Kouros in New York, Smith's mental toughness mastered the adverse track and weather conditions.

Peter Gray's goal: to get his name beside Brian Smith's on the leader-board, was realised but not before an anxious first day when he was forced to rest after running 72 kms. Wet, stiff, sore and frustrated with the state of the track he recuperated after a two hour sleep, ran non-stop to record 189.6 kms for the 24 hours and scored 810 kms for the race.

Horseshoe calves, tree-trunk thighs, upright body and relaxed running form earned 24 hour specialist, Brickley Hepburn, 752.8 kms and third place. He said it was a learning experience competing in his first six day race but cannot justify the time away from work and family, to compete in many multi-day events.

Third place-getter in the 1985 Sydney to Melbourne race, Brian Bloomer, employed rare tactics in his bid to challenge the leaders. One minute he ran quicker than Salmon Rushdie's travel agent, walked briskly the next and then rested for long periods, ruining his chances of a place in the top three. The tough and gritty seaman ran 704.4 kms into fourth position.

Terry Cox (Snr.) ran consistently for five days in an effort to overtake Brian Bloomer. On the last day he dragged his legs through the mud to record only 74 kms. His credible 668 kms earned him fifth spot.

West Australian meat worker, George Audley, like Brian Bloomer, ran hot and cold. With two minutes to go to the 144 hour mark, he charged down the track, side-swiped three competitors and sprayed slime everywhere. Nobody minded. The arduous event would be recorded as one of the toughest

With discipline, determination, and strength not expected from her petite frame, Georgina McConnell, the only woman in the race, showed courage to record 627.6 kms for seventh place. Clutching bunches of flowers from well-wishers, she trundled the last four laps with a beaming smile. "If I can run in mud, water, wind and hail for six days, I can do anything," she said to a group of spectators at the finish line. Everybody agreed.

After a long rest which I hoped would help me out of the ultra-running scrap-heap, I planned a conservative race in a concentrated effort to regain competitive form in multi-day events. Pleased with 620.4 kms in horrid weather to place eighth, I gained confidence in my aim for greater heights this year.

Out of retirement to raise money for the First Dromana Sea Scouts, Ron Hill, ran fast as a fax for short periods, slow and labored at other times. He described the conditions as "horrific". He said, "The wind blew me all over the track." Despite the grim circumstances, he said, "It's the world's greatest track race." He took ninth place with 602 kms.

Cliff Young, ever confident, and always a kind word to his flock of fans who turned up every day, kept Ron Hill honest to the end when he finished only 12 kms behind him and registered 590.4 kms to gain 10th place.

George Perdon said that he had never seen so many tired runners in the early stages of a six day race. "Everybody struggled," he said. And so did he. Perdon, one of the all-time greats of ultra-running; a consistent performer; strong; crafty; experienced, was out of form. He completed the race in 11th place with 579.6 kms. George announced his retirement after the race. I hope he changes his mind. The Colac event in particular and ultra-running in general will suffer if he hangs up his track shoes.

Drew Kettle is better known trekking the country raising funds for charity and sleeping under the stars with Laddie, his ever-faithful black and tan kelpie. It was Kettle's first multi-day race. The 71 year old Colac farmer and swaggie ran for two days without sleep in an effort to catch George Perdon. He said that singing Irish and Scottish songs and sneaking a little rum now and again, kept him awake. He finished the race with 562.4 kms in 12th position.

Terry Cox (Jnr.) motivated earlier in the race by his father is inexperienced in six day events. He suffered painful shin splints and limped the last few laps like a wounded soldier to record a valiant 518.4 kms in 13th place. He will improve if the desire is there.

Stand up, speak up, shut up, wasn't the rule of the day at the presentation ceremony in front of 2000 people. After Chairman of the race committee, Graeme Williamson, welcomed everyone and Colac's mayor, Councillor Mathews, congratulated the runners, compere Glen Mintern introduced them to the microphone. Answers to his questions by a number of them, dragged on and on. We shivered on the stage in the cold night air. Bryan Smith, wisely, rugged up in a woolen blanket, waiting for his \$5000 winner's cheque. George Perdon tried to smother a laugh, when Drew Kettle, exhausted, fell asleep and fell off his chair, as a runner told his life story.

Since 1983, world and Australian records have been broken in the Australian six day race at Colac. Unforgettable performances will remain in our minds for years to come. The event is still one of the great ultra-marathons but it won't be the best until pre-race communication with the runners is improved and an all-weather track is laid.

TONY RAFFERTY JANUARY 1992.



L. to R.: Peter Gray, Bryan Smith (seated), Brickley Hepburn all smiles at the 1991 Colac 6 Day event.
Was this photograph taken before or after?

1989 AUSTRALIAN 6 DAY RACE COLAC

DAY : 6

TIME 1952

LAST UPDATE 20.00

POS	NAME	NO		DAY1	DAY2	DAY3	DAY4	DAY5	DAY6
1	SMITH	13	LAPS	494	366	364	345	305	322
TOTAL	878.40		KMS	197.60	146.40	145.60	138.00	122.00	128.80
			MLS	122.78	90.97	90.47	85.75	75.81	80.03
2	GRAY	7	LAPS	474	304	288	319	310	330
TOTAL	810.00		KMS	189.60	121.60	115.20	127.60	124.00	132.00
	+278m		MLS	117.81	75.56	71.58	79.29	77.05	82.02
3	HEPBURN	8	LAPS	417	362	301	257	278	267
TOTAL	752.80		KMS	166.80	144.80	120.40	102.80	111.20	106.80
	+250m		MLS	103.64	89.97	74.81	63.88	69.10	66.36
4	BLOOMER	3	LAPS	412	341	299	260	196	253
TOTAL	704.40		KMS	164.80	136.40	119.60	104.00	78.40	101.20
	+328m		MLS	102.40	84.75	74.32	64.62	48.72	62.88
5	COX SNR	5	LAPS	378	249	280	298	278	187
TOTAL	668.00		KMS	151.20	99.60	112.00	119.20	111.20	74.80
			MLS	93.95	61.89	69.59	74.07	69.10	46.48
6	AUDLEY	1	LAPS	443	266	201	239	244	210
TOTAL	641.20		KMS	177.20	106.40	80.40	95.60	97.60	84.00
	+25m		MLS	110.11	66.11	49.96	59.40	60.65	52.20
7	MC CONNELL	9	LAPS	379	274	247	214	213	242
TOTAL	627.50		KMS	151.60	109.60	98.80	85.60	85.20	96.80
	+5m		MLS	94.20	68.10	61.39	53.19	52.94	60.15
8	RAFFERTY	11	LAPS	321	293	246	236	233	222
TOTAL	620.40		KMS	128.40	117.20	98.40	94.40	93.20	88.80
	+195m		MLS	79.78	72.82	61.14	58.66	57.91	55.18
9	HILL	17	LAPS	352	224	201	302	203	218
TOTAL	602.00		KMS	140.80	89.60	80.40	120.80	83.20	87.20
	+25m		MLS	87.49	55.67	49.96	75.06	51.70	54.18
10	YOUNG	15	LAPS	344	208	267	212	222	223
TOTAL	590.40		KMS	137.60	83.20	106.80	84.80	88.80	89.20
			MLS	85.50	51.70	66.36	52.69	55.18	55.43
11	PERDON	10	LAPS	311	292	203	218	224	201
TOTAL	579.60		KMS	124.40	116.80	81.20	87.20	89.60	80.40
			MLS	77.30	72.58	50.46	54.18	55.67	49.96
12	KETTLE	16	LAPS	315	174	196	242	226	253
TOTAL	562.40		KMS	126.00	69.60	78.40	96.80	90.40	101.20
	+370m		MLS	78.29	43.25	48.72	60.15	56.17	62.88
13	COX JNR	4	LAPS	361	237	225	218	130	125
TOTAL	518.40		KMS	144.40	94.80	90.00	87.20	52.00	50.00
			MLS	89.73	58.91	55.92	54.18	32.31	31.07
14	BARWICK	2	LAPS	0	0	0	0	0	0
TOTAL	0.00		KMS	0.00	0.00	0.00	0.00	0.00	0.00
			MLS	0.00	0.00	0.00	0.00	0.00	0.00
15	FISHER	5	LAPS	0	0	0	0	0	0
TOTAL	0.00		KMS	0.00	0.00	0.00	0.00	0.00	0.00
			MLS	0.00	0.00	0.00	0.00	0.00	0.00
16	RECORD	12	LAPS	0	0	0	0	0	0
TOTAL	0.00		KMS	0.00	0.00	0.00	0.00	0.00	0.00
			MLS	0.00	0.00	0.00	0.00	0.00	0.00
17	STANDEVEN	14	LAPS	0	0	0	0	0	0
TOTAL	0.00		KMS	0.00	0.00	0.00	0.00	0.00	0.00
			MLS	0.00	0.00	0.00	0.00	0.00	0.00

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Smith records back to back victories

'The Colac Herald' 11/11/91

Champion ultra marathon runner Brian Smith scored his second consecutive Australian Six Day Race victory when he led from day one to the finish in the Memorial Square on Saturday night.

Smith's efforts to cover 878.4 kilometres a rain soaked track ranks alongside Yiannos Kourros' race record of 1023 kilometres.

His nearest rival, Peter Gray finished on 810 kilometres and was never within striking distance after day one.

Smith's hopes of beating the race record were lost on day one when 30 millimetres of rain soaked the track and soon turned into mud, which hampered the progress of all runners.

Amazingly, Smith was still able to cover 197.6 kilometres in the first 24 hours. For the first four days of the race Smith did more miles than any other competitor, however the honor of the most laps in the last two days went to Peter Gray, who ran an excellent race in the trying conditions to record his personal best distance for the event.

Smith said after the event that he was happy to win, but he was hoping to break 1000 kilometres.

Had the rain have held off, Smith could well have broken the existing race record.

"I aimed to do a certain mileage each day, but after the second day I knew I wouldn't get the 1000 kilometres," Smith said.

This year's field contained all Australian runners, and Smith said he felt the organisers should look at keeping it that way to give Australian runners an opportunity to compete.

Smith has had a busy schedule this year, competing in six ultra marathons.

He won the Victorian 24 hour title, won a 24 hour race in Campbelltown, NSW, won the Westfield run, finished second in the Adelaide 24 hour run, and won another 24 hour run in Campbelltown before competing in the Australian Six Day Race.

Smith said he felt flat in the first two days of the run this week. "I think I might have done a little too much in the last six weeks," he said.

Smith said that while he did compete regularly, he was able to maintain his performance by freshening up with light training which included gym work, between events.

Smith said the rain had taken a lot out of the runners. "Everybody's mileage was down except Peter Gray's," he said.

Smith said he plans to rest for a few days before doing some light work on an exercise bike and some weights.

"I think I'll have a good break from the running until Christmas," he said.

Peter Gray was the strong finisher of the runners, taking out the most laps title on the last two days.

Gray said the goal of reaching 500 miles kept him going.

"Two years ago I was 25 when I ran here and I wanted to be the youngest runner ever to do the 500 miles and I achieved that."

"This year I wanted to get the 500 miles again," he said.

Gray shrugged off a challenge for second position early in the week from six day race novice Brickley Hepburn.

Hepburn finished third, covering 752.8 kilometres, which was a fantastic effort at his first attempt at the event.

Hepburn was in great shape at the conclusion of the run and is sure to figure prominently in any future ultra marathon races he competes in.

Brian Bloomer had competed in nothing more than a few fun runs over the last five years, but was keen to see if he still was capable of competing in this type of event.

Bloomer's fourth place with 704.4 kilometres more than justified the race committee's decision to include him in the event.

Bloomer said his biggest worry before the race was getting through the first day without injury.

"I was rapt to have passed 500 kilometres and the rest was a bonus," he said.

Bloomer said he was probably the only runner in the field glad of the rain as it softened the track and helped him get through the race.

Bloomer said he felt the track had stood up well to all the traffic considering the rain we had during the week.

Terry Cox Senior finished in fifth place, having covered 668

kilometres.

Cox, 55, produced a consistent performance throughout the week and he was one of the runners who suggested that the Colac community get behind the race and put in an

all weather track for the race.

Western Australian runner George Audley finished sixth with 641.2 kilometres.

The harsh early race conditions took their toll on Audley, but he stuck to his task and held his place near the top of the leaders board.

Georgina McConnell, the only female runner in the field, received a rousing reception from the

large crowd which gathered at the finish for her effort of finishing seventh with 627 kilometres.

McConnell, from NSW, said she was grateful of the support she had received from the people of Colac and that she would be back to run again.

Eighth place getter Tony Rafferty covered 620.4 kilometres.

"It must have been the worst conditions of an ultra marathon on a track ever," he said.

"We took a lot of risks running on the soft sections of the track," Rafferty said.

Rafferty said he had pulled up well and was quite pleased with his run under the conditions.

Rafferty said he would be doing his best to get back to Colac and race again.

His plans for future runs are not set yet, but he is considering a 1300 mile race in New York where he finished third last year and a six day race in California.

Rafferty said he felt it was more a mental challenge rather than a physical challenge running around a track for six days.

Another runner to come out of retirement and do well in the run was Ron Hill, who came ninth with 602 kilometres.

Close behind was local hero Cliff Young on 590 kilometres. Young did an exceptional job considering the conditions and the fact that he was carrying an achilles injury going into the race.

Young's traditional rival, George Perdon finished eleventh with 579.6 kilometres. Perdon also suffered injury during the race which hampered his progress.

A 71 years of age, local identity Drew Kettle was another six day race novice who acquitted himself well. Kettle covered 562.4 kilometres and says he can do better.

He said he pushed himself a bit too hard in the initial stages of the race and should have been more conservative.

A hip injury flared as a result of Kettle's over enthusiasm and that then cost him in the long run.



Australian Six Day Race winner Brian Smith relaxes with a well deserved drink after the race.

Kettle said he should have stuck to his plans more rigidly. "I went two nights without sleep and that caught up with me a bit," he said.

"You must have at least one hours sleep a night to compete at your best," Kettle said.

He said he had enjoyed the experience. "I'm sorry we stopped. I was just coming good," he said.

Kettle said he felt Cliff Young and George Perdon had done a good job despite their injuries and he said he hoped that a synthetic track could be installed for next year's race so the weather would not effect performances.

Injuries took their toll on Terry Cox junior late in the week and he finished in 13th place with 518.4 kilometres. Cox said he was hoping to go into marathon running with his sights set on the Atlanta Olympics.

"Colac Herald"
11/11/91.

Weathered but undaunted

Despite terrible weather organisers of the six day race are hailing the annual event as a success.

Organisation ran smoothly, larrikin trouble was minimal and all runners lasted the full six days and finished the race.

However, organisers said while onlookers who saw the race in action appreciated the endurance of the runners they had absolutely no idea of the behind the scenes work involved in setting it up.

Race co-ordinator, Mr John Featherston, said the Six Day Race Committee had worked since February to bring the race to fruition.

"We had a small committee of 10 members who met every month and then as the race drew closer every week," he said.

"Advertising, sponsors and volunteers had to be arranged along with countless other details such as electricity for

lighting, timers and microphones, tents for the runner's crews, and caravans for the runners to rest in," Mr Featherston said. Other details include, organising a spa, masseurs, food, a van, lap counters, time clock, linen, toilets entertainment and referee.

"All labor used was voluntary and all the buildings and supplies were donated," he said.

"Unfortunately local participation in the event was not as good as it had been in previous years and many volunteers had to double up on their work."

Lap counters and officials had to be on hand 24 hours every day. "The Colac Lions Club made out a roster for the lap counters who were changed over every four hours," Mr Featherston said.

"People were even organised to sit with the lap counters in the early hours of the morning when few people were around and time seemed to go slowly," he said.

hotels and while some out of town people involved in the race were booked in, only one person had travelled to Colac and stayed overnight simply to watch the race.

Mr Featherston said the race could not really be seen as attracting tourists to Colac. "The race seemed to encourage people, especially bus loads, who were already in Colac to stay a while longer, and perhaps even to buy their lunch here," he said.

"The city council was a great support and had one of their workers at the race at 4 am one morning spreading sawdust on the track to fill in muddy bogs," Mr Featherston said.

He said the terrible weather kept a lot of the public away from the race and caused much of the planned entertainment to be cancelled.

The Colac Herald contacted Colac's motels and

Race newcomer applies pressure

"Colac Herald" 8/11/92

Geelong runner Brickley Hepburn is giving his more experienced opponents some stiff competition in his first attempt at the Australian Six Day Race.

Hepburn, 40, a relative novice to ultra distance marathons has been battling with Peter Gray for second position, having improved his ranking from fourth after the first 24 hours.

When the *Herald* caught up with Hepburn yesterday he had just been in for what he calls 'preventative maintenance', which includes checking for blisters and icing his knees.

Surprisingly Hepburn has had no problems at all other than a small blister on the outside of his foot.

"The ice on the knees is just a preventative measure, because I've never been in a race like this before", Hepburn said.

Hepburn was in excellent condition for someone who had already covered 486 kilometres in 3½ days.

Not only has Hepburn surprised his more experienced opponents and onlookers with his form, but his ability to cope with the workload has surprised even himself.

"The first day was tough, settling in and sorting out what we had to do", he said.

However since then he has been reaching his goals each day comfortably and he is well on the way to achieving his overall target of 800 kilometres.

Hepburn is sticking to his plan of two rest periods every 24 hours.

He stops from 7-9 pm each night and again from 2-5 am.

During this time he tries to get as much sleep as he can, but has been having trouble with his sleep.

"I'm still all keyed up when I go for a rest and can't sleep for long, so I lay awake a lot of that time", Hepburn said.

"Before the race I thought my biggest problem would be getting up tired and having to fire up again, but that hasn't been a problem at all," he said.

Hepburn was in second place on Wednesday narrowly leading Peter Gray but was overtaken again during his rest period through the night.

"Peter has shorter breaks than me and he is determined to hold onto second spot", Hepburn said.

Hepburn entered the race weighing 70 kilograms, but covering 166 kilometres in trying conditions on the first day saw his weight drop to 65 kilograms.

He has since been able to stabilise his weight and return to 70 kilograms following a high carbohydrate diet consisting mainly of rice, cereals and bread.

Hepburn works as a laborer at the Geelong Cement Works and between shifts was running in excess of 200 kilometres each week in training.

Over the past few weeks he tapered that distance off to freshen up for the Colac race.

Hepburn said he was having no difficulty with mental fatigue. "I usually listen to the radio when I run and they have that going on the square".

"There's always something different to look at and you can chat with the crowd and other runners", he said.

Hepburn may be an excellent athlete now, but at school he wasn't the least bit interested in sport.

"I used to dodge all sport and it wasn't until I was 25 that I started running with a mate", he said.

"We used to drink a couple of bottles each night and we decided we should do a bit of running to balance it out, so we'd drink a couple of bottles and run a couple of kilometres", Hepburn said.

Hepburn became hooked on running and took it up more seriously.

He started with triathlons and worked his way up to ironman and marathon events.

Three years ago he crewed for fellow Geelong runner Keith Fisher in the Australian Six Day Race and decided then to give it a try.

Over the last two years he has competed in 24 hour events with success, but this race is a real test for him.

Hepburn believes the reason for the average age of runners in this sort of event being around 45-50 is that older runners are more patient and more tolerant. "It just comes through growing up", he said.

One runner who has experience on his side is George Perdon. Perdon has competed in every Colac six day race, but is finding this one the most difficult to date.

"I'm having a bad run, but I'll hang in there", he said.

On the first day Perdon was suffering from bladder trouble and was passing blood.

That complaint has cleared up, but a knee injury has flared up and is causing concern.

Despite these setbacks he was still positive when the *Herald* spoke to him yesterday.

"I've had a lot of good runs, and I suppose you have to expect some bad ones", Perdon said.

Perdon said he was trying to eat plenty of protein and carbohydrates.

"You have to try and find the right balance, otherwise you feel flat", he said.

At 10.30 am yesterday Perdon was ahead of his old rival Cliff Young by a slender two kilometres, but he is confident of increasing the margin if his knee problem heals up.

While Hepburn moves along comfortably, and Perdon struggles to overcome nagging injuries, all eyes are on race leader Bryan Smith.

Smith has increased his break to around 60 kilometres and has the race sewn up as long as he does not strike injury.

Unfortunately his chances of breaking the existing record of 1023 kilometres seem remote because of the poor weather conditions experienced this week.

Peter Gray is battling along in second position, but he is not close enough to put pressure on Smith.

Gray's main concern over the last two days will be to beat off the challenge of Hepburn and Brian Bloomer.

Terry Cox senior has moved into fifth position and looks set for a strong finish, while Western Australian George Audley could make up ground on the leaders in the latter stages of the race.

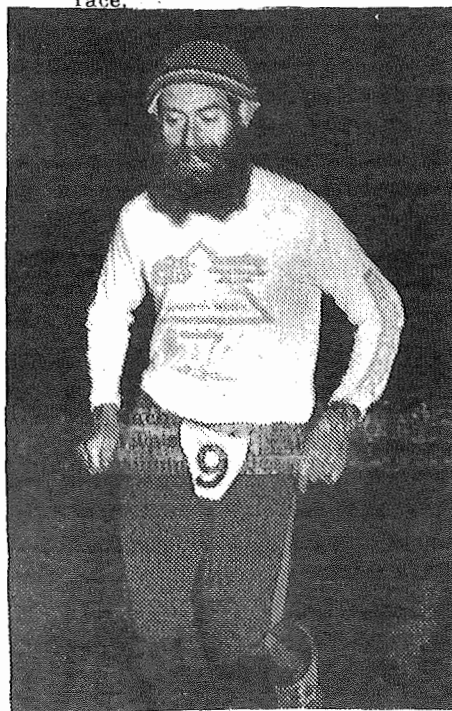
The only female in the field Georgina McConnell

is holding down seventh place. McConnell has displayed great determination this week and may yet improve on that ranking.

Ron Hill and Tony Rafferty are still going strong, while George Per-

don, Terry Cox junior and Cliff Young are all covering similar distances each day.

Drew Kettle has picked up the pace over the last two days and looks set to record a creditable distance by the end of the race.

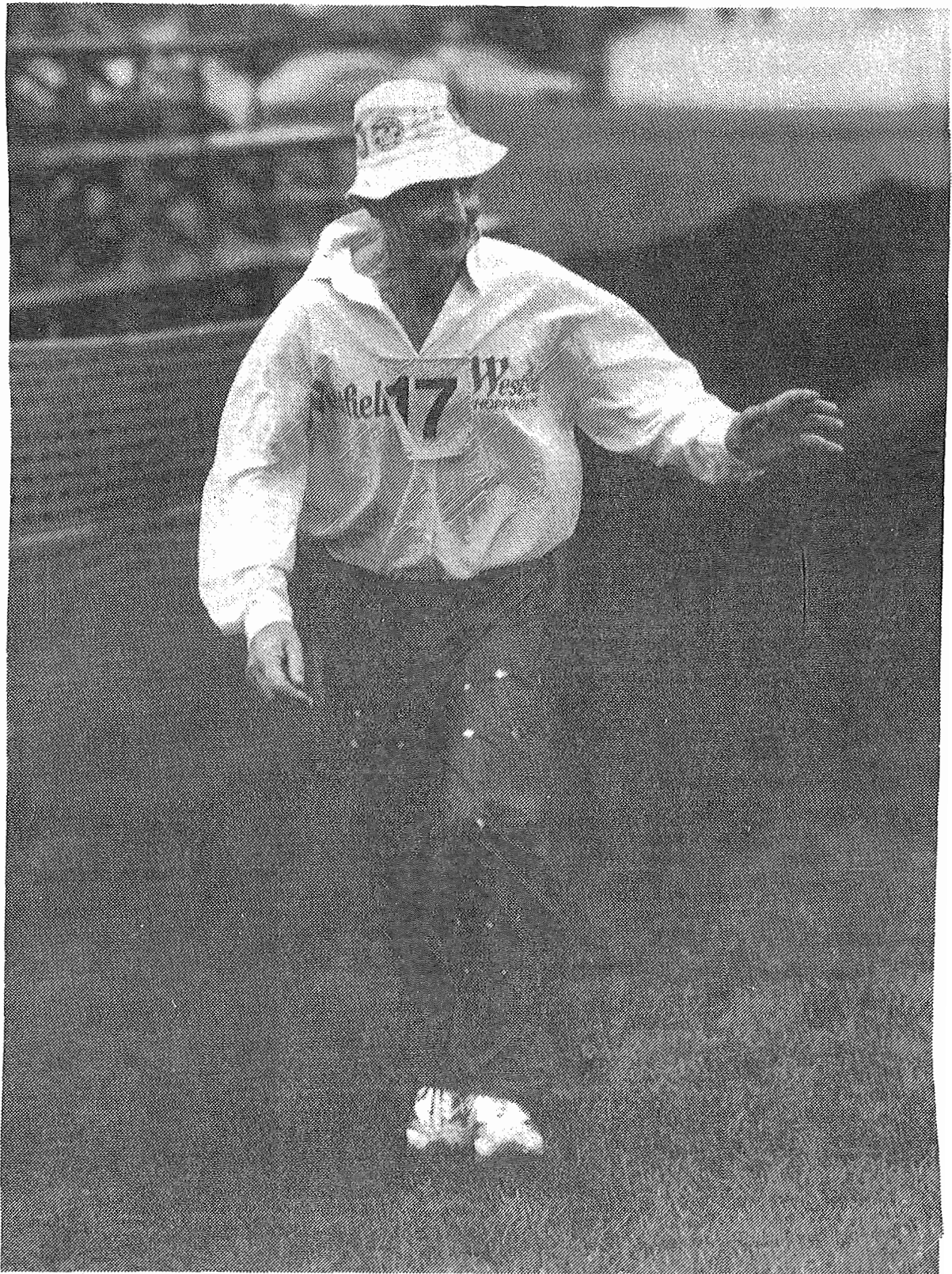


Six day race novice Brickley Hepburn — coping well and set for a strong finish.

Six day run action

Pictures by Stuart Milligan

*Colac Herald
8/11/91*



Crowd favorite Cliff Young still had time for a wave and a smile to his supporters on Wednesday.

CAMPBELLTOWN CITY SIX DAY TRACK RACE 17TH TO 23RD NOVEMBER, 1991

A six-day race is every ultra-runner's dream. For Bob Burns, second placing in the Australian Six Day Track Championship held at Campbelltown last November was a painful but creditable finish to months of arduous pre-race training. His crew, committed also to the dream, found their reward in seeing their "man" heroically keep pace with the cream of Australia's ultra-runners. Crew member, Lorraine Page, reflects on those six days.

THE MOTLEY CREW

by Lorraine Page

The overloaded station-wagon, its four occupants and a troublesome straw hat travelled at a leisurely speed into the night towards Campbelltown. Conversation turned inevitably to the unknown challenges that lay before the driver, Bob Burns, in his first taste of a six-day race.

Silently, I contemplated my first taste of "crewing". Willingly committed to crew I now found myself crammed between the baggage and the dream Bob was running down, and comparing the metaphor to the wallaby we had just regrettably run over. Getting to the dream, which I considered a thinly disguised nightmare at this point in time, was no simple task. Hours of driving from Brisbane to Sydney stretched ahead of us. Roadhouses blurred into one as we made frequent stops to revive weary minds and cramped bodies. And there was that hat fluttering around, again. Now in real danger of being frisbeed out the window I clutched it tightly in my lap until we reached Campbelltown.

Murray, Bob's son, shared his father's excitement with our other crew member Ray, who had experienced the ultra-runner's baptism of fire in a six-day only two months before. He was keen to get to the event and manage the Motley Crew.

On arrival at Campbelltown we booked into a five-star motel and enjoyed a final night of mod-cons. Early next morning we moved into a one-star caravan which I noted with some alarm lacked running water. I quickly reckoned the distance between caravan and tap and figured I could make the necessary adjustments for six days.

I waited apprehensively for the explosion of the starter's gun to signal the start of a long journey for 17 keyed-up and fresh-bodied runners with a range of running experience between them. My mind raced back to the sight of Ron Grant running for 42 days. I shuddered at the memory but realised I now felt a surge of respect for the centipede line of runners preparing to push their bodies and minds to the limit over the next six days.

We decided from day one I wouldn't "do nights" because my reputation for being "ratty" if deprived of sleep was legendary. Instead, I quickly slipped into the role of chief cook and bottle-washer. Ray assigned himself to the "graveyard shift" and Murray made himself indispensable as "gofer", Bob's launderer and part-time lap-scorer.

I ambled around and talked with other crew, who like us, had organised the next six days of their lives around their 'man' or 'woman' circling the track. I was impressed by the intense interest and respect of spouses and other family members for their runner's love of the sport.

The first three days were buoyant ones for Bob, and us, with Bob and Tony Collins vying hotly but good naturedly for the lead. Bob was confident of a win at this point until gigantic blisters on his feet slowed his pace and forced him to concentrate on mustering all of his inner resources to finish the race.

On the fourth day Bradbury Oval and runners underwent metamorphosis. I blinked at the spectacle of 12 surviving twentieth century gladiators in foreign legion caps, t-shirts, running shorts and shoes, and sun block 15+ doing battle with a rock-hard 400m track. Race director, John Shaw (Nero incarnate), updated hourly the leaderboard which decided thumbs up or down for each gladiator who approached it. The Motly Crew were now patching up their gladiator when he came in to eat, rest, or sleep and propelling him forth again with words of encouragement.

At this point and to the end of the race I quietly began to regard Bob and every other runner still in the arena as a hero. All were contending with pain of some kind. Faces were now burnt to a crisp and attached to bodies steadily shuffling or plodding, or walking around the track. Incoming STD calls on the race's mobile phone lifted many a runner's spirits as did the hand of a loved one locked in theirs while strolling a few laps.

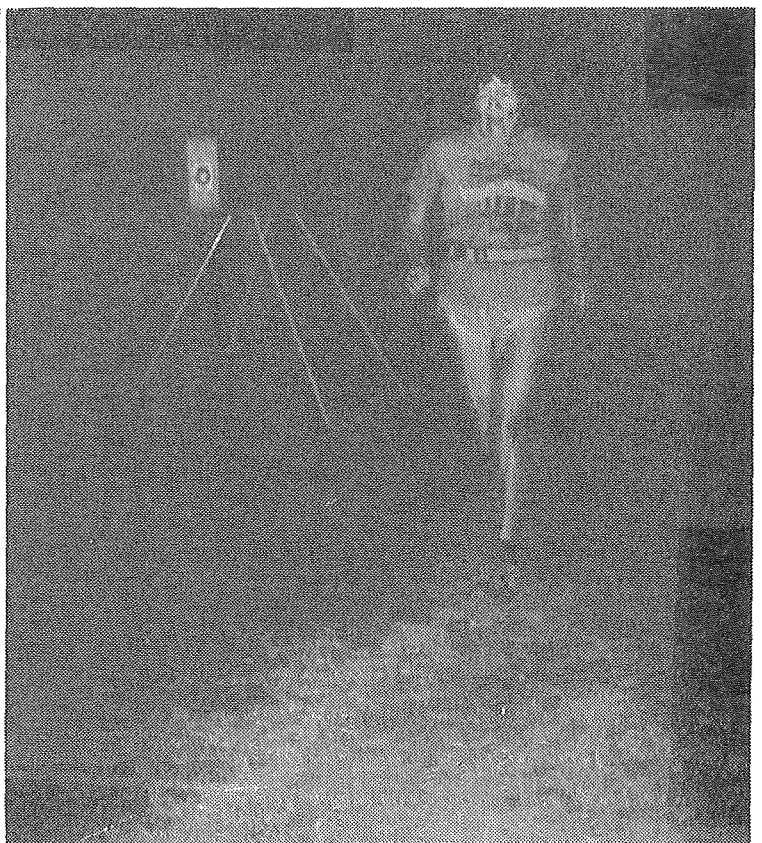
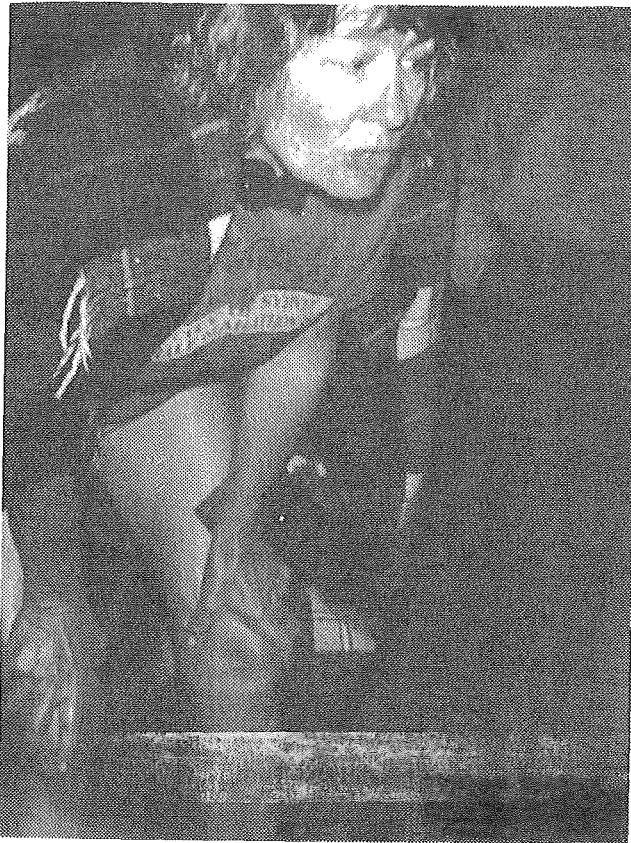
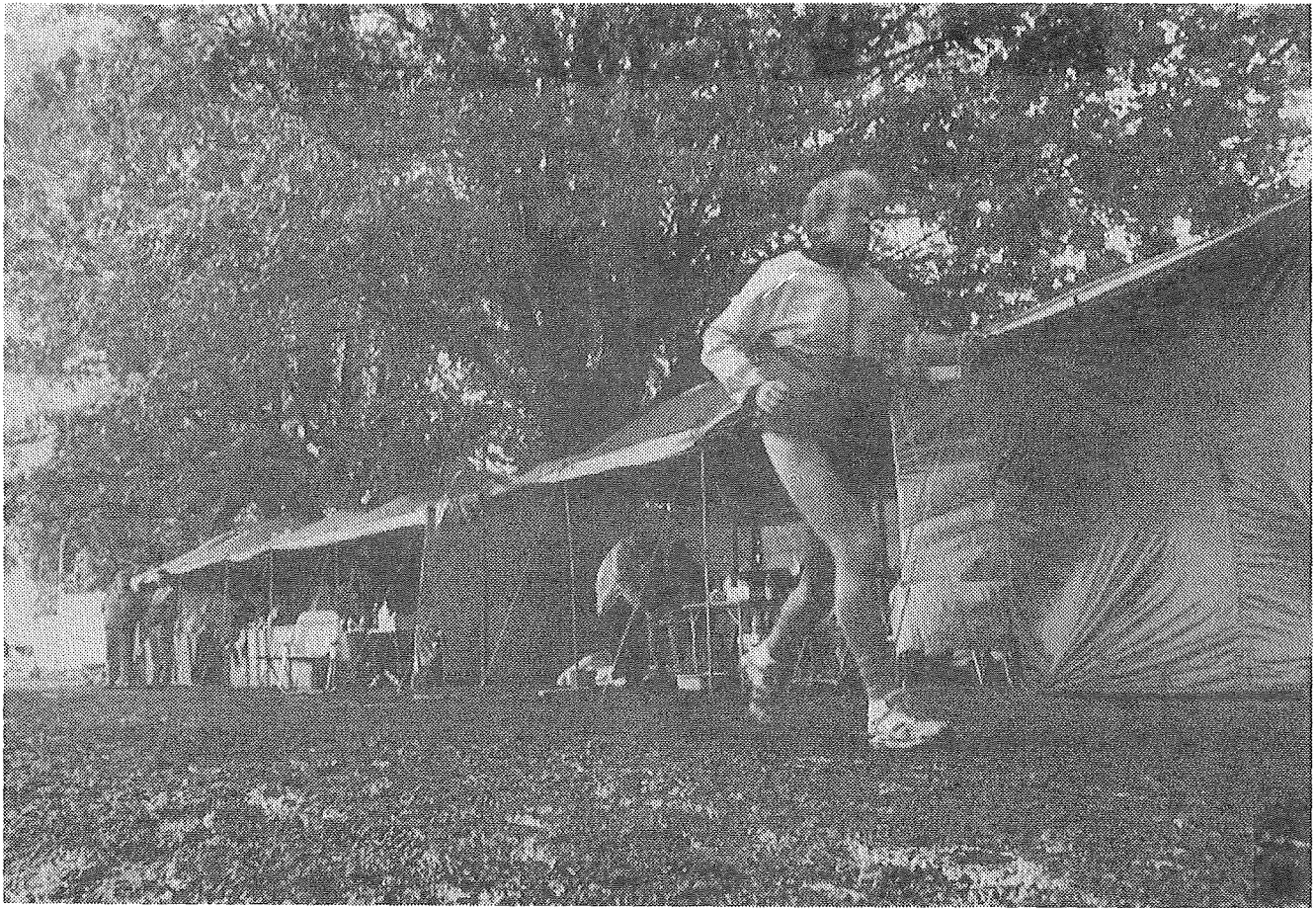
Competition between Bob and Tony was now covertly fierce. With Bob handicapped by blisters Tony moved in for the kill and lap by lap persistently established his lead. Bob painfully made the psychological adjustment as he saw his rival ploughing on to victory. Not until the event was finished would he realise the many he left behind in the field and the worth of his own performance.

Tensely, the Motley Crew served on in the final gruelling 48 hours, each member quietly admiring Bob's tenacity, his concern at not letting his support network down, the almost apologetic way he made personal requests and the minimal complaints about the pain racking his feet.

With the end of the race in sight gone were the gladiators. The arena had metamorphosised back to an oval circled by fatigued but elated runners. The Seiko clock completed its duty and clicked over to the 144th hour. A shout of joy echoed around the oval. Physically drained runners collapsed into plastic chairs and waited happily for the acknowledgement of their achievements. Bob wearily put up his legs and draped a cloth over his feet to dampen the interest of the Campbelltown flies.

It was an emotional moment for competitors and crews as competitors, some barely able to stand, hobbled forward to accept their rewards. Be it a trophy, finisher's medal, or encouragement award, these tangible crowns of achievement gave pleasure to each runner.

CAMPBELLTOWN 6 DAY RACE, 1991



Val Warren, Campbelltown 6 Day.

Brisbane runner Bob Burns proved he was a serious contender for the ultra-distant event by placing second in his first attempt at the Australian Six Day Track Championship at Campbelltown last November.

Seasoned Sydney to Melbourne and six-day runner Tony Collins, 44, took first place by finishing strongly with a distance covered of 727.6km. Bob who applied pressure to Tony by staying hot on his heels for most of the race covered a creditable 701.2km. Local runner Dave Taylor, 40, who won this event in 1989, finished third with 650.5km.

Bob, 48, proved he could keep pace with the upper echelon of ultra runners from interstate and overseas when he held the lead on days two and three before slipping back into second position for the remainder of the race.

Bob said he did not suffer fatigue during the race but admitted his badly blistered feet let him down.

"I lost time having my feet dressed and when I got back on the track it took me a while to warm up," Bob said.

"If it hadn't been for my feet I could have given Tony a harder time."

Crew member, Ray Chatterton, said it was a remarkable performance considering the strength of the field and his first time at a six-day.

Bob will have another chance to show his stamina and mental toughness when he defends his Australian 48 hour track record of 307km at Brisbane's University of Queensland in May.

Bob hobbles home for painful second

Redland Times, Wed. 27/11/91

By DENNIS NEVILLE

IN what organisers have described as one of the gutsiest performances ever seen on an athletic track, Ormiston's Bob Burns has finished a close second in the Australian Six Day track championship which finished last Saturday.

The prestige race run at Campbelltown in Sydney attracted the cream of Australia's ultra-marathon runners including many who had placed in the Sydney to Melbourne Westfield run.

Bob, known as 'Ultra Bob', completed the gruelling event on heart after his feet had virtually crippled him over the last ten hours.

He said on Monday that he had covered 700km in the allotted time while winner Tony Collins (second in this year's Westfield Marathon) covered 722km.

The only thing that kept Bob going over the last three days of the event was his road crew of Lorraine Page and Ray Chatterton.

Ray kept treating and dressing Bob's feet over the final days and giving him encouragement when he became distressed about his deteriorating condition.

Bob said he had been fine for the first three days and had taken the lead over Collins on day two.

"I was running well and enjoying the race tactics as we swapped the lead but the fourth day was a different story," he said.

"As the blisters started to form, my confidence went out the window and pain became the companion.

"I was having painkillers every four hours but my crew kept picking me up and I actually regained the lead for a while on the fourth day.

"You just have to keep going no matter what, otherwise you pull out. You can't stop and have a break."

Bob said that five of the 18 runners had withdrawn including a competitor who was running second at the time.

"I am hoping this will lead to full sponsorship if they run another Sydney to Melbourne race now that Westfield have pulled out.

"Running second in this class has proved to me that I am as good as the Sydney to Melbourne runners and can match it with them as long as I can lick the blister problem."

Bob said he was planning to get down to Raby Bay this week and is hoping that the salt water will do his feet some good.



Bob Burns with Robert Channells in the background during the 1991 Campbelltown 6 Day Race.



Terry Cox Jr. acknowledges the lapscorers during the 1991 Colac 6 Day Race. The build-up of mud is becoming evident on his shoes.

BRUNY ISLAND - 63KM ULTRA - TASMANIA 7TH DECEMBER, 1991

by Geoff Hook

Where's Bruny Island? I didn't know and had to look at a map of Tasmania to find it at the bottom right-hand corner, not far from Hobart.

My mate, Mike Maddock, had twisted my arm to "come down to Tasmania for a memorable experience". And memorable it was. Mike, and friend Cheryl, picked me up at the airport, and once in the city, it took only three-quarters of an hour to drive down to Kettering for the 15 minute ferry journey to Bruny Island. A cold strong wind was blowing, but fortunately, the weather on the next day produced a cool, light breeze with increasing periods of sunshine, that is, perfect conditions.

We stayed in a delightful holiday cabin at about the 45km point into the race. It was there I met Lloyd Pennicot who was to stay with us. Lloyd highly recommended a little shop just back down the road where he had devoured 2 enormous smoked salmon burgers for tea. We were nervous of this sort of food prior to a race, so we opted for pub meals instead, with a promise to try them the day after the race. I now know why Lloyd ran so well (almost first to finish). It was the scrumptious smoked salmon burgers - absolutely delicious - a must for anybody even remotely within cooee of Bruny Island.

The third edition of the race was to be a sealed handicap system, with a start-as-you-please (with self-regulation) to aim for a finish at approximately 2pm. I made the fatal mistake of not giving sufficient information on current running form, and so when the handicapper saw I had run in excess of 50 ultras, thought, "Gee, he must be good", and put me off scratch. Consequently, I finished way out of contention in the handicap section. Nevertheless, I thoroughly enjoyed the run consisting of beautiful scenery and mostly dirt roads. Bruny Island is a strange shape, consisting of northern and southern blobs connected by a narrow neck of land, 1-2km long and 30-40 metres wide. The hills at the start are no problem, but the ones near the finish are demanding on tired legs.

A number of teams competed in the relay section, each leg being just 2km and each change-over point being identified in striking fashion by a wooden silhouette of a penguin, the symbol of the island. These relay runners added bulk numbers and excitement to the race.

A unique feature of the race is that while the traffic is understandably light, it tended to be in sporadic convoy form, depending upon the ferry timetable. The only pub on the island, just after the half-way point, was hard to pass, as the day was warming up, but relief was ahead. The further south you travelled, the stronger and cooler the breeze became (The wind from the South Pole was encountering fewer obstacles in its path).

With only 3 or 4km to go, the southern tip of the island opens up to views, after previously running mostly through bushland, and the first view of the lighthouse was certainly a welcome sight to a tired and aching body - like a shining white sentinel standing majestically atop the cliff. However, the steep climb over the last 200m up to touch the lighthouse door is an effective pace retardant.

A great run, very well organised by TURA (Tasmanian Ultra Runners Association) and the tremendous efforts of Kerri Law and Alan Ryder. Thanks very much to you both.

The trophies were beautifully made by a local craftsman. The main one was a heavy piece of local timber, shaped into a shield with a map of Bruny Island in relief, carved out of whalebone. The course was marked on it, together with each change-over point for the relay runners. The other trophy was a large and heavy mounted replica of the lighthouse.

Andrew was looking for his first big win in a race and had set himself for a race record of a sub- 5 hour performance. He achieved his time goal, but he didn't reckon on a move (but very fast marathoner), John Jarman cleaning up with an exceptional 4:28:28. Well done to John and Andrew. Kerri is still the major driving force behind Andrew's improving performances.

Fellow-Victorian, Rikki Bewley, came with an international competitor, Woody Harris from the USA, to add extra external flavour to the race. Their smiles at the finish indicated they also enjoyed the run.

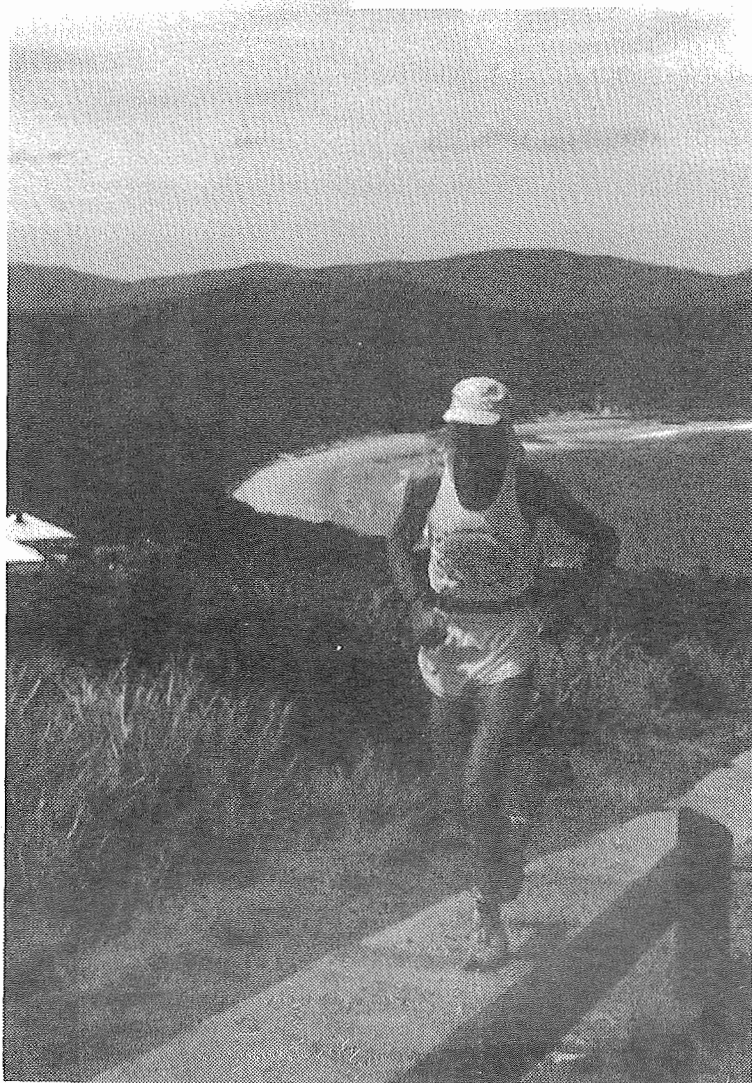
Many thanks to you, Cheryl, for looking after me throughout the run. I had planned to run the whole way with Mike, but he seemed in such a desperate need of a kiss and cuddle with Cheryl every stop we had (every 3km), that I left him after the first 6km. I found that the bucket of cold water I had to carry to throw over him was too much of a burden.

4-4

BRUNY ISLAND SHOTS



Rikki & Woody with their support crew:
L to R: Katey (12), Jeff (8), Tina (7),



Hookie, heading for the lighthouse.



Mike Maddock & Geoff Hook, the long
and short of it.

BRUNY ISLAND 63KM ULTRA

SATURDAY 7TH DECEMBER 1991

A 25 minute drive from Hobart to the scenic destination of Kettering sets the scene for one of Tasmania's classic races. The line up of cars to board the ferry, the hustle and bustle of cars, then a pleasant cruise of approximately 20 minutes takes you to Bruny Island.

The scenery in Tasmania is so superb, but it's not until one either runs or crews on this run, does one realise how lucky we are. The course was carefully marked with wooden penguins every 2km. The brilliant craftsmanship was created by our own Hardy Fehlandt who is one of Tassie's popular veteran runners.

Everything was set for a great race. The number of entrants was proof of what this race will be in the future. 1990 - 6 entrants, 1991 - 17 entrants. This included mainland and overseas competitors, namely Rikki Bewley (Vic), Geoff Hook (Vic) and Woody Harris (USA).

To make the race appeal to one and all a sealed handicap was set. The handicaps were based on previous experience (times). No-one knew their handicap until after the race was complete. Geoff Hook's handicap was found to be a bit tough. Because of Geoff's superb running record - 97 ultras there was no other option but to put him on scratch along with Andrew Law.

The course consisted of bitumen and gravel roads, steep ascents and undulating landscape. At the 50 - 55km mark it is well worth it as you catch a glimpse of the lighthouse standing proudly out on the point. You know that the race is near completion and this beautiful landmark is evidence of that. As one taps the door of the lighthouse you only need to move your head slightly to the right to look out across the ocean towards the Antarctic. It is magnificent, the view is breathtaking.

There were two magnificent trophies. The first was donated by the Bruny Island Council for the fastest time. The trophy was a blackwood plaque which was huge. On the front was a carved whalebone shape of the Island - which was created by a local artist, pinpointed the 63km run. The trophy will be displayed at the Council Chambers and have the names of the winners both fastest time and handicap placed on the plaque.

The second trophy was a huon pine replica of the lighthouse ($\frac{1}{2}$ metre in size) donated by the local chamber of commerce - small businesses which was also for the fastest time. The runner was able to take this one with him. Both were magnificent trophies which will be the talking point of every Bruny Run, that's for sure.

Runners gave estimations of their expected finishing times, some opted to leave earlier, so as to have all the field finishing roughly around the same time. This worked very well and will be an option for all runners in future.

8 relay teams lined up as well as the solo runners. This added to the fun of the race and meant that we had over 50 runners participating. These included our local veteran team (The Penguins), Talays team, a ladies orienteering team, our local premiers in the 1991 TANFL football season - North Hobart just to name a few.

Runners gave estimations of their expected finishing times, some opted to start earlier and this enabled the field to finish roughly around 1 pm or thereabouts.

It was a beautiful morning, ideal running weather. The first solo's had already left as I made my way to the start line at Dennes Point to start the 7 am runners off. Alan "Easy" Rider and I started the runners off. The solos were on staggered times up till 9 am, whereas the relay teams were still leaving at 10 am. They had only one rule and that was each runner must run at least a 2 km leg. This added to the excitement of the race.

Once all runners had started, I slowly drove behind picking up the wooden penguins until I finally caught up with the last of the relay team runners.

The weather was picking up, it seemed as though it was going to be a warm one?? As I picked up the field I saw Rikki and Woody cruising along. They looked to be enjoying themselves immensely. I then approached Peter Robertson who looked very good considering the unfortunate mishap before the race. The loose surface on the road played havoc with the traffic. Caution was a must. I was bombing along at one stage and nearly lost control, it soon jerks you into gear. I soon approached Lloyd Pennicott who was setting a cracking pace for the back markers. Lloyd is our veteran veteran runner. At 60 or thereabouts he looked superb, he is a credit to the sport, also a Grandpa for the first time - congratulations!

Approximately 20 km's into the race Tim McDevitt, Peter Bussey and Murray Jones were all running well. Later Tim had severe cramps and was forced to withdraw at the 50km mark - top effort Tim. Several kms ahead was Steven Escourt who looked very comfortable. At the 30km mark I approached David Gatenby. David would have to be the most improved ultra runner in 1991. Unfortunately this wasn't David's race, he had run out of gas. David has put a lot in lately - next one David.

Then of course who could forget our infamous Mike Maddock. His training before the event was minimal, but he had a good run. He enjoys himself so much he is a delight to watch. Support crews and onlookers alike are astonished that someone can be enjoying themselves whilst running this sort of distance. Geoff Hook had all intentions of running with Mike but decided to take off. Geoff looked very comfortable as I passed him, he hadn't even worked a sweat up. Bruce Harwood was just ahead of Geoff. This is Bruce's second ultra run. He looked as though he was really out to break a record.

Further up the field was John Jarman, running very strong. John was the eventual winner of the event. Middle distance running is definitely John's forte. Just 2kms ahead of John was Andrew Law, Andrew was suffering from severe cramp and was losing ground very quickly. John managed to pull Andrew in in the next 5 kms. Just ahead of these two doing battle was Andrew Lucas a North West Coast lad. He was so chirpy, he just couldn't wait to get to the finish to crack a stubby!! Several kms ahead of Andrew was Barry Dike. Barry is a veteran runner also but looked as though he may be the winner of the sealed handicap the way he was running. His crew was fantastic. Three young boys tendered to his every want. Well done.

I approached the lighthouse at 1 pm to take finishing times. I half expected to see Andrew belt up the steps first, unfortunately this wasn't to be. John Jarman strode home in a record breaking time of 4.28.28. Andrew eventually came in second in a time of 4.50.55 and Bruce Hancock in 5.32.12.

The race was a great success which was followed by presentations and a BBQ back at the local pub. Many runners and crew travelled home soon after presentations. Several of us stayed for the BBQ - 20 and relaxed and enjoyed the serenity of the Island. Thank you to all runners for their participation - we hope to see you again in 1992. Also a special thanks to Alan Rider, Andrew Law and Mike Maddock for their help in organisation of the race.

Looking forward to an exciting 1992 of Ultra events.

Regards

K Law

Kerri Law
Tas Ultra Runners Association.

RESULTS

1.	JOHN JARMAN	4.28.28
2.	ANDREW LAW	4.50.55
3.	BRUCE HANCOCK	5.32.12
4.	BARRY DIKE	5.44.15
5.	ANDREW LUCAS	6.26.38
6.	MURRAY JONES	6.29.03
7.	GEOFF HOOK	6.30.55
8.	PETER BUSSEY	6.46.11
9.	MIKE MADDOCK	6.49.14
10.	STEVEN ESCOURT	7.22.25
11.	LLOYD PENNICOTT	7.33.28
12.	RIKKI BEWLEY	9.22.25
13.	WOODY HARRIS	9.22.25

TIM MCDEVITT	DNF	52KM
PETER ROBERTSON	DNF	50KM
DAVID GATENBY	DNF	40KM
LINDSAY WEBB	DNF	30KM

ROSS TO RICHMOND ULTRA MARATHON

11 AUGUST 1991 - RACE RESULTS

INDIVIDUALS

1.	JOHN BREIT	7.44.42
2.	EDDIE WESTBURGH	7.50.50
3.	PETER GRAY	9.00.00
4.	KEN DEVINE	9.06.22
5.	HARDY FEHLANDT	9.17.29
6.	LLOYD PENNICOTT	10.17.41

ANDREW LAW - 30KM

D.N.F.

BRUNY ISLAND 63K ULTRA
7th December 1991

The plan to run my first ultra at Bruny Island evolved near the beginning of 1991. An idea that flowered from my adventures in Egypt, running the Pyramids Marathon the day after the outbreak of the Gulf War.

I needed to run an ultra and I love to run surrounded by beautiful scenery and so the plan to run 63k at Bruny Island (off the south coast of Tasmania), became the next dream, the next vision.

I began training, and in August I met Woody Harris and his family at Monkey Mia W.A. Woody is from Seattle, U.S.A. and another running addict. He'd never run an ultra and we ascertained that he and his family, on their trip around Australia, would be in Hobart at the time of the Bruny Island run.

Woody dreams dreams and sees visions, he's also a bit crazy (which helps!) and he has a marvellous family. Our plan fitted together as sparkling and precise as the pieces of a kaleidoscope. We'd run the ultra together and Woody's wife Betsy and three children, Katey, Jeff and Tina would crew. "Bruny Island, here we come!" we shouted exuberantly.

And so the next few months we spent training, running together again in Melbourne and sharing, fears, hilarious happenings and hints gleaned from books on ultra running.

We all travelled together on the ferry from Kettering to Bruny Island and immediately fell in love with the place. Bruny Island is something out of a fairytale. A jewel set amongst opalescent shifting clouds. Bruny is a place of forests, empty windswept beaches, lighthouses and rocky coastlines tumbling into shining seas. Our 63k run was to begin at Dennes Point, the northermost point of the island and finish at Cape Bruny lighthouse on the southern most tip.

On the big day I was wide awake at 3.30 a.m. and padded outside to inspect the weather. The night was perfectly still and the stars very white and clear like daisies in a giant field. I gathered up all my hopes and fears and wishes, sent them out into space and hooked them onto the farthest, most distant star. I wished so hard I could feel it vibrating right through the soles of my feet. "Please let Woody and me both finish."

At 5.30 a.m. Woody and I were walking up to the main road to be met by Alan Rider, the organiser of the run and Lloyd Pennicott, one of the runners. I walked along sniffing the cool morning air and damping my wild aspirations with the thought of all the hard work that lay ahead. I've had these feelings since I was a child : a vision of some magic, paradisaical world spread out for me to appreciate if I can only find the key. Running has given me that key.

Woody and I had hidden bottles of water along the first part of the route so that our valiant crew would not have to arise too early, but here our plans went a little awry. Alan took a different route, missed us on the road and so went to the cabins to collect us. Betsy awoke to find two totally strange men entering the cabin looking for Woody. When all this was sorted out, she noticed an unattended bushfire burning in nearby scrub and with some trepidation, woke the owners of the cabins (at 5.45 a.m.),

fearing the Bruny Island arsonist at work. Shortly afterwards she observed an Australian Navy vessel entering Barnes Bay and heard hysterical cries of "The ship is in! The ship is in!" Later it became clear that all these activities were the Armed Forces carrying out war game manoeuvres but the thought of being responsible for three young children as Tasmania was invaded, was a little daunting. After such a start to the day, obviously crewing for an ultra would be all plain sailing!

Meanwhile Alan had given us dire warnings about dehydration and three of us were lined up at 6.00 a.m. as the first runners in the handicap start.

I felt scared and excited at the same time. The start of a long run is an emotional moment whether there are 3 starters or 28,000. "Go!" shouted Alan and we were away. Woody and I set off walking briskly up the first of countless steep hills. I was ferociously determined that we would stick to our pre-race plan of running for 20 minutes, walking for 5 minutes, alternately, and not running on steep, uphill sections. I realised that if we started too fast we would be unable to complete the course.

At the top of the first hill we began to run and in the comforting ritual of bodies warming to the job, I could feel my feet growing wings. I'd waited 8 months for this moment. Woody ran easily by my side, commenting on the beauty of our surroundings. Sunlight splintered through leaves dappling the road beneath our feet and we caught glimpses of chocolate brown cliffs and the distant silver gleam of the sea. I felt a great surge of affection for this magical island which was providing such a magnificent backdrop for our adventure.

Nine kilometres along the road our faithful crew overtook us. I'd read that a successful ultra depends largely on the crew and I learnt on Bruny Island that this is true. Betsy, Katey, Jeff and Tina were a superb crew. Betsy, driving for the first time in Australia, had no difficulty keeping to the left and the children, led by 12 year old Katey were unfailingly cheerful, supportive and well-organised. They kept us supplied with food and drinks and knew instinctively when extra stops were needed to motivate their two tiring runners. How Woody and I looked forward to those refreshment stops and the sight of three eager kids running down the road to meet us.

Woody, having listened seriously to Alan's warnings about dehydration, drank so much he had to make 20 pit stops. I suspect this may be a record!

And so the kilometres unrolled beneath our feet and the summer day moved on taking us with it. We crossed the narrow neck in the centre of the island and savoured the sun-baked, grass-scented dunes with a racing tide ebbing and flowing over miles of white sand. A moment of delight and incredulity. So are the heightened moments of our lives secured to the physical world and brought back by it. Overhead, gulls were being tossed like scraps of cloth to caw and claw their way back to their rackety friends on the beach.

Penguins nest here and mutton birds fly 11,000 kilometres from the Arctic to return to their burrows in these dunes. I thought of those small, determined birds battling through storms to reach this sanctuary, and forced my feet to move faster.

We passed the marathon distance still moving strongly and began to be overtaken by a few solo runners and relay teams.

Woody, the very fast marathon runner, had to be discouraged from sprinting off after them.

We kept on labouring up hills with aches and pains appearing in various places and a deep weariness creeping into our bones and we looked and looked for that elusive lighthouse. And then finally we saw it as sun-drenched and mystical and desirable as any fairy tower. We had been running and walking for 9 hours. I caught a glimpse of Woody's face full of contained excitement with his grin ready to burst out at any moment.

I felt thrilled and trembly and exhausted all at once. We walked up the steep staircase to the lighthouse and I looked at the bays and headlands and lustrous seas fading away to a distant horizon, apparently remote from the ant-like activity in the foreground. We gathered up the last remaining dregs of energy and simultaneously touched the lighthouse door. Finished!

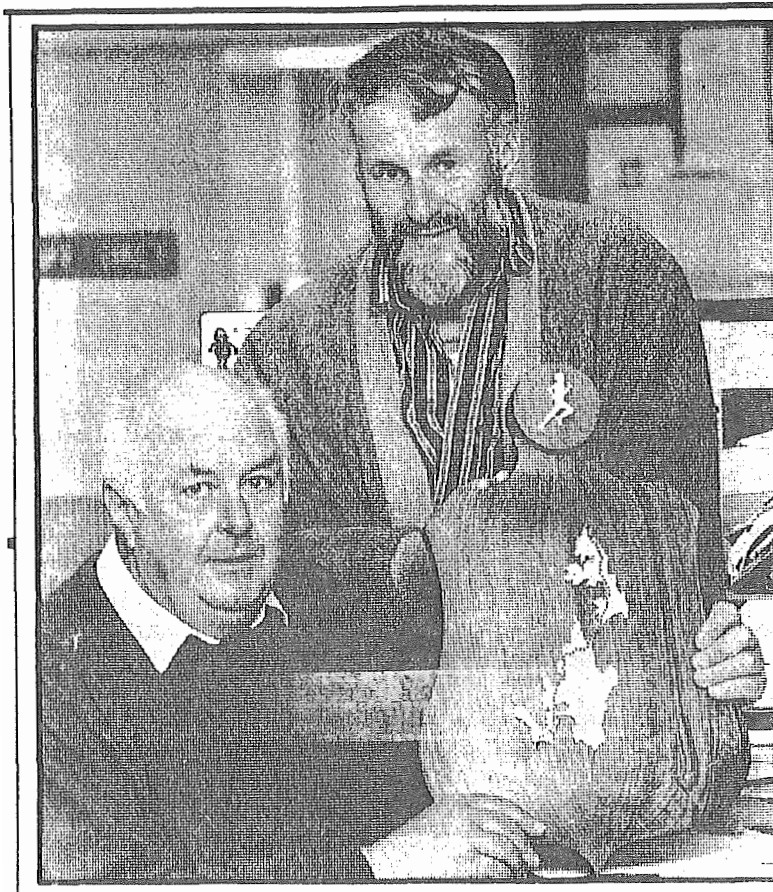
At such times as this, at such transcendent moments when all is right with the world, it is the feel and look of things that reveals that rightness. The feel of bodies stretched to their limits and the marvellous presence of the physical world which one turns to in exultation. The sky is deeper, the sea is bluer, the colours more intense.

Of such moments are our dreams made.

RIKKI BEWLEY

27th December 1991

"THE MERCURY" 5-12-91



Tradition in the running for Bruny Is race

THE gruelling 63-kilometre Bruny Island run on Saturday is a whale of a race and the winner will get a fitting reward.

The trophy is carved from blackwood and adorned with a map of Bruny Island carved from whalebone.

The warden of Bruny Island, Mr John Dillon, said the trophy was appropriate because the island had formerly had a vibrant whaling industry.

Mr Dillon hoped the event would become a classic.

"It started in 1988 with just five entrants and there are 54 entrants this year so it is well on the way," he said.

"We want it to be a real family day with people coming to watch the runners along the route from Dennes Point to the Bruny lighthouse."

The event has a solo section with 18 runners, and a relay.

◀ The warden of Bruny Island, Mr John Dillon, left, and whalebone carver Mr Jon de Jonge with the trophy.

Jarman first and fastest in Bruny ultra-marathon

HOBART runner John Jarman slashed an incredible 34 minutes off the course record in winning the 63km Bruny Island ultra-marathon on Saturday.

Jarman ran strongly over the final hilly stages to overhaul early leader and race favourite Andrew Law.

Jarman went to the front with just 10km to go and raced away to win in 4h28m28s, also winning the handicap section.

Law had gone through the marathon

distance of 42km in 2h50m, but had no answer to Jarman on the hills.

While Jarman was triumphing on the climbs, Law was cramping and being reduced to a walk at times.

Law was second in 4.50.55, followed by Bruce Hancock (5.32.12) and Barry Dike (5.44.15).

Jarman's win helped establish his reputation as one of Tasmania's best ultra-marathon runners, with a win in the 1991 Talays City to Cygnet and

only the 100km Ross to Richmond has eluded him.

The consistent Dike ran well to be second in the handicap section and Hancock showed his recent City to Summit line honours win was no fluke for third placing in the handicap.

The relay section attracted record numbers, with Northern Suburbs Athletic Club slicing 24 minutes off the previous race record with a time of 3:29.23.

North Hobart Football Club, under

the guidance of assistant coach Chris Fagan, was second.

Results — Fastest time, John Jarman (4.28.28) 1: Andrew Law (4.50.55) 2: Bruce Hancock (5.32.12) 3: Barry Dike (5.44.15) 4: Andrew Lucas (6.26.38) 5: Murray Jones (6.29.03) 6: Geoff Hook (6.30.55) 7: Peter Bussey (6.46.11) 8: Mike Maddock (6.49.14) 9: Steven Estcourt (7.22.25) 10: Lloyd Pennicott (7.33.26) 11: Rikki Bewley (9.22.25) 12: Woody Harris (9.22.25) 13.

Relay: Northern Suburbs Athletic Club (3.29.23) 1: North Hobart Football Club (3.49.11) 2: The Past Masters (4.11.56) 3: Good, Bad and Ugly (4.34.57) 4: Veteran Penguins (4.56.06) 5: Talays Reserves (5.07.55) 6: Australopers Orienteers (5.52.48) 7: D Cresswell and L. Foley (50km) 3.58.55.

"THE MERCURY" 9-12-91



Rikki and Woody.



On the starting line, L to R: Rikki Bewley, Woody Harris & Lloyd Pennicott.

THE SOUTHERN MOST ULTRA BRUNY ISLAND 63KM

It must have been fate. My father, Woody Harris, met and became mates with Rikki Bewley in Monkey Mia, W.A. When she found out we would be coming to Melbourne, she started lining up runs for my dad. Once we started heading south, Rikki told him about an ultra in Tassie when we would be there. The race was the Bruny Island Ultra, 63 km. Rikki said she would run and then she convinced my dad to. Not without second thoughts though.

The day before race day, December 6. My dad and I picked up Rikki from the Hobart airport. Then we shoved all our junk into a very small car. We had people and groceries on our laps! We all took a ferry across to the Island. My dad and Rikki met Alan Rider, the race coordinator and arranged a ride to the starting line in the morning, so the crew could sleep in to 7.00 a.m. (their race started at 6.00 a.m.). Once we arrived Rikki and my dad hid water for the first 10 km.

5.30 a.m. Race Day, December 7. My mom and I were awakened by two strange men asking, "Where is Woody?" Our runners were to start walking up the road to be picked up by Alan. Unfortunately he took a back road and missed them! So my mom got up and went to look for them at 5.50 a.m. It was her first experience driving on the left side of the road! All during the day, we kids would yell, "Keep left!" About 5 minutes after she left she returned and said, "Katey, there's a huge bushfire! I have to go. Would you wake the proprietors?" At 6.00 a.m. I woke Kathy Duncombe. She decided it was a farmer. It turns out it was the Australian Navy arriving!

Well Alan found them and so did my mom. At 7.00 a.m. we threw everything in the boot (food, water and homework for us kids). We drove up looking for them and stopped 4 km in front of Rikki and Woody. Then Jeffrey (my brother) and I walked backwards a kilometre. We kept doing this unless there was a huge hill, then we'd stop sooner to give them food and drink. We were like a take-away restaurant!! We all had a running joke because my dad was drinking an energy drink and he had to make more than twenty loo stops! At one stop, while we were waiting, we saw an echidna crossing the road that we had to save from speeding cars!

We were told after the race that support crews are always arguing with runners. If we had been told we would have happily, but we kept it to ourselves! If only we had known!

About the time we were nearing the end, runners and crew were desperate to see the Bruny Island lighthouse, the finish line. I was so tired of the car, that instead of walking backwards to greet Woody and Rikki, Jeff and I walked forward, hoping to see the lighthouse! We probably walked 4 km and we saw it! We turned around and ran back as fast as possible! When we told them, they cheered!!! By this time we were stopping every 2 km because of the hills!

I ran the last 4 km with Rikki and dad and it went on and on! In the car-park on the grass, were a bunch of runners lying on the ground. They said, "You have to run up those steps and touch the door!" They hobbled up and YEAH! THEY DID IT! Nine hours 22 minutes. It was my dad's first ultra and probably his last!

By: Katey Harris
12 years old
Seattle U.S.A.

1992 BOGONG TO HOTHAM

The 1992 Bogong to Hotham "Rooftop Run" was held on Sunday 5 January in weather conditions that caused the organisers to ponder another cancellation. The 1991 run was cancelled after 12 hours of rain on the night preceeding the event, but conditions improved somewhat after that. This year, the weather leading up to the event was not as bad as in 1991, but it failed to improve and when the last runners were reaching Mt Hotham, it was quite cold with intermittent showers and sleet.

For the first time in the 8 summers since the event started, we had radio communications, which aided organisation and greatly improved the runners' safety. Thanks must go to Geoff Hook from AURA and Bob Tait from WICEN for making this possible. In particular, we thank Bob Tait and the half a dozen or so WICEN members who volunteered their time to maintain the radio links.

There were 23 starters who left Mountain Creek at 6.25am on the Sunday morning. Neil Hooper, three times winner and record holder, opened up an early lead on the climb up Mount Bogong. It was cold and misty around the summit area and down towards Cleve Cole Hut. Philip Barnes and Robin Rishworth were strategically placed to ensure that nobody took a wrong turn near the top of Bogong. Alan Cichero and Bill from WICEN manned the T-spur turn-off at Madison's Hut site and recorded the runners' times. As usual, the Big River crossing caused some short-lived confusion as some searched for the recommended crossing point at the chain. The tough climb up Duane spur was probably made slightly less arduous by the cooler weather, and at the top near Roper's Hut, Prue Dobbin and Susanne Pedersen provided welcome supplies of jelly-beans and water. They also recorded times to Roper's Hut.


At Half-way at Watchbed Creek, twelve runners either withdrew or arrived after the five hour cut-off time. This left ten able to complete the run to Hotham, one other runner having turned back from the Bogong summit. The fruit-loaf proved to be more popular than the watermelon this year, no doubt due to the cooler weather. At Watchbed Creek Len Greaves and his wife maintained the WICEN radio contact with the start, finish and other checkpoints. Dot Browne from AURA was the main cheer-leader as runners completed the first half of the run. Upon leaving half-way, Neil Hooper still had an eight minute lead over Bruce Inglis, winner of the first Bright Alpine Climb in 1979.

Out on the second half of the course, Reg & Elaine Splatt and Ian from WICEN braved the elements to man the important checkpoint at Pole 333 north of Mount Jim. They deserve a medal for doing that job. Pat Pelly and Bob Tait were well set up on the Hotham summit with a small blue tarp to keep the worst of the elements off the weary finishers. Pat dispensed a supply of welcome food to runners while Bob commanded the radio network from there and recorded finishing times.

Neil Hooper notched up his fourth win in a time of 7 hrs, 16 mins, 10 secs, eight minutes ahead of Bruce Inglis. However, Bruce actually caught up to him near Derrick's Hut, only a few kilometres from the finish. Neil then managed to find some reserves of strength to draw away again, but Bruce's time of 7.24.57 was the fastest by anyone apart from Neil on this run. In third place was Keith Fisher, a first-timer on the high plains, followed soon after by AURA president Geoff Hook. The other six finishers arrived at Hotham within a space of just over half an hour in weather that was regularly changing from sunshine to sleet and back again.

Several AURA members and others made the long trip up Mount Hotham to help drive finishers back to their destinations. Their assistance in this task was invaluable, as was Rob Caldwell's and Bob Sayers' help in setting up the start, taking entries etc. I would like to thank the many people who gave their time and energy to help with the conduct of the run, and note that without their efforts, it would not be possible (or permitted) to hold the run. In particular, the radio communications provided by WICEN are most important in improving the safety of one of the toughest and most potentially dangerous footraces in Australia.

Attached are all the results from the 1992 run with the split times taken at various points, previous year's winners, records, etc. With a bit of luck, the run will go ahead again in January 1993, but with a new co-ordinator.

 Feb. '92

Russell Bulman
for Rooftop Runners

ROOFTOP_RUNNERS'_"BOGONG TO HOTHAM" - 5 JANUARY 1992

FINISHERS' RESULTS

<u>Place</u>	<u>Name</u>	<u>Madison's</u>	<u>Roper's</u>	<u>Watchbed_Ck</u>	<u>Pole 333</u>	<u>Mt Hotham</u>
1.	Neil Hooper	1.48.00	3.10.00	3.57.22	5.22.00	7.16.10
2.	Bruce Inglis	1.53.00	3.18.00	4.04.05	5.27.00	7.24.57
3.	Keith Fisher	2.12.15	3.48.00	4.41.45	6.35.00	9.05.03
4.	Geoff Hook	2.05.00	3.40.00	4.36.30	6.40.00	9.14.17
5.	Kelvin Marshall	2.05.45	3.47.00	4.49.55	6.44.00	9.28.49
6.	Ross Shilston	2.05.15	3.50.00	4.47.30	6.44.00	9.28.57
7.	Charles Aitken	2.16.00	4.01.00	4.58.45	7.00.00	9.30.54
8.	Jim Grelis	2.18.00	3.57.00	4.57.35	7.00.00	9.46.29
9.	Kevin Cassidy	2.10.00	3.50.00	4.52.18	7.03.00	10.03.14
10.	Peter Armistead	2.10.00	3.55.00	4.52.18	7.03.00	10.03.14

TIMES IN ORDER OF ARRIVAL AT "HALF-WAY" (WATCHBED CREEK).

<u>Place</u>	<u>Name</u>	<u>Madison's</u>	<u>Roper's</u>	<u>Watchbed_Ck</u>	<u>Pole 333</u>	<u>Mt Hotham</u>
1.	Neil Hooper	1.48.00	3.10.00	3.57.22	5.22.00	7.16.10
2.	Bruce Inglis	1.53.00	3.18.00	4.04.05	5.27.00	7.24.57
	Chris Benn	1.54.00	3.18.00	4.06.22		
	Alan Davis	1.57.00	3.25.00	4.21.18		
	Clive Davies	2.06.32	3.45.00	4.35.11		
4.	Geoff Hook	2.05.00	3.40.00	4.36.30	6.40.00	9.14.17
3.	Keith Fisher	2.12.15	3.48.00	4.41.45	6.35.00	9.05.03
	Peter Logan	2.06.30	3.50.00	4.46.11		
6.	Ross Shilston	2.05.15	3.50.00	4.47.30	6.44.00	9.28.57
5.	Kelvin Marshall	2.05.45	3.47.00	4.49.55	6.44.00	9.28.49
9.	Kevin Cassidy	2.10.00	3.50.00	4.52.18	7.03.00	10.03.14
10.	Peter Armistead	2.10.00	3.55.00	4.52.18	7.03.00	10.03.14
8.	Jim Grelis	2.18.00	3.57.00	4.57.35	7.00.00	9.46.29
7.	Charles Aitken	2.16.00	4.01.00	4.58.45	7.00.00	9.30.54
	Rob Simmons	2.16.00	4.03.00	5.04.56		
	Max Scheleitner	2.22.00	4.05.00	5.10.35		
	Bob Sayers	2.12.00	4.05.00	5.15.07		
	Rick Martin	2.21.00	4.22.00	5.40.20		
	Robyn Rodd	2.21.00	4.20.00	5.40.20		
	Richard Morris	2.18.00	4.07.00	5.43.30		
	Greg Wishart	2.30.00	4.35.00	5.43.35		
	Ian Patterson	2.32.00	4.41.00	5.58.04		
	Richard Rodd	★★				

★★ Richard Rodd turned back to the start from Mt Bogong.

PREVIOUS WINNERS

22 Dec 1984	Neil Hooper	7.14.00
28 Dec 1985	Neil Hooper	6.58.52
27 Dec 1986	Robin Rishworth	8.16.46
27 Dec 1987	Peter LeBusque	7.57.00
8 Jan 1989	John Broxap (UK)	9.10.10
7 Jan 1990	Neil Hooper	7.11.10
6 Jan 1991	Cancelled	
5 Jan 1992	Neil Hooper	7.16.10

RECORDS

Male:	6.58.52	Neil Hooper (1985)
Female:	11.08.57	Sue Dreverman (1990)
Half-Way	3.30.53	Peter Mitchell (1989)

Bright Alpine News, Jan 1992:

by Pat Pelly.

Endurance run success again

THE annual Mountain Creek to Mount Hotham endurance run was again staged successfully on Sunday, January 5, with Neil Hooper of Boronia, winning the event for the fourth time since its inception in 1984.

Neil is a remarkably fine runner, having also won the Bright Alpine Climb four times and the Mt Beauty Marathon three times.

His record for the Rooftop Run stands at 6 hours, 58 minutes, 52 seconds and was set in 1984.

This year's time of 7.16.10 is his slowest and the time of 7.24.27 by the runner-up, Bruce Inglis, is the fastest by any other runner.

Bruce, from Sydney, is a top mountain runner and in 1979 was the initial winner of the Bright Alpine Climb, at a time when competing in that event entailed running up and down five of our biggest peaks.

The Rooftop Run begins with an ascent of Bogong and is completed at the Hotham Summit some 60 kilometres distant, having climbed some 10,000 feet and put in an abundance of downhill work.

This year's runners had to battle dreadful weather conditions but the fact that 10 out of 23 completed the course shows that high temperatures are really the runner's enemy.

Given a warm day on the 5th, it is doubted that 10 would be finishing.

A record 19, including two ladies, completed the course in 1990 on a beautiful mild day with an overcast sky.

Volunteers are at various check points along the way and at these points, food and water are available.

This year for the first time, radio was used to keep a tab on all runners throughout the race.

WICEN (Wireless Institute Civil Emergency Network) added a new dimension in safety to the event.

The Network was formed so that experts in communications would be available in times of emergency and they also monitor events such as the Murray River Canoe Marathon, fun runs and the Great Victorian Bike Ride.

Their expertise is available for an appropriate donation and some half dozen participated at their own expense to assist the Rooftop Runners.

Russell Bulman of Eltham has organised the run since its beginning, but he now wishes to hand over the reins to someone new.

Thanks Russell, for guiding this unique event most successfully.

1992 finishers:

Neil Hooper (Boronia) 7.16.10, Bruce Inglis (Sydney) 7.24.57, Keith Fisher (Geelong) 9.05.03, Geoff Hook (Mt Waverley) 9.14.17, Kelvin Marshall (Glen Waverley) 9.28.49, Ross Shilston (Seaford) 9.28.57, Charles Aitken (Albury) 9.30.54, Jim Grelis (Camberwell) 9.46.29, Peter Armistead (Frankston) 10.03.14, Kevin Cassidy (Preston) 10.03.14.

A.U.R.A. MANSFIELD TO MT.BULLER

50KM ROAD RACE: SUNDAY 26TH JANUARY, 1992.

by Dot Browne

What a setting for a road race, the magnificent country surrounding the Victorian town of Mansfield, with its rolling brown hills and clumps of eucalypts, where Arthur Streeton painted many of his landscapes and where they filmed "The Man from Snowy River" - famous countryside! The area not only inspires Australian artists and film directors, it also inspires race directors! Pete Armistead initiated the successful 50km road race in 1991, and it was even more successful this year.

We were lucky again with the weather. The day was perfect, a clear cool morning with a cloudless blue sky and no wind, top temperature predicted 23 degrees.

Our 25 competitors had come from all over. Max Bogenhuber and Steel Beveridge had driven from NSW, Brian Gawne and Geoff Keenan had come from Shepparton, Bernd Ritzer, Graeme Alford and eager crew made up "the Moe mob", Gerry Riley, our 61 year old AURA statistician was there from Ballarat, and Jim Wolstencroft had torn himself away from his oil rig way off the coast of Darwin someplace (where training consisted of laps of the flight deck, with a scary drop to the sea!) to come down for our race. They were a great bunch of competitors.

Most of the runners had provided their own support crews, which was great, but Ross Shilston, Dot & Colin Browne bunny-hopped the course, providing drinks, fruit and sponges every 5km, which was appreciated by the runners. Robin Anderson, one of our sponsors, who provided beautiful grevillia plants as prizes, drove the lead car again and Jacques Gaillard's crew provided the back-up. Thank you so much to all those helpers.

Twenty-six year old Michael Ferdinand was an amazing competitor. He had never run a marathon, let alone an ultra, but survived the distance to come 4th overall, with the attentive support of two of his police colleagues as his crew.

Jacques Gaillard was delighted to survive this one, after pulling out at 42km last year. Well done Jacques!

The course was scenic, but tough. The first 32km undulated through magnificent rolling hills in sight of the Delatite River most of the way. The runners coped with this section very well, keeping up a good pace and running smoothly on the good bitumen surface, enjoying the great views of the mountains, the perfect weather, the clean air and the regular aid stations. Keith Fisher was the early leader until 20km with the rest of the field strung out in bunches behind him, but by 25km, last year's 4th place-getter, Greg Wilson, had reeled him in and led for the remainder of the race, winning by a margin of 25 minutes, and achieving a PB of 17 minutes from last year.

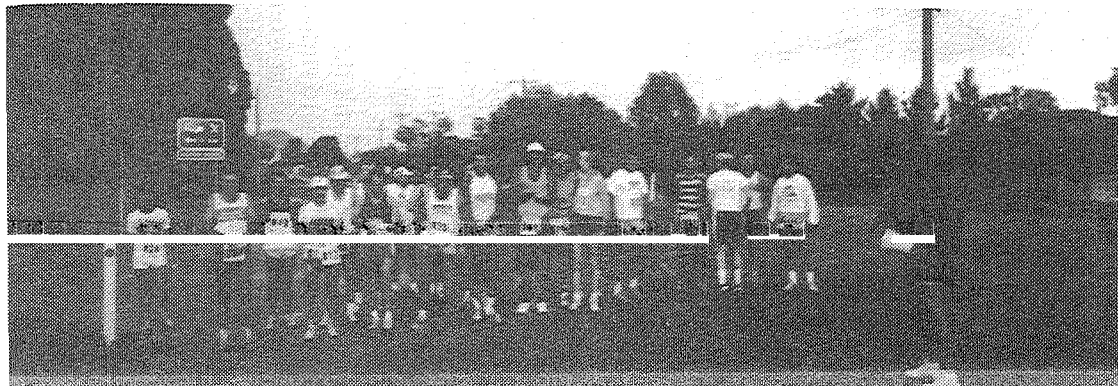
The final 16km was a killer - up the steep winding road through the snow gums to the summit of Mt. Buller, no flat spots, no easy parts, just a continual uphill climb. Most of the runners were reduced to a walk at some stage on this section. They actually passed the finish line on the road, but had to continue another 2km right to the summit, and spend the final few hundred metres clambering over large angular rocks to touch the cairn at the top. Then it was back 2km to the finish line outside the Arlberg Hotel in the Alpine Village for a hot shower, a few welcome beers and some refreshments while they awaited the presentations.

These were held in the comfort of the hotel, and Peninsula Martial Arts supplied the trophies for the first 3 males, Greg Wilson, Graeme Alford and Keith Fisher, and to Lois Wishart, our female winner. Merricks Nursery also provided grevillia bushes and bottles of port to the placegetters. A few other runners won spot prizes and all finishers were awarded certificates and the new AURA medallions. They all agreed that it had been a most successful event, and that they would be back next year, despite the toughness of the course.

We congratulated Greg Wishart and Peter Gray on their 50th ultra events, and of course had to have a few more beers to help them celebrate.

Mansfield 92

MANSFIELD TO MOUNT BULLER		50 KM.				January 26, 1992					
	NAME	5KM	10KM	15KM	20KM	25KM	30KM	35KM	39KM	45KM	50KM
1	Greg Wilson (Toolangi)	21.03	42.58	1.03.40	1.24.04	1.44.20	2.06.42	2.32.45	2.54.00	3.25.35	3.57.25
2	Graeme Alford (Moe)	24.59	50.24	1.15.19	1.40.06	2.03.48	2.27.35	2.55.30	3.13.30	3.45.58	4.22.15
3	Keith Fisher (Geelong)	20.31	41.09	1.01.57	1.23.04	1.45.45	2.10.45	2.44.01	3.06.51	3.47.28	4.29.21
4	Michael Ferdinand (Frankston)	23.34	47.42	1.10.59	1.33.44	1.56.35	2.20.15	2.50.10	3.10.50	3.51.29	4.32.01
5	Max Bogenhuber (Sydney)	23.52	47.49	1.11.52	1.35.39	1.59.34	2.23.35	2.51.56	3.11.01	3.50.44	4.32.35
6	Bernd Ritzer (Newborough)	24.59	50.22	1.15.19	1.40.06	2.03.47	2.27.36	2.56.01	3.18.45	3.56.38	4.41.29
7	Peter Gray (Geelong)	21.03	42.58	1.04.51	1.27.55	1.52.50	2.19.55	2.54.09	3.18.45	4.04.05	4.47.58
8	Peter Armistead (Frankston)	21.03	42.57	1.04.31	1.26.09	1.49.19	2.13.39	2.45.01	3.09.41	4.05.28	4.57.18
9	Jim Wolstencroft (Wattle Glen)	22.17	46.09	1.09.39	1.33.56	1.59.02	2.25.45	3.00.19	3.25.29	4.13.02	4.57.32
10	Steele Beveridge (N.S.W.)	24.59	52.04	1.18.42	1.44.55	2.12.45	2.41.54	3.14.16	3.36.16	4.19.43	4.59.45
11	Geoff Keenan (Shepparton)	23.34	47.42	1.11.44	1.36.01	2.01.01	2.26.31	3.00.35	3.24.31	4.11.05	5.00.32
12	Roger Weinstein (Bentleigh)	24.59	51.08	1.14.06	1.38.22	2.05.56	2.39.36	3.13.51	3.35.01	4.15.31	5.00.53
13	Peter Quinn (Werribee)	24.59	50.21	1.13.46	1.37.38	2.02.41	2.28.47	3.03.21	3.27.31	4.15.57	5.02.05
14	Brian Gawne (Shepparton)	27.52	52.44	1.16.33	1.40.22	2.05.13	2.31.11	3.10.51	3.38.01	4.27.37	5.10.36
15	Kelvin Marshall (Glen Waverley)	23.26	46.57	1.10.41	1.33.46	1.59.02	2.26.46	3.05.08	3.34.01	4.27.41	5.15.56
16	Gerry Riley (Ballarat)	27.01	54.12	1.22.42	1.49.04	2.16.31	2.45.05	3.19.52	3.44.17	4.32.12	5.27.35
17	Bill Beauchamp (Brunswick)	23.49	49.27	1.15.21	1.41.14	2.08.11	2.36.51	3.16.02	3.48.31	4.44.38	5.47.01
18	Peter Nelson (Yarraville)	29.19	59.46	1.31.45	2.03.04	2.32.16	3.05.05	3.44.46	4.13.00	5.04.45	5.51.21
19	Jim Clarke (Menzies Creek)	29.21	59.44	1.28.12	1.57.28	2.27.27	2.57.45	3.37.56	4.05.41	5.00.12	5.53.10
20	Geoff Hook (Mount Waverley)	25.01	52.04	1.20.20	1.52.11	2.22.41	2.54.02	3.35.59	4.08.21	5.03.34	5.53.48
21	Lois Wishart (Frankston)	28.19	59.55	1.27.01	1.54.49	2.23.48	2.55.58	3.40.01	4.10.21	5.06.11	5.58.25
22	Greg Wishart (Frankston)	28.19	59.55	1.27.01	1.54.49	2.23.48	2.55.58	3.40.01	4.10.21	5.06.11	5.58.26
23	Graeme Robertson (F.T.Gully)	28.21	58.16	1.32.52	2.01.49	2.32.11	3.06.53	3.52.35	4.26.31	5.31.25	6.35.20
24	Jacques Gaillard (Dandenong)	25.49	54.44	1.25.20	2.00.02	2.35.25	3.15.46	4.05.01	4.45.01	5.45.00	7.04.28
dnf	Pat Cooper (Mt Eliza)	29.08	58.55	1.29.33	2.00.48	2.34.50	3.09.00	4.04.00			



Twenty-five starters lined up on a crisp, clear morning for the start of the Mansfield to Mt. Buller 50km Road Race on January 26th, 1992.

THE VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

HAROLD STEVENS ATHLETIC TRACK, COBURG, VICTORIA

22ND & 23RD FEBRUARY, 1992

Dot Browne (Race Director & Organiser)

As runners started to arrive at the track for a 12 noon start, Harold Stevens, Ground Manager, heaved an enormous sigh of relief. He'd at last got the lap-scoring shelter finished after working incredible hours all week and getting very little sleep. The tubular metal frame that we'd used in previous years had melted in the fire when the basketball stadium next door had gone up in smoke mid- 1991.

Anthony Ashley-Brown, masseur from the Society of Clinical Masseurs had started massaging early and in fact worked non-stop with little support for about 26 hours straight, a remarkable performance. He certainly helped runners cope with the tough event.

After last minute scratchings, we started off with 29 runners, 24 males and five females. One third of the field were interstate and Neville Mercer had come from New Zealand. I was pleased to have David Standeven, 2nd in current Australian rankings, and Helen Stanger, first in the female rankings in the field. Bryan Smith, first ranked, had just returned from a World Cup 100km event in Spain the previous weekend, so he and his wife Jan, helped Joe Skrobalak, despite being jet-lagged.

I was also interested to see how Greg Wilson would go. He's a 2.30 marathoner and had performed well in his two previous ultras - 50km road races in which he'd come 4th and first. Brian Simmons was so attentive as his crew-person, carefully monitoring his speed and food intake so he wouldn't go out too fast and blow himself to bits. It paid off. He covered 181.419km to place 6th. A learning experience.

However, the effect of the weather was evident in the results. During Saturday afternoon, the temperature in the shade rose to 28 degrees, but the temperature on the new rubberised black track was recorded at a mammoth 55 degrees !! No wonder only one person recorded a PB! It was just too hot! I don't know how he did it, but David Holleran from Queensland managed 17km further than he'd ever run before in 24 hours. On the 6 hour turns, he even managed a handstand on the track to celebrate!

The media drove us mad. Cliffy was going for the over 70 years World Record of 173km as he'd had his 70th birthday only two weeks before. We had five radio stations and four television channels ringing us up every hour. "How's Cliffy going? Is he still on target?" They couldn't give a stuff about who was winning the event or how anybody else was going. Only Cliffy. We told them what they wanted to know. Cliffy stayed on target for quite a few hours but the heat got to him like everybody else, and he didn't cover enough distance on the hot Saturday afternoon. Never mind. What other 70 year old could run 153 kilometres in a day? I don't know too many. Do you?

It obviously wasn't the day for breaking records. Some of our greatest prospects pulled out early - Andrew Law, top Westfield runner from Tasmania pulled out with leg problems, Ian Javes, multi-day race director and multi day athlete from Queensland had stomach problems, Neville Mercer, 220km athlete from New Zealand, setting himself for a 250km in this one, developed painful kidney problems after eight hours of running fast and leading the field, and was distraught at having to withdraw. So disappointing when they'd come so far. David Standeven ran true to his ranking. When Peter Gray passed him in the early hours of the morning to hit the front, David took off, regained the lead and put a gap between himself and the rest of the field within minutes. David's always a class runner. Helen Stanger amazed us with her relaxed comfortable style. She never appeared to tire throughout the whole event. What a remarkable champion this lady is! We wished her all the best for her international race in Switzerland in May.

We changed the runners' direction every six hours and they slapped hands as they returned in the opposite direction after rounding the marker on the finish line. David Holleran did physical jerks to celebrate the occasion.

An ardent band of lap-scorers wrapped themselves in blankets and parkas and sat out the night and we fed them hot drinks...and sandwiches ... and hot drinks ... and pancakes... and hot drinksand fruit... and hot drinks ... and porridge. We tried to keep everyone happy. They were just great. Joe Skrobalak took out the Graveyard Award (12 midnight to 6am). He clocked up the most laps after the major placegetters and ran 96 laps in the wee small hours when half of the field was otherwise engaged.....sleeping, or resting...or being massaged. The dawn light was a welcome relief after the bleakness of the night.

Ground Manager, Harold Stevens, organised a very successful couple of Fun Runs (4km & 8km) at 10am from the ground on the Sunday morning. Around 150 starters turned up and stayed to cheer our tiring athletes on after they had finished their event. We were glad of their support. They hollered and cheered as the 12 noon finish time drew near. TV and radio crews turned up in their droves to photograph Cliffy and the rest of the field got incidental coverage on national and commercial channels.

As the sandbags were handed out and the countdown of minutes began, exhausted athletes found new life and started sprinting around the track, goaded on by the encouraging cheers of the hundreds of spectators now lining the track. As the gun sounded, runners flung their sand-bags on the track and collapsed into the arms of their crews. It was congratulations all round.

Because of the efficiency of Colin Browne's computer back-up, the results and placings were ready within 10 minutes of us measuring the extra metres on the track, so we were able to hold the presentations immediately. Famous ultra runners, George Perdon and Bryan Smith helped present commemorative pottery mugs, badges, tee-shirts, medals and certificates to competitors who had survived, and we were grateful that the ninth Victorian 24 Hour Track Championship had been completed without serious incident.. Thanks to the crews, lapscorers and helpers who gave of their waking hours to make this event successful once again.

DISCUSSION ON THE RECORD CLAIMS ARISING OUT OF THE CAMPBELLTOWN 6 DAY RACE. 18TH - 24TH NOVEMBER, 1990

by Geoff Hook

Both Helen Stanger and Georgina McConnell broke many Australian records between them.

4 record claim forms for each woman were received, together with other documentation as required in the instructions on the record claim form. By luck, when processing the record claims, it was noticed that additional records were broken, but not claimed. (4 for Helen and 5 for Georgina). In different circumstances, these records would have been missed (the persons who vet the records cannot be expected to check for records which are not claimed) SOLUTION - All race directors get themselves a copy of the latest published Current Australian Records from the AURA Magazine. If you think the issue date is too old, contact Geoff Hook to check if any recent changes have been made.

The official results sheet indicated what records were broken and the new marks. This should only be done if "Not Ratified" is indicated alongside the result. The claims have to go through a process of checking, vetting,, and ratification, and the final result may be different from the original claim. In the case of the Campbelltown event, both women lost laps which could not be reconciled during the checking and vetting processes. Georgina lost 2 and Helen lost 4.

Georgina's first record (or so it was thought; she did achieve 3 earlier records) occurred at 500km. She took a break of over 40 minutes after completing 1250 laps, little realising that a lost lap had already occurred. This meant that the time for lap 1251 had to be used, and the record over 40 minutes slower than it needed to have been. SOLUTION - As demonstrated on Page 21 of AURA Magazine Vol 6 No.1, March 1991, competitors should run additional safety laps to cover this possibility.

The 250km record should have gone to Helen, but she took a 3 hour break just 5 laps before the 250km mark. Amazingly, Georgina caught up and beat Helen by 12 seconds to this mark, so she snatched this record.

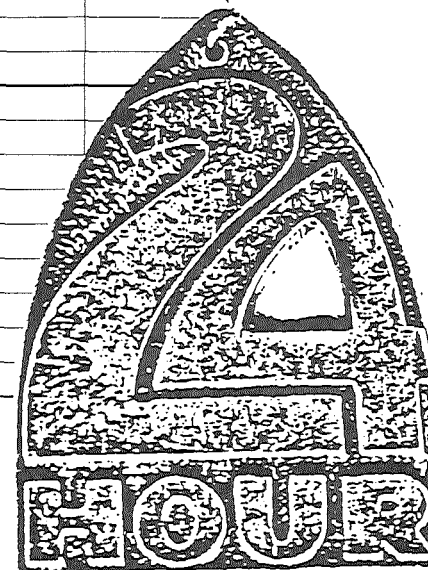
Georgina was very lucky with the 6 day record. She thought she had passed Cynthia Herbert's mark by 903 metres, but after having 2 laps deleted, she achieved this record by only 103 metres. Very close over 6 days, but a record is a record, no matter what the improvement.

Well done to both of you, Helen and Georgina. Your efforts were well rewarded by a bag of records each.

Incidentally, properly filled out Record Claim Forms, together with the original lap sheets and other documentation required, need to be done for Class 1 records. Class 2 and 3 records and World age records only require notification of the time or distance claim, together with a copy of the relevant lap sheets. It is not necessary to comply with the stringent requirements applicable to Class 1 records, when claiming Class 2 and 3 records. Note: AURA does not process Australian age records.

24 HOUR RACE AT COBURG, 1992

PLACE	NAME		TOTAL KM	MARATHON	50 KM	50 MILE	100 KM	150 KM	100 MILE	200 KM
1	David	STANDEVEN	217.051	3.34.41	4.19.36	7.14.48	9.11.11	15.37.07	16.53.52	21.22.50
2	Peter	GRAY	213.522	3.51.56	4.40.09	8.10.51	10.13.04	15.40.46	17.01.30	22.10.54
3	Brickley	HEPBURN	211.447	3.43.50	4.32.33	7.40.56	9.47.57	16.31.27	17.58.23	22.42.49
Fl. 4	Helen	STANGER	196.213	3.55.08	4.39.38	8.05.56	10.29.30	17.35.00	19.19.31	
5	Joe	SKROBALAK	185.339	3.55.28	5.17.27	8.49.52	10.51.13	18.29.54	21.12.22	
6	Greg	WILSON	181.419	3.45.14	4.30.35	7.27.13	9.35.28	18.19.59	19.43.18	
7	Michael	BOHNKE	173.658	3.32.44	4.26.29	7.46.44	10.24.07	19.54.42	21.20.40	
8	Rudi	KINSHOFER	172.873	3.49.35	4.35.14	8.13.26	10.14.57	19.17.32	21.23.16	
9	Peter	QUINN	170.126	3.49.26	4.46.08	9.10.50	11.58.40	21.04.00	22.39.00	
10	Michael	GRAYLING	165.702	4.35.37	5.44.23	10.06.05	15.12.51	21.54.41	23.27.01	
11	David	HOLLERAN	163.074	4.36.37	5.47.57	11.27.40	14.48.24	22.07.51	23.41.18	
12	Andrew	LUCAS	162.914	4.13.35	5.22.56	9.02.00	12.24.17	22.14.14	23.50.04	
13	John	CHAMPNESS	157.416	4.21.18	5.39.25	10.27.11	13.34.15	22.47.08		
14	Cliff	YOUNG	153.851	5.13.38	6.50.26	11.30.59	14.47.13	23.29.42		
F2. 15	Dawn	PARRIS	151.11	4.47.13	5.42.25	10.33.00	15.55.11	23.51.55		
F3. 16	Merrilyn	TAIT	146.703	5.21.33	6.30.31	11.54.23	15.06.48			
17	Greg	WISHART	145.071	4.48.08	6.12.02	12.25.15	16.19.58			
F4. 18	Val	CASE	142.907	5.35.15	6.51.41	11.52.27	14.59.54			
19	Roger	WEINSTEIN	137.152	4.07.53	5.12.45	8.56.53	11.52.59			
20	John	TIMMS	123.147	5.07.33	6.26.51	12.08.48	17.06.11			
F5. 21	Lois	WISHART	122.671	4.48.08	6.12.02	12.52.16	20.47.47			
22	Ian	JAVES	105.6	3.41.23	4.38.26	8.00.11	9.59.20			
23	Terry	COX (Snr.)	102.71	5.05.03	7.24.50	0:58:20	18.50.57			
24	Neville	MERCER	89.2	3.15.00	3.53.28	7.18.37				
25	Keith	FISHER	80.4	4.08.16	5.47.56	14.53.19				
26	Jacques	GAILLARD	78.4	6.31.36	7.56.40					
27	Andrew	LAW	63.2	3.25.26	4.53.30					
28	Kevin	CASSIDY	62.4	4.18.35	5.05.18					
29	Jean-Claude	MORRE	54.4	4.55.52	6.17.46					



SPLITS AT STANDARD DISTANCES

RACE ADVERTISEMENTS

AUSTRALIAN 100km TRACK CHAMPIONSHIPS and Queensland 100Km Championships

Date: Saturday 18 April 1992

Time: 9am to 9pm
Strict 12 hour time limit
Early start possible

Venue: Bill Paterson Oval
Limestone Park
Corner Salisbury Rd & Lion St
Ipswich 4305

Grass 400m IAAF Standard running track
floodlit circuit

Graded running zones

Sub 9 hour, lanes 3-5, 410.5m

All other competitors, lanes 6-8, 426m

Facilities: Kitchen facilities available ie refrigerator and
hot water (courtesy of Ipswich Athletic Club)
Leader board and hourly update

Limited shade and no showers at track

Crewing: Where possible lapscorers provided
Own crew recommended

Race Fees: \$20
Race Director reserves right to limit field size

Trophies: Australian Champs 1st, 2nd & 3rd Male and Female
Queensland Champs 1st, 2nd & 3rd Male and Female
Medallions to all finishers
Distance certificates to all who do not complete
100m by 9pm

Officials: AURA Representative: Ray Chatterton

Race Director: Stephen Lewis
46 Chermside Rd
Ipswich 4305
Queensland
phone 07 281 9533

AUSTRALIAN 100Km TRACK CHAMPIONSHIPS
and Queensland 100Km Track Championships

NAME _____ MALE() FEMALE()

BIRTH DATE ____/____/____

ADDRESS

PHONE NUMBER

CONDITIONS OF ENTRY IN AUSTRALIAN 100Km CHAMPIONSHIPS

- 1.NO PACING.
- 2.ALL ENTRANTS TO SUPPLY OWN LAP SCORERS,CREW,FOOD AND DRINKS.
- 3.NO UNPRESCRIBED MEDICATION TO BE USED BY ANY RUNNER.
RACE DIRECTOR TO BE ADVISED OF PRESCRIBED MEDICATION.
- 4.RUNNERS TO COMPETE IN ALLOCATED RACE ZONES.
- 5.THE RACE DIRECTOR MAY WITHDRAW ANY RUNNER AT ANY TIME ON
MEDICAL ADVICE,OR FAILURE TO ABIDE BY THE RACE RULES.

DECLARATION

- 1.I HAVE READ AND AGREE TO ABIDE BY THE RACE CONDITIONS.
- 2.I AM MEDICALLY FIT AND HAVE PREPARED FOR THIS RACE.
- 3.I,MY LEGAL HEIRS OR MY SUPPORT CREW WILL NOT HOLD THE ORGANISERS RESPONSIBLE FOR ANY INJURY,ILLNESS OR ACCIDENT SUSTAINED,OR LOSS OF PROPERTY,OR DEATH RESULTING FROM MY PARTICIPATION IN THE RACE.

NAME _____ SIGNATURE _____

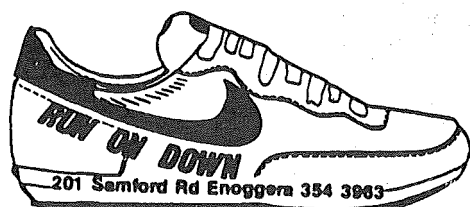
DATE ____/____/____

ENTRY FEE \$20 Cheques and entries to
Stephen Lewis
46 Chermside Rd phone(07) 281 9533
Ipswich 4305
Queensland

BEST PERFORMANCES

DISTANCE	TIME	DATE
Marathon		
50 miles		
100Km		
Other		

Queensland Marathon & Road Runners Club Inc.



Ultra Division Ultra Series 1992

EVENT	DATE	VENUE & ORGANIZER
1. 50 km ROAD CHMP & 6 hr FUN RUN	March 22	G. Medill - Toowoomba 13 Ramsey St, 4350 Ph: (076) 38 2023
2. 100 km TRACK CHMP & 12 hr FUN RUN		
3. GLASSHOUSE TRAIL RUN (10, 35, 55, 80 km) Cut off times apply	April 18	S. Lewis - Ipswich 46 Chermshire Rd, 4305 Ph: (07) 281 9533
4. 50 ml ROAD CHMP & 8 hr FUN RUN	June 21	I. Javes - Caboolture 25 Fortune Esp, 4510 Ph: (074) 95 4334
5. MULTI-DAY (6, 2, 1 Day Choice) Must be at least FIVE starters in each Relay: 12 x 2 hr; 4 x 6 hr; 2 x 12 hr	August 16	G. Medill - Toowoomba 13 Ramsey St, 4350 Ph: (076) 38 2023
6. RAINBOW BEACH TRAIL RUN (15, 33, 55 km) Cut off times apply	Sept 20-26	I. Javes - Caboolture 25 Fortune Esp, 4510 Ph:(074) 95 4334
	October 31	D. Parton - Rainbow Beach c/- P.O. Rainbow Beach 4581 Ph:(074) 86 3217

Note - Events are open to RUNNERS or WALKERS

All the events except the Multi-Day (Sep 20-26) can be entered on the day but PLEASE TELEPHONE or WRITE to the organizer to indicate your intention. Approximate numbers need to be known for trail runs to prepare water stops.
Closing Date Multi-Day event - September 7.

ALL ENQUIRIES TO :

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

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

All Queensland residents who are members of the QMRRC are eligible to gain points in these events for the Ultra Series Trophy. Points are awarded in the male and female categories to the first ten placings as follows: 20, 15, 12, 10, 8, 6, 4, 3, 2, 1.

This is for the main ULTRA event - secondary ultra events will be worth only half points. Only the best FIVE events will be counted for the year and in the event of a tie the winner will be decided in the number of wins, seconds etc.

HINTS FOR FIRST TIME ULTRA RUNNERS

- 1 Continue on with marathon training but drop all speed work - RELAX.
- 2 Practice eating and drinking on training runs.
- 3 Plan short walk breaks during the event e.g. walk 500m every 1/2 hour.
- 4 Start out at an easy pace.
- 5 Consume easily digested food regularly in small quantities e.g. soft fruit and fruit juices, as well as plain water.
- 6 If need be sit or lay down for 15 minute breaks during the event.
- 7 Walk to finish if you have to.

RULES AND CONDITIONS

ELIGIBILITY: The races are open to all runners over 18, amateur and professional, but the Organisers may specify any minimum requirements (medical, personal, athletic) which they see fit, and they reserve the right to reject any application. A full refund of the entry fee will be made to any runner whose entry is rejected.

ACCEPTANCE: All entrants must agree to abide by the race rules as laid down by the Organisers.

EXPENSES: Neither the Organisers nor any sponsors will meet any runner's expenses, whether for travelling, accommodation, support crew, food or drinks.

RACE RULES:

The course must be covered entirely on foot.

Pacing may disqualify you from placings and claiming records if disrupted by other competitors.

No artificial aids or drugs may be used, except specific prescription drugs for medical conditions, only prior arrangement with the Organisers.

Each competitor must have a support crew. Interstate runners may be exempted but only by prior arrangement with the Organisers.

Race numbers shall be worn at all times, and to be seen clearly.

The Race Director may withdraw any competitor at any time for breach of the rules or on medical advice.

For Accommodation in Caboolture contact Carol Street (an Ultra runner herself)
at the Caboolture Motel - (074) 95 2888 4 Lower King Street, 4510

PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE



Tootgarook Sports Reserve,
Truemans Road, Tootgarook.

Saturday 2nd May, 1992

7am - 7pm

ENTRY FORM

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

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

Person to be notified in case of emergency:

Age on race day

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

Details of best track ultra performances:

6 Hour..... km	50km.....
12 Hour km	100km.....
24 Hour km	50 Miles.....
Best marathon.....	

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.

This waiver, release or 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.....

66 An AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED event.

PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE



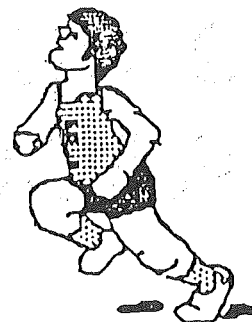
Information

- LOCATION:** TOOTGAROOK SPORTS RESERVE,
Truemans Road, Tootgarook
on the Mornington Peninsula, Victoria.
(Melways ref.: Map 169 E6)
- TYPE OF TRACK:** 400m. grass track, good surface, 8 lanes.
- RACE DETAILS:** Saturday 2nd May, 1992 - Start at 7am to 7pm
Report in by 6.30am sharp.
- ENTRY FEE:** \$20.00. Cheques payable to Dot Browne.(Race Director)
- SEND TO:** 4 Victory Street, Mitcham 3132
- CLOSING DATE:** Friday 17th April, 1992
- FACILITIES:**
1. Clean, modern clubrooms adjacent to the track, which include changing rooms, toilets, massage rooms, hot showers, hall (for the presentations) and well-equipped kitchen with a microwave oven and urn (for the use of runners' crews and lapscorers.)
 2. Grassy areas close to the track available for camps to be set up, and cars to be parked.
 3. Lap-score sheets, chairs, tables & tent provided for lap-scorers.
 4. Light refreshments provided for lap-scorers.
 5. Leader board updated every hour to show placings & distances.
- CREWS/LAPSCORERS:** All Victorian entrants must provide their own crews and lapscorers. Race organisers will attempt to provide lapscorers only for interstate competitors.

An AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. event

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

TENTH ANNUAL
BANANACOAST ELECTRICAL ULTRA MARATHON
Sunday, May 3rd 1992
ENTRY FORM



FROM: Coffs to Grafton via Glenreagh and Coramba (85 kilometres).

START: Coffs Harbour Post Office, 6 A.M.

FINISH: Grafton Post Office.

ENTRY FEE: \$5.00, payable to Bananacoast Electrical Ultra Marathon.

ENTRIES: to Steel Beveridge, 2 Lakeside Drive, North Sapphire. ENQUIRIES: phone: (066) 53 6831.

RULES

- (1) Each competitor must undertake to provide a second/helper to assist with feeding, care and time-keeping. Each second will require a vehicle of his/her own so as to carry out the necessary appropriate activities.
- (2) Each competitor undertakes to travel on the right hand side of the road unless otherwise directed by the Police.
- (3) All Police instructions must be obeyed at all times.

WAIVER

(1) I, the undersigned, in consideration of and as a condition of my entry in the Bananacoast Electrical Ultra Marathon for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of our consequent upon my entry or participation in the said event.

(2) I declare that I take part in sport only as a amateur.

(3) I will abide by all the competition rules.

Signed: _____ Date: _____

(If under 17 or under parent/guardian must sign as well)

Parent/Guardian: _____

Previous Ultra Marathon experience: _____

Best Marathon time: _____ Event: _____ Year: _____

Name: _____

Address: _____

Age: _____ Sex (Male or Female): _____

**AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIPS
AND
QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS**

RACE INFORMATION

DATE. 48 HOUR - 22ND TO 24TH MAY, 1992
24 HOUR - 23RD TO 24TH MAY, 1992

TIME: 9 am START FOR BOTH EVENTS

PLACE: NO. 2 OVAL, UNIVERSITY OF QUEENSLAND
ST LUCIA - BRISBANE

RACE FEES. 48 HOUR - \$50 - INCLUDES TEE SHIRT
24 HOUR - \$40 - INCLUDES TEE SHIRT

TRACK: 400 METRES, GRASS.

FACILITIES: HOT SHOWERS - CLEAN TOILETS - 240V POWER OUTLETS
FULL FLOOD LIGHTING - LEADER BOARD, HOURLY UPDATES.

TICK EVENT YOU WISH TO ENTER 48 HOUR [] 24 HOUR []

NAME

ADDRESS

PHONE NUMBER(S)

DATE OF BIRTH _____

SEX

TEE SHIRT SIZE: SMALL [] MEDIUM [] LARGE [] - TICK SIZE
REQUIRED.

EXTRA TEE SHIRTS AT \$10 EACH
NUMBER AND SIZES =

NEXT OF KIN - NAME AND PHONE NO.

PLEASE COMPLETE THESE PAGES AND SEND WITH ENTRY FEE TO :-

RAY CHATTERTON

P.O. BOX 589

TOOWONG

QLD 4066

AUSTRALIA

PHONE (H) (07) 870 9590 - (W) (07) 271 8597

AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIPS AND QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS

CONDITIONS OF RUNNING THE AUSTRALIAN 48 HOUR, AND QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS

[1] NO PACING ALLOWED.

[2] ALL ENTRANTS MUST SUPPLY THEIR OWN LAP SCORERS, CREW AND WHATEVER FOOD THEY REQUIRE.

[3] NO ARTIFICIAL AIDS OR UNPRESCRIBED MEDICATIONS ARE TO BE USED BY ANY COMPETITOR. RACE DIRECTOR TO BE ADVISED OF PRESCRIBED MEDICATION.

[4] INSIDE LANE IS FOR RUNNERS ONLY.

[5] THE RACE DIRECTOR MAY WITHDRAW ANY RUNNER AT ANY TIME ON MEDICAL ADVICE, OR FAILURE TO ABIDE BY THE RACE RULES.

DECLARATION

[1] I HAVE READ AND AGREE TO ABIDE BY THE CONDITIONS AS STATED.

[2] I AM MEDICALLY FIT AND HAVE PREPARED FOR THIS RACE.

[3] I, MY LEGAL HEIRS OR MY SUPPORT CREW WILL NOT HOLD THE ORGANISERS RESPONSIBLE FOR ANY INJURY, ILLNESS OR ACCIDENT SUSTAINED, OR LOSS OF PROPERTY, OR DEATH RESULTING FROM MY PARTICIPATING IN THE RACE.

SIGN _____ DATE _____

PRINT NAME _____

NEW SIX DAY RACE.

A Six Day Road Race is planned to take place in Arizona starting at 12.00 hours on September 1st 1991. The event will be limited to 35 runners and the entry fee which includes seven nights in a hotel is 210 dollars.

The route is on a half-mile paved loop around a shopping Plaza and anyone interested is invited to write to:

Gary Sharifi
Arizona Sonora Ultra Runners
2733 Player Avenue
Sierra Vista
Arizona 85635
USA

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
50 MILE TRACK RACE
 AUSTRALIAN CHAMPIONSHIP EVENT

SATURDAY 20TH JUNE, 1992

ENTRY APPLICATION
 Please print clearly

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

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

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

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

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

.....

Tee-Shirt ☐ Circle Size: 14; 16; 18; 20; 22

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

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

CONDITIONS OF ENTRY

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

WAIVER

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Aust. Ultra Runners' Assoc. Inc. 50 Mile Track Race for myself, my heirs, executors, and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.
2. This waiver, release and discharge shall be and operate separately in favour of all persons corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.
3. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signed.. Date.....

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

GENERAL INFORMATION

CONDUCTED BY: AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
SPONSORED BY:
TIME: 8.00 a.m. Race Start.
REPORT IN AT: 7.00 a.m. sharp.
RACE NUMBERS: Will be issued at the venue at 7.00 a.m.
LAP COUNTERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.
ENTRY FEE: \$20.00 for AURA financial members Make cheques payable to:
\$25.00 for non-members G.L. Hook
\$10.00 extra for tee-shirt Mail or deliver entry & fee to:
(optional) Geoff Hook,
42 Swayfield Rd, Mount Waverley, 3149.
(Telephone: 808 9739)
CLOSING DATE: All entries shall be delivered by 3rd June, 1992
Entries received after 3rd June, 1992 may not be considered.
FURTHER QUERIES TO: Geoff Hook, Tel. 808 9739 (H) or 826 8022 (W)

13TH 50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT

DATE: Saturday 20th June, 1992
PLACE: Box Hill Athletic Track, (400m), Hagenauer Reserve, Barwon Street, Box Hill (off Elgar Road - Melway 47C7).
OFFICIALS: Race Manager: Geoff Hook
FACILITIES:
1. Changing rooms, showers and toilets adjacent to the track.
2. Canteen for the purchase of refreshments, may be open.
3. Chairs and a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Personal tents are permitted on the lawn areas beyond the outer edge of the track (none are permitted inside the track). A covered grandstand is located close to the track.
4. Portable lavatory trackside for runners only.
5. A moderate medical coverage will be provided.
6. Facilities for heating water.
7. A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each hour.
PARKING: Car park close to the track. (Vehicles are not permitted beside track)
TROPHIES & AWARDS: 1st: Neil Coutts Memorial Trophy 2nd: Perpetual Trophy
Other prizes may also be presented. Medallions and certificates will be presented to all finishers within the cut-off time. The presentation ceremony will be held at 3.30 p.m. approximately.

VMC RR EVENT RECORDS: Male: Safet Badic 5:18:20 - 1991
Female: Lavinia Petrie 6:48:51 - 1991
AUSTRALIAN RECORDS: Male: Safet Badic 5:18:20 - 1991
Female: Lavinia Petrie 6:48:51 - 1991
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Female: Sue Andrews 6:47:34 - 1988
WORLD RECORDS: Male: Don Richie (Eng) 4:51:49 - 1983
Female: Monika Kuno (Ger) 6:17:30 - 1983

GLASSHOUSE TRAIL RUN

QMRRC - ULTRA DIVISION

SUNDAY 21ST JUNE 1992

1. MAXI RUN - Loops 1,2 & 3 (see map) starts 6am Glasshouse Mountains Lookout and finishes Caboolture Showgrounds provided cut-off times are met. Loop 1 - 10am; Loop 2 - 2pm.
2. MIDI RUN - Loops 1 & 2 starts 6am Glasshouse Mountains Lookout and finishes there, provided cut-off time for Loop 1 (10am) is met.
3. MINI RUN - Loop 2 starts 8:30 am at Glasshouse Mountains Lookout and finishes there.
4. CROSS COUNTRY - Starts Glasshouse Mountains Lookout at 9:30am and finishes there.

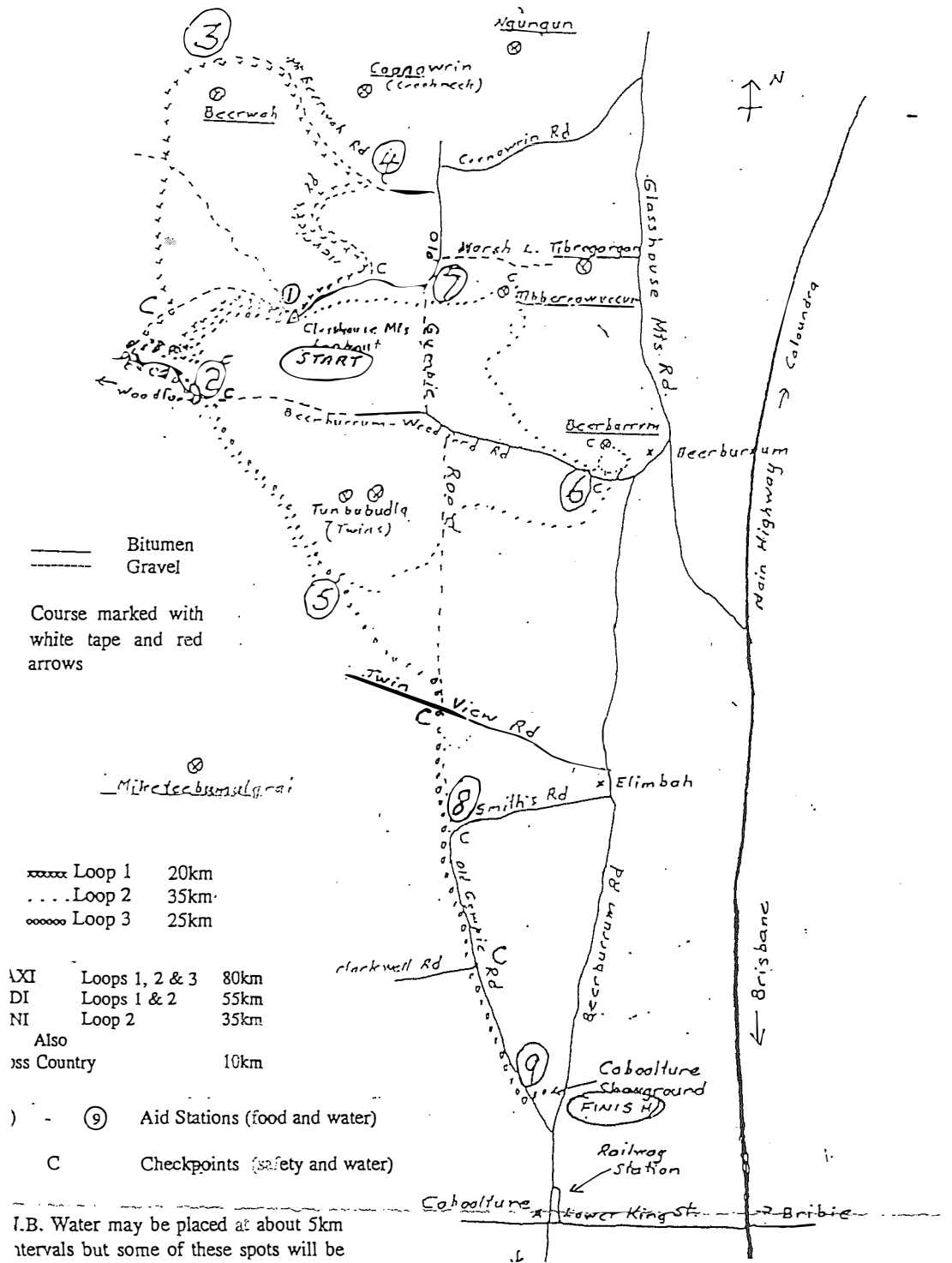
All events commence at Glasshouse Mountains Lookout. Toilets and Barbeque facilities are available. Make a day of it. Rugged trails and fantastic scenery. Some trails are most difficult and require care. Aid stations (water and food) are about 15Km apart and thus runners may need to carry water bottles. Binoculars or telescopes could be handy for spectators to view the runners. Friends and crew may only assist runners at the designated aid stations which are on normal access roads. Only official vehicles should travel on forestry tracks.

PRESENTATIONS AND A BARBEQUE will be held at CABOOLTURE SHOWGROUNDS between 1pm and 4pm. Showers available at showgrounds.

ALL ENQUIRIES TO:

*Ian Javes, 25 Fortune Esp. Caboolture, Queensland , 4510 Australia
Telephone: (074) 954334*

GLASSHOUSE TRAIL RUN



COBURG HARRIERS'
THE TREVOR PETTIGROVE 100KM TRACK RACE
SUNDAY 16TH AUGUST, 1992.

TIME: 7.00am on Sunday 16th August, 1992

REPORT IN: 6.15am

ENTRY FEE: \$20.00 Cheque payable to "Coburg Harriers"

LOCATION: The Harold Stevens Athletic Track, Outlook Road, Coburg, Victoria.
Melways Ref: Map 18 A9.

ENTRIES: Kevin Cassidy, 4 Grandview Road, Preston, 3072 Vic.

INFORMATION:

1. Field limited to 30 runners.
2. Time limit - 12 hours.
3. Closing date for entries: Friday 7th August, 1992.
4. Portable toilet trackside.
5. Runners must provide their own handlers and lapscorers, interstate runners excepted. PLEASE REMEMBER, NO LAPSCORER, NO START.
6. Race numbers to be visible at all times.
7. No pacing.
8. Runners must move to the third lane when walking or eating.
9. Certificates to all finishers.
10. Digital time clock on display.

Cut off and return this section.

ENTRY FORM

SURNAMECALL NAME

ADDRESS:

POST CODE: TELEPHONEM/F

PREVIOUS SPORTING EXPERIENCE :(Ultras, marathons, any other sports)

.....

.....

.....

DECLARATION:

I, the undersigned, in consideration of and as a condition of acceptance of my entry in The Trevor Pettigrove 100km Track Race for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my 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 said event. I will abide by the rules of the run.

Signature of entrant..... Date:

CABOOLTURE MULTI DAY EVENT SUMMARY OF RULES AND CONDITIONS

The following is a summary of rules and conditions applying to your entry.

ACCEPTANCE

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

CATERING

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

ELIGIBILITY

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

MEDICATIONS

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

PACING

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

REFUNDS

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

SUPPORT CREWS

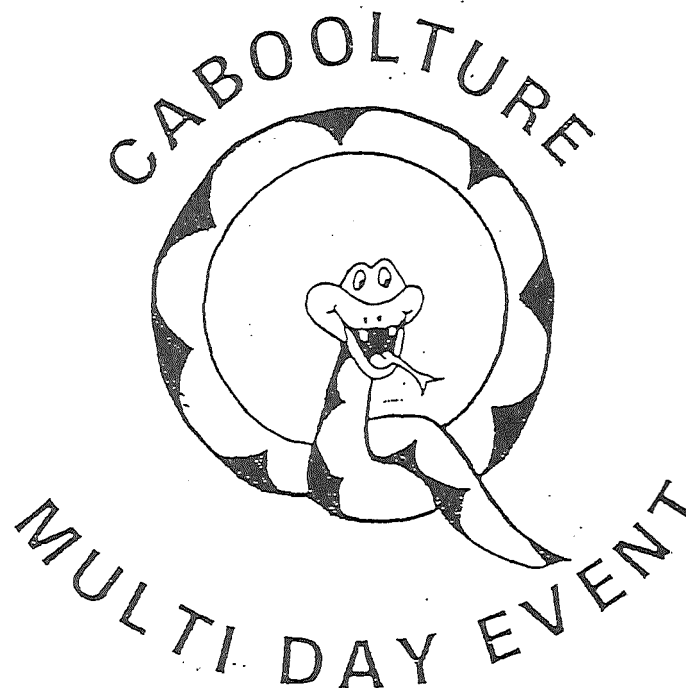
Entrants should have at least one person to help them for the 24 hours with lap counting and food. Overseas and interstate runners excepted. Local runners should include the name of one person who could do 8 hours of lap counting each day.

WITHDRAWALS

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

CABOOLTURE

HOME OF THE CARPET SNAKE



6 DAY	3pm Sunday, September 20th to 3 pm Saturday, September 26 1992
2 DAY	3pm Thursday, September 24th to 3pm Saturday, September 26 1992
1 DAY & RELAYS	3pm Friday, September 25th to 3pm Saturday, September 26 1992

There must be at least five starters in each race

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

You may run or walk for the duration of the race

Help raise money for CAMP QUALITY as you test your endurance

ENTRY FORM

CABOOLTURE MULTI DAY EVENT

Closing date Multi Day Event - 7th September 1992

ENQUIRIES TO:

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

NAME:

MALE

FEMALE

ADDRESS:

DATE OF BIRTH:

PHONE:

T Shirt Size 22 20 18 16 14 (circle)
One T Shirt with each entry. If others
required they will cost \$12

CATEGORY:	Run	Walk	Male	Female	RELAY:	Run	Walk	Male	Female	Mixed
6 Day (\$150)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12 x 2hr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Day (\$50)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4 x 6hr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 Day (\$36)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 x 12hr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

In consideration of this entry being accepted, intending to be legally bound for myself, heirs, executors and administrators, waive and release the organisers and their representatives of any injury or illness which may directly or indirectly result from my participation in the event. I further verify that I am in proper physical condition to compete.

SIGNATURE:

DATE:

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

Cheques and Money Orders payable QMRRC - Ultra Division

Please include a brief history of your ultra running performances to date

RACE INFORMATION

- VENUE: Caboolture Showgrounds, Beerburrum Road, Caboolture
- COURSE: 1km Circuit, partly bitumen, grass and gravel paths
- ENTRY FEE: 6 Day - \$150
2 Day - \$50
1 Day - \$36
Plus \$10 per day for each crew member to be fed
- START TIMES: 6 Day - 3pm Sunday, September 20th 1992
2 Day - 3pm Thursday, September 24th 1992
1 Day & Relays - 3pm Friday, September 25th 1992
- All finish at 3pm Saturday, September 26th 1992
- RELAY: One entry form per team will suffice with team leaders address.
- CHARITY RUN: Runners are invited to obtain sponsors so that monies can be raised for CAMP QUALITY, an organization that puts on camps for kids with cancer.
- FACILITIES: Power points, showers, toilets, building for use as dormitory (all you need is your sleeping bag), kitchen to supply runners with food and drinks.
- LAP SCORERS: Provided for interstate and overseas runners but local runners, should bring their own.
- AWARDS: Medallions and certificates to all finishers. Trophies for winners of each event. Random draw prizes. Special "Walkers" trophy.
- N.B. Runners and crews will not be able to set up at the showgrounds until after midday, Sunday September 20th. A flea market is conducted at the showgrounds every Sunday morning.

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

CHANGED FORMAT FOR THE ROYAL NATIONAL PARK ULTRA
=====

We have now had two successful years of staging this premier event. But after much soul searching and debating, it was decided that a new approach was needed if the run was to survive.

At first glance, one would assume that an ultra, staged in the beauty of our Royal National Park, right on the doorstep of Australias largest city, would easily attract enough competitors to make a run of this nature viable. Although we managed to attract more than 80 runners both years, this number does not justify the effort put into the event by the committee throughout the year and the more than 120 helpers on race day.

So, what do we do to make this event more attractive to a greater number of runners ? The three suggestions put forward were:

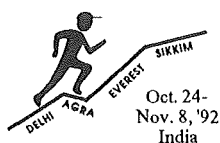
- a) add a team relay,
- b) make it a 50k run,
- c) run a 50 miler and a 50k in conjunction.

Neither of these options are attractive to the ultra purist, but we do live in the real world and unless we want to see this event fade from the scene, which would be an absolute shame, one of these three options had to be taken up. It was agreed that option 'c' would be the most acceptable to most ultra runners. So in 1992 there will be two races held simultaneously, a 50 miler and a 50 kilometer run.

The 50 miler will use the established course, accurately measured to 50 miles. The 50k will follow the 50 mile course to Garie Tops, then instead of going on to Otford and Helensburgh, the runner will head straight to the finish at Bundeena, again following the 50 mile course.

Details as to start time for the 50k are not yet finalised, but as soon as a decision has been made an update will be forwarded to this magazine.

The event will be held on the last Saturday before daylight saving will go into effect in New South Wales, which will be Saturday, October, 17th, tentatively.



HIMALAYAN RUN & TREK™

P.O. Box 34354, Pensacola, FL • USA • Telex 679-2248
1-800-922-1491 • Phone & FAX (904) 492-6661



Jim Crosswhite, Race Director

For a free brochure contact: Jim Crosswhite, Force 10 Expeditions,
P O Box 34354, Pensacola, FL 32507, USA, toll free 1-800-922-1491, phone and fax (904) 492-6661.

Run for your life

30Th

R-O-A-D — R-A-C-E —

SATURDAY 28th MARCH 1992 6.00 am

ORGANISED BY ATHLETICS CANTERBURY ROAD RACING COMMITTEE

PRIZES: Valued at over \$3,000 plus \$5,000 Time Bonus!

Generous sponsorship from *Run for Your Life*, *New Brighton Travel* and *Saucony*, means we offer our best prize list ever...

1st MAN and 1st WOMAN — Air Ticket to Sydney
\$5,000 Time Bonus — For 1st man to break 5 hour barrier
For 1st woman to break 6 hour barrier

COURSE: A measured fast flat loop around the perimeter of Christchurch — with the exception of a few minor deviations the course is the same as previous years.

SOCIAL: Friday 27th March, Run for Your life, Brighton Mall, Christchurch 6.00 p.m. Russell and Penny Rogers will host a Pre-race Social in their shop, for pre-race briefing and to pick up race packs.

ENTRIES: Entry fee of \$30.00, includes race T-shirt. Entries close 21st March 1992 — entries after that date will incur a late entry fee of \$5.00. One Event Registration fee of \$5.00 is payable by all runners not registered with Athletics New Zealand.

AFTER RACE FUNCTION: Saturday Evening 7.30 p.m. Social and presentation of prizes will be held at Bascik New Brighton Club rooms, Keyes Road, New Brighton.

Name: Male/Female. Age (on race day)

Address Phone: T-Shirt sizecm

..... Extra T-Shirts \$20.00 each, sizes.....cm

Registered Athlete: Yes/No. Club Club Uniform must be worn

Race Second Assistant: Name Race Fee \$30.00

Is this your first ultra? Yes/No One event registration \$5.00

Have you ever run the Brighton 50? Yes/No Extra T-Shirts \$20.00

Best times: Marathon 50 miles..... Late Entry Fee \$5.00
100 kms Other
(\$3.72 goes to Athletics NZ and \$1.28 to Athletics Canterbury Road Racing for development of the sport)

After Race Function: Number attending (for catering) TOTAL ENCLOSED

Declaration: I declare that all the information I have given is true and correct and that I am eligible to take part in competition as an amateur under IAAF Rule 53.

Signature:

Post to: Helen Grant, P.O. Box 3130, Christchurch.

Make cheques payable to Athletics Canterbury



MEDIA ARTICLES ON MEMBERS



NEWLYWEDS Tony Rafferty and Coral Glen after their marriage at Tony's Box Hill South home on Saturday. Picture: STEVE TANNER

It's Rafferty's rules

RECORD breaking ultra-distance runner Tony Rafferty tied the knot at his Box Hill South home on Saturday.

His bride, 31-year-old Coral Glen, was joined by about 60 guests and a 30-piece children's choir for a simple ceremony at the couple's Nash Rd residence.

It is the third time the 52-year-old Irish-born Rafferty has wed since

moving to Australia in 1961.

The two met at a jazz evening in Melbourne's Arts Centre four years ago. Rafferty, however, admits it took at least a year before the pair had romance in mind.

He said: "We started off as friends and it just grew from there."

"I suppose we did all the usual stuff while we were courting, but Coral is not really a sports lover. She just tolerates it."

Coral is a teacher at St Catherine's School, Toorak, and has many commitments as a musician.

Throughout 1992 she will record a tape of classical music and perform two piano recitals.

"Tony has a great love of music but I have no interest in sport," she said.

"Anyway, they say that opposites attract."

After the ceremony,

guests stayed on until 6pm before the newlyweds headed for an overnight stay at St Kilda's Raddisson President Hotel.

Their honeymoon comprises a week-long tour of South Australia's wine growing district.

After returning, Tony will start training for one of the toughest running tests of his life.

See page 4 for the full story.

Rafferty's challenge

TONY Rafferty is determined to show that he is still a force as one of the world's premier ultra-marathon runners.

The 52-year-old Box Hill South athlete wants to become the first man to cross Australia's harsh outback deserts in the longest solo run ever undertaken in the country.

Already, six months of detailed planning have gone into the 4000 kilometre race and Rafferty is hopeful of a start in mid-July.

The trek will start at Carnarvon - Australia's most westerly point - cross the Great Victoria and Simpson deserts, finishing at Byron Bay in New South Wales, the country's most easterly point.

During the 40-day run he is preparing to encounter blistering heat, driving rain and icy cold.

"It's perhaps the most gruelling solo run I'll ever attempt," Rafferty said last week. "It's never been done before, and it's mostly across desert.

"But once the body gets into the continual mileage, it should be a lot easier."

Rafferty's many distance running achievements include being the first man to complete the Sydney-Melbourne run, breaking the 1000-mile track record in 1989 and running 3931 kilometres from Fremantle to Surfer's Paradise in 1975.

An outstanding athlete, he also represented Ireland as a schoolboy international soccer player, further epitomising his longevity in sport.

He estimates the cross country run will take 40 days, averaging 100 kilometres a day, but he is well aware of the dangers

he may face along the way.

The regular competitor in the now defunct Westfield Sydney-Melbourne ultra-marathon said: "I run year to year these days.

"But experience is very important. In 1989, I beat a man half my age in a 1000-mile track race in Sydney and broke the world record.

"The secret is pacing yourself from day to day and taking it easy in the early stages."

But Rafferty's incredible attempt may never get past the drawing board unless he gets several sponsors to help pay for a mass of supplies needed for the harrowing journey.

Already a five-member crew have agreed to join the miracle man in two four-wheel drives which will carry boxes of food and water through some of Australia's most inhospitable terrain.

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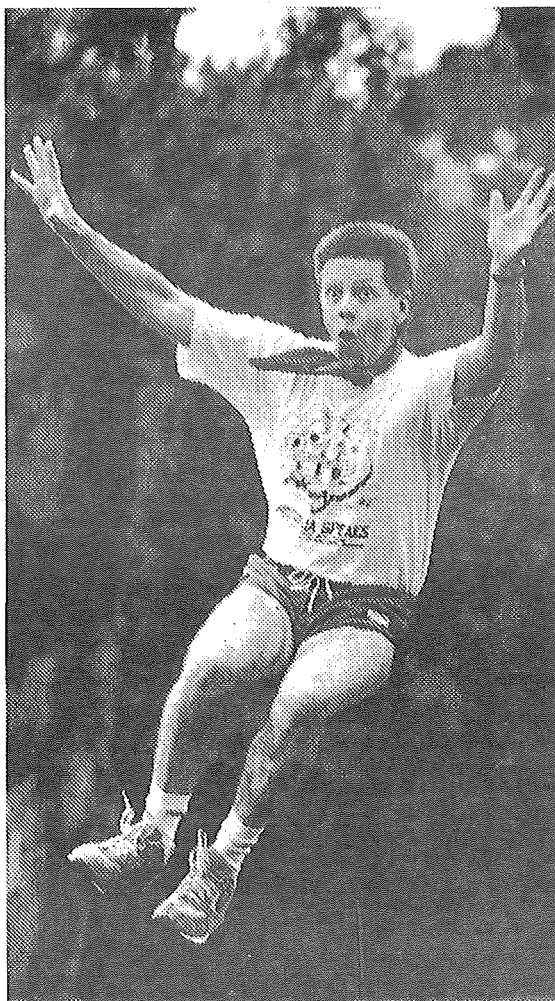
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RUNNING machine Tony Rafferty prepares for his solo cross continental run near his Box Hill South home.

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Amazingly, Rafferty plans to compete in the New York ultra-marathon within weeks of completing the Aussie cross.

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If nothing else, Rafferty, who makes his living from speaking on the lecture and motivation talk circuit, will have plenty to say at the end of 1992.

Anyone who would like to sponsor his run across the continent can phone Tony Rafferty on 808-3360.

Raw courage

THE skier streaking down Mt Hotham last Thursday was Geelong distance runner, Keith Fisher.

A mad Hawthorn supporter, Keith took on a bet for \$250 to ski naked down the Heavenly Valley slope if the Hawks won the AFL premiership. If they lost he was to cough up \$150.

Settling day arrived. The sun was shining, the slopes were packed with people

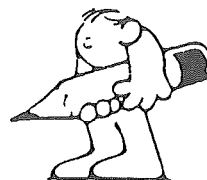
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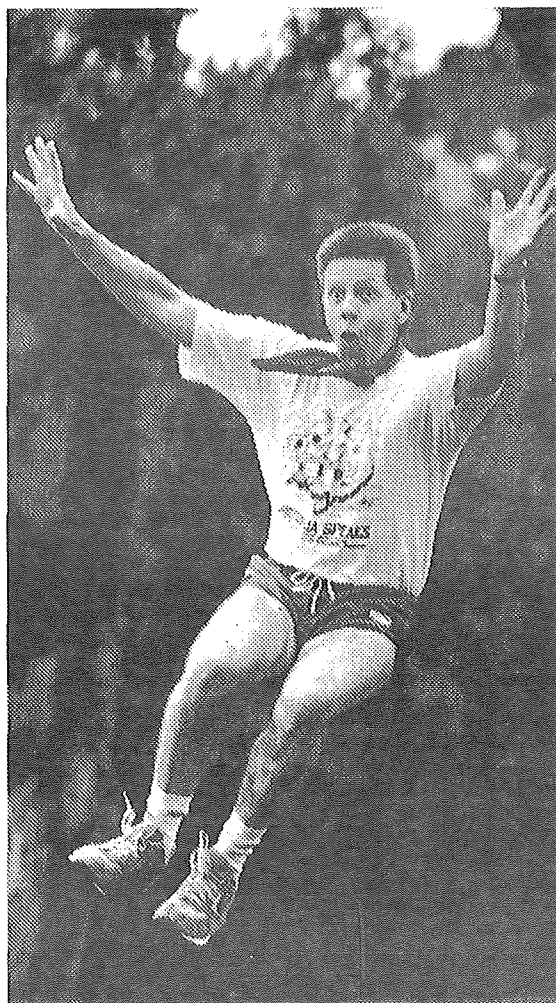
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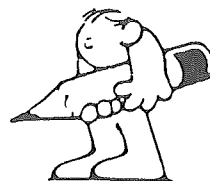
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Footslogger ready to put his feet up

From OWEN BROWN

GLENDAMBO: Murray Cox would like a dollar for every cattle grid he has tiptoed across in the past 25 days.

Since setting out from Darwin down the Stuart Hwy he would have stepped gingerly over hundreds of them.

With his left ankle the size of a grapefruit, his left hip wrenched out and the nearest chiropractor more than 200km away no one could blame him for putting up his feet and calling it a day.

But as Murray, 45, sees it, the next beer is as far as the next town and Adelaide is just nine days away.

Since setting out from Darwin on his epic foot slog he has become the first man to run from Darwin to Alice Springs and the first to cross the Northern Territory.

"I suppose (John) McDouall Stuart was the first but he was only walking," Murray said.

Not that he has been doing much running in the past four days — well, not since a roadside snake raised its head and sent him lurching across the highway at speeds more akin to a sprinter than an ultrarunner.

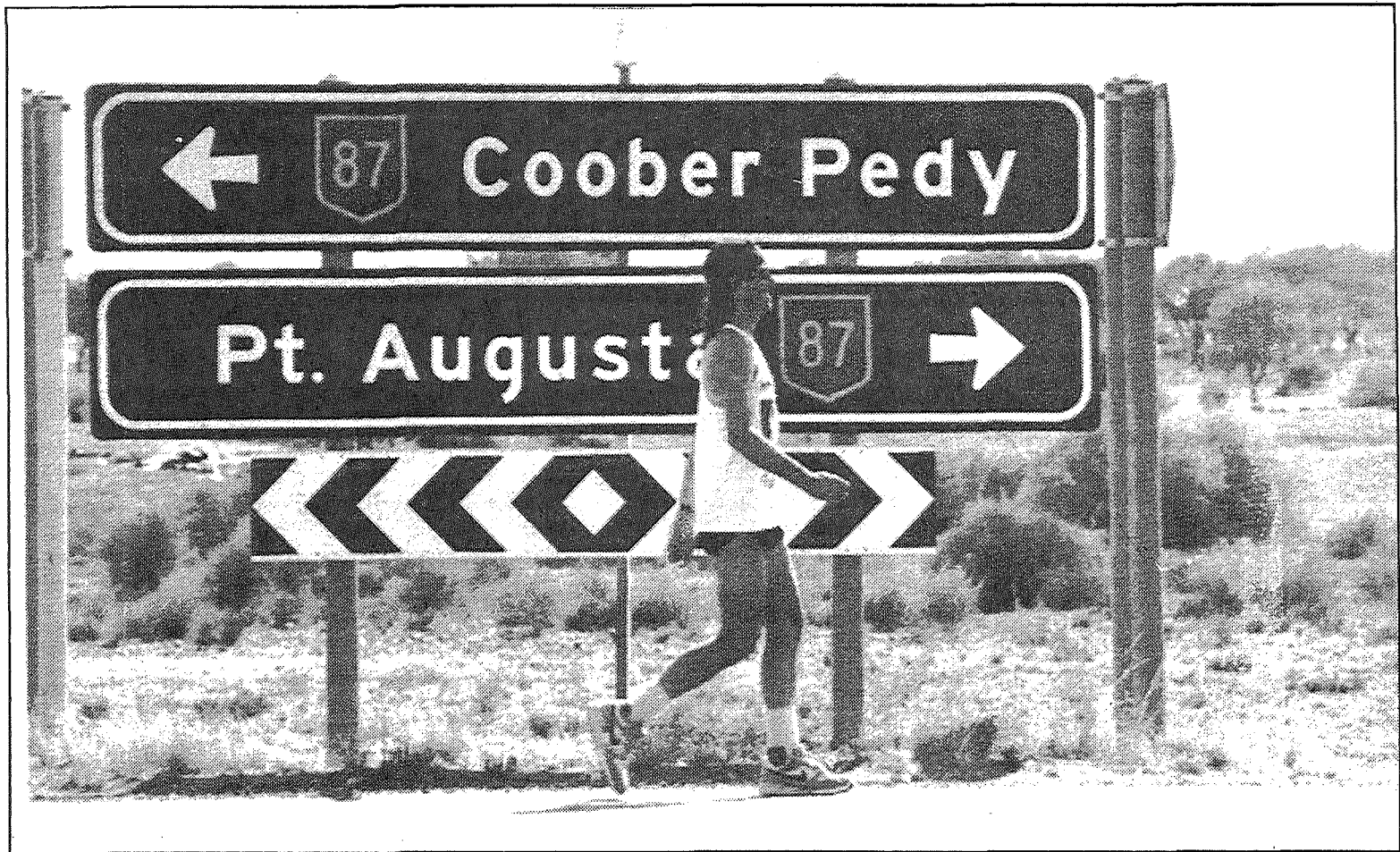
"They've been sticking needles in the blister on my heel and it looks more like the Victoria Square fountain," Murray said.

Despite injuries which might have deterred a lesser man, Murray decided to forge ahead on his southerly march home.

"As I see it yesterday is history and tomorrow's a mystery," he philosophised.

"When I get to Glendambo I'll be straight in the shower, look in the mirror and say: 'Well you're killing yourself you might as well have a beer.'"

His support crew — Geoff Hillier and Brenton Baldock — who plug



RUN THIS WAY: Murray Cox steps out on his lonely journey along the highway to Port Augusta.

Picture: BARRY HARTLEY

along at a steady 6km/h in the team van, smile and share the sentiment.

They have to deal with the anger caused by the lack of sleep and the wincing pain.

These include Murray throwing his food at a road sign and battling

non-existent bats he swears attack him late at night.

Remarkably, Murray has been able to keep ahead of schedule.

This has meant starting early in the afternoon and running late into the morning instead of sticking to his plan of running only at night.

The searing Outback heat which

he hoped to avoid saps him of much-needed energy but Murray believed that was preferable to falling behind the goals he set himself.

One of those goals is to raise both money and awareness for the Life Education Centres.

The mobile caravans tour Australia

schools warning children of the dangers of drugs and promote a healthier society.

At the end of the road Murray just has a couple of days with his feet up before going back to work as night manager at the Flinders St YMCA.

"Then I can start planning the next adventure," Murray said.

Australian leads Multi-Day Classic

Bee Sport Staff, News Services

Despite an ankle problem, defending champion Ian Javes of Australia moved into a seven-mile lead Wednesday after four days of the Gibson Ranch Multi-Day Classic.

Javes, who won the six-day race with 460 miles last year, ran 75 miles in the last 24 hours for a total of 323 miles around the one-mile asphalt course.

Canadian Al Howie, the co-leader with Emile LaHarraque of New York after three days, faltered badly late Tuesday night, covering only 31 miles in the previous day for a total of 280.

Gary Hillard of Corte Madera, who withdrew from the race last year, had the strongest third day, completing 81 miles, and moved into second place with 316 miles.

LaHarraque is in third place with 310 miles after completing 61 miles in his last 24 hours.

Javes, a 49-year-old schoolteacher from Calboolture, Australia, has averaged 80.75 miles per day and is about 10 miles ahead of last year's pace.

But Javes also is enduring, a prob-

NORCAL DIGEST

lem with his left ankle. Following the completion of four days, he stopped and treated his ankle by alternating hot and cold showers.

A field of 105 runners in four divisions began the largest multiple-day run in the United States on Saturday.

The husband and wife team of Clive and Janet Johnson of Medford, N.J., who have run numerous six-day events together, maintained their steady progress despite different four-day totals.

Janet Johnson, the only woman in the six-day division, has 255 miles, with her husband two miles behind. The Johnsons took separate rest and equipment breaks, resulting in their mileage discrepancy.

Horse racing

■ Luv Me Luv Me Not led from the gate and held off a late challenge from Don B's Princess to win the \$100,000 Bay Meadows Lassie Stakes in San Mateo by a head. Luv Me Luv Me Not, ridden by Fabio Arguello Jr., finished the mile race for 3-year-old fillies in 1:40 1/5.

E2 The Sacramento Bee Final • Thursday, January 2, 1992 ★★

Australian leads runners

Bee News Services

Defending six-day champion Ian Javes of Australia will lead a field of more than 100 long-distance runners set to compete in the Gibson Ranch Multi-Day Classic beginning Saturday.

About 20 participants are scheduled to run for six days, but there are also 24-, 48- and 72-hour divisions in the unusual competition, one of only two multiday races in the United States.

Participants will alternate running and walking with sleep, nourishment and restroom breaks at their own discretion.

Entrants will circle a one-mile as-

NORCAL DIGEST

phalt course around a man-made lake in a county park on the outskirts of Sacramento.

Despite a nagging groin injury, Javes, 49, a teacher in Calboolture, Australia, totaled 460 miles to claim the six-day division of last year's inaugural event.

Al Howie, 46, of Qualicum, British Columbia, is expected to be Javes' primary competition.

Jim Drake, 51, of Sacramento, who won the 24-hour division last year with 124 miles, is entered in the two-day division this year.

"Calboolture & Bribble Times" - 18 Dec. 1991

Shire Sports person of the Year

49-YEAR-OLD Ultra-distance runner Ian Javes is a worthy winner of the 1991 Sportsman of the Year Award following his major international success last year to win the Gibson Ranch six day race in Sacramento, USA.

As an ultra distance runner Ian has been placed well in numerous runs throughout Australia and overseas. At present he has the best time for an Australian for covering 1000 miles (1600 kilometres) - 13 days, 18 hours, 35 minutes and 55 seconds.

He also holds a number of Queensland records for multi day ultra running events.

In 1988 Ian competed in his first such event, the Westfield Sydney to Melbourne run and finished a creditable twelfth out of 43 starters in possibly the best field ever assembled for the run.

The following year saw Ian travel to New York to compete in the longest foot race in the world, the Sri Chinmoy 1300 mile race (2092 kilometres).

He finished second in the race and is still one of only five people in the world who has been able to complete this gruelling event in under the 18 days time limit (17 days, 22 hours, 1 minute and 58 seconds).

Towards the end of 1990, Ian was the first Australian in the Campbelltown Six Day Race and less than six weeks later in early 1991, he travelled to Sacramento to win the Gibson Ranch Six Day Race.

Ian is currently in Sacramento to defend his title and is hoping to once again bring back the Gibson Ranch trophy.

Besides his personal running feats, Ian is a committee member of the Queensland Marathon and Road Runners Club, the largest running club in Queensland with over 600 members.

He is also chairman of the Ultra Division of the QMRRC and is responsible for organising the six ultra running events held each year in Queensland. These events have raised many thousands of dollars for Camp Quality, an organisation which gives support to children with cancer and their families.

C2 The Sacramento Bee Final • Friday, December 27, 1991 ★★

SOLO ULTRA RUN FOR CHARITY BY PAT FARMER

Sydney ultra marathon runner, Pat Farmer completed his epic journey of 5,970 kilometres when he reached Cockle Creek in Tasmania, the southernmost tip of Australia last November. Setting out from Thursday Island in August 1991, to raise public awareness and funds for diabetes, Pat Farmer has set a new record by running from the northernmost point of Australia to the southernmost point.

A victorious Farmer, fit and well after 110 days on the road said, "Our mobile testing unit tested more than 5,000 Australians along the way for diabetes, with well over 100 people being referred for further tests."

"To bring these people under care and treatment and to hopefully spare them the devastating complications undiagnosed diabetes can bring has made it all worthwhile", said Pat.

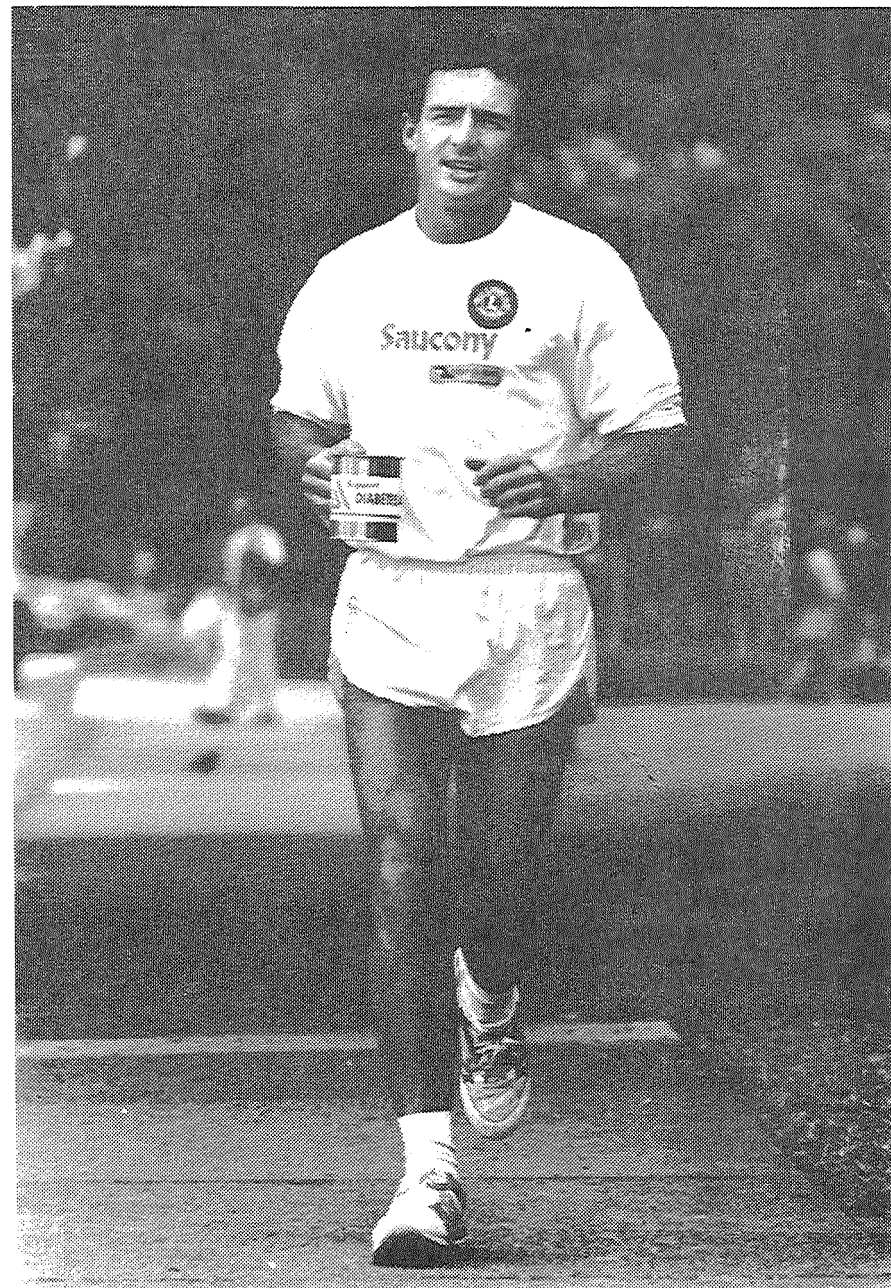
According to Carole Webster, Public Relations Manager for Diabetes Australia - NSW. Pat and his support crew have raised almost \$50,000 for Diabetes Australia in the cities and towns they visited.

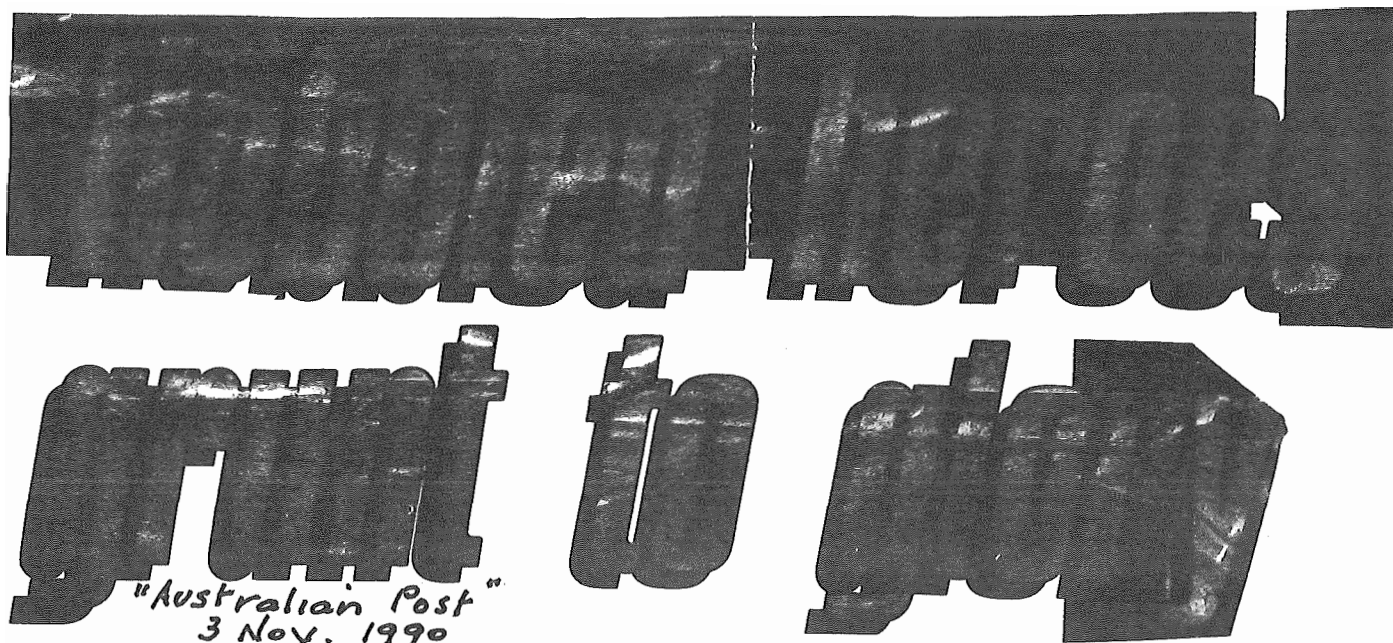
"This figure is growing daily as raffle proceeds and sponsorship funds continue to come in", Mrs Webster said. "Pat Farmer is a wonderful ambassador for Diabetes Australia," she said. "We are absolutely delighted with the results".

After a well deserved rest, Pat has returned to his home in Campbelltown where he works as a landscape gardener.

For further information, please contact: Carole Webster, Public Relations Manager, Diabetes Australia - NSW, 149 Pitt Street, Redfern NSW 2016
Phone (02) 698 1100 Fax: (02) 698 4630
or Pat Farmer, Phone (02) 603 8214 or (02) 603 9515.

Congratulations Pat from all of us. What a tremendous effort and what a worthy cause. You proved in the Westfield that you could run well over incredibly long distances. Now you've put your talent to good use. Well done!





ROADRUNNERS David Holleran and Lindsay Phillips got their legs together in the Toowoomba (Q) half-marathon last month and hobbled their way into the Guinness Book of Records.

The two Brisbane buddies strapped their legs together with heavy-duty elastic and dragged themselves around the twisting, mountainous course, setting THREE world records for three-legged racing in the 24km category, the half-marathon and the mile.

In the main 24km event, they slashed the existing record of 2hr 50min by a whopping 18½ minutes.

A spokesman for the *Guinness Book of Records* told the champs there were no existing records for the mile or half marathon, so they were also credited with those.

The hobbling heroes were greeted by cheers and honking horns as they crossed the finish line at East Creek Park in Toowoomba, stunned at their official time of 2hr 31.5min.

"We were hoping to break the record by 10 to 15 minutes," a breathless Holleran, 34, told POST at the finish. "But I didn't expect we'd run this fast."

"They say it's the toughest course in Australia. They're right," he added. "I'm buggered."

By contrast, Lindsay Phillips, 25, looked as if he'd just strolled around the block. The youngster seemed to take it all in his stride. "I feel great," he grinned. "I had a ball."

The roadrunners have trained hard for two months perfecting the secret of their success — the short steps that allow them to last the distance.

**Two crazy Queenslanders
run 24km on three legs
and declare: 'It's bloody
hard yakka.'**

"It took us weeks at first because we had to learn to tie ourselves together without cutting off the blood circulation and killing each other," Holleran said. "It's bloody hard yakka."

Phillips, who holds a black belt in Tae Kwon Do, said the heel and sole of his tethered foot were bruised after the torturous event because of the awkward way it kept landing.

Holleran was slightly distressed at the finish but otherwise both came through unscathed.

POST accompanied the pair (by car) for the full distance, recording their progress on film and has submitted a letter of confirmation for the Guinness records.

Australia's toughest half-marathon is also one of its most picturesque.

Competitors race around the edge of the Great Dividing Range, along Prince Henry Drive, past award-winning gardens for which Toowoomba is internationally famous, and through peaceful rural settings before turning back into the city.

Many good citizens of Queensland's most conservative city seemed incredulous at the sight of two grown men in comical hats, arms clasped around each other, grunting along the roads.

They were obviously unaware the sweating couple were running

toward a triple world record.

Breaking records is no new experience for David Holleran. Two years ago he set a world record for 28 hours of non-stop aerobics. Last year he ran the Brisbane-Redcliffe marathon backwards, only 10 minutes outside the world record.

In February next year, they will be at it again as Holleran attempts to break his own aerobics record while Phillips attacks the world record for non-stop skipping.

Already, in the past two and a half years, both have run the equivalent of a trip around Oz.

Though the Disneyesque duo loped off into a Toowoomba fog at 7.40am, ahead of a huge field of "normal" runners, Holleran, in the Donald Duck cap he insists on wearing for all his record-smashing appearances and Phillips, with a gaudy "butterfly" flapping about his ears, were deadly serious.

Both men are in training to attempt a full marathon, 3-legged of course, next April, ahead of their main goal — the 2-legged 1991 Sydney-Melbourne Westfield Ultra-Marathon in May.

They plan to run as many Sydney-Melbourne ultras as possible during the next five years but were startled at the suggestion they attempt them 3-legged.

"You think we're nuts?"



Running mates David
n. 34 (left) and
Ray Phillips, 35

OVERSEAS NEWS

100KM - 1.A.U. - WORLD CUP PALAMOS - SPAIN - 16TH FEBRUARY, 1992 by Andy Milroy

In recent years, the IAU 100km World Cup under the patronage of the IAAF, has been held at such venues as Duluth in the United States, and Faenza in Italy. The 1992 event was to be hosted by the Costa Brava 100km at Palamos, Girona in north-east Spain.

Through the efforts of the IAU and the race organisers, which considerable support from the IAAF, an incredible assembly of the world's elite ultra marathon runners packed the small Mediterranean resort. National federation teams from twelve countries and six continents mingled with runners from a further eighteen countries who had also entered. The strength in depth was totally unparalleled - the number of missing elite runners from the 1991 rankings could be numbered on one hand!

The day before the race saw a spectacle new to the sport of ultra running - an opening ceremony. (The race the following day would start in darkness, denying runners and spectators the chance to appreciate the rainbow colours of the national team uniforms). Battle-hardened veterans like Don Ritchie, Roland Vuilleminot and Heinz Huglin showed obvious pleasure in being selected to carry the national flag in a parade reminiscent of the opening of the Olympic Games. The bright colours of the flags were matched by the runners in their national uniforms, many of which had never been seen before at an ultra-marathon event. Many great names lined up behind their national flags, Valmir Nunes of Brazil, winner in 1991, Bryan Smith of Australia, winner of the Sydney to Melbourne, and one of the few runners to have covered 1000km in 6 days, American Rae Clark, who has run 165 miles in 24 hours, Spaniard Domingo Caralan, twice winner of the IAU 100km Championships before, and Narihisa Kojima, the Japanese champion. Konstantin Santalov and the Russian team arrived on Saturday night and thus missed the ceremony.

In the dark morning of the 16th February, the tense, expectant crowd of runners were poised, waiting for the gun. Nunes, Santalov and possibly Vuilleminot were the favourites, with Nadja Gumerova and Marta Vass favoured for the female race.

The gun barked and the runners swiftly disappeared into the darkness. Race officials and handlers were quick to follow. Dawn came after an hour, revealing a field that was already fairly spread out. Alexei Kononov of Russia, Erno Kis-Kiraly of Hungary and Khalid Taikal of Morocco led, followed by a long pack containing most of the top runners.

In the women's race, Marta Vass and Nadja Gumerova had swiftly latched on to each other, obviously seeing each other as the main threat. Gumerova gradually pulled away but her lead was to be short-lived. Perhaps feeling the effects of her run in the Hong Kong Marathon the previous week, Gumerova began to fade, leaving Marta Vass of Hungary out in front. Nursia Bagmanova of Russia was running smoothly in third, and soon passed her former compatriot.

Two hours into the race, the runners were well into the great loop that would take them through the province of Girona before returning them once more to Palamos. The Russian Kononov had pulled out a gap, with Kis-Kiraly and Huglin of Germany trailing him, followed by Stefan Fekner of Canada, Ulf Anderson of Sweden and Erik Seedhouse of UK. Like two waiting wolves, Valmir Nunes and Konstantin Santalov padded along behind, content to bide their time, confident in their ability to finish faster than anyone else in the field.

By now, the runners began to be warmed by the early morning sun; conditions were good, and the cold wind which blew earlier in the week was, thankfully, absent. As they reached the 50km point in the old city of Gerona, a new leader was to be seen, the Moroccan, Khalid Taikal. (his credentials were unknown, but he had reportedly run 6.25 for a 100km in Morocco). His 50km split was 3.08.05, followed by Kononov and Kefner (3.09.42), Kis-Kiraly (3.09.57) and Seedhouse (3.10.59). Taikel's thrust was soon parried by Erik Seedhouse, who began to push on at 61km. At that point, the Moroccan looked to be struggling, as did Kononov and Kis-Kiraly. Two new faces had moved up through the field, Bernard Curton of France and Peter Herman, of Belgium. (The latter was a 2.14 marathon runner whose previous ultra experience was on trails). Both looked strong and full of running, as did Santalov and Nunes, who still ran shoulder to shoulder, forty or fifty metres back off the pace.

Seedhouse reached 60km in 3.47.21. He took just under 41 minutes for his next 10km, passing the 70km point near Llgostera in 4.28.15. He felt he was moving well, but at 75km, despite his efforts, he had only a 150 metre lead over the second placed runner. Two kilometres later, the two stalking wolves struck. At 77km, Erik was passed by Konstantin Santalov and Valmir Nunes.

The long-awaited battle was about to be joined. Nunes had beaten the Russian twice in 1991, but this time, he had to concede as a tightening hamstring forced him to stop at 80km. Medical help got him going again, but he was forced to retire at 81km.

At the double-marathon point (52 miles/84km), a new player had joined the game. Santalov had a comfortable lead with 5.23.08, but Domingo Catalan was running the race of his life on home soil. He lead Erik Seedhouse by 40 seconds (5.25.48 to 5.26.26).

Meanwhile in the women's race, Gumerova had dropped out, and at 50km, Marta Vass had a minute lead over Nursia Bagmanova (3.43.05 to 3.44.02), with Sybille Mollensiep, the new German find, in third with 3.48.42. Moving through the field was the winner of the London to Brighton, the British girl Carolyn Hunter-Rowe.

Back at the men's race, Santalov, Catalan and Seedhouse were faced with some hills in the final 20km. Seedhouse remarked after the race that he felt he didn't slow down much over the last 20km - but the remarkable Russian clocked around 38 minutes for each of those 10kms to wind up a clear winner in 6.23.35., the fastest time yet by an eligible runner on the road. Domingo Catalan, in second place, produced a new world Vets. record of 6.30.37, whilst Erik Seedhouse took nearly five minutes off his pb. with a fine 6:33:03. These marks were just the start of an avalanche of amazing performances - six men under 6:40, nine under 6:50. Roland Vuilleminot ran 6:57:48 - and finished 20th! In each position in that top 20, the runner recorded the fastest time yet. Catalan was the fastest ever second place, Seedhouse the fastest ever third place etc. etc.

The women's race was also producing some remarkable results. As Marta Vass had slowed, the Russian woman, Nursia Bagmanova, had moved smoothly through. She finished with 7:44:37, the fourth best time ever. Marta Vass was disappointed with her run (She had prepared specially for the race in the Canary Islands). Her 7:53:50 was a typically solid performance from her; she is one of the most consistent women 100km runners. The surprise of the race came in third. Carolyn Hunter-Rowe, just 28 years old, only in her second year of ultrarunning, and making her debut at the distance, was closing on Marta towards the end. Her time of 7:56:50 was excellent and she showed great maturity in pacing her run. The German women clinched the team title with a strong display of packing - Sybille Mollensiep (8:03:44), Katherine Janicke (8:07:17), and the amazing Dr.Sigrid Lomsky (now 50) (8:09:04).

Not only was the men's race the greatest number of runners ever under seven hours by a huge margin, but the women's race was the first time that three women had been under eight hours in the same race. There was a mass of national 100km bests - Spanish, French, Russian, Moroccan, Australian,, Irish, plus world age group bests at 40, 50, 55 and 65 years. Add these kind of results to the level of participation mentioned at the start of this report and you have the greatest ultra race ever staged, anywhere, anytime. And I reckon, weather permitting, the next World Cup 100km race in 1993 on a 20km loop at Torhout in Belgium, will be even better. Perhaps 20 federation teams, probably including the South Africans.... Will Khalid Taikal and Narisha Kojima (6:51:07) be the forerunners of major North African and Japanese onslaughts on the world 100km scene? The momentum behind the 100km World Cup grows ever stronger year by year.

PLACINGS:

Males:	1. Kostantin SANTALOV	Russia	6hrs.23m.35s.
	2. Domingo CATALAN	Spain	6hrs.30m.37s.
	3. Erik SEEDHOUSE	UK	6hrs.33m.03s.
Females:	1. Nurzia BAGMANOVA	Russia	7hrs.44m.37s.
	2. Marta VASS	Hungary	7hrs.53m.50s.
	3. Carolyn HUNTER - ROWE	UK	7hrs.56m.50s.
Australians:	31. Trevor JACOBS	Aust	7hrs.18m.00s. (pb)
	57. Bryan SMITH	Aust	7hrs.54m.31s. (pb)
	Carl BARKER	Aust	11hrs.39m.00s

In the Team's Race, Australia came ninth.

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN TRACK RECORDS as at 14/2/1992

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
200 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)	4 days 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
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)	26/2/89
250 Miles	Bryan SMITH (V)	2 days 2:52:03*	Colac Vic (NS)	15/11/89
300 Miles	Bryan SMITH (Vic)	2 days13.57.10*	Colac Vic (NS)	16/11/89
400 Miles	Bryan SMITH (Vic)	3 days18.00.17*	Colac Vic (NS)	17/11/89
600 Miles	Tony RAFFERTY (V)	8 days 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)	691.600km **	Colac Vic (NS)	17/11/89
120 Hours	Bryan SMITH (Vic)	841.200km **	Colac Vic (NS)	18/11/89

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 (that is, lap-score sheets and track details).

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	Helen STANGER(NSW)	23.01.12	Kensington SA (S)	29/9/91
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	Helen STANGER (NSW)	120.351km	Kensington SA (S)	28/9/91
24 Hours	Helen STANGER (NSW)	207.969km	Kensington SA (S)	29/9/91
48 Hours	Helen STANGER (NSW)	286.800km**	Campbelltown NSW(NS)	20/11/90
6 Days	Georgina McCONNELL (NSW)	738.103km	CampbelltownNSW(NS)	24/11/90

WOMEN CLASS 2 RECORDS (Only official rankings are kept)

150km	Margaret SMITH (Vic)	15:42:50	Aberfeldie Vic (S)	10/3/85
250km	Georgina McCONNELL(NSW) 1 day	18:31:13	Campbelltown NSW(NS)	20/11/90
500km	Georgina McCONNELL(NSW) 4 days	0:53:57	Campbelltown NSW(NS)	22/11/90
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	Helen STANGER (NSW)	2 days 7:59:16*	Campbelltown NSW (NS)	20/11/90
500 Miles	Vacant			
1000 Miles	Vacant			
6 Hours	Lavinia PETRIE (Vic)	71.379km	Box Hill Vic (S)	15/6/91
3 Days	Helen STANGER (NSW)	388.000km **	Campbelltown NSW (NS)	21/11/90

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

300km	Helen STANGER (NSW)	2 days 2:55:11	Campbelltown NSW (NS)	20/11/90
400km	Helen STANGER (NSW)	3 days 2:27:08	Campbelltown NSW (NS)	21/11/90
600km	Georgina McCONNELL(NSW) 4 days	0:53:57	Campbelltown NSW (NS)	22/11/90
700km	Georgina McCONNELL(NSW) 4 days	22:42:53	Campbelltown NSW (NS)	23/11/90
800km	Vacant			
900km	Vacant			
1100km	Vacant			
1200km	Vacant			
1300km	Vacant			
1400km	Vacant			
150 Miles	Helen STANGER (NSW)	1 day 13:54:01*	Campbelltown NSW (NS)	19/11/90
250 Miles	Helen STANGER (NSW)	3 days 2:45:18*	Campbelltown NSW (NS)	21/11/90
300 Miles	Georgina McCONNELL(NSW) 3 days	21:58:09*	Campbelltown NSW (NS)	22/11/90
400 Miles	Georgina McCONNELL(NSW) 5 days	6:47:28*	Campbelltown NSW (NS)	23/11/90
600 Miles	Vacant			
700 Miles	Vacant			
800 Miles	Vacant			
900 Miles	Vacant			
36 Hours	Helen STANGER (NSW)	231.600km**	Campbelltown NSW (NS)	19/11/90
96 Hours	Georgina McCONNELL (NSW)	497.600km**	Campbelltown NSW (NS)	22/11/90
120 Hours	Georgina McCONNELL (NSW)	608.000km**	Campbelltown NSW (NS)	23/11/90

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 Record Claim form and track details)

AUSTRALIAN 24 HOUR TRACK RANKINGS FEBRUARY 1992 - TOP 100

1	Mike March	45	TAS	255.099Km	Coburg	25/26Feb89
2	David Standeven	37	SA	255.157Km	Adelaide	23/29Oct89
3	Bryan Smith		V	254.515Km	Olympic P	19/20Aug89
4	Owen Folliday	38	QLD	253.063Km	Adelaide	29/30Oct88
5	Brian Bloomer	45	V	242.598Km	Box Hill	15/16Feb86
6	Brickley Hepburn	39	V	239.320Km	Coburg	23/24Feb91
7	John Breit	39	V	238.409Km	Olympic P	4/5Aug90
8	Cliff Young	63	V	235.809Km	Adelaide	9/10Nov85
9	Ashley Parcell	30	QLD	234.959Km	Hensley	23/24Feb85
10	Rudy Kinshofer		SA	232.431Km	Coburg	23/24Feb91
11	Geoff Molloy	40	V	232.400Km	Box Hill	2/3Feb85
12	Keith Fisher	23	V	232.207Km	Coburg	25/26Feb89
13	Peter Gray	26	V	230.732Km	Coburg	23/24Feb91
14	Joe Record	38	WA	230.029Km	Crystal P UK	Oct79
15	Barry Brooks	40	V	227.574Km	Box Hill	28Feb87
16	Frank Kelly	34	NSW	225.275Km	Hensley	23/29May88
17	Geoff Kirkman	35	SA	220.550Km	Adelaide	9/10Nov85
18	George Audley	51	WA	219.361Km	Perth	18/19Oct86
19	Terry Cox (Jr)	24	V	217.373Km	Coburg	10/11Mar90
20	Ian Javes	44	QLD	217.070Km	Box Hill	28Feb87
21	Greg Wishart	50	V	216.784Km	Coburg	25/26Feb89
22	Bill Beauchamp	41	V	213.875Km	Box Hill	28Feb87
23	Charles Lynn	40	NSW	213.839Km	Adelaide	9/10Nov85
24	Bob Hunter		QLD	213.458Km	QLD RRC	1/2Jul89
25	Anyce Melham	32	NSW	213.287Km	Adelaide	28/29Oct89
26	Graeme Woods	40	QLD	212.559Km	Old Uni	5/6Sep87
27	Bob Bruner	47	V	211.584Km	Box Hill	15/16Feb86
28	Alan Croxford	43	WA	210.934Km	Perth	18/19Oct86
29	Gerry Riley	56	V	210.272Km	Adelaide	1/2Nov86
30	Robert Channells		NSW	209.146Km	Campbelltown	28/29Oct89
31	Jack McKellar	45	V	208.915Km	Box Hill	15/16Feb86
32	Nick Read	36	ACT	208.859Km	Coburg	13/14Feb88
33	John Bell	41	V	208.450Km	Box Hill	15/16Feb86
34	Murray Cox	44	SA	208.330Km	Olympic P	4/5Aug90
35	Tony Collins	42	NSW	208.091Km	Campbelltown	28/29Oct89
36	Bruce Donnelly	32	QLD	207.929Km	Campbelltown	13/14Oct90
37	Alan Peacock	27	QLD	207.410Km	Old Uni	5/6Sep87
38	Bob Taggart	42	SA	206.849Km	Adelaide	29/30Oct88
39	James Wolstencroft	34	V	205.848Km	Coburg	25/26Feb89
40	Howard Ross	40	V	205.834Km	Box Hill	15/16Feb86
41	James Sheridan	27	SA	205.426Km	Connecticut	25Sep82
42	Bob Pickett	37	NSW	205.368Km	Sydney	1989
43	Jeff Smith		V	204.852Km	Coburg	23/24Feb91
44	Brad Boyle	29	NSW	204.717Km	Campbelltown	28/29Oct89
45	Graeme Wilkinson	40	NSW	204.716Km	Hensley	29/30Nov86
46	Chilla Hasmyth		NSW	204.213Km	Campbelltown	13/14Oct90
47	Hobby Young	44	NSW	204.083Km	NSW	1/2Sep90
48	Patrick Parsons		V	203.812Km	Coburg	10/11Mar90
49	Graham Pirkin	53	NSW	203.608Km	NSW	1/2Sep90
50	Graham Stenner	44	SA	203.526Km	Coburg	25/26Feb89
51	Maurice Taylor	40	NSW	203.526Km	Sydney	1989
52	John Champness	47	V	202.934Km	Hensley	28/29May88
53	Geoff Hook	46	V	202.532Km	Coburg	23/24Feb91
54	Alan Devine		WA	202.000Km	Perth	17/18Oct87
55	Peter Quinn		V	201.708Km	Olympic P	4/5Aug 90
56	Trevor Jacobs		NSW	201.238Km	Adelaide	28/29Sep91
57	Mike Thompson	41	WA	201.228Km	Perth	27/28Mar89
58	Phil Pearce		WA	200.808Km	Perth	26/27Mar90
59	Darry Allen	30	V	200.776Km	Box Hill	2 Feb87

AUSTRALIAN 24 HOUR TRACK RANKINGS

60 Peter Arnistead	44 V	200.612Km	Coburg	10/11Mar90
61 Don Gray	40 NSW	198.571Km	Hensley	30/31May87
62 Robert Nash	37 V	197.778Km	Coburg	13/14Feb88
63 Graeme Townsend	30 NSW	196.770Km	Hensley	28/29May88
64 Ron Hill	46 V	196.715Km	Hensley	29/30Nov86
65 Alistair McManus	34	196.662Km	Hong Kong	17/18Nov84
66 Keith Swift	43 NSW	196.400Km	Hensley	23/24Feb85
67 Alan Fox	SA	196.340Km	Adelaide	5/6Nov83
68 Ronald Smith	43 V	195.382Km	Coburg	13/14Feb88
69 Bob Burns	QLD	194.819Km	Tamworth	24Mar90
70 Ross Martin	56 SA	194.695Km	Adelaide	9/10Nov85
71 Bob Larden	34 NSW	194.562Km	Hensley	30/31May87
72 Bruce Cook	31 ACT	194.253Km	QLD	5/6Sep87
73 Michael Whiteoak	39 V	193.030Km	Adelaide	3/4Nov84
74 Joe Strohala	V	192.920Km	Olympic P	4/5Aug90
75 Bert Oostdam	WA	192.150Km	Perth	26/27May90
76 Klaus Schnibbe	42 V	191.890Km	Adelaide	9/10Nov85
77 Geoff Jones	V	191.858Km	Adelaide	28/29Oct89
78 Ralph Bristow	V	191.805Km	Tamworth	9/10Mar91
79 Mark Fritchard	43 WA	191.697Km	Perth	8/9Jun91
80 Kevin Lansell	NSW	191.637Km	Campbelltown	13/14Oct90
81 Peter Milne	32 V	191.634Km	Coburg	13/14Feb88
82 Andrew McConbe	SA	190.138Km	Adelaide	3/4Nov86
83 Ross Parker	WA	190.000Km	Perth 43hr	16/18Oct87
84 Roger Stuart	43 SA	189.962Km	Adelaide	1/2Nov86
85 John Seneca	57 V	189.052Km	Coburg	13/14Feb88
86 Keith O'Connell	49 NSW	188.957Km	Hensley	28/29May88
87 Pat Warner	26 NSW	188.180Km	Campbelltown	8/9Oct88
88 Chris Stephenson	29 NSW	187.631Km	Box Hill	15/16Feb86
89 Joe Faulkner		187.582Km	Sydney	1989
90 Terry Col.	49 V	187.359Km	Hensley	29/30Nov86
91 Stan Fiskin	58 V	187.104Km	Adelaide	3/4Nov84
92 Stuart Dunn		185.717Km	Sydney	1989
93 Ken Murray	46 NSW	185.445Km	Hensley	23/24Feb85
94 George Vernon	46 V	185.175Km	Olympic P	19/20Sep70
95 Michael Bryce	V	184.699Km	Adelaide	29/30Oct88
96 Ian Taylor	35 NSW	184.456Km	Hensley	30/31May87
97 Bruce Kirk	25 V	184.391Km	Coburg	25/26Feb89
98 Tony Dietachmayer	24 V	184.000Km	Coburg	13/14Feb88
99 Kevin Cassidy	26 V	183.695Km	Hensley	30/31May87
100 David Feaman	51 V	183.514Km	Coburg	13/14Feb88

Please note that the results from the 1991 Campbelltown 24 Hour Race are not included in the above ranking lists.

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AUSTRALIAN 24 HOUR TRACK RANKINGS

WOMEN.

1	Helen Stanger		207.969Km	Adelaide	23/29 Sep91
2	Dawn Parris	36 V	203.650Km	Olympic P	19/20 Aug89
3	Cynthia Herbert	44 V	200.515Km	Adelaide	1/2 Nov86
4	Georgina McConnell	46 NSW	195.355Km	Olympic P	19/20 Aug89
5	Trish Spain	47 WA	191.207Km	Perth	27/28 May89
6	Margaret Smith	49 V	177.600Km	Box Hill	2/3 Feb85
7	Dell Grant	33 QLD	172.001Km	QLD Uni	5/6 Sep87
8	Helen O'Connor	35 SA	171.426Km	Adelaide	1/2 Nov86
9	Wanda Foley	45 NSW	170.179Km	Adelaide	23/29 Sep91
10	Cheryl Standeven	SA	168.584Km	Adelaide	29/30 Oct88
11	Kim Talbot	20 V	168.493Km	Coburg	25/26 Feb89
12	Sandra Kerr	44 V	165.009Km	Coburg	10/11 Mar90
13	Sue Worley	39 SA	164.563Km	Adelaide	1/2 Nov86
14	Geraldine Riley	22 V	164.412Km	Box Hill	15/16 Feb86
15	Jill Bower	WA	163.461Km	Perth	12/13 Oct85
16	Val Warren	NSW	162.793Km	Campbelltown	28/29 Oct89
17	Marcia Leahy		162.328Km	Campbelltown	13/14 Oct90
18	Bronwyn Salter	40 WA	161.462Km	Perth	28/29 May88
19	Kay Haarsma	SA	161.053Km	Adelaide	13/14 Nov82
20	Colleen Milbourne	41 WA	161.044Km	Perth	27/28 May89
21	Merrilyn Tait	39 V	154.708Km	Coburg	25/26 Feb89
22	Lucille Gladwell	NSW	153.411Km	Campbelltown	28/29 Oct89
23	Valerie Case	51 V	151.255Km	Hensley	28/29 May88
24	Marilyn McCarthy	37 SA	147.777Km	Adelaide	1/2 Nov86
25	Marilyn Kinchin	NSW	146.083Km	Tamworth	9/10 Mar91
26	Helen Barnes	SA	139.015Km	Adelaide	28/29 Oct89
27	Corinne Sommers	29	132.946Km	Caboolture	23/24 Jun90
28	Mary Young	24 V	132.395Km	Box Hill	2/3 Feb85
29	Eileen Lush	39 SA	131.566Km	Adelaide	4/5 Oct87
30	Carolyn Benson	42 SA	131.293Km	Adelaide	28/29 Oct89
31	Leonie Gordon	40 SA	124.455Km	Adelaide	3/4 Nov84
32	Sue Bardy	53 SA	122.383Km	Adelaide	28/29 Sep91
33	Isobel Bukland		114.910Km	Tamworth	9/10 Mar91
34	Patty Bruner	46 V	110.601Km	Adelaide	5/6 Nov83
35	Elaine Gutterres	49 SA	103.680Km	Adelaide	9/10 Nov85
36	Robyn Davis		95.275Km	Wron	27/28 Jan90
37	Kelly Humphries		95.027Km	Tamworth	28/29 Mar91
38	Carolyn Vaughan	34 NSW	92.800Km	Box Hill	2/3 Feb85
39	Roma Mullens		91.444Km	Tamworth	9/10 Mar91
40	Sue Lekias	WA	30.000Km	Perth	26/27 May90

Ages are as on the day of the event.

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

Please note that the results from the 1991 Campbelltown 24 Hour Race
are not included in the above ranking lists.

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

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

become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

.....
(Signature of Applicant)

.....
(Date)

I a member of the Association
(Name)
nominate the applicant, who is personally known to me, for membership of the Association.

.....
(Signature of Proposer)

.....
(Date)

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

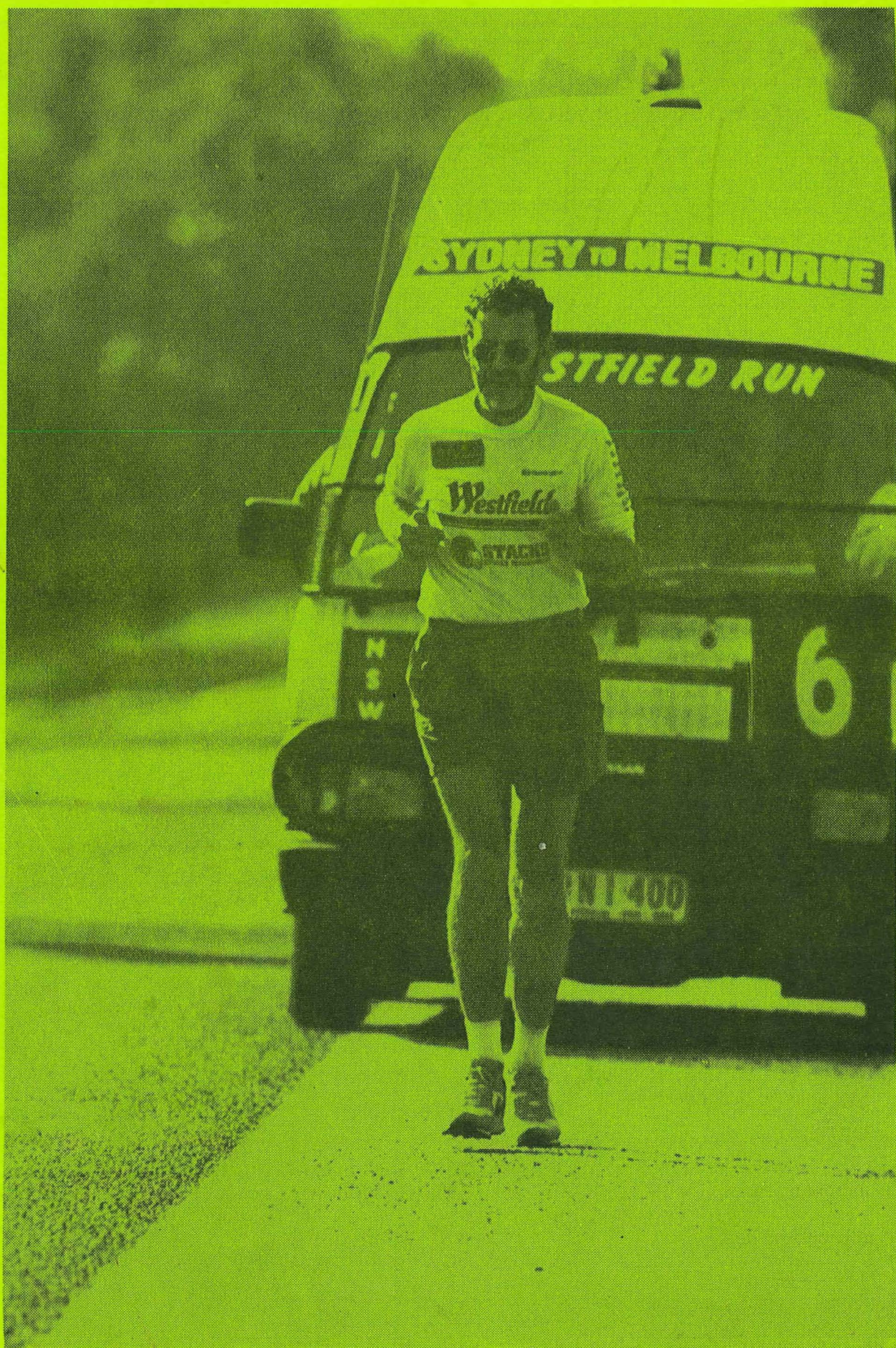
.....
(Signature of Seconder)

.....
(Date)

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

Please circle desired rate:	\$20 within Australia.			
	NZ	Asia	USA	Europe
Sea Mail (up to 7 weeks delivery)	\$....	\$....	\$....	\$....
Air Mail (up to 1 week delivery)	\$ 29	\$ 33	\$ 36	\$ 38

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



Maurice Taylor, shown here during his great effort in the 1991 Westfield Sydney to Melbourne Run in which he finished in fourth place. Maurice's actual time for the race was an excellent 6 days 23:22:00 for the 1028km. A great effort, Maurice!