

ULTRAMAG

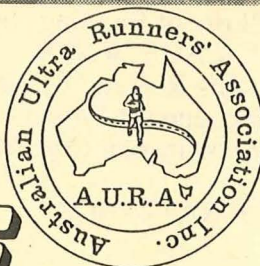
Vol.7 No.2

May, 1992



On our cover this issue is Champion Ultra-runner from Greensborough, Victoria - Dawn Parris. Dawn was First Lady in the Percy Cerutti Memorial 12 Hour Track Race held at Tootgarook, Victoria on the 2nd May, 1992

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



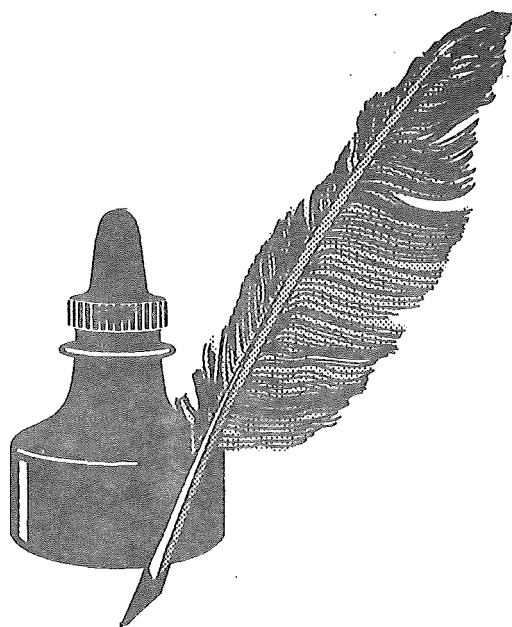
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EDITORIAL



Hi folks!

Well we're into our seventh year of operations and still going strong, despite the loss of the Westfield Run. Unfortunately, no sponsor has come forward to take Westfield's place and keep this world famous race on the calendar, which is very sad. However, at the grass roots level of Australian ultrarunning, events on our calendar are still being well patronised, which indicates that ultrarunning in itself over any distance, has an intrinsic worth and that the Westfield Run is not necessarily needed to provide the ultimate motivation for participation in our events.

It is still important to maintain a good balance of ultra races in the various states - from the shorter ultras, stepping up to the longer events, in order to cater for every Australian ultra runner's preferences and so that he or she does not have to travel too far in order to compete.

I have been analysing the events that we currently offer in the various states and have found some gaps in our calendar. I draw them to your attention in the hope that there are potential race directors out there who would consider taking any of these missing events on. Please don't be hesitant to step in and have a go at a new event. The AURA committee can give you a great deal of help in getting started, with a check list of jobs which need to be done and masters of all the paper work needed for any event. Send us the details of your event and we will advertise it free for you in ULTRAMAG.

We currently need the following events:

- In Victoria: a 48 Hour Track Race.
- In NSW: a 6 Hour Track Race
- In South Aust: a 6, 12 and 48 Hour Track Race, a Multi-day event, a 50km event & a trail race.
- In Q'ld: a 12 Hour Race.
- In West Aust: a 48 Hour, a 100km, 50 Mile and a trail race.
- In Tas: a 6, 24 & 48 Hour Track Race, and a 50 Mile Track Race.

Now go to it!

Thank you to Harry from Griffith NSW, who has taken the initiative and is planning a new 12 Hour Track race in Griffith on August 29th, 1992. Please give him your support.

Thank you also to those who have sent articles and race reports in for this issue. Without such support we would be non-existent. Good luck in your events for the next couple of months. I hope you stay injury-free and run well.

And don't forget, if you are in Melbourne on Saturday 20th June, come out to Box Hill and attend our Annual General Meeting and social night at 6pm.

Kind regards,

A handwritten signature in cursive script, reading "Dot Browne". The signature is written in dark ink and is positioned to the right of the "Kind regards," text.

1992/1993 ULTRA CALENDAR

- 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, \$20 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.
- 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
- Aug 29 **THE INAUGURAL GRIFFITH 12 HOUR CHARITY TRACK RACE**, NSW, \$15 entry (includes tee shirt), trophies, 6pm start, Further details contact Harry Clements, 60 Ross Cres, Griffith 2680, Ph. (069) 622680 (H) or (069)624163 (W)
- Aug 31 -
Sept 4 **FIVE DAY STAGED FOOT RACE**, Q'LD (Start & finish at Nanango, 180km north of Brisbane) , approx. 350km with an average daily distance of 70km per day, handicapped start, Further details in this issue. Contact Ray Chatterton, P.O. Box Toowong, 4066 Ph. (07) 870 9590 or Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld.
- 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

IAU

INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

Under I. A. A. F. Patronage

IAU-100 KM INTERCONTINENTAL

18. 1. International 100 km
16. 2. 100 KM WORLD CUP (IAU)
ESP, Isidre Verdun I
23. 2. 1st Int. 100 km Track
25. 4. 9. Int. Deutscher 100
sche 100 km-Lauf-Meist
D-6458 Rodenbach/Hanau
10. 5. 2. Int. 100 km Road Ra
Youth Institute, 571, Y
30. 5. 20. Internat. 100 km
Borgo d'Oro 11, I-48018
31. 5. 4th National 100 kms C
GBR, Race Director John
NG 2 5HZ, T 1. (GB)-60
12. 6. 34. Internat. 100 km-La
CH-2501 Biel/Bienne, Te
19. 6. Internat. 100 km "Nacht
Dirk Strumane, Amandela
5. 7. Internat. 100 kms of La
yama Meguro-Ku, Tokyo I
14. 7. 100 km Ultramaratona In
Joaquim Rosa n. 82-A, E
- . 8. Internat. Kalahari 100
5. 9. 6. Deutsche Meistersch
GER, SG Elte, Dietmar E
12. 9. 1st IAU European 100 km
Winschoten, Harm Noor,
12. 9. 15. Int. 100 km de Voge
F-68600 Kayzersberg, Te
19. 9. 3rd International 100 k
Sydney, NSW 2001, Austr
- 3.10. 13. 100 kms Internacion
c/Acebedos, 12-A-2-izq
- 10.10. Int.100km-Ultramaraton
Ki, ul. Lodzka 19. PL-6
- 24.10. 100 km Championnat de F
B.P. 24, F-80097 Amiens
- 24.10. Int. 100 kms of Duluth/
Ultra ALARC, 18 665 Rut
- 31.10. 4. Internationaler 100
Nagy, Tony's Laufshop,
- .11. 3rd International 100 k
Lyttelton, New Zealand

Further Candidates: All official

General rules and Manner of rating

1. IAAF-Race course measurement
(Calibrated Bicycle Method -
2. Exact Timing: Three timekeepers
hours, minutes, seconds and
3. No pacing, no assistance on
wed within the designated area
4. Complete result lists: Place
tion (use the official IAAF-
in hours, minutes, whole seconds
possible to Andy Milroy, 3 B
to Gerard Stenger, 95 Rue De
(see above).
5. Manner of rating: Categories
cipate in as many 100 km Cup
places are to rate for the I
Men: 1th = 250 p., 2nd = 245
240 p., 3rd = 230 p. etc.; T
3rd = 490 p. etc.; women & T
Time-Limits of rating: Men:
6. Entry Fee for Organizers: 100
ificates, medals; to pay in ca

K RANKINGS

pton UK	24Oct1975
lympic P	23May1970
oburg	28Aug1988
oburg	14Sep1986
innesota	Oct1990
Olympic P	8Apr1990
Olympic P	8Apr1990
Auckland24H	22Aug1987
Christchurch	30Aug1980
Llandilo 100M	13Apr1980
Olympic P	8Apr1990
Christchurch	28Aug1982
Olympic P24H	4Aug1990
Coburg	28Aug1988
Olympic P	8Apr1990
Canberra	10Oct1988
Coburg	28Aug1988
Coburg	13Sep1987
Coburg 24	10Mar1990
Coburg	28Aug1988
Ipswich	13Apr1992
Coburg	28Aug1988
Box Hill124	15Feb1986
Olympic P	8Apr1990
Box Hill 24	15Feb1986
Rosebud 12H	6May1989
Adelaide 24H	13Nov1982
Coburg 100K	28Aug1988
Coburg	10Sep1989
Auckland 24H	22Aug1987
Coburg	13Sep1987
Coburg 24H	13Feb1988
Adelaide 24H	28Oct1989
Olympic P	8Apr1990
Coburg 24H	23Feb1991
Coburg	14Sep1986
Rosebud 12H	4May1991
Adelaide 24H	9Nov1985
Adelaide 24H	29Oct1988
Coburg	15Sep1985
Coburg	14Sep1986
NSW 24H	1/2Sep1990
Hensley 24H23/24	24Feb1985
Box Hill124	4/5Feb1984
Box Hill124	28Feb1987
Coburg 24	10/11Mar1990
Hensley 24	28/29May1988
Sydney	30Sep1990
Coburg	13Sep1987
Coburg	10Sep1989
Perth 24	17/18Oct1987
Adelaide 24	9/10Nov1985

1992/1993 ULTRA CALENDAR

- April FRANKSTON TO PORTSEA ROAD RACE, VIC, 34 miler, contact Kon Butko, 66 Allison Road, Mt.Eliza, 3930, phone (03) 787-1309, 7am start, cnr. Davey St. and Nepean Highway, Own support needed.
- April 10 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.
- 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
- May 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 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

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.

100KM WORLD CUP UNDER THE PATRONAGE OF THE IAAF

This year saw the first team officially representing Australia in an International ultra race. Trevor Jacobs, Bryan Smith and Carl Barker competed for Australia at Palamos, Spain on 16/2/1992. Both Trevor and Bryan ran p.b.s (7:18:00 and 7:54:31 respectively).

The 1993 race will be held at Torhout, Belgium in August. Please contact Geoff Hook if you are interested in being nominated for our official team.

To be considered, you will need to demonstrate the ability to run under 8 hours for 100km and your fitness is good in the first half of 1993. A ladies' team will also be considered and times around 9 and a half hours or better will probably be sufficient.

Teams comprise a minimum of 3 people and individuals should be prepared to pay for their own travel and all accommodation or find their own sponsors. This year, Trevor was offered half travel and full accommodation (Bryan only full accommodation) for one week, by the race organiser. There was also a promise of \$2,000 assistance money from the IAAF to be divided amongst the team, although this has not yet been forthcoming. The race organiser also offered full accommodation for one week for a Team Manager and this was filled by Bryan's wife, Jan. So, there are many possibilities for full or partial financial assistance.

Naturally, both Trevor and Bryan will gain automatic consideration, but they must still prove themselves for selection at the required time. Any other fast 100km runners interested?

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Australian Ultra Runners' Association Incorporated will be held at the clubrooms of the Box Hill Athletic Club, Hagenauers Reserve, Barwon Street, Box Hill, Victoria, on Saturday 20th June 1992 at 6pm.

Business to be transacted at this meeting comprises:

- (a) to confirm the Minutes of the previous AGM held on 15th June, 1991
- (b) to receive from the Committee reports upon the transactions of the Association since the previous AGM.
- (c) to receive and consider the statement to be submitted by the Association in accordance with Section 30(3) of the Associations' Incorporation Act.
Statement by Committee:
In the opinion of the Committee
 - (1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December, 1991, and the state of affairs of the Association as at 31st December, 1991.
 - (2) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
 - (3) the accounts have been compiled by a simple Income and Expenditure format.
- (d) to elect officers of the Association and the Ordinary Members of the Committee.
- (e) Appointment of Auditor.
- (g) General Business:
 - (i) Motion from the Committee of Management: that the Annual Membership fee be raised from \$20 to \$25, commencing in 1993.
Explanatory note: The costs of producing and posting our Magazine have risen and our finances now are roughly just breaking even. It is felt that raising our membership fee to \$25 is a necessary step to maintain the size and quality of our Magazine. To those who send in donations with their renewals, thank you. We value the donations very much and hope they will continue.
 - (ii) Only items listed here may be voted on by means of resolution at the AGM. Other items not requiring resolution may be discussed.

The time, date and place of the AGM has been chosen to coincide with a planned social get-together of all those associated with the AURA 50 Mile Track Race. This way, we will be honoured with the presence of at least a few interstate members, who will be attending the race. AGMs can be uninteresting occasions, so this one will be kept short. It is desirable to have as many members attending as possible (or your proxy vote), to show you care about AURA and the way it is being run and managed. Some refreshments will be provided by the Association. However, it would be appreciated if you could bring a plate of food to share, and something to drink.

May the spirit of AURA be with you,


GEOFF HOOK (President)

Olympic organizers missed by mere weeks the deadline for including the first ever ultra event in the 1992 Games. Plans had been in the works to put on a 100K demonstration race at Barcelona. This might have opened the door for an Olympic 100K as early as 2000. Now it may take longer. Moreover, supporters of the marathon, the traditional highlight of the Games, are bound to resist any new event that would upstage it.

FORM OF APPOINTMENT OF PROXY

I.....of

being a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

hereby appoint of

being a member of that Incorporated Association, as my proxy to vote for me on my behalf at the Annual General Meeting of the Association to be held on the 20th day of June, 1992 and at any adjournment of that meeting. If my proxy fails to attend the meeting, I appoint the Chairman of the Meeting to be my proxy.

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

Motion:	<u>FOR</u>	AGAINST	AT DISCRETION OF PROXY
That the annual membership fee be raised from \$20 to \$25, commencing in 1993. (Tick one box)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Signed

Date:/...../1992

This form must be sent to the Secretary of the Australian Ultra Runners' Association Incorporated, to be received by 19th June, 1992.

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

SUBSCRIPTIONS TO THE IAU NEWSLETTER

ANNUAL SUBSCRIPTION RATES PAYABLE IN JANUARY

1992 Rates:	United Kingdom	£ 6
	Europe	£ 9
	Rest of the world	£ 10

ADVERTISEMENTS

1992 Rates	Full Page	£ 50	Half Page	£ 30
	Full Page Colour	£ 200		

Overseas subscribers and advertisers are requested to pay by International Money Order or Sterling Cheque drawn on a London Bank. Payment should be made to:
Malcolm Campbell IAU Account, 15 Walton Gardens, Grantham, Lincs, NG 31 7 BH, United Kingdom.

ULTRA MARATHON RACE HANDBOOK NOW AVAILABLE.

Essential reading for Ultra Marathon Race Directors

REPRINTED FROM THE "IAU NEWSLETTER", SPRING 1992

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

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

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

The first section of the Handbook concerns rules and recommendations for track, road, trail and indoor ultra events whilst the second section offers further guidance and explanation of these rules and recommendations. The third section addresses the problems of organising an ultra race in some detail. The Appendices include sample lap sheets, track layout and measurement, record application forms for both track and road events, particular relevant IAAF rules, and finally IAAF rules on doping.

The Handbook can be obtained from Andy Milroy. IAU Technical Director, 3 Bellefield Crescent, Trowbridge. Wiltshire. BA14 8 SR. United Kingdom.

Prices. Europe. United Kingdom £2.50. France 35 FF. Italy 9000 LL
Germany 10 DM. Belgium 250 BF. Holland 10 Guilders
Spain. 800 ptas. Switzerland 10 SFR.

N.America. USA \$10. Canada \$10

Australasia. Australia 12 AUS\$. New Zealand. 15 NZ\$

Elsewhere. 10 US\$ or £5 sterling.

Payment. Andy Milroy can accept local currency, and cheques from the United Kingdom. He cannot accept cheques drawn on banks outside of the United Kingdom as the transaction costs are prohibitive.

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:.....

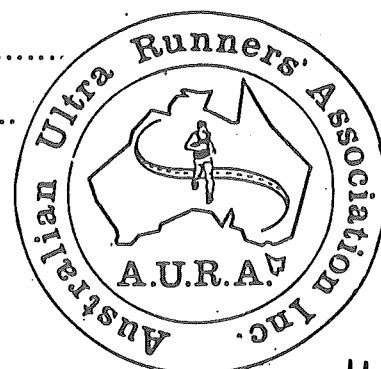
.....Post code.....

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

AUSTRALIAN 100Km TRACK CHAMPIONSHIPS
IPSWICH 18 APRIL 1992

46 Chermside Rd
Ipswich 4305
Queensland
phone 07 281 9533
27 April 1992

Dear Dot,

Enclosed are the results for the 100 Km Champs. The field size was disappointing after inquiries indicated around 20 starters. Graham ran a good race and if the weather was a little cooler could have gone under 8 hours. His six hour distance of 75.458Km, will be submitted to Gerry to claim the vacant record.

Peter Gray and Maurice Taylor were very welcome interstate visitors. If there are sufficient entries next year there will be a state teams trophy.

Next years run is scheduled for Saturday 10 April 1993 (Easter Saturday) with all other details remaining the same. Please convey my request, to the AURA committee, to continue to have the race as the Australian Championships.

The race information sheet and entry form can be printed in Ultramag after the next edition.

Yours in running,

Stephen Lewis

Dear Dot,

It's hard to believe that it is almost 12 months since the Westfield Run and even harder to believe that it won't be on this year. Since the announcement of Westfield's withdrawal from sponsorship, along with my subsequent move to Griffith through a work promotion, I, like some other fellow runners have found it difficult to get motivated to run long distances. Hopefully, it will return to your calendar next year with another sponsor.

Although long distance running is virtually non-existent in Griffith (see article), interest seems very high. I have decided to organise a 12 Hour Track Race and would sincerely hope that some Westfield runners will compete in this one, (including Cliffy). With a few big names, and combined with very keen locals, I believe this event would attract great interest throughout the Riverina District and receive very great exposure. All proceeds will go to a local charity.

Any information, advice that you can give me to assist in organising this event would be greatly appreciated.

Regards,

Harry Clements.

12..

Dear Dot.

26 April 1992

Ron Grant and I are planning another run up this way, I have enclosed a little release about it. I would appreciate it if you could put in the next magazine please. It would be very helpful if you let people know about it if you are talking running with anyone. There is not a lot of notice for people to get organised if they are interested so a bit of word of mouth publicity would help to spread it a bit quicker.

There was suppose to be another run, of the same kind, latter on in the year but the person involved pulled out, so we decided to put on this one instead.

Another little thing you may be able to help me with is, do you have Yannis Kouros's address, Ron is thinking of asking him up. If you are able to help we would appreciate it.

Thanks for your help Dot.

Yours



Ray Chatterton

P.O.Box 589
Toowong
Qld 4066

Hi Geoff,

Following up on my phone call, I enclose the list (2 pages) from the Ukrainian people for your perusal. I leave it up to you just how much or how little of it you want to have printed.

I also enclose an entry form for the Royal National Park Ultras. Could you please print it in **ULTRAMAG** for all our keen runners. As you'll see, we have added a 50K (not my idea) for the wimps. Real men run 50 miles, ha ha

I came across some literature the other day about a track that runs from Katoomba to Mittagong. No civilisation for 140K. Would make an interesting run. If time permits, I will try and run through by myself, just to check it out. One guy has supposedly run it through in 14 hours, without any support. I find that a bit hard to believe. I plan to take 2 days to do it. According to the map, there are 40 river crossings. Many of these cross the same rivers. Sounds pretty wild eh?

Max Bogenhuber.

Dear Geoff,

I am writing to indicate my intention to resign as a Queensland rep. on the AURA committee. As I was basically a 'stop gap' nomination last year this should come as no surprise!

Naturally, I will continue to support Ray Chatterton as the Queensland rep. and any one else who wants to take on the role. After my poor performance at the Vic. Vets. 24 Hour, I've had to re-think my involvement as an ultra runner, and right now, the motivation is pretty low.

Anyway, we're pressing ahead with the 24/48 Hour and I enclose a poster we've done (on the cheap) to publicize the events - just for your interest.

All the best to you, Dot and the committee,

Kind regards,

Val Case.



Sri Chinmoy

24 Hour Run

Geoff Hook
President
A.U.R.A.
42 Swayfield Road
Mount Waverley
3149 Vic.

7 May 1992

Dear Geoff,

How are you mate, long time no see. I've not been running as much as I would like to have been over the last year however intend rectifying this over the next few months. Therefore haven't been interstating it for particular events.

I took part in the team that went over for the Peace Run in the Phillipines Last July. It was one of the highlights of my life not just the running but the reception and participation we got from the local people. The phillipine people are so nice, happy, lots of oneness, contented, good runners too. Young and old would join us as we carried the torch, thousands came out to greet us and wish us well. We went to Manilla for two days (met Mrs. Aquino) had a troop of soldiers run in formation with us, pretty slick too, and in the heat and humidity Phew! Moved onto the island of Cebu, were met by the Governor and other digs, on arrival. Ran with groups of runners from the local marathon club, they followed us south for two days in their hired coach in a convoy of about twenty support vehicles. The local runners said they never run through the midday hours because of the heat, I must say I had a few very close "out of the body experiences" with physical exhaustion. In Negros Oriental another island even closer to the equator we split into two teams, I was the only fair dinkum runner left from the core team so felt responsible to run most of that day inspiration defineately kept me going, it was the closest thing to running accross the sahara ,heat wise, I know. Of coorse there were plenty of local folk to carry the Peace torch, all I had to do was wave. We all reckoned that its the first time our arms got tired more than our legs.

Well I didn't mean to rave on about the Peace Run but actually wrote to pass on the date for this years 24 Hour Run. It's the-P.T.O.

14. P.O. BOX 554 NORTH ADELAIDE 5006 PH 239 0690AH

24th and 25th of October 1992. It will be returning to the original stomping ground of the Adelaide Harriers Track which in the near future (probably for next years event⁹³ we hope) will be a fine grass track!

Sipra's address and phone number of 239 0690 are the same however the 231 number is no more. If you wish my number of 267 1675ah may be put down also. *or 269 5356 Answering M/c for person.*

The Sri Chinmoy 100Km in Sydney I'm 99% sure won't be held this year, you may want to wait for confirmation on that one.

So how have you been? I usually only hear of you via the A.U.R.A. mag or from the occasional photograph or report from a race. I often think back to the time when the small hard core group of runners use to come over for our 24Hour race, gee the ultra scene has really expanded since those days! It was a small aspiring dedicated bunch of extraordinary individuals belonging to a family linked by one thing, the transcendence of ultra distance running, there is no physical feat like it, I mean feat.

Blah Blah Blah-----

Rave on Prabuddha.

I must go now, and get my beauty sleep,
I hope this letter finds you well, fit and happy,
Hope to hear from you soon,

Best regards

Prabuddha

*P.S. The magazine is looking Great,
Very Professional*

RACE RESULTS & REPORTS

BRINDABELLA CLASSIC RESULTS

DISTANCE – 53 Kms

10 NOVEMBER 1991

PLACE	TIME	NAME
01	3.39.13	TREVOR JACOBS
02	3.50.14	P STEGEMANN
03	3.53.26	A WALSH
04	4.06.46	W TURNER
05	4.13.05	RICHARD LANE
06	4.13.39	M BOGENHUBER
07	4.20.56	O WILLIAMS
08	4.35.02	RANDI BROMKA (1 ST FEMALE)
09	4.37.52	K CASSIDY
10	4.39.14	H MOORE
11	4.39.37	STEVE KAVANAGH
12	4.39.37	DREW WINSON
13	4.42.23	M FINN
14	4.42.40	J TROPE
15	4.44.12	B HAGBERG
16	4.55.30	G STANTON
17	4.55.55	C OSBOURN
18	4.56.05	N HUMMERSON
19	4.55.44	J EVANS
20	5.00.50	E STEWART
21	5.03.42	T HARBER
22	5.04.19	S PIERCE
23	5.07.01	J CRAIG-SUTHERLAND
24	5.12.03	C STEPHENSON
25	5.13.15	V TANNER (2 ND FEMALE)

PLACE	TIME	NAME
26	5.13.15	N READ
27	5.14.36	L PRIVETT
28	5.15.21	P CLARKE
29	5.18.57	R MILLS
30	5.20.30	W GREGSON
31	5.21.46	C HARDING (3RD FEMALE)
32	5.23.02	A SCOTT
33	5.23.56	A FIEN
34	5.27.10	C GUY
35	5.27.43	P HAMER
36	5.28.47	V ANDERSON
37	5.29.35	K O'CONNELL
38	5.29.50	S NORDISH
39	5.34.27	C JERRAM
40	5.34.35	P GODDEN
41	5.35.48	A MACKENZIE-HICKS
42	5.38.11	M WARD
43	5.38.11	G BUTLER
44	5.38.11	S HILL (4TH FEMALE)
45	5.39.49	W RANNARD
46	5.39.49	P JANOVSKY
47	5.45.35	C FARMER
48	5.52.34	M EGGINS
49	5.55.54	B COLWELL
50	6.01.02	M SCHERLIGTNER
51	6.10.00	P PINE
52	6.10.43	M HASSAN
53	6.11.59	B KEATS
54	6.12.30	M HUNTER
55	6.14.07	J SHEPHERD

PLACE	TIME	NAME
56	6.16.53	P RICHARDS
57	6.22.16	B MOORE
58	6.25.55	G KERRIUSH
59	6.25.55	P AUSTIN
60	6.28.06	W FOLEY (5TH FEMALE)
61	6.28.06	M FOLEY
62	6.29.12	J BRETT
63	6.35.29	N TAWS (6TH FEMALE)
64	6.36.02	B ALLEN (7TH FEMALE)
65	6.36.02	P ALLEN
66	6.40.40	E LILLIS
67	6.49.45	V HESSELL
68	6.49.47	D QUINTO
TEAM RELAYS X 4		
01	3.36.35	STH CANBERRA ATHLETICS
02	4.12.38	NTH CANBERRA ATHLETICS
03	4.20.15	SIEMANS STUMBLERS
04	4.23.49	BELCONNEN BELLES
TEAM RELAY X 2		
01	3.45.33	MASOCHISTS

Women Survive Better

REPRINTED FROM: ULTRAMARATHON Canada
Vol. 4 No. 2 Mar/Apr 1992

The Donner Party, a group of 87 pioneers who left Illinois by wagon train for California in 1846, spent the winter tragically marooned in log cabins in the Sierra Nevadas. Nearly half died. Those who survived did so, first, by eating draft animals, pets and a "soup" made of hides and bones, then by consuming the remains of those who succumbed to the cold. Nearly 150 years later, a researcher has concluded after studying diaries kept during the sad ordeal that women survive cold and hunger better than men. Donald Grayson, an archeologist at the University of Washington, says the records show that 30 of the 53 males in the group died compared to only 10 of the 34 females. Moreover, the men were among the first to die, 14 of them succumbing by the end of January. None of the women died until later in the winter. Grayson concludes that women are superior survivors for a variety of reasons: they have more fat to shield them from the cold; they consume energy at a slower rate and their temperament makes them less likely to be aggressive and more likely to co-operate.

(AP/Toronto Star)

* * * * *

CAMPBELLTOWN 24 HOUR TRACK RACE

12/13 OCTOBER 1991

Race		12/13 OCTOBER 1991																												last					
Num	Runner	Laps=	Km	km	MILES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	lap in metres					
1	1 Bryan Smith	506 =	202.400	202.765	125.992	31	29	27	23	25	24	24	24	23	24	21	20	18	19	20	18	20	18	19	18	16	13	18	14	365					
2	7 Robert Channells	459 =	183.600	183.641	114.109	27	26	26	25	20	21	23	20	19	20	21	20	17	20	17	7	17	18	16	6	18	19	19	17	41					
3	25 Bruce Donnelly	457 =	182.800	183.113	113.781	33	30	25	24	21	14	20	18	21	18	20	18	17	17	20	14	19	16	20	17	14	13	13	15	313					
4	4 Georgina McConnell-W	446 =	178.400	178.527	110.931	26	26	24	23	19	20	21	20	17	20	15	20	18	16	18	16	16	18	17	18	16	16	15	11	127					
5	23 Anthony Farnham	426 =	170.400	170.417	105.892	28	27	21	18	21	23	18	19	20	15	23	19	10	12	16	17	19	15	18	20	16	11	1	19	17					
6	34 David Williams	425 =	170.000	170.279	105.806	23	22	21	22	20	21	19	20	20	17	19	15	14	18	13	20	18	9	18	18	20	22	3	13	279					
7	5 Kevin Mansell	420 =	168.000	168.019	104.402	26	25	22	20	18	6	19	20	19	14	19	20	10	19	19	15	21	21	21	9	17	15	12	13	19					
8	12 Marilyn Kinchin-W	406 =	162.400	162.527	100.989	24	23	23	23	19	21	14	23	17	19	18	22	16	18	6	17	8	15	1	18	18	14	14	15	127					
9	37 David Sill	391 =	156.400	156.688	97.361	18	17	18	18	17	19	20	21	20	17	14	15	19	19	17	17	16	17	13	11	16	13	5	14	288					
10	8 Val Warren-W	381 =	152.400	152.453	94.730	20	19	19	19	18	16	18	11	17	15	17	11	17	15	17	16	13	15	10	16	14	15	15	18	53					
11	36 Alan Bowman	379 =	151.600	151.610	94.206	31	31	30	24	24	23	18	13	16	17	18	9	15	21	16	14	5	14	9	11	6	8	1	0	10					
12	17 Grahame Kerruish	364 =	145.600	145.737	90.557	25	21	19	18	16	18	15	17	17	17	16	15	16	17	14	6	14	13	14	13	12	11	10	10	137					
13	18 Ron Wigger	362 =	144.800	144.929	90.055	24	24	22	20	18	18	18	11	17	16	12	15	10	13	14	13	10	12	13	13	11	14	13	11	129					
14	28 Alan Staples	354 =	141.600	141.980	88.222	21	20	21	20	18	20	20	19	18	19	16	15	14	9	0	0	0	6	12	12	15	16	21	22	380					
15	11 Graham Firkin	353 =	141.200	141.208	87.742	21	23	24	23	19	21	18	19	17	14	13	10	11	3	15	10	10	12	10	19	11	13	11	6	8					
16	21 Denis Hams	350 =	140.000	140.127	87.071	23	22	19	19	19	15	15	17	16	16	17	18	2	5	14	12	12	11	12	11	14	14	12	15	127					
17	9 Shaun Scanlon	337 =	134.800	134.925	83.838	29	26	21	16	15	11	16	18	16	16	18	13	17	12	1	0	7	15	15	13	13	11	11	7	125					
18	29 David Barwick	326 =	130.400	130.674	81.197	20	17	17	13	7	8	17	17	15	15	15	14	13	16	9	14	10	13	11	16	16	13	11	9	274					
19	13 Lindsay Phillips	325 =	130.000	130.052	80.810	30	29	22	20	10	13	11	13	10	2	10	0	0	10	19	11	5	10	11	16	14	19	21	19	52					
20	33 Ray Taylor	322 =	128.800	129.024	80.172	23	23	22	18	20	4	20	15	14	15	16	0	13	13	9	7	15	3	0	17	15	12	13	15	224					
21	14 Isabel Buckland-W	311 =	124.400	124.710	77.491	23	21	18	13	17	17	14	18	14	12	16	16	9	15	14	5	3	13	12	10	8	10	3	10	310					
22	27 Mark Warren	302 =	120.800	121.143	75.275	26	25	24	16	16	18	11	15	17	16	17	14	6	9	6	5	9	0	5	8	9	9	9	12	343					
23	3 Tony Collins	302 =	120.800	120.800	75.061	30	28	28	24	24	21	22	23	20	18	15	4	12	16	7	10	0	0	withdrawn											
24	32 Chris Varley	294 =	117.600	117.727	73.152	20	21	19	17	9	17	16	7	17	14	17	18	0	4	12	17	17	9	0	0	1	18	8	16	127					
25	38 Thomas Toomey	289 =	115.600	115.840	71.980	25	22	18	14	9	17	17	18	10	16	14	13	17	16	16	11	4	0	0	1	3	10	6	12	240					
26	22 Craig Rowe	289 =	115.600	115.600	71.830	28	26	25	21	21	23	23	22	22	18	17	15	4	11	10	3	withdrawn													
27	19 Dallas Earsman	283 =	113.200	113.395	70.460	24	23	18	14	13	13	13	15	8	11	16	9	17	11	11	7	13	7	14	6	8	8	2	2	195					
28	20 John Timms	273 =	109.200	109.565	68.080	28	20	20	15	16	20	9	16	8	12	15	9	11	9	1	5	12	5	0	1	13	9	7	12	365					
29	15 Graeme Wilkinson	270 =	108.000	108.000	67.108	24	24	21	21	15	24	21	19	17	17	16	15	10	12	13	1	0	0	0	0	withdrawn									
30	31 James Holmes	265 =	106.000	106.182	65.978	21	17	16	15	13	10	11	10	13	10	14	0	0	14	9	6	7	11	11	10	11	11	12	13	182					
31	30 Peter Gander	252 =	100.800	100.994	62.755	16	12	15	9	17	12	13	13	7	8	14	6	15	13	12	7	13	8	12	6	10	10	2	2	194					
32	39 Michael Munro	239 =	95.600	95.837	59.550	26	22	19	8	14	14	3	14	9	15	6	7	0	0	0	6	10	9	8	7	13	7	9	13	237					
33	6 Randi Bromka-W	222 =	88.800	88.800	55.178	31	29	27	25	23	23	23	22	19	withdrawn																				
34	2 Bernie Farmer	203 =	81.200	81.212	50.463	19	17	13	9	4	12	12	9	8	9	0	9	12	7	13	0	11	2	3	13	5	4	7	5	12					
35	16 Chilla Nasmyth	200 =	80.000	80.000	49.710	29	27	26	21	20	15	19	16	20	7 withdrawn																				
36	10 Lucy Gladwell-W	194 =	77.600	77.600	48.218	20	21	21	18	17	13	15	11	7	13	13	11	10	4	0	0	0	withdrawn												
37	26 Larry Smith	137 =	54.800	54.800	34.051	26	24	18	11	13	12	11	4	8	10 withdrawn																				
38	24 Barry Steward	135 =	54.000	54.000	33.554	16	14	15	13	12	12	11	13	11	11	7 withdrawn																			
39	40 Harry Clements	78 =	31.200	31.200	19.387	23	23	19	12	1 withdrawn																									
40	41	=																																	
41	42	=																																	
42	43	=																																	
43	44	=																																	
44	45	=																																	

11:50:33 AM ==> TIME OF PRINTOUT

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

CRADLE MOUNTAIN RUN 1/2/1992

Date	Time	Runner	Age	Town	State
1992	10.24	David Ross	35	Battery Point	TAS
	11.01	Bruce Chetwynd	40	Battery Point	TAS
	11.17	Andrew Law	32	Moonah	TAS
	11.24	Oliver Williams	42	Sans Souci	NSW
	11.27	Leigh Privett	46	Albury	NSW
	11.27	Robert Taylor	51	Natimuk	Vic
	11.57	Andrew Hicks	34	Bexley	NSW
	12.34	Robert Simpson	42	Oatlands	TAS
	12.49	David Sill	48 4	Wahroonga	NSW
	12.56	Murray Jones	37	Sandy Bay	TAS
	12.56	Monty Lester	30	Oatlands	TAS
	12.57	Peter Bussey	35	Mt Stuart	TAS
	13.00	John Crook	56	Oatlands	TAS
	13.00	Bruce Greaves	31	New Town	TAS
	13.00	Roger Nelsen	43	Campbell Town	TAS
	13.01	Viv Woodward	37	Devonport	TAS
	13.15	Paul Birch	31	Devonport	TAS
	13.15	Les Savage	38	Devonport	TAS
	13.16	David Heap	32	Burnie	TAS
	13.17	Graeme Fennell	53	Mt Nelson	TAS
	13.18	Sue Gray	47	RSD 413 A	TAS
	13.24	Iain Montgomery	51	Mt Nelson	TAS
	13.44	Chery Horne	44	Glenorchy	TAS
	13.44	Ron Horne	35	Glenorchy	TAS
	13.45	Steve Nordish	43	Canterbury	NSW
	13.45	Jeanette Collin	45	South Hobart	TAS
	14.12	Larry Scott	44	Campbell Town	TAS
	14.25	Richard Edmunds	46	George Town	TAS
	14.25	Allan Graham	30	2/81 George Street	TAS
	14.25	Tom Leaver	49	Low Head	TAS
	14.40	Keith Lancaster	43	Somerset	TAS
	14.51	Lloyd Febey	45	Burnie	TAS
	14.51	Sue Wright	43	Burnie	TAS
	14.51	Kerry Wright	43	Burnie	TAS
	14.56	Keith Hewlett	53	Otago Bay	TAS
	15.07	Dennis Nation	55	Sandy Bay	TAS
	15.55	Patrick Austin	53	Illawong	NSW
	15.55	Lyn Cribb	38	Woy Woy	NSW
	15.55	David Girvan	61	Woy Woy	NSW
	DNF	Richard Bartlett	46	Cremorne	NSW
	DNF	Alf Field	50	Killara	NSW
	DNF	David Johnson	28	Oatlands	TAS
	DNF	Michael Maddock	49	Geilston Bay	TAS
	DNF	Neil Sargison	41	Lauderdale	TAS
	DNF	Lindsay Webb	31	Moonah	TAS
	DNF	Bob Whittle	50	Howrah	TAS
	DNF	John Ayliffe	48	Palm Beach	NSW

Cool overcast misty on plateau, clearing to fine later; track wet
 Runners : 47 Average: 13:26

2ND ANNUAL RED ROCK TO COFF'S HARBOUR JETTY ULTRAMARATHON - 45KM - 9TH FEBRUARY, 1992

by Steel Beveridge

This year I've enclosed a map so that everyone can see where the course goes. However, it is upside down 'cause that's the way we run it..... To explain, we start in the north at Red Rock then proceed south to Coff's Harbour, got it?

Settling on a date for this beach and headland scenic tour-on-foot is the most difficult part of the race/run organisation process. The tide has to be right, or at least as good as the weekends in February will allow. This year, the best day was already grabbed by a popular triathlon, so we took up the only other option - February 9th, with low tide at 7.00am. This was not as good as last year because it meant that the later part of the run would be along beaches being gnawed away by the rising tide.

Nonetheless, at 6am, five set out from Red Rock to run the full 45km (approx) to the jetty. Four more were there until Woolgoolga, a mere 16/17km. We were to lose one of our number at Moonee where badly chafed feet finally became too painful. However, by then, most of us had become aware of another presence, a late starter.

Jim Bennington had overslept, then decided to 'have a run' anyway, arriving at Red Rock at 6.45am. He sent his 'crew' on ahead to have a surf and feed him at Woolgoolga, but his catch-up charge carried him past them there and they finally caught up with him at Emerald Beach, some 10km later. Jim's elapsed time to Coff's Jetty was 3 hours 45 minutes, a new record by over half an hour. In the process, he passed all of us who had started at 6.00am. A winner all ends up!!

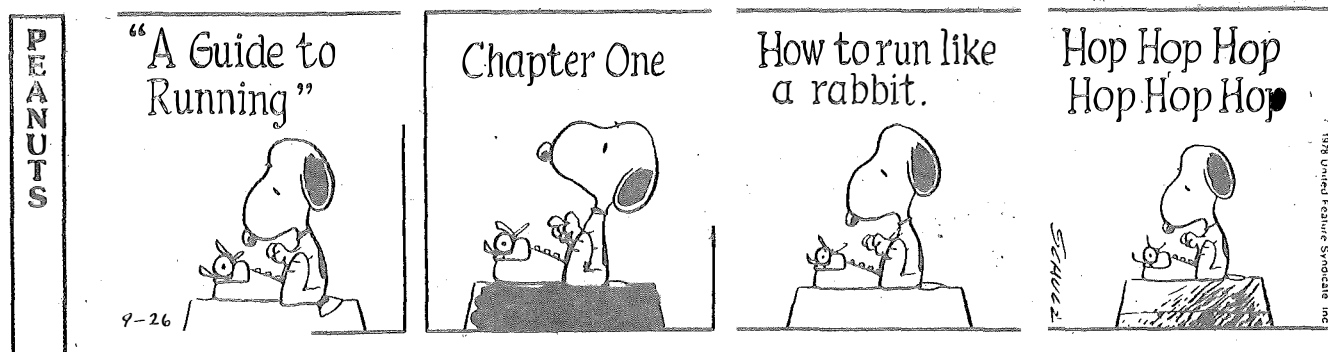
First lady was Megan Wiggins from Sandy Beach (near Woolgoolga), who covered the course in 4 hours 59min49s. to set the standard for the ladies of the future. Megan, an ex-Kiwi, had moved up in distance from the half-marathon to this event and ran very strongly until very near the end, when climbing headlands, swimming creeks and ploughing through rapidly-softening sand began to take their toll on her legs. She will go faster next time.

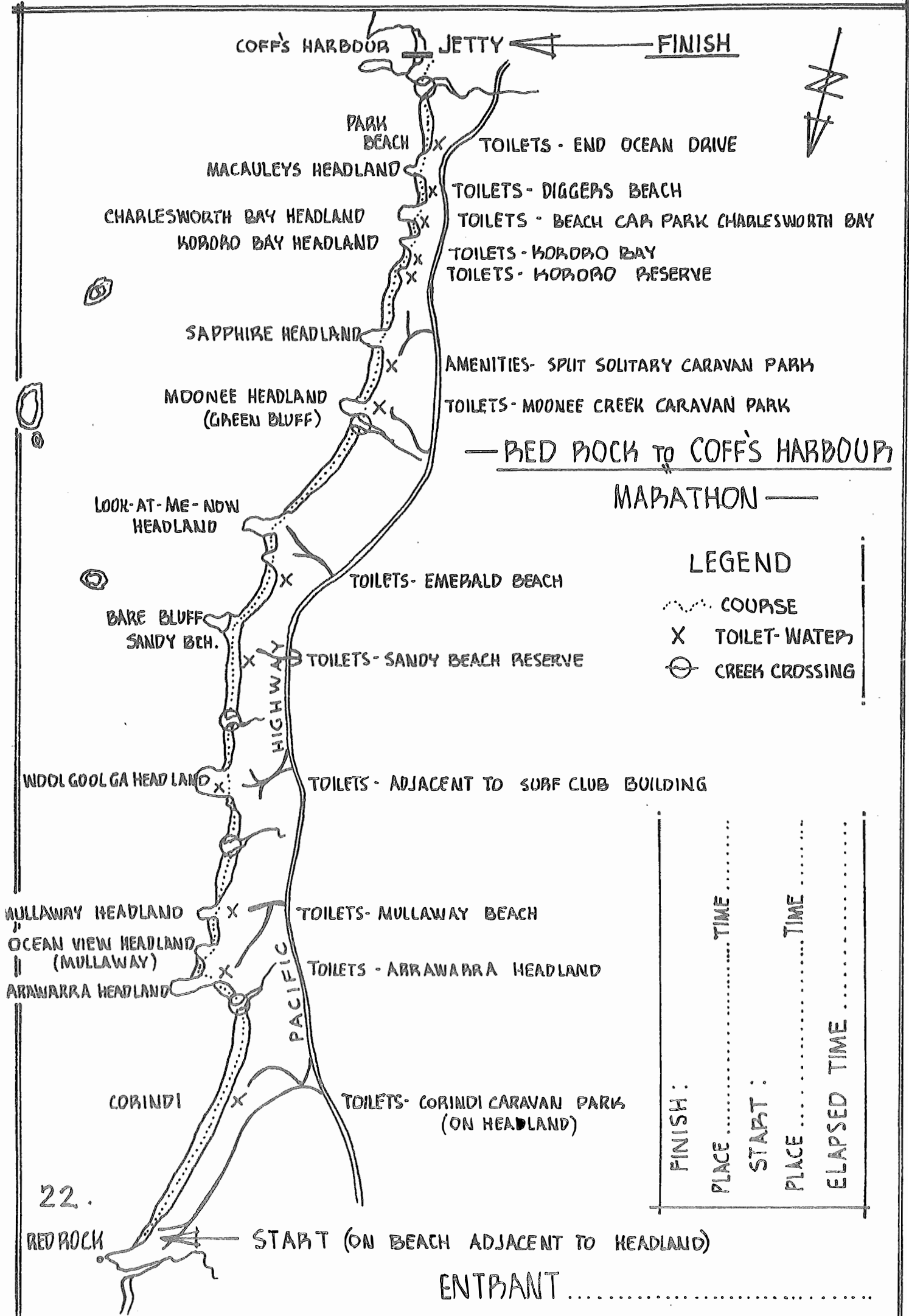
Of the other finishers of the full distance, both Danny Rhoades and myself made it two from two, with Danny actually improving his time by ten minutes. I slowed half an hour somehow.....but there's always next year. The other finisher, an erstwhile sprinter, Yale Carden, showed that he has what it takes in the long run. His repertoire now spans the full gamut from 100metres (c.11.3secs) to ultra- marathon. (pocket-size).

Next year, we will hope to run again in February, tides permitting.

RESULTS:

1.	Jim Bennington (Nana Glen)	40 yrs.	3:45:00
2.	Steel Beveridge (Nth.Sapphire)	41 yrs.	4:45:17
3.	Megan Wiggins (Sandy Beach)	32 yrs.	4:59:49
4.	Yale Carden (Toormina)	16 yrs	6:15:00
5.	Danny Rhoades (Toormina)	17 yrs	6:30:00





IAU 100KM WORLD CUP

7 May 1992

By Trevor Jacobs

The 1992 World Cup was held at Palamos, Spain on 16 February 1992. Palamos is a lovely holiday town in the Costa Brava, about 100 Km from Barcelona. Unlike last year, we were lucky enough to field an Australian Team of three, with much assistance from Geoff Hook from AURA, Malcolm Campbell from the IAU and Neil King from AA. All three runners had to finish however, to count as a National team. Other countries covered the odds much better by typically entering six runners, with the first three counting as the team.

The Australian team consisted of Bryan Smith of Westfield fame (and holder of many ultra records), Carl Barker who now resides in the UK (and calls a bus a "BOOSE") and myself, a real junior in the ultra scene compared with the exploits of others. I was lucky enough to receive some assistance from the ACT Office of Sport, Recreation and Racing. I think that Canberrans are particularly fortunate to receive such good support from the Office because parallel schemes do not seem to exist in other States.

Training for the event progressed well until three weeks before the race when I pulled ligaments in my hip/back area while doing reps on the track. It was a big mistake to try and gain that bit of extra fitness when I should have been consolidating. I suspect that the injury was actually precipitated a month earlier when I stumbled over a tree root and rolled over hitting my hip heavily on the ground. It felt a bit 'odd' for weeks after and the track work finished it off!! The injury meant that little training could be done and it created much consternation. Even two days before race day it was painful to run a short distance slowly. I really thought the race would be a huge disaster and waste of money, time and effort.

Conditions on race day were absolutely perfect, cold (2°C), calm and a bit cloudy/misty; much better than when we earlier passed through Barcelona which was a big, busy, cramped city. The race started at 6.00am in the dark and most runners were well rugged up. I did not discard my gloves, hat and long sleeved T shirt until after half way. Bryan Smith ran the whole way in tights. It was very fortunate that my hip didn't bother me too much during the race. This was a huge relief.

Carl Barker started the race at a very (relatively) fast pace and actually led several times in the first 10Km. Unfortunately for him, he soon found that he had not fully recovered from a recent virus and he had to walk most of the last 50 Km. This was important, however, because he had to finish the race (as did we all) to get a team result. I had a runner from Botswana stuck at my side for several hours early in the race. He left me a bit later when I slowed for a while when my hip got a little sore. It was pleasing to pass him later in the race.

My plan was to try to finish the race in about seven hours. At the half way mark, my time was 3 hours 32 minutes, so that wasn't too bad. Things slowed a bit afterwards,

however, as shown in the 10 Km splits: 83.26 (20Km), 42.52, 43.55, 42.00, 44.41, 44.38, 44.20, 45.37, 46.31 which gave an overall time of 7 hours 18 minutes 00 seconds. This was a new Australian record by 4 minutes. My placing was 31st outright and 6th in the M40 division. Despite slowing significantly over the last 20Km (the worst hills were in this section), I was still quite pleased because I realised a long held wish to pass Don Ritchie (the current 100Km World Record holder) and all of the USA team bar one, as well as many others.

The USSR (or part thereof) won both the mens and womens race in very fast times - Konstantin Santalov (a 2hr 14 minute marathon runner) took 6 hours 23 minutes and 35 seconds and Nurzia Bagmanova took 7 hours 44 minutes and 37 seconds respectively. Local Spanish runner Domingo Catalan finished second in 6 hours 30 minutes 37 seconds and received a tremendous reception. Bryan Smith ran a PB with a time of 7 hours 54 minutes and 31 seconds - as usual, a good solid performance. Carl Barker finished in 11 hours 38 minutes and 16 seconds and was relieved to see the finish time. In the teams, Germany cleaned up in both the mens and womens while our OZ team came 9th.

In the men's race, it was interesting to note that the complexion of the leaders changed dramatically over the last 30 Km. Out of the top 10 finishers, only about 3 of these were in the top 10 passing the 70 Km point. Such was the nature of the most hotly contested 100 Km race in history. Imagine having the first 20 finishers all recording sub 7 hour times!!

100 Km running is very popular overseas and standards are rapidly rising. Europe stages many 100 Km races and they generally receive wide support and coverage. In comparison, Australia has only a few 100 Km races. The 1993 World Cup will be held in Belgium in August. I hope that there will be a strong Australian team contesting that race - there is plenty of time to prepare if you are interested.

Selected results were published in the previous issue.

Morality in Sport

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Philip Hebert, a family doctor who teaches ethics at the University of Toronto, wrote an insightful essay on morality in art and sport last year. Published by the Toronto Globe and Mail AUG 9, it offered a good explanation of why society demands moral integrity from athletes but not artists. "We have moral expectations of athletes because sport, like morality generally, is a rule-bound activity," Hebert wrote. "By contrast, art - especially great art - defies rules and conventions. Great athletes excel at meeting high standards whereas artists excel at breaking standards...Sports figures cannot defy the rules of sport and be considered great...Of course, sport tolerates some infractions of its rules. Hockey players fight, most swear, and off the field - beyond the glare of public scrutiny - many athletes become mere mortals. Athletes who defy the rules in a serious way - by taking performance-enhancing drugs, say - are flouting a basic premise that the important thing is how the game is played, not whether you win or lose. They put their own personal gain above the rules of sport and so forfeit their integrity and our admiration."

* * * * *

THE SIX FOOT TRACK MARATHON

by Kevin Cassidy

On the 21st March, 1992, the Victorians returned to the Blue Mountains with the express intention of repeating the 100% finish rate that we chalked up last year. Our 12 member team consisted of Peter and Liz Feldman, Kevin and Margaret Cassidy, Colin and Dot Browne, Graeme Robertson, Alan Witt, Ross Shilston, Norm Brooke, Ray Carroll and the Pres., Geoff Hook. - all of whom were under the watchful eye of team manager and chief motivator, June Kerr. Graeme, Peter, Liz and Margaret were the 4 "virgins", tackling the rugged and mountainous 46km course for the first time.

On race morning, we had a quick breakfast, followed by a motivational speech by Alan Witt, demanding that we achieve our 100% finish rate for the second consecutive year. By the time the race started, we were ready to grind the NSW boys into the ground. The starter's gun was fired and the 330 odd runners (extremely "odd" runners) left Katoomba for the picturesque Jenolan Caves. A gruelling journey lay ahead.

Well, how did we go? We absolutely blitzed 'em. By the time the sweepers had brought up the rear of the field, our entire team was showered, dressed and enjoying a drink at the Caves House bar. Numerous pbs. had been run, and some gutsy performances had been put up by our first timers.

There was plenty to celebrate that night, and Alan Witt, having run a nice pb. himself, was full of praise for our 100% success rate, in particular, the efforts of our first timers. Once again, the NSW boys couldn't boast a 100% finish rate. (Suffer Big Chris!)

As we headed home the next morning, I couldn't help but wonder about those old, but often asked questions, "Just why do rugby players stick their noses in each other's bums?" and "Why in NSW are drinking glasses called schooners?" Who knows? (Who cares?) See you all next year at the Six Foot Track!

THE SIX FOOT TRACK MARATHON 1992

----- by Max Bogenhuber

Held on March 21st. A bush run from the Explorers Tree, near Katoomba, NSW, to Jenolan Caves, a distance of about 46k.

The days leading up to this years event had been fairly hot and I had an inkling that race day would be hot too. About time, we have not had a hot one since 1986. Adverse weather, be it very hot or very cold, can always be relied upon to knock some of the faster runners for six, so I really don't mind a 'bad' day for a race like this. I think it makes the playing field a bit more even for the not so fast runners, like myself.

There is always a great buzz in the air at the start and finish of this race. You have to be there to feel it, one cannot possibly adequately describe it. As far as atmosphere goes, this race definitely has the most of any race here in Australia. You can keep all your 10k fun runs around the city streets, this is where the real test of body and soul is happening.

The great rush down Nellies Glen was no different from previous years. I still think that the seeding of runners should be done on previous Six Foot Track times, not road marathon times that might be ten years old, and the top 30 or so runners should be roped off until the start of the race. This should eliminate the problem for the faster runners of having to negotiate a way past the really slow runners down the worst section of the course.

About two thirds down Nellies Glen the track turns sharp left. The guys in front of me kept going straight ahead and in the true spirit of the Bushies I did not say a word. While the guys behind me were following me, the guys in front of me were down in the creek, cursing and swearing and trying to find a way back up. Put some of those roadrunners on a bush track and they'll get lost every time.

Once out on the open section of the course it was quite apparent that this would be a fairly hot one, so I held back a bit, quite content to let some of the other Bushies disappear into the distance. A strategy that later proved to be the correct one, as I managed to be first Bushie at Jenolan Caves. I was also glad I had taken my trusty old drink bottle along.

The run was quite uneventful until Kevin Hardaker, a top Westies runner, took a fall behind me on the section close to the river crossing. I stopped to ensure that he was OK, then continued on by myself. A few minutes into the Mini Mini Saddle road, Kevin came past at a pace that was too fast for me, so I let him go hoping that the mountain might catch up with him. He ran a very smart race and finished third and has now joined the exclusive sub four hour club.

I was heading down towards Little River when Bill Clingan and Robert Kemp came flying past. I thought they were ahead of me, but they took a wrong turn early in the race and finished up doing a bit extra. What did I say about those road runners before ?

About halfway up the Black Range I caught up again with Bill and Robert. The extra distance and the effort to try and catch up with the field must have taken it out of them both, as I could see that they were having a hell of a struggle with that hill.

Got to the Pluviometer feeling sort of OK, so pushed it a bit for a while hoping to make up some time. I was still on reasonable pace, but knew that a sub four hour was out of the question. Robert Kemp caught up with me and we struggled along side by side for a while until he decided that he'd had enough and dropped back, leaving me to fight my battle in my own miserable company.

For me, the race really gets tough when I get to the Jenolan Caves road. I just hate the open tar stretches and the two little hills that come at you like two giant mountains, reducing me to a walk, when I know I should be running these puny little mole hills.

Then, with about 5k to go, it's back off the road into the bush and down some very, very rough, steep downhill knee crunchers. This will test your quads, if you still care about your quads. For most, it is just a matter of survival at this stage, myself included.

I managed to finish in 4:17, for 7th place. The fact that such a slow time could get me seventh place, indicates to me that the conditions were worse than most runners had realised, making Greg Love's winning time of 3:41 an extremely good run.

The usual post run beers were had by most of us and competitors were cheered in to the finish until 5pm, the official cut-off time. There is always controversy when cut-off times are enforced, but I feel that most races have achievable cut-off targets and with a little application leading up to the race, this event can definitely be completed well within the official cut-off time of seven hours, as the course has been walked in less than eight hours !

The top three placings were Greg Love 3:41, Peter Malinowsky 3:51, Kevin Hardaker 3:55. The top three females were Mary Fien 4:59, Helen Golebiowsky 5:20 and Ann Telfer, wife of the great Telf, in 5:25.

My compliments go to Hutch and Big Chris for again putting on a top event with the minimum of fuss. There are no big committees behind this race, just these two guys that know how to put it all together. Thanks guys !

TOOWOOMBA ULTRA

Q'LD 50KM ROAD CHAMPIONSHIP

& 6 HOUR FUN RUN



On Sunday, 22nd March, the third running of the Queensland 50km Road Championship took place at Toowoomba with good weather conditions. The course had been accurately measured (1.22km circuit) by Steve Grose and Ron Peters so that it now has A A certification. The event was well organised by Graham and Philipa Medill.

Unfortunately Col McLeod was injured and could not defend his title and attempt to make it three wins in a row. This left the way open for his Toowoomba compatriot, Graham Medill, to win after a tussle with Asim Mesalic of Brisbane and Wayne Raines of Mackay. Gary Parsons of Caboolture was also up with the leading group until he withdrew just after the marathon point.

The women's category started as a close competition between Joan Darlington of Maryborough and Carol Street of Caboolture. Carol was still feeling the effects of a recent viral illness and withdrew just after the halfway mark. Joan went on to record the fastest time for a women in the three runnings of the event.

The 6 Hour Fun Run section was taken out by Gavin Bazeley of Ipswich who completed just under 60km.

Random draw prizes were courtesy of Run ON Down.

RESULTS

50KM		DOB	TIME	
1. MEDILL,	Graham	28.3.48	3:30:19	
2. MESALIC,	Asim	4.1.57	3:35:36	
3. RAINES,	Wayne	16.8.58	3:43:39	
4. MORLEY,	Darren	4.7.61	3:53:4	
5. FRENCH,	Cliff	10.5.43	3:59:59	
6. MEIERS,	Michael	11.3.64	4:08:23	
7. DARLINGTON,	Joan	19.5.46	4:12:50	1ST FEMALE
8. EVANS,	Brian	29.9.42	4:15:36	
9. JAVES,	Ian	14.9.42	4:24:18	
10. LOEKEN,	Rene	25.12.55	4:32:43	
11. COX,	Arther	25.8.48	5:12:35	
12. Parsons,	Gary	23.12.49	DNF	(43.996km)
13. STREET,	Carol	15.8.41	DNF	(29.356km)

6HOUR FUN RUN

		DOB	DISTANCE
1. BAZELEY,	Gavin	21.9.62	59.098km
2. BURNS,	Bob	12.6.43	19.596km
3. HOLLERAN	Dave	25.6.56	19.596km

CENTRAL COAST 60KM.

by Max Bogenhuber

Held on Saturday, April 11th, 1992. A circumnavigation of the beautiful Brisbane Waters, starting and finishing at Gosford, on the NSW Central Coast.

This run was billed as a social trail run, but with runners of the calibre of Greg Love and Peter Malinovsky, I was a bit doubtful that it would remain social right to the end.

I was the only non-local and when I was introduced around to runners with names such as Grunter, Split Lips, Kickstart, Tick Tock, Romeo, Alphabet and some that I can't remember, I knew I was in for a good day.

We started out at a leisurely pace and kept it that way right to the end. The run consists of approximately 30% road and 70% bush tracks. The area that is covered is absolutely magic, as the run climbs up the hills that surround Brisbane Waters, and once at the top one can always get a good look at the lake below, then dips down again to follow the water.

This year the run was a sort of trial run and will next year be staged as a proper 60k event. It is organised by the Gosford Hash Runners and uses the Olympic Motel, right on the water, as its race head quarters. Considering that it was only a social run, things were organised well and the runners were provided for with drinks and food throughout the race. Just think what they will do when it is turned into a real race.

I have never enjoyed a 60k training run so much and can thoroughly recommend this run to anyone looking for a new challenge to complete. Although the run has some testy hills, it can be completed by anyone willing to give it a go, as one of the runners there had never run further than 14k before that day.

I would like to thank the Gosford Hashies for giving me the opportunity to be part of this run and you will see me there next year.

FRANKSTON TO PORTSEA - 35MILER - 11/4/1992

The race began at 7am with a 6 hour limit. The conditions were ideal and fifteen runners set off to Portsea. The early leader was Kevin Cassidy who led until Mornington. Peter Armistead then took over but pulled out near Rye. The race favourite Mark "it will be a breeze" King had more pitstops than Ron Maher and difficulty in actually finding Portsea. He finished in sixth position but should have done better. The surprise of the race was the performance of Mike "Weeties" Wheatley, who ran a great race. He finished equal first with Ross Shilston. Kon was seen leading the race near Rye but could not maintain the pace and came in third. Both he and Ross were very helpful to Mike and Max in their novice Frankston to Portsea run. The latter put in a good effort to beat some very experienced ultra runners.

Special thanks must go to Dot Browne who helped out along the way and numerous other club members who encouraged the runners. This run has been going for about 20 years and was a regular training run for Percy Cerutti and Herb Elliott. Now we know where Kon got his inspiration for this run.

FRANKSTON TO PORTSEA - VIC.

34 MILER or 54.4km

SATURDAY 11TH APRIL, 1992

by Dot Browne

There were 15 starters in this year's event, conducted by Peninsula Road Runners. They lined up at the Frankston Post Office at 7am and the weather was perfect, cool and overcast, with a predicted top temperature of 22 degrees. Kevin Cassidy led the field out of Frankston on the undulating, winding road, and covered the first 5km in 23 minutes. "Slow down!" yelled his wife Margaret on the sidelines, but did he take her advice? Of course not! After all, he was an experienced ultra runner, wasn't he, and he knew what he was doing. Peter Armistead was hot on his trail (Pete can't help himself either!), with Hookie running well in third position. A motley bunch of Peninsula Road Runner boys (including Ross Shilston and Kon Butko plus three first timers, Max Gibbs, Mike Wheatley and Mark King) started off conservatively and came through next. Keith Green, John Harper, Geoff Womersley and Greg and Lois Wishart were next through, looking good. (They tell me that John Harper had started off 10km earlier than the start to "warm up" for the 12 Hour event in 3 weeks time)

By 10km Pete Armistead had hit the front in 47 min. with Kevin right on his tail, Hookie still in third. And in fact the placings remained the same for the first half of the race, with the lead see-sawing between Cassidy and Armistead, who were both looking more and more determined (and stuffed!)

By 30km along the flat beach road, the bunch had reeled Hookie in and the leaders were still shoulder to shoulder ahead and not wasting time on refreshments. Both were looking decidedly hot and bothered. "They'll blow up!" stated Shilston confidently. "We'll cream'em!" When Pete Armistead was told what Shilston was going to do to him, he grunted, "Cocky little bastard!"

Another 5km saw Pete Armistead fading fast and looking for excuses to walk. Dot Browne provided the perfect one with her card-table of jelly beans, cold potatoes, water and Coke. He was history. Kev had a 100m. lead and had started rehearsing his victory speech. Shilston's smile was getting wider. Alan Witt jumped into the race to run with Hookie and try and get him going. He had limited success.

By 40km Kev had a 300m lead but the PRR bunch had caught Pete. Ross Shilston in the bunch was looking relaxed and confident. Another couple of km. and Kev looked over his shoulder and got a hell of a fright to find the bunch within sight.

By 45km Pete was walking and looking for somewhere to lie down and die, and the bunch had passed Kev, with Kon Butko going like a train, just ahead of Shilston. The first-time ultra runners, Mike Wheatley, Max Gibbs and Mark King were coping really well, although looking tired. Hookie, back in the field was stuffed and Alan Witt's jokes were going down like a lead balloon.

By 50km Pete had died in the back of Dot Browne's support car and was into the cups of tea and rolls and Kev was taking extended walks, and eating heaps of jelly beans. Shilston had picked up Butko and was 200m in the lead and was smelling victory. Kon was complaining of shin soreness and looking a bit ragged. Hookie was into the power bars and cold potatoes and surviving. Newcomer, Mike Wheatley was running a blinder and staying with the leader.

Then it was up that tough little pinch into Sorrento and over the roller coaster hills to the end of Nepean Highway at the Army Depot. to finish. Thanks to the Peninsula Road Runners for another successful event and congratulations to that cocky little bastard Ross Shilston and Mike Wheatley, who tied for first place. Organisers were pleased that all 12 finishers came in well under the 6 hour cut-off time and they all collected a block of chocolate for their efforts and an invitation to lunch at the Portsea Hotel.

RESULTS:

= 1.	Ross SHILSTON	4.16.02	7.	Geoff HOOK	4.39.21
= 1.	Mike WHEATLEY	4.16.02	8.	Keith GREEN	4.40.04
3.	Kon BUTKO	4.23.19	9.	John HARPER	4.58.00
4.	Kevin CASSIDY	4.27.10	10.	Geoff Womersley	4.59.55
5.	Max GIBBS	4.29.36	11.	Lois WISHART	5.21.25
6.	Mark KING	4.30.00	12.	Greg (TM) WISHART	5.21.27

AUSTRALIAN 100km TRACK CHAMPIONSHIPS

and Queensland 100Km Championships

Saturday 18 April 1992

	DOB	MARATHON	50 Km	50 Miles	100 Km
Graham Medill	28.03.48	3.06.04	3.44.20	6.29.30	8.28.13
Maurice Taylor	20.04.48	3.39.24	4.22.30	7.55.19	10.13.34
Bob Burns	12.06.43	3.57.55	4.47.40	8.18.59	10.20.42
Peter Gray	04.10.64	3.34.29	4.25.36	8.04.21	10.30.09
Darren Morley	04.07.61	3.49.28	4.37.24	8.17.15	10.38.32
Tery Pickard	18.06.59	3.57.45	4.58.54	9.00.59	11.47.09
Dave Holleran	25.06.56	4.28.20	5.42.04	10.43.44	13.37.00
Gavin Bazeley	21.09.62	3.55.24	4.47.00	9.30.13	90.791Km
John Petersen	19.07.16	6.09.45	7.37.25		74.167
Ian McCloskey	19.11.51	3.30.59	4.26.58		69.905
Wayne Raines	16.08.58	3.48.49	4.51.52		61.164
Lindsay Phillips	17.09.65				39.215
Ian Javes	14.09.42				25.451

Ipswich witnessed a one horse race for the Australian 100Km track title on Easter Saturday. Graham Medill set out in determined fashion covering over 14Km in the first hour and was never challenged for the lead. This repeated his win of last year and he also posted a distance of 75.458Km in six hours.

Warm conditions (27 °C) through the early part of the day affected many of the runners. The race for second was very tight with less than a mile separating four runners for several hours. Interstate visitor Maurice Taylor ran a controlled race to eventually head the pack and looked very comfortable. Bob Burns turned in another good run finishing strongly to move through the field. After a good early start Peter Gray was slowed by the heat but battled on to finish fourth. Darren Morley, closely shaven to reduce wind resistance, picked up third place in the state titles.

Tery Pickard back into local ultra running after an absence of two years, overcame severe cramps early on to finish sixth. Well known World Record holder Dave Holleran, high on the wave of his recent success in running a 100 miles in 24 hours, ran a steady race to complete the finishers list.

A special thanks to Ian Javes for his help in organising the race.

PERCY CERUTTY MEMORIAL 12 HOUR RACE
2 MAY 1992, TOOTGAROOK

It was 5 to 7, it felt like 5 minutes to midnight and I was handed my very own sandbag - one of many highlights in my very first Ultra. The last 5 minutes were easy!

A good friend of mine, John Harper, and I talked for many years about running an 'Ultra'. On 2 May we were finally there, after having warmed up in the 55 K Frankston-Portsea road race 3 weeks earlier.

Dot Browne, Race director, got us started right on 7.00 am and the first major event for runners and lapscorers arrived at 10.00 am when we changed directions - another first for me. By this time, the grass track had a well worn patch right on the inside of lane one! I was feeling OK, but lapping a couple of seconds quicker than planned, I guess I was carried away by the excitement of it all. It was certainly difficult to think that I might still be running at 7.00 pm! Unfortunately, John started with a bad groin and could not finish. I'm sure he will make amends for that in the not too distant future.

At around the 6 hour mark I started digging my grave! My quads were very sore, and the thought of 6 more hours of pain had me thinking about not finishing. However, one and a half hours later I had got on top of the pain, along with my very negative mental thoughts and I was looking towards 7.00 pm. During that one and a half hours I had enormous support from my wife Dianne, sons Shaun and Tim, friend John, and all runners, most particularly, Michael Grayling and Dawn Parris who were prepared to put their immediate aims aside and give me time and encouragement. I tried everything, including walking the straights and running the bends for a few laps!

At one very bad stage I was sitting on the fence on the outside edge of the track eating and convincing myself to pack up and go home! Michael and Dawn wouldn't hear of it, either would my wife Di. So off I went again. The offer of a massage became the turning point. Shayne a masseuse and friend of Dot's came along to help out, and help out she did! After time off the track on Shayne's table, I quickly got back into running (and walking) and set my sights firmly on finishing. I passed the 100 K mark early in the 12th hour - another highlight for me.

These last couple of hours were very exciting, everybody on and at the track supporting every other runner, and in the dark in that final hour, this friendship and support made finishing a very emotional moment for me.

After enjoying a lovely hot shower, a very enjoyable few minutes took place with Dot, Geoff Hook and Nancy, widow of Percy Cerutty, making presentations to all runners. The room was just full of smiles! Bryan Smith, Joe Skrobalak, and Michael Grayling were our very impressive placegetters, while Dawn Parris was fourth and first female. Jacquie Taylor, another first time Ultra runner ran over 80 K - well done Jacquie.

Dot arranged dinner at the local Chinese Restaurant, and eighteen runners, crew and organisers came along and sat around one enormous table. Our waiter Robert had us in fits of laughter - I'm not sure if he was real or not! Ultra running, a review of the days events and a million other things were discussed. A great way to finish a memorable day. At the end of the night Geoff Hook's side of the table was neat and tidy, while Bryan Smith's side was a sorry scene. Only Robert our waiter and the eighteen diners will know the real reason for this!

KEITH GREEN

12 HOUR TRACK RACE TOOTGAROOK, VIC.

PLACE	FNAME	SURNAME	TOTAL KM	MARATHON	50 KM	50 MILE	100 KM
1	Bryan	Smith	131.263	3:21:10	3:55:42	6:33:21	8:23:52
2	Joe	Skrobalak	117.663	3:44:38	4:32:16	7:43:59	9:56:38
3	Michael	Grayling	110.064	3:54:57	4:44:58	8:22:08	10:48:51
4	Dawn	Parris	108.77	4:01:56	4:55:00	8:25:43	10:55:23
5	Keith	Green	106.922	3:53:20	4:38:32	8:45:05	11:02:57
6	Rudi	Lombardi	102.687	3:52:48	4:44:58	8:56:30	11:31:16
7	Greg	Wishart	102.464	4:14:35	5:10:25	9:27:26	11:43:43
8	Peter	Armistead	100.473	4:02:48	5:08:17	9:19:46	11:56:57
9	Terry	Cox	95.386	3:48:28	4:56:30	9:30:16	
10	Lois	Wishart	88.879	4:14:35	5:32:38	10:34:58	
11	Jacqueline	Taylor	81.298	4:37:40	6:31:08	11:55:43	
12	Norm	Johnston	74.098	6:10:02	7:24:51		
13	Tony	Dietachmayer	58	3:19:34	4:10:36		
14	Alie	Zwynenburg	48.368	10:50:01			
15	John	Harper	46	4:17:15			

ANALYSIS OF LAPS RUN IN EACH HOUR

A	B	C	D	E	F	G	H	I	J	K	L	M	N
FNAME	SURNAME	IN_H1	IN_H2	IN_H3	IN_H4	IN_H5	IN_H6	IN_H7	IN_8	IN_H9	IN_10	IN_11	IN_12
Bryan	Smith	31	33	30	33	29	30	27	27	26	23	19	20
Joe	Skrobalak	26	30	28	28	23	25	24	23	22	22	21	22
Michael	Grayling	27	28	27	26	20	23	20	23	21	19	19	22
Dawn	Parris	26	28	26	25	22	23	20	21	21	20	19	20
Keith	Green	26	28	27	27	25	19	18	17	19	22	20	19
Rudi	Lombardi	26	27	28	28	22	21	21	15	14	22	18	14
Greg	Wishart	26	24	25	24	22	17	18	16	20	22	20	22
Peter	Armistead	27	27	27	24	22	13	17	18	20	20	17	19
Terry	Cox	28	29	27	22	20	15	17	16	17	17	14	16
Lois	Wishart	26	24	25	24	22	9	19	14	14	13	16	16
Jacqueline	Taylor	24	24	25	20	14	9	16	13	13	15	14	16
Norm	Johnston	15	15	14	14	18	26	17	14	7	15	14	16
Tony	Dietachmayer	31	32	34	24	24	0	0	0	0	0	0	0
Alie	Zwynenburg	15	15	14	14	10	7	3	6	5	7	11	13
John	Harper	24	25	25	24	17	0	0	0	0	0	0	0

RACE ADVERTISEMENTS
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 person, 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, 3147
(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 326 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

AUSTRALASIAN RECORDS: Male: Safet Badic 5:18:20 - 1991
Female: Sue Andrews 6:47:54 - 1988

WORLD RECORDS: Male: Don Richie (Eng) 4:51:49 - 1983
Female: Monika Kuno (Ger) 6:17:30 - 1983

ULTRA-MARATHONS!

AT NO 2 OVAL
UNIVERSITY OF QUEENSLAND
ST LUCIA

AUSTRALIAN 48 HOUR CHAMPIONSHIP

9AM 22nd MAY -
9AM 24th MAY



QUEENSLAND 24 HOUR CHAMPIONSHIP

9AM 23rd MAY - 9AM 24th MAY

Featuring **Cliff Young**

(AUSTRALIA'S
FAVOURITE)

Bryan Smith

(WINNER 1991 WESTFIELD
SYDNEY-MELBOURNE)

David La Pierre

(CANADIAN CHAMPION
ULTRA RUNNER)

Bob Burns

(2nd in 6 DAY EVENT '91
CAMPBELLTOWN NSW)

and many more

EVERYBODY WELCOME !!

N.B.
Supporting
Camp
Quality

ENQUIRIES:
870-9590

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:



Dear Sportsfriend,

We have pleasure in sending You our offer for the participation in the Ukrainian Supermarathon " Carpathians - 92 ". The aim of this running event is to offer racing possibility for sportsmen and to strengthen the contacts in sport.

We are aware of many outstanding long distance runners in Your country and it will be a great pleasure to meet them in Ukraine as well as amateurs.

The above mentioned event will take place in Transcarpathian Region of the Ukraine and will last for 10 days - August 16 - 26, 1992 (race period: 18 - 24).

Every runner, not regarding age or sex, will have an opportunity to compete and enjoy the company of other sportsmen from many countries, participate in peace rallies, discussions of environmental problems and other functions. Picturesque Carpathians and places of historical interest, arts exhibitions and auctions, ukrainian folk participant. And the best way for You to appreciate all this is to take part in the Supermarathon " Carpathians - 92 " !

Visas, food, accomodation in hotels, transport and other services will be provided by organizers. The entering fee may be payed in any national currency on the rate valid on the day of the payment.

We have considerable experience in organization of similar events and are sure that you'll enjoy every minute of your staying in Ukraine. You can fully rely on our competence in such things.

We should be glad to hear whether our proposal is acceptable to You. If so, we should be pleased to receive the letter confirming Your intention to participate in Supermarathon as soon as possible but not later than the 1st of May, 1992.

The more detailed information relating to this running event we'll send You after receiving Your response.

Please, send information to:
Ukrainian Science and Industry
Commercial Enterprise " Atika "
71, Turgenevskaya str.
Kiev 252050
Ukraine
FAX /044/-216-4555; TEL /044/-216-9137

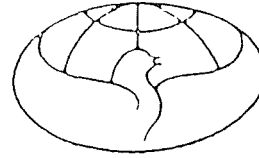
We thank all who made this event of luck.

Sincerely,

Oleg Kiselevsky,
Deputy General Director



Ukrainian Science
and Industry
Commercial Enterprise
"Atika"



U K R A I N I A N
P E A C E
C O U N C I L

МІЖНАРОДНИЙ СУПЕРМАРАФОН МИРУ

"КАРПАТИ '92"

PEACE INTERNATIONAL SUPERMARATHON

"CARPATHIANS '92"

СЕРПЕНЬ 16-26, 1992 (період забігу 18-24), Закарпаття.

Маршрут забігу:

Ужгород-Мукачєво-Виноградів-Тячів -
- Солотвино - Рахів(Центр Європи) -
- Ясиня-Яремча.

Семиденний марафон (308км) стартуватиме в старовинному місті Ужгороді і продовжиться в Карпатах. Кожний із бігунів матиме можливість позмагатись на Карпатських мальовничих трасах, взяти участь у заходах на захист миру, суверенітету України та отточуючого середовища.

Бажаючи зможуть долати до 5 міль кожний день.

Програма включає:

- відвідування пам'ятних місць по ходу траси;
- концерти українських фольклорних колективів і художньої самодіяльності;
- художні виставки і аукціони за участю іноземних громадян;
- візи, їжа, проживання, транспорт і медична допомога надаються організаторами.

ОРГКОМІТЕТ:

Просимо інформувати: 252050, Україна
г. Київ, вул. Тургенівська 71, оф 204

Українське науково-виробниче комерційне підприємство "Атіка".

Тел. 044 /216 91 37
Факс 044/ 216 45 55

AUGUST 16-26, 1992 (race period 18-24), Transcarpathian Region of the Ukraine.

Race route:

Uzhgorod- Mukacheve- Vynohradiv-
-Tyachiv-Solotvyno-Rakhiv(Centre of Europe) - Yasiya - Yaremcha.

The seven-days stage run (308km) will start in ancient Uzhgorod & continue in the Carpathian Mts. Every runner will have a possibility to compete in the picturesque Carpathians, take part in peace rally, meetings for Independence of Ukraine and for protection of enviroment.

Those who will have a wish will be able to run up to 5 miles per day.

The program includes:

- visiting of historical places;
- the Ukranian Folk Music concerts;
- art exhibitions and auctions with participation of foreign citizens;
- visas, food, hotels, transport and services are available by organizers.

Organizing Committee:

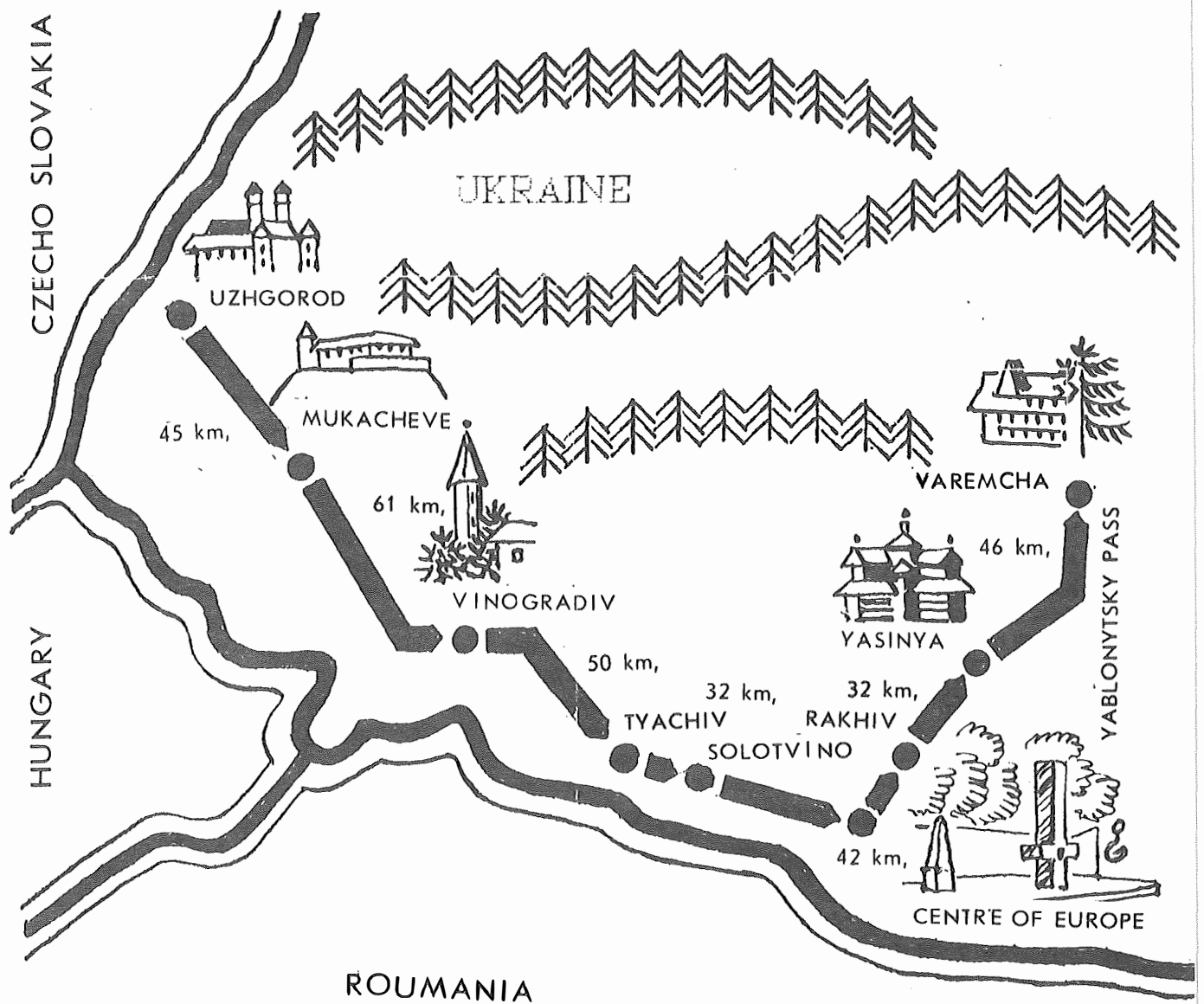
Please, send information to:
71 Turgenevskaya str. Kiev 252050
Ukraine.

Ukrainian Science and Industry
Commercial Enterprise "Atika".

Tel. 044/ 216-91-37
Fax. 044/ 216-45-55



PEACE
INTERNATIONAL SUPERMARATHON
" CARPATHIANS '92 "



THE NANANGO-SOUTH BURNETT PIONEER FOOT RACE

1992 is an historical year for Nanango Shire. It is 150 years since the first settlement by Simon Scott of the famous "Taromeo" property. The Shire has experienced many rugged times in 150 years, and Nanango being the fourth oldest town in Queensland, we are proud of the Shire's contribution.

The population has more than doubled in the past twelve years. In that time 1235 rural, 445 urban new houses and 22 new shops have been constructed to date.

To celebrate our 150 years of settlement we intend to make it a memorable year. We are very fortunate Ron and Dell Grant and family have taken up residence in Nanango. They are very keen to promote athletics, and with Ron's outstanding record as a distance runner, his knowledge is invaluable.

Ron is arranging a Nanango-South Burnett Pioneer Foot Race. It is very encouraging that a first race of its kind in this area will be part of our celebrations.

We will sincerely welcome runners, their families and friends to our shire, and I am confident you will get much pleasure and enjoyment from competing and travelling over the various parts of cattle grazing country, the productive agricultural land and some of the scenic tourist attractions in the South Burnett.

Reg McCallum
SHIRE CHAIRMAN

FROM THE ORGANISERS

Plans are underway in the organising of a stage foot race, starting on Monday 31st August and finishing on Friday 4th September 1992. The five day run will cover approximately 350 kilometres, averaging 70 kms per day. The course will start and finish in Nanango, situated approximately 180 kms north of Brisbane. The run has the enthusiastic backing of the Nanango Shire Chairman Reg McCallum, which will ensure local support for all runners. Interesting features of the course will be traversing part of the historic Cobb and Co track and through the picturesque but challenging Bunya Mountains.

To recapture the foot race spirit of old, a handicap system will apply to give everyone who enters an equal chance of being either daily or overall winner, regardless of their time taken to cover the daily distance. Completion time each day is expected to be 5 pm, but starting time will be decided according to daily handicap, so as to allow competitors to cover the daily distance and still be finished before dark. No prize money is involved, but a tee shirt will be given to the handicap and line honour winners daily to be worn on the next days run.

Facilities provided will be largely up to sponsorship obtained. It will be necessary to seek a minimum entry fee of \$50 per runner, but possibly more. We are hopeful of getting a "chuck wagon" to provide breakfast and evening meals. Nightly stops will be in tents, with the minimum facilities of toilets, and whenever possible, showers. Competitors will need their own car and one or two crew.

It is planned to have the evening meal around a camp fire, and share the experiences of the day over a beer. If this sounds like your sort of run, you can get more information from Queensland Ultra Runners:

Ray Chatterton
PO Box 589 TOOWONG Q 4066
Phone (07) 870 9590

or

Ron Grant
96 Brisbane Street
NANANGO Q 4615

An Ideal Climate

Nestled on the spine of the mighty Eastern Ranges, Nanango, at 1,162 feet above sea level, escapes the humidity of the coastal belt and summer nights are always fresh and cool. Crisp winter nights are best enjoyed by an open fire, but days to follow are well worth the wait, as they are characteristically sunny with clear blue skies.

Nanango's annual rainfall of 800mm (32 inches) keeps fresh the scenic beauty of the rolling countryside. Nanango epitomises healthy rural living.

Historical Centre

Age of the Pastoralists

It was during the height of Queen Victoria's reign, that white settlers first came to the far flung extremities of the Colony of New South Wales, in search of land. "Nanango", "Taromeo" and "Tarong" were selected in 1842. (Queensland didn't achieve statehood until 1859.)

These vast properties were around 200 square miles each, and were sheep properties until many problems caused them to turn to cattle production in the 1880's.

Birth of a Town

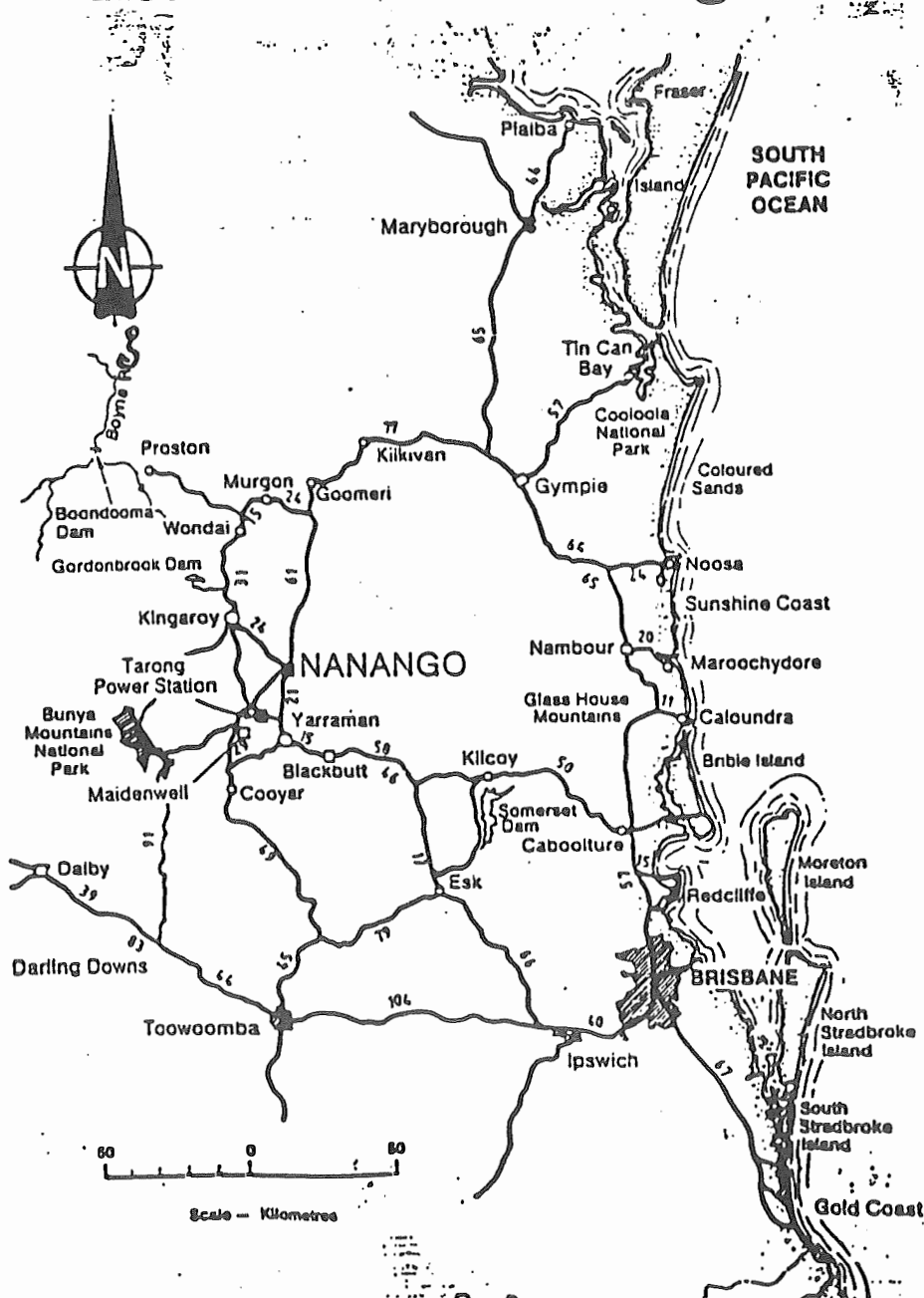


Nobby's Corner, 1914

In 1848, Jacob Goode established his hostelry, known as Goode's Inn. It lay at the junction of the tracks from Limestone (Ipswich) and the Darling Downs and the track then continued to Gayndah and point northward. Goode's Inn also served as

post office, general store, court house and church. Its site is now the central core of the modern town of Nanango.

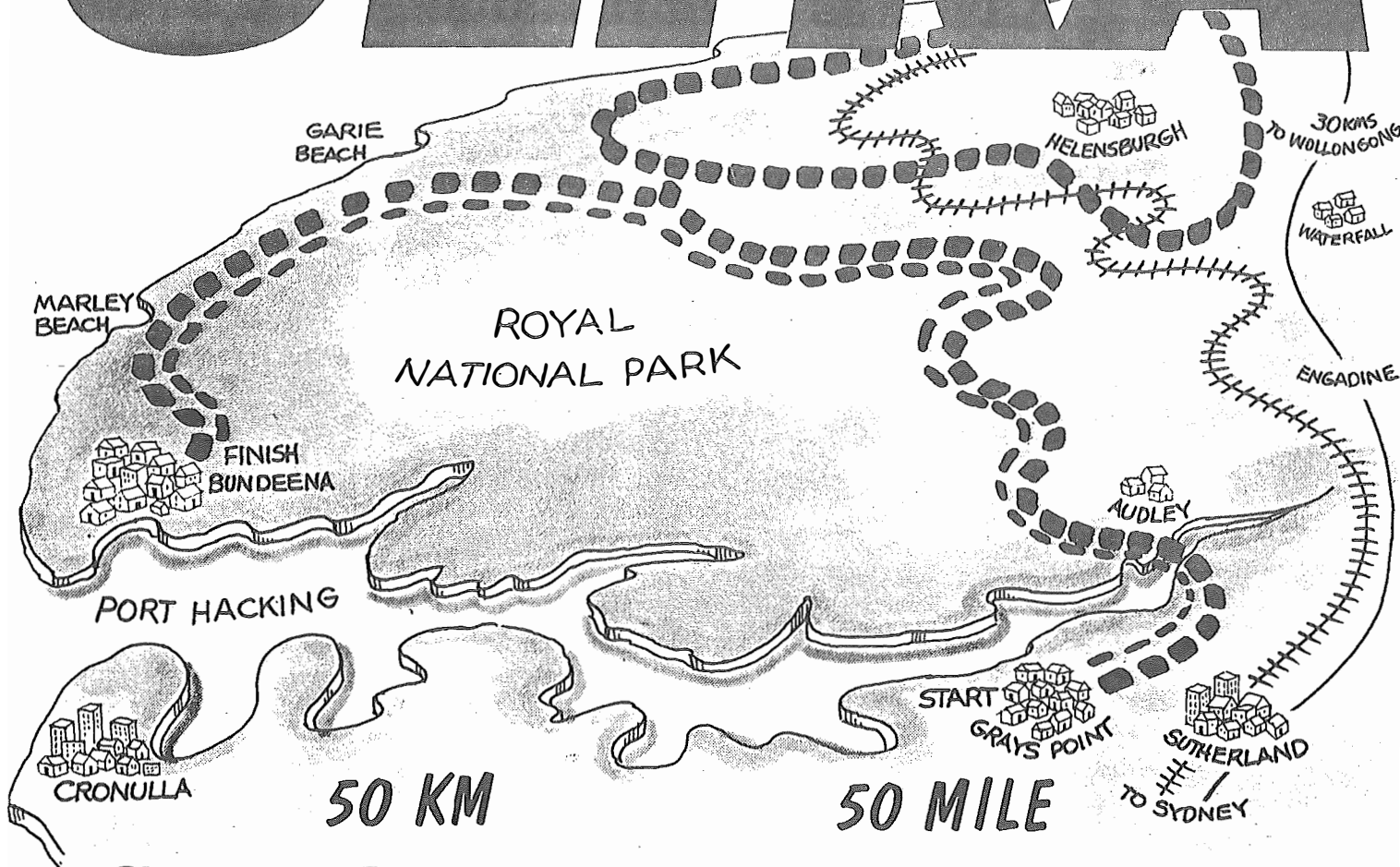
All Roads Lead to Nanango . . .



**TWO
EVENTS**

ROYAL NATIONAL PARK

ULTRA



Saturday 17th October 1992

Your choice of two dawn-to-dusk, ultra marathon runs through the magnificent Royal National Park, just south of Sydney.



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

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



our choice of two
dawn-to-dusk,
ultra marathon
runs through the
magnificent Royal
National Park,

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

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

Saturday 17th October 1992

RACE DETAILS

Date: Saturday, 17th October, 1992.
Start: Grays Point Public School,
Angle Road, Grays Point, NSW.
Time: 50 Mile 5.00 am.
50 Km 6.30 am.
Finish: Loftus Street, Bundeena, NSW.
At Bundeena R.S.L. Club.
Time Limit: 50 Mile - 12 Hours. 50 Km - 10 Hours.
Entry Fee: \$35.00 (T-Shirt, short sleeve, \$12 extra).
Closing Date: Monday, 5th October, 1992.
Late Entry Fee: \$15.00 extra.
Cash Prizes: Outright Winner.
1st Male and 1st Female (other
than outright).
Cash Prizes down to 5th place.
Goblets: To all official 50 Mile finishers.
Detailed race information will be mailed to
all entrants prior to the event.

RACE RULES

Competitors must

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

Age Limit

- 17 years minimum.

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

ENTRY FORM

Ultra-marathon in Griffith?

LONG distance running and Cliff Young, will be coming to Griffith if Sydney to Melbourne ultra-marathon runner Harry Clements has his way.

Harry thinks it is time Griffith people added long distance running to the long list of sports so popular in this town.

Preparations are still in the early stages, but Harry plans to hold a 12 hour race around one of Griffith's 400m tracks in mid-1992.

He would have liked to organise a 50 kilometre road race, but considers the roads around Griffith a little too dangerous.

Clements, who moved to Griffith six weeks ago to take up the branch manager's position at Coca-Cola, ran in the Westfield marathon for the first time this year.

"It was my first attempt at the run, but I only completed 874 kilometres".

Not a bad effort in one of the most gruelling sports, but Harry was a little disappointed that he did not push on for that last 150 kilometres.

"A lot of people think we're mad for doing it, and probably we are, but I think ultra running has a good bunch of people who get involved.

"I think it's just the comradeship, everyone helps each other out, there is rivalry there, but it's more friendly than anything else. It's all good fun. It's the sense of achievement that keeps you in it, there's no real emphasis on winning".

Harry's achievements include a number of 12 and 24 hour races, and his first ultra-marathon was the 1988 Sydney to Wollongong event.

Thirty year-old Harry, is a youngster in ultra-marathon terms. The average age of the runners in this year's Westfield run was 39.

"One of the best things about ultrarunning is that it is not biased towards men, and it suits the middle aged".

Harry thinks that ultra-marathon running needs more exposure, especially as the Sydney to Melbourne race has been cancelled because Westfield have withdrawn its sponsorship.

"The runners are shattered by the cancellation of the race, it's not just a sport, it's a way of life, the whole family gets involved and this year my brother was on my crew. It's a shame it has been cancelled as it would have been the 10th anniversary."

A six day track race will be held in its place, and once Harry Clements knows the dates for that he will set a date for Griffith's longest race.

As a member of the Australian Ultra Runners Association, Harry feels confident he can attract runners of the calibre of Yanis Kourou and Cliff Young to run in Griffith.

If he does, interest in long runs may be aroused in the area, despite the difficult climate and road conditions.

Harry will be happy if he can get Griffith people interested and maybe a few competing interstate.

Pictured above is Harry Clements contemplating an ultra-marathon for Griffith.



ARTICLES

A DIFFERENT KIND OF ULTRA

by Barry Coates

(A report on the Middle Harbour Yacht Club's Three Ports Race)

In October, Middle Harbour Yacht Club runs a Three Ports Yacht Race. Basically, the course is to run 9km from Manly to Middle Harbour Yacht Club, sail to Bundeena (about 30km), South Sydney, run 14km around National Park, sail Bundeena to Patonga, about 50km north of Sydney, run 32km around the Gosford area then sail back to Middle Harbour. Sounds like fun huh!

The following account may encourage or discourage (depending on how you get your kicks) AURA members to give this event a try.

THREE PORTS RACE..... BY A VICTIM:

There were seven Bushies who set out on this sailing/running ultra adventure - Biggy, Telfie, Spunky, Warwick, Blow Up, Steve Sproule and Allan. Thankfully, they all survived.

Saturday 7am, Manly Corso. Bang! We were off. The first leg of this 6 leg race was an easy 9km run to Middle Harbour Yacht Club. Did I say easy? There were more hills in this 9km than humps on 100 camels' backs. What I didn't know then was that these were not the only severe ups and downs I would face this day. Apart from being thrashed by Steve Sproule, (I'll get him back later!) and struggling to beat a guy with an artificial leg, I think I managed to beat most of the girls.

9am Middle Harbour Yacht Club. We began the second leg with a quick 20 mile sail to Bundeena. Biggy and I met the crew of our yacht, 2001. There was Captain Barry (another Barry), foredeck hand Blatch, a young Canadian here on holidays and two others, Roger and Andrea. They seemed like a normal bunch of blokes (?) As we cruised gently out of the Harbour, Captain Barry explained to us that although, as runners, we weren't expected to help sail the yacht, because of the limited space (our boat was the smallest and slowest boat of the whole fleet - 29ft.), it would be better if we stayed on deck and moved from side to side on the yacht as he tacked into the wind. To stay below deck would have led to sea sickness.

Out through Sydney Heads we went. Suddenly we were sailing into the teeth of a southerly gale and there was a 2-3 metre swell running against us.

Captain Barry immediately changed into Captain Bligh, screaming orders above the howl of the wind at his trusty crew, and in particular at Biggy and me. We couldn't seem to do anything right. "Don't sit there!" "Don't touch that rope!" "Move! Move! Get out of the way!" "Watch out for the boom!" "We're tacking! Move!" Now the yacht was at a 90 degree angle to the ocean and Biggy and I were hanging on for grim death while the waves broke over the bow with monotonous regularity. It was like someone was throwing ice-cold buckets of water in our faces every couple of minutes. I was freezing, icy cold, and scared stiff, along with that horrible feeling that I wanted to spew.

Did I mention spew? Well by now, one of our trusty crew, Roger was doing just that, chucking his heart up. The stench of that wasn't helping me. The foredeck hand, Blatch was sitting next to me and each time we crashed through a wave, he screamed, "Shit! Shit!" I asked him what his problem was, and he said, "This is too big, I usually only sail in the harbour. I don't know if this boat can handle this weather!" What a great confidence booster for Biggy and me.

Just ahead of us a yacht snapped a mast. We found out later that it was Steve and Al's boat. Their race was over. (I told you I'd get you Steve!) Lucky buggers! I looked hopefully at our mast for cracks or breaks.

3.00pm - 3rd leg. A 14km run around Bundeena. After 6 hours of hell and about 30 tactical tacks we made it to Bundeena Wharf. Bushie spectators told us Telfie, Spunky and Blow Up had finished their runs and

were already on their way to Patonga. Their boats were twice the size of ours or bigger. Telfie was laughing, Spunky looked green and Billy Blow Up was already sporting a bandaid to his forehead after an accident with the boom. Biggy and I were starting to hate them already.

The only significant thing in this run (a normal Bushie course) was that we caught another runner hitch-hiking up Bundeena Hill. As we passed him, we overheard him tell someone how he went in the 3 ports race and got so sick he was not going back to the boat, no way, he was going home. Temptation!. Biggy and I could run home from here!

However, at the end of the run, we caught Warwick. He was the one who got us into this mess. With what little strength we had left, we tried to beat the hell out of him. He didn't look too good either.

4.00pm - 4th leg. A 36 mile sail to Patonga. At least then the southerly was behind us and with the spinnaker out it should only take another 6-7 hours. (Oh joy!) Most of this time, we spent standing astride the deck, holding the mainsail in place against the wind. We couldn't move, couldn't eat, couldn't drink, just hung on for grim death.

11.00pm We got to Patonga but the promised barbeque tea with a few beers on dry land was long over, so we decided to try and get some sleep on board, cramped up the front. We didn't feel good and we couldn't get warm or dry.

5.30am Sunday. We went ashore for the 32km run (Oh goody!). This was the worst we have ever felt. Our ex-mates, Telfie, Spunky, Blow Up and Warwick looked terrific. Why wouldn't they? They got to Patonga at 5.30pm Saturday, all had a nice hot shower, a few beers, barbeque steak and a good sleep. They even served wine with dinner on Warwick's boat. Now we DO hate them!

The run was a top course. "I'd like to run it one day". The first 5km was a hill that made Super Mountain look like a pimple on a dog's bum. I started walking after 3km. "Hey Coatsy! You're gone!", Warwick yells from behind. "The guy with the artificial leg has got you!" He wasn't wrong. In the end, every runner but Warwick got me.

10.00am, last leg. A 20 mile sail back to Middle Harbour. Yes, you guessed it, into a southerly gale against a 2-3 metre swell. Biggy and I refused to go on deck. The fear of sea-sickness was overcome by the desire to be dry and warm and the fact that we were so stiff after the run, if Captain Bligh had ordered us to move, we just couldn't have. We spent the next 6 hours passing the spew bucket between us, trying to spew up all the food we hadn't eaten in the last 36 hours. We didn't care. We were warm and dry.

4.00pm. It was all over, thank God. I was so crook, I didn't even want a beer! I just wanted to go home to the family I thought I would never see again.

We finished stone motherless last. Telfie and Spunky's boat was first. Blow Up and Warwick, who cares?

In conclusion, I'd like to say that before I tackled this event, I thought ocean racing sailors were just rich woozies who didn't have anything better to do on their weekends! Mate, their sport makes ultra runners look like fairies as far as guts and pain goes.

I've given Captain Bligh the names of a few Bushies to contact for next year's event. J.B., Ranger, you would love it!

Barry Coates.

STATE-BY-STATE BREAKDOWN OF MEMBERS

THE MIGHTY VICS!!	153	WESTERN AUSTRALIA	16
New South Wales	141	A.C.T.	12
QUEENSLAND	39	TASMANIA	14
SOUTH AUSTRALIA	20	OVERSEAS	19
46	TOTAL MEMBERSHIP 414		

WHAT IS A SENSIBLE RACING STRATEGY FOR ELITE 100KM RUNNERS?

by Andy Milroy

In October 1975 Cavin Woodward, running in a track 100 miles, set a new world best for 50 miles of 4.54.53. Losing concentration he eased off a little but still went through the 100km point in 6.25.28. (He was to carry on to set a new world 100 mile best of 11.38.54). Three years later Don Ritchie reduced the 100km track best to 6.10.20.

In the sixteen years since Cavin set his 6.25, the world ultra scene has been transformed out of all recognition. There is now an annual World Cup 100km, national 100km championships exist in many countries, and there is prize money on offer at many international 100km events. The 100km has become the universal ultra, promoted and practised on every inhabited continent. Despite the huge expansion in the number of races, of runners tackling the event, and the great rise in its status, in the past three years* only two men have surpassed Cavin's 100km split time. Don Ritchie's 6.10 remains well clear of all opposition. Why should this be? Were Cavin Woodward and Don Ritchie such special athletes?

The answer as to why they produced such good times perhaps lies in their racing programs. In 1975 in the preparation for this 100 mile, Cavin ran eight marathons at sub maximal pace, using them as training runs for ultras (the times ranged from 2.22 to 2.37). He also ran five ultras - two 30 milers, a 36 miler, a 40 miler and the London to Brighton. In between these he ran a mixture of shorter races ranging from a track 5km to 10 miles on the road. Thus the bulk of Cavin's racing was close to or shorter than the marathon. Apart from the 40 miler, he ran only two long ultras that year.

Don Ritchie was perhaps at his peak as a 100km runner between 1977 and 1982. Looking at his racing program for 1977, it was based even more firmly on short races than Cavin's was. Apart from two 50km track races and the 36 mile Two Bridges, the bulk of his races were over 10 to 12 miles, with a couple of 3 and 5km track races thrown in for good measure. He ran just two long ultras - the Brighton and the 24 Hours at Crystal Palace. In the latter event he stopped at 100 1/2 mile having set a new world 100 mile best of 11.30.51.

The following year a prolonged knee injury severely limited Don's racing until June when he ran 6.18.00 for the Hartola 100km. Don has said that he felt superb that day. Between Hartola and the Brighton, Don ran a 13 miler, a marathon, a 40 miler, a 10 miler and the 36 mile Two Bridges. In early October he won the Brighton in a course record, and a month later set a new world 100km track best of 6.10.20.

In 1979, following a 50km, a 40 miler and a marathon Don won the Del Passatorie 101km, and three weeks later set a new world 100 mile road best at Flushing Meadow, New York. Recovery from the 100 mile took some time. Injuries then curtailed his training and caused him to retire in both the Brighton and the Crystal Palace 24 hours. 1980 followed a similar pattern - good wins at the Turin - St Vincent 100km and the Del Passatoire were followed by injuries which cut short his ultra racing schedule for the year. The battle against injury continued into 1982. At last, late in 1982 Don began to recover, achieving 2.24 for the Aberdeen marathon in

* Widespread use of calibrated bicycle courses and thus comparability has only developed over the last three years or so.

September. A week later he ran 6.28.11 to win the tough Santander 100km, the fastest time to that date on a certified course. Three weeks later he entered the RRC 100km track race. In very tough windy conditions he set a new world best for 40 miles before retiring from the battle.

From the above it can be seen that both runners raced only twice or three times a year at 50 miles and beyond, either through intent or circumstances, building up to such events by using short sub marathon, marathon and short ultra events.

What of the two runners who have surpassed Cavin's 6.25.28 on a certified course - what were their racing schedules like? One is the Belgian, Jean-Paul Praet. His coach, Patrick Descheppe, has written that Jean-Paul's yearly program contains two 100km races, one in June and the other in the autumn. Before the first 100km event he will run one or two half marathons, a marathon, a 50km race followed perhaps by another marathon. This is from March until the first two weeks of May. Following the 100km comes three weeks rest with some light training before the build up to the next 100km in the autumn. The other runner is Bruce Fordyce. In 'International Ultra Training' Bruce wrote 'Just as the World's top marathoners race perhaps two or three marathons in a year, so should the World's top ultramarathoners.... Any of the top 100km runners can churn out a series of 7 hour races. I would prefer to run perhaps two sub 6 1/2 hours in a year.' In 1983 he ran the 56km Two Ocean race as a training run (3.14) in preparation for the Comrades. After setting up a record in that race he took four to six weeks to recover fully before preparing for the Brighton. In the Brighton that year (his third successive win in the event) he set a new world 50 mile road best of 4.50.21. His advice on marathons is to use them as training runs. He would probably only race hard once (over the full marathon distance) in the five months before the Comrades.

Does this success with a restricted racing program at 100km apply just to male runners? If we look at the elite female runners who have produced 100km performances of around 7.30 and faster there are three individuals - Chantal Langlace, Ann Trason and Brigit Lennartz. Chantal Langlace was basically a marathon runner who moved up to the ultras a couple of times very successfully. (Her 7.27.22 was on a course that was around 550 metres short so equates to around 7.32 on a full 100km course). I suspect Chantal ran a mixture of shorter races, 10kms, 1/2 marathons and marathons as preparation for the 100km since that would be her standard running fare.

I don't have details of Ann Trason's racing program for 1988 (The year she set a world road best of 7.30). However I have made a careful study of Ultrarunning Magazine for that year. She appears to only have completed one ultra prior to Santander, the 100 mile trail race at Leaderville where she set a course record of 21.40. That was in late August. Previously she had retired from the Western States 100 miles at 78 miles in late June. Her run in early October at Santander was on a tough hilly course which makes her 7.30.49 even more remarkable. It is interesting that the following year in ideal conditions on a much faster course she ran 7.33.12, despite the motivation of having lost her world 100km best that year. That, 1989, she had run a 100 mile track world best in March, a course record in the Western States trail 100 miles in June and in September had run sub 8 hours for 100km en route to a new world road 100 miles best of 13.55.02 and 143 miles 152 yards in 24 hours. So by late October she had a lot more competitive

long ultra miles in her legs than she had had a year before. The woman who took the world 100km road best from Ann is Brigit Lennartz. Dr Karl Lennartz, her father and coach, has written a detailed account of Brigit's racing schedule for 1990, the year when she improved on her own world 100km best. In January she ran a half marathon followed by three 10km races; in March a half marathon followed by a 10km and a marathon in 2.38.15. Over the next month she ran a 15km, a 1/2 marathon, a 10km, a 25km and two more 10kms, leading up to her 7.18.57 100km best in April. A similar racing schedule prepared her for another 100km in June (7.51.50), and then in late July she won the Swiss Alpine marathon (67km). In terms of times Brigit's 7.18 and 7.26.52 place her well clear of the opposition. It is interesting to note that her racing schedule is very similar to that of Ritchie, Praet and Fordyce.

An unexpected insight to appear from an examination of Don Ritchie's racing schedule is the effect of enforced rest through injury. In 1978 a prolonged knee injury forced Don to postpone the start of his racing season until the 27th of May. A month later he ran the Hartola 100km in 6.18.00, stating afterwards that he felt superb. In 1982 injury again restricted his racing mileage, not as severely as in 1979, but enough that he only managed four races of the marathon distance and more, the longest being 53km. From this he emerged to run 6.28 at Santander. (Valmir Nunes, current World Cup Champion, and Konstantin Santalov ran 6.36 and 6.37 on that course this year in a very competitive race). Erik Seedhouse had two enforced periods of rest of this year from his usual hectic racing schedule. Following the first he set a 100km pb of 6.37, following the second he ran the World Cup. A back problem forced him to retire from that race but a week later he set the second fastest time of his career (6.42). Subsequently his times have declined.

The effects of enforced rest have also been observed in elite marathon runners. Prior to the 1984 Olympics Carlos Lopes was hit by a car ten days before the race and was unable to train again before the race. Similarly Joan Benoit's knee surgery forced her to rest at a crucial period in her buildup for Los Angeles. Both runners emerged triumphant.

Thus it would seem that a well planned racing program incorporating no more than two or three 100km a year and adequate rest would pay dividends to any elite 100km runner. This view is also held by Professor Tim Noakes who has carried out extensive studies of South African ultra runners. (The Comrades Marathon in South Africa is the largest ultra in the world, currently attracting around 13,000 runners, and consistently attracting the top distance runners in that country).

Why should this be so? Marathons and Ultra marathons do take time to recover from, particularly if raced flat out. Praet takes three weeks easy running after the June 100km, Fordyce four to six: Tim Noakes reckons it may take months to fully recover from such a race. Racing another 100km before fully recovered from the previous one will eventually lead to runners becoming 'punch drunk'. Drawing from the experience of top marathon runners, the number of top class performances a runner has within him is limited. Life at the top in marathon running tends to be short. Ron Hill remarked that Abebe Bikila lasted so long at the top because he raced so infrequently. The same applies to ultrarunning. Don Ritchie is remarkable in the sheer longevity of his ultra running career as an elite performer. It is now fifteen years since he first ran 100km under seven hours (actually a split in his 100 mile run). None of the runners who contested the '77 and '78 Brightons behind him are still forces to be reckoned with today. 49. Most have disappeared from the scene.

Another factor effecting 100km performance is leg speed. Elite 10km runners run 5km and 3km for speedwork, 5km runners 1500 metre events, 1500 metre runners 800 metres and so on. The same applies to the 100km. If a runner runs a whole series of 100km events his body will get used to running at ultra pace, his cruising speed will drop. It is perhaps worth looking at the London to Brighton in this context. In the '70s it was normal for the first 10 miles of the Brighton to be run in under the hour, and often 30 miles was reached in close to three hours. In those days there was a mere handful of ultras for British runners - the Woodford 40. The runners who contested these events were basically marathon runners who ran the occasional ultra.

Nowadays the pace of the Brighton has slowed. I suspect the reason is that there are now around fifty ultras in the UK for runners to choose from. Now it is runners used to running at ultra speed who run the Brighton not those used to the faster tempo of the marathon. The message is an elite 100km runner needs to run marathons, half marathons, 10kms to keep and develop his leg speed. Run too many 100kms and that speed will be lost.

The fastest marathon runner to successfully make the transition to the ultras is Konstantin Santalov, a 2.14 performer. Minutes faster over the marathon than Fordyce, Ritchie, Woodward or Praet, he has the potential to threaten even Ritchie's 6.10. This year he has run 6.26.20, a very good time - in his FIFTH 100km of the season. A month later he was beaten into second place by Valmir Nunes. He has run under 6.40 three times, collected a 6.48 at Torhout and registered a 7.02 in his first race in Madrid. He did not finish in the World Cup at Faenza. At present it looks unlikely that he will achieve his true potential at the 100km, given his current racing policy.

After running a 100km in 6.25.28, Cavin Woodward ran a further 38 miles to break the 100 mile record on the cinder Tipton track. If the present generation of elite 100km runners want to surpass Cavin's mark and get on terms with Don's 6.10, they have to plan their racing schedule with great care. Unless they do Don's mark could last as an absolute world 100km best into the 21st century.

(Since this article was written Santalov has run 6.24 in his seventh 100km of the season. That is a very good performance but is still fourteen minutes slower than Ritchie. Is a 2.13 marathon (very roughly half the distance so half the difference) considered world class when compared with the world marathon best of 2.06.50? More to the point what sort of force will Santalov be in 1992 and 1993?

Dear Ultrarunning

Reprinted from "Ultrarunning"

To the Editors: Dec. 1991

A couple of comments on my article in the last issue ("Is the Female of the Ultra Species Better than the Male?"):

I have been reminded that one woman did win a marathon outright and also holds the course record. The race is called appropriately, "The Seven Sisters Marathon" and is a trail/cross country event held on the North Downs in Southern England. The lady concerned is Sarah Rowell. She is a class athlete — she held the British marathon

record with 2:28:06. The race is a tough, undulating affair.

The second comment concerns Hilary Walker. Recently she ran the entire length of the Friendship Highway from Lhasa (Tibet) to Kathmandu (Nepal) — a run of 590 miles in 14 days 9 hours 36 minutes. The average altitude was nearly 14,000 feet, with a maximum of 17,000+ feet. Her average daily mileage was over 40 miles. Hilary adapts well to altitude — at least one of her handlers couldn't run at all.

What is interesting is that due to the altitude she had little appetite. In the course of the run she lost 14 pounds in weight out of a total body weight of 112 pounds — 12½ percent of her total body weight. Much of this was sub-cutaneous fat, but there was

some muscle loss, too. It is interesting to speculate whether a man, with a lower proportion of body fat and thus proportionately small fat reserves, could have run the distance and in such a time. It would be interesting to discover if Sandra Barwick suffered any weight loss of note in her recent 1,000-mile run of 12:14:38:40 . . . and how that compared with Al Howie.

Finally, I wrote that Don Ritchie had run sub-seven-hour 100-km in 13 out of the last 15 years. That is wrong. It should read 14 out of the last 15 years! Only 1981 did he miss out on sub-seven hours — in fact he did not finish the only 100-km he started.

Andy Milroy
England

For those who know Mary Larsson (nee Hanudel), you may be interested in reading the following letter from Mary and Rune to Wanda and Mark Foley regarding the birth of Mary and Rune's son (Lambert) on 14th February, 1992, Valentine's Day. If his offspring has inherited any of his parents' talents, he should be a beauty!

Trollhättan February 27 1992

Dear Wanda & Mark

Mary had a little lamb, and everywhere that Mary went, the lamb was sure to go. Such was the circumstance until Valentines Day, February 14, 10:07 pm. From that moment he didnt by absolute necessity have to follow her anymore, because then he was born. Lambert (the project name) was 46 centimeters (17 inches) and weighed 2850 grams (6,2 pounds). In spite of having a "radioactively purple" colour, and a head that looked like a modern bicycle helmet during his first few minutes outside of mom, he was perfectly healthy and soon started to look like if Rune and not E.T was the father.

The pregnancy was very easy for both of us. Running was reduced gradually from the seventh month, but was never given up. The evening before the delivery, the expecting mother ran 13 kilometers (eight miles). If she had not had her husband around to stop her, she would have gone to school (Swedish, mathematics etc) the day of the delivery, or at least tried a training walk. Contractions started at six in the morning, but we stayed home until six in the evening. Around 7:30 pm, they became so strong that it was time to take place in the delivery room. From that moment, it was just a matter of pushing, breathing, and sweating. The similarities to an athletic effort were very obviouse. The mother was the athlete, the father standing by like a cheer leader and coach, and the two midwives like race officials. When Lambert was pushed out and landed with a belly splash, it was like reaching the finish line. Then all three of us got to spend some time together, to recover and congratulating each other, and afterward two thirds of the family were rolled in to the maternity ward.

So far, Lambert has been very easy to deal with. He has two favourite activities and they are sucking on mom's brest and sleeping. The latter activity is best done in a moving vehicle, preferably the baby carriage. He is already gathering distance, because his mother is substituting her daily run with a walk or two, usually amounting to eight to thirteen miles. If he ever gets the same behavioural peculiarities that are the trade marks of his parents, one should maybe be able to derive them from very early childhood. In fact, he might even have developed an addiction to endorphines already in the womb, since some of those substances most likely have been transferred to him through the placenta, as the one who carried him around abused miles like an unpreseedented maniac.

And what about the future? Well, parenting must be given highest priority, of course. In due time, we will have to move to something bigger than our two room apartment. Maybe we will buy a house. That is at least the goal we have. But becoming parents will most likely enable us to keep on as competetive runners. We have no plans on putting our careers behind us. On the contrary, now it is time to put even harder effort in to our running. That effort will hopefully be interrupted by another pregnancy and baby a year or two from now.

Sincerely

Mary & Rune

CONQUEST

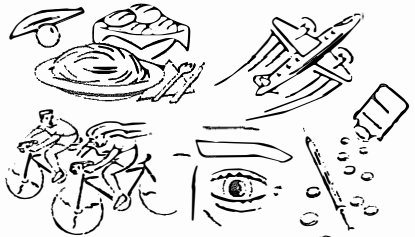
THE OFFICIAL JOURNAL OF DIABETES AUSTRALIA SPRING

MARATHON MAN PAT ON RUN OF HIS LIFE



DIABETES YOU

An owner's manual



The Australian Diabetes Society
Diabetes Australia

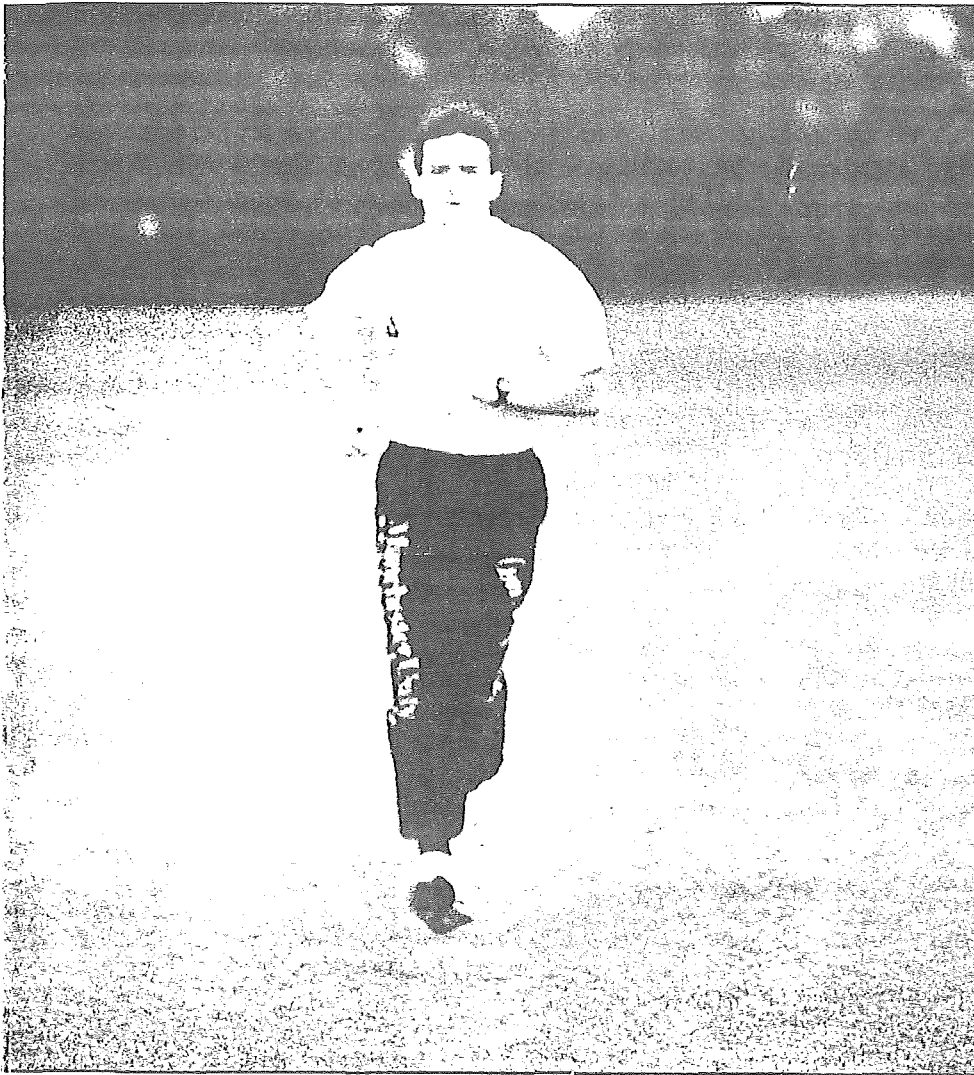


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ACHIEVERS**

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CONGRESS**

**YOUTH
AWARDS**



Pat Farmer

Marathon man sends Pat on run of his life

"I'm looking forward to seeing that guy again soon."

Although he had no experience of long distance running and had only been an average team sportsman at school, the 19 year old Farmer threw himself into running and after three years qualified to take part in a Westfield race.

He has completed four of the races and finished seventh in 1989.

"You mature very quickly in this sport," he said. "in team sports you've got your mates egging you on. It's fun, but ultra-marathon running is a case of mindpower. You are competing against yourself."

"The best ultra-marathon runners are older people because they have learnt to overcome the hardships that life dishes out. They've learnt to conquer their fears. I was only 19, I had to push myself and get the will and the inner strength to go on."

Farmer pushed himself through qualifying races such as Parramatta-Bathurst and Melbourne-Colac and took part in gruelling 24 hour races before getting his first start in the Westfield race.

With four behind him he looked for a new challenge – and a cause to make it worthwhile.

"I chose diabetes because I had a couple of school friends who were insulin dependent," he said, "you know how it is with kids, when someone is a bit different they cop a hard time."

"I wanted to make people more aware of diabetes so maybe more youngsters would know what it is all about."

"I also had an auntie who had Type 2 diabetes. It affected her eyesight and it took a long time before she was correctly diagnosed. If she had been tested early – like we are testing people now – all that anxiety and pain might have been prevented."

One of the sponsors of Farmer's run is ATSIC, the Aboriginal and Torres Strait Islander Commission. With diabetes a huge problem amongst aborigines, Farmer is dropping in at aboriginal communities along his route and talking to them about the condition.

"The day before the official start of the run I went to Thursday Island and ran there," he said, "the next day I went back across Cape York Peninsula by barge and officially set out."

"At this stage I'm right on schedule. I try to stay half a day ahead to give myself time for civic receptions and meeting people at shopping centres and the like," he said. "and so far it couldn't be better."

"I've given myself three main aims: to raise \$100,000, to have 20,000 tested at our mobile unit, and to raise awareness of diabetes."

"In the first eight weeks we raised \$12,000, tested 1500 people and met and spoke to thousands."

"I'd say everything is running along nicely."

6/1/92

G'day and Happy New Year to all fellow **AURA members**

You may know that I am currently residing in the UK - Dave Williams was over here on holiday, returning yesterday - the day I ran the North Downs Way (NDW). He coaxed me into sending a report for the **AURA** magazine after the event - so, keeping my promise, I write while the iron - and legs are still hot!

I had actually managed to write off early for this event but unfortunately the organiser whose name I had dropped out of the event at the last moment last year and is currently living in the USA. I hadn't therefore had any reply by New Year's Day. I'd run hard on Mon, Tues and Wed - 21 miles, 12 miles, and 12 miles; having got back into regular training after endless visits to relatives/friends and over-eating, drinking and missed training during the past week. As a last ditch I remembered an advert for the South Downs Way (SDW) race in a past **AURA** magazine - a telephone number led to the organiser of the NDW and, sure enough, I was entered.

The race is a 54 mile/87 km trail run which runs from Dunton Green to Farnham, a section of the NDW (the hilliest section!). It started at 7am so it meant a 4.30am alarm to drive from home near Richmond. The start was at Dunton Green Railway Station and unfortunately there weren't any toilets available. However, there was an obliging and enthusiastic reception from the organisers which more than made up for the lack of facilities.

A few showed consternation at the start as I wore only shorts and Sydney Striders t-shirt - were they all wimps? It was rather mild - or did they know something I didn't?

There are two sets of instructions; one for crews to drive to official check points/feeding stations, and one for the runner. Both are in semi-cryptical form and I knew I wouldn't be making any quick breaks, especially as we still had 40 minutes of darkness to get through.

The route is very difficult to follow, particularly early on, marked by a combination of acorns and signs - many of which have broken off or fallen down! The course record was set last year by Paul Woolger who was third in last year's London to Brighton and was claimed to be a very good 1500m runner. He seemed the only one to have any idea of the route and was therefore dictating the early 'pace'. The first 20 miles were run painfully slowly in a group of five - it was very frustrating as one couldn't make a break and Paul seemed to be deliberately slowing the proceedings. So we queued at stiles, waited while fellow group members took a pee, and chatted pleasantly - yaargh!!! At one point Paul stopped and we had to wait up the road for 5 minutes just to see where we should go next.

I had decided to wear my old faithful Tiger Gel racers - not the best choice as it was very wet and muddy, and ploughed fields were the norm - I must have looked pathetic scrambling on all fours up those muddy hills. Like Bambi on Ice!

We reached the 24 mile checkpoint us three (Paul and friend had dropped off) and Norrie Williamson was navigating to having done the event some years previously. He ran straight to the toilet block at the check point

to leave Stephen Moore and me to exit with fresh clues in hand. It didn't take long to discover we were of like mind - we were going to turn this into an 'event' and had had enough of the past proceedings.

Stephen and I rolled our sleeves up and were going at it some, and I can recall commentating "Let's not get carried away - there are still 30 miles left!" But we were working as an efficient team - one spotting the acorns the other had missed and one reading the clues whilst the other spotted signs.

Timing to check points had been a nightmare to work out. Inga, who crewed for me in our car, had to 'dash off' to North London to play a crucial league deciding match of rugby union for Wasps against Eton Manor, and would have to leave from the 33.5 mile check point. Here, her brother and girlfriend would take over the crewing after driving up from Brighton to rendezvous at 11 - 11.30 am.

The change over went perfectly well for me which was a relief. We entered the 33.5 mile check will clear and feeling still in good nick. I'd been on tomato butties and water and had switched to the old favourite of Mars bars and coke and water. Stephen was on Isostar and Leppin and Squeegies?

We left the check and carried straight on - I was unhappy about the red arrows (which had been yellow). We stopped after 1km and read the comic - we should have borne left down the steep hill and across the river, then left again - horror; havoc; shit! After the initial panic I had the idea to drop straight down to the river - which we did - it was an almost vertical chalk cutting with the odd tree root to grab in passing. A real hairy descent.

We reached the river and barely stopped to reason - wading across we asked a fisherman on the opposite bank who told us where the foot bridge was and said "By the way - the river is toxic!?" (Wonder how many fish he caught!) We were eventually back on the trail, slowly trying to regain the lost rhythm, as we ascended the opposite hills through vineyards. Stephen pointed out the scar through the trees back across the valley - vertical it looked.

As we entered the check point - "Did you get lost?" was the first thing I heard. I knew we'd lost time. My crew were expecting me 12 minutes earlier (it was a short leg, only 2.5 miles but took 32 minutes). But we were still 6 minutes clear, and between us had sorted out the problem and had regained the mental determination to carry on.

Another short leg from 38.5 to 40 miles saw us in a large car park. Lots of Harleys out for a Sunday run and families treating their kids to junk food. The way out deluded us. We took the 'obvious' way, ran for 500m, then didn't see any acorns and went back. Eventually we did find the exit in the least expected place, losing another five minutes.

From here on it was a difficult run. I'd been wanting to toilet for miles - the legs were sore and the guts were over watered/coked etc. I think Stephen was feeling it too. The scenery and small churches and cottages are picturesque along here with hills of browned ferns and many trees, and the M25 motorway has turned north now and left us in peace. The muddy tracks have been replaced by sandy bridle paths which sap the legs and twist the sore joints. It was a relief to reach the 48 mile check eventually. Only six miles remaining and three to the last check point at 51 miles.

It was noticeable that Stephen was putting in some attempts to break me over this three mile stretch. I hung doggedly on and he didn't have the strength to gain any ground. As we got to the 51 mile check it was obvious that we'd just had the battle for honours. As we left for the final run in, I asked Stephen how he wanted it - shared finish or 'go it alone' for the last 3? To my relief he accepted a draw which took off the pressure.

The finish turned out to be up a steep hill and across a busy road into the station at Farnham (toilets provided!) - a welcome sight indeed. Stephen had told me of some of his past races. He switched to ultras about two years ago, breaking the record in the South Downs 80 mile World Championship in 9h37m. Since then he'd concentrated on 100km road, running a best of 7h03m in Holland last year. He is on the GB team to run in Barcelona on 16 Feb.

We'd finished the NDW in 7h44m, breaking the course record of 8h27m (run in dry conditions last year) so all in all a satisfying outing. Last year's winner, Paul Woolger, and Norrie Williamson, of New York RRC, finished jointly in 3rd, reinforcing the spirit these types of races are run in. The first woman was Hilary Walker who broke her own record of 9h15m to finish in 8h44m.

We were greeted by an array of goodies laid on by the organisers Richard Pountney and Alan Deacon (who both ran), smilingly served up by family members and friends. The entry fee was a mere £3 and t-shirts were available at small cost. The organisers do a wonderful job on a low budget and I'm sure would make any overseas entrant very welcome.

Contacts for:

North Downs Way - Alan Deacon, 88 Upper Lewes Road, Brighton, BN2 3FF
Tel: (0)273 682998 Fax: (0)273 670399

1992 Championship Series -

Mendip Trail Race, 40 miles (or 15 miles for wimps), 26 April 1992 -
Alison Wilson, 26 Riverside Walk, Midsomer Norton, Bath, Avon, BA3 2PE

SDW 80 Mile World Championship Trail Run, 27/28 June 1992 -
Harry Townsend, 6 Manor Road, East Grinstead, Sussex, RH19 1LR
Tel: (0)342 322508

Otter High Peaks 40 Miles, 26 September 1992 -
Otter Controls, Hardwick Square South, Buxton, Derbyshire, SK17 6LA

Regards



Carl Barker

45 Eve Road
Isleworth
Middlesex
TW7 7HS
Tel: (0)81 892 7458

AURA RULES OF INCORPORATION

The changes to our Rules that were passed last year have now been incorporated into one complete document. As previously promised, and for the information of all interested members, the Rules are published here. This is the first installment; others will follow as spare space allows.

ASSOCIATIONS INCORPORATION ACT 1981

SECTION 5 (b)

STATEMENT OF PURPOSES

- 1 The name of the proposed incorporated Association is AUSTRALIAN ULTRA RUNNERS' ASSOCIATION Incorporated.
- 2 The purposes for which the proposed incorporated Association is established are:
 - a. to set minimum standards and guidelines for official ultra distance running events and as a consequence to serve and promote ultra runners' interests.
 - b. to promote ultra distance races by means of technical assistance to race organisers and the provision of help, advice and encouragement to ultra runners.
 - c. to organise and conduct ultra distance races.
 - d. to define, vet and ratify claimed ultra distance records.
 - e. to make definitions on all aspects of ultra distance running.
 - f. to register State and National Championship ultra distance running events.
 - g. to provide a channel of communication of ultra distance running information - rankings, forthcoming events, results of past events, overseas news and results.
 - h. to be affiliated with the International Association of Ultrarunners (I.A.U).

ASSOCIATIONS INCORPORATION ACT 1981

RULES FOR AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

NAME

- 1 The name of the incorporated Association is Australian Ultra Runners' Association Incorporated (in these rules called "the Association").

INTERPRETATION

- 2(1) In these rules, unless the contrary intention appears:

"Association" means the entire number of financial members of the Australian Ultra Runners' Association Incorporated.

"Committee" means the Committee of Management of the Association.

"Financial Year" means the year ending on 31st December.

"General Meeting" means a general meeting of members convened in accordance with Rule 11.

"Member" means a member of the Association.

"Ordinary Member of the Committee" means a member of the Committee who is not an officer of the Association under Rule 21.

"The Act" means the Associations Incorporation Act 1981, in the State of Victoria, and any amendment or re-enactment thereof.

"The Regulations" means regulations under the Act.

All masculine gender words shall imply feminine and neutral gender words and vice versa.

- (2) In these Rules, a reference to the secretary of an Association is a reference:
 - (a) where a person holds office under these rules as secretary of the Association - to that person; and
 - (b) in any other case, to the Public Officer of the Association.
- (3) Words or expressions contained in these rules shall be interpreted in accordance with the provisions of the Acts Interpretation Act 1958, in the State of Victoria, and the Act as in force from time to time.

MEMBERSHIP

- 3(1) A natural person who is nominated and approved for membership as provided in these rules is eligible to be a member of the Association on payment of the annual subscription payable under these rules.
- (2) A person who is not a member of the Association at the time of the incorporation of the Association (or who was such a member at that time but has ceased to be a member) shall not be admitted to membership unless he is nominated as provided in sub-clause (3).
- (3) A nomination of a person for membership of the Association:
 - (a) shall be made in writing in the form set out in Appendix 1; and
 - (b) shall be lodged with the secretary of the Association.
- (4) The Committee reserves the right to reject any application for membership of the Association. The Committee may only undertake this course of action prior to the Nominee's name being entered in the register of members. In the event of a rejection of application for membership of the Association, the Nominee shall have a right of appeal to the Committee only, as set out under Clause 7, as if he were a member.
- (5) Where the Committee confirms the rejection of application for membership of the Association at a meeting of the Committee held in accordance with sub-clause (4), the secretary shall return any moneys paid by the Nominee in regard to his membership application.
- (6) The secretary shall, upon payment of the amount referred to in sub-clause (1) or otherwise as set by the annual general meeting of the Association enter the nominee's name in the register of members kept by him unless directed otherwise by the Committee and, upon the name being so entered, the nominee becomes a member of the Association.
- (7) A right, privilege, or obligation of a person by reason of his membership of the Association:
 - (a) is not capable of being transferred or transmitted to another person;
 - (b) terminates upon the cessation of his membership whether by death or resignation or otherwise.
- (8) A member shall be elected a life member in recognition of services to the Association on the recommendation from the general Committee and by the vote of not less than three-fourths of the members present at any annual general meeting. Notice of such recommendation shall be placed on the agenda paper calling such annual general meeting. A life member will not be liable to pay the annual subscription.
- (9) An entity, such as a corporation, a sporting body, a race committee, which is nominated and approved for membership as provided in these rules is eligible to participate with the voice(s) equal to the number of memberships taken out, in the affairs of the Association on payment of the annual subscription(s) payable under these rules.

ENTRANCE FEE & ANNUAL SUBSCRIPTION

- 4(1) No entrance fee is payable.
- (2) The annual subscription is \$10.00 or as approved by the annual general meeting each year, and is payable in advance on or before the first day of January in each year.
- (3) A member who has not paid his annual subscription in full within 12 months from the first day of January in the year in which it is due shall be deemed unfinancial.

REGISTER OF MEMBERS

- 5 The secretary shall keep and maintain a register of members in which shall be entered the full name, address and date of entry of the name of each member and the register shall be available for inspection by members at the address of the Public Officer.

RESIGNATION OF MEMBER

- 6(1) A member of the Association who has paid all moneys due and payable by him to the Association may resign from the Association by first giving one month's notice in writing to the secretary of his intention to resign and upon the expiration of that period of notice, the member shall cease to be a member.
- (2) Upon the expiration of a notice given under sub-clause (1), the secretary shall make in the register of members an entry recording the date on which the member by whom the notice was given, ceased to be a member.

EXPULSION, SUSPENSION OR FINING OF MEMBERS

- 7(1) Subject to these rules, the Committee may by resolution:
 - (a) expel a member from the Association;
 - (b) suspend a member from membership of the Association for a specified period; or
 - (c) fine a member in accordance with the regulations (1), if the Committee is of the opinion that the member:
 - (i) has refused or neglected to comply with these rules; or
 - (ii) has been guilty of conduct unbecoming a member or prejudicial to the interests of the Association.
- (2) A resolution of the Committee under sub-clause (1):
 - (a) does not take effect unless the Committee, at a meeting held not earlier than 14 and not later than 28 days after the service on the member of a notice under sub-clause (3) confirms the resolution in accordance with this clause; and

- (b) where the member exercises a right of appeal to the Association under this clause does not take effect unless the Association confirms the resolution in accordance with this clause; and
 - (c) where the member exercises a right of appeal to Athletics Australia under this clause does not take effect unless Athletics Australia confirms the resolution in accordance with this clause.
- (3) Where the Committee passes a resolution under sub-clause (1), the secretary shall, as soon as practicable, cause to be served on the member a notice in writing:
- (a) setting out the resolution of the Committee and the grounds on which it is based;
 - (b) stating that the member may address the Committee at a meeting to be held not earlier than 14 and not later than 28 days after service of the notice;
 - (c) stating the date, place and time of that meeting;
 - (d) informing the member that he may do one or more of the following:
 - (i) attend that meeting;
 - (ii) give to the Committee before the date of that meeting a written statement seeking the revocation of the resolution;
 - (iii) not later than 24 hours before the date of the meeting, lodge with the secretary a notice to the effect that he wishes to appeal to the Association in general meeting against the resolution.
 - (iv) not later than 48 hours after an unsuccessful appeal to the Association in general meeting, lodge with the secretary a notice to the effect that he wishes to appeal to Athletics Australia against the resolution.
- (4) At a meeting of the Committee held in accordance with sub-clause (2), the Committee:
- (a) shall give to the member an opportunity to be heard;
 - (b) shall give due consideration to any written statement submitted by the member; and
 - (c) shall by resolution determine whether to confirm or to revoke the resolution.
- (5) Where the secretary receives a notice under sub-clause (3) (d) (iii), he shall notify the Committee and the Committee shall convene a general meeting of the Association to be held within 21 days after the date on which the secretary received the notice.

- (6) At a general meeting of the Association convened under sub-clause (5)
 - (a) no business other than the question of the appeal shall be transacted;
 - (b) the Committee may place before the meeting details of the grounds for the resolution and the reasons for the passing of the resolution;
 - (c) the member shall be given an opportunity to be heard; and
 - (d) the members present shall vote by secret ballot on the question whether the resolution should be confirmed or revoked.
- (7) If at the general meeting:
 - (a) two-thirds of the members vote in person or by proxy in favour of the confirmation of the resolution, the resolution is confirmed; and
 - (b) in any other case, the resolution is revoked.
- (8) Where the Secretary receives a notice under sub-clause (3) (d) (iV), he shall notify Athletics Australia within 5 days, requesting a speedy confirmation or revocation of the committee resolution.
- (9) Receipt of an official letter by the secretary from Athletics Australia containing a determination of the committee resolution shall constitute the final step in expiation of this clause.

ANNUAL GENERAL MEETINGS

- 8(1) The Association shall in each calender year convene an annual general meeting of its members (2).
- (2) The annual general meeting shall be held on such day as the Committee determines.
- (3) The annual general meeting shall be specified as such in the notice convening it.
- (4) The ordinary business of the annual general meeting shall be:
 - (a) to confirm the minutes of the last preceding annual general meeting and of any general meeting held since that annual general meeting;
 - (b) to receive from the Committee reports upon the transactions of the Association during the last preceding financial year;
 - (c) to elect officers of the Association and the ordinary members of the Committee; and
 - (d) to receive and consider the statement submitted by the Association in accordance with section 30 (3) of the Act.

- (5) The annual general meeting may transact special business of which notice is given in accordance with these rules.
- (6) The annual general meeting shall be in addition to any other general meetings that may be held in the same year.

SPECIAL GENERAL MEETINGS

- 9 All general meetings other than the annual general meeting shall be called special general meetings.
- 10(1) The Committee may, whenever it thinks fit, convene a special general meeting of the Association and, where, but for this sub-clause, more than 15 months would lapse between annual general meeting, shall convene a special general meeting before the expiration of that period.
- (2) The Committee shall on a requisition signed by not fewer than ten (10) financial members and stating the nature of the business to be considered, convene a special general meeting of the Association.
- (3) The requisition for a special general meeting shall state the objects of the meeting and shall be signed by the members making the requisition and be sent to the address of the secretary and may consist of several documents in a like form, each signed by one or more of the members making the requisition.
- (4) If the Committee does not cause a special general meeting to be held within one month after the date on which the requisition is sent to the address of the secretary, the members making the requisition, or any of them, may convene a special general meeting to be held not later than 3 months after that date.
- (5) A special general meeting convened by members in pursuance of these rules shall be convened in the same manner as nearly as possible as that in which those meetings are convened by the Committee and all reasonable expenses incurred in convening the meeting shall be refunded by the Association to the persons incurring the expenses.

NOTICE OF GENERAL MEETINGS

- 11(1) The secretary of the Association shall, at least 14 days before the date fixed for holding a general meeting of the Association, use his best endeavors to contact each member of the Association by notices to his address appearing in the register by pre-paid post stating the place, date and time of the meeting and the nature of the business to be transacted at the meeting.
- (2) No business other than that set out in the notice convening the meeting shall be transacted at the meeting.
- (3) A member desiring to bring any business before a meeting may give notice of that business in writing to the secretary, who shall include that business in the notice calling the next general meeting after the receipt of the notice.

PROCEEDINGS AT MEETINGS

- 12(1) All business that is transacted at a special general meeting and all business that is transacted at the annual general meeting with the exception of that specially referred to in these rules as being the ordinary business of the annual general meeting shall be deemed to be special business.
- (2) No item of business shall be transacted at a general meeting unless a quorum of members entitled under these rules to vote is present during the time when the meeting is considering that item.
- (3) A quorum for the transaction of the business of a general meeting shall be a number of members personally present (being members entitled under these rules to vote at a general meeting). The minimum number of members under this sub-clause to constitute a quorum shall be double the number of Executive members plus one.
- (4) If within half an hour after the appointed time for the commencement of a general meeting, a quorum is not present, the meeting if convened upon the requisition of members shall be dissolved and in any other case shall stand adjourned to the same day in the next week at the same time and (unless another place is specified by the Chairman at the time of the adjournment or by written notice to members given before the day to which the meeting is adjourned) at the same place and if at the adjourned meeting the quorum is not present within half an hour after the time appointed for the commencement of the meeting, the members present (being not less than 3) shall be a quorum.

CHAIRMAN

- 13(1) The President, or in his absence, the Vice-President, shall preside as Chairman at each general meeting of the Association.
- (2) If the President and the Vice-President are absent from a general meeting, the members present shall elect one of their number to preside as Chairman at the meeting.

ADJOURNMENT

- 14(1) The Chairman of a general meeting at which a quorum is present may, with the consent of the meeting, adjourn the meeting from time to time and place to place, but no business shall be transacted at an adjourned meeting other than the business left unfinished at the meeting at which the adjournment took place.
- (2) Where a meeting is adjourned for 14 days or more, a like notice of the adjournment meeting shall be given as in the case of the general meeting.
- (3) Except as provided in sub-clauses (1) and (2), it is not necessary to give notice of an adjournment or of the business to be transacted at an adjourned meeting.

VOTING

- 15 A question arising at a general meeting of the Association shall be determined on a show of hands and unless before or on the declaration of the show of hands a poll is demanded, a declaration by the Chairman that a resolution has, on a show of hands, been carried or carried unanimously or carried by a particular majority or lost, and an entry to that effect in the Minute Book of the Association is evidence of the fact, without proof of the number or proportion of the votes recorded in favour of, or against, that resolution.
- 16(1) Upon any question arising at a general meeting of the Association, a member has one vote only.
- (2) All votes shall be given personally or by proxy.
- (3) In the case of an equality of voting on a question, the Chairman of the meeting is entitled to exercise a second or casting vote.
- 17(1) If at a meeting a poll on any question is demanded by not less than three members, it shall be taken at that meeting in such manner as the Chairman may direct and the resolution of the poll shall be deemed to be a resolution of the meeting on that question.
- (2) A poll that is demanded on the election of a Chairman or on a question of an adjournment shall be taken forthwith and a poll that is demanded on any other question shall be taken at such time before the close of the meeting as the Chairman may direct.
- 18 A member is not entitled to vote at any general meeting unless all moneys due and payable by him to the Association have been paid, other than the amount of the annual subscription payable in respect of the current financial year.

PROXIES

- 19(1) Each member shall be entitled to appoint another member as his proxy by notice given to the secretary no later than 24 hours before the time of the meeting in respect of which the proxy is appointed.
- (2) The notice appointing the proxy shall be in the form set out in Appendix 2.

COMMITTEE OF MANAGEMENT

- 20(1) The affairs of the Association shall be managed by a Committee of Management constituted as provided in Rule 21.
- (2) The Committee:
- (a) shall control and manage the business and affairs of the Association.

- (b) may, subject to these rules, the regulations and the Act, exercise all such powers and functions as may be exercised by the Association other than those powers and functions that are required by these rules to be exercised by general meetings of the members of the Association; and
 - (c) subject to these rules, the regulations and the Act, has power to perform all such acts and things as appear to the Committee to be essential for the proper management of the business and affairs of the Association.
- (3) The person holding the position of Immediate Past President shall be entitled to act as ex-officio member of the Committee and shall be entitled to act with the same powers as a Committee member.

CONSTITUTION

21(1)The offices of the Association shall be:

- (a) a President;
 - (b) a Vice President;
 - (c) a Treasurer;
 - (d) a Secretary; and
 - (e) an Assistant secretary
- (2) The provisions of Rule 23 so far as they are applicable and with the necessary modifications, apply to and in relation to the election of persons to any of the offices mentioned in sub-clause (1).
- (3) Each officer of the Association shall hold office until the annual general meeting next after the date of his election but is eligible for re-election.
- (4) In the event of a casual vacancy in any office referred to in sub-clause (1), the Committee may appoint one of its members to the vacant office and the member so appointed may continue in office up to and including the conclusion of the annual general meeting next following the date of his appointment.
- (5) Only persons normally residing within, or within close proximity to the City of Melbourne may be elected as officers of the Association. Victorian country members may be elected as officers of the Association providing they undertake to travel to all Committee and general meetings.
- (6) The one exception to clause (5) would be the office of President wherein if sufficient funds exist or a potential candidate can travel to Melbourne at no cost to the Association for all Committee and general meetings, interstate candidates may be nominated and elected.

to be continued.....

MISCELLANEOUS

ATHLETICS AUSTRALIA COURSE MEASUREMENT SCHEME

Newsletter No. 3 December 1991

Since my August newsletter we have made significant progress.

First, I have conducted seminars in Adelaide and Brisbane and done some practical testing of some of the participants who attended the Canberra seminar back in May. Out of this action we have eight new Grade 2 measurers - Simon Trangmar and Marcus Roberts from SA; Don Wallace, Steve Grose, Dean Comber, Ron Peters and Chris Mead from Queensland; and Terry Levings from the ACT. Congratulations and welcome to the panel of approved measurers.

Second, I have had a positive response from WA and plans are in place for a seminar in Perth in February. A seminar is planned for Victoria in March/April. This will leave just the NT without approved measurers. But I have had some recent interest from the organisers of the Masters Games in Alice Springs so this may provide the leverage to get the Territory involved in our scheme.

Third, I have located another measurer in Melbourne (Peter Nelson) who uses a Jones counter and has measured a number of Melbourne courses in recent years, particularly for the Victorian Marathon Club. In addition, Ted Paulin has always ensured the accuracy of races conducted by the Melbourne Marathon Inc. (with the unfortunate exception of the 1990 Olympic Dream 10k which suffered from a calibration course error). Hopefully we can get Peter approved at our forthcoming Melbourne seminar and pass the necessary skills to people associated with Athletics Victoria.

Fourth, I have increased the awareness of our scheme by placing advertisements in the current issues of Australian Runner, Fun Runner and Canberra Runner. A copy of the ad is incorporated opposite; already it has generated some interest. Please feel free to use it in your own publications. If you want the artwork modified to include your own Association as a contact point, please contact me. I can arrange for my typesetter to make the changes; the cost should be minimal.

Clain Jones counters

No good news yet on my missing counters (I ordered and paid for six in May and they haven't arrived). In fact the situation has deteriorated. It has come to my attention that the Toowoomba Road Runners ordered three counters in May and these haven't been delivered. And Athletics Tasmania still await the four counters that they ordered last December.

I have now sought the help of Ted Paulin, the technical director of AIMS. Ted is going to pursue the matter with the NYRRC on our behalf. Ted also advises that an alternate supply of modified/improved counters may soon be available from another US source. Wayne Fletcher is also looking at a local supplier in Hobart.



Athletics Australia, with assistance from the Australian Sports Commission, has established a national scheme for the measurement of road courses.

Race organisers who have their courses measured by an approved measurer in accordance with IAAF/AIMS standards can display the above logo on their race literature.

On the assumption that race organisers who have their courses accurately measured also attend to other matters of detail, the logo can generally be seen as a sign of a quality race.

If your event has not been approved by Athletics Australia to display this logo, contact Dave Cundy, Secretary, AA Course Measurement Scheme, 33 Lawrence Crescent, Kambah ACT 2902 for further information.

AUSTRALIAN SPORTS COMMISSION

Retention of Grade 2 status

Grade 2 measurers are required to measure at least three courses per year and have at least one of these checked by another measurer.

Geoff Clark (NSW) has been a Grade 2 measurer for over 12 months and has met these requirements. He has been busy in and around Sydney measuring a variety of courses, including the high profile Diet Coke Mile. I checked his measurement at Eastern Creek (Australian 15k Road Championship course).

Wayne Fletcher and Phil Hniat's anniversary as Grade 2 measurers will be in January. They have been frustrated by a lack of Jones counters but I understand they are making use of the sole counter in Tasmania. On completion of some outstanding paperwork they should demonstrate that all is OK in Hobart.

More paperwork

I am concerned about the quantity of paperwork that is generated by this scheme but I haven't identified a way to eliminate any of it, unless we relax certain requirements. If we do this, there is a danger that mistakes will be made and our scheme will be tarnished.

In fact, rather than reduce the paperwork burden, I have increased it by establishing another form. This is to be completed by the race day observer who must certify that the runners/walkers actually took the route as measured. A copy is attached (those who have done recent seminars will already have a copy).

I think this aspect of measuring is very important. On at least three occasions during the past two years I have witnessed races where runners have strayed from the measured course, generally because marshals have been inadequately briefed. On two occasions the variation did not shorten the course but in one case I had to advise the organisers that their race did not satisfy our guidelines.

Rankings lists

In 1992 I would like to compile road rankings for Australian runners over 10k, half marathon and marathon. I will only accept times on AA certified accurate courses (and, in the case of overseas races, IAAF/AIMS certified courses). I will rely on interstate measurers to keep me posted on fast times over these distances in their State. I will make the final list available to athletic magazines, the AA statistician, and yourselves for inclusion in your local magazines, newsletters, etc. You might like to do the same at State level; I have compiled the top 20 performances by ACT runners for each of the past two years and included them in the Canberra Runner.

Use of the logo

Our 'AA certified accurate course' logo is becoming more widely used. It has, of course, been used on entry forms, generally alongside the course map. I have used it in magazine ads for the Mobil Canberra Marathon. One fun run in Canberra (Terry Fox 5/10k) used the logo on their certificates of merit which I thought was a great idea (and one I intend stealing for the Canberra Marathon, etc.). It has also been used in programmes and results books. Please let me know of any examples of innovative logo use and remember to encourage approved organisers to display it in their race literature.

Edited and published by Dave Cundy, Secretary, AA Course Measurement Scheme, 33 Lawrence Crescent, Kambah ACT 2902.

Graduating to Multi-Day

Runs Reprinted from "Ultrarunning" Dec. 1991

by Steve Sigauw

Tired of the usual summer circuit of 100-mile trail races? Bored circling a track for 12 or 24 hours? Well, have I got something for you! The world of multi-day runs is something to experience, events such as the Run Across Colorado, the Run Across Ohio, and the Gibson Ranch Multi-Day Classic. These runs last three days or longer and require great mental and physical fortitude to complete. Finishing a race of this length can give an ultrarunner a new mental edge to run shorter distances (100 miles) with more confidence. In addition, the sense of accomplishment that comes with finishing a multi-day is something that must be experienced to be believed. Finally, you can really impress your running partners — "You ran across Colorado last week?"

I just completed the 310-mile Run Across Colorado, and while the experience is still fresh in my mind (and body) I'd like to present the following as a guide for completing a multi-day.

Preparation

You need to have run several 100-mile races and 24-hour track runs in order to know what type of stress a multi-day will place on your body as well as your mind. Think back and remember how you felt after your last 100-mile. Now visualize going out and running 60 miles the next day and the next day and the next day, etc. That's the type of activity you need to prepare for. If you are in 100-mile shape you should be able to complete a multi-day. But concurrent with your physical preparation, it is crucial to be mentally prepared.

Just how are you going to complete this run? Should you run 100 miles the first day and then see how the second day feels? This probably would not be a wise strategy. Instead, break the entire distance up into manageable pieces. For example, when running a 100-miler, it helps to concentrate on making one aid station before thinking about the next. This way the race doesn't look so formidable. In the Run Across Colorado, Helen Klein decided to try to run just over 100 km the first day and get close to 100 km each successive day. This is a distance that is not too intimidating yet definitely a challenge during a long day of running. The key is to set your goal and then make alterations as circumstances change (such as unexpected headwinds, heat, or TV interviews!).

Crew

Your crew is the essential ingredient that can ensure your success. A multi-day takes logistical planning that you cannot control when you are out on the road running: What food should be next? Is the runner drinking enough? Is the runner cold or hot? How are the blisters? Three people are

ideal for a good crew. One person to drive your motorhome and take care of the mechanical problems (the motorhome will break down); one person to handle the food preparation, picture-taking, and cleanliness of the vehicle; and the final person to take care of you: provide massages, dash across four lanes of interstate to bring you your food, drink and extra clothes, tape your legs when all else fails, and administer mental first aid when you step on the dead snake which causes your adrenaline to kick in before the finish line. A good crew can make your run successful. A bad crew can make life miserable or, at worst, cause you to quit the race before the finish line.

During the Run

Start out slow. The faster you start out, the more muscle and liver glycogen you will deplete in the early stages of the race. Restraint is the key word for the first day. Sure, elite runners can run harder right from the gun. In the Run Across Colorado, Marshall Ulrich and Rae Clark went out at record pace in order to try and set a new 48-hour distance standard. They are capable of this type of running. However, for your first multi-day it's wise to start cautiously and let the more experienced runners go.

Lactic acid buildup will occur in your legs but you can keep it to a minimum by running well within yourself (a good physiological reference book is *The Lore of Running*, by Tim Noakes). Walking breaks every two to three miles will be necessary in order to keep moving for the duration of the run. Tom Osler's excellent book, *Ultra-Marathon: The Next Challenge*, is required reading prior to the race. This book explains the usefulness of walking breaks during an ultra. Relax and think good thoughts; sure, that truck is trying to blow you off the highway, but don't let it bother you yet. Save your energy for running.

Eat and drink constantly. In the Run Across Colorado I gained two pounds (my crew each lost six pounds!). I was hydrated at all times and ate small amounts of food at every walking break. I tended to prefer breakfast burritos in the morning and spaghetti or potatoes the rest of the day. PowerBars (or equivalent) definitely work, but they become tiring after several days of running. Soft drinks cause sugar highs that make some people (including me) crash before the next walking break. Experiment with various types of food and drink before you begin your run.

Sleep is good. How much sleep you will need and want during the race is up to you. The better multi-day racers get by on minimal sleep. Helen Klein managed to get by on less sleep than I did and in doing so beat me to the finish line. I was able to run faster than her, but she just ran longer.

Think back to your last 100-mile again if you would. Remember the mood swings that you experienced? I usually go through several mood swings every four or five miles during a 100-mile. In this multi-day, I experienced mood and physical changes several times every 40 or 50 yards! This is the tough part of the run. Some mood swings are due to your decreased blood-sugar level. I resorted to soft drinks at some points just to keep myself moving. Other

mood swings are due to problems with your mental processes. I had trouble concentrating on any one thought longer than several milliseconds during certain parts of the day. Portable Walkmans and pacers can help you through these bad patches by increasing your concentration span.

The most important thing to do during the run is to set very-short-term goals and keep moving toward them. Promise yourself that when you make it to the next reflecting post you will stop and walk, and then break your promise once you get there. Make yourself a new promise to get to the next reflecting post and so on. Just keep moving! Shuffle if you must, but log those miles. Don Choi was 18 miles ahead of me during the later stages of the Run Across Colorado when three of his crew came back and ran with me. They said that Don was shuffling at four mph while I was jogging at about five mph. I was thinking all the time that I was not really going that well, but after hearing about Don's pace I felt great!

The following table compares the distance run vs time spent on the course during my Run Across Colorado:

	Miles Run	Hours Running	Mph
Day 1	63	12.5	5.0
Day 2	54	13.5	4.0
Day 3	52	14.0	3.7
Day 4	49	14.5	3.4
Day 5	46	16.0	2.9
Day 6	45	16.0	2.9

As you can easily see, each successive day's distance decreased while the time spent running that distance increased. The start of a new day's run brings with it a time of discovery. Knees ache, Achilles tendons scream, blisters swell, and constant dull pain lasts for the first three to six miles. Once a running rhythm can be established, the pain subsides somewhat, and movement becomes easier. But as the table clearly shows, mileage tends to decrease as the days progress.

Final Thoughts

As you can see, there are many factors which must be addressed when running a multi-day: pace, food, drink, sleep, crew, and of course, aches and pains. Logistically, a run across a state is far more complex than running on a closed loop course such as at Gibson Ranch. There are pluses in each type of race: cross-state runs provide more scenery but also present terrain, logistical, and weather problems; closed-loop courses are very terrain controlled and provide the runner with access to food and medical help at short intervals. Both types can be as exhilarating as 100-mile trail races but much more physically and mentally demanding. These runs will stretch the limits of your very being and then demand even more effort the next day. However, once you have accepted the challenge and succeeded in overcoming all of the mental and physical effort to reach the finish line, a new outlook on ultrarunning will greet you. It's yours for the taking!

RUNNING SANDALS

Lundon

An American development in sports footwear which will be of interest to Ultrarunners is the sports sandal. This sandal was originally developed for white water rafting. When you fall out of a raft in that white water you don't want a shoe-full of water to hamper your movements, but you do want something to give you a good grip on the rocks and something which is firmly attached to your foot. From this beginning the sandal was developed for other branches of sport. I understand styles are available for leisure, bush walking, running & rock climbing as well as rafting & canoeing. Sizes are available from junior to adult.



The feet & sandals in this picture had just finished a 14k. run on a hilly track in the You Yangs (Vic) over gravel roads. The owner says he had no problem handling the steep uphill or long downhill with the sandals nor did the gravel cause any problem. Mike Richards is no plodder, he moves quite fast and he has worn these sandals under a variety of conditions. He has made just one modification, a metal part was bruising the ankle & he added some padding to prevent this. He claims the soles have a very good adhesive quality on all sorts of terrain. This may be a hangover from the white water rafting design of the original.

I have examined these sandals & they do seem to be very firm on the feet. Surprisingly though, they are not light. The soles are quite thick & the harness arrangement and metal parts add to the weight. (But no heavier than a well padded running shoe). The fastening system is Velcro & is adjustable in several dimensions. Metal loops which connect the rear vertical & horizontal straps are positioned just at the ankle on either side & this is where problems can develop from friction against the foot.

I checked with Paddy Pallin & the price they are asking is \$79 per pair. Cheap for a running shoe these days. The pair in the picture above were purchased directly from America & cost more than this.

TEVA SPORT SANDALS

New Teva Sport Sandals designed to handle the rigours of the great outdoors, comfortable and fun to wear. Featuring the proven Teva strapping system.

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THE LEADERS IN ADVENTURE

Captain Barclay — Nineteenth Century Super Ultrarunner

Reprinted from "Ultrarunning", June, 1991

by Andy Milroy

Imagine a man capable of picking up a 250-pound man with one hand and placing him on a table. A man who was reputed to have walked 30 miles grouse shooting, then returned the 60 miles home on foot to get on with his normal affairs, and who on the following day walked 16 miles to a dance and back, getting home at 7:00 a.m., and thereupon went partridge shooting. One hundred and twenty miles in 48 hours without sleep, just for fun! A man who is said to have driven a mail coach from London to Edinburgh in two days without giving up the reins for a single stage, only stopping for meals. Such a man was Robert Barclay Allardice, better known as Captain Barclay. It is hardly surprising that he was the most famous athlete of his day, perhaps of the whole of the 19th century.

Robert Allardice was born in August, 1779, and his athletic career started a mere 17 years later. He entered a match to walk six miles in an hour, "fair heel and toe," for 100 guineas, which he won. He rapidly increased the distance of his wagers and three years later he successfully undertook the task of walking 150 miles in two days, from Fenchurch Street in London to Birmingham, by way of Cambridge. A few days later he returned to London, this time via Oxford, and again in two days.

The following year Captain Barclay undertook his most important wager so far; he agreed to attempt to cover 90 miles in 21½ hours for a bet of 500 guineas. A Mr. Fletcher, a well-known sporting man, wagered against him and collected an easy 500 when Barclay caught a bad cold and couldn't start on the day appointed. Barclay was not discouraged and the following year he again wagered with Fletcher that he would complete the 90 miles within the time. On this occasion the bet was for 2,000 guineas. The young Barclay reached 67 miles in 13 hours but recklessly drank some brandy and became sick and conceded the bet. Unfortunately, after two hours rest he had recovered and could have easily completed the distance in the time left.

He still did not give up and decided to go into training. He undertook a time trial in very bad weather, with mud up to his ankles. Despite the conditions he completed 110 miles in 19 hours and 27 minutes. Barclay decided he was ready. This time the bet was for 5,000 guineas. He and Fletcher arranged for a mile to be measured on the York-Hull road and a post was fixed. A pace and a half were needed to round the post, but this was not to be included in the distance. People were stationed at the post to note the rounds and ensure the feat was fairly performed. At 12:00 midnight on the ninth of November six stopwatches were set and put into a box which was sealed. This was the signal for Barclay to start. He was never in difficulties and finished the 90 miles in 19:52:04.

In the next few years Captain Barclay proved that he was not only endowed with great stamina but was a great all-around athlete. In 1802 he ran 440 yards in 56 seconds, and in 1804 he beat a swift runner, John Ireland, over a mile in 4:50. He also excelled at field events — few men were able to match him at quoits, a discus type event, or at the Scottish heavy events of throwing the 56-pound weight both for distance and height. In the latter event he achieved 15 feet which compares well with the current record of 17 feet two inches.

But it is his feats in the ultra-long distance events that are best remembered. His walking in these was not "fair heel and toe"; it was accepted in those days for long-distance walkers to run to ease cramps, so his progress would best be described as "go as you please." He can perhaps be regarded as a pioneer of the 100-km event, although he would not have realized that (the km had only just been adopted by the French). In November, 1800, he walked 64 miles (just under 103 km) in 12 hours in a time trial, and two years later covered the same distance, this time from Charing Cross to Newmarket, in ten hours for a wager. If the latter time is correct it was to be many years before the distance would again be performed at such a pace. In December, 1806, he tackled 100 miles on what was reputed to be the worst road in the country. He went from his home at Ury (near Stonehaven) to Crathynaird (near Balmoral Castle) via Aboyne, and then back again. He covered the first 28 miles to Aboyne in four hours, and then rested for ten minutes. He then proceeded to Crathynaird where he stayed for 50 minutes, before returning to Aboyne. He refreshed himself there for half an hour before returning home, completing the whole distance in 19 hours. With him on his walk was his groom, William Cross, who was a noted pedestrian in his own right.

A 24-hour challenge

Barclay was also involved in what may have been the first 24-hour race. His opponent was the other great pedestrian of the period — Abraham Wood. Wood, of Mildrew in Lancashire, was the greatest long-distance runner of his day, being described not only as a swift runner, but as possessing "good wind and great bottom." He had run 20 miles in 2:05, and 40 miles in 4:56:30, the latter so quick that few horsemen could keep up with him. He had run without shoes or stockings, wearing just flannel drawers and a jacket.

When the match with Wood had first been proposed, Barclay refused, partly because Wood was a professional runner and partly because Wood had no one to put up a big enough stake. Eventually a Spitalfields publican came forward to back Wood with 150 guineas. The race was to be held on the Newmarket-London Turnpike — one mile was roped off and both competitors were to run on the same course. Barclay was to be

allowed a 20-mile handicap and the match was for 600 guineas a side.

The event was looked forward to with great excitement. People poured into Newmarket the day before. All the inns were full and would-be spectators had to pay handsomely for accommodation even in stables. In the weeks before Wood had been the 10-9 favorite, but just before the start Barclay had come to five to two in the betting.

At the start at 8:00 on the morning of October 12, 1807, both men were dressed similarly in flannel with no legs to their stockings. Wood went eight miles in the first hour, reaching 20 miles in 2:41. He had some refreshment at 24 miles, then amid great controversy he resigned the match after covering 40 miles in 6:20. At that stage he had begun to make inroads into the 20 miles Barclay had been allowed. His retirement was apparently due to having been given liquid laudanum by some "friends." His backer, the newspapers of the time said, had never been known to wager 20 guineas before, let alone 150, and on the day of the match he was putting money on Barclay to win, so it probably isn't necessary to look too far to find the poisoner.

The whole unsavory episode cast a shadow over both men's reputations. Wood had been in very good form; he had gone 50 miles in seven hours in training in wet conditions, before stopping while still fresh to avoid injury. However, in the opinion of the experts of the time, it would have been very unlikely that Wood could have won. Remembering Barclay's walk in training for the third Fletcher match when he covered 110 miles in under 20 hours, they thought it probable that Barclay would cover 135 miles, thus forcing Wood to accomplish 155 miles to win, which would have been beyond him. Another match was arranged between the two men, but it never came off.

Before we look at Barclay's greatest feat, it is worth discovering how he trained. To start with, he benefitted from the early conditioning that we now associate with African athletes. The runners of the early 19th century were used to travelling on foot from an early age, as it was only the favored few who could afford horses or coaches. It was said of Barclay himself that he preferred walking to any other means of transport and "except when hunting he is seldom on horseback." The training that Barclay underwent in preparation for his exploits was to be very influential and versions of it were used for over a century. The athlete was first purged by drastic medicines, then he was sweated by walking under a load of clothes, and by lying between feather beds. His limbs were roughly rubbed. His diet consisted of beef or mutton, his drink strong ale, and he was gradually inured to exercise by repeated trials in walking and running. The sweating and time trials continued until the completion of training, and if considered necessary so were the purges. It is not surprising that one writer in 1890 commented, "Such training, if carried into effect, is calculated to send a man to his grave, rather than the cinder path." It is a testimony to Barclay's toughness that he thrived on such a regime. He took care over his dress for pedestrian contests. On his 90-mile walk he wore a flannel shirt, flannel trousers, and a night cap, and he took the time to change his

clothes and refresh himself at intervals. He always took good care of his feet, shifting his woolen stockings frequently and wearing large, thick-soled shoes. His style of walking was economical, a sort of lounging gait, without apparently making any great effort, "scarcely raising his feet more than two or three inches above the ground."

1,000 miles in 1,000 hours

In October, 1808, Captain Barclay made a match with Mr. Wedderburn Webster for 1,000 guineas to walk 1,000 miles in 1,000 successive hours. This may not seem a very arduous undertaking, but there was one condition which made it a very difficult feat — Barclay had to walk one mile in *each and every hour* for 41²/₃ days. Several famous pedestrians had attempted this exploit, to be defeated not only by the distance and the exertion but by the lack of rest and sleep which caused them to quit with swollen legs and loss of weight.

Barclay started the walk on June 1, 1809, on Newmarket Heath. The first 11 or 12 days proceeded without difficulty, but he began to get pains in his legs from the 13th day, slight at first but gradually becoming more and more painful. The bad pains in his legs were augmented by a toothache on the 23rd day, and by the 26th day he was very ill and very stiff. He found great difficulty in walking and complained much about the pain. By the 32nd day, after resting he could rise only with help, and he needed so much

time to walk that he had little opportunity to rest. Two days later he could not move without crying out and walked in a shuffling manner, "and could not mend his pace if it had been to save his life." To have seen him on the 35th day, one would have thought it impossible to continue, he was so fatigued and in such agony, "the spasmodic affections in his legs were particularly distressing," but Barclay was determined to finish. To show the state such stress can produce, Peter Van Ness, after finishing 1,718 half-miles (of the planned 2,000 in 2,000 half-hours) in 1879, shot his trainer in the arm and then fired at everyone he came in contact with before collapsing unconscious. He then went on to complete his task!

By the 41st day it was clear that Barclay could not go on much longer but fortunately his ordeal was to end the next day. A huge crowd was there at the finish to see him successfully complete the 1,000th mile in the 1,000th hour. The crowd was so large that it was necessary to rope off the ground and several pugilists who had been supported by Barclay in their fights assisted to keep off roughs. His first mile had taken him 12 minutes, his last took 22. He had lost over 35 pounds in weight but he had won 16,000 pounds in wagers (which would be worth \$360,000 nowadays) After the finish he had a bath and then slept for 17 hours, after which he got up and, free from pain, went for a long walk about Newmarket including four hours on the race course!

The great pedestrians of this period — Foster Powell, Abraham Wood, and of course Barclay himself — did a great deal towards establishing many of the long-distance events. But it was his 1,000-mile walk that was to be copied as often as any, with many variations. An exact repetition of his feat was called "a Barclay match." Wilson, Weston, and others attempted the 1,000-mile record; Eaton, Weston, and Gale tried to walk as far as possible in 1,000 hours; a few tough individuals attempted to repeat and surpass Barclay's actual feat — Richard Manks with one mile every half hour for 1,000 miles, Peter Van Ness half a mile every half an hour for 2,000 successive half hours, and William Gale one and half miles every hour for 1,000 successive hours. Recently the "Barclay match" has been revived in Australia.

Captain Barclay's athletic career did not end with his epic walk — he was to run his last race in Hyde Park in 1813. The end of the great era of gentleman athletes competing for wagers was to follow soon after with the depression that marked the end of the Napoleonic Wars. Barclay was to live to see the next great age of long-distance endeavor in the 1840s. It is typical of the man that he should not succumb to the illness and old age that carry off most mortals — he died in 1854 at the age of about 75 after being kicked by a horse.

From the Big Apple: The Use of Sound

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by Nathan Whiting

There is the pat or slap or thud of our feet and the whir or gasp of our lungs. Perhaps an elbow rubs against the shirt. All else seems silent. The muscles slither in their various streams. The bones reach and return with the unspoken grace of bent skyscraper girders. The organs hide in their secret holes, presumably active at their various functions. Now and then a nerve lights up with an urgent or constant message, but doesn't vibrate aloud in the instants which insist we know. The brain does send wave after wave of words more voiced than print, yet more silent than any whisper, as they brush past the nerves which record sound but hear nothing. Spread within the miles of our silent selves is the ability to make sound, an ancient voice tuned in relation to our every motion.

A conversation during a long run or race, be it a minute long or hours, lifts the spirits and focuses our progress. Is it merely the distraction, a break in our isolation, or does the sound itself effect us? Is our voice so familiar a part of our operation that it can enter our effort with its vibrations and give us energy and efficiency?

There are runners who jabber, runners who yelp, runners who sing, runners who scream in the night. There are runners who voice their breaths, who grunt, moan, wheeze, and peep. While 48-hour champions like Ray Krolewicz and Al Prawda often

use their voices as they race, there are others who run to win with the silence of prolonged meditation.

We are sometimes told to keep quiet when we run so as not to waste valuable energy. The voice does take a little energy, but it can also give us strength. It's sound can lift our spirits, keep us company, improve our posture, help control the breath, and soothe pains, for voice is a true kineshetic awareness. To talk or sing lightens the mental pressure and releases the mind's grasp around pains, relaxing over concentration because it is too difficult to use the voice and control our body at the same time.

Posture. A tired runner bends. A bent runner is inefficient and tires. A few words or even a moan tends to lift the body and reduce its density. You can try this. Walk around in a poor posture. Then use your voice and let it straighten you. A bent body doesn't sound right. A drooped head won't let the sound out clearly. A depressed stance laughs at itself when filled with sound.

The organs. Twenty feet of intestines, heart, hard empty stomach, liver, and so on have weight. After a few hours of bouncing up and down they tend to settle, fall out of place, forgotten. Tubes constrict, functions are stressed. The organs are known to respond to vibrations from your own voice. Speak right down into the intestines. Let the sound enliven and give body to the abdomen. Let the muscles speak themselves into action, openness, and ease. Rattle the diaphragm and kidneys. Resonate from the

heart. Buzz the brain with vocal massage and say hello. This use of sound can be practiced not only as you train and do exercises and stretches, but also lying down with your eyes closed before or after you sleep.

Breath. The breath constricts and tires after a while. It grows too shallow or quickens and pants. The ribs and diaphragm become walls instead of bellows. Sing a song. Let the body become a huge accordion and play its notes. Talk to someone. Forget that breath is muscular and you must force air in. The lungs are actually deeper and more efficient if the air simply comes in from its own energy and timing. Sound can help allow this. If you are gasping for air, climbing a hill or sprinting to the finish, even the faintest sound will slow the out-breath. Many runners throw the air they have worked so hard to bring in right back out. A sound can let it stay just long enough to be used. The in-breath is then easier and less forced.

Finally, sometimes you are simply lonely, simply tired, simply exhausted, simply discouraged, simply about to give up. Sing yourself a song. Tell yourself a story. Say a little mantra like "I can do it," or "Go on, go on." Don't be embarrassed. Even if you're so defeated all you can do is groan, then groan. After a few minutes you'll have to break out and laugh at yourself and laughter is the one sound you can make with the most amazing curative powers.

(Thanks to my teachers Barbara Hoffenring, Joan Skinner, and Sara Pearson who taught me how to move with sound.)

From the Big Apple: Taking Time to Feel the Emotions

Reprinted from Ultrarunning, April, 1991

by Nathan Whiting

I can't say whether the emotions of ultrarunning are unique or even highly unusual, but for most of us they are feelings and experiences we don't find in our normal lives. They lure us back because they are not easily grasped, or they change and take on new forms and variations, or we become, with experience, more able to reach their depths. While most runners are quite verbal and able to express themselves, there is very little talk of what we *feel*. It's too personal, too difficult, too far beyond words. Perhaps we are not trusting enough. Too bad. I would rather hear what runners experienced and learned about themselves on a long run than their time or what their strategy was. Our record, splits, tactics, and technical advances are a small part of what has happened inside and among us, a tiny piece of our story and lesson to others. We have struggled an incredible number of hours to explore ourselves. We have suffered for what we've learned. It is important that these deepest experiences be kept, told, and recorded along with our more superficial results. This article must be about my own emotions. It is thus about an incomplete project and a personal set of problems. Hopefully it will give you a way to look at and speak more fully of your own experiences.

It is the middle of the night. The distance being run is 100 miles or more. This finish is hours away. Fatigue curls all the little hairs of our muscles, curls the longer hairs of our minds, and bends the infinite lines which run through our very existence. Time has stepped off its usual machine to walk a while, then stop. Only our effort moves time at all. A lap around a track is a journey for chapters in an epic. The tree ahead on the trail arrives with a tree's usual haste. The pain has become familiar. Its voices rise and fall in the chorus of body parts. The knee explains great worries for a few yards, then the hip, the lungs, the feet again. It is a solid real chorus of pains.

What happens is not just despair. There is also a sense, or even two, of elation, one for the journey and a deeper, more meditative joy for the intense look into myself. There is also something tragic, of feeling tiny in the great night, and the nearness of defeat. Suddenly a joke comes. I might even laugh. A giddiness, a sadness, a horror, a peace, events from our lives, the sameness of our universe, all swirl together. There are fears and confidences. These emotions can come at once, together, and last eternities. Sometimes one or another dominates. They blend, separate melodies played at the same

time. Usually the emotions are abstract or related to the race, but some come from our lives, our spouses and children, our jobs, successes or failures. It is not strange to see a runner openly cry or become suddenly elated and say, "I remembered something."

What I remember from my races are intense periods where emotions dance before me, stalled in time so they can be examined in new ways, almost there to be turned over in my hands. I often found these emotions hard to feel as if separate or belonging to someone else. I would like to look at three things. Why are the emotions hard to feel? What is the role of pain in exposing emotions? Where are emotions held in the body?

It is odd to observe emotions and not feel them, but it's something I notice in myself and others. Part of the reason is because the effort and concentration of battling pain distracts us, or causes us to distance ourselves from our bodies, to take the role of a detached observer. (This distraction can also lower our guard and allow emotions to appear.) Another reason is we control our hormones. Emotions cause a release of hormones. The runner must balance them. If we feel *excited* we deplete adrenalin and tire ourselves with a surge of energy. If we *feel* tragic we release insulin and burn off our sugar and so on. Our training has taught us to be emotionally careful, so we hold our inner pace as well as the outer. (The reverse is also true. We find emotions because our hormones drift off balance, deplete, or are forced to produce.) Another reason is we are just too tired to feel them. We know they're there. They are more obvious than a dream, but we haven't the strength to play with them. To me, this sense of having but not feeling emotions forms the loneliest moments of running, perhaps of life. They can be terribly isolating and heroically hard to wade through. They are perhaps the reason running is legendary for loneliness.

Pain is interesting. If nothing else, it is reality. If we have enough pain our doubts about what is real or not suddenly vanish with urgency. If we feel sad or happy or gallant, the pain tells us it is a real sadness, happiness, or gallantry. This is where life cheats many people. They feel emotions without a way to trust them. To me the great joy of pain is the reality and trust we find in emotions. We may not feel them completely, but the wisdom of what they are is true.

Dancers often find, during detailed stretches, areas or places in their bodies where strong emotions are unexpectedly released. It is very modern to think emotions live in and come from the brain, but from ancient times the body has been seen as the seat of emotions. Runners don't do a lot of deep stretching, but we enter the same, hid-

den places in our own way. Pains occur where they occur, and they gain our attention. We find places far within that we never met before or expected. We may find many in a single race. Are these spots where emotions come from? The next time you have a deep new pain, notice what emotions come with it. It *isn't* all in your head. Realizing your bodily connections can help you deal with and control the hard parts of an emotionally trying race.

I noticed the splitting and piling of emotions in my first ultra, a 50-mile in 1978. In some ways the sudden surge and variety of feelings as I ran the last few miles were the strongest I have felt. Perhaps this has happened to others; perhaps the reason we run farther and faster is to regain the intensity and unexpectedness we felt at the start. In this way we are like addicts who need stronger and stronger doses to chase the elusive wonder of the first high. I would rather think we merely explore deeper like scientists who have made the easy discoveries and must find a way to find the details — learn the details of ourselves, to be more alive, to sense the nature of our true selves in or beyond this world.

What do I ask of you? Only to notice, to experience, to record or speak of feeling if you can. (Pain and the emotions near it are very hard to remember.) Most of all feel the emotions you watched dance around and through you. Allow them their existence. You have paid the fare.

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All-Time Ultra Bests

Below are some all-time lists for the most common ultra events. **Marks set in 1991 are listed in italics.** In order to make the lists as informative as possible, we have combined road and track performances, as well as certified and uncertified performances, with the exception of the 100-km event. Because of the variety of courses used for 100-km races around the world, we give two lists, one for those that have been measured by calibrated bicycle, the method needed for U.S. certification, the other for the rest.

We no longer include estimates based on pace at a longer distance, and so some noteworthy marks are omitted. For example, Ian Thompson ran a 5:15 for 54+ miles at the 1980 London-to-Brighton: that same pace would yield a 50-mile time of 4:50:30.

We do include among the bests for North America any performances by North American residents, even if they are not citizens of the region. In such cases, there is an apostrophe after the name.

If you know of any corrections or additions to these lists, please let us know.

Thanks to Andy Milroy, Heinz Klatt, David Blalick, Trishul Cherns, and Dan Brannen for continually providing invaluable data.

Legend

- # = current ratified U.S. record
- R = road in otherwise track list
- I = indoor
- T = track in otherwise road list
- s = split in longer event
- * = uncertified road course or no lap times taken
- ^ = incomplete lap recording (only to minute)
- ' = resident alien
- ? = questionable mark (e.g., no documentation, drug-aided)

1,000 Miles

Men	
Yiannis Kourou,GR	10+10:30:35
Stu Mittleman,US	11+20:36:50
Al Howie,46,GB	12+01:42:52
Siggy Bauer,41,NZ	12+12:36:20
John Ball,SA	13+01:00
Marty Sprengelmeyer,45,US	13+07:19:41
Trishul Cherns,CAN	13+07:50:45
Tom Possert,US	13+14:02:52
Stefan Schlett,GER	13+16:11:06
Ian Javes,47,AU	13+18:35:50
Michel Careau,47,CAN	13+21:31:53
Alan Fairbrother,49,GB	13+22:48:08
Isman Spas,HUN	14+02:07:33
John Wallis,52,US	14+09:45:04
Dan Coffey,54,GB	14+10:44:50
Tony Rafferty,47,AU	14+11:59:04
Ronnie Wong,44,US	14+12:48:25
Charlie Eldel,44,US	14+16:52:41
Pat Farmer,AU	14+18:27:47
Bruce Holman,41,US	14+20:16:42
Arpan DeAngelo,US	14+22:16:45
John Dowling,57,IR	14+23:41:20

Women	
Sandy Barwick,NZ,42	12+14:38:40
Antonia Loe, CAN	13+23:18:32
Suprabha Schecter,US	14+20:18:24
Ch. Vollmerhausen,57,GER	16+01:59:40
Renate Nierkens,GER,47	16+11:19:54
Eleanor Adams,GB	16+22:51

6 Days

All-time, men	
Yiannis Kourou,GR	639
George Littlewood,GB,1888	623 1320
James Zare,46,GB	622 508
Bryan Smith,45,AU	622 435
James A. Cathcart,US,1888	621 1320
Patrick Fitzgerald,US,1884	610
Gilbert Matnix,51,FR	609 775
Jean-Gilles Boussiquet,41,FR	605 1691
Daniel Hart,US,1888	605
Charles Rowell,GB,1884	602
George Zabel,GB,1882	600 220
Ramon Zabalo,FR	593 64

Gus Guerrero,US,1888	590
Patrick Macke,GB	579 207
Robert Vint,1881	578 605
Stu Mittleman,US	577 1100
Tom O'Reilly,GB	576 675

Uncertified additions

Yiannis Kourou,GR	658 1144
David Standeven,AU	628 352
Kevin Mansell,AU	628 352
Richard Tout,NZ	589 1199

World track record	
Yiannis Kourou,GR	635 1385

Modern, men

Yiannis Kourou,GR	639
James Zare,46,GB	622 508
Bryan Smith,45,AU	622 435
Gilbert Matnix,51,FR	609 775
Jean-G. Boussiquet,41,FR	605 1691
Ramon Zabalo,FR	593 64
Patrick Macke,GB	579 207
Stu Mittleman,US	577 1100
Tom O'Reilly,GB	576 675
Dusan Mravljic,YUG	568 319
Siegfried Bauer,42,NZ	583 1245
Maurice Taylor,41,AU	555 890
George Gardiner,40,US	554 72

Modern, men, North America

Stu Mittleman	577 1100
George Gardiner,40	554 72
Brian Purcell	543
Trishul Cherns,CAN	538 189
Marty Sprengelmeyer,41	516 960
Al Howie,46	514
Don Choi	511 596
Robert Perez	501 893
Michel Careau,48,CAN	500 1452
Al Prawda	500 1233
David LaPierre,51,CAN	480 727
Charlie Eldel,43	477
Bill Schultz	475

U.S. all-comers record	
Yiannis Kourou,GR	635 148

Age groups, world	
40-44 J.-G. Boussiquet,FR	605 1691
45-49 James Zare,GB	622 508
50-54 Gilbert Matnix,FR	609 775
55-59 Gerry Riley,AU	449 1536
60-64 Cliff Young,AU	536
65-69 George Perdon,AU	522 1664
70-74 Cliff Young,AU	416 998

Age groups, U.S.	
40-44 George Gardiner	554 72
45-49 Cabit Yeter	468 417
50-54 Michael Allen	473 440
55-59 Clarence Richey	438 880
60-64 Richard Cozart	387
65-69 Willie Rios	382 1454
70-74 Willie Rios	298

All-time, women	
Sandra Barwick,NZ	548 558
Eleanor Adams,GB	538 582
Donna Hudson,US	487 1585
Edith Couhé,41,FR	479 968
Georgina McConnell,AU	459 234
Suprabha Schecter,US	459
Renate Nierkens,GER	458 1056
Cynthia Cameron,AU	458 1006
Lorna Richey,US	457 345
Madame Du Pree,US,1882	456
Antonia Loe, CAN	452
Pippa Davis,41,US/GB	450
Silvia Andonie,MEX	450

Uncertified additions	
Mary Hanudel,US	486 1056

Women, North America	
Donna Hudson	487 1585
Mary Hanudel	486 1056
Suprabha Schecter	459
Lorna Richey	457 345
Madame Du Pree,1882	456
Antonia Loe, CAN	452
Pippa Davis,41	450
Silvia Andonie,35,MEX	450
Sue Medaglia,49	411 1623
Karina Nequin	400 220
Myra Linden	312 880

Age groups, world	
40-44 Sandra Barwick,NZ	548 558
45-49 Renate Nierkens,GER	458 1056
50-54 Barbara McLeod,CAN	393
55-59 Ch. Vollmerhin,GER	431
60-64 Françoise Lamothe,FR	402 1582
65-69 Helen Klein,68,CA	340

Age groups, U.S.	
40-44 Vivian Corres	266 440
45-49 Sue Medaglia	411 1623
50-54 Janet Johnson	371
55-59 Myra Linden	340 440
60-64 Samara Minoli	310
65-69 Helen Klein	340

48 Hours

All-time, men	
Yiannis Kourou,GR	281 48
Valeri Goubau,SU	265 1187

Ramon Zabalo,FR	260 1717
Gilbert Matnix,FR,54	259 427
Charles Rowell,GB,1882	258 220
Jean-G. Boussiquet,41,FR	255 182
Richard Tout,NZ	253 914
John Hughes,US,1882	251

Modern, men

Yiannis Kourou,GR	281 48
Valeri Goubau,SU	265 1187
Ramon Zabalo,FR	260 1717
Gilbert Matnix,FR,54	259 427
Jean-G. Boussiquet,41,FR	255 182
Richard Tout,NZ	253 914
Richard Brown,GB	249 526
Bryan Smith,AU,46	240 172
Brian Purcell,US	240
Gilbert Roger,FR	240
Colin Dixon,44,GB	239 701
David Dowdle,GB	238 1122
Roger Quemener,FR	238 1056
Patrick Stimonet,FR	233 107

All-time, North America

John Hughes,1882	251
Brian Purcell,US	240
James A. Cathcart,1638	238
Frank Hart,1877	232 440
Scott Demaree	230 704
Jack Chrisman	227 584
Don Choi	227
Patrick Fitzgerald,1883	226
Ray Krolewicz	224 1731
Al Prawda	224 1177
Dan Brannen	223 135
Doyle Carpenter,48	219 1689
Richard Lacouse,1881	218 352
Edward Weston,40,1879	218
Dan Herty,1882	217 660
Charles Harriman,1883	216
Stu Mittleman	215 1540
John Sullivan,1882	215
Ephraim Clow,1881	215
George Gardiner,40	213
Roe Clark	212 176
Peter Panchot,1883	212
Robert Vint,1883	211

U.S. all-comers record	
Yiannis Kourou,GR	266 578

Age groups, world	
40-44 Valeri Goubau,SU	265 1187
45-49 Alan Fairbrother,GB	221 704
50-54 Gilbert Matnix,FR	259 427
55-59 Gilbert Matnix,FR	254 1564
60-64 George Perdon,AU	198 146
65-69 Phil Latulippe,CAN	150 1689
70-74 Willie Rios,US	138

Age groups, North America, modern	
40-44 Al Prawda	224 1177
45-49 Doyle Carpenter	219 1689
50-54 Phillip Parker	188 1073
55-59 Ed Williams	179 357
60-64 Dictino Mendez	179 1350
65-69 Phil Latulippe,CAN	150 1689
70-74 Willie Rios	138

All-time, women	
Hilary Walker,GB	227 1302
Arlette Touchard,44,FR	215 1543
Angela Mertens,BEL	214 1196
Marianne Savage,GB	213 1092
Eleanor Adams,GB	207 988
Sandra Barwick,NZ	202 1589
Silvia Andonie,MEX	195 1760
Edith Couhé,40,FR	195 167
Ch. Vollmerhausen,55,GER	193 1563
Bev Williams,CAN	191 1470
Sandra Brown,GB	190 1380
Françoise Lamothe,62,FR	190 48
Donna Hudson,US	189 693
Christine Gray,GB	188 385
Marcy Schwam,US	187 1406
Suprabha Schecter	185
Rosalind Paul,GB	186 623
Annie van der Meer,HOL	183 1082
Ann Sayer,45,GB	182 1326
Christine Barrett,GB	181 556
Eileen Eliot,45,US	180 1584

All-time, North America, women	
Silvia Andonie,MEX	195 1760
Bev Williams,CAN	191 1470
Donna Hudson	189 693
Marcy Schwam	187 1406
Suprabha Schecter	185
Eileen Eliot,45	180 1584
Barbara McLeod,52,CAN	177 137
Antonia Loe, CAN	175
Easte Garrett,41	170
Mary Ann Miller,50	169 1335
Kay Moore,44	164 936
Kim Cavanagh	161 75
Lorna Richey	160

Age groups, world	
40-44 Arlette Touchard,FR	215 1543
45-49 Angela Mertens,BEL	214 1196
50-54 Barbara McLeod,CAN	177 137
55-59 Ch. Vollmerhin,GER	193 1563
60-64 Françoise Lamothe,FR	190 48
65-69 Françoise Lamothe,FR	169 880

Age groups, North America	
40-44 Easte Garrett	170
45-49 Eileen Eliot	160 1584
50-54 Barbara McLeod,CAN	177 137

55-59 Mary Ann Miller	145 1531
60-64 Jan Richards	127 880
65-69 Helen Klein	130 858

24 Hours

All-time, men

Yiannis Kourou,GR	178
Wolfgang Schwerk,GER	171 1106
Bernard Gaudin,FR	170 1231
David Dowdle,GB	170 974
Hans Erdmann,GER	170 580
Jean-G. Boussiquet,FR	169 705
Don Ritchie,47,GB	166 1203
A. Komissarenko,SU	165 500
Rae Clark,US	165 427
Mark Pickard,GB	163 1249
Valeri Goubau,SU	163 510
Rune Larsson,SWE	163 346
Richard Tout,NZ	163 286
Ron Teunisse,HOL	162 632
Park Barner,US	162 537
James Zare,42,IRAN/GB	162 454
Peter Samulski,GER	162 343
Helmut Schieke,GER	162 198
Valeri Christenok,SU	161 1176
Mike March,AU	161 1067
Ron Bentley,42,GB	161 545
Victor Suborn,SU	160 1476
Peter Mann,GER	160 670
Marcel Foucat,FR	160 555

World track record	
Yiannis Kourou,GR	176 388

All-time, North America

Rae Clark	165 427
Park Barner	162 537
Bernd Heinrich,43	156 1367
Cahit Yeter,46	155 1182
Roy Pirrung,41	154 313
Peter Holubar,CAN	150 1659
Al Howie	150 354
John Hughes,1882	150
Tom Possert	147 247
Brian Purcell	146 1584
Nick Marshall	146 528
Don Jewell,46	145 1115
Robert Van Deussen	145 408
Scott Demaree	143 704
Lion Caldwell	143 392
Ed Foley	143 238
James Edmonson	143
Steve Warshawer	142 598
John Prewitt	142 383
Marshall Ulrich	142 153
Luis Rios	140 756
George Gardiner,40	140 400

U.S. all-comers record	
Yiannis Kourou,GR	178

Age groups, world	
40-44 Hans Erdmann,GER	170 580
45-49 Don Ritchie,GB	166 1203
50-54 Peter Samulski,GER	162 343
55-59 Dave Cooper,GB	155 676
60-64 Max Courtillon,62,FR	149 91
65-69 Cy McLaughlin,NZ	130 999
70-74 Ernie Warwick,GB	109 171
75-79 Ernie Warwick,GB	103 651

Age groups, U.S.	
40-44 Bernd Heinrich	156 1367
45-49 Cahit Yeter	155 1182
50-54 Gard Leighton	136 1470
55-59 Richard Roder	139 429
60-64 Carlton Mendell	125 1044
65-69 Ross Walter	108 123
70-74 Edson Sower	107 655

65-69 Cy McLaughlin,NZ	130	999
70-74 Ernie Warwick,GB	109	171
75-79 Ernie Warwick,GB	103	651

Sylvia Andonie, MX	124	R
Lynn O'Malley, 41	123	1108
Kay Moore, 42	122	186 R
Beverly Williams, CAN	120	649
Linda Elam, 43	118	1468
Pat Remmer	117	R
Sue Kahler	116	676
Georgette Cooper	115	813
Marcy Schwam	113	1183
Nancy Crawford	113	1102
Barbara McLeod, 51, CAN	113	1126 T

U.S. Track record
Sue Ellen Trapp, 45 136 946

Age groups, world		
40-44 Eleanor Adams, GB	149	411
45-49 Angela Mertens, BEL	144	395 R
50-54 Gisela Fricke, GER	130	781 R
55-59 Gerda Schroeder, GER	119	140 R
60-64 Françoise Lamothe, FR	114	760 R
65-69 Helen Klein, US	109	880

Age groups, North America		
40-44 Sue Ellen Trapp	136	1514 R
45-49 Sue Ellen Trapp	136	946
50-54 Barbara McLeod, CAN	113	1126
55-59 Ruth Anderson	110	439
60-64 Helen Klein	105	1294
65-69 Helen Klein	109	880

200 Km

All-time, men		
Yiannis Kourou, GR	15:11:10	s
Don Ritchie, GB	16:19:16	s
Wolfgang Schwerk, GER	16:20:51	Rs
Martin Daykin, GB	16:20:46	s
Jean-Marc Bellocq, FR	16:26:00	Rs

All-time, North America		
Rae Clark	16:55:13	s
Cahit Yeter, 46	17:44:27	s
Roy Purnig, 43	18:05:35	s
Peter Holubar, CAN	18:28:58	s
Bernd Heinrich, 43	18:30:11	s
Robert Emmons	18:50:40	Rs

Age groups, world		
40-44 Ron Bentley, GB	16:53:00	s
45-49 Don Ritchie, GB	16:19:16	s
50-54 Hehnut Schieke, GER	18:16:15	Rs
55-59 Dave Cooper, GB	19:16:16	Rs
60-64 Max Courtillon, FR	19:42:13	s
65-69 Cy McLaughlin, NZ	22:41:00	s

All-time, women		
Eleanor Adams, 42, GB	19:00:31	s
Ann Trason, US	19:22:05	Rs
Hilary Walker, GB	20:05:50	Rs
Marianne Savage, 40, GB	20:26:53	s
Angela Mertens, BEL (45-49)	20:39:05	s
Monika Kuno, GER	20:43:42	s
Sandra Barwick, NZ	21:05	s
Sue Ellen Trapp, 45, US	21:08:47	s
Lynn Fitzgerald, GB	21:38:40	s
Wu Wing-Yee, HK	22:01:24	s
Ros Paul, GB	22:03:48	s
Edith Couhé, FR	22:08:56	s
Waltraud Reiser, GER	22:10:59	Rs
Sandra Brown, GB	22:32:09	Rs

All-time, North America		
Ann Trason	19:22:05	Rs
Sue Ellen Trapp, 45	21:08:47	s
Randi Bromka	22:41:00	s
Lorna Richey	23:01:57	s
Sue Medaglia, 47	23:36:42	s
Toni Belaustegui, 40	23:42:37	s

12 Hours

Men		
Yiannis Kourou, GR	101	Rs
Don Ritchie, GB	100	727 Ts

All-time, North America		
Rae Clark	98	Rs
Bernd Heinrich, 44	95	1216 Ts

Women		
Ann Trason, US	91	1258 T
Angela Mertens, BEL	87	831 R
Hilary Walker, GB	83	682 Ts
Eleanor Adams, GB	83	555 R

All-time, North America		
Ann Trason	91	1258 T
Christiane Avin, 40	79	1658 R
Marcy Schwam	79	942 T
Sandra Kiddy	79	695 R

100 Miles

All-time, men		
Don Ritchie, GB	11:30:51	T
Cavin Woodward, GB	11:38:54	T
Yiannis Kourou, GR	11:46:38	s
Derek Kay, 40, SA	11:56:56	T
Tom O'Reilly, GB	12:02:32	T
Rae Clark, US	12:12:19	T
Dave Box, 41, SA	12:15:09	T
Martin Daykin, GB	12:16:46	T
David Dowdle, GB	12:17:09	T
Ron Hopcroft, 40, GB	12:18:16	T
Wally Hayward, 45, SA	12:20:08	T

George Perdon, AU	12:25:09	T
Bernd Heinrich, 44, US	12:27:01	T

All-time, North America		
Rae Clark	12:12:19	#
Bernd Heinrich, 44	12:27:01	T
Alfonso Anzaldo Meneses, MX	12:46:20	T
José Cortez	12:54:31	*
Stuart Mittleman	12:56:34	*
Roy Purnig	13:15:50	*
Ray Scannell	13:16:02	*
Terry Martin, CAN	13:18:25	*
Lion Caldwell	13:19:12	*
George Gardiner	13:22:10	T
Ted Corbitt, 49	13:33:06	T
Cahit Yeter, 51	13:35:21	*
Don Marvel	13:36:35	*
Kevin Eagleton	13:40:28	*

Age groups, world		
40-44 Derek Kay, SA	11:56:56	T
45-49 Wally Hayward, SA	12:20:08	T
George Perdon, AU	12:25:09	T
Don Ritchie, GB	12:44:29	Ts
50-54 Cahit Yeter, US	13:35:21	Ts
Peter Samulski, GER	14:28:07	Rs
55-59 David Cooper, GB	15:14:35	Ts
60-64 Cliff Young, AU	14:37:54	T
65-69 Cy McLaughlin, NZ	17:37:16	Ts
70-74 Ernie Warwick, GB	21:35:27	Ts
75-79 Ernie Warwick, GB	23:05:30	Ts

Age groups, U.S.		
40-44 Bernd Heinrich	12:27:01	T
45-49 Ted Corbitt	13:33:06	T
50-54 Cahit Yeter	13:35:21	T
Gard Leighton	14:56:19	Ts
55-59 Gard Leighton	16:05:30	Ts
60-64 Carlton Mendell	17:35:27	T
65-69 Wilfredo Rios	18:42:50	T
Ross Walter	21:59:16	T
70-74 Larry O'Neill	21:55:23	Ts
Edson Sower	21:57:44	Ts

All-time, women		
Ann Trason, US	13:47:41	T
Ann Trason, US	13:55:02	#
Eleanor Adams, 42, GB	14:43:40	st
Hilary Walker, GB	14:49:34	T
Sue Ellen Trapp, 44, US	15:05:51	T
Christine Barrett, GB	15:07:45	T
Sandra Kiddy, 49, US	15:12:54	T
Monika Kuno, GER	15:27:46	Ts
Donna Hudson, US	15:31:57	T
Marianne Savage, GB	15:42:36	st
Lynn Fitzgerald, GB	15:44:21	Ts
Marcy Schwam, US	15:44:28	Ts
Wu Wing-Yee, HK	15:54:57	s
Sue Medaglia, 48, US	15:55:17	s
Sue Olsen, US	15:55:24	Ts

All-time, North America		
Ann Trason, US	13:47:41	T
Ann Trason, US	13:55:02	#
Sue Ellen Trapp, 44	15:05:51	T
Sandra Kiddy, 49	15:12:54	T
Donna Hudson	15:31:57	T
Marcy Schwam	15:44:28	Ts
Sue Medaglia, 48	15:55:17	s
Sue Olsen	15:55:24	Ts
Natalie Cullmore	16:11:00	*
Christine Gibbons	16:41:26	T
Randi Bromka	16:44:20	Ts
Ruth Anderson, 48	16:50:47	T
Kay Moore, 44	16:54:01	T
Linda Elam, 43	16:58:45	Ts
Lynn O'Malley, 41	17:11:53	Ts
Sue Summerhayes-King	17:52:39	T
Beth Ann Rouleau	18:01:41	T
Lorna Richey	18:14:18	Ts
Linda Elam, 44	18:14:25	Ts
Chris Hart	18:18:53	Ts
Samara Balfour	18:23:54	Ts
Karina Nequin	18:26:48	s
Antana Loco, CAN	18:27:07	s

Age groups, world		
40-44 Eleanor Adams, GB	14:43:40	st
45-49 Sandra Kiddy, US	15:12:54	T
50-54 Yvonne Sumner, SA	17:47:25	Ts
Gisela Fricke, GER	18:02:53	R
55-59 Gerda Schroeder, GER	19:39:20	T
60-64 Françoise Lamothe, FR	20:47:35	s
65-69 Helen Klein, US	21:03:01	Ts

Age groups, U.S.		
40-44 Sue Ellen Trapp	15:05:51	T
45-49 Sandra Kiddy	15:12:54	T
50-54 Marty Maricle	19:26:04	T
55-59 Ruth Anderson	20:54:24	T
60-64 Helen Klein	22:15:26	Ts
65-69 Helen Klein	21:03:01	Ts

Age groups, U.S.		
40-44 Sue Ellen Trapp	15:05:51	T
45-49 Sandra Kiddy	15:12:54	T
50-54 Marty Maricle	19:26:04	T
55-59 Ruth Anderson	20:54:24	T
60-64 Helen Klein	22:15:26	Ts
65-69 Helen Klein	21:03:01	Ts

All-time, men, certified		
Don Ritchie, GB	6:10:20	T
Jean-Paul Praet, BEL	6:15:30	T
Konstantin Sontakov, SU	6:24:24	T
Bruce Fordyce, SA	6:25:07	T
Cavin Woodward, GB	6:25:28	Ts
Jean-Marc Bellocq, FR	6:26:13	T
Karl-Heinz Doll, GER	6:29:34	T
Deon Holthausen, SA	6:31:14	T
Domingo Catalan, SP	6:31:32	T
Aleksander Masarygin, SU	6:33:08	T
Jan Szumiec, POL	6:33:40	T
Andy Jones, CAN	6:33:57	T

Roland Vuilleminot, 44, FR	6:34:02	T
Przemyslaw Jamont, POL	6:34:39	T
Werner Dornbacher, GER	6:34:45	T
Philomen Mogahane, SA	6:35:22	T
Václav Kameník, CZ	6:35:38	T
Andrzej Lisowski, POL	6:36:06	T
Richard Chouinard, CAN	6:36:57	T
Václav Kameník, CZ	6:37:10	T
Heinz Huglin, GER	6:37:52	T
Russell Prince, NZ	6:38:00	T
Jan Joppen, HOL	6:38:11	T
Bernd Heinrich, 41, US	6:38:21	#
Attila Kovacs, HUN	6:38:46	T
Denis Gack, FR	6:38:49	T
Bruno Scelati, FR	6:39:12	T
Lev Hiterman, POL	6:39:25	T

Certified road best
Jean-Paul Praet, BEL 6:15:30

Uncertified additions		
Jean-Paul Praet, BEL	6:03:51	*
Jan Szumiec, POL	6:17:57	*
Václav Kameník, CZ	6:17:56	*
Domingo Catalan, SP	6:19:35	*
Erno Kó-Király, HUN	6:24:38	*
Yiannis Kourou, GR	6:25:06	*

All-time, North America, certified		
Andy Jones, CAN	6:33:57	*
Richard Chouinard, CAN	6:36:57	*
Bernd Heinrich, 41	6:38:21	#
Stefan Felner, CAN	6:41:06	*
Charles Trayer	6:41:47	*
Eric Seedhouse, CAN	6:42:03	*
Sean Crom	6:45:35	*
Tom Zimmerman	6:45:46	*
Barney Klecker	6:50:43	*
Frank Bozanich	6:51:20	*
Alfonso Anzaldo Meneses, MEX	6:51:52	T
Rae Clark	6:56:43	*

Uncertified North American additions		
Allan Kirk	6:37:54	*
Bill DeVoe	6:54:56	*
Stuart Mittleman	6:57:49	*
John Coffey	6:58:54	*
Ray Scannell	6:59:25	*
Max White	6:59:45	*

U.S. track record
Bernd Heinrich, 45 7:00:12 T

Age groups, world		
40-44 Roland Vuilleminot, FR	6:34:02	T
45-49 Don Ritchie, GB	6:40:23	T
50-54 Hans Reich, GER	7:03:14	*
55-59 Hermann Baudisch, GER	7:51:32	*
60-64 Max Courtillon, FR	8:25:08	*
65-69 Ray Piva, US	9:30:31	Ts
70-74 Konrad Voelkening, GER	9:53:08	Ts
75-79 Julius Hannappel, GER	12:03:25	Ts
80-84 Ernst Brandt, SW	13:36:11	Ts
85-89 Gottfried Naef, GER	23:33	*
40+ track: Don Ritchie, GER	6:46:10	T

Age groups, U.S.		
40-44 Bernd Heinrich	6:38:21	T
45-49 Bernd Heinrich	7:00:12	T
50-54 John Sullivan	7:38:43	T
55-59 Gardner Leighton	8:34:53	T
60-64 Ray Piva	9:30:31	Ts
65-69 Ray Piva	9:30:31	Ts
70-74 Edson Sower	12:09:42	Ts

All-time, women, certified		
Birgit Lennartz, GER	7:18:57	T
Ann Trason, US	7:30:49	T
Marta Vass, HUN	7:41:42	T
Marcy Schwam, US	7:47:29	#
Eleanor Adams, GB	7:48:33	T
Sandra Kiddy, 47, US	7:49:17	T
Iris Reuter, GER	7:56:20	T
Agnes Eberle, SW	7:56:40	T
Hanni Zehender, GER	7:58:54	T
Monika Kuno, GER	8:01:01	T
Sybil Mollenstep, GER	8:01:20	T
Sigrid Lomsky, GER	8:03:06	T
Sue Ellen Trapp, US	8:05:26	T
Nadezda Gunerova, SU	8:05:47	T
Katharine Janick, GER	8:08:47	T
Kathy D'Onofrio-Wood, US	8:08:43	T

Uncertified additions		
Chantal Langlaet, FR	7:26:01	*
Christa Vahlenstuck, GER	7:56:37	*

All-time, North America, certified		
Ann Trason	7:30:49	T
Marcy Schwam	7:47:29	#
Sandra Kiddy, 47	7:49:17	T
Sue Ellen Trapp	8:05:26	T
Kathy D'Onofrio-Wood	8:08:43	T
Theresa Daus-Weber	8:34:49	T
Jackie Davis	8:39:02	T
Randi Bromka	8:40:07	T
Carole Williams	8:41:19	T
Sylvia Andonie, MEX	8:43:03	T
Daniele Cherniak	8:48:45	s
Sue Kahrulainen, CAN	8:52:28	s
Sue Medaglia, 44	8:53:49	*
Sherry Popowski	8:54:25	*
Susan Olsen	8:56:01	*

U.S. track record
Ann Trason 8:17:16 s#</

Chuck Smead,US	2:50:46 *	U.S. track record	70-74 Ed Benham	4:34:51	Sandra Kiddy,47	3:32:24
Don Paul,US	2:50:55	Barney Klecker	75-79 Ed Benham	5:03:38	Gail Volk	3:37:06 *
Johnny Halberstadt,SA	2:51:16				Christine Gibbons	3:37:13
Barney Klecker,US	2:51:53					
All-time, North America		Age groups, world	All-time, women		U.S. track record	
Chuck Smead	2:50:46 *	40-44 Jeff Norman,GB	Frith van der Merwe,SA	3:08:39 *	Teri Gerber	3:40:09 T
Don Paul	2:50:55	Tim Johnston,GB	Janis Klecker,US	3:13:51 #		
Barney Klecker	2:51:53	50-54 Fred Kiddy,US/GB	Linda Edgar,US	3:21:27 *		
Bill Scobey	2:52:24	55-59 Otho Perkins,US	Mary Bange,US	3:23:31 *	Age groups, world	
Tom Fleming	2:52:30	65-69 George Billingsley,US	Lorraine Moller,NZ	3:23:57 *	40-44 Jan Kreuz,US	3:44:32
Andrew Jones	2:53:20 *	75-79 Ernie Warwick,GB	Jan Arenz,US	3:26:47	45-49 Sandra Kiddy,US	3:32:34
Richard Holloway	2:55:54		Sandra Kiddy,47,US	3:32:24	50-54 Vera Voget,GER	4:13:12 T
John Cederholm	2:56:43	Age groups, U.S.	Ann Franklin,GB	3:36:58 T*		
Kaj Johansen	2:57:00	40-44 Fritz Mueller'	Gail Volk,US	3:37:06 *	Age groups, U.S.	
Carlos Talbot	2:58:09	Bruce Mortensen	Christine Gibbons,US	3:37:13	40-44 Sandra Kiddy	3:36:50 *
Fritz Mueller',42	2:58:20	45-49 Mel Williams			Jan Kreuz	3:44:32
Bill McDermott	2:58:35	50-54 Fred Kiddy'	All-time, North America		45-49 Sandra Kiddy	3:32:34
Ken Moffitt	2:58:46	John Sullivan	Janis Klecker	3:13:51 #	50-54 Matilee Chriaman	4:15:12
Bruce Mortensen,44	2:59:36	55-59 Otho Perkins	Linda Edgar	3:21:27 *	55-59 Margarete Deckert	4:41:02
		60-64 Alex Ratelle	Mary Bange	3:23:31 *	Mary Storey	4:35:20 *
		65-69 George Billingsley	Jan Arenz	3:26:47	60-64 Bev Lampe	4:49:52
					65-69 Josephine Heas	5:11:50

I'VE GOT A LITTLE LIST by Malcolm Campbell

Reprinted from IAU Newsletter, Winter Edition, 1991

It wasn't easy this year. There were so many great competitions and achievements that evaluating them raises obvious problems. Ultradistance has by common usage come to mean longer than the standard marathon distance. We now have, in the 100km, a standard ultradistance race but beyond the 100km are events of crucifying lengths and those succeeding in them are no lesser athletes than the 100km runners. Many would say that the multi day runners are advanced ultradistance runners. For these reasons I always state that this list is my own personal choice containing all my own prejudices and opinions. Runners only have one place on the list although they have probably obtained a number of world best performances during the year so there is an added problem of deciding which is their personal best performance of the year. Here then is my list of the top ten performances of 1991

1. Valmir Nunes	BRA	Winner IAU World Cup 100 kms
2. Konstantin Santalov	USSR	World Best Amiens 100 kms
3. Sandy Barwick	NZ	World Best N.York 1000 mls
4. Al Howie	GBR	World Best N.York 1300 mls
5. Ann Trason	USA	World Best Houston 50 mls
6. Eleanor Adams Robinson	GBR	Winner IAU World Cup 100 kms
7. Bryan Smith	AUS	Winner Westfields 645 mls
8. Don Ritchie	GBR	Winner London 24 hrs
9. Jean Paul Praet	BEL	Winner Torhout 100 kms
10. Valerie Goubar	USSR	Winner Surgeres 48 hrs

1. Valmir Nunes.

BRAZIL

He had arrived at Faenze exhausted and with eyes swollen from lack of sleep. I had telephoned Brazil and asked his neighbour to inform him to go to the Hotel Vittoria in Faenze. He had arrived at the Hotel Vittoria in good time- unfortunately it was the wrong one. Stranded outside the Hotel Vittoria in Firenze about 100kms away with no grasp of the Italian language the ensuing complications are best imagined than explained. They involve a visit to a hospital, discussions with the police and a night without sleep. When he finally arrived at Faenze we thought he would be lucky to make it to the starting line. The report of the race was in the last Newsletter. Earlier in the year he had won in the Madrid 100 km. In October he would win the Santander 100 km. Unbeaten this year and with three great performances to his credit including the major 100km Championship his course record of 6.35.36 in the 100km del Passatore running against most of the best athletes in the world was the greatest performance of the year.

2. Konstantin Santalov

USSR

There has never been a time when the sport has been so rich in outstanding talent. The great competitions established around the

world have allowed these talents to emerge. Sanatalov is a 2.14 marathon runner with a devastating burst of speed at the end of a 100km race. He is also a runner that seems to thrive on competition. He is , with a few results to come in, almost certainly the winner of the IAU 100km Inter-Continental Cup Competition with wins at Rodenbach (6.35.49) and Winschoten with a World Best Time of 6.26.20. His great performance to finish less than a minute behind Valmir Nunes with 6.37.20 a few weeks later at Santander was a performance that marked him as someone quite special. It had been a great year for this very popular Russian athlete. It wasn't over. Two weeks later at Amiens he reduced the 100km record even further by winning with 6.24.24. There is nothing else to say.

3. Sandy Barwick

NZ

There have been instances, especially in recent times, when I have been accused of an overuse of hyperbolic expressions. If anything I was understating matters when I wrote at the end of 1988 that Sandy Barwick is likely to produce a number of outstanding performances in the future. Last year she headed this list with her World Best Performance for 6 Days. This year she has produced a run of such an incredible high standard that the shock waves have been felt around the world. The impact on the conception of what is possible will oblige many theorists to stand patiently waiting for the men with white coats to arrive.

The Sri Chinmoy 1991 Ultimate Ultra. When this annual trio of events was first introduced into New York the longest of them-the 1300 miler-was described by many as the Impossibility Race and for a number of years no one was able to complete the distance within the imposed time limits. The first athlete to do so was Al Howie in 1989 and the first lady to do so was Sandy Barwick in October this year. The times for this are given elsewhere. On route to the 1300 miles she passed the 1000 mile marker in 12 days 14 hours 18 minutes 14 secs. Only four men have ever run this distance faster and they are: Yiannis Kouros, Stu Mittleman, Al Howie and Siegfried Bauer. Barwick's time is only 2 hours 2 minutes and 2 secs slower than Bauer's time which was for many years the World Best Time for the distance.

It doesn't seem too long ago that we were told by the various medical experts that marathons were too strenuous for ladies. These same experts are now telling us of the problems of overuse in running. My suggestion is that if they were so incredibly wrong then are they not just as wrong now. Sandy Barwick in her running says they are and we should be grateful for races like the Sri Chinmoy Events that provide a platform where her voice will be heard.

4. Al Howie

GBR

One basic rule I have for this list is that solo runs are not included. In September of this year Al Howie completed his trans Canada run covering the 7295.5 kms in 72 days 10 hours 23 minutes. His average daily distance was a little over 100 kms. There is no doubt; no possibility of error and no "faint aroma of performing seals" about the recording of this run. I only mention this fact because a number of solo runs are undocumented and therefore open to question. Having said that it was not a competitive run in the general term. In other terms he was competing against himself, the legend of Terry Fox and the

knowledge of his own frailty. The run worried me because it wasn't by the terms I had set eligible for this list and at the same time it was probably the best ultradistance performance ever produced. When I learned that he was to run in the Sri Chinmoy 1991 Ultimate Ultra just two weeks later I relaxed. I knew with some certainty that he would produce a real high quality performance. It wasn't just the strength he had acquired during his epic journey. It was something else. Something deep inside that almost defies description. After the first trans America Run in 1928 a number of the 55 finishers were reported as feeling sad and dejected that the run was over. Harry Berry in his excellent book of the race quotes one of the contestants "Wildfire" Thompson-"I believe in tapering off. When you've been through torture like this, it's dangerous to stop agony all at once. When the misery's gone, you feel kind of lonesome and lost. A lot of the boys are feeling terrible and don't know what's the matter with them. The thing they are suffering from is lack of pain". I can understand these sentiments and felt strangely similar after my race across America. Shortly afterwards I was to run better than I had ever done before. And so it was with Al Howie. He moved up to third on the all time ranking list for 1000 miles with a World Masters Record of 12 days 1 hour 42 minutes and 52 seconds. Then he carried on and completed the "Impossibility Race" setting a World Best Mark of 16 days 19 hours 31 minutes and 47 seconds.

5. Ann Trason

USA

"There ain't a going to be no apple-core" wrote Mark Twain and for most of this year Ann Trason seemed to be expressing these sentiments to all of the female athletes hoping for records. She started early. By February she had beaten the 50 Mile Ladies Best performance for the second time in 1991. On route to the last 50 mile record she also set a new 40 mile record. In May she was overall winner of the Sri Chinmoy 100 Mile Road Race in New York with a World Best Time of 13 hours 47 minutes and 41 seconds. She set a new Ladies Course Record for the Western States 100 miler in June and a Ladies World best Track Performance for 12 hours in August. A whole clutch of course records will have fallen to her this year and at the time of writing this she is probably still running. When the running stops and she reflects on this most amazing year of successful achievements it would be interesting to know which of them she considers the best. The one I think is the best is the 50 Mile Ladies Best performance at Houston, Texas when she achieved 5 hours 40 minutes 18 seconds.

6. Eleanor Adams Robinson.

GBR

When I wrote some time ago that Eleanor's need to win had passed far beyond the obsessional stage it was meant as a compliment. This need is one of the factors separating great champions from great runners. She had won the 100km World Cup in Duluth (USA) in 1990 finishing about ten minutes ahead of Ann Trason and this year as defending Champion at Faenze (Italy) she was faced with strong competition from Birgit Lennartz of Germany (top of the 100km ranking list), Marta Vass of Hungary (course record holder) and Nadeznda Gumerova of the Soviet Union (winner of the Goodwill Games Marathon in 1986). In winning the IAU 100km World Cup for the second year she set a new Ladies Course Record for the 100km del Passatore of 7.52.15. In the context of a Championship event times to some extent are not important. The dominant factor is competition and Eleanor Adams Robinson has confirmed, if any confirmation was needed, that she is one of the world's greatest competitors

7. Bryan Smith

AUS

The Westfield Run takes place over a 645 mile route between Sydney and Melbourne and is described by the organisers as "The Greatest Race in the World". Any superlatives used are not out of place for this event which offers so much in terms of rewards to the competitors, publicity for the sponsors and interest to the public.

This year in addition to the first prize of A\$30,000 for the fastest time there was an additional A\$30,000 for the winner of the handicap event. The handicap race was aimed at reducing the margins between the first finisher and the following runners. It was a sensible decision as these margins could be quite enormous in an event of such protracted length and the media requirements were an important part of the race presentation.

The inexperienced athletes would start without a handicap and then others would follow at four hourly intervals with the best runners starting after 24 hours. Bryan Smith was one of the best runners. Imagine the problems faced in winning the handicap race. After 24 hours even a novice runner could have established a lead of 100 miles. The smart move has to be to run at even pace to a strict schedule and hope the inexperienced runners falter but to some extent this leaves the initiative in the hands of others. It's not possible to ignore the difference of the handicap and the race must have been a great test of Smith's ability to pace himself correctly. In any event he seems to have judged things perfectly and his final time for the 645 miles of 6 days 12 hours and 50 minutes earns him a place on his list and, incidentally, A\$60,000.

8. Don Ritchie

GBR

On the way home from Santander after his great run in the 100km race Ritchie remarked that he intended taking part in the 24 Track Race at Copthall Stadium, London three weeks later. The race which started on October 26th was the National 24 hour Championships and many thought that on a good day with no injury problems Ritchie was the one most likely to beat the existing record held by Kouros. He did not do so but he did win the race with 268kms 251 mtrs and on route to this magnificent distance- the highest recorded this year in a 24 Hour Race- he set new World Track Age Best Records for 100 miles and 200 kms. It is impossible to predict the distances he may achieve in the future he is a man that defies predictions. Uncompromising. Competitive. Satisfied only with full commitment to the race. He will run for ever. There is only one Don Ritchie.

9. Jean Paul Praet

BELGIUM

Jean Paul Praet produced three very outstanding runs in 1991 and in all of them he was closely concerned with the leading honours. At Amiers and Winschoten he was beaten into second place by Konstantin Santalov who was obliged to set World Best Performances in both races to settle matters. After both of these races Santalov credited his records to the determined opposition provided by Praet. In these competitions the two athletes share a mutual respect for each others ability and sportsmanship and their clashes next year will be something to look forward to. Santalov came off worst at Torhout where Praet won a perfectly judged race against some extremely strong competition. He won with a time of 6.33.51 and at the time of writing he is the second fastest man of the year after Santalov.

Some very strong competitors assembled at Surgeres (France) for the International 48 Hour Track Race starting on May 7th. We had to leave for meetings in Holland shortly after the start but before leaving we spoke with Goubar with the aid of his interpreter and he indicated that he expected a good result. He holds the National 24 Hours record with 262 kms and was obviously a strong contender. Shortly after the start we left for Holland but a telephone call the next day established that Goubar had achieved 248 kms after 24 hours. It was obvious something special was taking place and his final winning total of 427 kms 562 mtrs places him second on the all time ranking list behind Kouros. On the evidence of this performance he has the ability to move one step higher up this particular ranking list.

Reprinted from IAU Newsletter, Winter Edition, 1991

BOOK REVIEWS

by ANDY MILROY

Some years ago a review appeared in the IAU Newsletter for "Lore of Running"- it said that the book was the most comprehensive book on training for the shorter ultras. That edition was a mere 535 pages. Recently a completely revised edition has been produced. It's 804 pages are the most comprehensive survey of training for running yet produced. Professor Tim Noakes is one of the leading sports physiologists in the world, he is also an ultra runner and a perceptive observer of how success has been achieved. For the first time ultra running is treated as an integral part of the world running scene, no different to 10kms and the marathon in the attention it receives.

Part 1 of the book deals with Physiology -how the running body works. Part 2 deals with Training-the influence of Arthur Newton, a great ultra runner and thinker is clearly shown. After a comprehensive survey of how all the great runners from Deerfoot to De Castella trained, Tim Noakes moves on to a survey of all the great ultra runners- Hayward, Mekler, Ritchie, Fordyce, the oldtime pedestrians-Rowell, Littlewood, and the modern multi-day greats-Yiannis Kouros and Eleanor Adams. From the careers and experiences of these great runners Noakes draws some perceptive general conclusions. He then goes on to preparing for races, the problems of overtraining and the limits to running performances. Part 3 deals comprehensively with injuries, nutrition and the particular problems of women and children.

This review offers a poor attempt at conveying the sheer massive attention to detail that Tim Noakes has poured into this book. If you can't improve your running after reading this book, you just aren't trying.

"Lore of Running"- Tim Noakes. MD
Human Kinetic Publishers (UK) Ltd. PO Box 18. Rawden. Leeds.
LS.19 6 TG. UK. Price £14.00
Leisure Press. A Division of Human Kinetics Inc. Box 5076.
Champaign. IL 61825-5076. USA. Price \$19.95
Human Kinetics Publishers Inc. P.O.Box 2503. Windsor.
ON N8Y 4S2. Canada. Price \$ 24.95

WORLD TRACK AGE BESTSby Andy Milroy

The requirements for Age Group records are somewhat easier than for World Best Performances, (Such performances are more likely to be overlooked by race directors when arranging the taking of stop times.) (p) = awaiting lap times or age group documentation.

WORLD TRACK AGE BESTS WOMEN as of 1st October 1991

<u>Distance.</u>	<u>Group.</u>	<u>Name.</u>	<u>Time.</u>	<u>Location</u>
30 miles	40-44	H.Johnson (UK)	3.40.50	Barry 1988
	45-49	M.A.Miller (USA)	4.48.27	Mesquite 1982
	50-54	V.Voget (GER)	4.05.16	Hanau 1989
	55-59	R.Anderson (USA)	4.50.48	Santa Rosa 86
	60-64	H.Klein (USA)	5.42.52	Santa Rosa 85
	65-69	F.Lamothe (FRA)	5.30.50	Bagneux 1989
50 km	40-44	H.Johnson (UK)	3.49.59	Barry 1988
	45-49	M.A.Miller (USA)	5.02.05	Mesquite 1982
		A.Mertens (BEL)	3.39.10 (p)	Arcueil 1986
	50-54	V.Voget (GER)	4.13.12	Hanau 1989
	55-59	R.Anderson (USA)	5.00.18	Santa Rosa 86
	60-64	H.Klein (USA)	5.57.32	Santa Rosa 85
	65-69	F.Lamothe (FRA)	5.43.25	Bagneux 1989
40 miles	40-44	M.Kuno (GER)	5.40.03	Frechen 1988
	45-49	S.Medaglia (USA)	6.38.40	Greenwich 81
	50-54	C.Roos (GER)	6.26.34	Hanau 1989
	55-59	R.Anderson (USA)	6.34.51	Santa Rosa 86
	60-64	H.Klein (GER)	7.51.10	Santa Rosa 85
	65-69	F.Lamothe (FRA)	7.30.13	Bagneux 89
50 miles	40-44	E.Adams (UK)	6.39.47	Melbourne 89
	45-49	S.Medaglia (USA)	8.28.18	Greenwich 81
	50-54	C.Roos (GER)	8.21.16	Hanau 1989
	55-59	R.Anderson (USA)	8.25.03	Santa Rosa 86
	60-64	H.Klein (USA)	10.01.58	Santa Rosa 85
	65-69	H.Klein (USA)	9.39.32 (p)	Santa Rosa 91
100 km	40-44	E.Adams (UK)	8.32.02	Melbourne 89
	→ 45-49	M.Smith (AUS)	10.30.43	Essendon 1985
		A.Mertens (BEL)	8.28.20 (p)	Arcueil 1986
	50-54	C.Roos (GER)	10.37.04	Hanau 1989
	55-59	R.Anderson (USA)	11.11.04	Santa Rosa 86
	60-64	H.Klein (USA)	12.56.41	Santa Rosa 85
	65-69	F.Lamothe (FRA)	11.59.31	Bagneux 1989
100 miles	40-44	E.Adams (UK)	14.44.26	Melbourne 89
	→ 45-49	M.Smith (AUS)	16.01.43	Sydney 84
	50-54	M.Maricle (USA)	19.26.04	San Francisco 1986
	55-59	R.Anderson (USA)	20.54.24	Santa Rosa 86
	60-64	H.Klein (USA)	22.15.26	Santa Rosa 85
	65-69	H.Klein (USA)	23.03.01 (p)	Santa Rosa 91
200 km	40-44	E.Adams (UK)	19.28.49	Melbourne 89
	45-49	A.Mertens (BEL)	21.02.12	Izegem 1988
	50-54	C.Vollmarshausen (GER)	27.51.22	Blackpool 88

<u>Distance</u>	<u>Group</u>	<u>Name</u>	<u>Time</u>	<u>Location</u>
24 Hours	40-44	E.Adams (UK)	240.169 kms	Melbourne 89
	45-49	A.Mertens (BEL)	226.237	Izgem 1988
	50-54	M.Maricle (USA)	180.079	S.Francisco86
	55-59	R.Anderson (USA)	177.430	Santa Rosa 86
	60-64	H.Klein (USA)	170.165	Santa Rosa 85
	65-69	H.Klein (USA)	176.223 (p)	Santa Rosa 91

WORLD TRACK AGE BESTS MEN as of 1st October 1991

30 miles	40-44	T.Johnston (UK)	2.48.37	Hendon 1982
	45-49	G.Boldhaus (GER)	3.08.28	Ronneburg 85
	50-54	D.Weir (UK)	3.12.53	Barry 1989
	55-59	O.Perkins (USA)	3.11.01	Worthington86
	60-64	F.Nagelschmidt(USA)	3.42.39	Oxnard 1986
	65-69	G.Rech (USA)	4.04.41	Rochester 83
	70-74	E.Warwick (UK)	4.54.17	Solihull 1986
50 km	40-44	T.Johnston (UK)	2.55.07	Hendon 1982
	45-49	G.Boldhaus (GER)	3.15.20	Ronneburg 85
	50-54	D.Weir (UK)	3.19.32	Barry 1989
	55-59	O.Perkins (USA)	3.17.26	Worthington86
	60-64	F.Nagelschmidt(USA)	3.49.47	Oxnard 1986
	65-69	G.Rech (USA)	4.14.15	Rochester 83
	70-74	E.Warwick (UK)	5.07.56	Solihull 1986
40 miles	40-44	M.Daykin (UK)	3.59.24	Barry 1989
	45-49	D.Ritchie (UK)	4.15.15	Livingston 90
	50-54	G.Kay (UK)	4.24.06	Barry 1988
	55-59	B.Emmerson (UK)	4.37.39	Barry 1988
	60-64	P.Sargeant (UK)	5.39.30	Doncaster1990
	65-69	E.Sower (USA)	7.01.49	Phoenix 1984
	70-74	E.Warwick (UK)	6.48.06	Solihull 1986
50 miles	40-44	G.Walsh (RSA)	5.16.07	Walton 1957
	45-49	D.Ritchie (UK)	5.23.02	Livingston 90
	50-54	H.Arndt (GER)	5.40.06	Ronneburg 86
	55-59	F.Nagelschmidt(USA)	6.55.02	SantaMonica79
	60-64	P.Sargeant (UK)	7.14.23	Doncaster1990
	65-69	C.Casady (USA)	9.24.25	Springfield81
	70-74	E.Warwick (UK)	8.51.03	Solihull 1986
100 km	40-44	C.Hunn (UK)	7.12.19	Hendon 1982
		G.Boldhaus (GER)	6.46.42 (p)	Geneva 1984
	45-49	D.Ritchie (UK)	6.46.10	Livingston 90
	50-54	H.Arndt (GER)	7.12.26	Ronneburg1986
	55-59	F.Le Roux (FRA)	7.55.40	Lesneven 1983
	→ 60-64	C.Young (AUS)	9.18.28	Sydney 1982
	65-69	C.McLaughlin(NZL)	11.09.19	Auckland 1984
100 miles	70-74	E.Warwick (UK)	11.51.44	Solihull 1986
	75-79	E.Warwick (UK)	12.51.58	Birmingham 91
	40-44	D.Kay (RSA)	11.56.56	Durban 1972
	45-49	W.Hayward (RSA)	12.46.34	MotspurPk 53
	50-54	D.Weir (UK)	13.55.48	Hull 1988
	55-59	D.Cooper (UK)	15.14.35 (p)	Birmingham 90
	→ 60-64	C.Young (AUS)	14.37.54 (p)	Sydney 1983
82.	65-69	C.McLaughlin(NZL)	17.37.16	Auckland 1984
	70-74	E.Warwick (UK)	21.35.27	Solihull 1986
	75-79	E.Warwick (UK)	23.05.53	Birmingham 91

200 km	40-44	R.Bentley	(UK)	16.53.00	Walton	1973
	45-49	W.Hayward	(RSA)	17.33.25	Motspur Pk	53
	50-54	D.Weir	(UK)	18.45.07	Doncaster	1990
	55-59	D.Cooper	(UK)	19.21.32 (p)	Birmingham	90
	→ 60-64	C.Young	(AUS)	20.17.09	Adelaide	1985
	65-69	C.McLaughlin	(NZL)	22.41.00	Auckland	1984
24 Hours	40-44	R.Bentley	(UK)	259.603 kms	Walton	1973
	→ 45-49	M.Marsh	(AUS)	260.099	Coburg	1989
	50-54	D.Cooper	(UK)	247.210	Chevilly	1985
	55-59	D.Cooper	(UK)	245.208	Birmingham	90
	→ 60-64	C.Young	(AUS)	235.969	Adelaide	1985
	65-69	C.McLaughlin	(NZL)	210.129	Auckland	1984
	70-74	E.Warwick	(UK)	175.574	Solihull	1988
	75-79	E.Warwick	(UK)	166.357	Birmingham	91

1991 ULTRARUNNING REVIEW

by Andy Milroy

REPRINTED FROM THE "IAU NEWSLETTER", SPRING 1992

One of the most notable features of the 1990 season was the strong performance of New Zealander, Russell Prince in the IAU 100km World Cup at Duluth (USA). His run was, perhaps, the first stirrings of a wind of change that was to sweep away Western European dominance of the men's 100km event. The first gusts of this wind were felt as early as April when Brazilian, Valmir Nunes, dramatically increased his personal best performance to win the Madrid 100km in 6.35.41.

Behind Nunes, in the Madrid race, was Konstantin Santalov, a Russian with a marathon best time of 2.14. Three weeks later Santalov would win at Rodenbach (GER) with 6.35.49.

The two men clashed again at Faenza in the World Cup. Santalov was obliged to retire and Nunes emerged triumphant finishing ahead of the Frenchman, Roland Vuilleminot - winner of the 1990 World Cup. Nunes returned to Brazil whilst the European 100km circuit continued. Jean-Paul Praet of Belgium beat both Santalov and Vuilleminot at Torhout (Belgium) but the Russian was to prove more than a match for Praet in subsequent races. At Winschoten (Holland) in September Santalov proved just too strong despite Praet's early pace finishing with 6.26.20. Six weeks later at Amiens (France) the story was the same and Santalov's winning time was 6.24.24. Between these two races Santalov had faced Nunes again at Santander (Spain) and in a fiercely contested battle the Brazilian proved the master winning by a mere 27 seconds from Santalov with 6.36.53

If one had to rank the top three male 100km runners, Nunes would be No 1 for 1991 by virtue of his perfect 3-0 record (including the World Cup), despite Santalov's superior times. The Russian is clearly World No 2 with Praet in third position. The development of substantial prize money in major 100km races has made meaningful comparisons possible for the first time.

The impact of Nunes and Santalov on the 100kms was really only the tip of the iceberg. Russian men contested most of the major 100km races, as well as the London to Brighton. It could be argued that they have probably supplanted the Germans and the French as the strongest 100km nation. The French won the World Cup competition, but with three other men under 6.50 on the 1991 Ranking List plus Santalov the Russians have real strength in depth.

At present the women's 100km is relatively unaffected by Russian and Third World runners. Ann Trason (USA) and Birgit Lennartz (GER) produced by far the fastest times of the year but in neither event did they face tough international competition. Eleanor Adams-Robinson won the Madrid 100km, and then in May retained the World Cup title at Faenza. Second at Faenza was Nadja Gumerova, a former winner of the Goodwill Games marathon. Adams-Robinson went on to win at Torhout. Ranking the women is much more difficult as few of

the top runners met in direct competition. Ann Trason set a series of world road bests, two at fifty miles (5.40.18 being the fastest), a 100 mile best (on route setting the fastest 100km mark of the year), and new track bests of 50 miles and 100kms, but she did not contest the World Cup. Lennartz had problems in the World Cup but bounced back with 7.35 in the German championships. If pressed I would rank them; Trason 1. Adams-Robinson 2 and Lennartz 3.

In the longer standard event-the 24 hour- there was a slow start to the season. The best performance of the year didn't appear until October when Don Ritchie won the British Championships in 268.251 kms, to rank No 4 on the all time track list. The greatest opposition to Ritchie as the best 24 hour performer of the year came from a Russian, Valery Christenok who ran a series of 24 hour events. The culmination to his season was the incredible feat of running 255.269 kms at Arcueil (France) on October 13th and three weeks later setting the best road mark of the year at Niort (France) with 260.180 kms. Christenok's performances were achieved in the IAU Europa Cup series and ensured his overall win in that competition.

The top woman in the 24 hour event also won the female section of the IAU Europa Cup competition. Mariane Savage (GBR), for so long in the shadow of Eleanor Adams and Hilary Walker ran 222.869 kms at Arcueil (where three other women achieved over 200 kms). This mark followed her outright win, beating all the men, in the British Europa Cup event at Birmingham. 1991 also saw the first world class performance from an Asian woman. Wu Wing-yee of Hong Kong won the race outright with 215.641 kms. This event took place in Hong Kong and on route to her winning distance Wu Wing-yee set numerous track bests for intermediate distances.

The 48 hour race is the next step up from the all day- race. In the major event of 1991 at Surgeres (France) a Russian would again prove to be the master. Valery Goubar produced the second best performance ever with an excellent 427.562 kms to finish ahead of two other marks over 400 kms by Gilbert Mainix (France) and Richard Brown (GBR).

It was not a great year for the 6 Day Event. Bryan Smith (Australia), winner of the Sydney to Melbourne race, ran the best mark of the year. Despite rain-soaked conditions he achieved 878.4 kms at Campbelltown, New South Wales. Australia.

For some even the 6 Day Race is too short. The 1000 mile race in Queens, New York, took Sandra Barwick (New Zealand) a mere 12 days 14 hours 38 minutes 40 seconds, to set a new women's world best, knocking over 53 hours off the previous best mark and moving into fifth place on the overall alltime list. She didn't win the race outright for Al Howie (GBR) covered the distance in 12.01.42.52. Howie's performance was almost an afterthought. This review is usually devoted to competitive ultra racing, however, prior to his 1000 mile run Howie had run across Canada from Newfoundland to

Victoria , British Colombia - 7295. 5 kms in 72.4 days, averaging 100.7 kms a day! Obviously good training for a 1000 miler.

To return to more mundane distances. The classic ultra events continued to retain their popularity. The London to Brighton's tough new route was enjoyed by many, including winner, David Kelly. Carolyn Hunter-Rowe, in her first season of ultrarunning , took the distaff prize. The Comrades continues to go from strength to strength. This year a record 13,000 runners tackled the 89 km course from Pietermaritzburg to Durban. Bruce Fordyce was aiming for a tenth win but stomach trouble caused him considerable problems and it was Nick Bester who won gold. Frith Van Der Merwe, a 2.27 marathon runner won the ladies event. The Spartathlon from Athens to Sparta attracts many Japanese runners, but it was a Hungarian, Janos Bogar, who took first place in just over 24 hours with Ursula Blasberg (GER) winning the women's prize.

Thus 1991 saw countries new to Ultrarunning making a major impact on the sport. Runners like Valmir Nunes and Wu Wing-ye are the forerunners of many others who obviously will contribute much to the sport in the future. Among the longer established Ultrarunning nations, National Championships were increasingly the norm. Each year sees more and more federations sending teams to the 100km World Cup.

--On the agenda for 1992 are two new championships. Although American athletes like Valmir Nunes and Ann Trason are dominant figures, Europe remains the heartland of the sport. For this reason in 1992 there will be European Championships at 100kms and 24 hours.

Ultrarunning is also developing in a commercial sense too. Increasingly prize money is available at the major races both in Europe and the United States. Organised tours for ordinary runners to major ultra races and to ultra events in exotic locales are also a growth area. New, tougher races are developing, as the pioneer events become more commercialised. Of particular interest is the Trans America race from Huntington Beach, California to New York City in 64 days. 1992 will be interesting.

A postscript. Last year I wrote that the Russians would be a force to be reckoned with. I hadn't thought my prophecy would come true quite so quickly! My thoughts for 1992 and beyond- watch out for the Japanese. At the Lake Saroma 100km Narihisa Kojima won with 6.37.44 and Eiko Endo won the woman's race with 8.28.33. Japanese television has already showed great interest in such ultra events as the Spartathlon, Sydney to Melbourne and most recently the World Cup race at Faenze, where Japanese runners competed in that competition for the first time. Once they get their act together.....

Andy Milroy
IAU Technical Director.

THANKYOU! THANKYOU! THANKYOU! THANKYOU!

We again acknowledge the generous DONATIONS of the following members which have helped us survive another year. Thankyou so much. We have received the following since our last issue in March:

Helen & Brian Bloomer \$40; Brian Colwell \$5, Brian Mills \$5, Bill Keats \$10, John Adams \$10, Peter Quinn \$5, Errol Smith \$5, Gerard Fay \$5, Bill Johnston \$10, Warren Costello \$5, Keith Crowle \$10, Australian 6 Day Race Committee \$80, Harry Clements \$20, Alan Trevenen \$5, Don McDonald \$5, Philip Barnes \$5, Andy \$10. 85

Ultrarunning Around The World — A Look Back At 1991

Reprinted from "Ultrarunning" Jan-Feb 1992. Vol 11 No. 8

by Andy Milroy

One of the most notable features of the 1990 season was the strong performance of New Zealand's Russell Prince in the Duluth 100 Km World Cup. His run was perhaps the first stirrings of a wind of change that was to sweep away Western European dominance of the men's 100-km event.

The first gusts of this wind were felt as early as April. Brazilian Valmir Nunes made a dramatic improvement on his previous best to win the Madrid 100-km in 6:35:41. Behind Nunes at Madrid was Russian Konstantin Santalov, a 2:14 marathon runner. At Rodenbach, Germany, three weeks later he ran 6:35:49.

The two men clashed again in May at Faenza, Italy, in the World Cup. Santalov was forced to retire in that race. Nunes emerged triumphant, finishing ahead of France's Roland Vuilleminot, winner of the 1990 World Cup. Nunes then elected to return to Brazil while the European 100-km circuit continued. Jean-Paul Praet of Belgium beat both Santalov and Vuilleminot at Torhout, Belgium, but the Russian was to prove more than a match for Praet in subsequent races. At Winschoten in Holland in September Santalov proved just too strong, despite Praet's fast early pace. The Russian ran 6:26:20. Six weeks later at Amiens in France the story was the same, the final time still faster, Santalov clocking 6:24:24. Between these two races Santalov had faced Nunes again. The Brazilian had returned to Europe to run the Santander 100 Km in Spain. In a fiercely contested battle the Brazilian proved the master, winning by a mere 27 seconds from Santalov in 6:36:53.

If one had to rank the top three male 100-km runners, Nunes would be number one for 1991, by virtue of his perfect 3-0 win record (including the World Cup), despite Santalov's superior times. The Russian is clearly number two, with Praet equally secure in third. The development of substantial prize money in the major 100-km races this year has made such meaningful comparisons possible for the first time.

Nunes and Santalov's impact on the 100-km was really only the tip of the iceberg. Russian men contested most of the major 100-km races, as well as the London to Brighton. It could be argued that they have probably supplanted the Germans and the French as the strongest 100-km nation. The French won the World Cup team competition, but with three other men under 6:50 on the 1991 ranking list plus Santalov the Russians have real strength in depth.

At present the women's 100-km is relatively unaffected by Russian and Third World runners. Ann Trason (USA) and Birgit Lennartz (Germany) produced by far the fastest 100-km times of the year, but in neither event did they face tough international competition. Eleanor Adams-Robinson won the Madrid 100 Km, and then in May retained the World Cup title at

Faenza. Interestingly, second in that race was Nadja Gumerova of Russia, a former winner of the Goodwill Games marathon. Eleanor went on to win at Torhout. Ranking the women is much more difficult. Apart from Adams-Robinson and Gumerova, none of the top women met each other. Ann Trason set a series of world road bests, two at 50 miles (5:40:18 being the fastest), a 100-mile best (en route setting the fastest 100-km mark of the year), and new track bests at 50 miles and 100 km, but she did not contest the World Cup. Lennartz had problems with the very tough Faenza course in the World Cup, but bounced back with 7:35 in the German championships. If pressed, I would rank them Trason first, Adams-Robinson second, and Lennartz third.

In the longer standard event, the 24-hours, there was a slow start to the season. The best performance of the year didn't appear until October when Don Ritchie won the British championships in 166 miles 1203 yards, to rank number four on the all-time track list. The greatest opposition to his number one spot came from another Russian, Valery Christenok, who ran a series of 24-hour events. The culmination to his season was the incredible feat of running 158 miles 1085 yards at Arcueil on October 13th, and then three weeks later 161 miles 1176 yards at Nior (the best road mark of the year). Christenok's performances were achieved in the IAU Europa Cup series and ensured his overall win in that competition. The top woman in the 24-hour event, also won the female section of the Europa Cup. Marianne Savage of the UK, for so long in the shadow of Eleanor Adams and Hilary Walker, ran 138 miles 849 yards at Arcueil (where three other women ran over 200 km). This mark followed her outright win, beating all the men, in the British Europa Cup event at Birmingham. 1991 also saw the first world class 24-hour performance from an Asian woman. Wu Wing-yee of Hong Kong won the race outright with 133 miles 1747 yards, setting numerous Asian track bests en route.

The 48-hour race is the next step up from the all-day race. In the major event of 1991, at Surgères in France, once again a Russian proved the master. Valery Goubar produced the second-best performance ever with an excellent 265 miles 1187 yards to finish ahead of two other over-400-km marks set by Gilbert Mainix (age 55!) and Richard Brown. It was not a great year for the six-day event. Bryan Smith, winner of the Sydney to Melbourne, ran the best mark of the year, 545.8 miles, despite rain soaked conditions at Campbelltown, New South Wales, Australia.

For some, even the six-day race is too short. The 1,000-mile race in Queens, New York, took Sandra Barwick of New Zealand a mere 12 days 14 hours 38 minutes 40 seconds, to set a new women's world best, knocking over 53 hours off the previous best mark, and moving into fifth-place on the overall all-time list. She didn't win the race

outright, for Al Howie (UK) covered the distance in 12+01:42:52. Howie's performance however was almost an after-thought. This review is usually devoted exclusively to competitive ultra racing; however, prior to his 1,000-mile race Howie had run across Canada from Newfoundland to Victoria, British Columbia — 4,533.2 miles in 72.4 days, averaging 100.7 km a day! Obviously good training for a 1,000-mile run!

To return to more mundane distances — the classic ultra events continued to retain their popularity. The London to Brighton's tough new route was enjoyed by many, including winner David Kelly. Carolyn Hunter-Rowe, in her first season of ultrarunning, took the distaff prize. The Comrades continues to go from strength to strength. This year a record 13,000 runners tackled the 89-km course from Pietermaritzburg to Durban. Bruce Fordyce entered the event, aiming for a tenth win. Stomach trouble caused him considerable problems and it was Nick Bester who won gold, with 2:27 marathon runner, Frith Van Der Merwe, winning the women's event. The Spartathlon from Athens to Sparta attracts many Japanese runners, but it was a Hungarian, Janos Bogar, who took first place in just over 24 hours, with Ursula Blasberg of Germany winning the women's prize.

Thus 1991 saw countries new to ultrarunning making a major impact on the sport. Runners like Valmir Nunes and Wu Wing-yee are the forerunners of many others who obviously will contribute much to the sport in the future. Among the longer established ultrarunning nations, national championships recognized by their federations were increasingly the norm. Each year sees more and more federations sending teams to the 100 Km World Cup.

On the agenda for next year are two new championships. Although athletes like Valmir Nunes and Ann Trason are dominant figures, Europe remains the heartland of the sport. For this reason in 1992 there will be European championships at 100 km and 24 hours.

Ultrarunning is also developing in a commercial sense, too. Increasingly, prize money is available at the major races, both in Europe and the United States. Organized tours for ordinary runners to major ultra races and to ultra events in exotic locales are also a growth area. New, tougher races are developing, as the pioneer events become more commercialized. Of particular interest is the first viable Trans-America race since 1929, which is proposed for this summer, from Huntington Beach, California, to New York City in 64 days. It will be an interesting year.

A postscript. Last year I wrote that the Russians would be a force to be reckoned with in the future. I hadn't thought that my prophecy would come true quite so quickly! My thoughts for 1992 and beyond — watch out for the Japanese. At the Lake Saroma 100 Km, Narihisa Kojima ran 6:37:44, while Eiko Endo ran 8:28:23 to win the women's race. Japanese television has already showed great interest in such ultra events as the Spartathlon, Sydney to Melbourne, and most recently the World Cup race at Faenza, Italy, where the Japanese runners competed for the first time.

Once they get their act together . . .

1992/93 ULTRA CALENDAR

- 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)234-5944.
- 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.
- 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 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 world's? 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.

1992/93 ULTRA CALENDAR

- Dec 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)
- 1993
- Jan 3 A.U.R.A. BOGONG TO HOTHAM, Vic, 60km mountain trail run, 6.15am start at Mountain Creek Picnic Ground. 3,000m climb! Phone Geoff Hook, (03)8089739, entries close 24th Dec, 1992. No entries on the day.
- Jan A.U.R.A. MANSFIELD TO MT.BULLER - 50 KM ROAD RACE Vic, \$10 entry, 7am start. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 781-4305 or Dot Browne, 4 Victory Street, Mitcham 3132 (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.
- 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 20/21 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.
- 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 50KM TRACK RACE, Parramatta, NSW, 6am start, 500m grass track, P.H.Jeffery Reserve, Barton Park, N.Parramatta, contact Margaret & Neil Fowler, (045)71-2017.
- Mar 50KM ROAD CHAMPIONSHIP & 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 BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW, 46km mountain trail run, 10am start from Katoomba to Jenolan Caves, Contact Ian Hutchison P.O. Box 65, Leura, 2780, or phone (047)843 266 (H)
- Mar CAMPBELLTOWN 48 HOUR TRACK RACE, NSW, Bradbury Oval, entry fee \$50, Contact John Shaw, 17 Buvelot Way, Claymore, Phone (046)26-6694.
- Mar TAMWORTH 24 HOUR CHARITY RUN, NSW, Viaduct Park, Tamworth, 10am start. Contact Dallas Earsman, Barreng Street, Tamworth 2340.

AUSTRALIAN 100KM TRACK RANKINGS

53	Bob Bruner	45	V	9-30-13	Adelaide 24	5/6Nov1983
54	Jack McKellar	45	V	9-30-14	Box Hill 24	15/16Feb1986
55	George Audley	51	WA	9-33-42	Perth 24	18/19Oct1986
56	Chris Stephenson	28	NSW	9-33-48	Adelaide 24	3/4Nov1984
57	Greg Wilson		V	9-35-28	Coburg 24	22/23Feb1992
58	Bob Hunter		QLD	9-35-34	Qld RRC 24	1/2Jul1989
59	Tony Collins	41	NSW	9-36-40	Sydney	30Sep1990
60	Klaus Schnibbe	42	V	9-38-06	Coburg	15Sep1985
61	Roy Sutcliffe	54	SA	9-38-30	Adelaide 24	5/6Nov1983
62	Maurice Taylor	38	NSW	9-39-39	Box Hill 24	28Feb1987
63	Peter Richardson	23	V	9-40-06	Hensley 24	30/31May1987
64	Dave Scott	42	WA	9-43-16	Perth 24	27/28May1989
65	Paul Mahony		NSW	9-44-02	NSW 24	1/2Sep1990
66	Leif Michelsson	45	V	9-45-29	Box Hill 24	28Feb1987
67	Terry Pickard	28	QLD	9-45-37	QLD 24	5/6Sep1987
68	Alan Croxford	43	WA	9-46-00	Perth 24	18/19Oct1986
69	Peter Quinn	40	V	9-46-19	Olympic P	4/5Aug1990
70	Alistair McManus	35		9-49-00	Adelaide 24	9/10Nov1985
71	Graham Light	38	V	9-49-45	Adelaide 24	1/2Nov1986
72	Gerry Riley	54	V	9-49-54	Coburg	15Sep1985
73	Derek Quinto		ACT	9-49-57	Canberra	10Oct1988
74	Les Murphy		ACT	9-49-57	Canberra	10Oct1988
75	Brad Boyle	30	NSW	9-50-29	Sydney	30Sep1990
76	Sandy Buchan		QLD	9-52-06	Qld RRC 24	1/2Jul1989
77	Terry Cox (J)	25	V	9-52-23	Coburg 24	10/11Mar1990
78	Geoff Boase		V	9-53-47	Adelaide 24	3/4Oct1987
79	Barry Allen	30	V	9-55-29	Coburg	14Sep1986
80	Graeme Wilkinson		NSW	9-56-17	Adelaide 24	3/4Oct1987
81	Tom Donovan		V	9-57-31	Coburg	28Aug1988
82	Charlie Lynn	40	NSW	9-59-07	Adelaide 24	9/10Nov1985
83	Roger Weinstein		V	10-01-54	Coburg 24	10/11Mar1990
84	Nobby Young	44	NSW	10-03-09	NSW 24	1/2Sep1990
85	Ron Campbell	44	V	10-04-24	Coburg 24	13/14Feb1988
86	Ross Parker		WA	10-06-55	Perth 48	16/18Oct1987
87	Rob Channels		NSW	10-07-33	Campbelltown 24	28/29Oct1989
88	Mike Whiteoak	38	V	10-08-11	Adelaide 24	5/6Nov1983
89	Murray Cox	44	SA	10-10-40	Olympic P	4/5Aug1990
90	Bruce Kirk	25	V	10-10-41	Coburg 24	25/26Feb1989
91	Gordon McKeown	61	V	10-12-28	Adelaide 24	3/4Nov1984
92	Ronald Smith	44	V	10-12-40	Rosebud 12	6May1989
93	Michael Bryce		V	10-15-41	Adelaide 24	28/30Oct1988
94	Keith Crowie		V	10-15-59	Coburg	14Sep1986
95	Alan Peacock	27	QLD	10-16-05	QLD 24	5/6Sep1987
96	Bruce Hargreaves	37	NSW	10-16-36	Caboulture 24	23/24Jun1990
97	Andrew Law		TAS	10-17-06	Olympic P 24	19/20Aug1989
98	Geoff Molloy	42	V	10-17-21	Box Hill 24	4/5Feb1984
99	James Wolstencroft	34	V	10-17-31	Coburg 24	25/26Feb1989
100	Bob Marden	32	NSW	10-18-05	Adelaide 24	3/4Nov1984

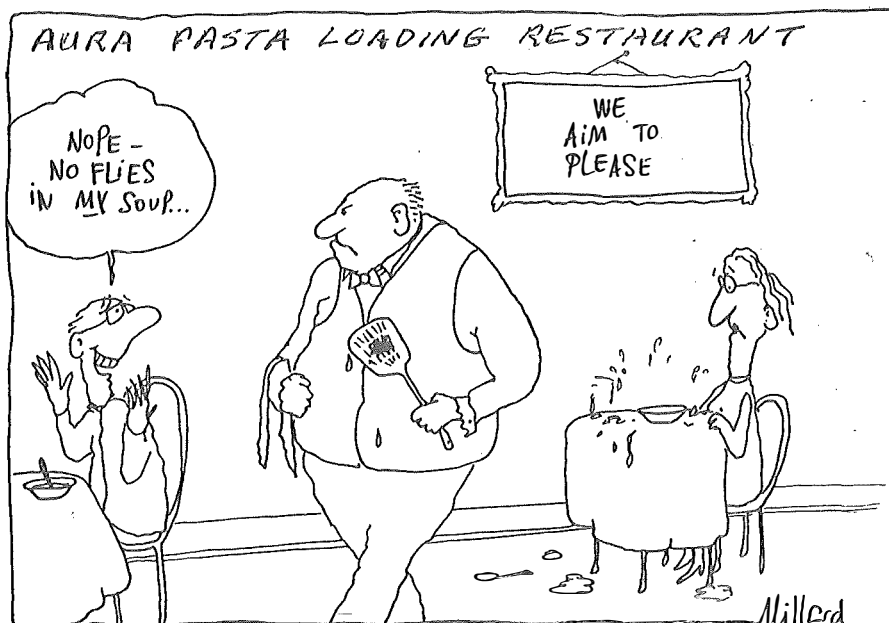
AUSTRALIAN 100KM TRACK RANKINGS

1 Cynthia Cameron	44 V	9-15-26	Coburg	14Sep1986
2 Dawn Parris	36 V	9-46-09	Olympic P24	19Aug1989
3 Helen Stanger	NSW	9-58-21	NSW 24	1Sep1990
4 Sally Woods	QLD	10-20-24	Coburg	28Aug1988
5 Georgina McConnell	45 NSW	10-22-32	Olympic P24	19Aug1989
6 Margaret Smith	49 V	10-30-43	Aberfeldie	10Mar1985
7 Trish Spain	47 WA	10-39-32	Olympic P24	19Aug1989
8 Dell Grant	33 QLD	11-00-23	QLD 24	5Sep1987
9 Sandra Kerr	43 V	11-30-24	Rosebud 12	6May1989
10 Helen O'Connor	32 SA	11-38-12	Adelaide 24	3Nov1984
11 Sue Worley	SA	12-07-53	Adelaide 24	1Nov1986
12 Geraldine Riley	22 V	12-08-05	Box Hill 24	15Feb1986
13 Merrilyn Tait	41 V	12-12-27	Olympic P	24Mar1990
14 Cheryl Staneven	SA	12-29-15	Adelaide 24	29Oct1988
15 Kay Haarsma	SA	12-30-10	Adelaide 24	13Nov1982
16 Collen Milbourne	WA	12-31-49	Perth 24	27May1989
17 Wanda Foley	42 NSW	12-36-39	Campbelltown	8Oct1988
18 Kim Talbot	20 V	12-53-30	Coburg 24	25Feb1989
19 Bronwyn Salter	40 WA	13-01-37	Perth 24	28May1988
20 Corinne Sommers	29 QLD	13-07-23	Caboolture	23Jun1990
21 Valerie Case	51 V	14-06-44	Hensley 24	28May1988
22 Val Warren		14-11-54	Campbelltown	Oct1989
23 Leonie Gordon	40 SA	14-18-06	Adelaide 24	3Nov1984
24 Lucille Gladwell	NSW	14-30-35	Campbelltown	Oct1989
25 Marilyn McCartney	37 SA	14-43-07	Adelaide 24	1Nov1986
26 Helen Barnes	SA	14-45-59	Adelaide 24	28Oct1989
27 Marcia Leahy	NSW	14-55-00	Campbelltown	Oct1990
28 Eileen Lush	39 SA	15-42-59	Adelaide 24	1Nov1986
29 Carolyn Benson	43 SA	17-32-40	Adelaide 24	27Oct1990
30 Patty Bruner	46 V	18-36-33	Adelaide 24	5Nov1983
31 Lois Wishart	V	20-47-47	Coburg 24	22Feb1992
32 Elaine Guerres	SA	21-24-03	Adelaide 24	9Nov1985

Ages are as on the day of the event.

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

Applications for Ultra Records should be made to the Hon Secretary
and not to me. Included with the application should be the documents
as stated on page 12 of the March 92' copy of ULTRAMAG.



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
Air Mail (up to 1 week delivery)	\$	\$....	\$....	\$....

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



On our back cover is Keith O'Connell, from Fairfield West, NSW, eleventh finisher in the 1991 Westfield Run. He covered the distance in 8 days 10 hours and 51mins. - a great effort!