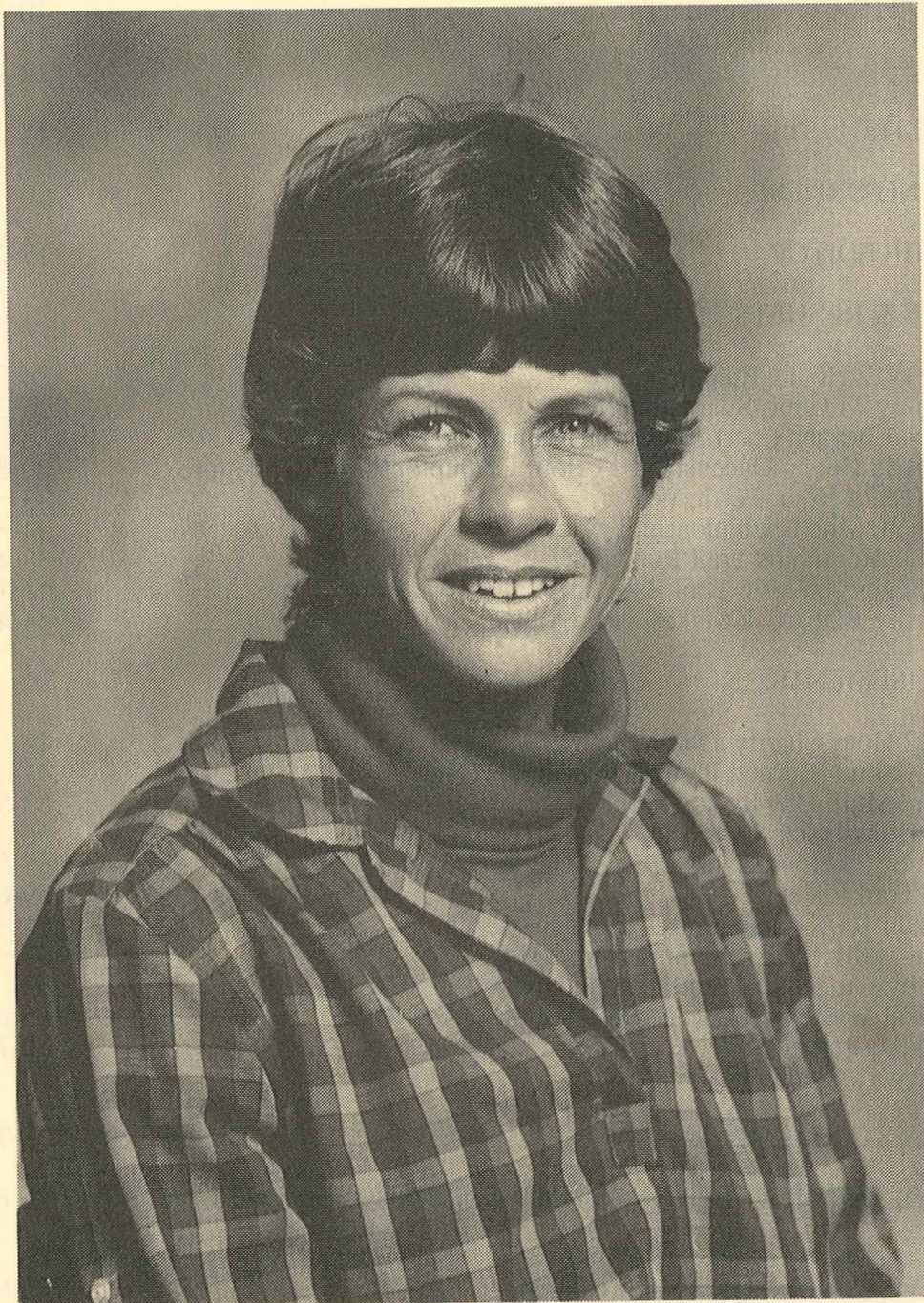


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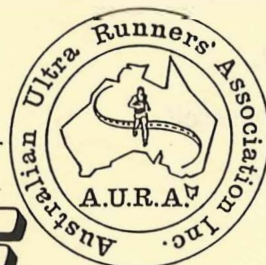
Vol 7 No.3

August 1992



Dot Browne, AURA Honorary Secretary, recently awarded an Order of Australia Medal in the Queen's Birthday Honours list for her services to athletics in Australia. Congratulations from all of us!!

 **AURA**
MAGAZINE



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

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CONTENTS

EDITORIAL	3
ULTRA CALENDAR	4 - 7
ANNUAL GENERAL MEETING - Minutes	8 - 9
ANNUAL REPORTS - President's	10
Secretary's	11
Treasurer's	12-14
AURA COMMITTEE LIST	15
AURA CLOTHING ORDERS	16
LETTERS TO THE EDITOR	17-23
RACE REPORTS & RESULTS:	
Applebee 6/12 Hour - Bunbury, WA	24
Sri Chinmoy 24 Hour, Switzerland	25-28
10th Annual Banana Coast Electrics Ultramarathon	28
Australian 48 Hour - Queensland 24 Hour Championships, Caboolture	29-32
Hi-Tec 6/12/24 Hour, Perth, WA	33
Australian 50 Mile Championships, Vic	34-37
Glasshouse Mountains Trail Run, Q'ld	38-41
Western States 100 Mile Trail Race, USA	42-43
Goldsworthy Blackrock Stakes, NW. Aust.	44-45
RACE ADVERTISEMENTS:	
Griffith 12 Hour Charity Track Run, NSW	46
Nanango - South Burnett Pioneer Foot Race, Q'ld	47-52
Caboolture Multi Day Events, Q'ld	53-55
AURA 6 Hour Track Race, Vic.	56
Sri Chinmoy 24 Hour Track Race, Adelaide, SA	57-58
Rainbow Trail Race, Q'ld	59-60
Australasian 100K Championship, NZ	61-62
Australian 100K Track Championship, Q'ld	63-64
Banana Coast Electrics Ultra Marathon, NSW	65
The Magical Mystery Tour (Perth to Sydney Staged Race)	66-69
The Great Australian Walk	70-71
Te Houtaewa's Challenge - 60K, NZ	72
MEDIA ARTICLES ON MEMBERS	73-75
AURA RULES OF INCORPORATION (continued) See P.57, Vol 7 No.2	76-85
ARTICLES:	
Supermarathon in Nevada, USA Invitation	86-87
"What was it Like?" - Nobby Young	90
AUSTRALIAN 6 DAY & 6 HOUR RANKINGS:	88-90
MEMBERSHIP APPLICATION:	91
BACK COVER PHOTO: Kevin Mansell	92



EDITORIAL

Dear Members,

The Olympic Games have recently finished in Barcelona. Interest in athletics is always heightened around the Olympic Games and the marathon remains as one of the blue-chip events. It is becoming increasingly difficult to get new events included in the Olympic Games, and for our most likely event (the 100km road race) to be included, it may take a long time. Strong opposition from marathon runners is expected, so as not to detract from the glamour of their event.

In the meantime, the IAU (International Association of Ultrarunners) have decided to try and get the 100km race included as a Commonwealth Games event. This approach has a greater chance of success and may result in eventual inclusion as an Olympic sport. A two-pronged approach is better than one, and so AURA has approached Athletics Australia, which has referred the suggestion to its appropriate committee. Let us hope for eventual success.

You will have already noted that our hard working secretary has been awarded the Order of Australia Medal (OAM) for services to athletics, which is a fitting tribute, not only for the work she performs for many athletic associations, but for the help and encouragement given to athletes of all abilities. An award richly deserved, it is fitting that Dot is featured on the front cover of this issue. Since Dot is the third lady to feature on our front covers this year, we have decided to make it a clean sweep for them by featuring another lady on the front cover for our fourth and final issue for this year.

Membership numbers are falling off due in part to a general loss of interest in ultrarunning, and also in part to the demise of the Westfield Sydney to Melbourne Run. A significant number of races are disappearing off the calendar (the most notable recent ones being the Campbelltown 24 Hour and 6 Day races). Even with some of the races remaining, there is a drop in participation rate by competitors. Some members have questioned why a particular event is not available locally, without considering that no-one is volunteering to be the organiser. (and most existing race organisers are over-worked) Surely before any new events can be added to the calendar, you runners have to get behind the existing race organisers and support their races. Once a race director gives up due to lack of numbers, there may be no inclination left to organise any future races. For example, the Coburg 100km track race, organised by Kevin Cassidy this month has only 7 entrants and probably won't ever be put on again. PLEASE support our race organisers or soon you won't have ANY races to compete in.

This issue contains the relevant information from our recently successful AGM, as well as the balance of our Rules of Association, the first part of which was published in our previous issue. All members now have access to all the rules which govern our operation for their immediate information.

The note in our previous issue relating to qualifying for official teams to represent Australia in the 1993 100km World Cup in Belgium has produced some notable interest. Several males may be vying for each of the places, but only one female has expressed interest. Unless a minimum of 3 females wish to be considered, a female team entry will not be possible.

In this year's Australian Championship 50 Mile Track Race, many records were broken. One very long standing record that went was the 100km one, when Trevor Jacobs (50 Mile race winner) ran on to the 100km mark and took 5 minutes off the old record. A very good performance, Trevor. Well done! Lavinia Petrie equalled last year's achievement by re-setting all the possible marks she could. This lady defies the odds by getting better as she gets older. Randall Hughes, Shirley Young, Ken Matchett and Lavinia Petrie may have all broken world age records, which need to be confirmed by the IAU statistician. What a great race it was! It is a shame to note that this race is struggling, due to low numbers of entrants over the last couple of years.

Best wishes,

1992/1993 ULTRA CALENDAR

- Aug 29 **THE INAUGURAL GRIFFITH 12 HOUR CHARITY TRACK RACE, NSW**, \$15 entry (includes tee shirt), Griffith Ex Servicemans Oval, Cnr. Blumer Ave & Wakaden St, Griffith NSW, Closing date for entries 17th August at the latest., trophies, 6pm start, Further details contact Harry Clements, 60 Ross Cres, Griffith 2680, Ph. (069) 622680 (H) or (069)624163 (W)
- Aug 31 - **FIVE DAY STAGED FOOT RACE, Q'LD** (Start & finish at Nanango(South Burnett), 180km north Sept 4 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. Entry form in this issue.
- Sept 19 **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 21-27 **MULTI-DAY (6, 3, 2, 1, DAY CHOICE) Q'LD**, (also relays with varying participation possibilities). Entry fee 6 Day - \$150, 2 Day \$50, 1 Day \$36, plus \$10 per day for each crew member to be fed. Must be at least 5 starters in each event. Caboolture, 1km circuit, Closing date for multi-day entries 7th September. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld, phone (074)95 4334 (Entry form in this issue)
- Sept **MUNDARING TO YORK ROAD RACE, WA** 64.36km (40 miles) , start at Mundaring Shire Offices, conducted by the WA. Marathon Club, Phone Jeff Joyce (09) 447-8545.
- 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 24/25 **SRI CHINMOY 24 HOUR TRACK RACE, SA**, (Australian Championship) Starts 8am on Saturday 24th at Adelaide Harriers Track, \$75 entry, Contact Sipra Lloyd, Sri Chinmoy 24 Hour Track Race, P.O. Box 554, North Adelaide, 5006, phone (08) 239-0690 (AH) or (08) 267 1675 (AH) Send a large Stamped self-addressed envelope with cheque and application form.
- 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). Entry form in this issue.
- 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 or Ian Javes, 25 Fortune Esp, Caboolture, Queensland 4510 Ph. (o74) 954334
- Nov 8 **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 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.

CALENDAR

- 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.
- 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 5-16 **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 & Lindsay Phillips (cyclist) - "the odd couple" 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..
- Jan 24 **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 23/24 **WYONG 24 HOUR TRACK RACE**, NSW, Contact David Browne, RMB 7983, Gosford 2250 NSW
- Jan 25/26 **SYDNEY MARATHON CLINIC AUSTRALIA DAY 12 HOUR RACE (NSW)**, 6pm or 8pm start at Rosford Street Reserve, Smithfield, Sydney, Contact John and Maureen Melnyczenko, 8 Hermitage Place, Minchinbury 2770 Ph. (02)832 1171 for entry forms.
- 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, break-fast 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 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

CALENDAR

- Mar** **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**, 46km mountain trail run, 10am start from Katoomba to Jenolan Caves, Contact Ian Hutchison P.O. Box 65, Leura, 2780, or phone (047)843 266 (H)
- Mar** **TAMWORTH 24 HOUR CHARITY RUN, NSW**, Viaduct Park, Tamworth, 10am start. Contact Dallas Earsman, Barreng Street, Tamworth 2340.
- 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 grass 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 1** **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)
- May 2** **BANANA COAST ULTRA MARATHON NSW**, 85km, Grafton to Coff's Harbour. 6am start at Grafton Post Office, Entry fee \$5, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, NSW, phone (066) 536831
- May 22/23/24** **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS**, 48 Hour starts 9am Friday 22nd May, 24 Hour starts 8am Saturday 23rd, 440m grass track, University of Queensland. Entry fees \$50, \$40, Contact Ray Chatterton, P.O. Box 589, Toowong 4066 Qld. Phone (07) 870 9590 (H) or (07) 271 8597 (W)
- May 30/31** **24 HOUR TRACK RACE, WA**, Perth, 1km grass track, McGillvray Oval, contact Tony Tripp, "Lakeview", Davies Road, Claremont, 6010, WA, phone (09)384 6036 or Ross Parker (09) 401 7797
- June** **50KM ROAD RACE**, Lauderdale, Tas, \$20 entry, Free nosh-up at the Lauderdale Tavern after the race. Contact Talay's Running Shop, phone (002)34-9945.
- June 19** **AURA 50 MILE TRACK RACE** (Australian Championship) Vic. at East Burwood, (Bill Sewart Athletic Track, Burwood Highway, East Burwood, 400m track, 8am start, contact Geoff Hook, 42 Swayfield Road, Mt.Waverley, 3149 or phone (03) 808-9739.
- June 27** **GLASSHOUSE TRAIL RUN** (8km,35km,55km, 80km) Caboolture, Q'ld, Entry \$10, \$15, \$20, \$25. Start and finish at the lookout. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld 4510 . Ph. (074) 95-4334.
- Aug** **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE**, contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood, SA 5034

CALENDAR

- Aug **ROSS TO RICHMOND ROAD RACE**, Tas, 95km, between the two oldest bridges in Australia, 7am start, Need support vehicle and helper, contact Tallays Running Shop, phone (002) 34 9566 or Kerri Law, (002) 72-5170 (H)
- Aug **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 **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 **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

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.

SPECIAL EVENTS

GOULBURN REGIONAL GAMES 6 HOUR ROGAINE

Saturday 24th October 1992, 10 am- 4pm

-Come 'n' Try rogaining

Location: 120km North East of Melbourne, 15km South of Alexandra

Prizes: Medals to all placegetters, certificates to all participants.

Terrain: 40% Farmland, 40% Native forest 20% pine forest

Course: This rogaing is ideal for first timers, with many easy check points, and a few more tricky ones to test the experienced rogainers out. Spectacular views of the Cathedral Ranges.

Cost: Adults \$14, Juniors \$10 there is no need to be a member of the VRA or ARA.

Entries by 21st October.

Enquiries/Entries: Robin Rishworth 'Running High' Buxton 3714, Phone (057) 74 75 76 A/H.

HELPERS, CREWS & ADVICE NEEDED

AURA member, Barry Stewart of Kingaroy, Queensland, is planning to do an Across Australia Run, starting at Kingaroy in January 1994 and visiting state capitals, Brisbane, Sydney, Melbourne, Adelaide and Perth. He is anticipating that the run will take him around 6 months, covering 45km per day, 7 days a week. He is looking for a Manager and anyone else who may be able to assist him as a crew person for any part of the journey. If anyone is interested, please contact Barry Stewart, P.O. Box 119, Kingaroy 4610. Good luck in your preparation Barry!!

AURA ANNUAL GENERAL MEETING

MINUTES OF ANNUAL GENERAL MEETING OF THE AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. HELD AT THE CLUBROOMS OF THE BILL SEWART ATHLETIC TRACK, BURWOOD HIGHWAY, EAST BURWOOD ON SUNDAY 21ST JUNE, 1992.

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

APOLOGIES: Kevin Cassidy, Col Ricketts, John Harper, Bill Beauchamp, Ross Shilston, Trevor Jacobs, Marilyn Tait.

MINUTES: of the previous AGM held on Saturday 15th June, 1991, printed in Vol 6 No.3 of the AURA Magazine and the Minutes of the Special General Meeting held on the 27th October, 1991 and printed in Vol 6 No.4 of the AURA Magazine were taken as read. Moved Sandy Kerr/ Peter Armistead that they both be accepted as true records of proceedings. Carried.

1.0 PRESIDENT'S REPORT:

The President, Geoff Hook delivered his report with apology for not having a written report available prior to the meeting due to insufficient time. However, the report would be published in full in the next issue of 'Ultramag' along with other AGM documents. He congratulated Secretary, Dot Browne on her Order of Australia Medal for services to athletics, announced in the recent Queen's Birthday Honours List. Moved Geoff Hook/ Mike Grayling that the President's Report be received. Carried.

2.0 SECRETARY'S REPORT:

Dot Browne circulated copies of her Secretary's Report. This also will be printed in the next issue of 'Ultramag'. Moved Ken Matchett/ Bryan Smith that the Secretary's Report be received. Carried.

3.0 TREASURER'S REPORT:

- 3.1 Assistant Treasurer, Dot Browne circulated copies of the Financial Statements for the 12 months ended 31st December, 1991 and notes of explanation regarding the figures. She drew attention to the fact that our profits had fallen dramatically as compared to the previous 12 months. (\$1665 profit in 1990 - \$244 profit in 1991) and recommended that an increase of \$5 (from \$20.00 to \$25.00) in annual AURA subscriptions would be necessary for the year commencing 1st January, 1993 in order for our association to survive. Referred to General Business. Moved Peter Armistead/Sandy Kerr that the Treasurer's report be accepted. Carried.
- 3.2 Although not mandatory for the year ended 31st December, 1991, Jeff Briggs was asked to audit the Association's books, and they were found to be in order.

4.0 STATEMENT BY COMMITTEE:

The following statement was received from the committee.

In the opinion of the committee:

- (i) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December 1991, and the state of affairs of the Association as at 31st December, 1991.
 - (ii) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
 - (iii) the accounts have been compiled by the simple Income and Expenditure format.
- Moved Greg Wishart, seconded Lois Wishart that the statement be accepted. Carried.

5.0 ELECTION OF OFFICE BEARERS:

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

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

- 5.2 Geoff Hook proposed a vote of thanks to outgoing committee member, Peter Armistead.

6.0 APPOINTMENT OF AUDITOR:

- 6.1 Since the Special Resolutions were passed on 27th October, 1991, the appointment of an auditor is necessary. Moved Dot Browne/Bill Baxter that Jeff Briggs be appointed Honorary Auditor for the year ended 31st December, 1992. Carried.

7.0 GENERAL BUSINESS:

Only items listed on the Agenda may be voted on in General Business.

- 7.1 Moved Peter Armistead/Sandy Kerr that the \$5.00 increase in annual subscriptions should take place as from 1st January, 1993. Carried.
- 7.2 Geoff Hook urged members to support races on our ultra calendar and to enter these races by the closing date, because once a race is cancelled for one year, it rarely re-appears.
- 7.3 Race Directors urged to forward dates for their races to AURA as soon as they are known, so that we can keep our calendar up to date. Also notify us of any cancelled races so that we can delete them.
- 7.4 Greg Wishart pointed out the clash of dates for the Traralgon Marathon and the 50 Miler. Geoff responded that the 50 Miler has been the same weekend in June for many years, but the Traralgon Marathon has moved its date.. It was always traditionally on the Queen's Birthday weekend.
- 7.5 Geoff reported on a 100km Challenge Race in New Zealand on the 28th December, 1992. A team of Australians has been invited. Any of our top 100km athletes interested?
- 7.6 Bryan Smith moved a vote of congratulations to Geoff Hook on the organisation of today's 50 Miler event in which so many Australian and World Age Records were broken.

MINUTES OF COMMITTEE MEETING OF THE AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. HELD IN THE CLUBROOMS OF THE BILL SEWART ATHLETIC TRACK, BURWOOD HIGHWAY, EAST BURWOOD ON SUNDAY 21ST JUNE, 1992 AT 8.00PM

PRESENT Geoff Hook, Dot Browne, Sandy Kerr, June Kerr.

APOLOGIES: Tony Rafferty, John Harper, Kevin Cassidy.

BUSINESS: Appointment of Interstate and Territorian Representatives.
The following members had put themselves forward to be considered for Interstate or Territorian Committee Members:

NSW:	Chris Stephenson & Max Bogenhuber
ACT:	Trevor Jacobs & Ian Johnson
Queensland:	Ray Chatterton
West. Aust:	Tony Tripp & Charlie Spare
South Aust:	Andy Docherty
Tas:	Kerri Law

Since all entitlements are for two committee members each, moved Dot Browne/Sandy Kerr that the above members be appointed committee members for the current term. Carried.

PRESIDENT'S REPORT - ANNUAL GENERAL MEETING
held at the clubrooms of the Nunawading Athletic Club,
Bill Sewart Athletic Track, Burwood Highway, East Burwood, Victoria
on Sunday 21st June, 1992.

It is very pleasing for me to announce that our Secretary, Dot Browne had an Order of Australia Medal (OAM) conferred on her amongst the recent Queen's Birthday honours. It was conferred for her services to athletics, and although she is not only involved in ultradistance races, the work she puts into our particular branch of athletics is unparalleled. A richly deserved award and one that goes only a small way in recognising the enormous amount of work she puts into athletics, and in particular, the encouragement to all and sundry so freely and generously given.

A milestone in the administration of ultrarunning in Australia was achieved during the past 12 months. At a Special General Meeting, held on 27th October, 1991, all 16 Special Resolutions put to the meeting were passed. This enabled us to achieve a number of things, namely affiliation with Athletics Australia, taxation exemption status and the correction of a number of anomalies and discrepancies in our Rules.

A pleasing result of our affiliation with Athletics Australia was the achievement of the first Australian athletic team to officially represent Australia in an international ultradistance race. Trevor Jacobs, Bryan Smith and Carl Barker competed for Australia in the 100km World Cup In Palamos, Spain in February this year. Both Trevor and Bryan ran p.bs of 7:18:00 and 7:54:31 respectively. Carl, potentially a 7 hour runner, was suffering from the effects of a virus and struggled home in 11:39:00, so the team achieved an official placing of ninth. I am hopeful we can send another official team to the next race which is to be held at Torhout, Belgium, in August next year. The main problem we face is obtaining sponsorship money, which is very difficult to obtain, so selected athletes have to find most of the money to travel, a situation which can preclude some of our best athletes.

Malcolm Campbell, president of the IAU, produces each year his own personal list of the world's top 10 ultradistance runners. Our very own, and Australia's best ultradistance athlete, Bryan Smith, again made the list for the third year in succession. For 1991, Bryan was ranked number 7 for his win in the Westfield Sydney to Melbourne Run. Bryan started off the race on a handicap of 24 hours and was still able to win handsomely. Well done Bryan!

I would like to express my thanks to retiring committee members, Val Case from Queensland, and Pete Armistead from Victoria. Their contribution to our Association is very much appreciated.

A total of 9 new Australian track records were set by just 3 people in the last year. Safet Badic for 50 miles set the only men's record, while Lavinia Petrie cleaned up two Class 1 (50km, 50 Miles) and three Class 2 records (30 Miles, 40 Miles, 6 Hours), and Helen Stanger captured 3 Class I records (200km, 12 Hours, 24 Hours). Congratulations to all of you, especially now that new records are becoming increasingly harder to break.

Keeping a focus on Helen Stanger, she was most successful in the recent Sri Chinmoy International 24 Hour race in Switzerland. She was first Lady, with a distance of 206.497km (just a couple of km. short of her Australian record) and gained 6th place overall and she beat many well-known European ladies. Peter Gray and David Standeven both competed in the same race and finished with distances of 200.702km and 191.422km respectively. I would like to thank the Sri Chinmoy Marathon Team for their generous support and encouragement to ultradistance running. Helen and David won the women's and men's divisions of last year's Sri Chinmoy Adelaide 24 Hour Race and their prize was a free trip to the Sri Chinmoy race in Switzerland. Well done Sri Chinmoy Marathon Team!

The world age records published by the magazine Ultrarunning in America once a year used to have only a few Australian entries, but now this has been corrected. We now have many entries in the open and age-group records. Most notably, Australians figure more prominently in the longer distances and times, with multi-day being our best events. We will try to keep Ultrarunning informed of any changes so the list can be kept up to date with Australian entries.

A considerable time was spent corresponding with Andy Milroy, Technical Director of the IAU. With contributions from others around the world, Andy was finally able to produce a reference document for the world of ultrarunning called "Ultra Marathon Race Handbook". This is a timely production and should be bought and used by race-directors and competitors alike.

Our computer ranking system is not up and running yet, but it is very close. The program has been much more difficult and complex to write and Big Chris Stephenson, one of our NSW reps, has been putting a great deal of time into finishing it off and getting all the bugs out. Let us hope he is successful very soon.

I wish to thank all the members for their continued membership, which gives us the strength to build on past achievements. Particular thanks is directed to all those members who have generously given us a donation beyond their membership fee. Many thanks to you all.

Geoff Hook (President)

10.

**AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. (AURA)
SECRETARY'S REPORT - A.G.M. JULY, 1992.**

Dot Browne

Our Association is into its seventh year and surviving quite well, thanks to the wonderful support Geoff and I receive from our members. We are both delighted when we receive your letters, reports, newspaper articles etc. and are happy to keep putting the magazine together as long as you keep subscribing and giving us something to print.

Our Association now has a reciprocal arrangement of swapping magazines with five overseas ultra organisations, which is great. We regularly receive magazines from Canada, USA, United Kingdom, Russia and New Zealand. We can't understand a word of the Russian one, but it's nice of them to send it to us anyway! They keep quoting names and times and hoping that we might sponsor some of their athletes over here for races. They could be waiting a while.

We mentioned in our September issue last year the incredible news that Mike March had died in his sleep from a heart attack on July 3rd, 1991. His untimely death at the age of 48 years shocked us all. Mike to us was the champion of ultrarunners. We had watched him run like a machine in the 1991 Coburg 24 Hour Track Race when he amazed everybody with his amazing determination and concentration as he smashed the existing 24 hour record to record a new one, 260.099km, an Australian record which is world class and which still stands today.

As specified in the Minutes of the 1991 AGM, a club Auditor has been nominated, Jeff Briggs of Ferntree Gully. Jeff is Hon. Treasurer of the Victorian Veterans Athletic Club, which has 1600 members, and is a competent mathematician and accountant. We felt he would be a good choice (and he was happy to do the job). Jeff looked at our books and financial records for the 1991 year and was happy with what was in the books and the methods which were being employed. Jeff will be officially nominated for the position of Auditor in accordance with the Special Resolutions for the year ended 31st December, 1992.

We thank members most sincerely for their donations, which have allowed us to keep the subscriptions at \$20 for the years 1991 and 1992.

Thank you also to new Race Directors who have taken the initiative and had a go at organising a new event. The 6 Hour Track Race at East Burwood was successful and it will be on again in October. Hookie has taken over the Bogong to Hotham Trail Race and I have taken over the Percy Cerutti 12 Hour Track Race on the Peninsula to save them both going down the drain when the previous race directors quit. I mentioned in the last issue of ULTRAMAG, the gaps which still occur in each state's ultra program. Have a look at the needs and put some thought into filling one of them yourself. The AURA Committee will help you all we can.

Of course we were all shattered at the news of Westfield pulling their sponsorship on the Sydney to Melbourne Ultra marathon. We couldn't believe it! This race was world famous! Its cancellation has certainly affected our membership because many of our members saw the Westfield Run as their ultimate goal. And now that it's gone, their motivation for going in the shorter lead up or qualifying events, is non-existent.

Ultrarunning trends in Australia are interesting though. Track run entries are down but the trail events such as the Six Foot Track (NSW), the National Park Ultra (NSW), the Bogong to Hotham (Vic), Cradle Mountain (Tas) and the Queensland Trail Runs through the Glasshouse Mountains etc. are all gaining popularity.

But for those of us who are still trying to organise track runs, such as Geoff and myself, it really makes it difficult for us when runners do not enter by the stated closing date. As good Race Directors, we want to send profiles of all starters to every contestant and prepare a Programme for race day, but it totally stuffs us up when entries dribble in right up to race day. Inconsiderate entrants do not realize the amount of last minute typing, photo-copying and collating which has to be done in the last few days before a race. PLEASE get your entries in on time if you want us to keep organising these track runs for you!!

We renew our congratulations to Tony Rafferty and his bride, Carol who made it legal early this year. Tony is one of our foundation members and his opinions and advice are really valued at AURA committee meetings. We hope married life is great for you and Carol Tony!

Also, two of our committee members, Geoff Hook and Kevin Cassidy have recently completed a Road Measurement Course using their specially calibrated bicycles and have gained a qualification which makes them both highly qualified to ACCURATELY measure a road course over any distance. Well done!

Thank you to Mike Thompson in Western Australia, who screen bromides our magazine photographs for us each issue and saves us a heap of brass because this process is very expensive. We really appreciate his help.

Thanks also to June Kerr who has organised the AURA clothing orders so efficiently all year, and to the other committee members, Tony Rafferty, Kevin Cassidy, Sandy Kerr and Peter Armistead who attended committee meetings so religiously.

Thank you particularly to Geoff Hook for the great job he has done as President to date. His incredible attention to detail and his pedantic interest in getting things legally correct has benefitted our Association no end. He has also been instrumental in forging the close liasons which we now have with the International Association of Ultrarunners (IAU), and in particular, Andy Milroy and Malcolm Campbell in the UK. Geoff's contribution to the new international text-book, "The Ultra Marathon Race Handbook" has been tremendous and very much appreciated by Andy Milroy. Thank you to him also for the preparation of those Special Resolutions which took so much work, and which were passed for our benefit eventually.

That's about all for this year. Thank you again to members for your support of our Association. Keep subscribing to ensure we stay afloat. We look forward to another good year and wish our members good health and success in whatever challenges they tackle in the year to come. }

**AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
TREASURER'S REPORT FOR THE YEAR ENDED 31ST DECEMBER, 1991.**

INCOME:

During the year of 1991, the number of subscribers to our association fell by 89 to 380 members (469 in 1990) probably mainly due to the Westfield Run being cancelled. The Westfield Run in the past has always provided the ultimate goal to many of our members and the cancellation of this event has certainly affected our membership numbers, as was to be expected.

Consequently, because we had fewer members paying subs, the donations to assist our organisation also dropped by \$225.

Paid advertisements in our magazine remained much the same, with a slight increase of \$28.

EXPENDITURE:

Postage costs, because of fewer mail-outs, were reduced by \$160; however printing costs for the magazine at the cheapest printer we can find (Copycat Printers in Mitcham) were up by \$973, which is a considerable rise. They assure us the price rise is because of increased paper and labour costs and they are unable to do the job any cheaper.

The largest new expense in this year was the payment for special AURA medals - the initial art work, masters and resulting medallions were quite expensive. However, now we have the masters, further orders of the medals will be much cheaper. These medallions are used for designated AURA events (at a cost of \$5 each to be paid to AURA by the race director), and AURA Australian Record Plaques, which have been really appreciated by the recipients to date.

June Kerr has been handling our AURA clothing orders, and although orders have still been coming in, the sales have halved during 1991 and profit on these garment sales has dropped from \$344 in 1990 to \$157 in 1991. Windcheaters and T-shirts and car stickers etc are all very reasonably priced, and members could assist our club's finances by purchasing gear to help advertise our association.

Donations by members of \$1560 have been most appreciated by the committee, and in fact have been the main factor in keeping us afloat during 1991. If we had not received these donations, our association would have been down the drain to the tune of \$1316, so donations are not only appreciated, but also very necessary.

Accordingly, I must recommend that our association increase subscription rates by \$5 to \$25 per year for Australian members for the year commencing 1st January, 1993 to enable us to survive.

INVESTMENTS:

During the years of 1989 and 1990, our association was better placed financially than it is at the present time, and the committee was able to place \$2,000 in each of those years into an investment fund with the Bank of Melbourne, with a view to eventually investing at least the amount which is needed to keep us going for a full year (\$10,000), should subscriptions diminish considerably. However, during 1991, our profits had dropped considerably and we were only able to add \$1000 to the investment for this year.

Overall profit on these investments totalling \$5,000 have amounted to \$1,172 to date, so we are gradually working our way towards our goal with a total of \$6,172 in our investment account so far.

Thanks to June Kerr for looking after the sales of our AURA clothing all year and for organising our investments. Her reliable efforts are most appreciated.

THANK YOU FOR YOUR DONATIONS

The following donations to AURA, received since our last issue, are acknowledged with grateful thanks. You have helped us survive 1992 without putting the subs. up. Thankyou so much.

George Cormack \$10; Tony Dietachmayer \$10; Alan Rider \$10; Graham Firkin \$10; John Dean \$10; Michael Bohnke \$10; Derek Bambrick \$5; Tony Collins \$10; Mike Thorpe \$10; Sue Worley \$10; Andy Docherty \$10; John Lewis \$6; Ian Graves \$15; Kevin Mansell \$15; Bruce Hargreaves \$30; Claude Martin \$5; Sandy Barwick \$11; Andy Hill (missed last issue) \$10.

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
Registered Office: 4 Victory Street, Mitcham 3132 Vic. Telephone: (03)874 2501.

PROFIT AND LOSS STATEMENT: MAIN ACCOUNT
1/1/1991 TO 31/12/1991

INCOME:		\$
380 subscriptions	7677.00	
Donations	1560.21	
Advertising fee collected	138.00	9375.21
EXPENSES:		
Postage	1456.43	
Magazine expenses	6004.12	
AURA medals - Art-work, masters & medallions	798.90	
Photo-copier service	80.00	
Catering AGM	42.97	
Statement of AGM - prescribed fee	27.50	
Bank charges	121.38	
Purchase of Ultra books - RRC	298.73	
Record plaques engraving	15.00	
Public Liability insurance	267.50	
Loss on AURA 6 Hour Race	17.76	9130.29
	PROFIT:	\$ 244.92 =====

BANK BALANCE AS AT 31/12/1991 - MAIN ACCOUNT

Opening balance 1/1/1991	2013.50	
Plus profit	244.92	2258.42

Less Bank of Melbourne investment for 1990		1000.00
		\$ 1258.42
Plus funds transferred from Clothing A/C to Main A/C		500.00
		\$ 1758.42
Less Cash in hand as at 31/12/1991		10.00
		\$ 1748.42
		=====

PROFIT & LOSS STATEMENT - CLOTHING ACCOUNT - 1/1/91 to 31/12/1991

INCOME:	Sale of garments, car stickers and cloth badges	817.93	
	Interest	35.69	853.62
LESS EXPENSES:			
	Atlas Screening - Peter Ryan	602.13	
	Postage	93.81	
	Bank Charges	.45	696.39

	PROFIT		\$ 157.23 =====

BANK BALANCE - CLOTHING ACCOUNT AS AT 31/12/1991.

Opening balance 1/1/1991	\$ 552.27
Plus Profit	157.23

	\$ 709.50
Less amount transferred to AURA Inc. Main Account	500.00

Closing bank balance 31/12/1991- Clothing Account	\$209.50

=====

COMBINED PROFIT & LOSS STATEMENT - 1/1/91 to 31/1/1991.

INCOME	Main Account	9375.21	
	Clothing Account	853.62	10,228.83

LESS EXPENSES:

	Main Account	9130.29	
	Clothing Account	696.39	9826.68

OVERALL PROFIT	\$ 402.15
	=====

INVESTMENTS:

Bank of Melbourne: - Invested 9/12/1989	2000.00	
Bank of Melbourne: - Invested 9/5/1990	2000.00	
(This \$4,000.00 together with accumulated interest of \$703.78 was re-invested 9/2/91 - Account No.39795075)	703.78	
Interest accumulated on \$4703.78	413.39	
	51117.17	
Less FID	.24	5116.93
Bank of Melbourne - Invested 15/4/1991 (Account No. 76895796)	1000.00	
Interest accumulated	56.40	
	1056.40	
Less FID	.60	1055.80
Total Fixed Term Investment Accounts balance as at 31/12/1991		\$ 6172.73

=====

I certify that the foregoing statement of accounts is a true and correct record of the Association's financial transactions for the period from 1/1/1991 to 31/12/1991 and its current financial position.

I also certify that the Association does not have any asset or liabilities at the end of the previous financial year, has no mortgages, charges or securities of any description at the end of the previous financial year, has no trusts of which the Association was trustee during any part of the previous financial year.

Dated 15th April, 1992

Dot Browne (Hon. Secretary &
Hon. Assistant Treasurer)

A.U.R.A. 1992/93 COMMITTEE

PRESIDENT: GEOFF HOOK, 42 Swayfield Road, Mount Waverley 3149 Vic.
(03) 808 9739 (H) , (03) 826 8022 (W), FAX: (03) 827 7513

VICE PRES: TONY RAFFERTY, G.P.O. Box 163, Box Hill 3128 Vic. or
30 Nash Road, Box Hill South 3128
(03) 808 3360(H)

HON. SEC: DOT BROWNE, 4 Victory Street, Melbourne 3132 Vic.
(03) 874 2501 (H), (03) 874 5878 (W)

ASSIS.HON SEC: JUNE KERR,

HON.TREAS: JOHN HARPER, 21 Lancelot Cresc, Glen Waverley 3150 Vic.
(03) 803 7560 (H)

ORDINARY MEMBER (Vic): KEVIN CASSIDY, 4 Grandview Road, Preston, 3072 Vic.
(03) 478 3687 (H)

ORDINARY MEMBER (Vic): SANDY KERR, 1 Olympus Drive, Croydon, 3136 Vic.
(03) 725 8346 (H)

ORDINARY MEMBER (NSW): CHRIS STEPHENSON, G.P.O.Box 1041, Sydney 2001 NSW
(02) 259 3981 (W)

ORDINARY MEMBER (NSW): MAX BOGENHUBER, 9 Junction Road, Baulkham Hills 2153 NSW
(02) 686 1079 (H)

ORDINARY MEMBER (ACT): TREVOR JACOBS, 7 Dovey Place, Latham, 2615 ACT
(06) 2480177 (W) (06)254 7177 (H)

ORDINARY MEMBER (ACT): IAN JOHNSON, 137 Kalgoorlie Cres, Fisher 2611 ACT
(06)275 5941 (W) (06)288 4986 (H)

ORDINARY MEMBER (Tas): KERRI LAW, 67 Gormanston Road, Moonah 7009 Tas
(002) 345522 (W) (002) 72 5170(H)

ORDINARY MEMBER (TAS): Position vacant

ORDINARY MEMBER (SA): ANDY DOCHERTY, 24 Freya Avenue, Hallett Cove 5158 SA.

ORDINARY MEMBER (SA): Position vacant

ORDINARY MEMBER (WA): CHARLIE SPARE, 9 Rinaldo Cres, Coolbellup 6163 WA

ORDINARY MEMBER (WA): TONY TRIPP, "Lakeview", Flat 100, Davies Road, Claremont 6010 WA
(09) 384 6036

ORDINARY MEMBER (Q'ld): Position vacant

ORDINARY MEMBER (Q'ld): RAY CHATTERTON, P.O.Box 589, Toowong 4066 Q'ld
(07) 2718597 (W) (07) 870 9590 (H)

OFFICIAL NON-COMMITTEE POSITIONS

IAU EXECUTIVE COMMITTEE MEMBER: TONY RAFFERTY (see above)

STATISTICIAN: GERRY RILEY, 12 English Street, Ballarat 3350 Vic.
(053) 33 1403

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

MAGAZINE EDITORS: GEOFF HOOK, (see above)
DOT BROWNE (see above)

ASSIS. TREASURER: DOT BROWNE (see above)

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: Kevin Cassidy, 4 Grandview Road, Preston 3072
Ph: (03) 478 3687 (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:.....

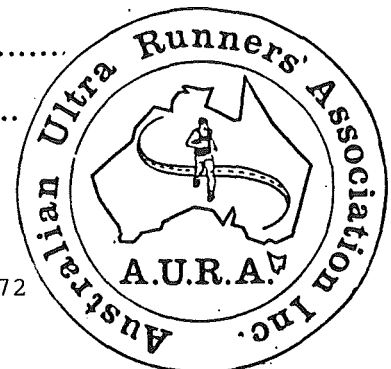
SIZE:.....COLOUR.....

CHEQUE:.....

(Please include postage. Make cheque payable to AURA)

POST TO:

Kevin Cassidy, 4 Grandview Road, Preston 3072
Ph. (03) 478 3687 (H)



LETTERS TO THE EDITOR

Dear AURA Members,

I would like to say a big "thank you" to all you lovely people who have written to me about my Order of Australia award for 'services to athletics'. Your good wishes have overwhelmed me. I'm thrilled with the award of course, but I still feel a bit of a fraud for receiving such prestigious recognition for something that I love to do anyway.

I must admit when I received the initial letter informing me that I had been nominated, I thought it was a joke. "That bloody Peter Armistead!" was my initial reaction. But then as I looked again at the government insignia on the letterhead and the official wording, I realized it was for real, and I was dumbfounded.

Some of you who don't know me so well may be interested to know how my 'obsession' for athletics started. It was back in 1978 when I first got sucked into running by one of my kids who was 16 years of age at the time. I was 37. She was running well and training with a local athletic club twice a week. I used to drive her to training and sit in the car and wait for her. But it was when I started jogging around the edge while she was training on the track, that was the beginning of the obsession. I started training with the girls instead of watching from the sidelines and loved it.

I joined the local Veterans Athletic Club and the enthusiasm and supportive friendship of these "oldies" was the thing that really got me hooked. I was elected on to their committee and have been on it ever since. They were all training for the Big M Marathon at the time, and I caught their enthusiasm for marathons and started training too. I also joined the committee of the Victorian Marathon Club and found working with Fred Lester interesting to say the least. Crewing for a team in the Great Otway Classic also became a regular highlight of my year.

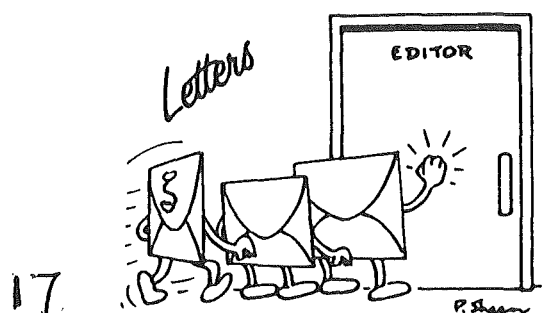
From a 3.35 in my first marathon in 1979, I was able to reduce this to a 2.41.25 by 1983 and have now run around 26 in all. I was lucky enough to get 4 trips overseas to Singapore, Djakarta, San Francisco and London, in Australian marathon teams. My dramatic improvement was a direct result of being put onto a great coach, Denis Moore. I increased my training distance to 120km. a week, did hills and repetition sessions twice a week and generally stuck to his program and it worked! Denis incidentally trained a stable of professional runners and had in his stable, Geoff Molloy. After Cliffy's sensational win in 1983, Geoff was interested in having a crack at the Westfield Run, and because of my connections with the Vets. Athletic Club, I was asked if I could organise a 24 hour trial, with the Vets' help, to see how Geoff would cope.

And that was the start of what is now my Coburg 24 Hour event, commonly known as "Dot's 24". We have the 10th year coming up in 1993. In the first one, Geoff broke the existing Australian record when he covered 138km in 24 hours and then went on to win the 1984 Westfield, with me and Denis and several others crewing for him. So we were rapt!. I was particularly taken with the great rapport which developed amongst ultra runners. I always knew marathon runners were great people and tended to encourage each other in their efforts, but I found that the feeling between ultra runners was even more special.

Starting up AURA was a result of Westfield wanting to know what ultra runners thought about certain proposals, and needing a central body of ultra runners to communicate with. Gerry Riley, Hookie and a couple of others had already discussed the prospect of an ultra club after one of the early Sri Chinmoy 24 Hours in Adelaide so the time was ripe. We called a meeting of interested ultra people in Melbourne at Geoff Molloy's place. Tony Rafferty was there, and Hookie and I agreed to be President and Secretary and we were away. Small beginnings, but I am proud to be part of an organisation which is now serving the needs of a very special group of 500 or so athletes in Australia. Thank you for helping us grow with your interest, and support.

So there it is. Thank you again for your good wishes.

Dot Browne.



Dear Geoff,

We would like to thank you so much for all the work you put in at short notice to help get an Australian team to Spain. The race was a great success with so many runners and countries represented. We, as an Australian team, were made so welcome by Malcolm Campbell and Andy Milroy and committee.

To Trevor and Josephine and Carl Barker, thanks for your great company, and we were thrilled with Trevor's Australian record and Carl's gutsy effort. The parade the day before with all the teams carrying flags of their countries was very moving. Having tea with Dick Strumane who is running the race next year in Belgium and the Russian winners, was a lovely finish to our week.

We found so many runners coming up to ask us about the Westfield Run and it was definitely an eye-opener as they all considered it as the best run in the world. It was sad to have to tell them that it was finished.

We will always remember our stay at Palamos in Spain with nearly 400 runners. It was terrific to be there to represent Australian ultrarunning.

Janet and Bryan Smith

Dear Dot and Geoff,

We would like to thank Ray Chatterton and his committee for inviting us up for the 24/48 Hour Run. Poor Ray must have been so worried when it rained for two days before the run. By Friday, as the race started, no rain was seen, but the track was waterlogged. It was at Brisbane University and a good shaped track in a lovely area.

The Friday night was so cold for crews, Mark Foley and I thought we were on the Westfield Run again as it felt as cold as Bombala. We just kept trying to find extra clothes and putting more layers on. The girls from John Timms' crew kept the kettle boiling all night, with plenty of tea and coffee. Thank you girls! Saturday turned out to be a lovely day and quite hot for the runners. We kept wetting their hats and spraying them. Saturday night was not as cold as Friday.

It was great to see runners we knew again and to meet all the Queensland runners whom we had not previously met and we look forward to running up in Queensland again. I would like to say a special thank you to Kay and David Holleran who were wonderful people, and also to Val Case, who works so hard, and of course, to you Ray, for all the hard work you put into making this race such a success.

Our thanks,

Janet and Bryan Smith.

Tony Rafferty
P.O. Box 163
Box Hill Victoria 3128.
22 June 1992.

Dear Dot,

Many congratulations on your OAM award in this year's Queen's birthday honours list for service to athletics.

This well-deserved recognition comes after more than a decade of tireless effort, initiative and enterprise in the promotion and organisation of veteran athletics and ultra-distance races.

I know that runners everywhere, particularly the ultra fraternity will be very happy to hear the news.

Cheers,

Tony Rafferty.

ULTRA TASMANIA

President:

Alan Rider
102 Balook St.
Lauderdale, 7021.

Secretary:

Therese March
125 Summerleas Rd.
Fern Tree, 7054.

Treasurer:

Mike Maddock
13 Conrad Drive
Otago Bay, 7017.

Geoff Hook
President, AURA.
42 Swayfield Road
Mt. Waverley
Vic. 3149

17 July, 1992.

Dear Geoff

Ultra Tasmania now has a steadily filling event calendar.

Road Events:

FEB/MARCH	-	54 Km	TALAYS to CYGNET
APRIL	-	200 Km	LAUNCESTON to HOBART
AUGUST	-	100 Km	ROSS to RICHMOND
DECEMBER	-	63 Km	BRUNY ISLAND

We are endeavouring as well to meet your suggestions as to other time and distance track events to provide a comprehensive range of events for members.

We are writing seeking your advice on a couple of matters.

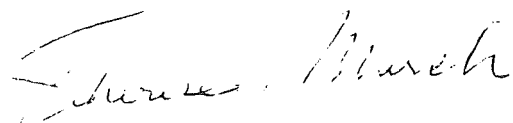
Firstly, how do we go about getting these events, as AURA sanctioned events.

Secondly, regarding 'Incorporation' etc, could you advise us as to the steps we need to take to protect the Office Bearers of Ultra Tasmania in connection with liabilities that may flow from the above listed and any other events particularly involving cars and the general public, interaction with them. Is our individual membership of AURA any protection? and/or do we need to incorporate Ultra Tasmania?

"ULTRAMAG" is looking good and is a great focus and medium by which we get interest in Ultra Tasmania.

Looking forward to hearing from you on the above matters.

Yours sincerely



(Therese March, per)

Alan Rider, President, Ultra Tasmania.

Ultra-challenge

Rowe out to outrun old coach

Dee Why ultra-marathon runner Craig Rowe reckons he can take two days off the world 1600km record - and he's issued a challenge to back his claim.

Rowe has thrown down the gauntlet to current record-holder Dave Taylor.

He wants Taylor, his friend and former coach, to run against him when he hits the road from Sydney to Melbourne and return next March.

"It's about time that some of the young blokes took over in marathon running," he said.

"Dave's 41 and I'm 24 and a lot fitter than him.

"I know I can beat him."

Rowe, who got hooked on running while serving a prison sentence, is building up an impressive list of credentials in the sport.

Among them, an attempt at the 1000km Sydney to Melbourne ultra-marathon last year, when he was forced to withdraw from the event only 80km from the finish.

A doctor ordered him out of the race after his feet had swelled to more than twice their normal size.

Rowe believes his attempt on the 1600km record will be easier than the 1991 race.

"You are only allowed to run between 6am and 6pm every day for the record, and that means you get 12 hours sleep every night," he said.

"Throughout the whole race last year I only got seven hours' sleep.

"I was eating every hour but still



□ Ultra-marathon runner Craig Rowe has thrown down the gauntlet.

"You eat the kitchen sink if you have to during a race like that."

Rowe's previous runs have raised money for children's charities, and the record attempt will be no different. In the mean time, he is training

day for a six-day run in Queensland in September.

"I do it all for the challenge," said Rowe. "It is a challenge to both my body and mind to see how far I can run."

Dear Dot and Geoff,

In regard to this challenge issued by Craig Rowe, of running from Sydney to Melbourne and back, in an attempt to break my record for the same event, I have decided to accept, and would like to run in March, 1993.

As stated in Craig's newspaper article, he believes that he is fitter than me, and points out that he is 17 years younger, and that is exactly right. He is "17 years too young!". I believe that my fitness and experience, together with the fact that I've been there, done that, will get me to the finish line first.

Since this article has been printed, I have consulted Craig as to how he feels about making this a 3 way challenge. He had no objections, so I intend to ask Tony Rafferty to be the third runner in this challenge.

Dave Taylor

20

Dear Tony (Rafferty),

In regard to the challenge that Craig Rowe has issued to me, that of running from Sydney to Melbourne and back in March 1993, I am writing to challenge you to also run this event.

I believe that, having run against you at Granville in the 1,000 mile Challenge, in which you broke the world record for this event, and hold the position of No. 1 in the world, I also hold the position of No.2 in the world for 700 miles (1126km) behind you.

As I enjoyed that event, I would like to have another crack at you, and this event seems the ideal venue.

I hope that you will accept this challenge. Craig has no objections against two "oldies" being in the event. I look forward to hearing from you, accepting my challenge, in good faith. I believe that you are a great advocate for ultra-marathon running, and I highly respect you in this field, along with Craig.

Best wishes to both you and Craig, and may the best man win on the day. Remember who holds the record. Believe me, I won't give it up without a fight.

The event will be called "The Liverpool Plaza Ultra-Marathon Challenge" and funds will be raised for Stewart House, which is for the care of needy and disadvantaged children.

Dave Taylor.

TONY RAFFERTY'S reply to DAVID TAYLOR'S Sydney to
Melbourne return challenge

Dear Dave,

21 JULY 1992.

Since walking 352 kilometres (219 miles) non-stop in 69 hours at Melbourne's Olympic Park in 1970 I've received scores of requests to accept long distance walk and run challenges.

In almost every case they come after months spent burning the midnight oil at the typewriter pouring out proposals to potential sponsors, attending meetings attempting to sell the idea to news media chiefs of staff and news editors, arranging support crew and vehicles, and the numerous peripheral duties necessary for a successful promotion.

I'm always flattered to receive a challenge but seldom have I been offered assistance with expenses or help with crew personnel. (The 1,000 mile track race at Granville in 1989 was an exception.)

Most challengers just "ride" the publicity I've generated, for personal gain and with little or no regard to future events. So I seldom accept the contest.

Your challenge in a letter dated 26 June '92, to race Craig Rowe and myself from Sydney to Melbourne return next March, is different: the event may attract interest in the corporate world and the hope of a revival of the famous race between the two capitals. The media interest would entice renewed public awareness of the great race along the world's toughest ultra-marathon road course.

I accept your challenge with the following conditions that: (1) All my expenses are paid: hire of vehicles, wages for crew, food, fuel and hotel expenses in Sydney. (2) Prize money is offered. (3) That a minimum of two support crew plus at least one independent observer travel with each runner.

I congratulate Liverpool Plaza for supporting this race.

I look forward to meeting with you and Craig, the fund-raisers for Stuart House and the Liverpool Plaza management as soon as possible to discuss details.

Yours Sincerely,

TONY RAFFERTY.

21.

Dear Dot,

Thank you for organising a really great 24 hour race at Coburg last February. It was for me a very enjoyable experience, except for those "horror moments" that all ultra runners go through at various stages of a race. The support from everyone at the track, including lapscorers, and the camaraderie that developed between runners was fantastic.

Congratulations to David Standeven, who ran a very wise race by conserving his energy during those first six hours of heat to end up a clear winner at the finish. I would also like to thank my friends from Billy's Bushies Running Club in Sydney who, as usual, gave me all the support I needed to run for 24 hours - they were invaluable.

To all the runners at Coburg - "When the going gets tough, the tough get going and run 24 hours" - you were great!

Yours in running,

Helen Stanger (alias "6 Bricks")

P.S. I even souvenired some melted track on my running shoes to show the Sydney runners just how hot it really was!

Dear Dot,

Thanks for the second reminder re.subs, but unfortunately, I have to allow my membership to lapse until further notice.

While battling to put myself through full-time University without AUSTUDY (I wasn't eligible for this as I went through another uni course 20 years ago) and to support my family at the same time, certain luxuries have had to go! As part of a cross-the-board economy drive involving my kids and I, each family member had to list things they wanted to spend money on during 1992-1993 and prioritize these.

Unfortunately, subscriptions rated fairly low, so when my daughter "cashed" in her monthly copy of Dolly, I was left with no other option but to shelve my AURA connection.

We had a big family meeting some time back, and when I pleaded to keep my membership current, Tracey reminded me that I had not raced a single kilometre since beginning my uni course in February, 1991, so I wasn't left with much of a leg to stand on.

When I emerge from the course and get back into running, I shall be only too happy to renew my AURA subscription. Until then, I will return to a different sort of ultra-marathon and try to get this degree.

Regards,
Peter Ford.

Dear Geoff,

As a new member of ultra-running (in my case a walk-shuffle), I was extremely impressed by the fellowship and support of fellow athletes at the Colac 6 Day event. I have entered for Colac again and hope to be following Cliff Young and George Perdon around the circle. It was my privilege to take Cliff down to his first run in Melbourne (Westgate) many years ago. I didn't see how he went, I was too far behind. However, as a youngster in the AIF, I won the mile and half mile championship of the 6th, 7th & 9th Divisions, so running has always been in my system.

Since 1983, with my dog Laddie, I have crossed Australia north, south, east and west on foot. I was very proud of myself. I walked around Tassie and only fell over the edge twice. I would say for sure that I am the slowest ultra runner registered, but love to travel the outback at a day.

Tomorrow I leave to travel to Port Augusta by ute and then walk to Sydney via Broken Hill and Bourke, arriving at Bankstown on the 20th July. I am no film star, but Laddie and I will be seen shortly on Channel 7 in "The Last Swagman", made while walking the Kimberleys last year with Murray Western and his camel, "Matilda".

Congratulations on your magazine and I can only see the sport growing in the future. I hope I survive to complete in at least one more Colac 6 Day Race.

Yours in running,

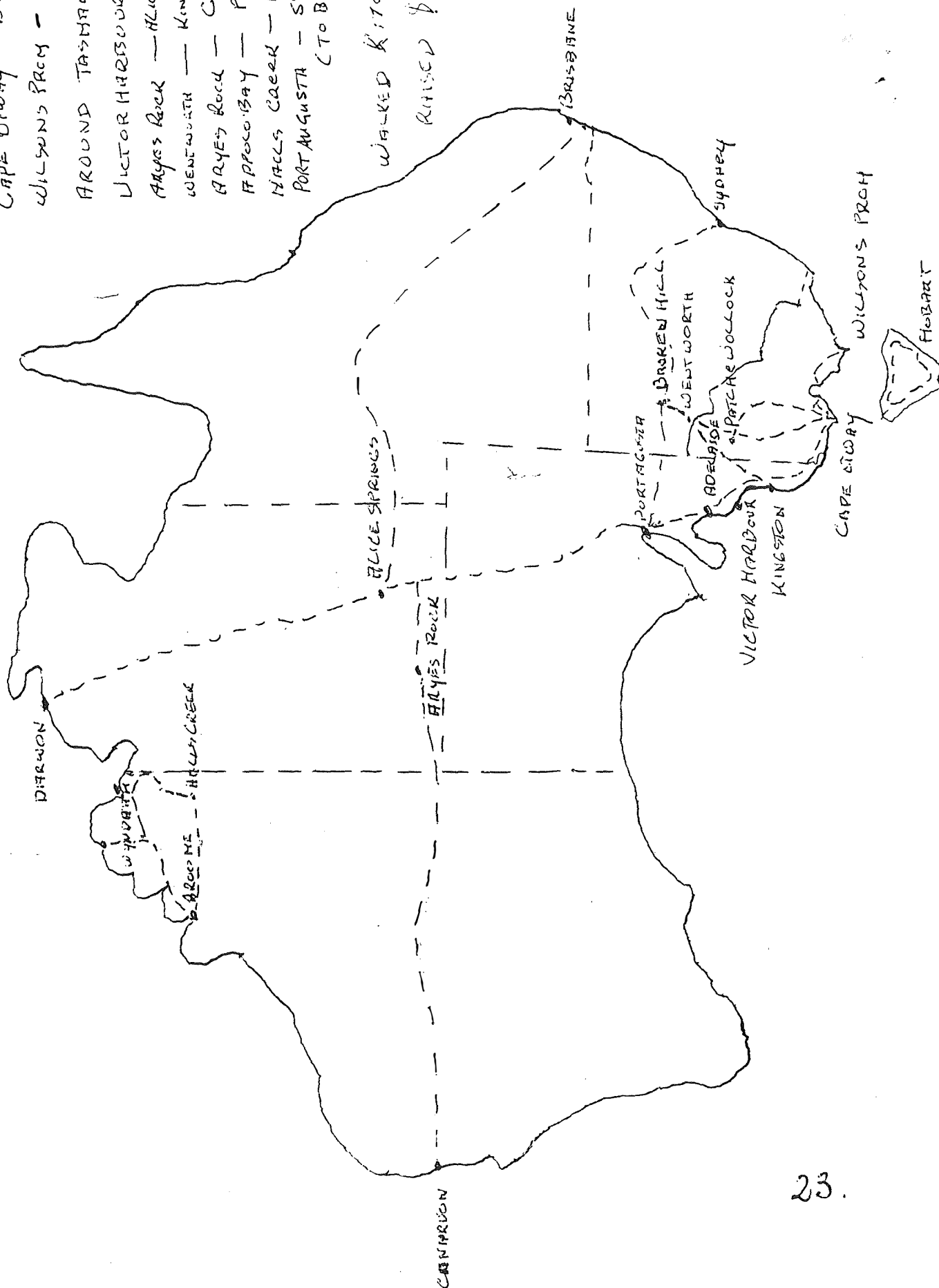
Drew Kettle. 22

1983 - 1991

CAPE OTWAY - BROKEN HILL
 WILSON'S PROM - ADELAIDE
 AROUND TASMANIA
 VICTOR HARBOR - WAQQIN
 ALICE ROCK - ALICE SPRINGS GULF COAST
 WENTWORTH - KINISTON
 ARYE'S ROCK - CANBERRA
 APPALOCH - PATERNY WOODS
 NALLS CREEK - BRECKENRIDGE
 PORT AUGUSTA - SYDNEY
 (TO BE WALKED)

WALKED 8,1000

RANSED 8,1000



RACE REPORTS & RESULTS

APPLEBEE 6/12 HOUR ULTRA - 29TH FEB, 1992 BUNBURY - WESTERN AUSTRALIA

The event was held on a 1 km track at Hay Park Sporting Complex. Conditions were fine with a rather strong wind for the first four hours and low temperatures during the early morning hours.

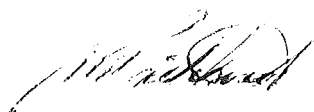
Three runners lined up for the 12 hour John Presley, Mark Pritchard and Dennis Sutton, throughout the race the positions stayed in that order with John finishing with a fantastic 130.208km, Mark 102.372 km and Dennis 89.413km. John has a very relaxed and smooth running style and ran a very consistent race. This is the second year he has run in excess of 130km in 12 hours, running those sort of distances he is certainly a major force in 12 hour ultras. Mark ran a steady race for the first 8 hours but slowed in the early morning hours although he still managed a PB on the Bunbury track. Dennis suffered from a stomach upset and hamstring problem but in true ultra form battled on to finish.

The six hour event was held in conjunction with the 12 hour both starting at 6pm. Of the eight runners competing five made their ultra debut. Anthony Maris took the lead early and was never headed. It was good to see Brian Kennedy back in the Ultra scene and running well with no hint of injury.

The two ladies Doreen Dow and Jacqui Clarke held their own with the men and ran well planned races. Jacqui came in third over all just behind Roger Killner and was pleased with her run.

Both Doreen Dow and Don Mason, local Bunbury runners ran well to achieve their goals. Barrie Robinson struck trouble at the 4 hour mark but after a massage and some food managed to finish. Nigel Bilton running his first ultra did well to finish 4th overall.

Regards



MARK PRITCHARD
RACE ORGANISER

(6 HOURS)

DON MASON	55km - 11mtr
ANTHONY MARIS	66km - 348mtr
ROGER KILLNER	59km - 892mtr
NIGEL BILTON	57km - 584mtr
BRIAN KENNEDY	56km - 424mtr
DOREEN DOW	50km - 387mtr
JACQUI CLARKE	58km - 926mtr
BARRIE ROBINSON	49km - 668mtr

SRI CHINMOY 5TH INTERNATIONAL 24 HOUR CHAMPIONSHIP IN BASEL, SWITZERLAND 2ND & 3RD MAY, 1992.

by Helen Stanger

This was my first experience of an international race and one that will stay in my memory forever. Top marks must go to the Sri Chinmoy group who worked so hard to make the race such a well-organised and exciting international event.

The track itself, approximately a mile long, would around a large park, which contained large tents for feeding, massage and lap-counting plus a crowd of supportive spectators, calling "Super" and "Bravo". The camaraderie and friendships that developed between runners from 15 different countries, even though communication was sometimes difficult, made the race very special to me.

Unlike the previous year's race, the weather was quite cold and we ran in the rain during the first 12 hours, the wet shoes and socks causing a few blister problems for me in the last few hours. The Sri Chinmoy group certainly lifted the spirits of the runners in the grey conditions, with constant track-side encouragement. One helper even donned a clown suit and circled the track on roller skates to brighten everyone up during the long night hours. A large table of food was always available and runners were regularly announced over the P.A. system amidst a lot of cheering as they passed the counting tent flanked by national flags.

My main problem during the race was the night hours, as the person responsible for lighting had not made a showing, leaving the organisers the only alternative - to line the track with small lanterns that provided little light. Hence, some of the competitors (self included) found it difficult to concentrate and/or to stay awake on the really dark, tree-lined side of the track. I found regular cold face-washers and coke mixed with water invaluable at this time.

As for the runners, the field contained numerous elite runners from 15 countries, including 10 with p.bs over 240kms. I am full of admiration for the strong Russian competitors, one of whom, Kruglikow (pb 258km), led during the entire race to end up the winner with 242kms. Considering their poor footwear, partially responsible for two other Russian runners, their performances are truly remarkable.

Four Australian runners competed. David Standeven (suffering from a virus) and Peter Gray did not have good races and were well down on their previous great performances. A third Australian, Gerrit Immel, who is residing temporarily in Holland ran 205kms in his first 24 hour race - a top effort! As for myself, the Italian 24 Hour champion, Marie Nardin (pb 211km) ran strongly and applied the pressure during the first 14 hours, staying within 1 - 1.5km of my tail. At that stage, having just experienced being a temporary low, I managed to find a "second wind" and widen the gap to 14km at the finish. Winning the ladies' section and placing 6th overall were additional bonuses and were totally unexpected.

But my best memories of the race are the runners from 15 countries who ran together, supported each other, shared their highs and lows and experienced that great camaraderie that exists between ultra runners.

Many thanks to NIKE who sponsored me with sports' gear and shoes for the race, and the "Aussies" who travelled to Europe with me and took care of all my needs during the event.

Helen Stanger (alias "6 Bricks")

Ed's note: What a wonderful ambassador you are, Helen for AURA and Australia! Please accept our heartiest congratulations on a magnificent performance. Fancy winning the women's event in a world class field! Fantastic! We are also so proud of our Aussie contingent, David Standeven, Peter Gray and Immel Gerrit who all performed so well in poor running conditions to cover 597.816km between them to place second in the team's event after France, who altogether covered 605.011km. Let's hope that Gerrit Immel returns to Australia to compete against our top ultra runners out here. We also hope that you've recovered from your virus David. Congratulations, all of you!
Results and press release on the following pages.

5th International Sri Chinmoy 24/12-Hour-Race, Mai 2nd-

As far as the feet can carry you. Under this motto Basel once again became the mecca of ultra-running this weekend. 70 male and 13 female runners from 15 countries – enduring, tough and weather resistant – did not allow themselves to be put off even by rain and cold temperatures. They made this year's 5th Sri Chinmoy 24 and 12 hour-run the largest and most international event since it's beginning. For the 3rd time the run was simultaneously organized as a "Europe Cup"-run and as the 1st International Sri Chinmoy 24-Hour Championship.

The lush spring landscape in the Basel parks were an ideal frame for the 1-mile loop, marked by national flags and colourful balloons and paper flags, which led the runners in regular intervals past well equipped food stands, two live music groups and the enthusiastic support at the counter tables.

The race was a rewarding challenge not only for the large field of elite runners but also for the participants who were more after personal bests, just "sticking it out", "being confronted with oneself" and all the other experiences of concentration and inner focus inherent in running, of the struggles and self-transcendence inevitably involved in a physical and spiritual challenge like this, and of the comradeship, friendship and "running together instead of against each other".

"The course was beautiful, the organisation perfect and the spirit of the race very very special," said Anatoli Kruglikow (35) from Smolensk (Russia), the winner of the men's main category over 24 hours with a distance of 242,9 km. Only 6 weeks ago he had covered 258 km in 24 hours. His brother and two excellent runner-friends from Russia and the Ukraine, one of them the winner of Basel in 1990, unfortunately had to give up due to knee problems, which at least in part were a result of their poor shoes.

41-year old Milan Furin from Czechoslovakia placed 2nd with 236,2 km, followed by Jacky Frick from France (224,5 km), Basle winner of 1988 and 1989 when there was no Eastern competition.

The oldest participant was Heinrich Zelenka from Austria. At age 71 he ran 136 km in 24 hours. With "only" 108 km his wife Godelieve (65 years) also placed first in the Senior II category. ("I had not really trained for it" she excused herself "

Australian women's 24 hour record-holder Helen Stanger from Sydney placed first in the ladies' main category with 206,5 km, followed by Italian record holder Maria Nardoni with 192,3 km who won in Basel in 1991. Beverly Williams, Canadian national record holder over 12, 24 and 48 hours, only reached 181,2 km due to the weather, placing third.

Long distance professional Christel Vollmershausen (58 years) of Germany, who has run d\$three times over 1000 miles and cured cancer through running and diet, placed first in the ladies' Senior category with 163,2km.

In the eyes of many participants the Sri Chinmoy Marathon Team once more completely lived up its reputation for putting on the most attractive and inspiring and best organised ultra-distance-races. The Team is also known as the organiser of the biannual Peace Run during which thousands of people on all continents pass torches of peace from hand to hand around the world.

In the Sri Chinmoy races a great emphasis is laid on both of physical and spiritual support. Stefan Schlett, professional adventurer (1300 miles in 18 days, Sahara runs etc.) from Germany, humourously resumed: "Three cheers for your kitchen crew and the music groups. The race was faboulously organised, and the atmosphere was terrific. Only one thing went wrong: you choose the wrong weather and you should have turned the heating on."

HERREN HAUPTKLASSE (HHK)

1,675

Pos.	Nr.	Vorname	Nachname	Land	Jahr	KAT	Best	Rnd	km	F
1	140	Anatoly	Kruglikow	GUS		HHK	258	145	242,875	
2	143	Milan	Furin, Kosice	CSFR	1950	HHK	252	141	236,232	
3	127	Jacky	Frick, Porrentruy	F	1942	HHK	247	134	224,518	
4	145	Milos	Skorpil, Prag	CSFR	1954	HHK	222	129	216,139	
5	134	Dan	Brannen, Morris Town	USA	1953	HHK	217	125	209,375	
6	137	Rune	Larsson, Trollhättan	S	1954	HHK	262	122	205,738	
7	132	Gerrit	* Immel, Groningen	AUS	1953	HHK	neu	122	205,692	
8	85	Peter	Rexer, Pforzheim	BRD	1956	HHK	190	121	203,435	
9	131	Peter	* Gray, Geelong	AUS	1964	HHK	230	119	200,702	
10	126	Fred	Piron, La Jarrie	F	1956	HHK	247	116	194,300	
11	133	David	* Standeven, Chr Downs	AUS	1952	HHK	256	114	191,422	
12	42	Milan	Milanovic, Winterth.	CH	1960	HHK	207	113	189,325	
13	11	Erwin	Dubach, Hinwil	CH	1953	HHK	neu	112	187,868	
14	124	Jean	Lefèvre, Chantilly	F	1945	HHK	232	111	186,193	
15	58	Theo	Bieber, Würzburg	BRD	1953	HHK	200	110	185,344	
16	142	Valery	Christenok	GUS	1961	HHK	262	108	180,900	
17	97	Harald	Wandt, Gummersbach	BRD	1949	HHK	172	107	179,291	
18	90	Stefan	Schlett, Kleinosth.	BRD	1962	HHK	202	104	174,669	
19	44	Jean Paul	Rohrbach, Payerne	CH	1946	HHK	152	99	167,113	
20	13	Walther	Gfeller, Latterbach	CH	1954	HHK	196	94	157,495	
21	82	Christof	Otto, Freiburg	BRD	1964	HHK	184	92	155,150	
22	135	Peter	Holubar, Calgary	CAN	1946	HHK	242	88	147,400	F
23	19	Martin	Imhof, Pratteln	CH	1959	HHK	neu	86	144,531	
24	98	Walter	Zimmermann, Markth.	BRD	1954	HHK	198	85	142,375	F
25	107	Heinz	Kogler, Wien	A	1949	HHK	140	84	141,425	
26	121	Unnatishil	Bravo, Paris	F	1958	HHK		83	139,095	
27	47	Martin	Suter, Therwil	CH	1944	HHK	161	81	135,739	
28	64	Herbert	Moser, Frankfurt	BRD	1964	HHK		78	130,650	F
29	24	Thomas	Keller, Oetwil a.S.	CH	1955	HHK	neu	77	130,045	
30	61	Ulrich	Kamm, München	BRD	1947	HHK	165	69	115,575	F
31	1	Thomas	Dollinger, Oberwil	CH	1967	HHK	neu	60	100,500	F
32	23	Martin	Job, Tann	CH	1964	HHK	neu	60	100,500	F
33	55	Dittmar	Flothmann, Idstein	BRD	1964	HHK		60	100,500	F
34	125	Daniel	Olivier, Ivery sur S	F	1948	HHK	201	60	100,500	F
35	129	Ivan	Gennari, Zürich	I	1951	HHK	110	60	100,500	F
36	139	Gennady	Groshev	GUS	1958	HHK	254	60	100,500	F
37	147	Stefan	Seman, Kosice	CSFR	1954	HHK	233	60	100,500	F
38	78	Marc	Jüdt, Karlsruhe	BRD	1967	HHK	neu	59	98,825	F
39	81	Joachim	Österreicher, Nürnbn.	BRD	1965	HHK	117	56	93,800	F
40	141	Nikolaj	Kruglikow	GUS		HHK		56	93,800	F
41	60	Fred	Genta, Marseille	F	1960	HHK	208	40	67,000	F
42	95	Norbert	Thomas, Bad Camberg	BRD	1950	HHK	neu	32	53,600	F
43	15	Christian	Greber, Birsfelden	CH	1953	HHK	neu	29	48,575	F

HERREN SENIOREN 1 (HS1)

Pos.	Nr.	Vorname	Nachname	Land	Jahr	KAT	Best	Rnd	km	F
1	108	Georg	Knapp, Feldkirch	A	1936	HS1	195	117	196,401	
2	101	Hans-Joachim	Meyer, Hamburg	BRD	1939	HS1	neu	115	193,106	
3	100	Horst	Hofmeyer, Elmshorn	BRD	1938	HS1	155	107	179,692	
4	105	Horst	Preisler, Hamburg	BRD	1935	HS1	214	105	175,875	F
5	104	Hans-Joachim	Philipp, Müllheim	BRD	1938	HS1	192	98	164,152	
6	103	Nikolaus	Oberle, Aschaffenh.	BRD	1940	HS1	183	94	157,905	
7	99	Peter	Bartel, Berlin	BRD	1942	HS1	204	74	123,950	F
8	102	Herbert	Oberbeck, Wiederitz.	BRD	1941	HS1	224	74	123,950	F
9	50	Aribert	Hannappel, Brügge	CH	1940	HS1	244	63	105,525	F
10	106	Harry	Arndt, Hanau	BRD	1936	HS1	239	59	98,825	F
11	138	Gabriel	Chevalet, Marseille	F	1934	HS1	173	46	77,050	F

DAMEN HAUPTKLASSE (DHK)

Pos.	Nr.	Vorname	Nachname	Land	Jahr	KAT	Best	Rnd	km
1	158	Helen	* Stanger, Sydney	AUS	1950	DHK	209	123	206,497
2	156	Maria	Nardin, Trento	I	1950	DHK	211	114	192,338
3	159	Beverly	Williams, Armdale	CAN	1953	DHK	205	108	181,167
4	152	Martina	Hausmann, Würzburg	BRD	1960	DHK	197	104	174,220
5	150	Karin	Bolliger, Zürich	CH	1964	DHK	140	86	144,582

DAMEN SENIOREN 1 (DS1)

Pos.	Nr.	Vorname	Nachname	Land	Jahr	KAT	Best	Rnd	km
1	153	Christel	Vollmershausen, Wup.	BRD	1933	DS1	176	97	163,225
2	151	Helen	Westreicher, Zürich	CH	1939	DS1	182	20	33,500 F

DAMEN SENIOREN 2 (DS1)

Pos.	Nr.	Vorname	Nachname	Land	Jahr	KAT	Best	Rnd	km
1	154	Gerda	Schröder, Hamburg	BRD	1929	DS2	191	99	166,273
2	155	Godelieve	Zelenka, Steyr	A	1926	DS2	114	64	108,828

TENTH ANNUAL BANANA COAST ELECTRICS ULTRA-MARATHON

May 3rd, 1992, from Coff's Harbour to Grafton - 85kms.
by Steel Beveridge

Ideal running conditions prevailed throughout this year's event. with cool overcast weather which stopped just short of rain, and Yes, there was a following breeze. Mind you, great conditions are only as advantageous as your own condition makes them.

Geoff Boase made the most of both the weather and his self-confessed improved fitness to score a resounding victory. He not only knocked nearly twenty minutes off his time last year, he reduced the course record from Coff's Harbour to Grafton by eight and a half minutes into the bargain. As well, he became the third runner to post back to back wins.

Although it was fellow Queenslander, Cliff French, who crossed the finish line in second spot, Boase's early company had been former two-time winner, Jim Bennington. Bennington had held the previous record for the northern journey and was not about to give it, or the chance for a third win, up without a fight. French, however, is a noted strong finisher, and after catching Bennington 20K from the finish, pushed on to claim second place very comfortably.

Fourth went to Bill Joannou, as it had done last year. Bill and Maurice Taylor saw quite a lot of each other during the race, with Maurice coming in 7 minutes adrift at the end, thanks in part to a scenic detour near the finish line. It was not made clear if it was Bill's map that Maurice read upside-down, or if that was the way it was given to him. One good thing, having been second fastest to Melbourne last year, Maurice is a very patient and forgiving gentleman as well as being well able to go a bit further than the rest of us.

Dipping under the 8.5 hours were Sydney-siders, Dan Narain and Phil Clarke with even less between them than the earlier two. Much later, the rear guard arrived. Isn't it amazing how slow you can travel whilst still believing that you're running? Mark Foley, recovering from a virus, Trudi Kidd and myself all survived this one.

Now next year the event from Grafton to Coff's will be on May 2nd, 1993, starting at 6am from the Grafton Post office.

RESULTS:

1. Geoff Boase	6.31.49	7. Phil Clarke	8.28.43
2. Cliff French	7.10.38	8. Steel Beveridge	9.20.19
3. Jim Bennington	7.29.09	9. Mark Foley	9.46.43
4. Bill Joannou	7.58.12	10. Trudi Kidd	10.08.42
5. Maurice Taylor	8.05.00	11. Stephen Lewis	13.19.10
6. Dan Narain	8.24.02		

AUSTRALIAN 48 HOUR CHAMPIONSHIPS

AND

QUEENSLAND 24 HOUR CHAMPIONSHIPS

9.00 a.m. May 22nd, 1992 was the official start of the Australian 48 Hour Track Championships. (But for me it really started in September last year when I tried to arrange the hire of the track.)

The start of the event was delayed for a short while. Line markers were trying to mark through a lake-like puddle at one end of the oval. The met office told me that on average it rains about nine days in May but that month it rained 20 days out of 22. (I must drop them a line to help ammend their records.)

At approximately 9.15 a.m., on a perfect sunny day, eleven seasoned athletes were sent on their way by Andrew Semple, the grandfather of ultra running in Queensland. Bryan Smith was out to do a pb and break his own Australian record. Canadian, David LaPierre, was attempting a North American record, and all other runners were trying for their own personal goals. (My goal was to hold down a 20'x 30' army tent we were using for lap scorers, which was in danger of being ripped out of its moorings and flung in the nearby Brisbane river. The wind that had sprung up was doing a great job of drying the track, but it wanted a sacrifice, and it wanted the tent.)

Tony Rafferty was an early casualty with a stomach upset and couldn't keep down any fluids or food. He had to pull out at 34 km. Bryan Smith suffered a few upsets too but it didn't seem to slow him down much. At 12 hours he'd done 122 km. David LaPierre and Bob Burns followed closely with 104 and 99 km respectively. Disabled runner Barry Stewart had a creditable 56 km. Wanda Foley, the only female entrant, had pushed herself along to make 82 km. (At the two-hourly turn around as I stood in the middle of the track I admit I gave her physical assistance. I should have given her a trophy for best cuddle. Next run I organise, if Wanda is in it, there will be a one hour turn around.)

The night drew on with only one casualty. Local runner, Gavin Bazeley, pulled out reluctantly. (At 1 a.m. I was balancing on the wash basin in the female toilet replacing a dead "fluoro" tube with one I "borrowed" from elsewhere. I had saved the tent so maybe the tube satisfied the wind's need for a sacrifice. And talking of toilets, someone should do a survey on the amount of paper runners use. There might be some secrets in it. I can't think what.)

May 23rd dawned. Cloudless. (Beautiful one day, perfect the next. Except the last 20 days, that is.) The camp stirred into activity as runners in the 24-hour arrived to prepare for

their start. Bryan Smith still held the lead with 213 km. David LaPierre and Bob Burns followed with 181 and 163 km. Seventy-six year-old John Petersen, (who wouldn't pull out of a race even if he had a broken leg), reached 24 hours with 90 km.

John Timms was in fine form with 137 km. (He had a crew that could get a job in a concentration camp - "Don't come in here bloody whingeing about sore feet and feeling tired and hungry, it's just an excuse to get off the track. You're not getting anything until you run another 10 laps then maybe we'll talk about it".)

Nice girls Dot and Maggie but I wouldn't want to meet them in a dark alley.

Cliff Young's attempt at the 24-hour world record for the 70-75 age group brought flocks of media out, so the start of this event was anything but quiet. People with TV cameras and microphones got underfoot. (Just before the start I was asked to hold the starting gun in the air for a bit of noise and smoke, for close up TV shots. All parents will be pleased to know that I have found the world's quietest, smokless cap gun.)

One of our sponsor's started the race with the silent cap gun, assisted by a shout from me in the background. The field of five joined the 48-hour runners. Strong contenders for this race were last year's winner Carol Street and late entrant Cliff French, both capable of winning efforts. All very quickly got into their stride and the event was on in earnest. (Which gave me a little time to try and work out what I could present to the runners at the end of the event as the trophies hadn't turned up yet. I thought about nicely worded IOU's.)

At the 12/36 hour mark Cliff French (104 km) had stamped his claim on the 24-hour followed by a great effort from Lindsay Phillips (92 km) followed closely by Carol (89 km) Cliff Young (84 km) had his fans eating out of his hand.

In the 48-hour the leaders never changed. Bryan (302 km) David (251 km) and Bob (239 km). Stephen Lewis, who had been in a bit of a slump, picked up his pace to get to 174 km, aided by a few kind words from his wife Leah. (She could team up with Maggie and Dot to start their own concentration camp.) Shaun Scanlon was moving well at 184 km. (I think he got the odd earful from the SS troops as well and probably thought it was safer to stay on the track than to ask if he could have a little sleep.)

A spectacular fireworks display on an adjoining oval at about 11 that evening lifted everyone's spirits for a while. Our own light display was equally as good. When things were quiet in the camp I wandered up to the amenities block. I looked at the extension cords glowing with heat through a range of colours as all the power was being sucked out of the power point. It was a nice warm place to spend a few minutes.

Dawn broke in its normal spectacular fashion on another perfect day as the race drew to a close. Doug Quadrio was still putting in a solid effort and Carl Hebel was doing very well in his radical new style running shoe. I think he's going to get a visit from the big boys in the running shoe business. While on average people pay \$200 for their running shoes, Carl pays \$20 for a pair of moccasins, and does well. Nike and New Balance are not going to like this Carl.

Nine a.m. approached quickly and the crowds gathered to see the finish. They weren't disappointed as there were a few 1.30 laps run in the last half hour. Everyone got a second wind and felt they could do another 24 hours. Reluctantly I had to stop them on time.

Unfortunately because of the heavy track the only record that was broken was by Cliff Young. Cliff broke his own record by 5.6 km which was a great effort considering the conditions. He really put in a great effort during the night to get into second place. Congratulations to you Cliff.

Cliff French's win on its own was great but made more impressive because of a number of recent runs - Coffs Harbour to Grafton 88 km in seven hours, and the weekend before he ran the Brisbane Marathon. Tapering off Cliff style.

Bryan's apparent effortless win while battling stomach and track problems was impressive.

Another great effort from David. He made it look so easy. While not getting the North American record he was extremely happy to get past 200 miles. Thanks for coming over David.

Bob did a personal best and was very happy. It was the challenge he needed after his great effort at Campbelltown last year.

To all the runners, congratulations on a great effort, and thank you for making the event a success.

Special thanks to Val Case, Dave and Kay Holleran and David Douglas of Westfield for all their efforts in getting the event together. And thanks to all the other helpers and sponsors.

(I wonder if I ever really got to hire the field, what the hell we used it anyway.)

Ray Chatterton

THANK YOU TO MIKE THOMPSON, OF BOYA, WESTERN AUSTRALIA WHO PUTS OUR PHOTOGRAPHS THROUGH THE SCREEN BROMIDE PROCESS BEFORE EACH ISSUE. WE REALLY APPRECIATE YOUR CONTRIBUTION TO OUR MAGAZINE MIKE!!

AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIPS

BRISBANE MAY 22ND - 24TH 1992

		12 HRS	24 HRS	36 HRS	48 HOURS
(1)	BRYAN SMITH ?/?/1945	122.650	213.348	302.396	366.622 KM
(2)	DAVID LaPIERRE 18/9/1940	104.041	181.491	251.460	330.055 KM
(3)	BOB BURNS 12/6/1943	99.780	163.485	239.950	323.418 KM
(4)	JOHN TIMMS 30/9/1942	80.388	137.412	205.961	270.245 KM
(5)	SHAUN SCANLON 25/8/1944	84.400	141.635	184.028	244.222 KM
(6)	WANDA FOLEY (F) 24/1/1946	82.838	138.942	187.093	241.167 KM
(7)	STEPHEN LEWIS 14/12/1958	87.358	131.775	174.264	214.400 KM
(8)	JOHN PETERSEN 19/7/1916	68.815	89.751	137.391	179.260 KM
(9)	BARRY STEWARD 1/1/1933	56.642	102.295	118.400	136.175 KM
(10)	GAVIN BAZELEY 21/9/1962	90.790	97.200	97.200	97.200 KM
(11)	TONY RAFFERTY 9/4/1939	34.000	34.000	34.000	34.000 KM

QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS

BRISBANE MAY 23RD - 24TH 1992

		12 HOURS	24 HOURS
(1)	CLIFF FRENCH 10/5/1943	104.885 KM	179.479 KM
(2)	CLIFF YOUNG 8/2/1922	84.445 KM	158.617 KM
(3)	LINDSAY PHILLIPS 17/9/1965	92.800 KM	156.222 KM
(4)	DOUG QUADRIO 6/11/1951	82.224 KM	143.805 KM
(5)	CARL HEBEL 23/10/1939	86.592 KM	128.107 KM
(6)	CAROL STREET (F) 15/8/1941	89.978 KM	126.794 KM

HI-TEC 6/12/24 HOUR CLASSIC - MCGILLIVRAY OVAL, PERTH WESTERN AUSTRALIA - 30/31ST MAY, 1992

ENTRANTS	26 MILES	50 MILES	100KM	100MILES	24 HOURS
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24 HOUR EVENT:

1. R.PARKER (43yrs))	3.39.42	7.42.20	9.53.21	17.07.07	217.237km.
2. B.OOSTDAM (48 yrs)	4.13.52	8.31.25	10.50.00	18.09.43	209.539km
3. M.PRITCHARD (44yrs)	3.59.56	8.30.47	11.03.06	19.43.54	182.344km
4. G.AUDLEY (56yrs)	4.00.02	8.34.59	11.40.15	23.12.22	164.167km
5. B.SALTER (44 yrs) 1st F	5.36.28	11.22.41	14.11.49	23.45.05	162.342km
6. J.RECORD (51 yrs)	3.29.35	7.36.57	9.45.07		117.000km
7. R.MACBETH (39yrs)	5.04.01	12.37.31	22.38.31		106.333km
8. T.CLARKE (45 yrs)	5.32.36	11.20.20	15.04.40		104.000km
9. K.EATT	5.10.26	20.42.02	23.49.45		101.882km

12 HOUR EVENT

1. D.COOKE (41yrs)	5.18.30				71.805km
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6 HOUR EVENT:

1. KAR WON (42 yrs)	3.29.51				69.811km
2. R.KILLNER (44 yrs)	3.41.32				64.954km
3. J.STEDMON	5.31.18				45.000km

AWARDS:

First Woman - 24 Hours	Geraldine Watson Cup	Bronwyn Salter
1st person - 100 Miles	Dave Marsh Trophy	Ross Parker
1st Male - 24 Hours	Hi Tec Trophy	Ross Parker
2nd Male - 24 Hours	Ron Grant Shield	Bert Oostdam
1st Male - 12 Hours	Trisha Spain Trophy	Dave Cooke
1st Person - 6 Hours	Ross Parker Trophy	Kar Won

● Three of WA's best endurance runners — Ross Parker, George Audley, and Joe Record — will head a strong field in the annual Hi Tec 24-hour classic at McGillivray Oval this weekend.

ROSS PARKER brilliantly won the eighth annual Hi-Tec 24-hour classic at McGillivray Oval, which finished yesterday.

Parker, 43, battled freezing conditions to run 217.237km, the second best performance recorded in WA behind Albany's George Audley's 219.361km in 1986.

Hi-Tec 24 Hour Classic, at McGillivray Oval, finished yesterday: R Parker (Perth) 217.237km 1; B Oostdam (Albany) 209.539 2; M Pritchard (Bunbury) 182.034 3; G Audley (Albany) 164.016 4; B Salter (Perth) 162.342 5; J. Record (Perth) 117.000 6; R McBeth (USA) 106.333 7; T Clarke 104.000 8; K Eatt (Perth) 101.882. Women: B Salter 162.342 1. 100 miles: R Parker 17:07:07 1; E Oostdam 18:09:43 2; M Pritchard 19:43:54 3; G Audley 23:12:22 4; f Salter 23:45:22 5.

We had 3 runners in the 6 Hour, 1 runner in the 12 Hour and 8 runners plus 1 walker in the 24 Hour. The weather was great for the runners, fine and mild with no wind both Saturday and Sunday, but was terrible for crews and officials during the night, with the temperature dropping to 5 degrees C. The dew on the clock turned to ice. We were all very thankful to see the sun finally appear. The lack of wind and rain must have worked wonders for the runners, as the massage tables were empty most of the night.

The early leader was Kar Won in the 6 Hour. He settled into a 12 kilometre per hour pace, which he kept up all the way. He was followed by Joe Record and Ross Parker. Joe said later that he would not have gone out so hard if he had realized that Kar was only in the 6 Hour. It pays to read the programme before the race starts!

The race became a procession, with Roger Killner running well, but never looking like catching Kar Won in the 6 Hour, and Joe Record leading, but gradually being overhauled by Ross Parker. The lead finally changed just before midnight when Joe promptly retired to leave Ross run on as he liked. He was never under any real pressure and looked comfortable for the rest of the run. Bert Oostdam, in second place ran steadily throughout the 24 Hour to record 209 kilometres and become the third man from Albany to do so.

33

by Charlie Spare

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

50 MILE TRACK RACE

SUNDAY 21ST JUNE, 1992

BILL SEWART ATHLETIC TRACK,

BURWOOD HIGHWAY, EAST BURWOOD, VICTORIA

This race started the direct opposite to the start of receipt of entries. The entries commenced coming in at an agonisingly slow pace. The race started at a hot pace.

The big guns were there:- Bernard Rosetti from France (6:45 for 100km); Trevor Jacobs (currently best performed Australian over 100km); Bryan Smith (better over multi-day events but still quite handy over 50 miles); Rudi Kinshofer from South Australia; and a couple of unknowns, Dennis Clark and Charles Copland who are well performed over distances up to and including the marathon.

Bernard made the fatal mistake of arriving in Australia just 2 days before the race. Jetlag finally got the better of him, together with a few other problems and he was forced to withdraw after only 26km. In the first hour he set a cracking pace but Trevor and Charles were not far behind. Eventually they went past Bernard who tried surging to shake them off and demoralize them. However, it was Bernard who suffered from this tactic as the others continued to run a steady pace and continued to look relaxed in the face.

Charles Copland put in some fast surges and performed well to run under 3 hours for the marathon, however, he succumbed by 50km and dropped out of the race.

Trevor took the lead from Bernard fairly early but was hotly pressed by Charles. Rudi settled into the steadiest pace of all and stayed in 3rd or 4th position throughout the race. Peter Moore showed flashes of former speed and endurance with a fine performance not far off the leaders until the marathon but couldn't keep it up and was out of the race by 57km. Bryan started slower than normal because it was only 3 weeks since he had performed well in a 48 hour run in Queensland. However he picked up a bit and steady running enabled him to improve his position throughout the race.

The steady runners performed best with Trevor Jacobs, Dennis Clark, Rudi Kinshofer, Bryan Smith, Ian Clarke and Lavinia Petrie taking out the first six places respectively. Lavinia was also the first female. I want to apologize to Lavinia for not being present when she achieved the first of her many records. I did not realize the race was so well advanced when I went off for a training run, however Les Clark, Sandy Kerr and Bill Baxter saved my skin by jumping in to take the stopped times. Thanks Les, Sandy and Bill.

So many records were broken as shown on the results sheet. The Australian records should achieve ratification but less certain are the world age group records (claims will be made for all those shown in the results). Congratulations to Trevor Jacobs, Lavinia Petrie, Randall Hughes, Shirley Young and Ken Matchett - I hope all the records will be ratified as shown.

Special thanks is given to all those helpers who contributed to such a successful day. My thanks to Dot and Colin Browne, Jacqui Coutts and son, Pete Armistead, June Kerr, Norm Brooke, Les Clarke, Bill Baxter, Sandy Kerr, and the rest of the Croydon mob who generously gave up their time to assist.

The weather was just superb with the sun shining and no wind, it really capped-off a great day.

Angus Hooker Race Director

	MARATHON	30 MILES	50KM	40 MILES	50 MILES
1. TREVOR JACOBS, 40 A.C.T.	2:46:35	3:11:47	3:19:14	4:25:58	5:44:10
2. DENNIS CLARK, 40 VIC.	3:04:26	3:29:56	3:39:09	4:47:10	6:10:23
3. RUDI KINSHOFER, 38 S.A.	3:02:22	3:33:38	3:41:46	4:54:30	6:21:46
4. BRYAN SMITH, 48 VIC.	3:13:30	3:44:24*	3:51:35	5:02:19*	6:26:45
5. IAN CLARKE, 38 VIC.	3:22:10	3:52:00	4:00:22	5:11:06	6:30:21
6. LAVINIA PETRIE, 48 VIC. 1st F	3:20:53	3:49:24 ^Δ •	3:57:15 ^Δ	5:12:06 ^Δ •	6:44:40 ^Δ •
7. AL MONTGOMERY, 53 USA	3:26:10	3:57:37	4:06:47	5:33:33	7:04:36
8. BRUCE BOWMAN, 36 VIC	3:21:32	3:53:38	4:05:10	5:32:36	7:13:41
9. PAUL EVERY, 28 N.S.W.	3:19:52	4:01:57	4:11:42	5:38:16	7:18:39
10. RANDALL HUGHES, 68 VIC.	3:27:24	3:59:00*	4:07:57*	5:31:21*	7:19:08*
11. MICHAEL GRAYLING, 35 VIC.	3:39:59	4:20:14	4:29:50	5:54:04	7:27:21
12. SHIRLEY YOUNG, 62 VIC. 2nd F	3:45:56	4:19:06*	4:28:44*	5:50:33*	7:32:44*
13. JOHN HARPER, 45 VIC.	3:44:21	4:19:24	4:29:36	5:59:42	7:38:00
14. DAWN PARRIS, 37 VIC. 3rd F	3:51:37	4:31:42	4:41:38	6:18:54	7:56:04
15. BILL BEAUCHAMP, 47 VIC.	3:48:40	4:25:30	4:36:57	6:20:11	8:25:29
DNF PETER MOORE, 44 VIC.	3:01:08	3:31:00	3:38:50	140 laps = 56km in 4:12:20	
DNF KEN MATCHETT, 70 VIC.	3:59:27	4:38:00*	4:49:15*	126 laps = 50.4km in 4:52:18	
DNF CHARLES COPLAND, 31 VIC.	2:57:57	3:26:46	4:18:57	125 laps = 50km in 4:18:57	
DNF JOHN CHAMPNESS, 51 VIC.	3:38:04			105 laps = 42km in 3:37:01	
DNF BERNARD ROSETTI, 35 FRA				66 laps = 26.4km in 2:06:37	

Trevor Jacobs went on for 100km 7:16:17^Δ
Lavinia Petrie also achieved 72.783km^Δ in 6 hours

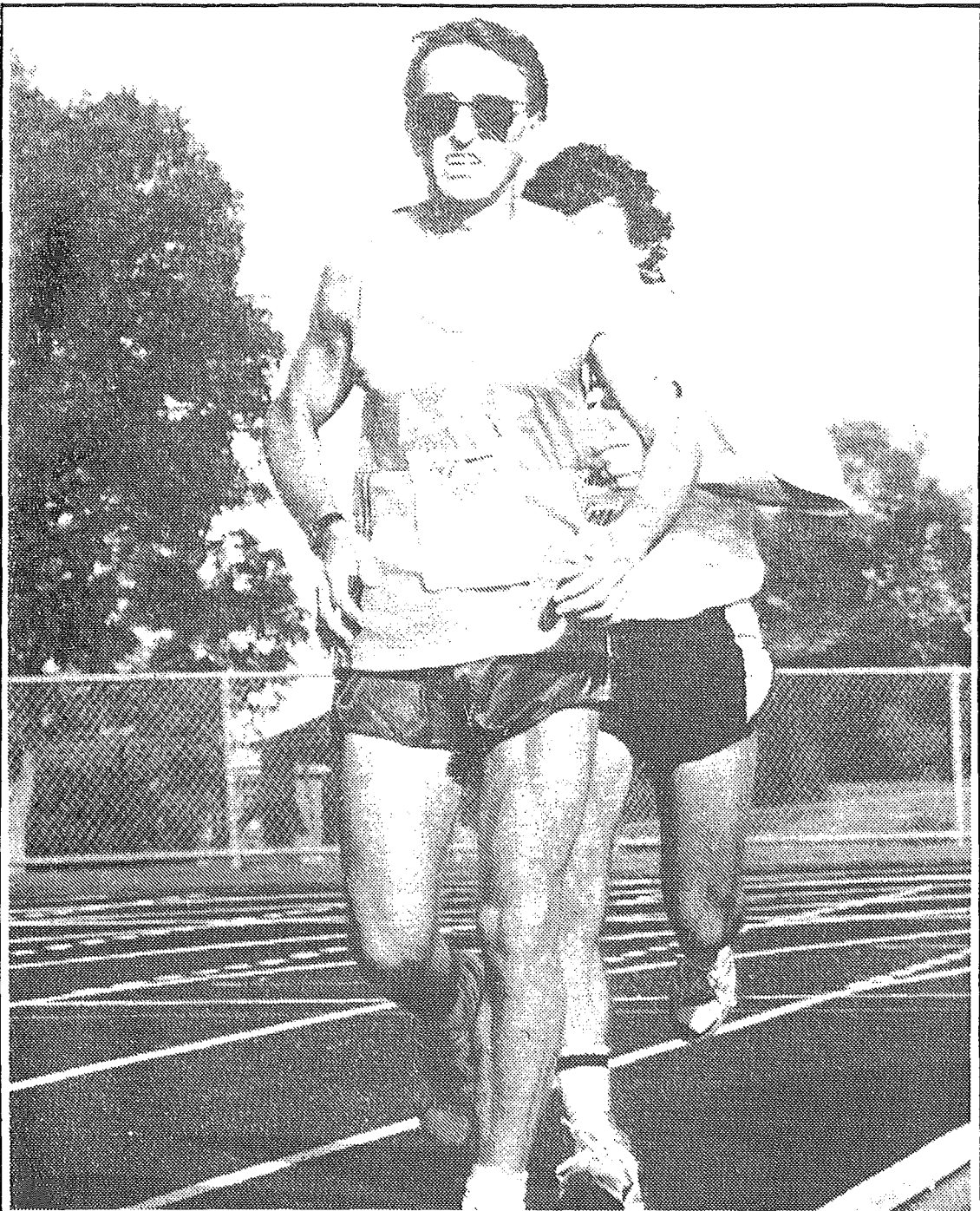
NOTE: All records are pending, subject to ratification
* Next recorded lap time after the nominal distance was passed.
^Δ Australian Record • World Age Record



Bernard Rosetti, from France with excellent Credentials (6.45 for 100K), was forced to withdraw from the Australian 50 Mile Championships because of jet lag.



Trevor Jacobs, Bryan Smith & Carl Barker in Spain for the 100K. World Cup.



TREVOR Jacobs, winner of the Australian 50-mile track championship at East Burwood on Sunday, strides out ahead of Rudi Kinshofer. Picture: BRAD WILSON.

Extra run breaks record

WAVERLEY GAZETTE, Wednesday, June 24, 1982

TREVOR Jacobs, from the ACT, won the Australian 50-mile track championship at the Bill Sewart athletic track in East Burwood on Sunday.

In perfect conditions, 40-year-old Jacobs won comfortably from Victorian Dennis Clark with South Australian Rudi Kinshofer third.

For the first 10 miles of the race, Jacobs ran stride for stride with Frenchman Bernard Rosetti before Jacobs gained a 400-metre lead.

Rosetti, who arrived in Melbourne in Friday, withdrew at 16½ miles with a combination of stomach cramps and jetlag.

After completing the 50 miles, Jacobs was not happy with his time and felt he had enough energy

left to attempt to break the Australian 100km record.

So he ran an extra 20km and broke the 100km record in a time of seven hours, 16 minutes and 17 seconds.

Lavinia Petrie, who finished sixth, was the first woman to complete the 50 miles. Her time of 6:44:40.0 was an Australian record.

Second was Blackburn runner Shirley Young, 62, who clocked 7:32:34.0.

Another Victorian, Dawn Parris, was third in 7:56:04.0.

Veteran Ken Matchett broke the world 70-75 age division for 30 miles and 50km on his way to 50 miles.

Details — men: T. Jacobs (ACT) 5:44:10.0, 1; D. Clark (Vic) 6:10:23.0, 2; R. Kinshofer (SA) 6:21:46.0, 3.

Women: L. Petrie (Vic) 6:44:40.0, 1; S. Young (Vic) 7:32:34.0, 2; D. Parris (Vic) 7:56:04, 3.

Canberra man leads them home

TREVOR Jacobs, from the ACT, won the Australian 50-mile track championship at the Bill Sewart athletic track, East Burwood, on Sunday.

Forty-year-old Jacobs won comfortably from Victorian Dennis Clark with South Australian Rudi Kinshofer third. Conditions were perfect.

For the first 10 miles of the race, Jacobs ran stride for stride with Bernard Rosetti, of France, before Jacobs gained a 400-metre lead on Rosetti.

Rosetti, who arrived in Melbourne in Friday, withdrew at 16½ miles with a combination of stomach cramps and jet lag.

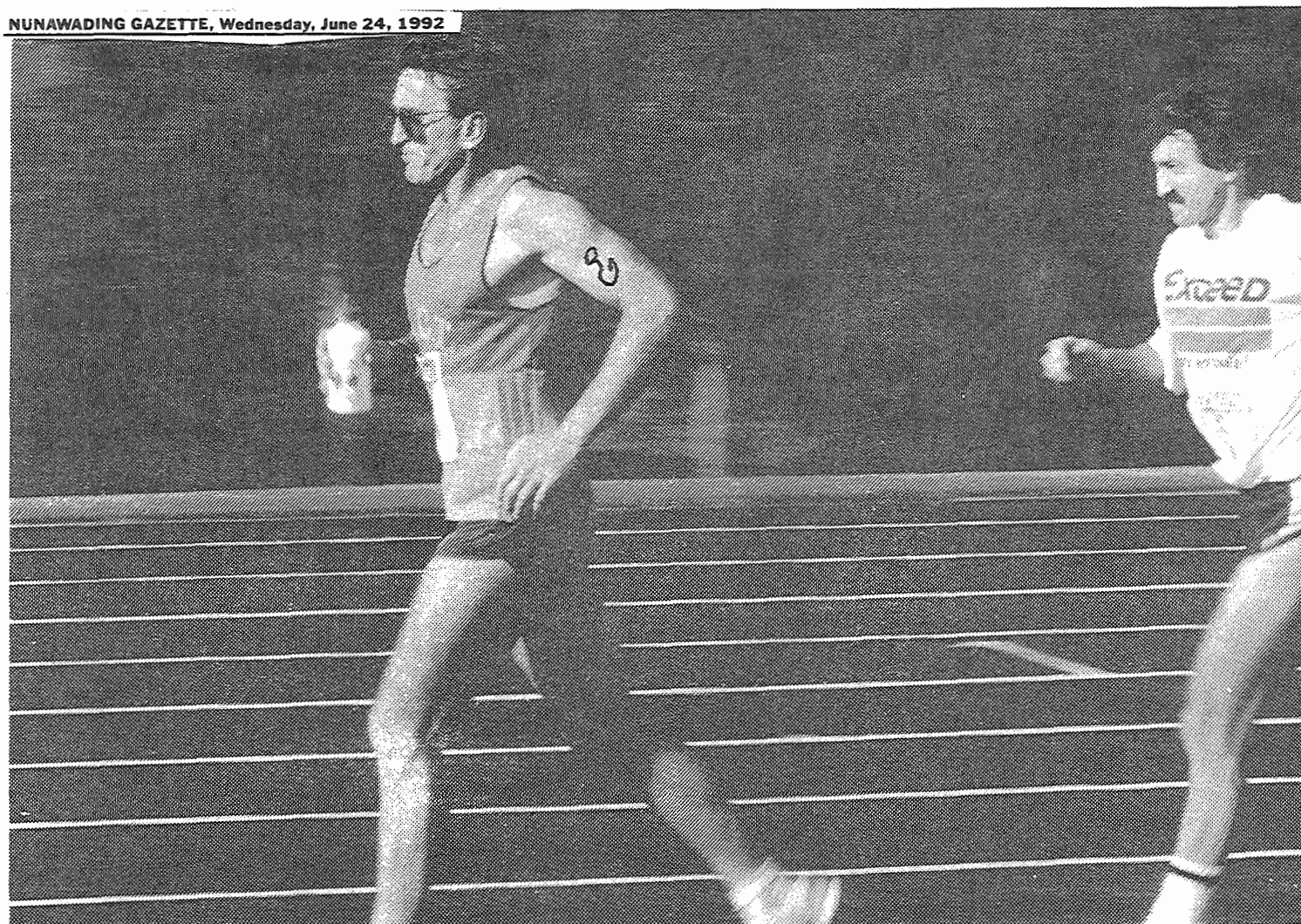
After completing the 50 miles, Jacobs was not happy with his time and felt he had enough energy left to attempt to break the Australian 100km. So he ran an extra 20km and broke the 100km record in a time of 7hrs.16min.17 sec.

Lavinia Petrie, who finished sixth, was the first woman to complete the 50 miles. Her time of 6.44:40.0 was an Australian record. Second was Blackburn resident Shirley Young, 62, who clocked 7.32:34.0. Another Victorian, Dawn Parris, was third in 7.56:04.0.

Veteran Ken Matchett broke the world age 70-75 division for 30 miles and 50km on his way to 50 miles.

■ **DETAILS** — men: T Jacobs (ACT) 5.44:10.0, 1; D Clark (Vic.) 6.10:23.0, 2; R Kinshofer (SA) 6.21:46.0, 3. Women: L Petrie (Vic.) 6.44:40.0, 1; S Young (Vic.) 7.32:34.0, 2; D Parris (Vic.) 7.56:04, 3.

NUNAWADING GAZETTE, Wednesday, June 24, 1992



TREVOR Jacobs, winner of the Australian 50-mile track championship at East Burwood on Sunday, strides out ahead of Rudi Kinshofer. Picture: BRAD WILSON.

GLASSHOUSE MOUNTAIN RUN - 21ST JUNE 1992

by Bruce Hargreaves.

What an unique combination of runs through the Glasshouse Mountains, (60km north of Brisbane). A 10km (run or walk), 35km run, a 55km or if you are keen an 80km run.

At 6.a.m. 27 starters fronted for the 55km and 80km start. In the pre-dawn, a panoramic view from Caloundra to Brisbane was enhanced by a lightning display above the clouds. The race briefing took a bit longer than normal, waiting for enough light, 6 runners were obviously watching the lightning and not listening to the instructions, because all runners were told, every corner or intersection was clearly marked with a red arrow and white flagging, 20 to 50 metres down the run course. As the race unfolded these instructions became very important.

The course basically consisted of 3 stages. Stage 1 was a 20km loop, with the first 5km along what is affectionately known as the Goat Track. This "Goat Track" tag is obviously a mis-nomer, as no self respecting goat would even try to traverse it, particularly when 100 metres downslope another virtually level track exists, running parallel to the Goat Track. But ultra runners clearly are not goats as this track forms the first 5km of stages 2 and 3 as well, and therefore, if you are running the 80km you get the privilege of negotiating the track not once, not twice but three times!

The steepness of the ups and downs of this goat track were only surpassed by a gully, midway along, which gave a very good impersonation of being quicksand. Ian "Radar" Lacey claims to have lost 2 minutes in retrieving a lost shoe, but Carol Street buried her shoes so deep she had to call for replacement shoes as hers became unretrievable, and lost the best part of an hour in the process. (Are ultra runners keen or stupid?).

Meanwhile back on Loop 1, Geoff Boase lead off the Goat Track and into the northern trails of the forest. By the 10km mark, Graham Medill (fresh from his 100km title win) joined Geoff and both runners proceed to build a lead over Bruce Cook and Asim Mesalic. Positions remained unchanged as loop 1 ended and the Goat Track was attacked again.

After the second pass of the Goat Track, the course swung to the south, through the pine forests, with Boase and Medill together with Cook and Mesalic closing the gap. This second loop was 35 km, and also formed the course for the 35km event.

At 8.30am., a further 27 starters fronted for the 35km and literally set out in chase of the 80km and 55km runners, most of whom were now onto loop2.

Rodger Thompstone and Daniel Chiquet, working as a team broke away from a pack on the Goat Track and started to build a lead over the rest of the 35km runners.

Somewhere between the 10km and 15km mark of loop 2 (which was the 30km to 35km of the longer runs) disaster struck Boase, Medill, Thompstone Chiquet and Holleron (who was running 2nd in the 55km race). All 5 runners missed course marks at some point and short-cuttet the course.

Numerous theories have been put forward but a check of the course revealed all marking in place.

● Obviously, not only must you listen to race briefings but when running trails you must never proceed beyond a track junction unless it is marked.

With 49 runners sill on course, Bruce Cook led the charge up Mt. Beerburum, which must be the steepest climb in Australian trail running. This hill is only 700 metres long, but it is steep and once you get to the top its 700 metres back down again. It is also the only point on the course where you get a chance to see your fellow competitors.

38 .

AURA MEMBERSHIP STATE - BY-STATE

The Sensational Vics	154	Western Australia	19
NSW	140	Tasmania	13
Queensland	42	A.C.T.	12
South Australia	21	Overseas	24

It was on the descent that it became obvious to the competitors that they were better placed, due to the lack of navigational skills of others. At this point Gary Parsons and Kipling Walker were dicing for the lead in the 35km race.

As the runners completed Loop 2, Bruce Cook widened his gap on Asim and Loop 3 consisted of a further assault on the Goat Track, with a 20km road run back to the Caboolture showgrounds to the finish where as all other races finished on the start line.

The results are below but special thanks must go to the race director, Ian Jones and his Caboolture support crew, including the Caboolture Volunteer Emergency Monitors who provided radio communications between control points as well as manning drink stations.

Next years Glasshouse series is now being planned and will consist of the same concept, except Loop 3 will finish in the Glasshouse with all other runs.

So if you are in S.E. Queensland next June, don't miss the Glasshouse 4-Pack of Trails.

GLASSHOUSE TRAIL RUN.

80 Kilometre Run.

1. Bruce Cook - 6hr. 49min. 35sec.
2. Asim Mesalic - 7hr. 12min. 20sec.
3. Lex Blair - 7hr. 29min. 00sec.
4. Ross Shilston - 7hr. 43min. 48sec.
5. Tony Collins - 7hr. 57min. 20sec.
6. Margaret Hazelwood - 8hr. 02min. 51sec.
7. Kevin Cassidy - 8hr. 30min. 35sec.
8. Ian McCloskey - 8hr. 42min. 37sec.
9. Phillipa Bolt - 11hr. 24min. 57sec.

55 Kilometre Run.

1. Bruce Hargreaves - 4hr. 50min. 32sec.
2. James Bazzo - 5hr. 39min. 02sec.
3. Ian Cornelius - 5hr. 45min. 37sec.
4. David Heap - 6hr. 10min. 25sec.
5. Laurie Baxter - 6hr. 17min. 09sec.
6. Wendy O'Sullivan - 6hr. 28min. 59sec.
7. Stephen Lewis - 6hr. 32min. 45sec.
8. Warren Yound - 6hr. 39min. 17sec.)
8. Bruce Johnson - 6hr. 39 min. 17sec.)
10. Arthur Cox - 6hr. 44min. 49sec.
11. Carol Street - 7 hr. 45min. 08sec.
12. John Stockman - 8hr. 29min. 04sec.
12. Gerard Hocks - 8hr. 29min. 04sec.

35 Kilometre Run.

1. Gary Parsons - 2hr. 37min. 32sec.
2. Kipling Walker - 2hr. 38min. 28sec.
3. John Armstrong - 2hr. 39min. 08sec.
4. Ian Lacey - 2hr. 42min. 42sec.
5. Lyn Gordon - 2hr. 43min. 49sec.
6. Murray Stratford - 2hr. 48min. 30sec.
7. Sandy Buchan - 2hr. 49min. 06sec.

8. Peter McKenzie - 2hr. 52min. 27sec.
9. Allan Jackson - 2hr. 54min. 27sec.
10. Kevin Dellow - 2hr. 57min. 04 sec.
11. Greg Henzell - 2hr. 57min. 08sec.
12. John Wishart - 2hr. 58min. 00sec.
13. Peter Thomas - 2hr. 58min. 11sec.
14. Graeme Walker - 3hr. 01min. 27sec.
15. Steve Waddell - 3hr. 10min. 22sec.
16. Brett Newton - 3hr. 10min. 23sec.
17. Ian Twomey - 3hr. 18min. 02sec.
18. Julie Walker - 3hr. 34min. 13sec.
19. Paul Green - 3hr. 38min. 12sec.
19. Evan Wham - 3hr. 38min. 12sec.
21. Roger Moir 3hr. 46min. 08sec.
22. Margaret Cassidy - 3hr. 59min. 21sec.
23. Andrew Govenlock - 4hr. 00min. 55sec.
24. Peter Holles - 4hr. 08min. 37sec.

10 Kilometre Run.

1. Tony McCall - 44min. 30sec.
2. Sue Cook - 54min. 15sec.
3. David Dellow - 56min. 06sec.
4. Terry Cooper - 1hr. 00min. 23sec.
5. Irene Davey - 1hr. 01min. 03sec.
6. Col Waring - 1hr. 01min. 43sec.
7. Sandra Cox - 1hr. 10min. 23sec.
8. Sharon Parsons - 1hr. 12min. 11sec.
9. Chery Dellow - 1hr. 16min. 55sec.
9. Meredith Shallcross - 1hr. 16min. 55sec.
11. Val Case - 1hr. 18min. 25sec.

10 Kilometre Walk.

1. Kern Hall - 1hr. 18min. 16sec.
2. Patricia Newman - 2hr. 38min. 46sec.
3. Gloria Newton - 2hr. 38min. 47sec.
4. Jan Armstrong - 2hr. 40min. 36sec.
5. Johann McKenzie - 2hr. 40min. 37sec.

GLASSHOUSE MOUNTAINS TRAIL RUNS 21ST JUNE, 1992, QUEENSLAND

by Kevin Cassidy

The temptation was just too much. Leave the cold Melbourne winter and head for Queensland for a trail race. And so there we were, after a good night's sleep at Carol Street's motel, awaiting the sunrise at the Glasshouse Mountains lookout.

Approximately 70 runners were there to tackle a variety of distances - 10km, 35km, 55km and 80km. About 15 of us were tackling the 80km which involved 3 separate loops touring the entire mountain range.

After the pre-race banter, we were on our way and within 10 minutes, we were on the notorious goat-track, an extremely rough and difficult 4km section. Before I knew it I was stuck in mud up over my knees and unable to move. Fortunately, Tony Collins and Stephen Lewis were just behind me and rescued me via the chain method (Thanks guys!). But no thanks to my fellow Victorian, Ross Shilston. He wanted me to sink to my neck so that he could use my head as a stepping stone. After my rescue, I had about 5kg of mud to carry for the rest of the race.

Once the goat-track was out of the way, we covered a series of undulating dirt roads before climbing back up to the lookout. (approx. 20km) and headed off on loop 2 (approx. 35km). The goat track was also a part of this loop, but as it was still early days in the race, it didn't prove too difficult. By this stage, Tony Collins, Ross Shilston and myself have "teamed up" and we continued along the undulations until I managed to lead the three of us off course. (My own stupid fault, as the course was clearly signposted) By the time we back tracked, we had covered an extra few kilometres and lost about 10 minutes. We spent the next hour pushing ourselves to make up for the lost time. I was to pay dearly for this mistake later on. The rest of loop 2 included the tortuous climb to the top of Mount Beerburum and down again before a series of undulating and increasingly rocky tracks took us back to the lookout for the completion of loop 2. (approx. 55km)

After a quick feed at the aid station, we started loop 3, which included our third dose of the goat-track, and at this stage of the race, it proved to be a killer, and our foolish mid-race surge caught up with me. Ross and Tony soon disappeared from view and I continued through the undulating pine forest tracks before turning for the last 14km along a fairly flat dirt and bitumen road to the finish at the Caboolture Showgrounds to complete a demanding but not overly difficult trail run.

At the presentations, we all learnt of Carol Street's ordeal. She had managed to bog herself in the same mud trap that I had, and in doing so, she lost a shoe containing one of her rather expensive orthotics. She was rescued, and a futile search for her shoe was conducted before she managed to borrow an old pair of shoes from race director, Ian Javes. After losing about an hour, she pushed on to complete the 55km event and was still able to laugh at her own misfortune.

This race was organised very professionally. The Caboolture Volunteer Emergence Service manned the nine checkpoints and maintained radio contact. Ian Javes, as Race Director, surely deserves the most praise. He spent several days setting up arrows and tape throughout the entire course. On race day, he drove around, co-ordinating check-points and monitoring corners, then conducted the presentations. Also, when all we runners were finished and relaxing, he had a couple more days' work collecting all his course markers. He also managed to post out results and certificates within a week. Thanks, Ian for a great event!

I would like now, if I may, to digress slightly. As any one who has read "ULTRAMAG" will know, Ian Javes is a forthright individual, a characteristic which, at times, can attract criticism. I have attended two of Ian's races and I intend returning for more. Ian plays an almost lone hand in both organising numerous events and developing ultra running in Queensland. He does this for the benefit of others in a tireless, selfless and professional manner.

Twelve months ago, at the AURA Annual General Meeting, Tony Rafferty raised a matter concerning himself and Ian Javes, and most of those present had never met Ian. I was concerned that they left the meeting having heard only one side of the story.

Ian is one who gives much to ultrarunning, and I would recommend any of his races to AURA members from down south. If you participate, you will be part of an excellent event.

Subscribing to *UR*

A check for \$25 (\$32 U.S. if you live outside the U.S.) is all it takes. Send it and your name and address to Ultrarunning, P.O. Box 481, Sunderland, MA 01375.

ATHLETICS

Glasshouse Mountains Ultra-marathon:

About 70 runners competed in a ultra-marathon run through the Glasshouse Mountains on Sunday.

The gruelling 80km event, organised by the Queensland Marathon and Road Runners Club (Ultra Division), gave runners a complete tour of the mountain district.

Bruce Cook, of Deception Bay, was the eventual winner beating last year's winner, Asim Mesalic, and New Zealander Lex Blair.

Sixth overall and the first woman across the line was Margaret Hazelwood, of New Zealand.

Some runners did not complete the course because they failed to follow the course markings correctly.

The 55km run was won by Bruce Hargreaves, of Brisbane. The first woman home was Wendy O'Sullivan, of Brisbane. Caboolture runner Carol Street also completed the course after losing almost an hour because she lost her shoe in deep mud.

She eventually had to continue in borrowed shoes after a futile search for the shoe.

Gary Parsons, of Caboolture, was the first across the line in the 35km event with Wamuran mountain running champion, Lyn Gordon, the first woman home in fifth position.

The 10km run was won by Tony McCall, of Brisbane, with Sue Cook, of Deception Bay, the first woman home.

A special 10km walk was conducted over the 'infamous' goat track and this was won by Kerri Hall, of Caboolture. Kerri also was the winner of the main random draw prize, a trail running pack.

Local people and businesses donated trophies for the winners. Proceeds from the event go towards the Olympic Appeal Fund.

The Caboolture Volunteer Emergency Monitors provided back-up assistance for the runs.

Glasshouse test for ultra runners club

THE Queensland Marathon and Road Runners Club, Ultra Division, conducted a series of runs over rugged trails on Sunday with assisted by the Caboolture Volunteer Emergency Monitors.

About 70 runners competed. In the 80km event, Bruce Cook of Deception Bay was the winner from Asim Mesalic (last year's winner) and Kiwi Lex Blair. Sixth overall and first female was another Kiwi, Margaret Hazelwood.

The 55km run was won by Bruce Hargreaves of Brisbane with Wendy O'Sullivan, from Brisbane, the first female.

Carol Street, also completed the course after losing an hour because she lost her shoe in deep mud. She con-



• BRUCE COOK

tinued in borrowed shoes.

Gary Parsons of Caboolture was the first in the 35km event, with Wamuran mountain running champion Lyn Gordon the first female in fifth position overall.

• RESULTS in Sport Detail

ATHLETICS

GLASSHOUSE RUN

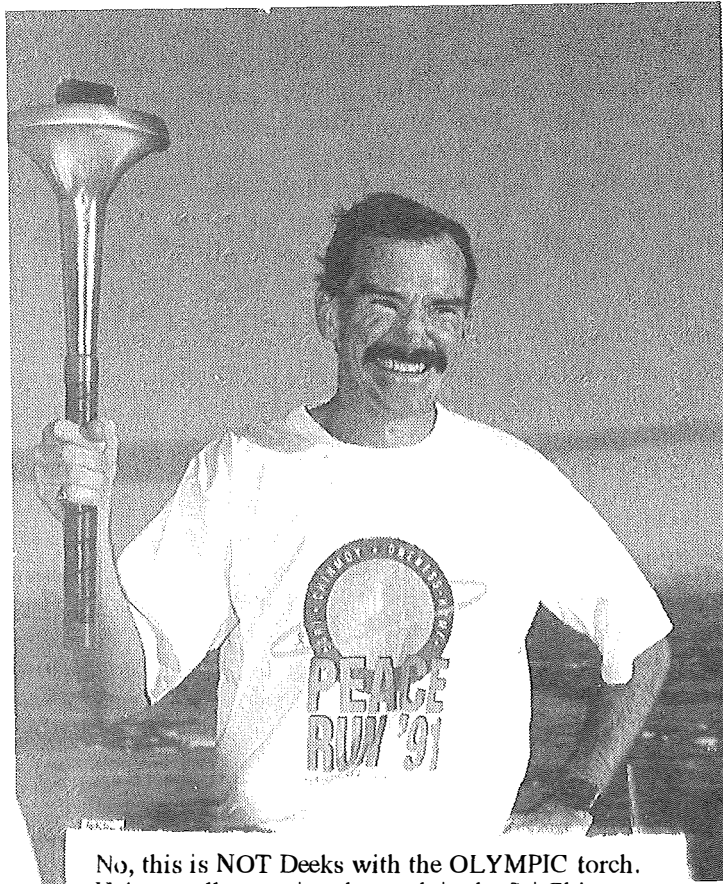
10km Walk: Kerri Hall 1hr 18min 16sec, 1; Patricia Newman 2-38-46, 2; Gloria Newton 2-38-47, 3; Jan Armstrong 2-40-36, 4; Johann McKenzie 2-40-37, 5.

10km Run: Tony McCall 44min 30sec, 1; Sue Cook 54-15, 2; David Dellow 56-06, 3; Terry Cooper 1hr 00min 23sec, 4; Irene Davey 1-01-03, 5; Col Waring 1-01-43, 6; Sandra Cox 1-10-23, 7; Sharon Parsons 1-12-11, 8; Chery Dellow 1-16-55 and Meredith Shallcross 1-16-55, equal 9; Val Case 1-18-25, 11.

35km Run: Gary Parsons 2hr 37min 32sec, 1; Kipling Walker 2-38-28, 2; John Armstrong 2-39-03, 3; Ian Lacey 2-42-42, 4; Lyn Gordon 2-43-49, 5; Murray Stratford 2-48-30, 6; Sandy Buchan 2-49-06, 7; Peter McKenzie 2-52-27, 8; Allan Jackson 2-54-11, 9; Kevin Dellow 2-57-04, 10; Greg Henzell 2-57-09, 11; John Wishart 2-58-00, 12; Peter Thomas 2-58-11, 13; Graeme Walker 3-41-27, 14; Steve Waddell 3-10-22, 15; Brett Newton 3-10-23, 16; Ian Twomey 3-18-02, 17; Julie Walker 3-34-13, 18; Paul Green 3-38-12 and Evan Wham 3-38-12, equal 19; Roger Moir 3-46-08, 21; Margaret Cassidy 3-59-21, 22; Andrew Govenlock 4-00-55, 23; Peter Holles 4-08-37, 24.

55km Run: Bruce Hargreaves 4hr 50min 32sec, 1; James Bazzo 5-39-02, 2; Ian Cornelius 5-45-37, 3; David Heap 6-10-25, 4; Laurie Baxter 6-16-09, 5; Wendy O'Sullivan 6-28-59, 6; Stephen Lewis 6-32-45, 7; Warren Young 6-39-17 and Bruce Johnson 6-39-17, equal 8; Arthur Cox 6-44-49, 10; Carol Street 7-45-08, 11; John Stockman 8-29-04 and Gerard Hocks 8-29-04, equal 12.

80km Run: Bruce Cook 6hr 49min 35sec, 1; Asim Mesalic 7-12-20, 2; Lex Blair 7-29-00, 3; Ross Shilston 7-43-48, 4; Tony Collins 7-57-20, 5; Margaret Hazelwood 8-02-51, 6; Kevin Cassidy 8-30-35, 7; Ian McCloskey 8-42-37, 8; Phillipa Bolt 11-24-57, 9.



No, this is NOT Deeks with the OLYMPIC torch. He's actually carrying the torch in the Sri Chinmoy Run for Peace. Congratulations, Rob on a gutsy run in shocking conditions in the Barcelona Olympics.

WESTERN STATES 100 REVISITED

A brief description of this race, for those that are not familiar with it. The W/S 100 is a 100 mile race across the Sierra mountains in northern California. It starts at Squaw Valley at an elevation of 6200 feet (1700m) and finishes at Auburn at an elevation of about 1800 feet (280m). One would think that this would make for an easy run, as it must be mostly downhill.

Not so. The course has a total of 18000 feet climb and 22000 feet drop. Temperatures in the canyons usually get up to between 30 and 40 degrees. Just right to roast your brains, if you're not careful.

Finishing inside 24 hours will get you a solid silver and gold belt buckle. As a rule, the finishing rate is about 60%, with less than 25% getting in under 24 hours. There is hardly ever a non local amongst the first ten finishers, this year was no exception.

It's been six years since I had run this race and I had forgotten just how long, hot and hard this race really is. But it does have an atmosphere that you will not encounter in any other race on earth. The organisation is excellent and the only excuse you will have for not finishing is yourself.

This year saw 419 runners toeing the starting line at 5am, on Saturday 27th of June, with 231 reaching the finish at Auburn inside the allowed time limit of 30 hours. Only 70 runners got under 24 hours, the lowest number of sub 24's in many, many years.

So how tough is this race ?...well, it's tough enough ! You get downhills that never seem to stop. Sometimes you go down for more than an hour. But then you get uphill that never end either, with some gradients being of the 'hands on knees' variety. About the only flat bit of ground you get is when you enter the stadium at the finish. The temperatures vary from freezing at the start, to the high 30's during the day and then back down to below ten during the night. You run along trails that hug the very steep slopes of the canyons, with drops of several hundred meters just waiting for you to make a mistake. The trail varies from good to absolutely atrocious, with deep dust, mud, rocks and roots all making your journey a memorable one. Memorable, because you will remember the many times that you land on your face. At 78 miles you have to ford a river that has slippery boulders hidden under the freezing, fast flowing water. Some of these are more than a meter high. Luckily there is a rope that you can hang onto as you cross. For most runners the sunlight disappears before they get to the river crossing. Once the night sets in, you run with torch in hand hoping that you will not miss any turns.

And as if all that were not enough, you also have to worry about the wild animals, such as rattlesnakes, bears, skunks and mountain lions. For anyone who thinks that the RNP Ultra is tough I can only say I would have given a mint to have the second half of this race exchanged for the RNP Ultra course. It makes the RNP Ultra look like a stroll in the park. It's just a pity that not more Aussies go across to give this race a try. I can assure you, you will never forget it ! I suppose it's a lot easier running around a track where the next aid station is never more than 200 meters away.

So how did I fare at this adventure ? Well I had set my goals pretty high. I aimed to get in under 20 hours. The target times for each aid station were set to get me to the finish in 18.5 hours, knowing darn well that I would slow down towards the end, I assumed that this would be the pace to use for as long as possible.

Everything went well up to Michigan Bluff (55mls). I was slightly ahead of schedule, in 20th place, and feeling good. About two miles out of Michigan Bluff I missed a turnoff. As I was happily running down this country road a motorist stopped and asked: 'Are you in the race', 'Yes', 'Are you on the right road?', 'I dont know, why', 'because you are the only one that has come up this way', 'Oh shit !'. So after being sent this way and that way by different people I finally found my way back onto the right trail. Now knowing that I had lost at least half an hour I put my foot down trying to make up lost time. Big mistake that ! After running solidly for quite some time I caught up with my brother who had been 20 minutes behind me at Michigan Bluff. I made up a lot of the time that I had lost, but in the process I had blown myself apart, physically and mentally.

Picked up my pacer at Forest Hill (62mls) and headed back down the trail. Slowly it started to drag me down. I began to walk, run, walk, run. Then it became more walk, walk, run, walk, walk. By the time I got to the California # 3 aid station I was a total wreck. They laid me down on a stretcher and wanted to pull me from the race. I said 'Hold it, I am not finished yet. Sometimes the dead start walking again'. I spent 40 minutes in that aid station eating, drinking and generally trying to get back lost energy. From there I walked the next eight miles, then started to run, walk, run again. The sun dropped and slowly I started to come alive again. It was a very painful journey from there to the finish. At times I staggered like a drunk, but I did get in under 24 hours, even though I had walked most of the last 30 miles or so.

Just for good measure, I got lost during the night, no more than eight miles from home. And three miles from home Tatsuya Muaramatsu (of Westfield fame) passed me like a demon on a mission. Good for him, I was in no condition to do anything about it.

I learned three things from that race: 1) Never try and get back lost time, because it will destroy you. 2) Even if you are totally wrecked, you can still finish the race by simply resting for a while and getting your mind to dominate your body. 3) If you go out fast enough you have enough leeway to still finish in a respectable time even after totally crashing.

Will I run it again ? You bet !!!

Footnote: The first woman (Ann Trason) finished 3rd outright. I am sure that there is not an ultra runner, male or female, in Australia that can beat that woman. She really is something else.

The race was won by TIM TWIETMEYER IN 16:54, FIRST WOMAN WAS ANN TRASON IN 18:14, I FINISHED IN 46th PLACE IN 23:17. BRIAN PURCELL, ANOTHER EX-WESTFIELD RUNNER FINISHED 5th IN 18:45.

MAX BLOENHUIJER

THE 1992 GOLDSWORTHY BLACKROCK STAKES

June 29th. 1992

A different and somewhat peculiar endurance race takes place every year in the north west of Australia. Started as a fundraising activity it has evolved into both a serious and sociable event. The original idea was to push a wheelbarrow of iron ore from iron ore town of Goldsworthy to Port Hedland - a distance of 120 kms. Fifteen years on Goldsworthy town is about to be closed, the distance has been shortened to 108 kms but the event is as popular as ever. Teams of 10, trios, duos and lone runners now push modified wheelbarrows containing 11 kgs of iron ore over the distance.

After surviving a hot summer in the north west living in Shay Gap (a small iron ore mining town) i started running training in April and agreed to attempt a duo 'Stakes . My partner was Darryl Podmore a seasoned Blackrock Stakes 'veteran' with 3 previous duo and two full team runs under his belt. We secured sponsorship from a friendly drilling company, had a new light weight, well balanced wheelbarrow built in Port Hedland and persuaded a support crew to give up a Saturday.

The big day turned out to be warm for winter in the north west and peaked at 34⁰c . Lone runners set off at allotted times from early Saturday morning followed by a succession of duos, trios, and full teams with the basic idea of getting everybody to finish in Port Hedland before midnight. Darryl and i set off at 3 pm and decided on "short changes" - initially 45 seconds for the first 8 kms on the gravel road and then 30 second changes on the bitumen. A platform extended out from the support vehicle (one of the mine buses) so that you could quickly leap on and off the bus. The music was cranked up loud and the support crew tempted by a big night out in Port Hedland made sure Darryl and i were well fed and watered.

Every thing went well at first. We averaged just under 16 km/hr for the first two hours- OK not that fast but just try running without using your arms which is what it effectively was like. It was certainly warm and we both discarded our T shirts and the time seem to pass fairly quickly. At about the De Grey bridge (30 kms) i started to feel a bit of stiffness in the top of my legs from jumping off the bus - not the best since we still had a long way to go. Somehow Darryl was leaping off the platform and using the momentum to move forward while i couldn't get it right. I now knew the run was not going to be straightforward.

Three hours into the run i began to tire, Darryl was going well and changeovers were difficult because he was pushing the barrow faster than i was. I tried to change my technique , slipped and fell off the platform. Darryl guessed what had happened and pushed the barrow for an extra couple of minutes.

A grazed knee and hand but fortunately no serious cuts or the run would have been over. Our pace now dropped to 12 km/hr.

Five hours and the normal intense Pilbara sunset was over and it was dark. The bus had special spotlights on the side which helped. We started to pass groups of people out camped by the roadside - groups get together each year, have a BBQ and watch the 'Stakes. Every change was now painful for me - the jarring of leaping from the bus, 30 seconds of shuffling , 30 seconds of rest on the bus and so on. The lights of Port Hedland were visible at this stage but we still had 45 kms to go.

Seven hours.....our pace was now steady at just over 12 kms. We hit the Port Hedland - South Hedland road and in an extremely tired state i hit the kerb with the wheelbarrow but managed to correct. Darryl was still by far the strongest although he too had tired . We pushed slowly towards the floodlit arena finish area. A crowd of over a 1000 people were at the finish - not all to watch the 'Stakes mind you but to enjoy the live band,fair, beer tent etc. We crossed the line in 7 hrs 32 mins , one lone runner finished in 12 hours 30 mins and the full team section was won by the Dampier Salt Shakers in 4 hrs 20 mins (average speed 25 km/hr). Twenty eight teams completed the event.

Overall it was a very painful experience for me and there is a real risk of injury for anyone competing. However it is a great occasion and there must be some of the best support for an endurance race that i know about. Sadly the 'Stakes will have to change the course next year because the town of Goldsworthy will be " returned to nature " within the next few weeks. However if there is a similar run next year and you happen to be up this then give it some consideration.

FORWARDING ADDRESSES NEEDED PLEASE!!

Magazines have been returned from the following members. Can you help us track them down please? Phone or write to us if you have a new address. These are their previous locations. Thanks!

Peter Nell, Ballarat
D.Ellison, Ipswich
Kjnol Tracey, California
Joe Record, Ascot Vale

David Williams, Thornleigh
Garry Collins, Wyuna
Nick Read, Crow's Nest
Graeme Huggins, Fitzroy

Theo Premetis, Newtown
Philip Smith, Coogee
Melissa Sangster, Wheelers Hill
Stephen Dunn, North Adelaide

CRIFTH EX-SERVICEMANS OVAL
CNR. BLUMER AVE. & WAKADEN ST.
CRIFTH. NSW

ENTRY FORM

Age on race day 1

Details of best track ultra performances:		<u>T/SHIRT SIZE</u>
6 Hour.....	km	50km.....
12 Hour	km	100km.....
24 Hour	km	50 Miles.....
Best marathon.....		BEST TRIATHLON.....

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

46.

NANANGO - SOUTH BURNETT PIONEER FOOTRACE

31st August to 4 September 1992

5 day Staged Race

Fellow runners,

If you have any desire to run a multi day ultra but thought it out of the question, you could do one of two things; give up the idea now (which anyone in their right minds would do) or enter the Queensland Ultra Runners' Nanango - South Burnett Pioneer Footrace.

This race will be handicapped so as to enable all runners to finish by 4pm daily. The event is over 5 days from 31st August to 4 September, 1992, covering 70 kilometres a day over country roads and the old Cobb & Co. track.

Now before you drop your coffee, think about it. Most of you run 15 to 30km a day (or you should), then spent 8 hours or so at work, mow the lawn, and watch TV all in a day. If all you have to do is run 70 kilometres a day and nothing else, while your crew treat you like a king for five days, giving you anything that you ask for, it does seem achievable. You could even walk most of the distance and still finish in time for a beer and dinner around a camp fire and a good night's sleep in your own swag and tent. Each runner leaves at a different time in the morning depending on how long he/she needs to finish by 4pm.

Daily T-shirts for each day's fastest runner and handicap winner will be awarded. All you need is your family car, one or two helpers and camping gear.

OVERVIEW OF THE EVENT

This will be a five day event with stages of between 55Kms and 81Kms per day. It will also be handicapped. This will be the first ultra distance event in the South Burnett and it is causing quite a great deal of excitement here. All competitors are being looked upon as stars if you just complete the event in last place. People in this area are friendly and many will want to meet you or wave and cheer as you run past. If you are from the city, enjoy the celebrity status while you have got it!!

VEHICLES AND EQUIPMENT

This will be a camping trip, and the night time temperature could drop to zero. Chances of rain are minimal, but come prepared just in case. You will need all your own camping gear, and your own food for those nights when meals are not included in the itinerary, and your food for breakfasts and lunches.

Ordinary sedans will be able to negotiate the course. A trailer or light weight pop-up 'van will be OK, but heavy 'vans will not make it up the Bunya Mountains and would also prove difficult over the hills of Days 1 and 2 as well as hard to maneuver in the Kinbombi Falls camp ground. No Petrol is available on the first day after leaving Nanango, or on the Bunya Mountains. You must supply your own vehicle and at least one Crew person.

CHARITY - CAMP QUALITY

The Lions Club in Nanango will be using the run as a means of raising funds for Camp Quality - a charity for children with cancer. As a result, the community will become more aware of the charity and take a personal interest in the progress of the competitors. Children from each of the three schools in Nanango, as well as other South Burnett schools will seek sponsorship for a particular Runner - each class will draw a Runner in a ballot, and will compete to collect the most money in their Runner's name. Money will be tallied on the last day of the event and the class which raises most money from each school, and the over-all winning class, will be announced.

For this reason we need your entry in by FRIDAY 14th AUGUST and a short personal and running profile of yourself; so the children can 'Get To Know' their Runner.

HANDICAPPING

Each day will be handicapped with the aim of getting each Runner into camp by 4pm, except on the last day which is a 3pm finish. The Runner must give the Timekeeper the number of hours and minutes he/she estimates it will take to complete the next day's journey.

Each evening, commencing on the Sunday before the event starts, 30th AUGUST, Runners will be given the Instruction Sheet for the next day's running. The estimated time (hours and Minutes) for the next day must be given to the Timekeeper as soon as possible that evening, so start times can be announced while everybody is gathered together.

Day 1 will differ in that all Runners will start together at 9am from Nanango. So the handicap estimate will be adjusted at the end of Day 1 for that day.

It is each Runner's responsibility to supply their own estimate for each day. If you run more than 30 minutes faster than your estimate, the total number of minutes inside the estimate will be added on to your final time for that day. For Example: You estimate that Day 1 will take you 6 hours, but you run it in 5 hours 15 Minutes. The total 45 minutes will be added to your actual time; resulting in a time of 6 hours for Day 1. If you estimate 6 hours, but run it in 5 hours 30 minutes, then you are within the "Honesty Zone" and will not be penalized.

You will not be penalized in any way for running slower than your estimate, but the aim is to be in camp by 4pm for the first 4 days and 3pm on the last day.

Hand in your Time/Speedo Sheet to the Timekeeper daily as soon as possible after finishing each day. Each day at presentation, the fastest Runner, and the handicap winner (first across the line), for that day will receive a T-shirt stating their victory. If the fastest Runner and handicap winner are the same person for the day, the second person will then receive the handicap T-shirt.

A companion Runner is allowed, depending on traffic safety. Use your own judgment. Run facing the traffic - vehicles should go ahead and wait for the Runner to arrive.

If a competitor withdraws during s day's running, he/she may still run the next day onwards and complete the journey; but is not eligible for inclusion in prize giving or placings from that time forth.

Enquiries:

Ron Grant
96 Brisbane Street,
Nanango 4615
Queensland

OR

Queensland Ultra Runners
c/- Ray Chatterton,
P.O. Box 589
Toowong 4066 Queensland
Ph. (07) 870 9590

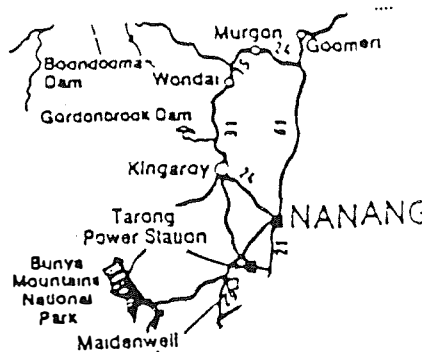


NANANGO - SOUTH BURNETT

PIONEER FOOTRACE

organized by
Nanango (South Burnett) Athletic Club
and Queensland Ultra Runners:

Ray Chatterton ph 07 870 9590
Ron Grant 96 Brisbane St
ph 071 63 1645



ENTRY APPLICATION

SURNAME CHRISTIAN NAMES
MALE/FEMALE AGE AT RACE TIME...PHONE HWORK
POSTAL ADDRESS..... POSTCODE
BEST RESULTS IN MARATHONS, ULTRAS, OR OTHER CLAIMS TO FAME

.....
.....
.....

PERSONAL PROFILE: MARRIED? FAMILY? OCCUPATION, ANYTHING ELSE?

.....
.....
.....
.....
.....

T-SHIRT SPONSOR:- FOODSTORE SUPERMARKET
NANANGO

Good Quality SURF SHIRTS - BRIGHT COLOURS

SIZES S M LG XLG GENEROUS FIT RUNNING SHIRT
95 100 105 110 TICK CORRECT SIZE

RUNNERS ARE PROVIDED WITH ONE SHIRT

Free of charge !!!

EXTRAS FOR YOURSELF & CREW CAN BE ORDERED @ \$16 ea.

SIZE	NUMBER
S
M
LG
XLG



EXTRA SHIRTS

\$.....
\$.....
\$.....
\$.....

[PAYMENT
ENCLOSED]

MEALS:

3 MEALS PROVIDED IN THE ITINERARY ARE INCLUDED IN THE ENTRY FEE
FOR THE RUNNER ONLY

NUMBER OF CREW

SUNDAY	30 th AUGUST	\$10
TUESDAY	1 st SEPTEMBER	\$10
WEDNESDAY	2 nd SEPTEMBER	\$10

TOTAL COST (PAYMENT ENCLOSED) \$.....

CLOSING DATE FOR ENTRY – FRIDAY 14th AUGUST

ENTRY FEE (WHICH INCLUDES 1 FREE T-SHIRT
& 3 MEALS (FOR RUNNER ONLY))

\$120.00

EXTRA T-SHIRTS

.....

EXTRA MEALS

.....

TOTAL

\$

MAKE CHEQUE PAYABLE TO : -

RON GRANT

SEND ENTRIES TO : -

96 BRISBANE STREET NANANGO 4615

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 shall provide, one person to assist and a vehicle, and any other people (seconds) to assist the Runner as he or she may require. Failure to provide the above may result in cancellation of Application.
- 4 The required entry fee must be paid by the nominated date (see information).
- 5 All rules for the race must be observed as outlined in ' Overview Of The Event'.

WAIVER

- 1 I, the undersigned, in consideration of and as a condition of acceptance of my entry in the NANANGO SOUTH BURNETT PIONEER FOOTRACE 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 any loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequence upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest that I am physically fit and sufficiently trained for the completion of this event.
- 2 This waiver, release and discharge shall be and operate separately in favour of all persons corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.
- 3 I hereby grant full permission to any and all of the foregoing to use any photographs, video-tapes 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.

RACE DAY EVE

SUNDAY 30th AUGUST - Before DAY 1.

Runners and Crews to camp out at the NANANGO SHOW GROUNDS where there are Hot Showers & Toilets. Show Ground gate will be unlocked all day - entrance CAIRNS STREET. Camp on far side of Main ring near Toilet & Shower Block (a Green Building).

Due to maintenance work at the Power Station, Motel rooms are in short supply, but some are available at the FITZROY MOTEL ph 071 63 1100. Double room \$42.00 plus \$8.00 each extra person.

All Runners and Crew to gather at the COPPER COUNTRY RESTAURANT on the Kingaroy Road (just past the Golf course), for a smorgasbord meal at \$10 per head. At that time instructions for DAY 1 will be handed out and Runners will give their Day 1 estimated time to the Timekeeper. Runners will be introduced to each other and the meal will commence at 6.30pm.

Each evening your Instruction Sheet will be given to you for the next day. The Timekeeper needs your estimated time ASAP that evening. Any problems with handicapping and other queries should be cleared up on Sunday evening, not as the race proceeds.

DAY 1

MONDAY 31st AUGUST

58.8Kms

NANANGO to KINBOBMBI FALLS Turnoff

Start at 9am at the Statue at the Nanango Council Chambers. All set your watches to 1071 Radio. Gather at 8.30am prior to the Official send off, as the start will be definitely on time! Proceed as a group, with fastest (seeded) Runners in the lead, and all vehicles following to the corner of FITZROY and ELK Streets. Once in GOOMERI Road all set off in a racing manner. No townships after Nanango today.

The first 15Kms are flat to undulating, then undulating. The last part of Day 1 is hilly. Some gravel road, but in good condition and very little traffic.

Runners are to be driven in by Crews from the T JUNCTION, as indicated on the Instruction Sheet, to the Falls Camping Ground; at the end of the Day's running. At Kinbombi Falls camp ground there are no showers, petrol or food. There will be BBQ plates, fires already lit, and wood supplied. Toilets provided. Scenic views and a swimming hole if you are a good abseiler. Limited good quality water.

Presentation of T-Shirts, Lucky Draw and Instructions for DAY 2, and the Runner to give the Timekeeper the Handicap Time for DAY 2 at 6.30pm around the campfire.

DAY 2

TUESDAY 1st SEPTEMBER

81.1Kms

KINBOMBI FALLS TO WONDAI

First 16Kms hilly then undulating.

Runners driven out to the T-Junction, - Finish of Day 1, as per Instruction Sheet for Day 2, to commence running at each Handicap Time start, as calculated by the Runner and given to the Timekeeper. Crews remember to fill in all the time on the Instruction Sheet next to the Speedo Readings daily.

You will pass through two towns today. At MURGON, showers are available at the YMCA, McALLISTER STREET (500 Meters off the course) at a cost of \$1 per head. At both GOOMERI and MURGON all necessities can be filled - Food, Petrol, Gas, etc. The camp site in WONDAI will be at the Council Camp Grounds in the centre of Wondai. Hot Showers, Toilets and Laundry facilities are available free of charge. Presentations that night will be at the DIGGERS RSL CLUB next door to the camping grounds along with a Smorgasbord meal at 6.30pm. The meal will cost \$10 per head.

DAY 3

WEDNESDAY 2nd SEPTEMBER

68.3Kms

WONDAI TO NELL'S COUNTRY KITCHEN, KINGAROY
Flat to undulating. No camping Fees.

Runners commence at each Handicap Time start as calculated by Runners and given to Timekeeper. Crews commence entries of time on the Time/Speedo Sheet.

No townships today until you reach KINGAROY, at which time the route passes beside supermarkets. Today's running includes a number of long straight stretches with minor roads branching off. Some of the route is via these minor roads, so the Instruction Sheet will need to be carefully followed.

There are no showers at Nell's Country Kitchen, but showers are being arranged in Kingaroy. Camp out at Nell's Country Kitchen where a camp fire Smorgasbord with a BBQ is being held, at a price of \$10/head. At all three meals organized for Runners, vegetarian meals will also be available. Mulled wine and other drinks will be available at Nell's, with meal and presentations at 6.30pm. Sir Joh and Lady Flo Bjelke-Petersen will be the special guests for the evening.

Breakfasts are available at the start of Day 4 from 5am at \$3/head, including Porridge, Baked Beans, Toast and Honey. Indicate to Nell the evening before, if you wish this.

Facilities are Toilets only. No Showers or Petrol, but a great atmosphere and a fun hostess. All your Grocery needs and other requirements are available in Kingaroy township, approximately 4Kms from Nell's.

DAY 4

THURSDAY 3rd SEPTEMBER

54.5Kms

NELL'S COUNTRY KITCHEN to BUNYA MOUNTAINS CAMPING GROUND

Undulating, then steep uphill.

Runners commence at each Handicap Time start as calculated by the Runner and given to the Timekeeper. Crews commence entries of time on the Time/Speedo Sheet. You pass through the small township of KUMBIA today. Petrol and some needs available. Rest area in Kumbia has Hot Showers for 20¢ in the meter; Toilets also. Burton's Well Camping Area is picturesque and has Toilets.

The Bunya Mountains is a National Park with a temperate rain Forest. For those with energy to spare, there are some excellent walking tracks, views and waterfalls. Feeding the birds is a must. The camping grounds have Hot Showers, Toilets, Laundry facilities and an Information Hut. There is a Kiosk nearby, but no Petrol. BBQ's will be ready for use with wood supplied. Camping fees are pre-paid. Presentations at campfire at 6.30pm.

DAY 5

FRIDAY 4th SEPTEMBER

65.6Kms

BUNYA MOUNTAINS TO COUNCIL CHAMBERS NANANGO

Steep downhill then undulating.

Runners commence at each Handicap Time start as calculated by the Runner and given to the Timekeeper. Crews commence entries of time on the Time/Speedo Sheet. The first 9Kms is steep downhill. At 24Kms, Mary Elizabeth Coleman crossing has a beautiful Waterfall and Swimming hole, just 50 meters to the RIGHT, down an embankment. The small township of MAIDENWELL has a Store, Petrol and Hotel.

Aim to arrive in Nanango by 3pm today. Proceed to the RSL Club, which is 100 meters from the Finish Line, for drinks and socializing. Afternoon Tea for Runners and Crews, free of charge; presentation at 4pm.

**PLEASE BRING THESE OVERVIEW INFORMATION
SHEETS WITH YOU FOR THE EVENT.**

52.

Have you started organizing your TEAM ? for



HOW FAR CAN YOUR
TEAM GO IN 24 HRS.

1991 Winners were
BRISBANE HASH.

Surely you can
thrash the hash!!

- 6 DAY** 8a.m. Monday, September 21st, to 8a.m. Sunday, September 27th, 1992.
2 DAY 8a.m. Friday, September 25th, to 8a.m. Sunday, September 27th, 1992.
1 DAY & RELAYS 8a.m. Saturday, September 26th to 8a.m. Sunday, September 27th, 1992.



There must be at least five starters in each race

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

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

Help raise money for **CAMP QUALITY** as you test your endurance.

RELAY:	Run	Walk	Male	Female	Mixed
12 x 2hr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 x 6hr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 x 12hr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Closing date Multi Day Event - 7th September 1992

ENQUIRIES TO:

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

RELAY: One entry form per team will suffice with team leaders address.

CHARITY RUN: Runners are invited to obtain sponsors so that monies can be raised for **CAMP QUALITY**, an organization that puts on camps for kids with cancer.

START TIMES: 6 Day - 8 a.m. Monday, September 21st, 1992.
 2 Day - 8 a.m. Friday, September 25th, 1992.
 1 Day & Relays -

8 a.m. Saturday, September 26th, 1992.

ENTRY FEE:
COURSE:
VENUE:

6 Day - \$150
 2 Day - \$50
 1 Day - \$36

\$3 per team member

Caboolture Showgrounds, Beerburrum Road, Caboolture
 1km Circuit, partly bitumen, grass and gravel paths

CABOOLTURE

HOME OF THE CARPET SNAKE



6 DAY	8a.m. Monday, September 21st, to 8a.m. Sunday, September 27th, 1992.
2 DAY	8a.m. Friday, September 25th, to 8a.m. Sunday, September 27th, 1992.
1 DAY & RELAYS	8a.m. Saturday, September 26th to 8a.m. Sunday, September 27th, 1992.



There must be at least five starters in each race

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

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

Help raise money for CAMP QUALITY as you test your endurance.

CABOOLTURE MULTI DAY EVENT SUMMARY OF RULES AND CONDITIONS

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

ACCEPTANCE

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

CATERING

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

ELIGIBILITY

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

MEDICATIONS

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

PACING

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

REFUNDS

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

SUPPORT CREWS

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

WITHDRAWALS

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

ENTRY FORM

CABOOLTURE MULTI DAY EVENT

Closing date Multi Day Event - 7th September 1992

ENQUIRIES TO:

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

NAME:

☐

MALE

☐

FEMALE

ADDRESS:

DATE OF BIRTH:

T Shirt Size 22 20 18 16 14 (circle)

One T Shirt with each entry. If others required they will cost \$12

PHONE:

CATEGORY:

6 Day (\$150)
2 Day (\$50)
1 Day (\$36)

Run

Walk

Male

Female

RELAY:

12 x 2hr

4 x 6hr

2 x 12hr

Run

Walk

Male

Female

Mixed

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

SIGNATURE:

DATE:

For accommodation in Caboolture, contact Carol Street (an Ultra Runner herself) at the Caboolture Motel, 074 952888, 4 Lower King Street, Caboolture 4510
Cheques and Money Orders payable QMRRC - Ultra Division
Please include a brief history of your ultra running performances to date

RACE INFORMATION

VENUE: Caboolture Showgrounds, Beerburum Road, Caboolture

COURSE: 1km Circuit, partly bitumen, grass and gravel paths

ENTRY FEE: 6 Day - \$150
2 Day - \$50
1 Day - \$36
Plus \$10 per day for each crew member to be fed

START TIMES: 6 Day - 8 a.m. Monday, September 21st, 1992.
2 Day - 8 a.m. Friday, September 25th, 1992.
1 Day & Relays - 8 a.m. Saturday, September 26th, 1992.

RELAY: One entry form per team will suffice with team leaders address.

CHARITY RUN: Runners are invited to obtain sponsors so that monies can be raised for CAMP QUALITY, an organization that puts on camps for kids with cancer.

FACILITIES: Power points, showers, toilets, building for use as dormitory (all you need is your sleeping bag), kitchen to supply runners with food and drinks.

LAP SCORERS: Provided for interstate and overseas runners but local runners, should bring their own.

AWARDS: Medallions and certificates to all finishers. Trophies for winners of each event. Random draw prizes. Special "Walkers" trophy.

N.B. Runners and crews will not be able to set up at the showgrounds until after midday, Sunday September 20th. A flea market is conducted at the showgrounds every Sunday morning.

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

A.U.R.A.

SIX HOUR TRACK RACE

An ideal race for the novice ultra runner.

**BILL SEWART ATHLETIC TRACK,
BURWOOD HIGHWAY, EAST BURWOOD, VICTORIA
SUNDAY, 25TH OCTOBER, 1992
START TIME: 9 A.M.**

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

ENTRY FEE: \$20.00 (Cheques payable to Dot Browne)

CLOSING DATE: Friday 9th October, 1992

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

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

ENTRY FORM

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

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

Person to be notified in case of emergency:

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

PREVIOUS ULTRA EXPERIENCE: _____

WAIVER

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

Signed.....Date

1 1 T H A N N U A L

Sri Chinmoy

A U S T R A L I A N N A T I O N A L

24 Hour Track Race

I N V I T A T I O N A L

Adelaide - South Australia
October 24th and 25th 1992

“Run and
Become...
Become and
Run.”

I N F O R M A T I O N F O R T H E 2 4 H O U R R U N

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

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

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

11th Annual Sri Chinmoy 24 Hour Track Race

RACE INFORMATION

STARTS: 8.00am Saturday, 24th October '92

LOCATION: Adelaide Harriers Track
Adelaide

SERVICE TO RUNNERS:

- Certified 440 yard floodlit track
- Personal lap counters
- Splits at Marathon, 50k, 50 mile, 100 mile, 200k, 250k
- Running direction changed every 6 hours
- Food and drink supplements during race
- Rest room and medical facilities
- Limited to 50 participants
- No applicants under 18 years will be accepted
- Prompt notification of acceptance

PRIZES: Medallions to all finishers.

APPLICATION FOR ENTRY

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

INCLUDE — Entry fee: \$75.00

A large stamped self addressed envelope

Send Cheque and Application


To: Sri Chinmoy 24 Hour
Track Race
P.O. Box 554
North Adelaide
S.A. 5006

For More Information Phone

(08) 239 0690 (A/H) (08) 267 1675 (A/H)

“Run you can easily challenge the pride of frightening distance”

Sri Chinmoy

Tear Here 

Sri Chinmoy 24 Hour Track Race

Please Print Clearly

For Official
Use Only

Last Name		First Name		Sex Male <input type="checkbox"/> Female <input type="checkbox"/>		Age on race day	
Mailing Address		Street		Birth Date		Occupation	
				City			
State (or Country if not Australia)		Post code		Area Code		Phone	

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

Make cheques payable to: Sri Chinmoy 24 Hour Race

T-shirt size ☐ sm ☐ med ☐ lg ☐ xl

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



Signature Date

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

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

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

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

ALL EVENTS START AT
LIFESAVING CLUBHOUSE

1. MAXI RUN- starts 5:30 am
Approx 55 km
2. MIDI RUN- " " "
Approx 33 km
3. MINI RUN- starts 6:30 am
Approx 15 km

Course marked with
white tape and red
arrows

Water stops will be frequent intervals – about 5 km. Some stops will also have simple
foods such as sweets and softdrink or cordial.

ACCOMMODATION CONTACTS: (074)

Rainbow Beach Caravan Park 863222
Rainbow Waters Holiday Park 863200
Mikado Motor Inn 863211
Gazebo Gardens Resort Motel 863255
Rainbow Beach Hotel Motel 863255
Rainbow Sands 86 3400

ENQUIRIES & ENTRIES TO:

DENNIS PARTON 074/863217
c/- P.O. Rainbow Beach 4581
Enquiries may also be made to

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

TROPHIES and RANDOM
DRAWS plus SOUVENIR
for each competitor.

PRESENTATIONS at about 3 pm in
lifesaving clubhouse.

Food available at clubhouse after run
and a swim.

Saturday, OCTOBER 31, 1992.

Fun In The Sun

at the

RAINBOW TRAIL RUN

conducted by

Rainbow Beach Surf Lifesaving Club

in conjunction with

Q.M.R.R.C. Ultra Division

**GATEWAY TO THE
COOLOOLA NATIONAL
PARK**

MAJOR SPONSOR



Rainbow Beach Holiday Village & Caravan Park
P.O. Box 55
Rainbow Beach Qld 4581
Phone & Fax (074) 86 3222
Registered owner Lonken Pty Ltd

ENTRY FORM

Friday
Nov 30

(Entries on the day, but must be at least 30 mins. prior to Start)

Entries may be lodged at **lifesaving clubhouse** : 4pm - 9pm

NAME:

ADDRESS:

PHONE:

CATEGORY:

MAXI

\$20

INI

run \$10

INDEX






walk

11

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

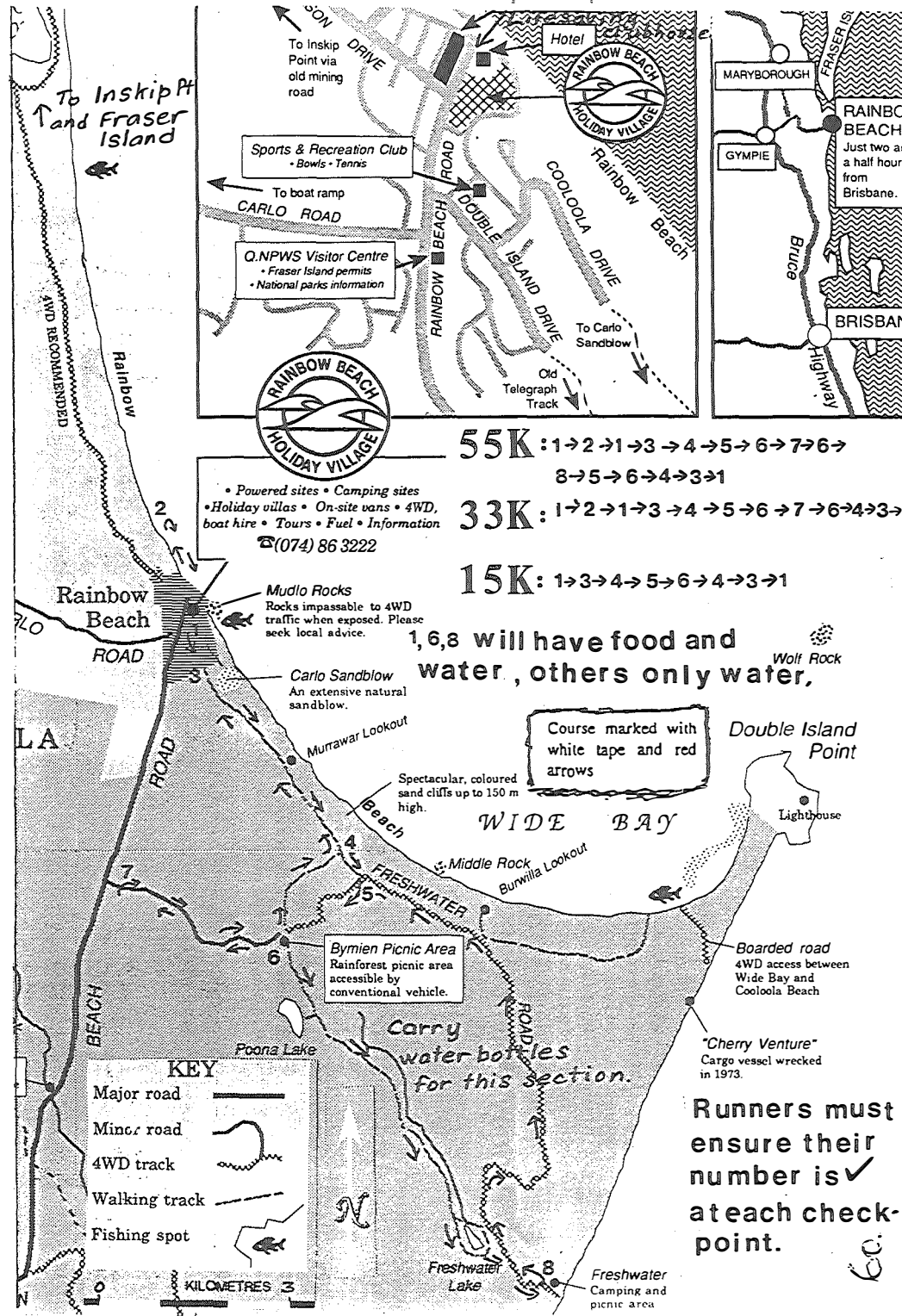
SIGNATURE:

Parent (if under 18)

DATE:

N.B.: A runner who enters a longer event but withdraws and has completed the loops for a lesser event, becomes eligible for awards in the lesser event. No Refunds.

Cheques payable to Rainbow Beach Surf Lifesaving Club.





CAMPBELL PARK
'A WORLD AWAY'

 **AIR NEW ZEALAND**



"AUSTRALASIAN 100KM CHAMPIONSHIPS"

By request, and under the sanction of the International Association of Ultrarunning (IAU), New Zealand has been chosen to host the inaugural, "Australasian 100km Road Championships/NZ 100km National Championships", on **December 28, 1992**.

** The certified 100km road race is the 'official' ultra-marathon distance - patronized by the IAAF in preparation for Olympic inclusion within the next two Olympic Games. There are 41 member nations in the IAU, with European and African Championships, and a US Title race already intact.

This championship will be the first in a series of 3, planned by the IAU and the Race Organizing Committee, to develop ultra-running in Australasia over the next 2 years using New Zealand and New Zealand runners as the catalyst, building towards a proposed 100km 'World-Cup' held at Campbell Park, NZ in 1994.

In light of this important purpose, we have acquired the support and sponsorship of AIR NEW ZEALAND, CAMPBELL PARK, LEPPIN (and others), to present New Zealand runners with the opportunity to participate in an event which will furnish them with the best competition available - nationally, and by providing the first official 'test' against Australia. We are working hard to involve athletes from other nations as well, and have had significant feedback from around the world, (South Africa, Europe and the US).

In promoting the development of the Sport, (Athletics NZ is currently considering 'patronage' of the ultra-marathon), the ROC will also be selecting a team/teams to represent New Zealand at the 1993 100km World-Cup in Belgium, based upon performance in this championship event and availability to represent NZ in '93.

We offer competitors a magnificent host venue for accommodation, training, and focused build-up with the village setting at Campbell Park (attached flyer). Hostel style prices have been agreed upon for the facilities: dormitory, flat, or the luxury of your own individual house - with 3 supplied meals at the cafeteria. Of course, you may choose to cook your own.

Seats on AIR NEW ZEALAND will be supplied for the North Island's top runners (along with substantial discounts for other participants and managers). Air NZ has also provided seating which will allow us to bring in a team of Australia's top runners.

NIKE INTERNATIONAL has become involved providing certification of the course, time clock and product.

LEPPIN SPORT will be providing support with product, shirts, hats and drink bottles.

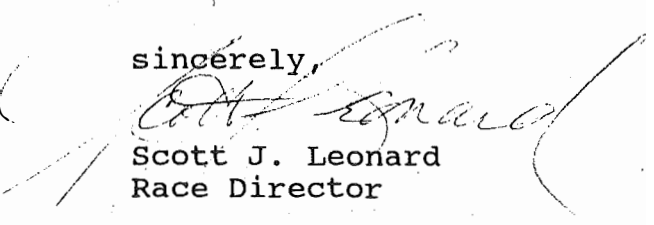
Spot prizes will be offered by our 'product' sponsors.

Come be a part of New Zealand's team. Share in the experience and put New Zealand and Australasia to the forefront in the 'ultra-marathon'.

A 'world-best' course along the Waitaki River Valley and Southern Lake Lands awaits you.

Please join us...

sincerely,


Scott J. Leonard
Race Director

for further information contact:

Scott Leonard
4-69 View Rd.
Mt. Eden, Auc.
tel: (09) 623-0567

Dick Tout
4 Peregrine Pl
Birkenhead, Auc
(09) 418-1054

4/69 View Rd., Mt. Eden, Auckland

Entry Forms will be available presently. We would appreciate the following information that we may expedite the process. Thankyou.

Please return by 31/8/92

NAME OF INDIVIDUAL(S): _____

ADDRESS: _____

NUMBER OF ENTRY FORMS REQUESTED: _____

Note for Australian Runners

The New Zealand race management is offering 3 only 50% return airfares with Air New Zealand for this race. All those runners expressing interest to the New Zealanders and consider they might be one of the three best Australians wishing to go, should contact Geoff Hook, so that an official team may be formed to represent Australia.

AUSTRALIAN 100km TRACK CHAMPIONSHIPS

and Queensland 100Km Championships

Saturday 10 April 1993

Date: Saturday 10 April 1993
Easter Weekend

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

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

Grass 400m IAAF Standard running track
floodlit circuit

Graded running zones

Sub 9 hour, lanes 3-5, 410.5m

All other competitors, lanes 6-8, 426.25m

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

Limited shade and no showers at track

Crewing: Where possible lapscorers provided
Own crew recommended

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

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

Officials: AURA Representative: Ray Chatterton

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

AUSTRALIAN 100Km TRACK CHAMPIONSHIPS
and Queensland 100Km Track Championships
Saturday 10 April 1993

NAME _____ MALE() FEMALE()

BIRTH DATE __/__/__

ADDRESS

PHONE NUMBER

CONDITIONS OF ENTRY IN AUSTRALIAN 100Km CHAMPIONSHIPS

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

DECLARATION

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

NAME

SIGNATURE

DATE __/__/__

ENTRY FEE \$20

Cheques and entries to: Stephen Lewis
46 Chermside Rd phone(07) 281 9533
Ipswich 4305
Queensland

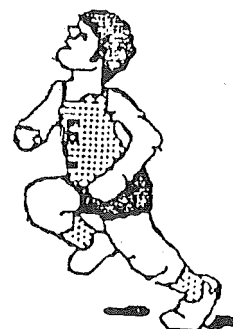
BEST PERFORMANCES

DISTANCE	TIME	DATE
Marathon		
100Km		
Other		

BANANACOAST ELECTRICS ULTRA MARATHON

Sunday, May 2, 1993

ENTRY FORM



From Grafton to Coffs Harbour via Glenreagh and Coramba (85 kilometres)

START: Grafton Post Office, 6 A.M.

FINISH: Coffs Harbour Post Office.

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

Entries to Steel Beveridge, 2 Lakeside Drive, North Sapphire. Enquiries telephone (066) 53 6831

RULES

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

WAIVER

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

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

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

Signed:

Date:

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

Parent/Guardian:

Previous Ultra Marathon experience: _____

Best Marathon time: _____ Event: _____ Year: _____

Name: _____

Address: _____

Age: _____ Sex (Male or Female): ____

Dear Dot & Geoff,

Just a short note to let you know what I'm up to. I'm organising this run for the M.E. Society. The material included was sent to those runners as follows: Cliff Young, Max Bogenhuber, Joe Record, David Standeven, Murray Cox and Peter Gray. Geoff Kirkman opted out for health reasons, but lent me his support otherwise. I'm especially interested in Cliff Young to take part, obviously.

I hope I've got your blessing for this one to make it all happen ,

Yours faithfully,

Rudi Kinshofer,
6 Falcon Court, Hallett Cove 5158.

Ed's note: We all congratulate you for organising this event Rudi and sincerely hope it is an enormous success for you, the runners and M.E.Syndrome Society Inc.

Dear Runner,

You are invited to take part in The Magical MEstery Tour, a charity run from Perth to Sydney. The aim is to raise money for research into C.F.S. (Chronic Fatigue Syndrome) or M.E. (Myalgic Encephalomyelitis). C.F.S./M.E. is an organic disease, which is slowly being recognised as such, and is affecting all ages from all walks of life. The plan is to put a team of six together to run non stop from Perth via Adelaide, Melbourne, Canberra and on to Sydney in August 1992. Each member is to run 40 kilometres a day, with the team covering a total of 240 kilometres a day.

We should make it to Sydney in 22 days and cover 5200 km. Promotion of the run and how to raise the money will be worked out in time. Running seems to be the easy part. Sponsors will be approached to come up with a large bus with all necessities to make it as comfortable as possible. It should be a good opportunity to use the trip as a travelling running camp.

All in all we ask you to give four weeks of your time and effort for this cause. I would like you to come along as first choice. If it is not possible for you to participate, I have to approach others and possibly advertise. I will advise Dot Browne and Geoff Hook of my intentions and will keep Aura magazine informed. M.E. is assured a good coverage by the media.

Please let me know within 14 days of your intentions.

Hope we can make a difference!

Yours faithfully, *R. Kinshofer*

Dear Cliff Young,

I hope you will come along as part of the team; it is vital for the success of the tour. You certainly would add to the magic. The people from the charity, the media and us runners would be very happy if you would help us out with this one.

I don't know how you would go with 40 kilometres a day these days; it's about my limit. Anyway, there are six of us, and we can cover each other to an extent. Other runners might be Max Bogenhuber (N.S.W.), Peter Gray (Vic.), Kevin Dadman, Geoff Kirkman, Murray Cox, Rudi Kinshofer (all S.A.) and Joe Record (W.A.)

Yours in running, *R. Kinshofer*

M.E. Syndrome Society Inc.

Chronic Fatigue Syndrome Society Inc.

Post Viral Syndrome Society Inc.

also known as

Chronic Fatigue Immune Dysfunction Syndrome (C.F.I.D.S.)

Registered Charity 698

- ① President
373 3379
- ① Counselling & Information
373 2110
- ✉ G.P.O. Box 383
ADELAIDE S.A. 5001

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Dear Friends

How delighted the members are to know that Mr Kinshofer is arranging The Magical MEstery Tour.

I do hope you can take part. I have enclosed a selection of information for your interest.

People are just waiting for the day that a cure is found, the meantime it is such a joy for us to know that so many people are interested in helping..

At the moment a very important research programme has been developed by Mrs Margaret Whyatt which will involve some of the young people, whose stories are enclosed and some adults as well.

Mrs Whyatt has a daughter 16 years old who has had ME for 8 years and has missed 4½ years at school at during this time.

She is a trained nursing sister and this programme has the support of 3 of the prominent doctors in Adelaide who regularly care for these people.

I would like you to consider allocating the money raised, specifically for this project as we believe it a very necessary one and will give us some results in the near future.

Please call Mrs. Whyatt on (08) 2765353 if you would like to speak with her and learn more about the research.

As the time draws nearer I will contact our friends interstate and I know you will be assured of their support while in their State.

I pass on to you on behalf of everyone in South Australia who has this terrible condition, our heartfelt thanks.

Sincerely

PRESIDENT

M.E. Syndrome Society Inc.

Chronic Fatigue Syndrome Society Inc.

Post Viral Syndrome Society Inc.

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ADELAIDE S.A. 5001

About M.E. / C.F.(I.D.)S.

M.E. / C.F.(I.D.)S. is not a clearly defined illness in that currently there is no diagnostic test, and diagnosis is by having a number of a defined collection of symptoms. Other possible causes for the symptoms must first be eliminated by diagnostic test.

The Most Common Symptoms Are :

Major symptom :

- Severe fatigue for longer than 6 months.

Other accompanying symptoms :

- | | | |
|--|---|---|
| • mild fever | • concentration | • sore throat |
| • short term memory aberrations | • headaches (differing from normal in severity or type) | • brain fog (difficulty with tasks usually accomplished easily) |
| • muscle weakness | • muscle pain | • painful lymph nodes |
| • severe pain in head, neck and shoulders | • post exercise fatigue for longer than 24 hours | • sleep disturbance |
| • sensitivities to food and other substances | • upper respiratory system problems | |

There are three usual courses the disease may take. Some recover completely after about six months, others continue to relapse while the third become severely debilitated.

As with any severe or chronic illness, some experience anxiety or depression, but this is a consequence, and wasn't evident before the illness. This can be alleviated by understanding and support from family, friends and doctors.

M.E. / C.F.(I.D.)S. may be triggered by viral or other infection, or exposure to chemicals. The current hypothesis is that during the infection/exposure the immune system turns on to fight the bacteria etc., however it then fails to shut down, resulting in many of these symptoms. Current research around the world is investigating the interaction between the nervous, endocrine and immune systems, additionally brain inflammation, and abnormal red blood cells. Recent results now indicate the possibility of developing a diagnostic test and cure. Information on current research in progress is available from the society.

What the Society can do for you :

Provide :

- Information.
- Counselling.
- Assistance in obtaining a diagnosis.
- Quarterly newsletter.
- Updates on research.
- Quarterly seminars (with guest speakers).
- Assistance liaising with schools, Education Department, Open Access, Special Education, and other social services.
- Professional panel providing expertise, information or access to legal, medical, housing and other specialists.

The society is also working to

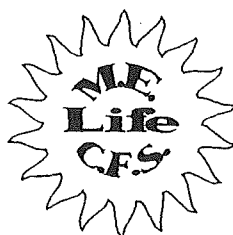
- Develop mini support groups in the suburbs and country.
- Raise money for research.
- Raise the awareness of the syndrome in the community and increase its credibility.

Main Aim

The main aim of the society is to increase the quality of living for people with the syndrome.

What you can do for the Society.

- Join!! Your subscriptions go towards research and the support functions mentioned above.
- Encourage family, friends, social clubs or employers to support research into your illness or donate useful items. (e.g. office equipment, supplies, premises)
- Any expertise or help you can offer, during your well times.
- Fundraising ideas.
- Contributions, fact, fiction, poetry, cartoons, funnies, helpful hints to be included in the newsletter. They do not have to be about the illness, just by one of the group. We want the newsletter to be entertaining as well as informative.
- Bequests. Like all charitable organisations, bequests of any size and shape may be made to the society/research.



The Great Australian Walk or Just a walk around the island.

by Nobby Young

During 1993 I will be walking around Australia. I will miss the delights of Tasmania due to a rather rough stretch of water, but a holiday there in 1994 sounds like a very good idea.

The basic plan for the walk is as follows:

- ☐ The course will follow the Number 1 Highway around mainland Australia, a distance of about 14,900 kilometres.
- ☐ The start will be in Sydney on the first of March, 1993, and the finish will be in Sydney about 8 1/2 months later.
- ☐ The walk will be continuous, as in a minimum distance MUST be covered each day. The minimum target is 50 kilometres.
- ☐ I understand it will be a world record as the longest continuous walk ever achieved.
- ☐ I also understand that it will be the first time the Number 1 Highway has ever been covered on foot.
- ☐ It is anticipated that the event will qualify for the Guinness Book of World Records.
- ☐ It will be a solo walk as I will not be taking any support walkers with me, although I do expect supporters to join me for short distances as I go around the nation.
- ☐ I will have only one Manager/Minder with me, Mr Jim English, a specialist in the care of endurance sports people.
- ☐ We have a mobile home fitted out for the venture.
- ☐ My intention is to use only one large national company as the major sponsor. This company will cover the costs incurred in staging the event in return for signage on the support vehicle and the clothing worn. Further promotions will be arranged with the major sponsor.
- ☐ Details regarding sub-sponsorship will be discussed with the 9 major sponsor.

With the support of publicity and promotion people from both the major sponsor and the Life Education Centre, a wide coverage in the national and regional media, press, radio and TV is assured.

In the past I have been involved in the following:

- ☐ Five years as President of the Sydney Striders Road Running Club.
- ☐ Two years as Race Director of the Sussan Womens 10K Classic.
- ☐ Eight years of official involvement in the Lane Cove Half Marathon.
- ☐ Five years as an official on the Westfield Run from Sydney to Melbourne.
- ☐ Five years as an official on the Sydney Striders Westfield 24 Hour Track Race, the NSW Championship, including Race Director.
- ☐ In 1983 I ran 100K during a bed-push staged by Sydney Striders to raise funds for the Princess Alexandra Childrens Hospital.

- ❑ In 1983 I ran 100K, and in 1984 I ran for 24 hours, to raise about \$5,000 for the Gladesville Public School.
- ❑ Over the years I have raced in many long distance events, my best result being a 2nd placing in the 1990 Sydney Striders Westfield 24 Hour Track Race, the NSW Championship, covering 204 kilometres.

It is my desire to use the distance (14,900k) and the duration (8 1/2 months) to raise a considerable sum of money to aid the work of the Life Education Centre. Speaking at schools and to community groups is something that both Jim English and myself would like to do, as we feel it would encourage others to do what we are doing, following our dreams. These days we often hear about win-win situations, as when employers and employees get together and make arrangements for their mutual benefit. This is a very refreshing development, as usually when there is a "winner" it is at a losers expense.

A lottery winner wins at the expense of the dud ticket holders, a footballer makes first grade when another player is dropped and a bloke wins a heart when other admirers are cut out of the scene. The "Great Australian Walk" will be a multiple win situation.

Personally, my ego will get well-fed with a world record and a small amount of fame. I also have the satisfaction of gaining considerable favourable publicity for my major sponsor and raising funds for a charity that I admire. Hopefully this venture will encourage fellow Australians, of all ages, to aspire to challenges that might otherwise have been put aside through lack of enthusiasm.

Jim English, my Manager/Minder, will "win" by fulfilling the impossibly job. He will cover solo at least 20 different roles, 24 hours a day, seven days a week for eight (long) months. This walk could not take place if Jim for any reason could not take part, as I know of no other who could do this job. It is my good fortune that Leila, Jim's wife, is such an understanding lady.

At a time when the public is very cynical about large institutions and government bodies, the sponsor will "win" almost daily publicity for over eight months for being involved in a world record and supporting a very popular national charity. Many prominent identities around Australia already support the Life Education Centre and will probably become involved in the "Great Australian Walk", further promoting the major sponsor.

The Life Education Centre will gain a boost in publicity and funds. All money raised, every cent, will go to the Centre in the state or territory that it is raised in. There will not be any "expenses" deducted by anyone involved in this venture. The thousands of children we meet will "win" by the work of the Life Education Centre and hopefully by the encouragement we give them to follow their own dreams.

Finally Margaret, my wife and supporter for twenty years, will have long service leave from my presence for eight months. Many who know me will claim that Marg is the ultimate "winner". Her support is vital for this walk to take place, and I thank her for it. That only leaves my sixteen year old son Russell, who will be able to spend extra time with the girls during my absence.

TE HOUTAEWA'S CHALLENGE.

On January the 9th 1993 we will once again be staging this successful ultra Marathon race on the 90 mile beach. Included with our invitation is the Maori legend that Te Houtaewa could run the length of the beach between tides which is approximately six hours.

We now extend the challenge to you and fellow competitors.

The race will be run under simple rules over the length of the beach, a distance of around 60km. It will be up to the competitors to complete the 60km in whatever way he or she see fit as long as the whole distance is covered on foot. We will expect runners to supply their own support crews, however, should this prove a problem we shall endeavour to fill the gaps.

In conjunction with the main challenge there will also be complimentary races. One in the form of a relay event made up of a team of five members with the team deciding for themselves as to the distance each runner will cover over the 60km.

The third race will follow the format of a fun run and will run over a distance of 10km and 20km.

We will have major sponsorship and a substantial prize list with many spot prizes also. Last years winners for mens and ladies won two weeks holiday for two in Australia all airfares and accommodation paid.

We also had television coverage, extensive publicity and a video was produced.

Last years competitors certainly found this unique marathon a challenge both mentally and physically with Kerry Pascoe from Auckland with a time of 4hrs 24 minutes and Margaret Hazelwood from Whangarei with 5hrs 35 minutes now hold the new world records.

We hope that you will indicate your interest by your completing the attached form.

We will then place you on our mailing list and be able to keep you informed as we progress in details.

Yours faithfully,

Jill Schou

Tale Tale Travel,
INTERNATIONAL AND DOMESTIC AGENTS.
P.O. Box 403
Kaitaia..

TALL TALE AND TOURS, PO BOX 403, KAITAIA.

PLEASE RETURN THIS FORM BY THE 31-08-92 TO GO ON THE MAILING LIST.

NAME OF CLUB OR INDIVIDUAL _____

ADDRESS _____

APPROX NO OF ENTRY FORMS REQUIRED.



Dot Brown in her ultra-marathon office in Mitcham...the sport is being threatened with the withdrawal of sponsorship.

Dot is still running the ultras

Did you know that Mitcham is one of the focal points on the globe of world ultra-marathon running?

You might have thought that a little town near Colac called Beech Forest was one.

That's where Cliff Young lives and he made famous after his record breaking run from Sydney to Melbourne in 1983.

But the lucky sponsor of that event and the eight since then, Westfield Shopping Centres, has pulled the pin on the event.

Dot Brown has been greatly affected by the

decision as she is the secretary of one of the world's biggest and best ultra clubs, the Australian Ultra Runners' Club.

It is based in a small office in Mitcham and Dot runs and helps organise some of the events on the Australian calendar.

Despite the setback Dot is still organising the production of the latest club publication, the *Aura Magazine*.

When your administrator of a sport that has received a blow like a sponsor pulling out, one quality you need is per-

sistence.

Dot Brown has got plenty of persistence.

Like her peers you would not enter marathon after marathon if you didn't like battling fatigue, boredom and the pain of never seeing the light at the end of the tunnel.

Now she will have to apply those ingredients even more to the administration side.

Now a days she only runs to keep fit but only five years ago Dot ran the second fastest half marathon ever in Australia.

Good luck Dot with the future of the sport.

Recognition for dedicated runner

WHAT do footballer Ted Whitten and Mitcham teacher Dot Browne have in common?

They have both been awarded an Order of Australia medal.

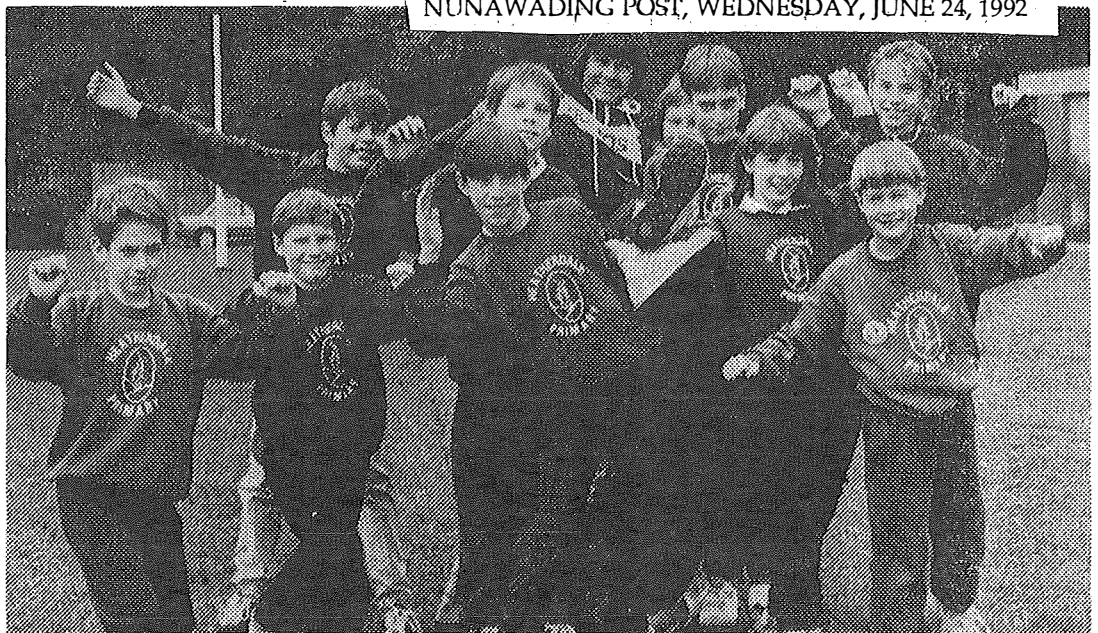
Dot received her medal for her contribution to athletics having been a veteran athlete for 11 years and President of the Doncaster Womens' Athletic Club, and for her involvement with the publication of various athletics magazines.

"I have enjoyed being involved with athletics over the years," Dot said.

"And, now that I am a bit older I have started to move more into the organising side of the sport and putting together magazines rather than the competitive side.

"I really do get great satisfaction from organising events and seeing them turn out successfully."

Dot has represented Australia in a number of international events and was part of the womens' marathon team in San Francisco, London, Djakarta and Singapore from 1982 to 1984. She also won three silver medals in the World Veterans' Games in Melbourne in 1987 and four gold medals



The students at Heatherdale Primary School were just as excited about their teacher Dot Browne getting an Order of Australia medal as Dot was herself.

at the World Veterans' Oceania Games in Fiji in 1982.

Dot, now 51, said she was "absolutely thrilled" when she heard she had won the medal.

"When I got the letter saying I had been nominated I was overwhelmed to think that they would even con-

sider me," she said.

"I just find that running is good fun and it has completely changed my life.

"When I started there was a bit of a void in my life because my children had grown up and moved away and now it fills my life.

"I always played sport such as tennis and netball and thought I was pretty fit, but when I ran my first race I very quickly found out that I wasn't in as good a shape as I first thought.

"I have met hundreds of wonderful people and

have been lucky enough to travel with my sport."

Dot says she hopes to be able to keep running for many years yet.

"I run every day now with my husband and I will always be interested in keeping fit," she said.

NUNAWADING POST, WEDNESDAY, JUNE 24, 1992

Helen runs men off their feet

DELIVERING *The Leader* and other pamphlets around Engadine has kept Loftus mother of two Helen Stanger, 41, very fit . . . fit enough to become a record breaker.

Stanger has just returned to Australia after beating most of the men in this month's International 24-hour Championships in Switzerland.

The ultra-marathon runner put in a phenomenal performance to finish first female and sixth overall in a field of 70.

She broke the women's race record of 204km by 2km in the 24 hours allowed on the scenic 1km course in Basel, Switzerland, leaving some of the world's top male and female runners from 15 countries in her wake.

Stanger was running in her first overseas race, having qualified by winning the Australian 24-hour Championships in Adelaide last

By BRAD FORREST

September and setting a new record of 207.9km.

She topped off her preparation in February by winning the women's division and finishing fourth overall in the Victorian 24-hour Championships.

"I was very pleased with my efforts as there were some pretty handy runners in the field," said Stanger, who delivers *The Leader* and other material around the streets each week.

One of the four Aussies she beat was David Standeven, who defeated world and Greek ultra-marathon champion Yiannis Kouros in the Sydney to Melbourne event a few years ago.

Stanger is now hoping another sponsor will come to the aid of the now defunct race, because shin splints and a badly infected heel pre-

vented her from finishing the 1028km event this time last year.

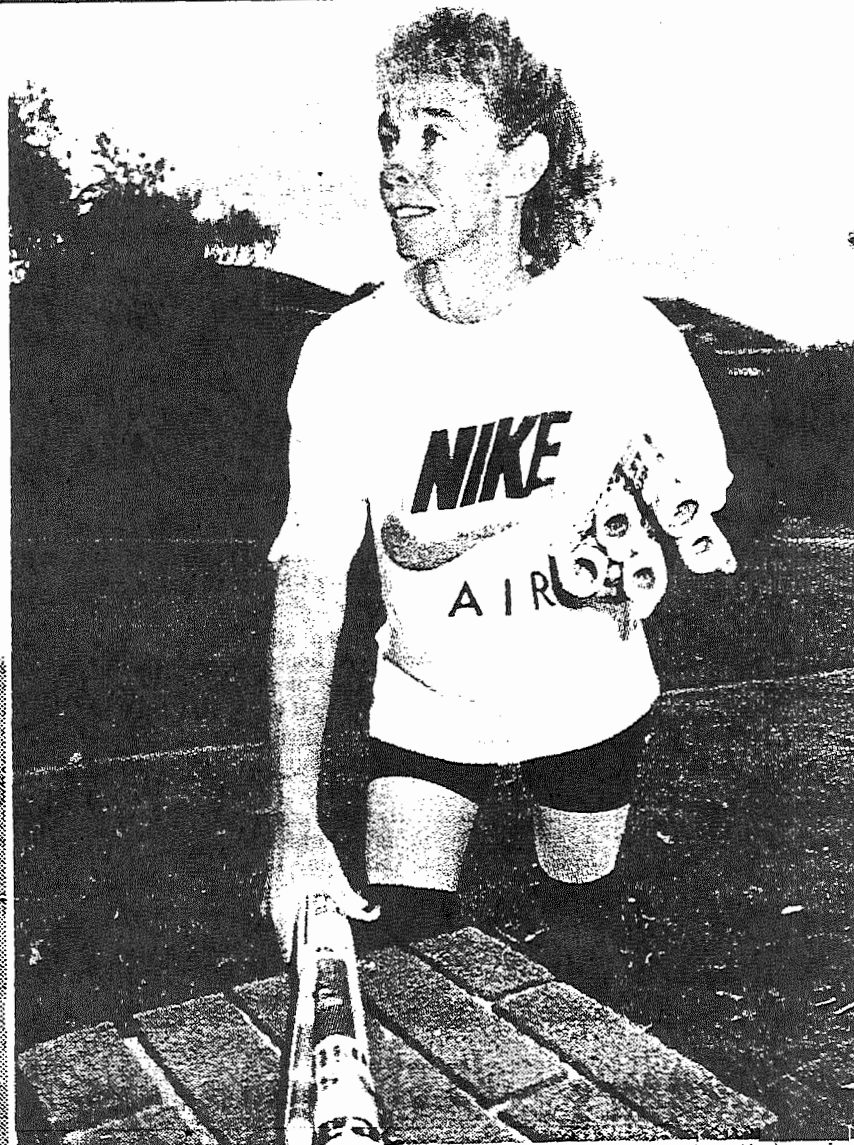
"When they stopped me at Wangaratta I realised the poison could have gone right throughout my system," she said, describing as agony the hilly and chilly run through the Snowy Mountains.

"The course last year was very tough over the mountains and no woman finished the race, but I'd love another crack at it."

Stanger is also the Australian women's record holder for the 12, 48 and 72-hour distances and has the fastest time for 300km and 400km events.

She now plans to drop back to a few shorter events in the immediate future, like the 100km run in Melbourne in August.

While her teenage sons David, 19 and Gregory, 13, are also good sportsmen, they leave the running to mum.



AUSTRALIA'S ultra marathon champ Helen Stanger taking the Lead(er) again.
Picture: JOHN VEAGE

St. George and Sutherland Shire

the **Leader**

A FAIRFAX
COMMUNITY
NEWSPAPER

Highest Audited Circulation of any Suburban Newspaper in Australia

Thursday, May 28, 1992

STOP PRESS STOP PRESS STOP PRESS STOP PRESS STOP PRESS STOP PRESS

"We have had 47 people do the marathon this year which is good. After all, it is the full marathon we actually run this event for."

1ST 20 - 29 F DAWN TILLER
1ST 30 - 39 F DALE THOMPSON
1ST 40 - 49 F MARGARET ROBINSON

CONSTITUTION

(see page 57 of our last issue)

22(1) Subject to section 23 of the Act, the Committee shall consist of:

- (a) the officers of the Association; and
- (b) up to 2 ordinary members for the State of Victoria as allowed for in these rules;

each of whom shall be elected at the annual general meeting of the Association in each year; and

- (c) up to 2 ordinary members for each State (other than Victoria) and Territory as allowed for in these rules;

each of whom shall be appointed by the incoming Committee at a special Committee meeting immediately following the annual general meeting.

Interstate or Territorial members may nominate themselves for the position of ordinary member and their nomination shall be duly considered by the incoming Committee.

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

- (2) Each ordinary member of the Committee shall, subject to these rules, hold office until the annual general meeting next after the date of his election but is eligible for re-election.
- (3) In the event of a casual vacancy occurring in the office of an ordinary member of the Committee, the Committee may appoint a member of the Association to fill the vacancy and the member so appointed shall hold office, subject to these rules, until the conclusion of the annual general meeting next following the date of his appointment.
- (4) Each State or Territory or the Commonwealth with more than 10 ordinary members shall be entitled to have 2 of their number as ordinary members of the Committee (only 1 position is available for numbers between 3 and 10 inclusive and for less than 3, those members shall affiliate with a neighboring State or Territory).
- (5) Ordinary members of the Committee from all States or Territories shall also be referred to as State or Territory representatives as appropriate. State or Territory representatives shall assist the secretary in the dissemination of information from general or Committee meetings and attempt to gather views and attitudes of members within their own State or Territory and pass them on to the secretary or directly to Committee meetings.

ELECTION OF COMMITTEE MEMBERS & VACANCY

- 23(1) The secretary shall call for nominations for the elected Committee positions, which will be declared vacant at the next annual general meeting, or any business to be considered thereat, by posting a notice to each member at least 40 days before the intended date of the annual general meeting.

Notice of any business to be considered at the annual general meeting shall be made in writing and shall be delivered to the secretary not less than 21 days before the date fixed for the holding of the annual general meeting

- (2) Nomination of candidates for election as officers of the Association are accepted from all members Australia wide and:
 - (a) shall be made in writing, signed by 2 members of the Association and accompanied by the written consent of the candidate (which may be endorsed on the form of nomination); and
 - (b) shall be delivered to the secretary of the Association not less than 21 days before the date fixed for the holding of the annual general meeting.
- (3) Nominations of candidates for election as ordinary members of the Committee for the State of Victoria:
 - (a) shall be for members residing in Victoria only for its respective entitlement;
 - (b) shall be made in writing, signed by 2 members of the Association and accompanied by the written consent of the candidate (which may be endorsed on the form of nomination) and ;
 - (c) shall be delivered to the secretary of the Association not less than 21 days before the date fixed for the holding of the annual general meeting.
- (4) If insufficient nominations are received to fill all vacancies on the Committee, the candidates nominated shall be deemed to be elected and further nominations shall be received at the annual general meeting.
- (5) If the number of nominations received is equal to the number of vacancies to be filled, the persons nominated shall be deemed to be elected.
- (6) If the number of nominations exceeds the number of vacancies to be filled, a ballot shall be held.
- (7) The ballot for the election of officers and ordinary members of the Committee shall be conducted at the annual general meeting in such usual and proper manner as the Committee may direct.
- (8) A ballot for the election of Interstate or Territorian representative(s) shall be held if requested by a member only for his own state or territory if he feels he should have been appointed by the committee. Application for such a ballot must be received by the secretary in writing and the ballot shall be held within 21 days of the application being received. The ballot shall be held by postal voting only for the state or territory in question in such usual and proper manner as the committee may direct.

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

- (a) in the case of a tied result of more persons than positions available, the committee shall appoint any of those persons who tied in the ballot to fill the number of vacancies; and
- (b) in any other case, the successful person(s) from the ballot become ordinary members of committee for the duration of the current term.

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

- (9) Only candidates who are not unfinancial members shall be accepted as valid nominations for election as officers of the Association.
- 24 For the purposes of these rules, the office of an officer of the Association or of an ordinary member of the Committee becomes vacant if the officer or member:
- (a) ceases to be a member of the Association
 - (b) becomes an insolvent under administration within the meaning of the Companies (Victoria) Code
 - (c) resigns his office by notice in writing given to the secretary;
or
 - (d) becomes unfinancial.

PROCEEDINGS OF COMMITTEE

- 25(1) The Committee shall meet at least 2 times in each year at such place and such times as the Committee may determine.
- (2) Special meetings of the Committee may be convened by the President or by any 4 of the members of the Committee or when an interstate or Territorial representative is in Melbourne and so requests such a meeting.
- (3) Notice shall be given to members of the Committee of any special meeting specifying the general nature of the business to be transacted.

In order to protect the interests of, and involve, interstate and territorial representatives, they are encouraged to submit a proxy voting form to a Victorian Committee member who is intending to attend the forthcoming Committee meeting. Verbal or written communications between these 2 Committee Members is further encouraged to accurately disseminate the views and wishes of all interstate or territorial representatives.

- (4) No major item of business shall be transacted at a Committee meeting unless it appears in the agenda so as to not bypass the intent of clause (3).
- (5) For the purpose of definition, only the Committee Chairman, which is normally the President, shall solely decide what unlisted business is to be classed as "major" or "minor".
- (6) Minor unlisted business may be transacted at a Committee meeting.
- (7) Any 4 members of the Committee constitute a quorum for the transaction of the business of a meeting of the Committee.
- (8) No business shall be transacted unless a quorum is present and if within half an hour of the time appointed for the meeting quorum is not present the meeting shall stand adjourned to the same place and at the same hour of the same day in the following week unless the meeting was a special meeting in which case it lapses.
- (9) At meetings of the Committee:
 - (a) the President or in his absence the Vice-President shall preside, or;
 - (b) if the President and the Vice-President are absent, such one of the remaining members of the Committee as may be chosen by the members present shall preside.
- (10) Questions arising at a meeting of the Committee or of any sub-Committee appointed by the Committee shall be determined on a show of hands, or if demanded by a member, by a poll taken in such manner as the person presiding at the meeting may determine.
- (11) Each member present at a meeting of the Committee or of any sub-Committee appointed by the Committee (including the person presiding at the meeting) is entitled to one vote and, in the event of an equality of votes on any question, the person presiding may exercise a second or casting vote.
- (12) Written notice of each Committee meeting shall be served on each member of the Committee by delivering it to him at a reasonable time before the meeting or by sending it by pre-paid post addressed to him at his usual or last known place of abode at least two business days before the date of the meeting.
- (13) Subject to sub-clause (7) the Committee may act notwithstanding any vacancy on the Committee.
- (14) Duties of sub-Committees:
 - (a) all sub-Committees shall be formed from members of the Association.
 - (b) sub-Committees shall report all activities and proposed activities to the general Committee for discussion and approval.

- (c) sub-Committees may only recommend proposals of planned activities for or on behalf of the Association. Such proposals must be approved by the general Committee of the Association at a Committee meeting.
- (d) no additional members may be co-opted on any sub-Committee without the sanction of the Committee of the Association.
- (e) a copy of the Minutes of all sub-Committee meetings shall be compiled and forwarded to the Association secretary for reference and recording purposes.

SECRETARY

26(1) Honorary secretary:

The Honorary secretary shall attend all meetings of the Association and of the general Committee. He shall keep minutes of resolutions and proceedings of each meeting in books provided for that purpose together with a record of the names of persons present. He shall issue all notices and circulars and prepare an Annual Report of the Association's activities for submission to the annual general meeting. He is empowered to assist the Honorary Treasurer by accepting monies on behalf of the Association. He shall be ex-officio a member of all sub-Committees.

(2) Honorary Assistant secretary:

The Honorary Assistant secretary shall attend all meetings of the Association general Committee, take minutes of all business transacted and assist the Honorary secretary as required.

TREASURER

27(1) The Treasurer of the Association:

- (a) shall collect and receive all moneys due to the Association and make all payments authorised by the Association; and
 - (b) shall keep correct accounts and books showing the financial affairs of the Association with full details of all receipts and expenditure connected with the activities of the Association.
- (2) The accounts and books referred to in sub-clause (1) shall be available for inspection by members.

REMOVAL OF MEMBER OF COMMITTEE

- 28(1) The Association in general meeting may by resolution remove any member of the Committee before the expiration of his term of office and appoint another member in his stead to hold office until the expiration of the term of the first mentioned member.

- (2) Where the member to whom a proposed resolution referred to in sub-clause (1) makes representations in writing to the secretary or President of the Association (not exceeding a reasonable length) and requests that they be notified to the members of the Association, the secretary or the President may send a copy of the representations to each member of the Association or, if they are not so sent, the member may require that they be read out at the meeting.

CHEQUES

- 29 All cheques, drafts, bills of exchange, promissory notes and other negotiable instruments shall be signed by two members of the Committee.

SEAL

- 30(1) The Common Seal of the Association shall be kept in the custody of the secretary.
- (2) The Common Seal shall not be affixed to any instrument except by the authority of the Committee and the affixing of the Common Seal shall be attested by the signatures either of two members of the Committee or of one member of the Committee and of the Public Officer of the Association.

ALTERATION OF RULES & STATEMENT OF PURPOSES

- 31 These rules and the statement of purposes of the Association shall not be altered except in accordance with the Act (3).

NOTICES

- 32(1) A notice may be served by or on behalf of the Association upon any member either personally or by sending it by post to the member at his address shown in the Register of Members.
- (2) Where a document is properly addressed pre-paid and posted to a person as a letter, the document shall, unless the contrary is proved, be deemed to have been given to the person at the time at which the letter would have been delivered in the ordinary course of post.

WINDING UP OR CANCELLATION

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

CUSTODY OF RECORDS

- 34 Except as otherwise provided in these rules, the secretary shall keep in his custody or under his control all books, documents and securities of the Association.

FUNDS

- 35(1) The funds of the Association shall be derived from annual subscriptions, donations and such other sources as the Committee determines.
- (2) The income and property of the Association whencesoever derived, shall be applied solely towards the promotion of the objects of the Association, and no portion thereof shall be paid or transferred directly or indirectly, by way of dividends, bonus or otherwise howsoever by way of profit or gain to the individual members of the Association. Provided that nothing herein shall prevent the payment, in good faith, of reasonable and proper remuneration to any officer or servant or to any member of the Association in return for any services actually rendered to the Association not prevent the payment for out of pocket expenses, interest on money lent or reasonable and proper rent for premises demised or let by any officer or servant of the Association or member of the Association.
- (3) Any moneys received by the Association shall be promptly paid into the Association's bank account or any other financial institution with which the Association has an account.

INTERPRETATION OF RULES

- 36(1) The committee shall decide any question in regard to the interpretation of the Association's rules.
- (2) The committee decision under sub-clause (1) shall be binding on all members unless the secretary receives notice of a motion of dissent from a member.
- (3) A notice of motion of dissent must be received within 6 months from the date on which the interpretation was communicated publicly to the members, otherwise the notice is invalid.

AUDITOR

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

- (1) The regulations provide that the Committee of an incorporated Association may impose a fine not exceeding \$20.00 or other sum as approved by the annual general meeting on a member who commits a breach of the rules of the incorporated Association.
- (2) Section 30 of the Act provides that an incorporated Association shall, at least once in each calendar year, convene a general meeting, to be called an annual general meeting.
- (3) Section 22 of the Act provides that an incorporated Association, may, by special resolution, alter its statement of purposes or its rules. Section 29 of the Act defines a special resolution.



(Left) Tony Dietachmayer and (Right) Keith Green and Norm Johnston, competing in the the Percy Cerutti Memorial 12 Hour Track Race at Tootgarook, Vic. in May, 1992.

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

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

become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

.....
(Signature of Applicant)

.....
(Date)

I a member of the Association
(Name)

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

.....
(Signature of Proposer)

.....
(Date)

I a member of the Association second
(Name)

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) are as follows: Cheques payable to AURA Inc.

Please circle desired rate	\$	within Australia.			
	NZ	Asia	USA	Europe	
Air Mail (up to 1 week delivery)	\$...	\$...	\$...	\$...	

84 .

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

APPENDIX 2
FORM OF APPOINTMENT OF PROXY

I, of.....
.....

being a member of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

hereby appoint of.....
.....

being a member of that Incorporated Association, as my proxy to vote for me on my behalf at the general meeting of the Association (annual general meeting or special general meeting, as the case may be)

to be held on the day of 19..... and at any adjournment of that meeting.
If my proxy fails to attend the meeting, I appoint the Chairman of the meeting to be my proxy.

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

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

Signed

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

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

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

TOUR OF THE GOLDEN WEST SUPERMARATHON
518 OUTLOOK DRIVE, LOS ALTOS CA 94024 415-941 6287

This is a nine day event, starting in RENO, NEVADA on October 10, and finishing in SAN FRANCISCO, CALIFORNIA on October 18. The first and last days (Oct 10 and 18) will be short "prologue" and "postlogue" runs. Seven runs (Oct 11-17) will be approximately 26.2 miles (42km) each day, totaling about 184 miles (about 200 miles with prologue and postlogue runs.) These seven marathons will constitute the race.

TERRAIN will vary from Nevada high desert to Sierra Nevada trails to San Francisco city streets. This is a journey run in the European supermarathon tradition. Some bussing will be necessary.

THE FIELD of runners will be limited by our ability to serve it. We expect to cap it at about fifty, approximately half of whom will come from Western Europe, Eastern Europe and Russia. We expect some of the world's best supermarathon runners.

PACKAGE. Full package participation includes all housing from start to finish, varying from motels to hostels to homestays; breakfast each day (French petite dejeuner) Oct 10-17; Snacks during the seven days of racing (aid stations); Group dinner every evening Oct 10-17; group transportation during the race.

OF TOURISTIC INTEREST. There should be just enough time to sample the flavor of Reno, Lake Tahoe, Squaw Valley and San Francisco. The run will pass through desert, an old mining town, the Sierra Nevada, Lake Tahoe Rim, a part of the Western States Trail, gold country, wine country, Fisherman's Wharf, the Golden Gate Bridge, the Marin Headlands, and (maybe) the Dipsea Trail. We reserve the right to make route changes as conditions arise.

THE RACING ASPECT. Times will be taken for each runner every day. In fast, flat European Supermarathons the fastest runners average about three hours. There will be a daily winner and an overall winner, M + F, based on cumulative times. Awards will be modest.

THE NON-RACING ASPECT. For most it is a journey run, not a race. It is an opportunity to experience on foot some of the most beautiful places in America. It is also a chance to live with runners of a similar mind from far away places, and to enjoy the comraderie of eating and traveling with them. For those not wanting to run a full marathon there will be bail-out points at designated locations.

WHAT TO BRING. Bring your normal running gear, and what you might want if you were walking the trail. It can get cold at altitude, which will be between five and nine thousand feet the first several days. It is the dry season, but there is a small chance of light snow or rain. Bring WATER CARRYING GEAR. In some places aid stations will be spread far apart because of accessibility. Sleeping bags will not be generally needed, but they are suggested. Warm clothing!!!

NOTE: Entries will be accepted until we fill up, then a waiting list will be established. Priority will be given to full package participants.

TOUR OF THE GOLDEN WEST SUPERMARATHON
518 OUTLOOK DRIVE, LOS ALTOS CA 94024; TEL/FAX 415 941 6287

Dear Ultrarunner:

Here is the information about the TOUR OF THE GOLDEN WEST SUPERMARATHON, to be held in California and Nevada in October.

It is a nine day run, the first day being "prologue" and the last "post logue". The seven in-between stages are all marathons, and are used to determine overall winners, by total accumulated time. There will also be daily stage winners.

The organizers will supply breakfasts, dinners, snacks, housing, daily transport, the race and awards. What is not supplied is transport to and from the start and finish of the race, any additional days, and incidentals such as souvenirs. Slower runners are welcome and will be accommodated with early starts. Non runners are also welcome, and it is hoped that they will participate in the spirit of the race by helping as needed. The basic cost is as outlined on page two.

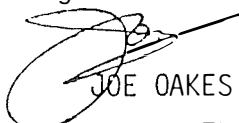
There has never been a true SUPERMARATHON in America such as those held in Russia and Europe. This will be our first, and it will be on an excellent course. If you live in the west, you may be familiar with some of the places we will be visiting. The word spectacular is not sufficient to describe the awesome beauty of the region. There is also plenty of local lore and history. I cannot make a promise of bears, rattlesnakes or mountain lions, but you might get lucky. You will get to meet much more important animals, your co-runners, and the other runners who will join you and help you along the way.

We are trying to work out a system of significant awards, part of which will depend on getting help. More about that later. Those of you who know me will understand that I am not in it for the money, but neither do I want to lose my shirt. Hopefully, you will get an excellent and memorable event, and it will be a financial "wash"..neither profit nor loss.

The world is in a flux as never before. We hope to have some top quality runners from Russia, Eastern Europe and Western Europe. We would also hope for some of the best American runners, despite our comparative lack of experience in-SUPERMARATHON.

This is a very hilly course. It is mostly on trails. Some of it will be at significant altitudes. Your training should reflect all of this.

I hope that you feel up to this challenge.



JOE OAKES

P.S. If you are a sourpuss, please stay away. These events are difficult, but can be very enjoyable and enlightening with the proper attitude. Good will is worth a million dollars

P.P.S.: About the accomodations; good but not luxurious. You will get your money's worth.

June 1992

87

If any of our members are interested in this particular event, contact the AURA Secretary, Dot Browne, 4 Victory Street, Mitcham 3132 Vic or phone (03)874 2501 (H) or (03)874 5878 (W) for Entry Form and further details.

AUSTRALIAN 6 DAY RANKINGS - AUGUST 1992

1 Bryan Smith	V	1002Km	Colac	Nov1989
2 Maurice Taylor	41NSW	894Km	Colac	Nov1989
3 Joe Record	46 WA	890Km	Colac	16Nov1987
4 David Standeven	36 SA	860.000Km	Colac	Nov1988
5 George Perdon	60 V	841.600Km	Colac	26Nov1984
6 Ian Javes	48 Qld	810.709Km	Campbletown	18Nov1990
7 Peter Gray	27 V	810.000Km	Colac	3Nov1991
8 George Audley	WA	805.200Km	Colac	16Nov1987
9 Tony Collins	43 NSW	770.104Km	Campbletown	18Nov1990
10 Brian Bloomer	45 V	763.600Km	Colac	24Feb1986
11 Brickley Hepburn	40 V	752.800Km	Colac	3Nov1991
12 Cliff Young	62 V	749.600Km	Colac	26Nov1984
13 Tony Rafferty	47 V	747.000Km	La Rochelle	29Sep1986
14 Gerry Riley	57 V	741.200Km	Colac	16Nov1987
15 Patrick Farmer	NSW	739.600Km	Colac	Nov1988
16 J Lewis		735.631Km	Campbletown	18Nov1990
17 Keith Fisher	V	732.400Km	Colac	Nov1988
18 Dave Taylor	38 NSW	731.255Km	Campbletown	19Nov1989
19 Greg Wishart	51 V	721.600Km	Colac	Nov1989
20 Lindsay Phillips	35 Qld	703.454Km	Campbletown	18Nov1990
21 Ralph Bristow	V	702.114Km	Campbletown	19Nov1989
22 Terry Cox (S)	54 V	668.000Km	Colac	3Nov1991
23 James Sheridan	27 SA	662.500Km	Manhattan	4Jul1983
24 Robert Channells	NSW	656.326Km	Campbletown	18Nov1990
25 Bob Fickel	37 NSW	643.039Km	Campbletown	19Nov1989
26 Graham Firkin	53 NSW	642.318Km	Campbletown	18Nov1990
27 Shaun Scanlon	46 NSW	635.407Km	Campbletown	18Nov1990
28 Eduardo Vega	49 NSW	627.314Km	Campbletown	19Nov1989
29 Brian Colwell	41 NSW	624.793Km	Campbletown	18Nov1990
30 Keith O'Connell	50 NSW	608.656Km	Campbletown	19Nov1989
31 Geoff Hook	43 V	606.800Km	Colac	16Nov1987
32 Bob Marden	33 NSW	604.800Km	Colac	24Feb1986
33 Ron Hill	50 V	602.000Km	Colac	3Nov1991
34 Ernie Kettle	V	562.400Km	Colac	3Nov1991
35 Bruce Donally	Qld	550.636Km	Campbletown	18Nov1990
36 John Timms		529.703Km	Campbletown	18Nov1990
37 Terry Cox (J)	26 V	518.400Km	Colac	3Nov1991
38 Ron Grant	47 Qld	501.568Km	Campbletown	18Nov1990
39 Peter Pfister	46 V	474.400Km	Colac	24Feb1986
40 Simahin Pierce	43 SA	469.928Km	Sri ChinmoyUS	16Sep1991
41 Brad Boyle	30 NSW	406.458Km	Campbletown	18Nov1990
42 Kevin Mansell	NSW	215.600Km	Colac	Nov1989
43 Bob Bruner	47 V	181.856Km	California	30Mar1985

WOMEN

1 Georgina McConnell	47 NSW	738.903Km	Campbletown	18Nov1990
2 Cynthia Herbert	V	738.000Km	Colac	Nov1988
3 Helen Stanger	NSW	691.588Km	Campbletown	18Nov1990
4 Wanda Foley	43 NSW	659.595Km	Campbletown	19Nov1989
5 Lucille Gladwell	NSW	571.571Km	Campbletown	18Nov1990
6 Valerie Warren	56 NSW	571.571Km	Campbletown	18Nov1990
7 Merrilyn Tait	40 V	492.400Km	Colac	Nov1989

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

AUSTRALIAN 6 HOUR RANKINGS - AUGUST, 1992

1	Jeffrey Smith	32	V	77.083Km	East Burwood	27Oct ¹¹ 1991
2	Graham Medill	44	Qld	75.458Km	Ipswich 100K	18Apr11992
3	Joe Skrobalak	39	V	73.562Km	East Burwood	27Oct1991
4	Peter Gray	27	V	72.258Km	East Burwood	27Oct1991
5	Kar Won	42	WA	69.811Km	McGillrayOval	30May1992
6	Michael Bohnke	27	NSW	69.770Km	East Burwood	27Oct1991
7	Peter Quinn	40	V	68.518Km	East Burwood	28Oct1990
8	John Bell	47	V	68.474Km	East Burwood	27Oct1991
9	Brickley Hepburn	39	V	67.732Km	East Burwood	28Oct1990
10	Phil Lear		V	66.400Km	Box Hill 24H	4/5 Feb1984
11	Sam De Fanis	43	V	65.891Km	East Burwood	27Oct1991
12	Roger Killner	44	WA	64.954Km	McGillray Oval	30May1992
13	Michael Grayling	35	V	64.602Km	East Burwood	27Oct1991
14	Rudi Lombardi	28	V	63.737Km	East Burwood	27Oct1991
15	Maurice Taylor	44	Qld	63.647Km	Ipswich 100K	18Apr11992
16	Lawrie Crouch	51	V	63.448Km	East Burwood	27Oct1991
17	Richard Jenkins	38	V	62.955Km	East Burwood	27Oct1991
18	Darren Moreley	29	Qld	62.880Km	Ipswich 100K	18Apr11992
19	Graeme Alford	30	V	62.538Km	East Burwood	28Oct1990
20	Ian McCloskey	40	Qld	62.424Km	Ipswich 100K	18Apr11992
21	John Bell	45	V	62.062Km	East Burwood	28Oct1990
22	Peter Logan		V	62.000Km	Box Hill 24H	4/5Feb1984
23	Hans Jensen	43	V	61.807Km	East Burwood	28Oct1990
24	Alan Witt	43	V	61.267Km	East Burwood	27Oct1991
25	Gavin Bazeley	29	Qld	60.567Km	Ipswich 100K	18Apr11992
26	Ernest Hartley	41	V	60.490Km	East Burwood	27Oct1991
27	Fred Blackman		V	60.435Km	East Burwood	28Oct1990
28	Bob Burns	48	Qld	60.321Km	Ipswich 100K	18Apr11992
29	Graham Light		V	60.000Km	Box Hill 24H	4/5 Feb1984
30	Bill Baxter	53	V	59.692Km	East Burwood	27Oct1991
31	Geoff Hook		V	59.600Km	Box Hill 24H	4/5Feb1984
32	Gerry Riley	53	V	58.400Km	Box Hill 24H	4/5Feb1984
33	Geoff Molloy		V	58.000Km	Box Hill 24H	4/5Feb1984
34	Terry Cox (J)	25	V	57.840Km	East Burwood	28Oct1990
35	Terry Pickard		Qld	56.899Km	Ipswich 100K	18Apr11992
36	Gerry Hart		V	56.800Km	Box Hill 24H	4/5Feb1984
37	Tom Donovan	59	V	56.708Km	East Burwood	28Oct1990
38	Graeme Bishop	46	V	56.217Km	East Burwood	27Oct1991
39	Greg Wishart	52	V	55.732Km	East Burwood	28 Oct1990
40	Tony Power	30	V	54.181Km	East Burwood	28Oct1990
41	Norm Johnson	54	V	54.095Km	East Burwood	27Oct1991
42	Max Harrison	52	V	53.908Km	East Burwood	27Oct1991
43	Andrew Hallam	26	V	53.068Km	East Burwood	28Oct1990
44	Lester Buchanan	50	V	52.451Km	East Burwood	28Oct1990
45	Philip Soderstrom	43	V	51.907Km	East Burwood	28Oct1990
46	David Yeaman	54	V	51.754Km	East Burwood	28Oct1990
47	Bob Petrie	49	V	51.630Km	East Burwood	27Oct1991
48	Frank Tutchener	63	V	51.073Km	East Burwood	28Oct1990
49	Reg Williams		V	50.800Km	Box Hill 24H	4/5Feb1984
50	David Holleran	35	Qld	50.764Km	Ipswich 100K	18Apr1192
51	Norbert Wichmann	38	V	49.774Km	East Burwood	28Oct1990
52	Godfrey Pollard	60	V	48.607Km	East Burwood	27Oct1991
53	Charles Cameron	37	V	47.249Km	East Burwood	28Oct1990
54	Tony Puvirenti	24	V	45.558Km	East Burwood	28Oct1990
55	Graeme Robertson	45	V	44.540Km	East Burwood	28Oct1990
56	Denis Sinnott	60	V	43.142Km	East Burwood	28Oct1990
57	John Peterson	75	V	41.150Km	Ipswich 100K	18Apr11992

AUSTRALIAN 6 HOUR RANKINGS - AUGUST,1992

WOMEN

1 Shirley Young	61 V	63.425Km	East Burwood	27Oct1991
2 Caroline	NSW	60.000Km	Box Hill 24H	4/5Feb1984
3 Lorrie Bishop	44 V	58.431Km	East Burwood	27Oct1991
4 Sharon Skrobalak	34 V	55.384Km	East Burwood	27Oct1991
5 Corrie De Groot	63 V	54.278Km	East Burwood	27Oct1991
6 Norma Dickson	29 V	47.680Km	East Burwood	27Oct1991
7 Jenny Stedmon	WA	45.000Km	McGillray Oval	30May1992
8 Grace Smith	72 V	37.702Km	East Burwood	28Oct1990
9 Lavinia Petrie	47 V	34.800Km	East Burwood	28Oct1990
10 Dorothy Hick	49 V	29.551Km	East Burwood	28Oct1990
11 Jan Strong	45 V	28.328Km	East Burwood	28Oct1990

WHAT WAS IT LIKE?

A while ago, in a plan to generate more articles for the Sydney Striders Road Running Club magazine "The Blister", I sent twenty letters to club members asking them to write about the first time they decided to go "ALL THE WAY". I requested that they cover the following points;

- 1 What convinced you to go "ALL THE WAY"?
- 2 Did anyone try to talk you out of doing it?
- 3 Were you confident your first attempt would be successful?
- 4 Was it as good as you thought it would be?
- 5 Did you sweat much?
- 6 Did you become short of breath?
- 7 Were you congratulated on your performance?
- 8 Did you feel like repeating the effort?
- 9 Did you experience a "high"?
- 10 What was the reaction of your friends when you bragged about it afterwards?

You see, Striders have training runs that are structured to assist newcomers to road running. They can start with a 15K or 23K course option before they go "ALL THE WAY" and run a full 30K course.

The replies I received from my letters are of no value to a running magazine, but I find myself in possession of some very titilating information on twenty of our club members.

What is the market like for this type of literature?

NOBBY YOUNG

90.

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 Secunder) (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)	\$ 29	\$ 33	\$ 36	\$ 38

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



Kevin Mansell, now living in Mt.Gambier, South Australia, was a regular starter (and finisher) in the Westfield Sydney to Melbourne Ultramarathon. He tells us that he's lacking a bit of motivation since the race has been cancelled.