

ULTRAMAG

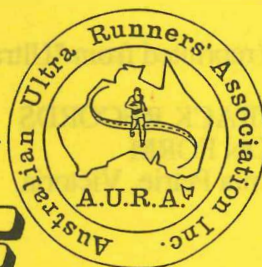
Vol. 8 No. 1

March, 1993



Don Wallace winning the AIR NEW ZEALAND AUSTRALASIAN 100KM CHALLENGE on 28/12/1992 in an Australian record time of 6:39:26, Wow! What a fantastic effort! A world class effort! Congratulations from all of us in AURA, Don.

 **AURA**
MAGAZINE



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

Registered office:
4 Victory Street,
Mitcham 3132 Aust.
Ph: (03)874 2501 AH

EDITORIAL

Dear Members,

The big news of the moment is our outstanding success in our second official foray into international competition. Admittedly it was a regional competition, but the recent Air New Zealand 100km Australasian Challenge was an achievement by all our team members for which we are all proud. We won all the various individual and team categories and so we, in effect, caught the New Zealanders with their pants down. We had better start training hard now, because at the second challenge to be held at the end of this year, the New Zealanders will be anxious to turn the tables on us - we can't let that happen, can we?

A men's team and a women's team for the IAU 100km Challenge in Belgium in August are beginning to take shape. Those interested in being nominated for a team or just wanting to participate in the race, should contact Geoff Hook (details in this issue).

If you have not paid your membership fee for this year, please do so as the fee is now overdue, (and we need your money so we can keep producing this priceless magazine). Any donation will be gratefully acknowledged.

Our Annual General Meeting will be held in June and there is a call for nominations for the committee positions. If you want to stand for committee, please ensure you get yourself nominated, using a copy of the appropriate form contained in this issue. Note that Interstate or Territory representatives do not need to use this proforma, but just indicate to the Secretary that they are willing to nominate themselves (no seconds required for these nominations). In a further item about the committee, we welcome George Perdon on to the committee as an Ordinary Committee Member, Victoria. George has been seconded to fill the vacancy caused by June Kerr moving to NSW. (This also makes the job of Victoria staying ahead of NSW in the membership numbers stakes just that little bit harder.

AURA is now officially affiliated with the International Association of Ultrarunners (IAU) and the letter confirming this is reproduced in this magazine.

The numbers of competitors in some of our ultra distance races continues to drop off in a disappointing fashion. One of the top races in this country, Dot's 24, looks likely to be the latest victim of the present malaise. What's wrong? Why aren't our best races receiving support? Nothing gives a race director more pleasure than a capacity, or near capacity field of competitors. It is you, the competitor, who is going to ultimately miss out when there are only a few races to choose from. The answer is clear. Support the existing races with your entry or see them disappear.

For the first time, we are unfortunately unable to supply a current ranking list in this issue. However, to make up for the void, the list of current Australian Track Records has been included instead. Georgina McConnell appears to have broken numerous records from her efforts in last year's Colac 6 Day Race, but these have yet to be ratified, and so are not included in this list. Also included is a reproduction of the All-Time Ultra Bests as published by Ultrarunning. You will note that there is an increasing number of Australian performances included, particularly in the age-group sections.

healthy (injury free) year ahead!



Jeff's
age, 2
ay Oval, contact
me (09) 384 6036 or



1993-94 ULTRA CALENDAR

1993

- Mar 6 **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**, 46km mountain trail run, 10am start from Katoomba to Jenolan Caves, \$50 entry, closing date 8th February. Time limit 7 hours. Contact Ian Hutchison P.O. Box 65, Leura, 2780, or phone (047)843 266 (H) or (018) 866198 (W)
- Mar **TAMWORTHII 24 HOUR CHARITY RUN, NSW**, Viaduct Park, Tamworth, 10am start. Contact Dallas Earsman, Barreng Street, Tamworth 2340.
- Mar 28 **50KM ROAD CHAMPIONSHIP & 6 HOUR FUN RUN, QLD. & 6 HOUR RELAY** (6 runners x 1 hour each) Toowoomba. QMRRC event on a 1.2km circuit, Race organiser, G.Medill, 13 Ramsey St, Toowoomba 4350 Qld. Phone (076) 382023 .
- April 3 **FRANKSTON TO PORTSEA ROAD RACE, VIC**, 34 miler, contact Kon Butko, 6 Allison Road, Mt.Eliza, 3930, phone (03) 787-1309, 7am start, cnr. Davey St. and Nepean Highway, Frankston. Own support needed.
- April 10 **AUSTRALIAN 100KM TRACK CHAMPIONSHIP & QUEENSLAND 100K TRACK CHAMPIONSHIP, QLD.**Ipswich. 400m grass track, Bill Paterson Oval Limestone Park, Cnr. Salisbury Rd & Lion St, Ipswich 4305, a QMRRC event, Race organiser: Stephen Lewis, 46 Chernside Road, Ipswich, 4305, phone (07)281 -9533.
- April 18 **50KM ROAD RACE (ACT)** as part of the Mobil Canberra Marathon. This will be a trial race to gauge interest and feasibility. The distance will be AA Certified Accurate. (Ist in Aust) Upon completing the normal marathon course (and being an official marathon finisher), you will then immediately follow an out and back course along Telopea Park and the cycle path along Lake Burley Griffin to Commonwealth Avenue Bridge. For more detail, contact Trevor Jacobs on (06) 254 7177 (H) or (06) 279 0134 (W) or Dave Cundy (marathon organiser) on (06) 231 8422 (H) or (06) 275 1207 (W).
- April 24 **BRISBANE WATER BUSH BASH, NSW** 55km trail run, start/finish at Olympic Motel, Gosford, 6am start, time limit 9 hours, Entry fee \$20. Entry forms from Greg Love, 11 Veron Road, Umina 2257 NSW.
- 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 2 **AURA 12 HOUR TRACK RACE, TOOTGAROOK, VIC.** Tootgarook Recreation Reserve, Trueman's Road, Tootgarook, Mornington Peninsula, 400m grass track, \$25 entry, Percy Cerutty Memorial Race, 7am start, Race Director: Dot Browne. 4 Victory Street Mitcham 3132, phone (03) 874 2501 (H) or FAX (03)873-3223 for entry form.
- May 2 **DUSK TO DAWN CABOOLTURE 12 HOUR ULTRA, Q'LD** for runners, walkers or power walkers plus 12 Hour Relay for a 10 person team. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, 4510 Ph, (074) 95 4334.
- May 2 **BANANA COAST ULTRA MARATHON, NSW.** 85km. Grafton to Cr Harbour 6am start at Grafton Post Office, Entry fee \$5, contact Steel Beveridge Lakeside Drive, North Sapphire 2450, NSW, phone (066) 536831
- May 30/31 **24 HOUR TRACK RACE, WA**, Perth, 1km grass track, McGillivray Tony Tripp, "Lakeview", Davies Road, Claremont, 6010, WA, phr Ross Parker (09) 401 7797

- June 4-6 **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS, QLD.** 440m grass track, University of Queensland. Contact Ray Chatterton, P.O. Box 589, Toowong 4066 Qld. Phone (07) 376 2548 (H)
- June **50KM ROAD RACE, TAS.** Lauderdale, \$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, VIC.** (Australian Championship) 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 25 -
Aug 6 **1000KM in 1000 HOURS ULTRA ATTEMPT, Q'LD:** New Farm Park, Brisbane. A St.Vincent de Paul Australia-wide Charity Run to be made by Barry Stewart & Lindsay Phillips (cyclist) - the "odd couple". AURA members invited to run a km or two with Barry to assist him in his attempt. For further details contact Barry Stewart, Unit 5, 4 Tuit Street, Kingaroy 4610
- June 27 **GLASSHOUSE TRAIL RUN, QLD** (10km,35km,55km, 80km) Caboolture, Q'ld, Start and finish at the lookout. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld 4510 . Ph. (074) 95-4334.
- July 25 **80KM GUNNING RELAY AND ULTRA. (ACT)** Do-it-youself ultra starting before the relay conducted by the ACT Cross Country Club. Contact Trevor Jacobs for details on (06) 254 7177 (H) or (06) 279 0134 (W)
- Aug **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE, SA,** contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood. SA 5034
- 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 15 **100KM ROAD RUN & 10 X 10KM RELAY , Q'ld,** Contact B. Cook, 18 Water Street, Deception Bay 4508. Q'ld Ph. (07) 203 2177
- Aug **PERTH TO BUNBURY ROAD RACE, WA.** 187km, 10am Saturday start, 30 hour cutoff at 4pm Sunday. Contact Tony Tripp "Lakeview" Davies Road, Claremont Perth 6010 Ph. (09) 384-6036
- Aug **GRIFFITH 12 HOUR CHARITY TRACK RACE, NSW,** \$15 entry (includes tee shirt), Gnnffith 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 30 -
Sept 3 **FIVE DAY STAGED FOOT RACE, Q'LD** (Start & finish at Nanango, South Burnett, 180km north of Brisbane), approx. 350km with an average daily distance of 70km per day, handicap start. Limit of 15 starters. Contact Ray Chatterton, P.O. Box Toowong, 4066 Ph. (07) 376 2548 or Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld. Ph (071) 63-1645
- Sept **100KM ROAD RACE, NSW.** Bathurst, 6am start at the Courthouse, Russell Street, Bathurst, time limit 11 hours. Contact Big Chris Stephenson, GPO Box 1041, Sydney, 2001, phone (02) 259 33981 (W)
- Sept 19-
Oct 5 **CABOOLTURE MULTI-DAY (1,000 MILES, 1000KM, 6 DAY, 2 DAY 1 DAY CHOICE) Q'LD,** (also relays with varying participation possibilities). Must be at least 5 starters in each event . 1km circuit, Closing date for multi-day entries 7th September. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld, phone (074)95 4334

- 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 23 **EAGLE ROCK ULTRA TRAIL RACE, NSW,** 55km, NSW, formerly the Royal National Park Ultra, Sydney, Royal National Park near Sydney, 8 hour cut-off. Organised by Billy's Bushies. \$35 entry. For further information / entry forms, send SAE to Eagle Rock Ultra, P.O. Box 380, Sutherland, NSW 2232 NSW. or contact Max Bogenhuber by phone - (W) (02)13 2426, or (H) (02)876 3235.
- 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 **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) 239-069 (AH) or (08) 267 1675 (AH) Send a large stamped self-addressed envelope with cheque an application form.
- Oct 24 **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 FAX (030)873-3223 for entry form.
- Nov 6 **RAINBOW BEACH TRAIL RUN, Q'LD** (beach and forest trails) 15,33,55km Rainbow Beach, near Gympie, QMRRC event, contact races organiser Dennis.Parton, c/- P.O. Rainbow Beach 4581, phone (074) 86 3217 or Ian Javes, 25 Fortune Esp, Caboolture, Queensland 4510 Ph. (o74) 954334
- Nov 14 **ACF BRINDABELLA CLASSIC, ACT** 53km trail run over the Brindabella mountains, just south of Canberra. Contact Trevor Jacobs on (06) 254 7177 (H) or (06) 279 0134 (W). See advertisement elsewhere in this magazine.
- Nov **AUSTRALIAN 6 DAY RACE, COLAC, VIC.** Memorial Park, 8pm start, Enquiries to: P.O. Box 163, Colac 3250. Vic.
- Dec **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE, TAS.** 64km (Australia's or the world'(?) southernmost ultra race). Course takes in the length of Bruny Island. Support vehicle and helper required. Contact Mike Maddock (002)720632 (W) or (002) 722887 (H), Alan Rider, (002)349945 (W) or (002)486229 (H) or Kerri Law (002) 72 5170 (H) for entry form
- Dec 4 **NANANGO FOREST FOOTRACE, Q'LD** 52km , an out and back trail run through State Forest (3 times) on formed roads. Estimated own time event; finisher who finishes closest to noon wins! Graduated start. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld for entry forms
- 1994**
- Jan 2 **AURA BOGONG TO HOTHAM, VIC.** 60km mountain trail run, 6.15am start at Mountain Creek Picnic Ground. 3,000m climb! Phone Geoff Hook, (03)808 9739, entries close 24th Dec, 1992. No entries on the day.
- Jan **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$10 entry, 7am start. Closing date: 15th January, 1993. 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 FAX (03)873-3223
- Feb **50 MILE ROAD CHAMPIONSHIP & 8 HOUR FUN RUN, QLD.** Toowoomba, 1.2km circuit, Organiser: G.Medill, QMRRC event, Contact G.Medill, 13 Ramsey Street, Toowoomba 4350 Qld., phone (076)382023

- Feb **RED ROCK TO COFF'S JETTY, NSW.** Starts at 6.30 am daylight savings time. Contact Steel Beveridge on (066) 53 6831 in advance to survey course on the day before. Or by post, 2 Lakeside Drive, North Sapphire, 2450, NSW.
- Feb **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, phone (003)95-4294
- Feb **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)
- Mar **6 OR 12 HOUR RACE, WA,** Bunbury, organised by the Bunbury Marathon Club, contact Mark & Margaret Pritchard, 6 King Road, Bunbury 6230 Ph. (097) 21 9347 (H)

ITEMS OF INTEREST FROM THE AURA COMMITTEE MEETING

- AURA looks like trading at a net loss of approximately \$1,000 for the year, which justifies the increase in our annual subscriptions.
- The following track records were ratified:

Class 1	100km	Trevor Jacobs	7:16:17
	50km	Lavinia Petrie	3:57:15
Class 2	50 miles	Lavinia Petrie	6:44:40
	30 miles	Lavinia Petrie	3:49:24
	40 miles	Lavinia Petrie	5:12:06
	6 Hours	Lavinia Petrie	72.783km
	6 Hours	Trevor Jacobs	83.600km.
- AURA is now affiliated with the IAU (International Association of Ultrarunners.)
- Two recent AURA races were run at losses but were sustained by the organisers, \$3 by Dot Browne (6 Hour, East Burwood) and \$90 by Geoff Hook.(50 Mile Track Race, East Burwood).

AURA MEMBERSHIP RENEWAL FOR 1993

Membership fees for 1992 were due on 1/1/93. If you haven't already renewed your membership, please do so as soon as possible.

The commercial cost of producing ULTRAMAG, the AURA magazine, including postage, is quite high. Around 80% of your membership fee is consumed by this alone. The rest of your fee goes towards general running costs of the Association and record plaques. We have had to increase the annual subscription for 1993 because our expenses started to exceed our income. However, of great assistance are the donations some kind members include with their membership renewal. We really appreciate these. Thank you! All donations will be acknowledged in ULTRAMAG unless we are specifically instructed otherwise.]

Membership fees for 1993 are \$25.00 within Australia.

	NZ	ASIA	USA	EUROPE
Air Mail (up to 1 week delivery)	\$34	\$38	\$41	\$43

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

All 1992 financial members will receive the first 1993 issue of ULTRAMAG. If you don't pay your 1993 membership fee, you will not receive further issues of the magazine.

FORTHCOMING 1993 A.G.M. CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 7th Annual General Meeting in June, at which a new Committee of Management must be elected.

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

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

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

Positions available are:

NSW Entitlement	2 Ordinary Members of Committee	Note: You do not need a formal position for these positions; you only need to indicate your willingness to stand.
Q'LD Entitlement	2 Ordinary Members of Committee	
S.A. Entitlement	2 Ordinary Members of Committee	
W.A. Entitlement	2 Ordinary Members of Committee	
A.C.T. Entitlement	2 Ordinary Members of Committee	
TAS. Entitlement	2 Ordinary Members of Committee	

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

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the Secretary by the 15th May, 1993.

In summary then, if you are interested, we require from you by the 15th May, 1993, the following:

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

Example of Form of Nomination:

I nominatebeing a member of AURA
for the position of
to be decided at the Annual General Meeting of the Association to be held in 1993.

Name of Proposer:SignatureDate

Name of SeconderSignature.....Date

Nominee's acceptance signature Date

AURA 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, Mitcham 3132 Vic. (03) 874 2501 (H), (03)974 5878 (W) or FAX to be advised.
ASSIS. HON SEC	SANDRA KERR, 1 Olympus Drive, Croydon, 3136 Vic. (03) 725 8346 (H)
HON TREAS:	JOHN HARPER, 21 Lancelot Cresc, Glen Waverley 3150 (03)803 7560 (H)
ORDINARY MEMBER (VIC)	KEVIN CASSIDY, 4 Grandview Road, Preston 3072 Vic (03) 478 3687 (H)
ORDINARY MEMBER (VIC)	GEORGE PERDON, 15 Lillian Street, Burwood 3125 Vic. (03) 889 2402 (H)
ORDINARY MEMBER (NSWO)	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 (W)
ORDINARY MEMBER (ACT)	TREVOR JACOBS, 7 Dovey Place, Latham 2615 ACT (06) 248 0177 (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) 34 5522 (W) (002) 72 5170 (H)
ORDINARY MEMBER (TAS)	ALAN RIDER, 102 Balook Street, Lauderdale 7021 Tas
ORDINARY MEMBER (SA)	ANDY DOCHERTY, 24 Freya Avene, Hallet Cove 5158 S.Aust.
ORDINARY MEMBER (SA)	Position vacant
ORDINARY MEMBER (WA)	CHARLIE SPARE, 9 Rinaldo Cres, Coolbellup 6163 WAust.
ORDINARY MEMBER (WA)	TONY TRIPP, "Lakeview" Flat 100, Davies Road, Claremont 6010 W.Aust (09) 384 6036
ORDINARY MEMBER (QLD)	Position vacant
ORDINARY MEMBER (QLD)	RAY CHATTERTON, P.O. Box 589, Toowong 4066 Qld (07) 271 8597 (W) (07) 870 9590 (H)
OFFICIAL <u>NON</u> -COMMITTEE POSITIONS	
IAU EXECUTIVE C'TEE MEMBER	TONY RAFFERTY (see above)
STATISTICIAN	GERRY RILEY, 12 English Street, Ballarat 3350 Vic. (053) 33 1403
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 Kevin Cassidy is handling our orders, so please send your Order Form & cheques directly to him. (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 around 3 weeks.

Order form below. Send to : Kevin Cassidy,
4 Grandview Road, Preston 3072 Vic.
Telephone (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.....

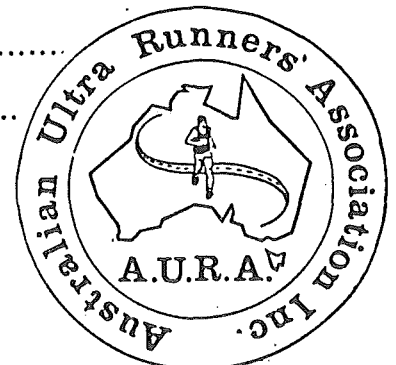
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CHEQUE:

(Please include postage. Make cheque payable to AURA)

POST TO: Kevin Cassidy, 4 Grandview Road, Preston, 3072 Vic.



FEATURE ARTICLE

AUSTRALIA TRIUMPHS OVER NEW ZEALAND

Air New Zealand Australasian 100km Road Challenge

by Geoff Hook

Australia scooped the pool in the first of an annual 100km road challenge against New Zealand at Cambell Park (South Island) on 28th December, 1992. We won the race outright, both men's and women's, as well as winning the teams' challenges, both men's (A and B) and women's. Despite New Zealand not fielding a women's challenge team, our three women finished well ahead of the first New Zealand woman.

CONGRATULATIONS to all team members for such a magnificent effort.!

Before the event, it was thought the New Zealanders, who are normally very strong in distance events, would win the event outright, as well as the men's challenge, but we had a good chance of winning the women's challenge. The New Zealanders were gracious in defeat but were shocked by the results. I'm sure they will not be caught out next year.

The men's and women's trophies are exquisite Maori wood carvings. Geoff Hook is currently holding them on behalf of the teams because it would be sacrilegious to cut them into 3 parts each for the respective team members. If any of the winning team members want to have their team trophy for a while, please let Geoff Hook know. Transport will be by the first available courier, as they should not be trusted to the postal system.

Trevor Jacobs did a fantastic job as Team Manager and is to be congratulated for carrying out the duties in such an efficient and professional way. Not only was the work confined to pre-race effort, but Trevor tied up all the loose ends by writing to everyone with appropriate letters of thanks. It could well be that his efforts detracted a little from his own race preparations. Thank you Trevor from AURA and all the athletes in the team.

For the forthcoming World Challenge in Belgium on 6th August this year, the following people can be considered highly likely to be selected for the official Australian teams (subject to a fitness check closer to August and Athletics Australia's endorsement):

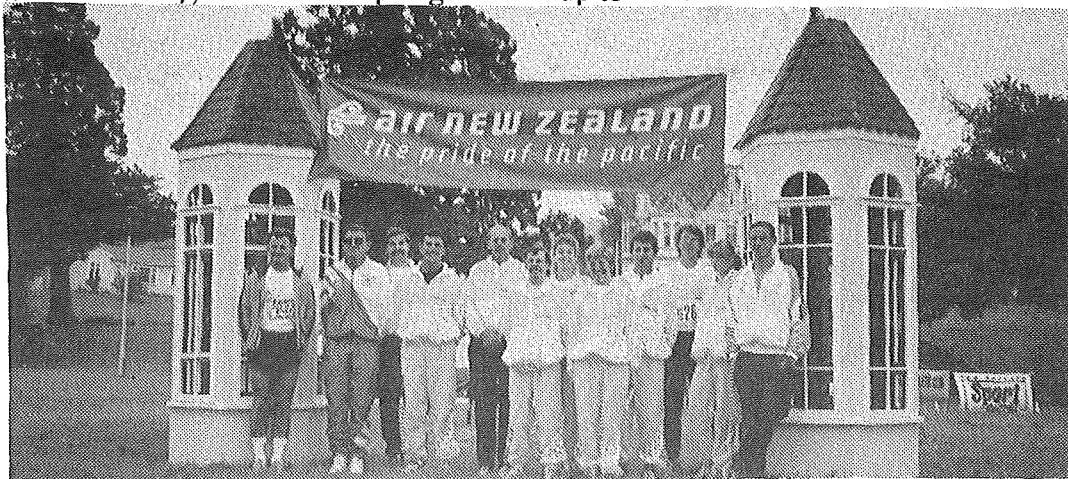
Don Wallace, Trevor Jacobs, Andrew Law and Bruce Cook for the men's team.

Lavinia Petrie, Nicole Carroll and Helen Stanger for the women's team.

That means there are 2 men's places and 3 women's places up for grabs. Any takers? Notify Geoff Hook. Also, the above-mentioned people should confirm their willingness to go to Belgium in August to Geoff Hook as soon as possible. These people can now make plans and set their training schedules for the World Challenge.

If you don't get selected in the official Australian team, you may still compete in the event, but no sponsorship money or allowances will be available. A number of reserves may be nominated for each team, but these people must be of an acceptable standard. The chance of making the official Australian team from the position of reserve prior to the race is uncertain. Don Wallace (and Australia) was lucky in this regard in New Zealand.

Geoff Hook will be going to Belgium as team manager. If all Australians who want to compete in this race contact Geoff, we may collectively be able to get a sizable discount on the airfare. But you must do so as soon as possible. If anyone registers with Geoff and subsequently changes his/her mind and pulls out, please let Geoff know immediately, so he can keep negotiations up to date.



Our intrepid team for the 100km Australasian Challenge

1. to r.: Geoff Boase, Trevor Jacobs, Dennis Clark, Pat Farmer, Bill Clingan, David Standeven, Helen Stanger, Lavinia Petrie, Andrew Law, Bruce Cook, Nicole Carroll, Don Wallace.

AIR NEW ZEALAND 100KM AUSTRALASIAN CHALLENGE 28/12/1992

RESULTS

1.	Don Wallace	AUST	06:39:26	
2.	Russell Hurring	NZL	07:22:48	
3.	Kerry Pascoe	NZL	07:25:59	
4.	Neville Mercer	NZL	07:30:15	
5.	Andrew Law	AUST	07:47:05	
6.	Jeff Robinson	NZL	07:48:00	
7.	Bruce Cook	Aust	07:49:33	
8.	Stuart Macdonald	NZL	08:04:08	
9.	Dayle Steele	NZL	08:07:35	
10.	Trevor Jacobs	AUST	08:13:53	
11.	Lavinia Petrie	AUST	08:22:17	1st Woman
12.	Thomas Whithead	NZL	08:52:59	
13.	Nicole Carroll	AUST	08:56:04	2nd Woman
14.	Helen Stanger	AUST	08:58:06	3rd Woman
15.	David Standeven	AUST	09:08:41	
16.	David Sill	AUST	09:42:58	
17.	Margaret Hazelwood	NZL	09:54:46	4th Woman
18.	Pat Farmer	AUST	10:04:30	
19.	John Souter	NZL	10:25:19	
20.	Ken Graham	NZL	10:29:46	
21.	?	FRANCE	11:41:49	

Teams:	Men	1.	Australia	22:16:04
		2.	New Zealand	22:19:02

Women	1.	Australia	26:16:27
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Records	Don Wallace -	Australian record (missed the Australasian record by only a few seconds)
	Lavinia Petrie -	Australian and Australasian record (the Australasian by only a few seconds)

- NOTE:
1. Australians who withdrew from the race: Geoff Boase
Bill Clingan
Dennis Clark
 2. Our current 100km champion and record holder, Trevor Jacobs, was forced to withdraw from the Australian Team with a cracked rib suffered a day before the race. He still put in a phenomenal performance to be 4th Australian home in 8:13:53. Fortunately for Australia, Trevor's team position was taken by reserve Don Wallace who won the event in a world class time (and large margin) of 6:39:26.

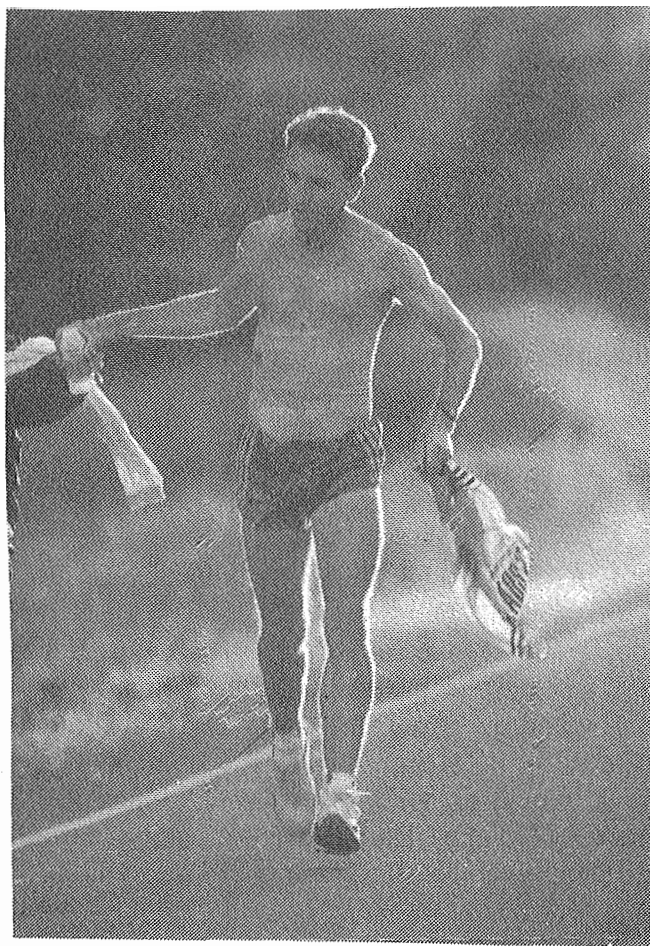
Inaugural 100 Km Australasian Championship, NZ - by Trevor Jacobs, 17 Feb. 93

This race was held in the south island of New Zealand on 28 Dec 1992, in the Waitaki River Valley. It had been promoted so as to encourage ultra-running in both countries. It certainly did that as about an equal number of Aussie and Kiwi runners took part (almost 30 in total). It was the best collection of ultra-runners put together by either country. The level of interest shown by Aussie runners was extraordinarily high, so we were in the happy position of fielding 2 men's teams and one women's team. I enjoyed playing the role of team manager, but found that it was not all that easy to do this job (running around for others) as well as trying to rest for your own race. As it turned out this was of no consequence for my race!

We soon found that the weather in the south island was very changeable, even during the course of one day, because it is influenced by winds off the ocean and mountains from almost all directions. So it was pointless watching the weather forecast for race day because nobody believed it! I had other things to think about, however, because 2 days before the race I fell off a bunk bed whilst catching spiders (great passtime but not recommended for runners) and cracked my ribs. There was too little time to recover from this injury for the race, despite the best efforts of Jim Coffey (who at least got me to the start line), so I withdrew from the team and substituted Don Wallace from Queensland. Don had recently beaten me in the Royal National Park 80 Km ultra by a few minutes so I knew he would do well. Despite this being his first 100 Km race, he excelled. Dick Tout from NZ picked Don as the dark horse before the race following a run with him which left Dick breathless and Don could not run any slower!

I went in the race in any case to experience the course and to see if I could finish. The weather was cold to start with, but over several hours become quite hot and sunny. After the race Don described it to the media as "Queensland weather". Jim Coffey got me through the race by using a heat pad over my ribs a wide bandage around my middle to restrict movement. Don finished in a new Aus road record of 6Hr 39Min 26Sec, breaking my record by about 40 Min! This time was within 1 Min of breaking the Australasian record held by Russel Prince of NZ. Don was heading for 6Hr 34Min with 10Km to go, but slowed a little (I think we can allow him that!): The Aus women also dominated, with all 3 breaking the Aus road record, and Lavinia Petrie from Victoria (also a Vet) setting a new Australasian record. Well done Lavinia!, you ran a well judged race, not going out too fast and coming through very strongly. I reckon all three women will do excellently in Belgium and I predict the record will fall again and the Aus women team may even make the top 3 teams in the world. The Aus men team could also be right up there if (or rather, when) Don repeats this performance and a couple of other Aussies also perform well which is now highly likely!

What I missed out on personally in this race, I regained as the Team Manager because Aus runners won everything. We went as distinct underdogs, except perhaps for the womens team, and won the men's and women's individual races, the men's and women's "A" teams, and the men's "B" team. Lavinia Petrie also was lucky enough to win the major barrel draw of a mountain bike! and had some excitement I believe getting it back home on the aeroplane. So, that was it for another race, with more experience being obtained by everyone about what to do, and what not to do! (and I still hate spiders!).



Trevor Jacobs showing his heavily bandaged rib cage, part way through the race. It obviously gave him a lot of pain during the race so a fine gutsy effort Trevor!



The winning men's team at the presentations of the inaugural Air New Zealand 100km Challenge. From l. to r.: Scott Leonard (Race Director), Andrew Law, Don Wallace and Bruce Cook.

Dear Geoff,

I have enclosed copies of 3 press articles on the Australasian 100km Championships that appeared in the New Zealand papers. Also, I have enclosed a couple of revolting photos, if they may be of use to you.

I have also written some short notes on my training for the 100km event, which may be of interest to other ultra runners.

I would also like to say the NZ race was extremely well organised. The course was very good, safe and well designed. Conditions on the race day were good, slightly cool at the start but quite warm at the finish.

I believe if ultra races are conducted in the manner of the Australasian Championships, more runners will be attracted to the sport. A healthy dose of well organised events rather than a proliferation of mediocre races is what is required. We are heading that way in Australia at the moment, so let's hope it is the best for all concerned in the sport.

It was an honour and a pleasure to compete in the inaugural Australasian 100km Race Championships. I hope the other competitors enjoyed their race as much as I did.

All the best to AURA and yourself for 1993.

Long may you run,

Don Wallace.

DON WALLACE - A TRAINING PROGRAM THAT WORKED!

My training for the Australasian 100km Championship commenced after I found out about the race, at the Royal National Park 50 mile ultra in October.

My training from late September through October had been about 150km a week, leading up to the Royal National Park trail run. But my training intensity was low, as I was trying to get back into training after a disappointing winter of running, due to some unexplained viral infection.

I recovered well from the 50 miler and ran 150kms. in the following week. (Ed's note: Don was no slouch in the RNP race, which he won for the third year in succession after being pressed the whole way by Trevor Jacobs, our current 100km record holder). I then undertook 4 weeks of Lydiard type marathon conditioning in November. This is set out in the first training schedule. My 7 morning runs covered 160km each week with some additional light runs to assist recovery or just for the heck of it.. My training covered 206, 172, 219, 200kms. in these 4 weeks. Important runs were a mid-week 30km run at 4km/km pace and a long Sunday run of 32 - 35km in about 2.5 hours. During the week, I covered 219kms, I ran an easy 37kms Saturday over hilly terrain in 2 hours 50min, than a solid 32km Sunday out and back up a mountain in 2hrs. 8min. At the end of 4 weeks, I felt I was fit, but needed to back off.

The next week was easy as I had to freshen up for a 3 day relay race where I ran 9 legs of 5 - 7 kms at flat out pace, 3.10 - 3.15min.per km.

December training averaged about 150km per week. Hill work and fartlek running were included to aid strength and speed. This set out in the second training schedule. The second last week before the race, I sharpened up with some short fast hit outs. This included a 3,000m track in a personal best of 8.48. Tapering for the race over the Christmas week, I ran 92kms. with very light training for the four days prior to the race.

I believe I was in peak condition for the race. This was achieved by a good overload of training in November, realising when I had reached my limit and backing off to gain the benefit of the training overload. I may have done a little more than I needed prior to the race, but I was not overtrained and this approach is normal for me.

November Marathon Conditioning:

Monday	am	20-23km	Easy aerobic run
	pm	6-7km	Easy aerobic run
Tuesday	am	14km	Hill run on roller coaster course with a hard session of running for 8-9 minutes.
	pm	10-12km	Light fartlek running
Wednesday	am	30km	Steady pace run e.g. 4 min/km at planned race pace.
	pm		Massage

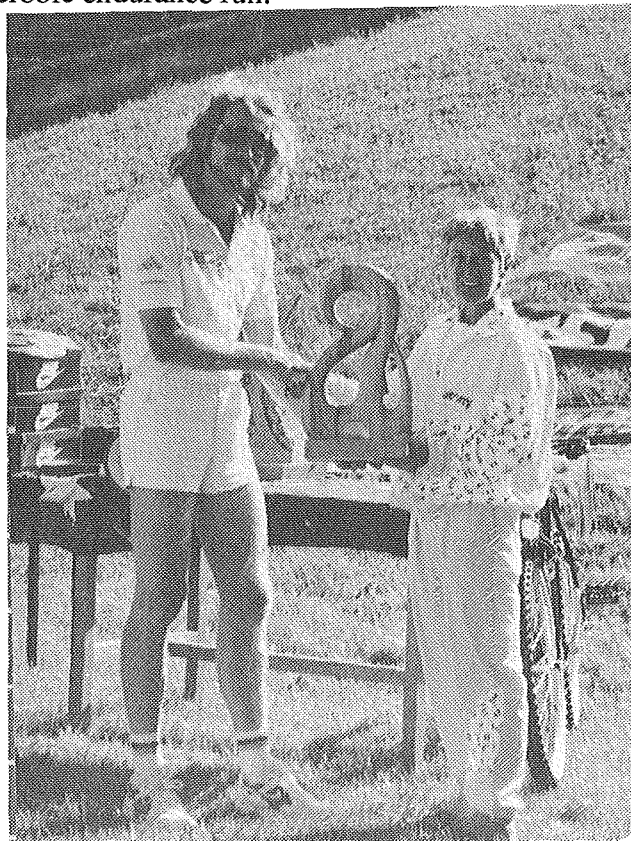
Thursday	am	18-22km	Including a strong sustained run at maximum aerobic pace e.g. 10 or 16km time trial at 3.30 - 3.40 min/km. Easy run of light fartlek running
	pm	10-12km	
Friday	am	15-18km	Easy aerobic run
Saturday	am	20km	Easy to steady pace run. or a race up to 10km, plus easy running.
Sunday	am	32-35km	Long aerobic endurance run 2hrs.20 - 2hrs.50.

December - Strength/Speed:

Monday	am	15-16km	Easy aerobic run
Tuesday	am	14km	Hill run over roller-coaster course with a hard session of hill running for 8-9 minutes. Light fartlek
	pm	8-10km	
Wednesday	am	20-25km	Steady pace, slightly faster than planned race pace. Massage
	pm		
Thursday	am	15km	Hill session, 6 laps of a hill circuit, bounding uphill. Easy aerobic run
	pm	7-10km	
Friday	am	15-16km	Easy aerobic run
Saturday	am	15-20km	Steady pace run or time trial or short race.
Sunday	am	30-32km	Long aerobic endurance run.



Don Wallace, receiving from Scott Leonard (Race Director), a superb wooden carving as a trophy for his outright race win in a world class time.



Lavinia Petrie, receiving from Scott Leonard (Race Director) her superb wooden carving as a trophy for her outright win in the women's division.

Wallace sets Aust 100km record

Field outclassed in run round Waitaki Valley

Timaru Herald 29/12/92

By Dave Smith
Waimate Reporter

Australia's Don Wallace came within one second of establishing an Australasian record, but smashed the Australian 100km record when he outclassed a quality field to win the inaugural Australasian 100km road running championships yesterday.

Held in near perfect conditions, the course took some of Australia and New Zealand's best ultra distance runners through the Waitaki Valley from just south of Kurow, around the shores of Lake Aviemore and back to Campbell Park at Otekaieke.

Runners left the starting line at 5am and by the 30km mark the 31 year-old Queenslander was in a race of his own, leaving New Zealanders Russell Hurring and Kerry Pascoe to fill second and third places respectively.

In his first outing at the 100km distance, Wallace stopped the clock at six hours 39.26 minutes, more than 43 minutes ahead of Hurring and well under the Australian record of seven hours and seven minutes.

Looking relaxed throughout, Wallace went through the 42km mark in two hours 45.43 minutes and after turning for home across the Benmore dam held an 11-minute lead over Hurring at the 50km mark.

When Wallace ran through the 50km point the tailenders were just passing the 35km mark.

Pascoe put in a remarkable performance improving from the second bunch of runners behind front runners Wallace, Hurring,

Looking relaxed throughout, Australian Don Wallace went through the 42km mark in two hours 45.43 minutes and after turning for home across the Benmore dam held an 11-minute lead over New Zealander Russell Hurring at the 50km mark.



Russell Hurring ... scored a good second placing.

New Zealand's Jeff Robinson and Thomas Whitehead and Andrew Law, of Australia, coming down the homeward leg along the eastern shore of Lake Aviemore.

Wallace was later full of praise for the event, describing the course as great.

"My only criticism is the course was too long," he said with a grin.

Wallace, who has a personal best marathon time of two hours

21 minutes, was philosophical about not breaking Russell Prince's New Zealand record, saying he lost any chance of recording a good time when he ran a fast section in the 60-80km section leaving him with little energy.

Kiwi ultra-distance runner Dick Tout described Wallace's time as a world-class and would put him around 26th based on overall world times.

It was a really great effort, Tout said.

The Australians also recorded wins in the teams and women's sections.

Australian 50-mile champion Lavina Petrie recorded eight hours 22.18 minutes leaving teammates Nicole Carroll and Helen Stanger to fill second and third.

New Zealand's only woman entrant, Margaret Hazelwood, could only manage fourth on the demanding course coming home in nine hours 54.46 minutes.

Results: Men, D. Wallace (Australia) 6hrs 39.26 min 1, R. Hurring (NZ) 7hrs 22.48 min 2, K. Pascoe (NZ) 7hrs 25.59 min 3, N. Mercer (NZ) 7hrs 30.15 min 4, A. Law (Aust) 7hrs 47.05 min 5, J. Robinson (NZ) 7hrs 48 min 6. Women, L. Petrie (Aust) 8hrs 22.18 min 1, N. Carroll (Aust) 8hrs 56.04 min 2, H. Stanger (Aust) 8hrs 58.05 min 3, M. Hazelwood (NZ) 9hrs 54.46 min 4. Teams, Australia 22hrs 16.04 min 1, New Zealand 22hrs 19.01 min 2.

Queensland runner at home in heat

By David Bruce

Oamaru. — Queensland runner Don Wallace felt at home in the heat in the Waitaki Valley and easily won the inaugural Australia-New Zealand 100km championship yesterday.

Wallace, among three Australian teams and a strong New Zealand contingent who started at 5am yesterday, crossed the finish line at Campbell Park 6hr 39min 26sec, well inside the old Australian record of 7hr 15min.

Wallace praised the course — and the "Queensland weather".

Otago athlete Russell Hurring started well, but Wallace soon caught him up and the pair set the pace, completing the first 10km in 40min 35sec.

At the 30km mark, Wallace had a 100-metre lead on Hurring, and by 35km had stretched the margin 1min 30sec.

By halfway, Wallace had established a substantial lead which he extended to more than 11 minutes at the top of Lake Aviemore.

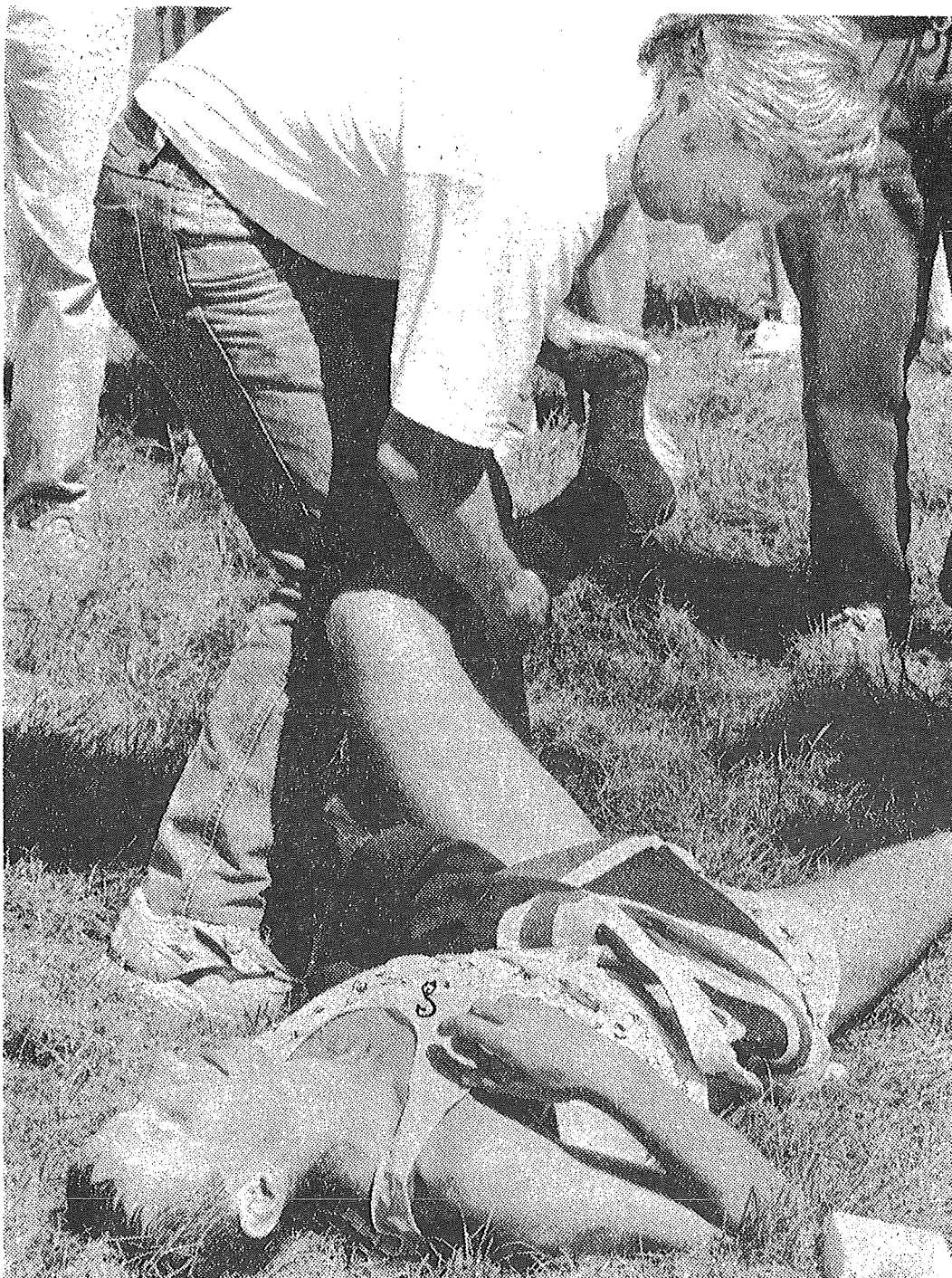
Victorian Lavinia Petrie made it an Australian benefit by winning the women's in 8hr 22min 18sec, 34 minutes ahead of compatriot Nicole Carroll.

Results were. —

Men: Don Wallace (Australia) 6hr 39min 26sec, 1; Russell Hurring (NZ) 7hr 22min 48sec, 2; Kerry Pascoe (NZ) 7hr 25min 59sec, 3; Neville Mercer (NZ) 7hr 30min 15sec, 4; Andrew Law (Australia) 7hr 47min 5sec, 5; Jeff Robinson (NZ) 7hr 48min, 6.

Women: Lavinia Petries (Australia) 8hr 22min 18sec, 1; Nicole Carroll (Australia) 8hr 56min 4sec, 2; Helen Stanger (Australia) 8hr 58min 5sec, 3; Margaret Hazelwood (NZ) 9hr 54min 46sec, 4.

Teams: Australia (D. Wallace 6hr 39min 26sec, A. Law (Aust) 7hr 47min 05sec, B. Cook 7hr 49min 33sec) 22hr 16min 04sec, 1; New Zealand (R. Hurring 7hr 22min 47sec, K. Pascoe 7hr 25min 59sec, N. Mercer 7hr 30min 15sec) 22hr 19min 01sec, 2.



PICTURE: DAVID BRUCE

Don Wallace, of Queensland receives treatment for cramp from Dick Tout (Auckland) at Campbell Park after winning the Air New Zealand 100km Australia-New Zealand road race in the Waitaki Valley yesterday.

The Press 29/12/92 Australians win 100km event

Australia narrowly beat New Zealand in the inaugural Air New Zealand Australasian 100km road running championship at Kurov yesterday.

The Australian male runners finished first, fifth and seventh, while New Zealanders came in second, third and fourth. However, Australia won by 3min on aggregate time.

First across the line was Queens-

land's Don Wallace, brought into the team only two days before the race after the pre-race favourite and Australian 100km record holder, Trevor Jacobs, injured himself.

Wallace, in his first attempt at the distance, broke Jacobs's old record of 7hr 18min and came close to Christchurch runner Russell Prince's record of 6hr 38min 47sec.

The first woman, Lavinia Petrie,

eclipsed the Australian women's 100km record by 50min and bettered by 20sec the Australasian record set by Northland's Margaret Hazelwood last year.

Twenty-four runners finished the race, the last home being a Frenchman, Henri Girault, aged 56, who completed the 100km in 11hr 41min 49sec.

Results, page 31.



The face says it all as Don Wallace crosses the finish line at Campbell Park to win the Air New Zealand 100 kilometre Australasian Road Race held in the Waitaki Valley yesterday. Photograph Simon Bloomberg.

INAUGURAL 100KM AUSTRALASIAN CHAMPIONSHIPS

On 28 December 1992, Australia demonstrated its ultra-running strength by defeating New Zealand in all individual and team events over 100km (on the road). The race was held in the picturesque Waitaki River valley in the South Island of NZ. Don Wallace from Queensland dominated the men's race, finishing first in 6hr 39min 26sec, breaking Trevor Jacobs' (ACT) Australian record.

Lavinia Petrie, from Victoria, won the women's section in a new Australian and Australasian record time of 8hr 22min 17sec. Both Nicole Carroll (Queensland) and Helen Stanger (NSW) finished inside the previous Australian record.

Australia won the men's team of three by only two minutes, but clearly won the women's team.

The race was supported by AA, the IAAF and the IAU (International Association of Ultra-runners).

A.I.S. Distance Running Update Feb/Mar'93.

LETTERS TO THE EDITOR

IAU INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

Under I. A. A. F. Patronage

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To. The President
Australian Ultrarunners' Association
4 Victory Street
Mitcham
3132
Australia

Dear Sir,

The Executive of the International Association of Ultrarunners is pleased to confirm the affiliation of the Australian Ultra Runners Association to the above mentioned body (the IAU), effective from November 9th, 1992.

The affiliation of the aforesaid Australian Ultra Runners Association (A.U.R.A.) entitles all of it's members to membership of the IAU. It further empowers A.U.R.A. to nominate the Australian Representative to the IAU.

The IAU entrusts the aforesaid A.U.R.A. as the Australian ultra association affiliated to the IAU. with the responsibility of representing the IAU in Australia.

Yours faithfully,


Malcolm Campbell

President.


Andy Milroy

Technical Director

#####

Dear Dot,

I've just returned from Colac 6 Day. Congratulations to all runners. Big thanks to the masseurs in the two massage tents who kept us going. Also the good humour from the Butchers' tent. Thanks Cliff McAliece for putting me back together again. It was his efforts and skills that kept many of us going. Also the efforts and care of Glen Dunn. You were all great. Thanks for all the fun. Congratulations Bryan Smith also. The midnight moonbeams seemed quite popular with the crowd. (Kevin and Dave). Georgina, what a performance! I liked your garbage bag and congratulations on your records under muddy conditions. Myself, I need a dry track, but I had a ton of fun and I thought the Colac people were fantastic. I hope to return and savour the hospitality of Colac again.

John Timms.

Dear Dot,

Today I managed to get through an 18km training run in 40 degree heat, blazing sun and oppressive humidity. It was impossible to run at my usual pace and I did not enjoy the run one bit. My memory quickly took me back to my last trip to the Adelaide 24 Hour Race in November, 1990 which was run in similar conditions. It was a pathetic sight to see runners battling in such conditions, (one runner was taken to hospital via ambulance) with no hope at all of reaching their potential. Personally, I managed to finish with an embarrassing final distance and suffered so much that I would never allow myself to be in that situation again. Heat is the greatest killer to any runner, regardless of standard. Last year's Olympic marathons certainly highlighted this.

In ultrarunning, world-wide, the 24 Hour Race is arguably the most prestigious recognised event, apart from the 100km distance, and if Australia is to reach its potential at this event, then our runners need to run on good quality tracks in favourable weather conditions. A warm day is okay for spectators and crews, but surely the runners are the prime concern.

Although there are several well-organised 24 Hour Races in Australia, I know I am speaking for many when I say that none of them offers runners the chance to reach their maximum. Most of these races are on sub-standard grass tracks (no records are ever set on grass) and are run in summer (a runner's nightmare). I realize that grass is the only available surface for some races.

A quick look at results over the past 5 years shows us that the depth of good 24 hour results has been at its greatest in the events that have been run on good tracks in the cooler months, and I am referring here to the Sydney Striders 24 Hour, the Melbourne Olympic Park 24 Hour and the 1991 edition of the Sri Chinmoy 24 Hour. All these events were run on world class rekotan tracks in May, August and September respectively. The Sydney and Melbourne races have since, for a number of reasons, faded away. Prior to 1991, the Adelaide 24 Hour was run on a near century old track (a rough and dirty cinder track) in early November, and I do know that a number of Sydney and Melbourne runners have avoided this race due to the poor track, coupled with the fact that, as it was so close to the Colac 6 Day Race, most of our best runners chose to give it a miss. In 1991, the Adelaide 24 Hour Race was run in September (avoiding the Colac clash) on a rekotan track, and the excellent quality and depth of the field was a reflection of this. I received a lot of positive feedback from this race, and as the word spread, many Melbourne runners were looking forward to the next Adelaide 24 Hour Run, only to be disappointed by their decision to return the Adelaide 24 Hour to its original date and track (soon to become grass). The Sri Chinmoy people may one day see fit to run on the rekotan track again, but as a written enquiry went unanswered, we will just have to wonder and assume they have their reasons.

As you are possibly aware, Dot, I have covered all the 24 Hour races except the ones that you organise, the Victorian 24 Hour Championship. You would also be aware that I am a regular face at all running events and I try to encourage people to tackle an ultra, and I would like a dollar for each time I have received one of the following replies when I mention the 24 Hour Run.

"Not in bloody February"

"Why do they have it in summer?"

"How can you train for it in the heat?"

"What? in February? You've gotta be joking!"

There are a number of other variations on what are basically similar replies, which I must admit, I am unable to answer. A quick think back reminds us of the number of times we have seen runners struggling around the track in their hats, tails and sun-block, battling dehydration and premature fatigue, as they make a head start in the skin-cancer stakes.

I have firmly believed for several years that the likelihood of nightmare conditions has severely restricted this race by scaring of many potential runners.

This brings me to the obvious question, "Is there a reason that this race MUST remain in February?"

In Melbourne now, we are lucky enough to have 4 other athletic tracks whose quality is the equal of, if not better than Olympic Park. These are: Box Hill, Springvale, Newport and, in 3 months time, Aberfeldie. (I am unaware of their hiring costs.) After having canvassed a number of opinions, I believe that if a 24 Hour Run was held in either late May or late August to mid-September on one of the above-mentioned tracks, it would attract most of Australia's best ultrarunners, most of the regulars and several keen and willing first-timers there by establishing the event as Australia's premier 24 Hour Race for the long term. The 24 Hour event and its runners deserve this much!

Kevin Cassidy

Dear Kev,

Thanks for your letter regarding the trauma of trying to run 24 Hour races in the hot summer months. Your letter certainly made me question my motives for always holding my Victorian 24 Hour Track Championship in February . In the early years of the race's existence, I was forced to hold it around this time because it was a trial for the Westfield Run and the trial had to be held a couple of months before the big event, which usually started in May. But now this limitation no longer exists and I COULD easily hold it later in the year, as you suggest. I promise I'll DO something about it for 1994. However, I imagine runners are going to have trouble getting crews and lap-scorers to stick around for the whole 24 hours, as they often do now. It would be very bleak for the supporters.

Also, I must pick you up on some of your "facts" . They are not entirely accurate. The best overall 24 Hour performances in Australia occurred at my race in February 1989 when Mike March broke the existing Australian 24 Hour Track Record with his phenomenal run of 260.099km. That year, 10 of the competitors covered more than 200km during the 24 hours, and this is more than have achieved this goal at ANY other 24 Hour race in Australia, at ANY other time of the year, EVER!! (including the International 24 Hour Race held at Olympic Park in August. Admittedly, international ultra champion, Yiannis Kouros covered 280.86km on this occasion, but then that was Kouros. No Australians came close to him that day or even came close to Mike March's record.)

Anyway Kev, I note what you say and it's given me a stir, which is what I needed. I am happy to oblige, especially if we could get more starters in the field to help defray costs. Thanks for your comments.

Dot Browne.

Dear Dot,

As race director of a 1/4, 1/2 and full marathon , I would be grateful if you would print in your next newsletter that our Bunbury (WA) marathon and 1/2 marathon will be held on Sunday 9th May on a flat, fast course and that the race has an excellent reputation as a top run.

On the Saturday 8th May, a 1/4 marathon fun run will be held followed by a carbo meal.. There may be some AURA members who are coming west for the 4th Australian Masters Games and would like to have a run with us the week after the Games finish. I would be very happy to welcome them to Bunbury and would arrange home stay or motel type accommodation to suit.

Would you please note that the 6/12 Hour Race in Bunbury will be held on 27th/28th February, and is organised by Mark & Margaret Pritchard, 6 King Road, Bunbury 6230, phone (097)219347 (H)

We are 200km south of Perth with ideal ultra training runs close by. During the next couple of months, I will take photos of our ultra runner club members and include a small profile on each, plus other ultra news from the south west.

Dot, congratulations on your award. Since I have been into ultra running, it is apparent you do more for the cause than a lot of us put together. I always look forward to receiving my ULTRAMAG and lend it to interested club members.

That's it for now. Thanks once again. Regards and best wishes.

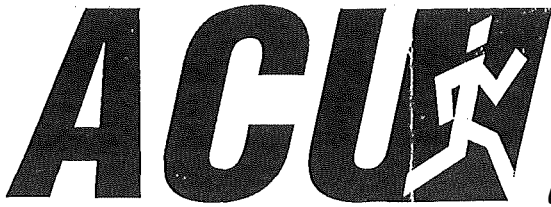
Brian Kennedy.

Ed's note: Thanks for your letter Brian. We don't normally advertise events which are not ultras, but in this case, we'll bend the rules. I hope your 1/4, 1/2 and full marathon all go really well plus your 6 & 12 Hour event on 27th & 28th February and that you get many entries. Good luck! Also, next time, give us more notice of the dates of your 6/12 Hour race as runners like to plan ahead! Try and set a date for the following year as soon as this year's event is over, and TELL US! Thanks.

STATE BY STATE BREAKDOWN OF MEMBERS

The SENSATIONAL Vics.	158	Western Australia	19
New South Wales	146	Tasmania	13
Queensland	46	A.C.T.	13
South Australia	22	Overseas	25

Total : 442 - (N.S.W 146 + A.C.T. 13 = 159. Help!!!)



**Association of Canadian
Ultramarathoners**

**Association canadienne
des Ultra-marathoniens**

5515 Millview Rd, Manotick, Ontario, K4M 1J3 • Phone (613) 692-0583

January 1, 1993

Dot Browne
Honorary Secretary
Australasian Ultra Runners' Association
4 Victory Street
Mitcham 3132
Australia

Dear Dot:

I was pleased to see the various comments in the latest Ultramag about your Order of Australia Medal. It is nice to see that people who devote so much of their time so selflessly are occasionally honored in such fashion.

In Canada, two ultramarathon runners have received the Order of Canada. Phil Latulippe, who has run across Canada twice, the latest time at age 70 in 1989, (and from Alaska to Quebec once) was honored in 1984. And Laurie Dexter, an Arctic ultramarathoner who was a member of the Polar Bridge Expedition that skied across the North Pole from Russia to Canada in 1988, received the same honor in 1992.

It would be interesting to compile a list of the various individuals around the world who have received such recognition for their accomplishments in ultrasport. I note that Ron Grant has also been honored in Australia. It would probably be easiest to check the Commonwealth countries but also interesting to know what honors have been bestowed by other countries on their ultra athletes. Any information you can provide would be much appreciated. I am also writing to Andy Milroy in Britain.

Best wishes for 1993,

David Blaikie
Association of Canadian Ultramarathoners
5515 Millview Road
Manotick ON K4M 1J3

David Blaikie, President

Jo Wells, Vice-President

RACE REPORTS & RESULTS



Saturday 19th September
THE 1992 BATHURST 100k FOOTRACE
FINAL RESULTS

PLACE	RUNNER	TIME	AGE
1.	GEOFF BOASE	8, 29, 34	M42
2.	BRYAN SMITH	8, 31, 41	M48
3.	MAURICE TAYLOR	8, 54, 16	M44
4.	TONY FARNAM	9, 50, 16	M46
5.	BRAD BOYLE	9, 59, 57	M32
6.	PAUL EISENHUTH	10, 06, 07	M37
7.	BILL JOANNOU	10, 12, 18	M35
8.	TRUDI KIDD	11, 44, 45	W34
9.	ISABELL BUCKLAND	DNF	W47
10.	GEOFF HOOK	DNF	M47
11.	PHILLIP CLARKE	DNF	M40

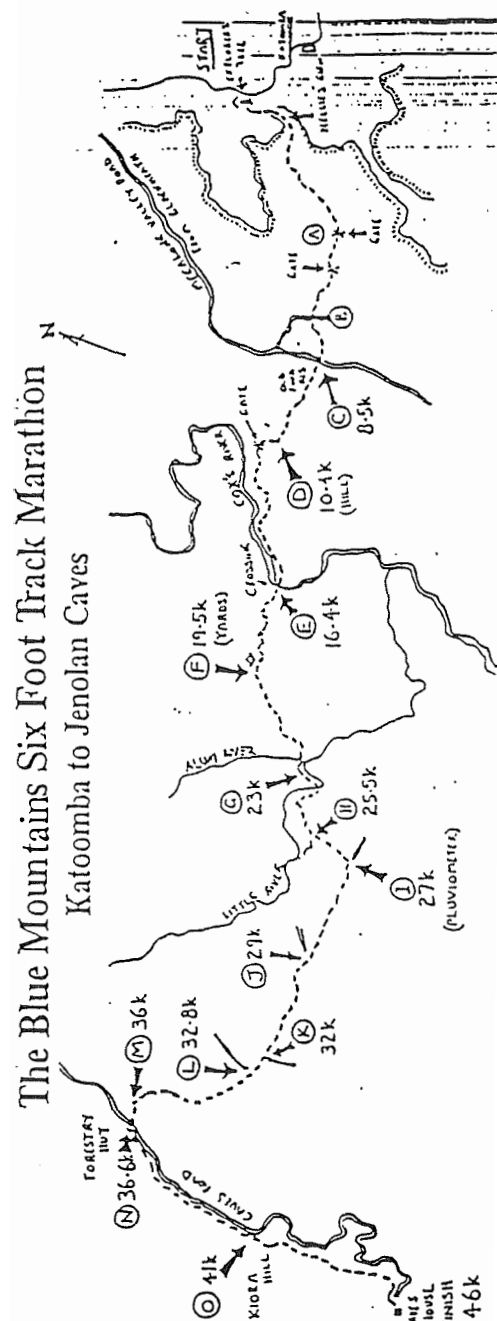
Race record Bill Clingan 8 hours 12 mins 26 secs 21/ 09/ 91



6 FOOT TRACK MARATHON - 21/3/1992 RESULTS

No	RUNNER	X	FINISH	No	RUNNER	X	FINISH	No	RUNNER	X	FINISH
1	GREG LOVE	M	3,41.25	63	STEPHEN MONTGOMERY	M	4,52.59	125	PHIL MEZZINO	M	5,26.40
2	PETER MALINOWSKI	M	3,51.20	64	DIO WONG	M	4,53.14	126	ALLAN WHITHAM	M	5,26.41
3	KEVIN HARDAKER	M	3,55.57	65	GREG BURTON	M	4,53.42	127	MARK FREEMAN	M	5,26.54
4	FRACHAR STEGEMANN	M	3,59.22	66	RAY DEAN	M	4,55.37	128	COLIN LE GRICE	M	5,27.06
5	MARK HEWITT	M	4,13.04	67	EEN O'SULLIVAN	M	4,55.59	129	MAX SCHERLEITNER	M	5,27.08
6	STEPHEN JACKSON	M	4,16.03	68	GEOFF GOONFAN	M	4,56.47	130	WARWICK LACEY	M	5,27.56
7	MAX BOGENHUBER	M	4,17.07	69	KEN KNIGHT	M	4,57.04	131	JOHN DAVIDSON	M	5,28.10
8	TIM GATES	M	4,19.04	70	GEOFF THORSEN	M	4,59.03	132	MICHAEL O'NEILL	M	5,28.13
9	JAN JOHNSON	M	4,19.09	71	GARY LEAHEY	M	4,59.51	133	JOE BOGENHUBER	M	5,29.03
10	CREESE SYRED	M	4,21.18	72	RON HARTLEY	M	4,59.54	134	FRANK JAMES	M	5,29.26
11	KONRAD OSTROWSKI	M	4,24.08	73	RITCHIE VENN	M	4,59.56	135	GRAHAME KERRUSH	M	5,29.47
12	JONATHAN DREW	M	4,24.47	74	KEITH MOESS	M	4,59.57	136	MICK KILHAM	M	5,29.48
13	WARWICK SELEY	M	4,24.49	75	MARY FIEN	F	4,59.58	137	COLIN O'BRIEN	M	5,30.10
14	ROBERT TOPFER	M	4,24.54	76	GRAHAM BUNDOCK	M	5,02.18	138	ROBERT ELLIOTT	M	5,30.11
15	CHARLES COVILLE	M	4,25.54	77	LEON HARRADINE	M	5,02.18	139	PAT ENGLISH	M	5,30.24
16	KERRY DOWLING	M	4,30.06	78	HENRY MOSCHNER	M	5,02.28	140	WAYNE GOLDSMITH	M	5,31.34
17	ANDREW CARRUTHERS	M	4,31.04	79	IAN HACKENZIE	M	5,03.43	141	JOHN BONSING	M	5,32.01
18	KEVIN CASSIDY	M	4,32.27	80	OLIVER WILLIAMS	M	5,06.11	142	DENIS ROBERTSON	M	5,32.37
19	STEPHEN CANNON	M	4,34.05	81	TERRY ROSE	M	5,06.49	143	HARRY BRIGDEN	M	5,32.56
20	GEOFF HOOK	M	4,34.12	82	WARWICK WILLIAMS	M	5,07.51	144	ROGER STEPHENS	M	5,33.02
21	ROBERT STEMP	M	4,34.40	83	JOHN HAMILTON	M	5,09.13	145	PETER JANOVSKY	M	5,33.33
22	GEOFF BOASE	M	4,35.19	84	WARREN BROADBENT	M	5,09.21	146	DOT BROWNE	F	5,33.44
23	TOM MORROW	M	4,36.58	85	ALLAN PITMAN	M	5,09.43	147	JOHN WHEALY	M	5,34.04
24	ROSS SKILSTON	M	4,37.30	86	PETER NICKLESS	M	5,09.46	148	JOHN MCINTOSH	M	5,34.40
25	GAVIN HOWARD	M	4,37.56	87	BOB KIMBERY	M	5,10.53	149	PAUL MAHONY	M	5,35.06
26	STEPHEN CARRUTHERS	M	4,38.18	88	KEVIN CASEY	M	5,10.54	150	TERON KING	M	5,35.07
27	KEITH TUFFLEY	M	4,38.55	89	MICHAEL KREVELD	M	5,10.56	151	ALAN FIEN	M	5,35.08
28	EEN STEMP	M	4,39.35	90	VIC ANDERSON	M	5,11.02	152	GRAHAM JONES	M	5,35.12
29	JONATHAN HICKS	M	4,40.01	91	ROBERT RAINBOW	M	5,11.12	153	PETER CARTMELL	M	5,35.37
30	BARRY COATES	M	4,40.25	92	BARRY WHITTON	M	5,13.20	154	KEITH KING	M	5,37.14
31	RON SMITH	M	4,40.49	93	WAYNE TREBLE	M	5,13.58	155	ALAN WITT	M	5,37.33
32	JOHN MELNYCZENKO	M	4,40.56	94	DAVID LYGRE	M	5,14.00	156	MICHAEL TRESIDDER	M	5,37.44
33	ALLAN HENDRICK	M	4,41.29	95	GEOFF STANTON	M	5,14.46	157	JOHN HODGES	M	5,37.53
34	GARY BUCKLEY	M	4,41.32	96	PETER VAUGHAN	M	5,14.47	158	COLIN WOOD	M	5,38.19
35	STEPHEN HUGHES	M	4,41.37	97	PETER ZAREMSA	M	5,14.50	159	MARTIN CORNE	M	5,38.55
36	KEVIN TILLER	M	4,43.06	98	ROD ROGERS	M	5,15.31	160	MALCOLM EDGAR	M	5,41.06
37	BRUCE HARGREAVES	M	4,43.13	99	DENNIS CUNNIFFE	M	5,16.04	161	JOHN AYLIFFE	M	5,41.46
38	STEVEN FRANCKEN	M	4,43.20	100	PAUL RUSSELL	M	5,16.38	162	WENDY DOWNES	F	5,41.46
39	ANDREW PENFOLD	M	4,43.23	101	PETER BARNES	M	5,16.49	163	JOHN SHEPHERD	M	5,41.49
40	PAUL BOURS	M	4,43.35	102	BOB FICKEL	M	5,17.38	164	THOMAS BUNN	M	5,41.51
41	ANDREW HICKS	M	4,45.16	103	VIC THOMAS	M	5,17.52	165	GRAEME PATTERSON	M	5,43.25
42	PETER GOONFAN	M	4,45.17	104	STEPHEN CUNNINGHAM	M	5,18.37	166	TONY CROSSY	M	5,43.50
43	JOHN HORNBURGH	M	4,45.34	105	JOHN CRAIG	M	5,18.54	167	FRED OLOVICH	M	5,44.27
44	PAUL EISENHUTH	M	4,45.43	106	PHILIP DE CHAZAL	M	5,18.56	168	DAVID INGHAM	M	5,45.44
45	MALCOLM SATCHELL	M	4,46.13	107	DAVE SHAW	M	5,18.56	169	BRIAN COLWELL	M	5,45.59
46	PHILIP CLARKE	M	4,46.54	108	BRETT ROBINSON	M	5,18.57	170	CARL SIMPSON	M	5,46.17
47	PETER GOULDING	M	4,47.12	109	PAUL INGHAM	M	5,19.08	171	PETER HAMER	M	5,46.47
48	CLIVE SMITH	M	4,47.32	110	PETER TILNEY	M	5,19.12	172	COLIN BROWNE	M	5,47.19
49	KELVIN MARSHALL	M	4,47.52	111	SAM SCUTTS	M	5,19.41	173	KARL FLEIG	M	5,47.26
50	LINDSAY KEENE	M	4,47.53	112	HELEN GOLESBOWSKI	F	5,20.00	174	KARL EASTON	M	5,47.28
51	LEE MILLER	M	4,49.01	113	WARWICK NEGUS	M	5,20.47	175	DAVID LILLEY	M	5,48.46
52	GRAHAME MURPHY	M	4,49.03	114	MARK STURMAN	M	5,21.43	176	DENNIS BEDFORD	M	5,48.48
53	ALF FIELD	M	4,49.06	115	ERNIE HATTON	M	5,23.01	177	JOHN ATKINSON	M	5,49.12
54	DAVID BARROW	M	4,49.15	116	KENNETH STEWART	M	5,23.30	178	PETER WISE	M	5,49.27
55	MIKE WARD	M	4,49.36	117	ALAN TOWNSEND	M	5,23.38	179	TOMMY SLOWELY	M	5,49.56
56	ANDREW TAYLOR	M	4,49.46	118	DEREK SMITH	M	5,23.47	180	DAVID MATI	M	5,50.25
57	JOHN HART	M	4,49.53	119	TOD MCGROWTHER	M	5,23.54	181	BILL RANNARD	M	5,51.29
58	STEPHEN SCHEFFLER	M	4,50.03	120	ROBERT HOARE	M	5,24.19	182	TED CLAYTON	M	5,53.06
59	ROSS BILL	M	4,50.20	121	NEILL ROBINSON	M	5,25.29	183	CHRIS FARMER	M	5,53.30
60	ERIC HIGGINS	M	4,50.50	122	LES HUNT	M	5,25.32	184	GRAHAM BUTLER	M	5,54.41
61	ROBERT HERD	M	4,50.52	123	ANNE TEFLER	F	5,25.32	185	BRUCE MCCARTHY	M	5,54.57
62	JOHN TROTTER	M	4,51.56	124	REES WILLIAMS	M	5,25.33	186	COLIN FRANCIS	M	5,55.14

NO	RUNNER		FINISH	NO	RUNNER		FINISH
187	KEVIN O'REILLY	M	5,55.18	249	SANDY GARDINER	F	6,37.06
188	GRAHAM FIRKIN	M	5,55.18	250	BRUCE GARDINER	M	6,37.07
189	ELIZA FELDMAN	F	5,55.30	251	ROBI RUSSELL	F	6,39.14
190	PETER FELDMAN	M	5,55.46	252	JOHN LITTLETON	M	6,39.54
191	JOAN EISENHUTH	F	5,55.47	253	DAVID JENKINS	M	6,39.55
192	DAVE MCMAHON	M	5,55.58	254	TONY GOLDEN	M	6,39.55
193	JOHN FLANAGAN	M	5,56.09	255	MARGARET CASSIDY	F	6,40.34
194	GLYN COX	M	5,57.20	256	ANDREW CAIN	M	6,40.36
195	GRANT BREWER	M	5,57.23	257	ROSEMARY PITMAN	F	6,42.09
196	PETER SMITH	M	5,57.38	258	LEMMY MOORE	M	6,44.32
197	NOEL BROWN	M	5,57.53	259	KEVIN FENNEL	M	6,45.30
198	COLIN SMITH	M	5,58.01	260	GRAHAM ARCHER	M	6,46.31
199	IAN CORNER	M	5,59.22	261	LEO PAUL	M	6,47.41
200	PATRICK AUSTIN	M	6,00.12	262	RAYMOND MCILHONEY	M	6,47.42
201	MARK FOLEY	M	6,00.14	263	LORRAINE CARTER	F	6,47.56
202	DARRYL CHAPPELOW	M	6,01.05	264	RAYMOND CARROLL	M	6,47.57
203	TIMOTHY TRENOWDEN	M	6,01.29	265	GEORGE SODBINOW	M	6,48.12
204	RAY GOYMER	M	6,01.31	266	WILLIAM COURTNEY	M	6,50.07
205	JULIE PEKSI	M	6,02.33	267	PETER DI MICHEL	M	6,50.08
206	JULIE SHARP	F	6,03.37	268	TRACY NICKL	M	6,50.09
207	LINDA MCGINNESS	F	6,04.54	269	GEOFF MCCONNELL	M	6,50.10
208	DEBBIE WHITTON	F	6,06.03	270	CHRIS STEPHENSON	M	6,52.01
209	JUNE MASON	F	6,06.07	271	IAN HUTCHISON	M	6,52.02
210	BOB WILLIAMSON	M	6,08.18	272	MARK GILPIN	M	6,53.02
211	MIKE THORPE	M	6,08.23	273	DAVE GIRVAN	M	6,53.02
212	MIKE LONG	M	6,09.49	274	NEIL CHAPPELL	M	6,53.38
213	FRED NAYLOR	M	6,11.38	275	JOHN BRETT	M	6,54.54
214	TOM HOBBS	M	6,11.47	276	CEDRIC SIDEBOTTOM	M	6,56.31
215	MICHAEL HODGSON	M	6,14.32	277	DAVID BARWICK	M	6,56.34
216	CLIVE WENNERBOM	M	6,15.20	278	KEITH GILLIES	M	6,56.35
217	TERREY KISS	M	6,15.44	279	GRAHAM PARKER	M	6,57.33
218	ALAN O'TOOLE	M	6,15.46	280	JOHN GILPIN	M	7,00.30
219	GREG REID	M	6,16.06	281	DIEDRE BOOTH	F	7,03.46
220	JOANNA TOPFER	F	6,16.54	282	TONY KRANTZCKE	M	7,03.46
221	JOHN SIMON	M	6,16.57	283	DAVE WILSON	M	7,04.25
222	JENNIFER KISS	F	6,17.25	284	NORMAN BROOKE	M	7,22.57
223	CAROLYN KNIGHTS	F	6,17.25	285	HARRY DEAKIN	M	7,23.02
224	PHILIP CHAMBERLAIN	M	6,18.24	286	DAMIEN BOIDIN	M	7,23.03
225	JOHN STOREY	M	6,21.01	287	BENEDICT BOIDIN	M	7,23.03
226	GRAEME ROBERTSON	M	6,21.22	288	DOMINIC BOIDIN	M	7,23.03
227	BARBARA ALLEN	F	6,21.25	289	BILL CLINGAN	M	0.00
228	WANDA FOLEY	F	6,21.50	290	CRAIG GOODALL	M	0.00
229	DANNY BEARD	M	6,21.51	291	DAVID RASBURN	M	0.00
230	COLIN WESTON	M	6,21.52	292	BENNY HAGBERG	M	0.00
231	PETER ALLEN	M	6,22.22	293	GAIL ALLEN	F	0.00
232	DAVID SILL	M	6,22.28	294	MICHAEL BURTON	M	0.00
233	STEVE NORDISH	M	6,22.28	295	ANDREW WILY	M	0.00
234	BILL KEATS	M	6,23.15	296	IAN BOWDEN	M	0.00
235	IAN MORGAN	M	6,23.45	297	ROY CLARK	M	0.00
236	DAVID ANDERSON	M	6,23.46	298	DICK BARLETT	M	0.00
237	BOB DARBY	M	6,23.56	299	IAN HEAKIN	M	0.00
238	LYN CRIBB	F	6,24.30	300	FRISCILL COATES	F	0.00
239	GRAHAM LOVE	M	6,25.36	301	MAGDY HAMMAD	M	0.00
240	ANGELA DEAKIN	F	6,26.21	302	JOHN BYRNES	M	0.00
241	DAVE KENNEDY	M	6,26.52	303	GERALD BAYLISS	M	0.00
242	BARBARA ROBINSON	F	6,30.38	304	BRIAN TYDEMAN	M	0.00
243	JIM WEST	M	6,32.20	305	PETER SMITH	M	0.00
244	JOHN CAVANOUGH	M	6,32.29	306	JAMES HOLMES	M	0.00
245	KEVIN O'KANE	M	6,32.56	307	GAIL NAYLOR	F	0.00
246	NICK DRAYTON	M	6,33.39	308	KEN SHARPE	M	0.00
247	KEVIN FITZGERALD	M	6,34.48				
248	BRUCE PATERSON	M	6,36.30				



INSIGHTS OF A RACE DIRECTOR GERALDTON TO PERTH 1992

by Tony Tripp

The Ancient Olympic Games brought us the concept of a healthy mind and body. Also, the ideal of the arts in collaboration with athletics. For example, poetry and music.

Thus, since 1984, I have had the dream of organising an ultra event with high class entertainment. I never doubted that it would become a physical reality in the future. However, when one uses the technique of mental visualisation over a period of time, the end result happens when you least expect it. The trick is in recognising this fact.

I shall illustrate this further by describing the 434kms. Geraldton to Perth ultra marathon, that started 12.30pm Thursday 15th October and finished on 18th October, 1992. The event had a 3 day 6 hour time limit.

During October, 1991, Ross Parker ran from Geraldton to Perth for Telethon, This comprises on ongoing events for charity, reaching its conclusion in a televised day of entertainment, where people pledge money to be donated to the charity nominated by Channel 7.

Channel 7 were suitably impressed by Ross Parker's effort in completing the run from Geraldton that they wished a race to take place the following year. Hungry Jacks became the sponsor for this event. I was kindly asked by Ross Parker to advise the Channel 7 committee on the administrative aspects of the event. So Ross and I represented the runners and the Centurion Runners' Association. Thus it became an event organised by runners, for runners, with Channel 7 dealing with the administrative duties. This collaboration worked admirably.

We thought in terms of the worst and best that could happen in this race, taking into account Murphy's Law on the day, if anything can go wrong, it will. We created safety nets for negative conditions. We assumed nothing.

One has to take into consideration, that the Channel 7 committee - Rudi Gracias, Rhonda Fletcher and David Christison did most of the administration work in their spare time, especially Rudi, who took a keen interest in this event. Those of us in the know, admired this tremendously. I suppose it was his athletic track background coming to the fore.

Ross and I decided to keep the number of entrants down to the bare minimum, that the race would be by invitation only, and each entrant would be handicapped. This will always be so. I must point out, that Ross Parker makes the final choice where the invitation of runners is concerned, with input from myself. Handicapping is a combined effort. Though this year, Ross worked out the handicaps, and they were proven to be correct.

Naturally Geraldton was helpful, with Garry Clarke (not of Albany) and Graeme Kickett of the local sports' and recreation were helpful. They dealt with race affairs that affected the city.

Eight runners were invited, Bryan Smith and Cliff Young from Victoria, Wanda Foley from NSW, Kevin Mansell from S.Aust, Joe Record, Ross Parker, Mark Pritchard and George Audley from W.Aust, all chosen on their past performances.

The interstate runners were provided with crews. We took into consideration their personalities, so there were no clashes, which can happen in an event such as this. For example, we put two women in Cliff Young's crew, knowing how he likes the fairer sex, to put zest into his spirit if he flagged somewhat during the run. I must say, Cliffy was overjoyed at this prospect.

Each van and official car had a CB police radio in the vehicle, which was used sparingly. On top of the van was a flashing light. The name of the runner was placed on the front of the vehicle. The officials were experienced. The race doctor was an ex-marathon runner, who had previously been involved with 3 of our multi-day events. Both myself and Graham Prosser, as race directors, had organised and run in ultras. Basil Thomas has crewed for me since 1985. It is important that the race officials understand an ultra runners' mentality. Each Race Director and his driver had eight hour shifts. This is important, as without sleep, the official can be a danger to himself and the event.

We never ran with the runner unless we were asked to do so. We dealt directly with the crew chief or their representative. We tried to be helpful and friendly, never overstaying our welcome. It was our job as race directors to set the tone, as it were. We wanted it be a positive and friendly event.

I suppose race directing is an art. Never be a know-all, listen to advice, be assertive, give clear directions, pick the best personnel possible, be clear-headed and decisive when it comes to making decisions. Never hesitate. Always be tolerant and open-minded to suggestions. If possible, it is advisable that you have been involved in every function involved with ultra-running. Never take yourself too seriously, that is to say, suffer from delusions of grandeur. Rather, have a sense of humour, but at the right time and place, or else, no-one will take notice of you.

The race was started by a cannon. It took me completely by surprise, so I nearly flung myself to the ground, thinking that a grenade had gone off. It seemed to set in motion the 8 invited runners. After a few kilometres. Cliffy, Mark Pritchard and Wanda Foley continued on, while the others stopped, due to their handicaps. George Audley and Ross Parker started 3 hours later, Kevin Mansell and Joe Record 5 hours after, then last of all, Bryan Smith with a 16 hour handicap

The highlights of the event were: Ross racing George, then Mark Pritchard and Ross within sight of each other most of the race., Joe passing everyone like a startled hare and winning on handicap, Mark finishing second, the only runner not having been involved in the Sydney to Melbourne race, but beating more experienced runners. Mark's future in ultra running looks rosy. He is our latest "discovery".

Because of Ross's marvellous handicapping, three runners, Bryan, Ross and Mark arrived to finish in Perth very close to one another. George Audley overcame problems to finish, as he always seems to do. He is very dependable, young George. Cliff Young, Wanda Foley and Kevin Mansell all did extremely well and were rather unfortunate in that they did not finish. However, ultra running is very unpredictable. No one really knows what they can do, as each event is a new challenge, both mentally and physically. It's more an internal battle of mind and will over body, this battle ground of the soul.

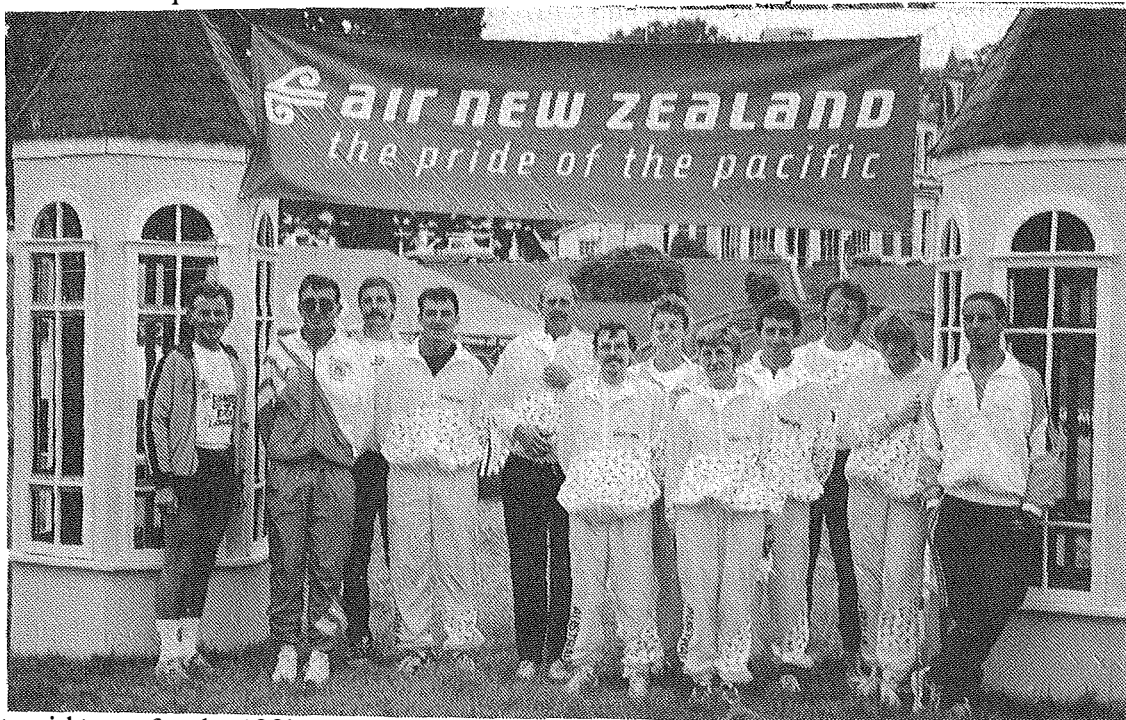
The finish was well attended. Each runner who completed the event, was shown doing so on TV with his/her crews. The prizes were presented 'live' on TV in the middle of Telethon at approximately 6.30pm, with the officials, runners and crews present, in front of an audience.

After the event, Telethon and Hungry Jacks provided a well organised party with drinks and food available. This was also done at the pre-race meetings at Channel 7 and at Geraldton.

I must especially thank Hungry Jacks, Channel 7 and Rudi, who is a real gentleman in every sense of the word. I must also thank the crews, (many of whom wish to participate in the event next year), the officials and the runners. Many of them want to be a part of this great race again next year.

RESULTS:	Time started	Handicap	<u>Finish time</u>	Actual time taken
Joe RECORD	8pm Thurs	7.5 hrs.	6:05:22 Sunday	2d.00 hrs 5 min 22s.
Bryan SMITH	5am Frid	16.5 hrs	12:29:02 Sunday	2d 07 hrs 29min 02s
Ross PARKER	3.30pm Thurs	3.0 hrs	13:34:46 Sunday	2d 22 hrs 4 min 46s.
Mark PRITCHARD	12.30 pm Thurs	0.0 hrs	11:59:18 Sunday	2d 23 hrs 29 min 18s
George AUDLEY	3.30pm Thurs	3.0 hrs	17:28:37 Sunday	3d 01 hrs 58 min 37s

DNF:				Distance covered
Cliff YOUNG	12.30pm Thurs	0.0 hrs	11:25: Sunday	367km
Wanda FOLEY	12.30pm Thurs	0.0 hrs	9:30 Sunday	301.6km
Kevin MANSELL	8pm Thurs	7.5 hrs	19:54 Friday	170km



Our intrepid team for the 100km Australasian Challenge

1. to r.: Geoff Boase, Trevor Jacobs, Dennis Clark, Pat Farmer, Bill Clingan, David Standeven, Helen Stanger, Lavinia Petrie, Andrew Law, Bruce Cook, Nicole Carroll, Don Wallace.

RAINBOW BEACH TRAIL RACE - 31ST OCTOBER 1992

by Kevin Cassidy

There it was, staring right at me, the only trail race on the AURA Calendar that I had not run. I just couldn't help myself. Thursday morning sees me on a Melbourne-Brisbane flight followed by a train trip to Brisbane's western suburbs, where I spend the night at Val Case's place. Friday morning is spent lounging around before taking a train to Brisbane's northern suburbs, where I am picked up by Bruce Cook and we spend the next 2.5 hours driving to Rainbow Beach, where we meet most of the other runners before falling asleep in a beach-side cabin.

At 6am the next morning, the sun is high in the sky as we start our journey at the Life Saving Club. After having blown myself apart 2 weeks ago at Sydney's Royal National Park, I am in no condition to race, so I set out to merely finish in whatever time it takes. This year, Ian Javes has decided on a new course, which, I am assured, is much tougher than previous years.

The first 10km is out and back along the beach, before heading into the Cooloola Sands National Park for a 45km loop. Soft sand is the real killer in this race. One particular section between 33km and 45km is extremely treacherous. You feel as if you are standing still as you tackle the sandy undulations. Eventually I am glad to see the finish in a very mediocre 6 hours plus.

Presentations were held at the Life Saving Club, and later that evening, we all had a BBQ dinner before falling asleep for a well earned rest.. As Sunday morning arises, a few hardy fools decided to have a run, but I settled for a guided tour of the "Carlo Sand Blow" led by Phillipa Bolt (about a 2km walk). After a leisurely lunch, I am driven back to Caboolture by Allan and Phillipa Bolt, where I met up with Ian Javes, who had come home that morning.

After having dined at "Sizzlers" restaurant, we headed back to Ian's for a sleep. The next morning, Ian very kindly drives me back to the Brisbane airport at 4am (!) for the morning flight back to Melbourne.

This is an excellent race, held at one of Queensland's more attractive places, and it was well worth the trip north.

ROYAL NATIONAL PARK ULTRA - 80KM TRAIL RACE 17TH OCTOBER, 1992

by Kevin Cassidy

Twelve months ago, I ran this race whilst still recovering from a heavy dose of 'flu and as a result, the extremely tough course got the better of me and I limped home in a rather pathetic 10 hours 16 min.

This year however, things were going to be different. With a knowledge of the course, I set about a thorough preparation for this year's race with plenty of hill work and some runs along Port Melbourne Beach (in readiness for the soft sand encountered in the last 20km.). Standing on the starting line, I was confident of a time around 9 hours. Suddenly the gun fires and we are off, snaking our way through the forest tracks which are clearly marked by a series of pink ribbons tied amongst the trees. By the time I reach the 30km mark I am still feeling strong and I pat myself on the back for running an intelligent race so far. Minutes later, things were to change dramatically. As I approached an intersection, the pink ribbons could not be seen, but I managed to catch, out of the corner of my eye, a series of ribbons leading us up the mountain, so naturally, I followed. At the top of the climb, the track and ribbons disappeared (I could see my race plan going out the window), and soon I am joined by two other runners. We search around for a while before deciding to return to the intersection down below, where we meet up with a local runner who leads us on to the correct course. It is obvious to us now that some bush-walkers had not only removed the ribbons, but had purposely sent us the wrong way. Local runners knew the course without the aid of ribbons, but many of us interstaters are dependent on them, and quite a few suffered the same fate. Poor Nicole Carroll of Queensland was leading the women's race when she became so hopelessly lost that she ended up withdrawing from the race.

Once I am back on the correct course, I am furious. My temper has been completely lost and I am in a foul mood. I run flat out over some very rough terrain in order to make up for lost time (approximately 10 minutes) before arriving at the apple pie aid station.

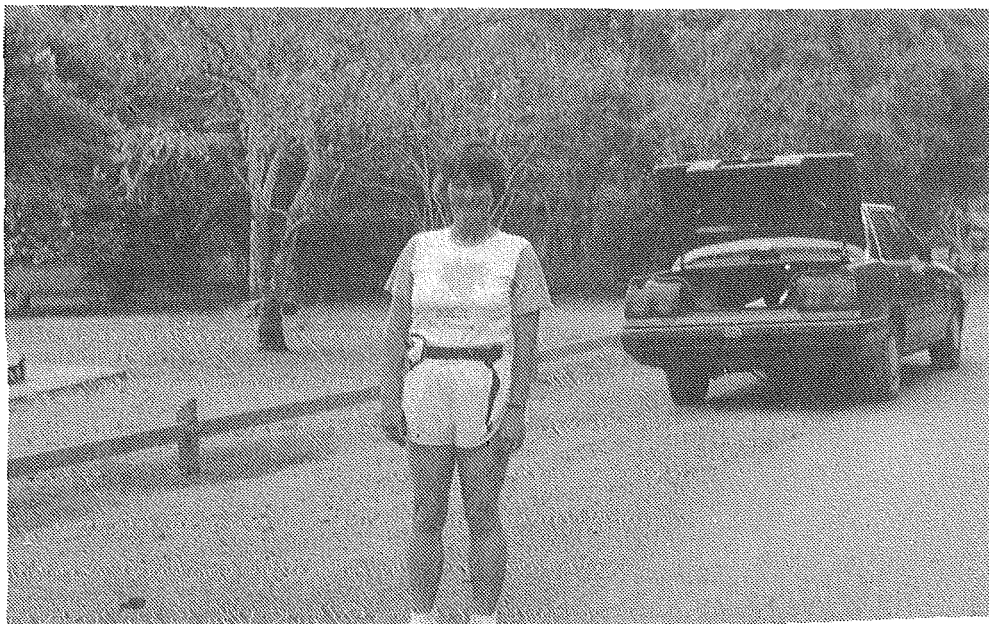
Five kilometres down the track, I am surprised to find I am almost back on schedule, but I suddenly realize how foolish I have been. I am not even half way and my increased pace is already taking its toll. I slow down a bit but I am mentally rattled, and as the race continued, my 5km sprint proves to be very costly.

I am not sure which has angered me most, the sabotaged course which has cost me about 10 minutes, or my stupid attempt to make up the lost time, which is obviously costing me an awful lot more.

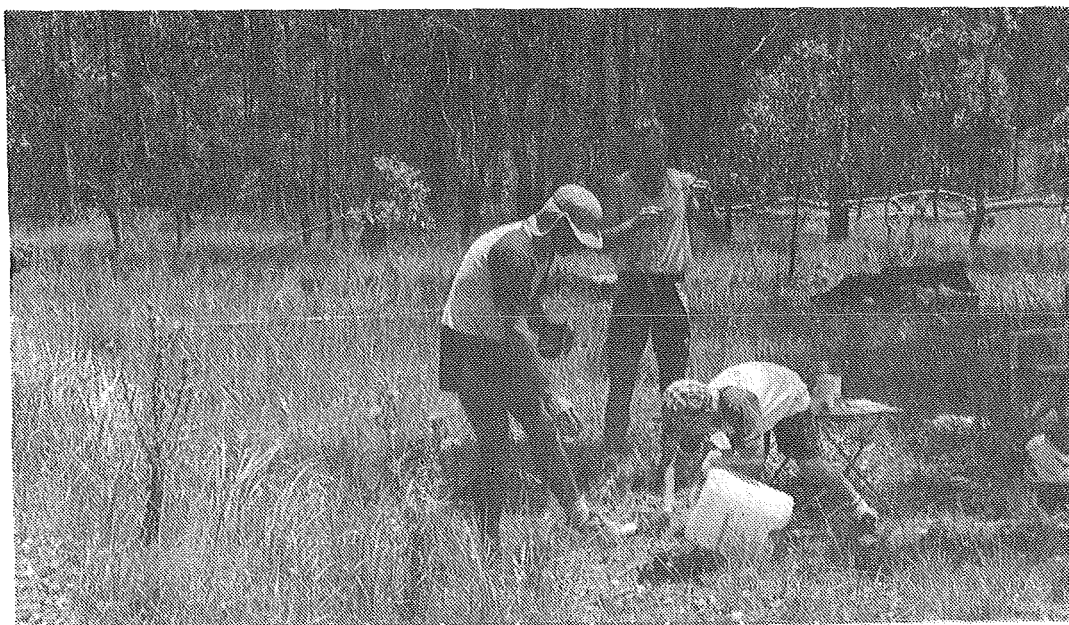
In the final 30km of the run, I have managed to accept what has eventuated and merely do what I can to finish. After what seems to be an eternity of traipsing through the sandy tracks, I drag my completely-spent body across the finish line in a very disappointing 10 hours 14 mins. (So much for my 9 hour run!) I was feeling really cheated off. If the wrong turn I took had been because I wasn't looking where I was going, then I would have just laughed at myself, but to be purposely led astray is pretty annoying. However, after relaxing with a few drinks, I was able to see the funny side of things and vowed to come back and have another crack as a well organised and very challenging race,

Ed's note:

I'm prepared to put my money on you cracking the 9 hours in the 1993 race Kev. (It's only 55km!)



Handicap Winner - Jeanette Davies, bright 'n early.



Gary Parsons - 'topping up'
Graham Medill - having his shoes shines!

NANANGO FOREST FOOTRACE - DECEMBER 6TH, 1992

Ian Johnson was so full of praise last year about this event I thought that it might be worth a closer look. I'm glad I did, because it is certainly a very special race. The course was extremely tough; lot's of hills, creeks, trails and tracks, rocks, beaches, cliffs, rainforest, leaches, bush and roads; an extremely varied and interesting route. There were about 60 entries over each distance.

I didn't know many people in the race, so I hung back a bit to see who's who. After about 1 km I figured that the chap in the lead was Don Wallace, the winner of the 2 previous races. I followed him/ ran with him for a long time to suss things out. At about 40 km when we were climbing some steep hills I thought that he was weakening and I managed to drop him off. I didn't know how far back he was, and I later learned it wasn't that far; by up to 2 mins. At 70 km he scared me half to death when suddenly there he was again, and seeming to effortlessly fly over the very rough trails along the headlands. Although I tried to keep up, I felt wobbly and unstable and had to let him go after stumbling several times.

Don finished 3 mins. ahead in 6 hr 23 mins. We were both under the course record, so that was some consolation. Some people at the finish reckon that I should have stayed with Don rather than going to the lead, but I'm not sure whether it would have made much difference. Don had a bit of a bad patch in the middle of the race, but he certainly bounced back at the end! This race is worthy of mass participation by Canberrans - see you there next year (you can do the 50 km race if 50 mile is too far).

Brindabella Classic 53 km; held on 8 Nov.'92

I recovered well from the RNP, so for the Brindabella I thought that I may as well try and give the race a shake. Especially as Danny O'dea and Chris Cook were late entries and capable of anything on the day. I didn't necessarily believe them when they said that were going to jog along somewhere at the back. Chris wasn't far astern at Mt Franklin so I just tried to run solidly and hope that the opposition dropped off. At Bulls Head near half way there was no sign of Chris or relay runners, and my legs weren't feeling too bad, so things were progressing OK.

The steep downhill off Bulls Head was as tough as ever. It really strains the legs after the three long climbs to get to that point. The gradual downhill after the steep section is good as long as your legs aren't hurting too much; Chris and Danny suffered badly here because, as I later discovered, they hadn't properly prepared for this run. Danny had trained only once in the last two weeks and Chris hadn't done much distance work. Several drink stations on I learned that I had a 20 min. lead over the next individual runner, which was a relief, but I pressed on hard to try and break the course record and to prepare for the next ultra in December.

The rest of the race went well and I just managed to stay ahead of the first relay team from South Canberra Athletics (3h 33m 33s versus 3h 34m 04s). Maryanne Busteded had a great run finishing second female. Maryanne came trotting across the finish line looking like she had run about 5 km - I reckon Maryanne could run much faster on this course if she set herself for it. ACT runner support for this race was again rather poor, which is hard to fathom given its excellent organisation by Trevor Harris and helpers, and its scenic appeal. The race is strongly supported by interstate runners from SA, VIC, NT and NSW in particular, who obviously greatly appreciate it. Come on ACT, you are missing out on a great event right on your doorstep!

This year was the last time Trevor Harris will be the race director, so to keep the event going I will carry out this function next year. If anyone would like to assist with its organisation it would be greatly appreciated as a whole new organising group will be required. The magnificent job carried out by Trev and all his assistants is thankfully acknowledged by the CCC and race participants over the years.

Australia's toughest downhill mountain race

Sunday 8 November 1992

Reprinted from Canberra Runner, No. 92, December, 1992
Course description:

53k trail run starting at the top of Mt Ginini (1762m) and finishing at the Cotter Reserve (475m). The course is a combination of dirt roads, four-wheel drive trails and a little bit of bush for good measure. Runners climb to the top of Mt Franklin, pass through Aggie Gap and over Bulls Head before beginning the descent to the Cotter River. The course joins the 'Cotter 18' just before the 'Cotter 21' turn-off, and follows it to the finish.

Race weather: Very pleasant day in the mountains, particularly considering the torrential rain that fell on the previous Sunday and the snow that fell just two nights earlier. A bit warm for those out in the sun all afternoon.

Race manager: Trevor Harris

Organising committee: Bill Nagy, Laurie Wiseman, Graeme Harding, Derek Quinto

Special assistance: The Wireless Institute of Australia (communications); Om Shanti College of Tactile Therapies (massage); St John's Ambulance Brigade (first aid).

Race report:

Trevor Jacobs again proved that he has few peers in Australia when it comes to a combination of ultra and mountain running, claiming his fourth Brindabella win in five starts.

Not only did Trevor blitz the other 62 individual runners but he also beat home all 14 relay teams. And in the process he broke Geoff Large's 1990 race record with a time of 3.33.33 - not bad considering the 1992 race was some 2.5ks longer than in 1990.

The second runner was 33 minutes behind Trevor and only three others finished within an hour of him.

Jenny Kiss, of NSW, won the women's section in 5.13.48 - the fifth fastest performance in the mountains by a female. Maryann Busteded made a solid ultra debut, finishing untroubled in second place in 5.22.27.

The relay section saw an increase in the number of teams which naturally brought many more people out into the Brindabellas to experience the beauty of this run.

South Canberra-Tuggeranong won without the help of their president, who opted to go commercial and run for The Runners Shop. Just under 4 minutes separated the two teams at the finish.

The Runners Shop women's team went one better than their men's team.

Minister for Sport Wayne Berry got the Cundy Sports team off to a good start. Pity that Dave Cundy and Brian Lenton were two of the runners who had to follow.

Eight runners - Mike Ward, Brian Colwell, John Sheppard, Mark Foley, Grahame Kerruish, Ted Lilliss, Bill Keats and Derek Quinto - received special pottery carafes (to complement their six pottery goblets) for finishing all six Brindabella Classics.

BRINDABELLA CLASSIC 1992

Held on November 8th, starting at the top of Mt Ginnini and finishing at the Cotter Reserve, ACT.

We (most of the runners) boarded the bus, to get to the starting line, at the Cotter Reserve. The ride was supposed to take about 90 minutes. As it turned out, it took us an hour longer, which meant that the start of the race had to be delayed by an hour. Personally, I think that the organisers of the race do us all a big favour by organising the bus and we should all be grateful that we get taken to the start. I heard a few of the people complaining about the delay. Usually the people that do the complaining are the ones that would never give any of *their* time to organise a run for others to enjoy. I am not involved with the organisation of this run at all, but I *do* sympathise with the organisers. One does not always have control over these things, if the bus company gives you a bad driver, then you just have to live with it for the day.

As usual, the top of Mt Ginnini was freezing cold and I was glad when the race started.

This race combines a 53k solo race with a series of relay races. I am still trying to work out all the different relay categories. But with all these relay runners, it made for quite a crowd at the start and a fairly hectic start, for such a long race.

The day was perfect for a good run, so why was I feeling so R/S, even early in the race. Going down the first steep descent, after coming off Mt Franklin, my right hamstring started to cramp. I knew then that this was going to be a long day for me. So I tried to settle myself down to a reasonable pace, which I obviously failed to do, as I was feeling very second hand by the time I reached the 15k water station. Meanwhile, Mark and Andrew, two of the guys that came to the race with me, had disappeared out of sight ages ago and I was reduced to walking before I reached the Bulls Head aid station (about half way).

From then on it was just a case of surviving the day. So I walked and ran and walked and ran. What I did find surprising was the fact that although I was walking more than running, not many runners came past. Which made me wonder how slow the people behind me were going.

With about 13k to go I caught up with Malcolm Satchell, from the Sydney Striders, who was feeling about as good I. We spent the next 10k or so together, trying to keep each other's spirits up. As I could smell the finish line, I put the bit between my teeth and ran most of the way, going past two other runners in the process. I know how I was feeling, but spare a thought for them, how were they feeling ?

The finish area, as always with this run, was very well organised, with massages for those aching muscles, fruit, drinks and the finishers clay pottery goblet.

Trevor Jacobs again won the race, setting a new course record in the process. This was one hell of a run from him, as he was never pushed by anyone, not even the relay runners, which says a lot for Trevor's ability, but little for that of the relay runners. But then I suppose that's why they are relay runners. It should also be noted that Trevor came second in the RNP Ultra (80.5k) only three weeks earlier.

All in all, this is a very well organised event. If I have any criticism at all, it would be with the staging of the relay in conjunction with the solo run. It detracts from the solo runners achievement and it does confuse the solo runners, not knowing whether one is being passed by a solo or relay runner. I feel that the race needs to be more separate. Either start the relays off earlier or later, or at least make them easy to recognize.

Other than that, well done again Trevor Harris (RD) and his crew, and thanks for the run (I know what's involved in staging an event like this).

Max Bogenhuber

THANK YOU TO THE BRINDABELLA CLASSIC SPONSORS



Place	Name	Age	State	25km	Finish
1	Trevor Jacobs	40	ACT	1:51:57	3:33:33
2	Mark Watson	28	NSW	2:07:40	4:06:18
3	Peter Clarke	42	ACT	2:16:20	4:22:05
4	Andrew McKenzie-Hicks	34	NSW	2:09:15	4:24:16
5	Warwick Selby	42	NSW	2:13:53	4:29:18
6	Drew Winsom	45	ACT	2:20:48	4:37:45
7	Frank Leonardi	38	ACT	2:20:47	4:41:24
8	Hugh Moore	44	ACT	2:26:51	4:53:11
9	Peter Moore	44	VIC	2:33:24	4:54:58
10	Liam Hanna	48	ACT	2:10:12	4:57:50
11	Mike Ward	39	NSW	2:33:29	4:58:47
12	Craig Korkman	22	NSW	2:29:14	5:03:53
13	Max Bogenhuber	50	NSW	2:14:37	5:06:27
14	Rob Kimbrey	44	NSW	2:34:45	5:09:07
15	Malcolm Satchell	41	NSW	2:13:56	5:11:26
16	Richard Lane	30	NT	2:06:47	5:11:58
17	Jenny Kiss (F)	36	NSW	2:37:40	5:13:48
18	Grahame Murphy	38	NSW	2:29:15	5:14:05
19	Alfred Field	52	NSW	2:38:38	5:15:00
20	MaryAnn Busteed (F)	44	ACT	2:52:12	5:22:27
21	Philip Richards	52	ACT	2:35:51	5:28:55
22	William Rannard	39	NSW	2:51:52	5:30:05
23	Leigh Privett	47	NSW	2:34:31	5:30:52
24	Sue Hill (F)	50	NSW	2:47:34	5:38:56
25	John Craig-Sutherland	38	NSW	2:46:36	5:40:16
26	Geoff Stanton	33	ACT	2:50:16	5:43:42
26	Peter Vaughan	39	NSW	2:50:21	5:43:42
28	Roger Rigby	49	NSW	2:46:21	5:45:20
29	Simahin Pierce	44	SA	2:40:58	5:48:17
30	Charles Aitkin	40	NSW	2:30:13	5:50:04
31	Marilyn Kinchin (F)	43	NSW	3:03:38	5:50:54
32	Barry Moore	43	VIC	2:49:13	5:56:11
33	Brian Colwell	43	NSW	3:01:10	5:56:49
34	Wayne Goldsmith	31	NSW	3:01:17	5:57:20
35	Carolyn Knights (F)	41	NSW	3:04:35	6:01:47
35	Vic Anderson	39	NSW	2:56:35	6:01:47
37	John Shepherd	50	NSW	3:00:23	6:04:48
38	Mark Foley	39	NSW	3:01:19	6:06:30
39	Max Scherleitner	61	NSW	3:06:02	6:07:41
40	Peter Sinfield	32	ACT	2:30:24	6:08:13
41	Andy Moore	39	VIC	2:48:10	6:09:50
42	Chris Gamble	41	ACT	3:00:23	6:11:07
43	Graham Butler	44	NSW	2:56:42	6:11:33
44	Gerry Knights	44	NSW	3:04:34	6:32:07
45	Grahame Kerruish	53	NSW	3:09:25	6:27:27

Place	Name	Age	State	25km	Finish
45	Judd Boeker	23	ACT	2:36:17	6:27:27
45	Mick Kilham	36	NSW	2:45:00	6:27:27
45	Philip Clarke	40	NSW	2:51:52	6:27:27
49	John Brett	57	NSW	3:10:59	6:33:12
50	Tony Robinson	33	NSW	2:45:00	6:35:06
51	Barbara Allen (F)	42	NSW	3:26:52	6:40:01
51	Peter Allen	45	NSW	3:26:52	6:40:01
53	Ted Lillis	50	NSW	3:27:20	6:45:11
54	Victor Hessel	34	ACT	3:22:54	6:53:51
55	Leonie Loveday (F)	41	VIC	3:32:09	7:28:15
56	Bill Keats	44	NSW	3:14:02	7:31:27
57	Bill Nagy	44	ACT	3:32:09	7:31:30
57	Derek Quinto	45	NSW	3:32:09	7:31:30
59	Chris Stephenson	36	NSW	3:44:08	7:44:30
59	Trevor Harris	45	ACT	3:44:08	7:44:30

4 person relay teams

1.	SCT (Gordon Nightingale, Geoff Monro, Blair Trewin, Hugh Jorgensen)	3.34.02
2.	The Runners Shop - Male (Brian Wenn, Peter Skinner, Tim Chambers, Glen Coward)	3.37.50
3.	Red Devils	3.52.47
4.	Tuggeranong Baptists (Bob Dent, Ben Ryland, John Hall, Kevin Percival)	3.54.19
5.	Siemans Stumblers (Diane Walker, Terry Scott, Bronwyn Hanns, John Taylor)	4.03.50
6.	The Runners Shop - Female (Teresa Thorogood, Fiona Jorgensen, Keri Vaughan, Elizabeth Simpson)	4.05.13
7.	Cundy Sports Marketing (Wayne Berry, Dave Cundy, Michael Smith, Brian Lenton)	4.23.56
8.	Brindabella Bears (Anna Dyason, Greg Tilse, Paul Tilse, Craig Haskins)	4.24.39
9.	Boxhead & Friends (Laurie Robinson, Carol Robinson, Adam Robinson, Brian McGlynn)	4.41.24
10.	Male Vets (James Buchanan, Trevor Vogler, John Dimitriou, Roger Abbott)	4.51.08
11.	Brindabella Brumbies - Female (Bev Scown, Jo Cullen, Beryl Lowry, Lorraine Stevens, Judy Baily)	4.53.20
12.	Brindabella Battlers (Terry Giesecke, Allen Barden, Geoff Bess, John Kinsella)	5.03.48
13.	Awesome Foursome (Graham Burrows, Craig Korn, Lyn Gamble, Michael Korn)	5.39.35

2 person relay teams

1.	Downhill Dags (Alan Anderson, Johnj Hart)	4.29.45
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Race rankings:

1.	Trevor Jacobs	3.33.33	92	Linda Thompson	4.11.00	88
2.	Geoff Large	3.36.14	90	Randi Bromka	4.35.02	88
3.	Prachar Stegemann	3.50.14	91	Helen Stanger	5.04.23	89
4.	Martin Thompson	3.51.00	88	Victoria Tanner	5.13.15	91
5.	Eamonn Walsh	3.53.26	91	Jenny Kiss	5.13.48	92
6.	Bruce Cook	3.55.00	89	Sue Dreverman	5.17.14	89
7.	Bruce Inglis	4.00.31	89	Carol Harding	5.19.32	89
8.	Peter Skinner	4.01.35	87	Maryann Busteed	5.22.27	92
9.	Tony Kleiner	4.03.00	88	Helen Chasters	5.24.08	89
10.	Bill Clingan	4.04.40	87	Sue Hill	5.38.11	91

NOTE: The course was changed in 1991, adding some 2.5kms to the total distance. However the new section is considered easier than the old section, making the courses roughly comparable. Rough enough anyway not to abolish the pre-1991 times from the above rankings.

Race history:

1987	Trevor Jacobs	ACT	3.53.55	Wanda Foley	NSW	6.33.37
1988	Martin Thompson	NSW	3.51.00	Linda Thomposon	NSW	4.11.00
1989	Trevor Jacobs	ACT	3.48.30	Helen Stanger	NSW	5.04.23
1990	Geoff Large	NSW	3.36.14	Marion Langford	NSW	6.18.13
1991	Trevor Jacobs	ACT	3.39.13	Randi Bromka	USA	4.35.02
1992	Trevor Jacobs	ACT	3.33.33	Jenny Kiss	NSW	5.13.48

Sri Chinmoy 24 Hour Race Results 1992 Oct 24/25

Name	Final kms	Marathon	50km	50 miles	100km	150 km	100 miles	200km
1. Rudi Kinshoffer	216.856	3:43.49	4:28.06	7:18.45	9:14.29	15:11.00	16:20.55	21:12.03
2. Peter Gray	207.087	3:29.20	4:16.34	7:26.43	9:41.35	15:44.53	17:10.01	22:48.35
3. Alan Devine	193.545	3:55.19	4:38.20	7:56.46	10:10.55	17:02.52	18:41.49	
4. Greg Allen	189.346	4:08.20	4:59.17	8:38.17	10:57.50	17:51.18	19:36.46	
5. Michael Slagter	186.076	4:15.48	5:01.59	8:27.55	10:58.03	16:39.14	18:48.00	
6. Robert Channells	172.804	3:49.21	4:33.33	8:06.02	10:32.29	18:32.29	21:26.39	
7. Steve Bray	168.801	4:23.33	5:19.02	9:01.33	11:15.59	19:35.15	21:47.34	
8. David Sill	164.386	4:13.02	5:03.23	8:23.10	10:38.34	18:36.49	23:23.19	
9. Roger Stuart	163.934	4:11.51	5:10.22	9:12.12	12:00.06	21:06.12	23:02.55	
10. Les King	162.518	3:55.27	4:43.58	9:02.20	11:42.07	21:42.59	23:19.46	
11. Marcus Bruer	151.473	4:44.49	6:00.10	11:00.25	14:05.20	23:49.19		
12. Simahin Pierce	148.709	4:07.37	5:05.35	9:39.04	13:50.33			
13. Andrew Law	144.544	3:10.10	3:49.50	6:46.24	9:07.04			
14. Susan Worley	136.812	5:51.30	7:18.07	12:57:48	16:48.10			
15. Stephen Pascoe	136.220	4:41.55	5:44.28	9:58.13	13:51.49			
16. Susan Bardy	128.532	6:41.34	7:59.22	13:55.03	17:57.59			
17. Ross Martin	124.227	5:57.13	7:25.13	13:13.17	17:51.18			
18. Dick Crotty	122.767	6:16.04	7:54.25	13:48.54	18:16.50			
19. Glen Williams	113.459	5:12.04	6:57.24	13:17.42	21:44.40			
20. Anyce Melham	112.759	3:48.24	4:37.19	9:17.12	18:58.11			
21. Kaven Dedman	109.503	6:29.08	7:51.15	14:21.38	18:30.28			
22. Carol Beck	108.371	6:59.51	8:09.30	14:52.21	19:29.03			
23. Graeme Cox	89.625	6:03.27	7:32.51	15:32.44				
24. Helen O'Connor	80.467	4:58.35	5:57.11	11:29.33				
25. Brad Boyle	66.385	4:09.40	5:07.37					

Sri Chinmoy 24 Hour Race 1992

Hour time 24

16:53 Print Time Lap Dis = 402.34 Metres

Chest Num	Name	Num Laps	Total Klms	Kph	Est Klms	Lap Time	Laps Alph	last hr	Pos
								laps	
30	Rudi Kinshoffer	538	216.856	9.036	216.856	0:02:41	22.4	15	1
10	Peter Gray	514	207.087	8.629	207.087	0:02:48	21.4	15	2
14	Alan Devine	480	193.545	8.064	193.545	0:03:00	20.0	15	3
25	Greg Allen	470	189.346	7.889	189.346	0:03:04	19.6	15	4
27	Michael Slagter	461	186.076	7.753	186.076	0:03:07	19.2	14	5
12	Robert Channells	429	172.804	7.200	172.804	0:03:21	17.9	13	6
26	Steve Bray	419	168.801	7.033	168.801	0:03:26	17.5	12	7
19	David Gill	408	164.386	6.849	164.386	0:03:32	17.0	15	8
16	Roger Stuart	407	163.934	6.831	163.934	0:03:32	17.0	8	9
23	Les King	403	162.518	6.772	162.518	0:03:34	16.8	7	10
24	Marcus Bruer	376	151.473	6.311	151.473	0:03:50	15.7	20	11
31	Simolin Pierce	369	148.709	6.196	148.709	0:03:54	15.4	17	12
17	Andrew Law	357	144.544	6.023	144.544	0:04:02	14.9	13	13
1	Susan Worley	339	136.812	5.701	136.812	0:04:15	14.1	15	14
21	Stephen Pascoe	338	136.220	5.676	136.220	0:04:16	14.1	11	15
3	Susan Bardy	319	128.532	5.355	128.532	0:04:31	13.3	11	16
15	Ross Martin	308	124.227	5.176	124.227	0:04:41	12.8	17	17
20	Dick Drotty	304	122.797	5.117	122.797	0:04:44	12.7	14	18
28	Glen Williams	282	113.459	4.727	113.459	0:05:06	11.8	16	19
11	Anycor Melham	278	112.759	4.698	112.759	0:05:11	11.6	13	20
29	Kaven Dedman	270	109.503	4.563	109.503	0:05:20	11.3	9	21
4	Carol Beck	269	108.371	4.515	108.371	0:05:21	11.2	7	22
22	Graeme Cox	222	89.625	3.734	89.625	0:06:29	9.3	14	23
2	Helen O'Connor	200	80.467	3.353	80.467	0:07:12	8.3		24
13	Brad Doyle	165	66.385	2.766	66.385	0:08:44	6.9		25
5									26
6									27
7									28
8									29
9									30
18	Jeff Visser								31
32									32
33									33
34									34
35									35
36									36
37									37
26 = actual starters for average									
Totals and averages		8925	3599.237	5.768	3599.237	0:04:12	14.3	306	
ALPH = average laps per hour									
KPH = kilometres per hour									
klms in last hr = 132									
EST KLS = kph * 24 * (1 - [0.2 / 24] * (24 - hour time))									
LAP TIME = minutes seconds									

computing by Tony Ashwell

SMITH WINS IN STYLE; AND RECORDS TUMBLE AT COLAC

The Colac track in November was a delight one day and
a beast the next. TONY RAFFERTY reports on the 1992
Australian Six Day Race

An old lady in a brown coat pushed an empty pram with a squeaky wheel along Murray Street in Colac. She crossed over Jesse Street and entered Memorial Square. A number of runners with furrowed brows and glazed eyes competing in the Australian Six Day Race ran towards her in single file. Unperturbed, the old lady kept on the inside lane and continued her journey past the leader board back on to the pavement and up to the supermarket. The athletes were forced to run wide and in a few moments of light relief, smiles replaced frowns.

Unlike last year's six day quagmire the firm grassed track presented the competitors with thoughts of personal best performances. John Timms, always joyful and with a permanent grin set his goal at 1000kms! "I'm here to beat Bryan Smith," he said. His unusual tactics were cause for mirth among some of his peers. Many times I had thought he had mistaken the race for a 10km contest. The back of his rain jacket ballooned in the breeze as he zipped past runner after runner at a blistering pace with the high knee lift of a sprinter and the stride of a marathon man. Then he doddled off the track laughing and spent long periods in the massage tent. He was 106kms behind Bryan Smith at the finish of the second day. He might as well have chased the wind up Murray Street.

Maurice Taylor is a quietly spoken man, a deep thinker. Spirited runs in the Westfield Sydney to Melbourne race established his reputation as one of the nation's leading long distance runners. In 1989 his defined muscular torso, strong legs and extraordinary tenacity gained him second place behind Bryan Smith in the torturous race between the two capitals. A few hours into the night on the first day at Colac he laboured to a slow walk. I joined him. His face was thin, withered and the colour of recycled paper. His sunken eyes showed signs of distress. But an iron will bent on conquest nudged his body through 410 laps and 164kms before he realised the need for medical treatment. He went to the hospital and retired from the race with pneumonia.

Every day shop assistants from across the road sat under the shade of the elms, ate their lunch and watched the race. Passengers in tour buses gazed in wonder and school children leaned over the bunting in the picnic atmosphere and chanted: "We want Cliffy. We want Cliffy." A big cheer went up when Cliff Young touched their outstretched arms as he ran past to record yet another lap.

A fat man in a white shirt and business suit stood alone between two trees. Every day with an upturned lip and a scowl he questioned my ability to finish the race. "You won't make it through the night. Give it up old man," he grunted. I smiled and said I would one day. And daily he fired me more negatives.

Every year since Colac staged the 1000 mile race in 1983 an elderly couple walk five kilometres hand in hand from their home to watch the race. They sit on the same bench near the leader board. And each year they hand me a basket of freshly picked fruit from their backyard orchard. Everytime before leaving and almost in harmony, they say: "See you next year Tony." The Australian Six Day Race releases pent-up frustrations in some people and brings joy to many.

When Ian Javes carried boxes of drink and food from a vehicle to his caravan a few hours before the race started he looked trim, taut and very fit. Always a tough, determined competitor it seemed he would be

a worthwhile challenger for a position in the top three. His running style is unusual. A swift arm action with each hand travelling from his waist to the opposite shoulder and at times as high as his forehead and with a low knee lift and a long stride he moves along at a fast pace. Sometimes his arms would drop straight and he would adopt a Cliff Young style shuffle. A neatly folded cloth hung from the side of his shorts.

Every blade of grass had disappeared from the inside lane at the finish of the first day. The ground was smooth and iron-hard. But newly-laid sections on each corner were spongy and stressed the legs and hips of the faster runners.

At 24 hours Javes left the track with severe muscular soreness in the thighs and after a massage he fought with every fibre to record a total of 207kms before retiring from the race. Further injury may have jeopardised a chance to compete at Gibson Ranch, California, a few weeks later.

Ron Hill suffered similar injuries to the thighs and calves and made many visits to the massage tent.

The soft warm air on most nights and early mornings encouraged most of the runners to stay on the track after midnight. One night about 100 people stood in the bright lights near the leader board in quiet conversation when a group of hideous youths kicked the daylight out of a bolted trash can ~~PA~~ the street only a few metres from the track. Then a beer bottle was smashed on top of a car. Seconds later two men wrestled and punched each other in the gutter. Somebody said that was where they belonged. Minutes later the squeal of spinning tyres and the roar of a motor engine took interest from the race. The exhibitionist behind the wheel spun the car in circles twice and with blue smoke spewing from the exhaust pipe, left at high speed through the red lights with a police car in pursuit.

Georgina McConnell skipped round the circuit determined to break records; Dawn Parish, happy and composed chased a goal of 600kms. Shawn Scanlon left for Sydney for personal reasons after 68kms.

When the rain came the hard surface turned into a sloppy sludge. Each foot strike caused a ripple in the mud like running on a water bed. Then it regressed to a quagmire like last year. Dave Taylor sustained a groin injury in a previous six day event and welcomed the softer conditions. But big blisters on the soles of both feet forced him to walk a lot. He kept some of our spirits high in the gloomy periods with his quirky locker-room humour.

On the first day Terry Cox ran 118kms. He didn't reach three figures on any of the following four days. In the last 24 hours he ran like John Timms to total 142kms and claimed the \$100 prize for the most laps on the final day. "It will help pay the electricity bill," he said.

The graciously erect stoic with the Ned Kelly beard, Brickley Hepburn, chased his friendly Geelong rival, Peter Gray, for most of the race. His final tally was only 14kms short of Gray's 770kms.

Scrummaging around a tent searching for a change of clothes; mixing your own drinks; cooking your own food; looking for a blister kit in the dead of night, gives one a poor chance of success in an ultra-marathon. For more than half the race, Joe Record, who had travelled from Perth, had no support crew. One time he opened a packet of cereal, poured milk, searched for a spoon, then stripped to the waist in the cool night air, stood in a full-size rubbish bin filled with cold water - and ate his breakfast. A sign on the front of his tent said THE REBEL. With the merits of diligence - consistent running, fast walks and just enough rest he gained second place, 70kms in front of a plucky Peter Gray.

Just like last year and the year before, Bryan Smith acquitted himself with style to gain a hat-trick. His distinctive fleet-footed gait moved him to 904kms. "My legs were good. The weather was kind and warm. But when the rain came I gave up all hope of attempting 1000kms," he said. "I'm sure Kouros' record can be broken." (That week at La Rochelle, France, Jean-Gilles Boussiquet broke Kouros' world six day record by 11kms to total 1034.2kms.)

A groin injury early in the race marred David Standeven's chance of quality competition. "I came here a bit under-trained," he said. Standeven winced, walked and hour after hour treaded slowly and softly like a stricken warrior. On day two he managed only 4.8kms. But he continued his drudge through the mire to place 12th. He showed examples of courage and perseverance. Earlier it seemed to be a hopeless plight. He said the track was slippery and dangerous.

Godfrey Pollard ran with strength in his first six day race and achieved his 500km goal. And just to make sure he ran another kilometre and a half.

I treated the race as the beginning of an intensive training program in preparation for a 1708km match race against Dave Taylor from Sydney to Melbourne and return. I felt as bleak as the weather on the last two days and fell 70kms short of my goal but I left the circuit fresh and free from injury after running 633kms.

A 3000km trek through the Kimberleys in western Australia stood Drew Kettle in good stead for the Colac race. It seemed that the swagman never slept. He seldom left the track. He trundled along for six days singing Irish, Scottish and Australian songs and now and again, a poem. Aged 71 he ran 601kms. The other sprightly chicken, Cliff Young, scored a credible 653kms and joked about his dentures plummeting centimetres deep in the mud last year.

With only hours to go John Timms delighted a small crowd when he ran fast down the straight, leapt in the air with his arms reaching for the sky like a soccer goalkeeper, and clicked his heels like Fred Astaire. I asked him where his energy came from. He said: "Carbos mate, plenty of carbos."

When Westfield withdrew sponsorship from the Sydney to Melbourne race the 1989 third place-getter, Kevin Mansell, grew despondent and did no training for months. At Colac, despite his overweight condition and stomach troubles, with initiative and verve he got to fifth place.

Drew Kettle was half way through his recital of a self-written poem during the presentation ceremony in the scout hall when Terry Cox stepped forward making wide circles in the air with one arm like a television floor manager giving a wind-up signal. Kettle writes good poetry. It is nice to listen to; and ultra-running needs a little poetry now and again. Some people laughed and listened and others talked, rudely.

Colac's mayor, councillor Robert Lo Ricco, presented the trophies and cheques. Peter Gray took third place and \$1200. He said: "I'm disappointed I didn't make 500 miles. The ground was too heavy. I had to keep putting ice on my shins."

With calm authority and a quiet voice Joe Record approached the microphone wearing a black hat with a feather. Record accepted the \$2000 and in his customary manner gave his trophy to the man who helped him during the final stages of the race.

A loud cheer greeted Bryan Smith when he received \$5000 for first place. He thanked his wife Jan and the lap counters. Enjoying a drink later he said it was time that a new track was laid.

Georgina McConnell rewrote the record book. In a jovial mood and enjoying the camaraderie she said that the rain ruined her attempts to an even

better performance. "I had leg injuries on the second last day. But I broke four of my own records and set four new ones."

"You are beautiful people," said Ron Hill, referring to the hospitality of the race organisers and many helpers during the six days. "Unfortunately it's my last race." A minute later Terry Cox announced his retirement.

Birds twittered in the elm trees the next day as the early morning light covered Memorial Square. The dew glistened on the grass and in the distance an old lady pushed a pram up Murray Street.

TONY RAFFERTY. JANUARY 1993.

AUSTRALIAN 6 DAY RACE AT COLAC VICTORIA

POSITIONS AT 00:00:43			DAY NO 6						
Pos	Name	No		Day1	Day2	Day3	Day4	Day5	Day6
1	B Smith	14	Laps	528	365	373	379	390	227
total	2262	Klms	904.8	Klms	211.2	146.0	149.2	151.6	90.8
2	J Record	12	Laps	455	348	339	326	328	306
total	2102	Klms	840.8	Klms	182.0	139.2	135.6	130.4	122.4
3	P Gray	4	Laps	475	296	289	294	308	265
total	1927	Klms	770.8	Klms	190.0	118.4	115.6	117.6	106.0
4	B Hepburn	5	Laps	469	284	284	284	285	285
total	1891	Klms	756.4	Klms	187.6	113.6	113.6	114.0	114.0
5	K Mansell	9	Laps	380	276	272	281	266	280
total	1755	Klms	702.0	Klms	152.0	110.4	108.8	112.4	112.0
6	G Mc Connell	10	Laps	426	301	256	270	236	204
total	1693	Klms	677.2	Klms	170.4	120.4	102.4	108.0	81.6
7	C Young	19	Laps	383	259	258	246	263	225
total	1634	Klms	653.6	Klms	153.2	103.6	103.2	98.4	90.0
8	T Rafferty	11	Laps	357	258	254	226	259	229
total	1583	Klms	633.2	Klms	142.8	103.2	101.6	90.4	103.6
9	R Hill	6	Laps	370	205	198	281	244	281
total	1579	Klms	631.6	Klms	148.0	82.0	79.2	112.4	97.6
10	J Timms	18	Laps	330	298	218	281	242	190
total	1559	Klms	623.6	Klms	132.0	119.2	87.2	112.4	96.8
11	D Parish	20	Laps	336	251	231	266	265	188
total	1537	Klms	614.8	Klms	134.4	100.4	92.4	106.4	106.0
12	D Standeven	15	Laps	423	12	219	261	287	306
total	1508	Klms	603.2	Klms	169.2	4.8	87.6	104.4	114.8
13	D Kettle	8	Laps	346	238	240	216	229	235
total	1504	Klms	601.6	Klms	138.4	95.2	96.0	86.4	91.6
14	D Taylor	16	Laps	349	276	227	238	88	86
total	1264	Klms	505.6	Klms	139.6	110.4	90.8	95.2	35.2
15	G Pollard	2	Laps	302	204	188	188	165	207
total	1254	Klms	501.6	Klms	120.8	81.6	75.2	75.2	66.0
16	T Cox Snr	3	Laps	296	192	53	80	155	356
total	1132	Klms	452.8	Klms	118.4	76.8	21.2	32.0	62.0
17	I Javes	7	Laps	440	79	0	0	0	0
total	519	Klms	207.6	Klms	176.0	31.6	0.0	0.0	0.0
18	M Taylor	17	Laps	410	0	0	0	0	0
total	410	Klms	164.0	Klms	164.0	0.0	0.0	0.0	0.0
19	S Scanlon	13	Laps	171	0	0	0	0	0
total	171	Klms	68.4	Klms	68.4	0.0	0.0	0.0	0.0
20	G Audley	1	Laps	0	0	0	0	0	0
total	0	Klms	0.0	Klms	0.0	0.0	0.0	0.0	0.0

Old campaigner Tony runs his own race



● Not washed up yet ... Tony Rafferty cools down after yet another lap of the Colac track.

by Peter Cross

YOU wonder why he does it.

It's day five of the Colac Six-Day Race, the temperature is a steamy 31 degrees and Tony Rafferty has just run around the small Memorial Square track for the 12.09th time.

He has no chance of winning.

After losing an hour due to a hiccup in his sleep routine, he finds himself in only ninth position.

But Rafferty is happy for you tag along for four or five laps, asking your questions and taking your notes, all the while trying to avoid the muddy sections of the track and the occasional overtaker.

After all the running, you expect him to be in a zombie-like state, so you're surprised when he shows himself to be remarkably alert and clear-headed.

No, he never expected to win from the start; he's almost 54; his best days are over; he's up against some of the world's best.

Rafferty answers quickly and directly, without ego.

Watch it, he says, and you step to one side to avoid the mud.

Some of the younger runners, he explains, take it very badly when they lose, staying moody for days, even weeks, after a race.

Perhaps, in the past, he might have done the same but certainly not now.

Even if he can't reach his goal of, say, finishing in the top six, if he knows where he went wrong, if he can detect the flaws in his tactics or preparations, he forgets about the race as soon as it's over.

So what is it that drives him?

Is he hoping to match Cliff Young and Drew Kellett by continuing to compete in these events when 70 years or more?

Lord, no. that's not for him, he'll retire soon.

And Rafferty is quite detached when he says this — there's no sense of nostalgia or even anticipation.

He says he has a two-man match-race with Dave Taylor coming up in March. It's from Sydney to Melbourne and back again.

He could well retire after that.

In any case, retirement is not far away. Rafferty waves to one of the numerous volunteer timekeepers enclosed behind

a large glass both at the edge of the track.

The timekeeper waves back, acknowledging another lap has been registered.

So, if he is as content to give it all away as he seems, why doesn't he do it now?

Rafferty replies with all the usual stuff about "personal challenges", about "staying focused", about "taking it one race at a time".

It must be that he has nothing else to do with his life apart from running these extraordinarily long distances.

But, again, that is wrong.

Rafferty is a popular after-dinner speaker and motivator and gives the impression of succeeding in whatever field he turned his hand to.

So why does he do it? Why do any of them do it?

There can't be any real money in it.

Who knows?

Oh well, with enough for a story. you might as well give up.

Because he's been so obliging you thank him, but as you make your way off the track, you feel cheated.

Despite his honesty and straightforwardness, you're still convinced that there must be some overpowering emotion, some impossible dream, some grand delusion that continues to pump up the ageing track warrior and spur him on.

But either he won't, or he can't. tell you about it.

And as you begin to make your way towards the carpark, the familiar voice of the race official comes over the PA.

It tells you to put your hands together for Tony Rafferty, for Tony Rafferty who has been in every Colac Six-Day Race there ever was, for Tony Rafferty who has just now completed another 13.00th laps in the same gruelling event.

And suddenly, an image is recalled to you of a person that you've met.

You remember someone who seems to live his reality more directly than most of us, someone who doesn't need to lose himself in our world of thoughts and reasons and dreams in order to achieve what he wants to achieve.

He does what he does because he is what he is.

And he is a true professional, a person of amazing discipline and endurance — a most remarkable man.



Georgina McConnell



The Colac Australian Six Day Race 1992

At six in the evening the 'Great Race' started,
In the shadows of the afternoon sun.
And the 400 metre circle track,
Came alive with the starter's gun.

Bryan Smith, the favourite for the race,
Soon settled into a rhythmic stride.
He had won the last two Colac runs,
Only the best could keep by his side.

Peter Grey, the youngest in the field,
Was determined to make his mark.
So he kept to the pace, of this Six Day Race,
And jostled Drew for a lark.

Then for the Record there was Joe,
His bare torso taunt and brown.
With the wind in his hair, he had not a care,
As his legs pumped up and down.

Ron Hill was determined to make this race,
The best he'd ever done.
His only time off was at the massage parlour,
Where he slept once massage begun.

Brickley Hepburn's whiskers are his pride and joy,
For they shield him from the sun.
And keep him warm on the cold dark nights,
That are part of every run.

Unfortunately poor old Terry Cox,
Likes doing laps very fleet.
In the heat of the day, he sprinted away,
And welded his socks to his feet.

Georgina McConnell broke records galore,
And lovely she looked indeed.
For the faster she goes, the more it shows,
That she comes from a very good breed.

David Standeven seriously injured his thigh,
And for two days limped slowly along.
But he came good in the end, and ran like a fiend,
To show that the knockers were wrong.

David Taylor alas had blisters galore,
From walking his policeman's beat.
But give him his due, he saw the race through,
Despite the rain, the mud, and the heat.

John Timms was so fast, when he turned on the pace,
He had trouble the corners to round.
In the heat of day, he decided to play,
And in a bucket of water nearly drowned.

Dawn really looked great, as she skipped down the straight,
Her braided hair soft and blonde.
She showed tons of form, and was never forlorn,
As she raced six days and beyond.

Kevin Mansell was tough, but never rough,
As he gave his best to the race.
He looked overweight, but we truly must state,
He came close to achieving a place.

And Clifflie Young, he showed stamina and speed,
And the youngsters thought he was beaut.
Cliff was greatly admired, from front back and side,
As he shuffled with hands in salute.

Tony Rafferty ran true, as he likes to do,
With balance and poise in his stride.
But when it was wet, he would slip and forget,
T'was a blow to his wild Irish pride.

Godfrey Phillips was a big man who ran dressed in green,
Very upright was his stance.
He slept in a Motel, until woke by a bell,
And not once did he run in a trance.

And poor old Drew he fed the chooks,
And gathered the eggs that they lay.
He took time off for a mate's farewell,
And fell asleep by the coffin that day.

Shaun Scanlon, Maurice Taylor and Ian Javes,
Had misfortune along the way.
May luck be with them when next they start,
For they will run another day.

And so each race must come to an end,
And the Victors they take the spoils.
But we had great fun, in that Colac run,
As memory our weariness foils.

It was good to be, just one of thee,
Striving in the heat and rain.
Doing our best, and blessed with a jest,
To camouflage tiredness and pain.

COLAC SIX DAY RACE 1 9 9 2

THROWN IN AT THE DEEP END

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I first applied for inclusion in the field for the Australian 6 day Colac Race early June, and was advised I was made first emergency. Prior to this I had scaled down my training intending to run the Peoples Marathon and Dot's 6 hour race at Burwood.

Imagine my surprise one evening a phone call from Beryl Thomas of Colac 6 day Committee with the words "Godfrey, how would you like to accept the challenge of our race"- stunned silence from me realising it was only 7 weeks away- Beryl said 'are you still there?' my reply, yes just tying up my laces and starting to train!!!!

Crash Course Program - Prior to my acceptance I was training 80 K a week plus 100 K on the exercise bike and weights, one week before Colac I had increased this to 180 K on the road and 250 K on the bike.

I ran the Peoples Marathon and also Dot's 6 hour at Burwood.

With roadwork now in place, next to the drawing(Running) board-organisation and tactics- enter Cliff Ryan, my friend and mentor, he set the program for achieving good results.

Firstly, still to be running and comfortable at the finish and to be able to take part in the Presentation.

Secondly, not to finish last and to run 500 K.

This was achieved in every way.

Day 1/. Arrive at Colac, set up and settle in Caravan and Motel. First highlight- Caravan caught fire, quick thinking action by many willing hands saved a catastrophe. By now great activity at the Park, all runners introduced to spectators, and away we go!!! Temperature 31°- managed Day 1. on track O.K.

Day 2/. Hot again 31°

Day 3/. Awake to pouring rain, wet weather gear out and on- away we go, track becomes a quagmire, some places ice skating rink.

Wednesday night-heavy fall- back straight in mud, knocked the stuffing out of me!, great crew - hosed me down to remove mud and sent me on my way.

Days 4 & 5/. Weather cleared, sun beating down, very humid and thunder rumbling in the distance, thunderstorm threatening by now track rock hard and everyones feet feeling the effect.

Day 6/. This is it ! Still O.K. then down came the rain, battled on slipping and sliding around the Park- Countdown 4pm, 5pm, 6pm and my goal of 500 K achieved (actual 502) still running and feeling great.

Great support all through the 6 day Race, particularly the last hours by local spectators, family and friends.

Drew Kettle forever the comedian throughout the run, feeding his chooks and collecting the eggs (Those at Colac will understand).

Cliffie Young ran top-less at one stage to show us his beautiful body.

We are lucky to have Dawn Parris with us, at one stage we could only see her plaited blonde hair above the mud.

Another highlight John Timms making lightning dashes around the track in his very colourful outfits.

Terry Cox and I caught the imagination with our verbal dust-up in mock battle???

To all my fellow competitors my thanks for their support and encouragement throughout the race.

Presentation highlight- Drew Kettle and his thoughtful poetry.

To my wife Pat thanks for management and organisation before and during the race.

To Cliff Ryan, my coach, mentor and tactician, my grateful thanks.

Merv.Beckett- good old Merv., all the way from Croydon to be part of the team, thank you.

To Mandy and Gino Bergamin of Clifton Springs thanks for their valuable support.

To Gerry Riley who said" What the bloody hell are you doing here, I thought you had more brains" Well Gerry I did it.

To Geoff Burge of Geelong, a friend of mine from Geelong Football Club days called at the track and could not believe his eyes when he saw my name on the board, went home- got out of bed early am and remarked to his wife" There's Godfrey Pollard running at Colac lets go and see him" and so they did- much appreciated.

Yes I will be running at Colac 1993, the goals in place and the training going well.

Congratulations to Bryan Smith(now 3 times winner) Joe Record and Peter Gray for 2 & 3 placings. And to Georgina McConnell achieving so many records.

To the N.S.W. Runners- thanks for the challenge, look at the results- where's the money.

To the committee of Colac 6 day Race, thank you for including me in such a Great Foot Race.

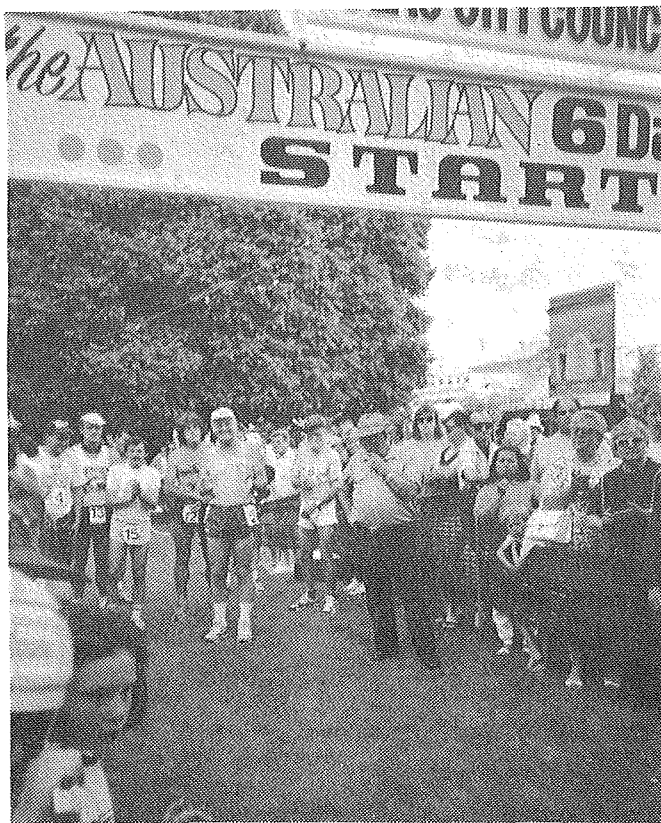
To the Lapscorers, what a thankless task, well done.

To my many sponsors - Thank you for all assistance and help.

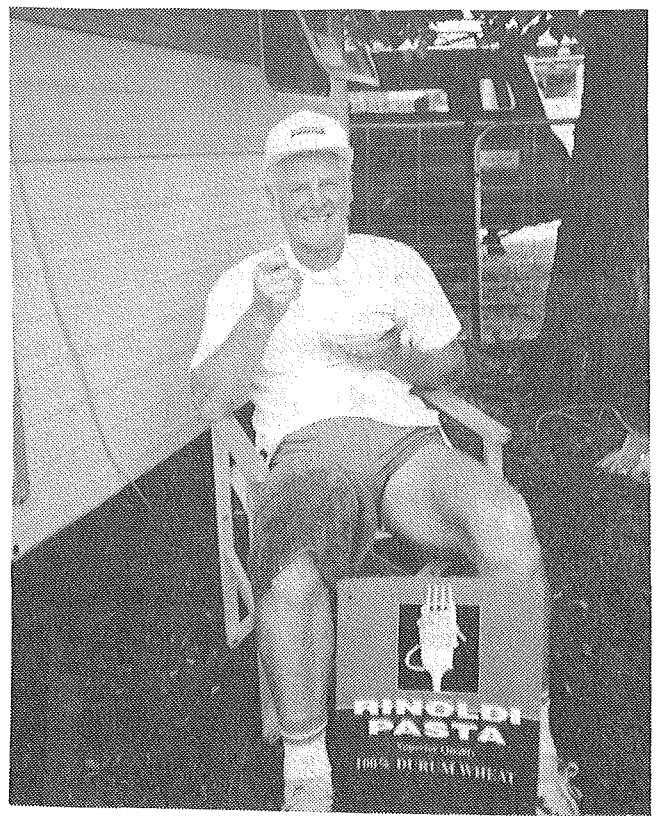
Godfrey Pollard.



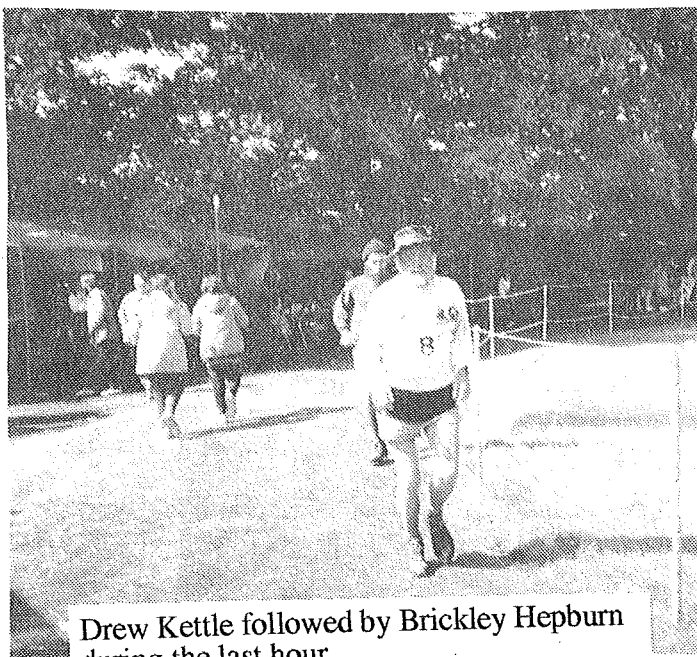
The Colac track after a downpour.



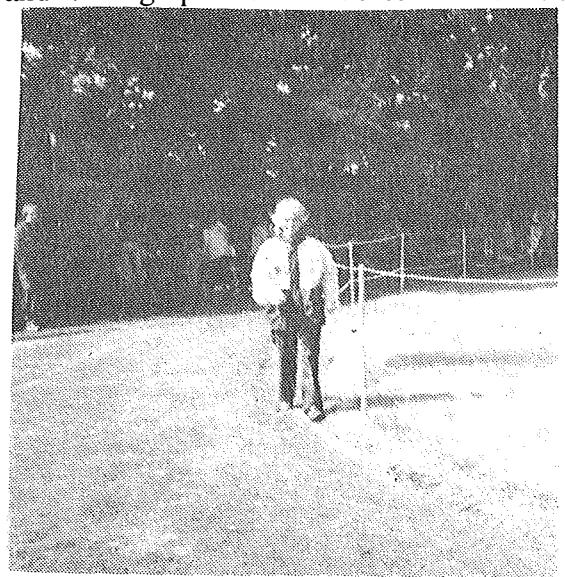
Competitors lined up for the starter's gun.



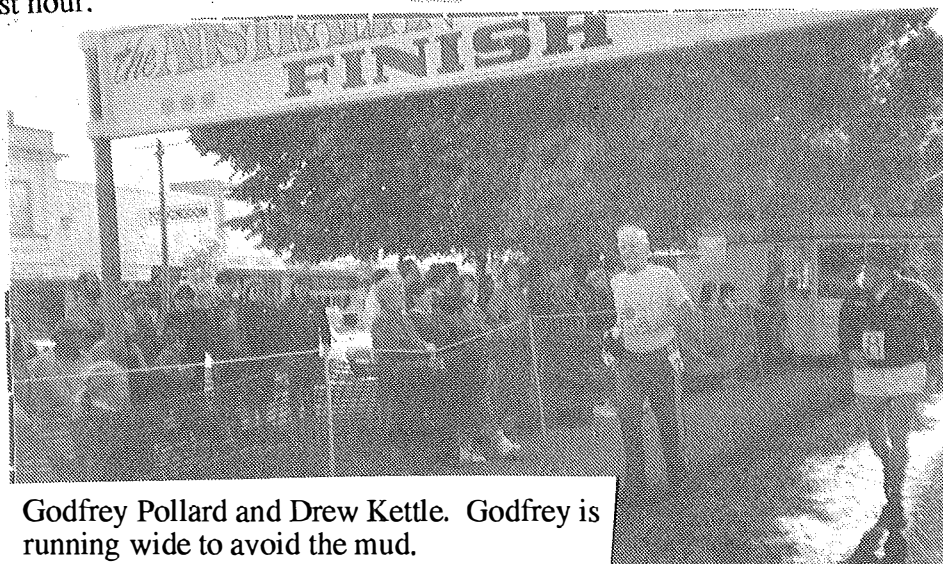
Godfrey Pollard with ice on knee having a rest and fuelling up for the next session on the track.



Drew Kettle followed by Brickley Hepburn during the last hour.



Dawn Parris on her final lap.



Godfrey Pollard and Drew Kettle. Godfrey is running wide to avoid the mud.

NANANGO FOREST FOOTRACE

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The inaugural 52.2Km Nanango Forest Footrace held in a Nanango, Queensland, State Forest 200Kms North West of Brisbane, was a huge success.

In warm to hot conditions seventeen Ultra distance runners set out to triumph over heat and hills in an end of year get-together. Ten finished.

Having seen the short-comings of an involved estimated elapsed time to be then subtracted from a set finish time when concerned with organizing the 5 day Pioneer Footrace, organizer Ron Grant had a flash of inspiration. He determined the Handicap Winner would be the one completing the course and finishing nearest to 2pm. Nothing could be more simple.

Jeanette Davies of Nanango, finished at 1.59 pm and was awarded Handicap Winner. Second, Phillipa Bolt; third, Geoff Williams.

The fastest were the "Two Grahams"; Graham Black in 4Hrs 18mins, and Graham Medill, 5Hrs 7mins. Both from Toowoomba Road Runners, they flew over the course quick smart considering the warm conditions and hilly terrain.

Dell Grant was the quickest woman and third fastest overall taking 5Hrs 39mins, with Ian Cornelius half hour later. They had a great ding-dong battle all day.

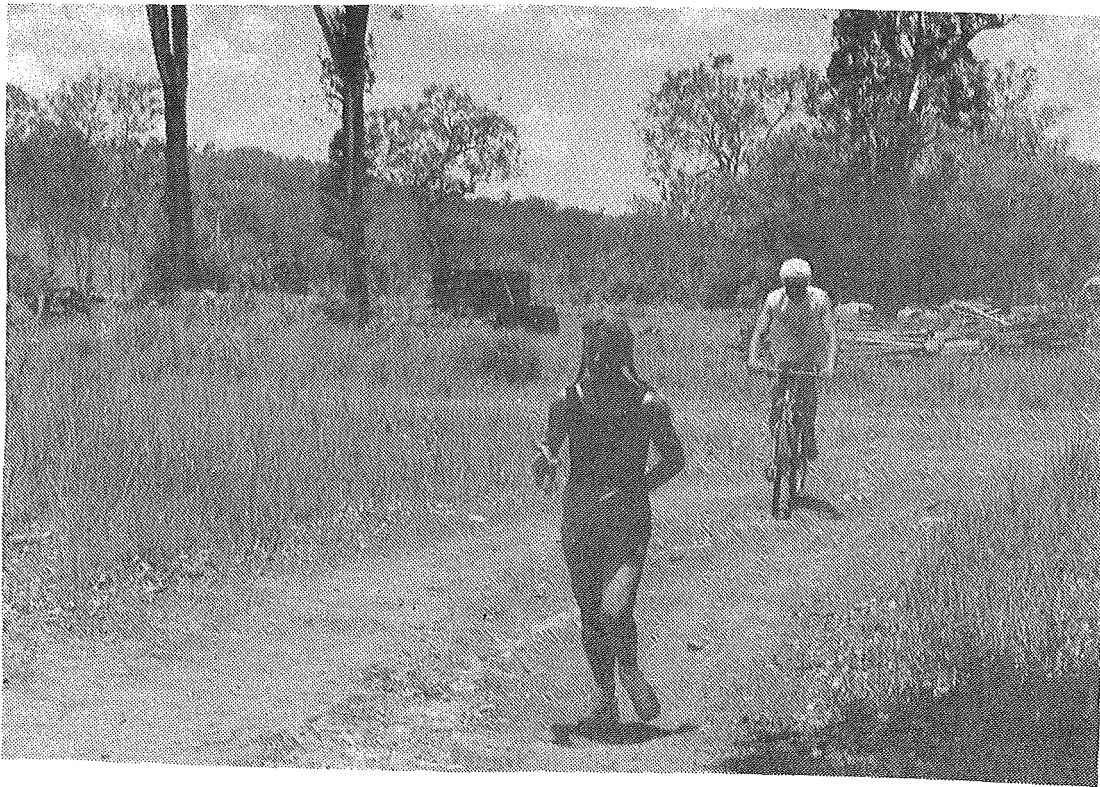
Says organizer Ron Grant, "This being a get-together for the Queensland Ultra distance Runners Association, we had a late finish time to coincide with a Christmas BBQ. This meant a late start for some - and hot sun."

"As you would imagine, runs like this usually start earlier, to finish before the day gets too hot."

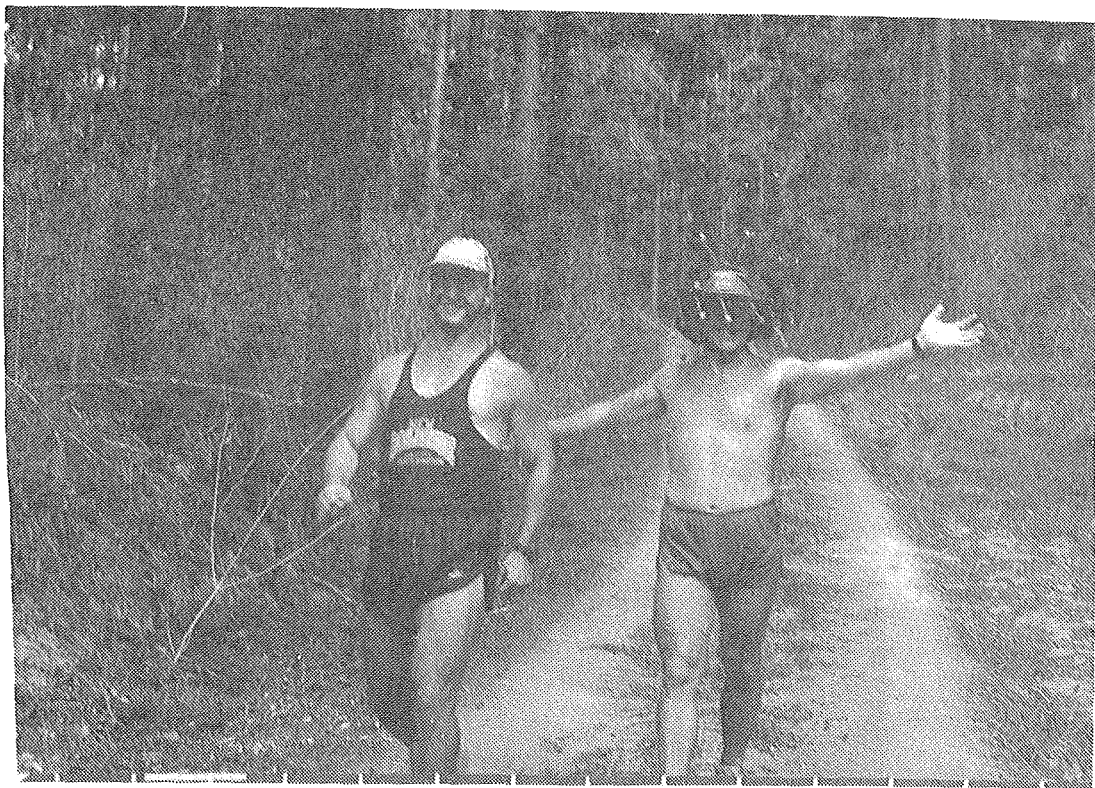
"Many runners went out too hard initially, which caused problems for some of the competitors. Eventually, the field thinned after 35Kms."

The day was not without some drama. Handicap winner Jeanette Davies, the earliest starter at 5.17am and competing in her first Ultra distance event misread directions, causing her to 'go bush' for two hours. So early did she start, that course marshals had not arrived at a crucial drink station. Realizing her error, she backtracked. Officials adjusted her time spent off course by repositioning her, on track.

Phillipa Bolt finishing second on handicap had the bit between her teeth in the latter stage.



Dell Grant racing a cyclist.



"Hi! Folks" says Dave Holleran with Murray.

NANANGO FOREST FOOTRACE - DECEMBER 6TH, 1992

She chased Jeanette over the final 3.8Kms, uphill, covering the distance in just 39 minutes. This after a grueling 48.4kms and taking 14 minutes less time than Jeanette to complete the stage. Phillipa finished at two minutes past two o'clock.

The appearance of John Lord and Yvonne Voss, after the race had started, was most welcome. Yvonne did a 17Km lap while John did a two lap run of 35Kms. Both looked eager to continue but handicap time unfortunately beat them.

Light relief was again provided by Dave Holleran who finished decked out in flashing lights like a Christmas tree. Completing the outfit was a hat and corks. This glittering get-up got full marks from this writer and had the service car passengers howling with laughter. At the concluding BBQ, Nanango Shire Chairman Cr Reg McCallum, presented the Queensland Ultra Runners Association's "Sportsman of the Year Award" to Dave Holleran.

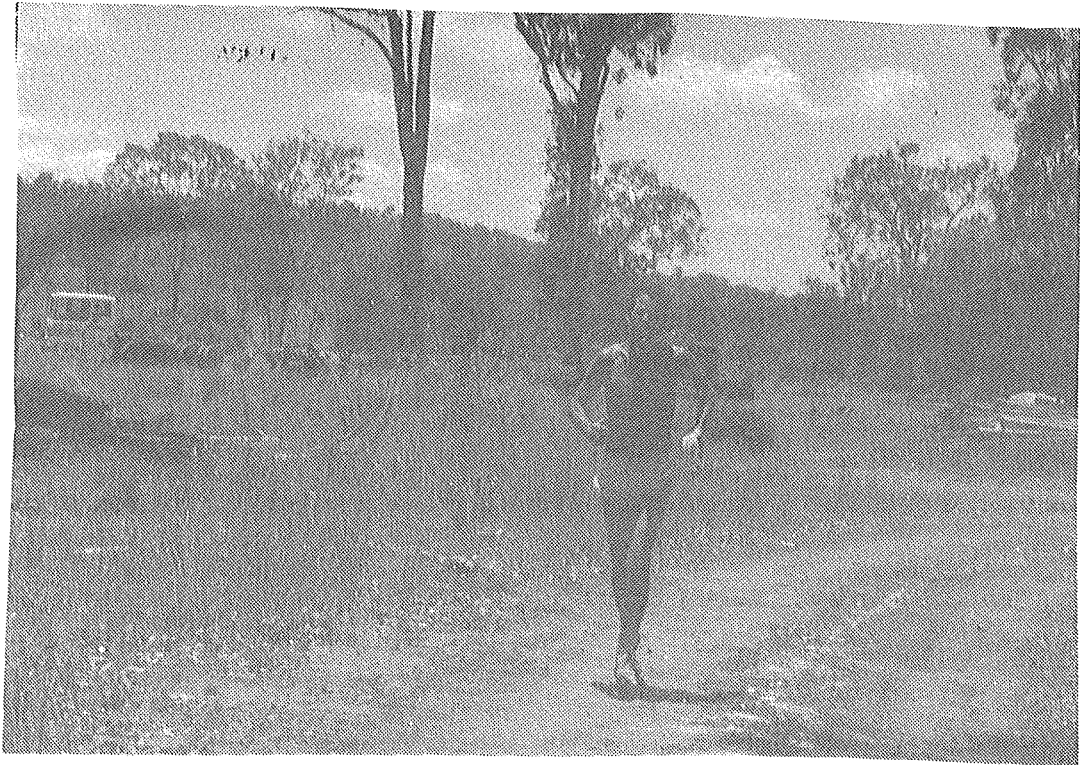
Insiders hear that Dave is on the lookout for a coal mine to provide a 50Kg sack of coal for him to carry in an upcoming record-breaking run. Maybe on his next visit to the South Burnett he might stop in at the local Meandu Mine which supplies thousands of tonnes of coal each year for the Tarong Electricity Generating Power Station. Ask nicely Dave, they may give you a sample bag!

It was the unanimous decision of the judges to award Dave "The Most Humorous Runner". Lindsay Phillips "The Worst Dressed"; Geoff Williams (gimme a Powers Mate!) "The Best Dressed"; Graham Black the "Youngest" and Ian Cornelius "The Least Young (Oldest)". Prizes for this prestigious category were individually wrapped and printed *Mars* bars. So pleased with the prizes were the distinguished judges, that *they* ate them! What a great bunch of blokes we are, in the 5 day Pioneer Footrace someone drank a crewman's Ginger Ale, in this one the judges scoff the prizes. How about a new title for a book, "The *Hungry-ness* of the Long Distance Runner"??

Ron Grant thanked all the many helpers and supporters that quietly and efficiently make the races the success they are. He concluded by adding that the 1993 Nanango Forest Footrace was scheduled to be run on Saturday 4th December, and that the handicap finish time will be adjusted to a noon finish to avoid excessive heat. As a bonus for distant travelers the Nanango Country Kitchen restaurant has been booked for that evening, to provide an inexpensive BBQ which will promote a pleasant setting for further socialising. To add to the momentum of country South East Queensland Ultra distance Running, the 5 day staged Nanango Pioneer Footrace is scheduled for August 30th & 31st; September 1st, 2nd & 3rd. 1993.

Peter H Davies

NANANGO FOREST FOOTRACE



"Gimme a XXXX" - Geoff Williams in full flight..



Dave Holleran practising holding a 50kg sack of coal.

NANANGO FOREST FOOTRACE

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Handicap Winners:

1st Jeanette Davies
2nd Phillipa Bolt
3rd Geoff Williams

Fastest Times:

		Hrs	mins
1 st	Graham Black	4	18
2 nd	Graham Medill	5	07
3 rd	Dell Grant	5	39
4 th	Ian Cornelius	6	05
5 th	Ron Grant	6	12
6 th	Geoff Williams	6	15
7 th	Alan Bolt	7	09
8 th	Dave Holleran	7	16
9 th	Phillipa Bolt	7	54
10 th	Jeanette Davies	8	43

South Burnett Times, Friday, 4 December, 1992

Parsons chases crown

by Bob Beattie.

Caboolture builder, Gary Parsons returns to Nanango on Sunday to compete in the 52km Nanango forest footrace, organised by ultra distance runner Ron Grant.

Grant said yesterday he had put together a testing course for the 10 runners and stamina would be a prerequisite for each competitor.

Parsons, winner of the inaugural 330km Pioneer Footrace, staged around the South Burnett in September, will line up with fellow "pioneer" runners, Dave Holleran and Ron Grant.

Holleran, who continues to astound runners with his Guinness Book of record entries, is still recovering from a calf injury and will take the race lightly.

After setting a new world record for carrying a 25kg sack on his shoulders over 1km, Holleran is setting off for England in search of new challenges in 1993.

It is expected the now renowned Holleran handstand will again be apart of the pre-race ritual for the flamboyant runner.

Ian Cornelius, a casualty from the Pioneer five-day footrace, led on Day One but pulled out on Day Three due to tenosynovitis.

On Sunday he will try again over a shorter distance.

The run is again a handicap affair, with the first runner setting off at 7am from EH Duncan Park.

On a route around the

picturesque East Nanango State Forest the runners will experience a tough outing.

"Runners can expect all hills on this run," Grant said.

Ten runners had nominated to noon Thursday.

However, nominations do not close until the start of the race Sunday morning.

Race favorite, Toowoomba's Graham Medill, should

again prove tough to beat.

Medill, Queensland's 24 hour champion, should be the early pace setter and the handicapping system may well suit such a talented athlete.

Del Grant is lining up at the start line and, as a former 48 hour champion in 1990, will be worth watching during the late stages of the event.

Nanango Forest Footrace - an endurance effort

"In the opinion of the runners it was the most difficult course encountered to date."

Nanango footrace organiser Ron Grant said seventeen competitors generally started the 52km between 7am and 9am Sunday morning and unfortunately five dropped out after 32km due to the excessive heat and the steep terrain.

The race also formed part of the Queensland Ultra Runners Christmas breakup and presentation of the annual sportsman award. The event was handicapped so that runners should finish at 2pm with the main interest being 1,2 and 3 handicapped winners plus the fastest male and female.

Fastest time was run by Graham Black in 4hrs 18min., Graham Medill in 5 hrs 7 min., Dell Grant 5 hrs 39 min., Ian Cornelius in 6 hrs 5 min. and Ron Grant in 6 hrs 12 min.

Handicap winner was Jeanette Davies, 2nd Phillipa Bolt, and 3rd Geoff Williams.

This is the first time Jeanette had competed in anything longer than 6km and of special interest, is that she started at 5.15am, finished at 2pm and enroute spent two hours running off course.

Ron said that Dave Holleran of Brisbane was very complimentary and amazed that there was such a wealth of willing helpers who assisted in the organisation of the day as in Brisbane it is very difficult to get helpers.

Shire Chairman Cr Reg McCallum was on hand to present Dave Holleran the "sportsman of the year award" and Tom and Tricia Perrett with Dolly Cross presented the special event prizes.

"Many thanks to all the supporters and helpers without whom this event could not have been the success it was to-day" commented Ron.

The day concluded with a barbecue at E H Duncan Park.

"This was the first Nanango Forest Footrace and following on from the favourable comment received this year, we will be organising another footrace for next year."

Black tops in 52km footrace

Graham Black of Nanango burnt up the course during the 52km footrace in the East Nanango State Forest on Sunday.

In taking 4 hours 18 minutes to cover the tough undulating to hilly course Black had little trouble coming to terms with the tough conditions in the handicap event.

Runners nominated a time nearest to the finish time, giving the slower runners an equal opportunity of winning.

The run was not without drama early on as eventual handicap winner, Nanango's Jeanette Davies, misread directions causing her to 'go bush' for two hours.

Davies tried to backtrack after starting the race prior to the course marshals taking up their post at a crucial drink station.

Officials adjusted her time spent off course and repositioned her on the track.

For competitors who had previously competed in a few 4km and 6km events the

extra distance and conditions were a tough initiation into long distance running.

Race organiser, Ron Grant, now jokingly known as "Rotten Ronnie" by runners, due to the challenging course layout is confident runners will again return to Nanango.

"I did not want to make the course too easy," said Grant.

"The event was a get together for the Queensland Ultra Distance Runners' Association.

"We started late to coincide with an end of year barbecue, meaning a late start for some," he said.

Former Nanango Pioneer five-day footrace winner, Gary Parsons, withdrew in the middle stages of the race, saying the course "beat him".

Toowoomba runner Graham Medill crossed the line in second place in a time of 5 hours 7 minutes.

Known as "the tractor" for his ability to pull himself up hills, Medill was the pre-race pick and headed out with Parsons.

Del Grant was the first female home and third overall in a time of 5h 39m.

Queensland Ultra Distance Runners' Association award for "Sportsman of the Year" was presented to Wynnum runner Dave Holleran.

Holleran struggled with his calf injury but still managed to finish eighth overall in 7h 16m on Sunday.

He accepted the award in a most graceful manner and acknowledged the efforts of organisers.

"I am amazed at the ease

with which country people gladly give up their time to help with events such as this," said Holleran.

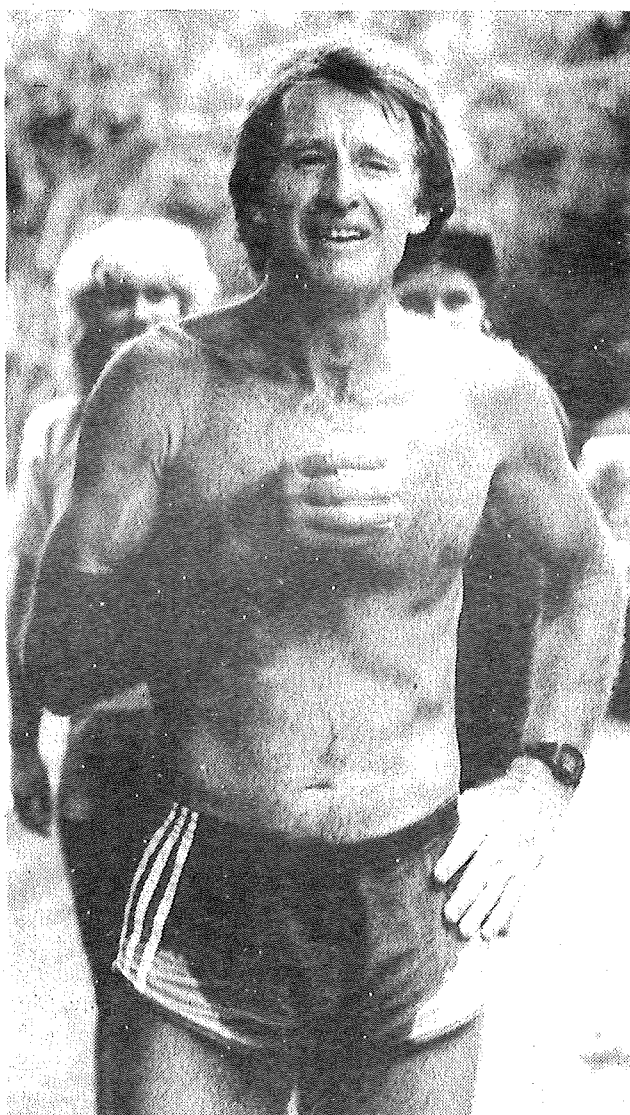
"It is hard in the city to get such help and support," he said.

East Nanango forest foot race: Handicap winners: J Davies 1, P Bolt 2, G Williams 3.

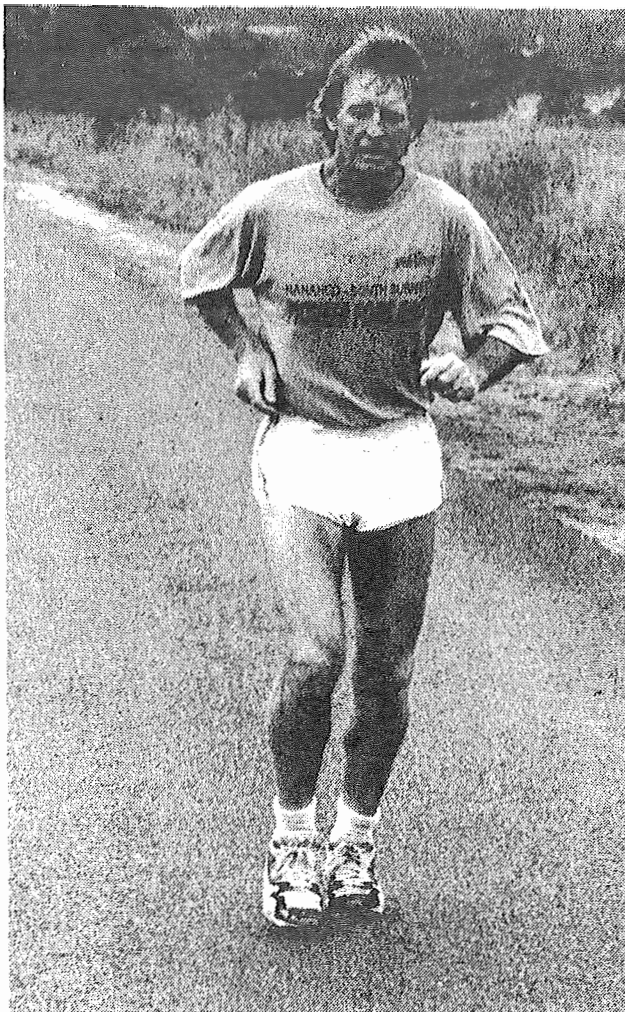
Fastest times: G Black 4 hrs 18 mins 1; G Medill 5 hrs 07 mins 2; D Grant 5 hrs 39 mins 3; I Cornelius 6 hrs 05 mins 4; R Grant 6 hrs 12 mins 5; G Williams 6 hrs 15 mins 6; A Bolt 7 hrs 09 mins 7; D Holleran 7 hrs 16 mins 8; P Bolt 7 hrs 54 mins 9; J Davies 8 hrs 43 mins 10.



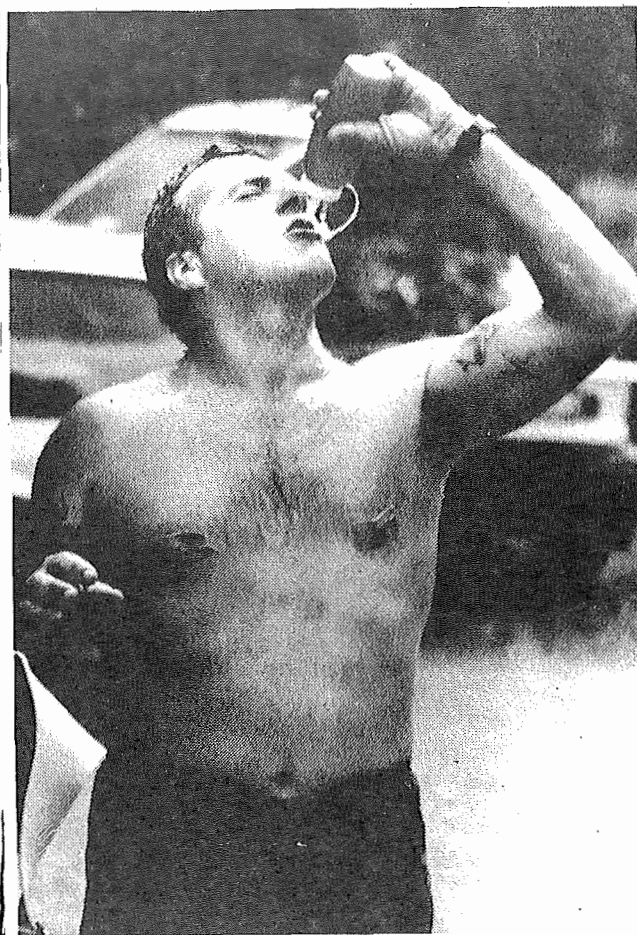
Winner of the five day Pioneer footrace Gary Parsons wonders what he is doing in the East Nanango Forest undertaking a 52km run. Parsons later withdrew, claiming the course beat him.



Race organiser Ron 'Rotten Ronnie' Grant takes a short spell for a drink during the running of the 52km foot race held in the East Nanango Forest on Sunday.



Organiser of Sunday's 52km Forest footrace, Ron Grant, shows the strain during the recent five day 330km Nanango Pioneer footrace. The hilly course set by Grant will be a testing run for all competitors.



Flamboyant distance runner Dave Holleran takes a drink after competing 10km of the rough hilly course. Holleran was later named Queensland Distance Runners Association 'Sportsperson of the Year'.

RESULTS:

FASTEST TIMES

9 TIMES

1st	Andrew Law	pb. 4.25.14	1st	Mike Maddock	4.50.44
2nd	John Jarman	4.35.04	2nd	Barry Dike	4.57.44
3rd	David Ross	5.35.35	3rd	Hardy Fehlanit	4.15.32
4th	Barry Dike	5.42.44	4th	Andrew Law	4.20.14
5th	Mike Maddock	6.25.44	5th	Murray Jones	4.23.42
6th	Hardy Fehlanit	6.30.32	6th	Steven Escourt	4.29.25
7th	Murray Jones	6.38.42	7th	John Jarman	4.25.04
8th	Steven Escourt	7.09.25	8th	Mike Strezlecki	4.11.47
	Mike Strezlecki	7.11.11		David Ross	4.30.30
	Anthony Spence	8.04.04		Anthony Spence	4.44.44

... day teams with ultra marathon runner Andrew Lucas competing in a team of 6 "Pacey's Pearlers. We also have some new blood in a team called Mad Dutch & Englishman comprising of Therese March, Ben Goede and Chris Beadle. Therese proclaims permanent insanity, Ben was going through Uni exams and found this to be a complete change, and Chris who was recovering from a broken ankle. Overall the day comprised of 100 runners+ which included relay teams. It was a great day had by all. Without being biased it was a good run for Andrew which indicated his ability for the New Zealand 100 km run. Thanks to all that competed.

Regards

Klaw

Kerri Law

**BRUNY ISLAND, TASMANIA - 54KM
5TH DECEMBER, 1992**

Bruny run proves worthy of distance

THE MERCURY Tuesday, December 8, 1992



Mike and Lisa Strzelecki yesterday: "The scenery was spectacular, almost breathtaking".

By JAMES BRESNEHAN

HAVE runners, will travel.

That's the motto of American Mike Strzelecki, who was enchanted by the annual Bruny Island Social and Serious Run at the weekend.

Strzelecki, 29, and his wife Lisa, 27, who hail from Maryland, planned their trip to Australia around the event.

Mike read about the run after acquiring a list of Australian summer distance events from a US sports magazine earlier this year.

"I chose Bruny Island over a lot of other events because it looked as though it had something different," he said.

"The scenery was spectacular, almost breathtaking, so much more than I had anticipated.

"The isolation of the places we went through and the quality of the sights, it's world-class.

"In the States, an event like this would attract a field of about 1000."

Strzelecki had an educated guess that Bruny Island would be a run with a difference.

A hydro engineer, Strzelecki does his best to avoid road runs and goes off the beaten track in his search for off-beat events.

"I am a serious runner but I don't go in an event to win," he said.

"I go in them to have fun, do something with a difference and to take in the scenery.

"Bruny Island lived up to my expectations. The variety of terrain and spectacular sights is incredible.

"On the last leg, when you come around and see the lighthouse, it's so incredible with the southern ocean as a backdrop."

Strzelecki's wife, Lisa, who works for the USA's equivalent of Telecom, does not share the same enthusiasm for running.

"I'm quite happy to let him do the running," she said.

"I'm his manager and physio, and I get to see the great countryside while he does all the hard work."

The pair leaves Tasmania this morning but said they might come back to the state for Mike to compete at Bruny Island again, or in another event that has caught his eye, the Paddy Pallin Cradle to Coast event, a 370-kilometre run-kayak-cycle.

Law on target for fast time in 100km titles

TASMANIAN ultramarathoner, Andrew Law is likely to run a fast time in the coming Australasian 100-kilometre titles in New Zealand later this month.

Law's time of 4h25.14s to win the 1992 Southern Cup Network Bruny Island 63-kilometre event at the weekend, sliced more than three minutes off the course record.

Running a relaxed style early and finishing on strongly over the final 10-kilometre hilly section, Law was able to leave last year's winner John Jackman 10 minutes in arrears, almost a direct reversal of last year's race. In New Zealand, Law will race

against the best 100-kilometre road runners in Australasia over a demanding five-lap course.

The 100-kilometre distance has recently gained IAAF sanctioning and strong lobbying is taking place to have the event included among future Commonwealth and possibly Olympic Games events.

To be competitive on the world 100-kilometre scene, times under seven hours are required.

To finish in the top 10 in New Zealand, Law will have to produce a time around 7h30s.

The Bruny Island teams relay race was a thrilling event with only 300 metres separating the first and second teams after 63

kilometres on the road.

It was a classic encounter between the young Northern Suburbs Athletic Club runners and the older, more experienced distance runners of the Cascade Slam team.

In this instance, speed and youth won the day with a course record time of 3h24.22s.

A total of 18 teams and 10 solo runners participated with an all-girls' team being the first local team home and the Hobart Hash House Harriers being declared the best "social" team.

A team of three called Fuller's Fliers won the overall team handicap section and Mike Mad-

dock won the solo handicap event.

Bruny Island 63km results: Solo — Andrew Law 4:25.14, 1: John Jarman 4:35.04, 2: David Ross 5:35.35, 3: Barry Dike 5:42.44, 4: Mike Maddock 6:25.44, 5: Hardy Fehlant 6:30.32, 6: Murray Jones 7:09.25, 7: Stephen Esteourt, 7:09.25, 8: Mike Strzelecki 7:11.47, 9: Anthony Spence 8:04.44, 10.

Relay — Pace's Pace Setters 3:24.22, 1. Cascade Slam Team 3:25.57, 2: Pace's Pearl's 4:02.11, 3: Hash House Harriers 4:09.00, 4: Fuller's Fliers 4:09.05, 5: Hazell Bros No 2 4:27.33, 6: University 4:29.35, 7: Prall Prall Morley 4:31.15, 8: Whittles Wonders 4:33.08, 9: Lovett Perchard 4:45.00, 10: Umbres 4:54.53, 11: Hazell Bros No 1 5:03.49, 12: Southern Cross Network 5:04.00, 13: Tas Veterans 5:04.50, 14: Carins Weldon 5:15.25, 15: Howrah Boys 1 5:17.22, 16: Girls On The Run 5:53.57, 17: Mad Dutch and English 6:13.30, 18.

AURA "BOGONG TO HOTHAM" TRAIL RUN SUNDAY 3RD JANUARY, 1993.

by Geoff Hook (Event Organiser)

The race was "on" up the Staircase Spur between Bruce Inglis and the kangaroo. The big grey was hot on Bruce's heels and although the kangaroo had not entered the event, it was certainly pacing the eventual winner quite nicely. To show what a true sportsman he was, Bruce stopped, turned around and stared it out until the kangaroo took flight and headed back. From then on, Bruce cleared out on the rest of the field to register a fine win after finishing in a faster time, but second placing last year.

It was my first year as organiser, so I was very pleased that the event went off well, without incident. Russell Bulman of Rooftop Runners got a great race going many years ago and it has now become an AURA event. The pre-entry system worked well and enabled planning for the event, and competitor safety. The second largest field of 32 competitors started the event, with quite a few being first timers, as well as rogainers/ orienteers (youngest = 22, oldest = 62).

It is difficult to know how the race progressed over the early stages due to the inaccessible nature of the course. There was some concern due to overnight rain but fortunately there was little or no wind so conditions were mild before the start at 6.31am. It was probable competitors would experience variable cloud on Mt.Bogong so the first-timer runners were counselled to team up with experienced runners to avoid getting lost. As it turned out, it wasn't too bad on Mt.Bogong, but the finish on Mt.Hotham was bleak, with poor visibility under cloud and strong wind.

Peter Mitchell "came back from the dead" with an excellent third position into half-way and a time of 4:13 only 5- 6 months after being run over by a car. Peter holds the record for this section with an amazing 3:30:53. Ross Shilston produced a great effort to finish fourth overall after coming into half-way in 10th position of those who carried on. Peter Armistead did a gutsy performance by completing the event to half-way. He really should not have been running it at all, considering the lack of training prior to the event. In fact a "so-called" friend of his filled in the empty spots on his Entry Application form, Under "Best Performances" were the words "LAST every year I have finished", and "3km to Roscoe's on Friday morning; these days that's an ultra for me!" Well done Pete!

Aqueduct junction aid station helpers Robin Anderson and Julie Gogos complained that the runners interrupted their nice little picnic of jelly beans and fruit, so they decided to assess them in terms of their politeness - giving points for the questions they asked which expressed concern for their welfare, whether they were friendly and gave them accolades (see results). They claimed they reached their appointed location with plenty of time to spare (i.e. 18 seconds before Bruce Inglis came through). To while away the time between runners, they played "I spy".

Dawn Tiller smashed the female record by *nearly one* hour, previously held by Sue Dreverman, who ran the course in *10:20:08* in *1990*. Well done Dawn!

A big thank-you to all the volunteers - race helpers and Wireless Institute Civil Emergency Network (WICEN) people. Without the help of these volunteers, the event could not be viable. At Mountain Creek - Ross Morgan (WICEN VK3KAM); at Bivouac Hut - Tony Morris (WICEN VK3CTM), Mt.Bogong - Robin Rishworth, Big River - Ron Crane, Ropers Hut - Reg & Elaine Splatt, Watchbed Creek - Frank Vanderdrift (WICEN VK3COF) and Dot Browne, Cope Hut turnoff - Phil Longworth (WICEN VK3XQP), Aqueduct Junction - Robin Anderson & Julie Gogos, Pole 333 - Murray Toogood (WICEN VK3THJ) and Alan Cichero, Derrick Hut - Ian Bohem (Radio Amateur - VK3XCD), Mt. Loch carpark - Alan Bengtsson (WICEN VK3ABB) and the indefatigable Pat Pelly, Mt.Hotham - Bob Tait (WICEN VK3U~~I~~) and Alan Burgess (Radio Amateur VK3QL), on mobile and invaluable partner to help me keep in touch with the race, Ian Dyson (WICEN VK3MD~~E~~). Thank you to all of you for your efforts on the day. They were very much appreciated. A monetary donation of event proceeds will be made to WICEN shortly.

Despite the mild weather conditions at the start, by the time the competitors were arriving at Watchbed Creek, the wind was very strong, although there was no rain and broken cloud was well above our elevation. As a measure of how tough the first half can be, 3 tail-enders who came in within the 5 hour cut-off and carried on, had to withdraw shortly afterwards, as the effects of their charge to half-way caught up with them.

Fortunately no one got lost. However, Kevin Tiller went astray for half an hour only a few hundred metres from the finish. The whiteout conditions were enough to confuse him, but at least he didn't lose a placing. Pat Pelly had rigged up a rudimentary shelter in very trying conditions to give finishers some degree of protection from the cold, howling wind. Thanks Pat!

Bruce Inglis put in a strong run to lead all the way for a fine win. Congratulations to all finishers for completing such a tough event with such good times. I hope to see you all back for next year's event.

AURA 'BOGONG TO HOTHAM' TRAIL RUN SUNDAY 3RD JANUARY, 1993 RESULTS

Final Place.	1/2 Way Placing	Competitor	Age	Watchbed Creek (1/2 way - 32km)	Mt.Hotham (60km)
1.	1.	Bruce INGLIS, NSW	36	4:00:00	7:44:50
2.	2.	Nigel AYLOTT, Vic	26	4:03:30	8:04:39
3.	4.	Kevin TILLER, NSW	26	4:13:13	8:55:55
4.	13.	Ross SHILSTON, Vic	39	4:46:07	8:56:38
5.	8.	Tim DENT, Vic	50	4:36:42	9:00:02
6.	11.	Kelvin MARSHALL, Vic	28	4:41:01	9:06:42
7.	6.	Bill LOWEN, Vic	49	4:26:23	9:12:12
8.	= 9	Jim GRELLIS, Vic	41	4:40:22	9:21:59
9.	12.	Dawn TILLER, NSW	27	4:45:58	9:35:06
=10.	16.	Maurice TAYLOR, NSW	42	4:49:50	9:36:38
=10.	14	Kevin CASSIDY, Vic	32	4:48:52	9:36:38
12.	15.	Rob SIMMONS, NSW	44	4:49:18	9:36:45
3.		Peter MITCHELL, Vic	29	4:13:00	
5.		Gerry VAN DER PLOEG, V.	46	4:18:56	
7.		Andrew McKENZIE-HICKS	34	4:34:42	
=9.		Paul SCOTT, Vic	22	4:40:22	
17		Geoff DUFFELL, Vic	42	4:57:02	
18.		Rob TAYLOR, Vic	52	4:58:24	
19.		Robyn RODD, NSW	38	5:07:54	
20.		Jenny SCOTT, Vic	23	5:09:30	
21.		John TURNER, NSW	56	5:15:48	
22.		Alf FIELD, NSW	52	5:15:49	
23.		Leigh PRIVETT, NSW	47	5:15:53	
24.		Rick MARTIN, NSW	36	5:26:18	
25.		Peter ARMISTEAD, Vic	46	5:26:28	
26.		Dale THOMPSON, NSW	39	5:33:22	
27.		Bob SAYERS, Vic.	50	5:41:04	
=28.		David TILLET, Vic	35	5:47:40	
=28.		Max SCHERLEITNER, NSW	62	5:47:40	
30.		Andrew WALKER, Vic	41	5:48:30	
31.		Peter GRAY, Vic	28	5:55:23	
32.		David PINDER, NSW	32	5:56:33	

Eighth annual rooftop run

THE annual Rooftop Run, a 60 kilometre run from Mountain Creek to the summit of Mt Hotham via Bogong and Nelse was once again successfully staged on Sunday, January 3.

For the first time the Australian Ultra Runners Association (AURA) conducted the event.

Thirty-two competitors were on their way at 6.30am and 12 managed to complete the gruelling trip in weather conditions that made running extremely difficult, particularly in the later stages.

Visibility on the high peaks diminished as the day went on and at Hotham it was reduced to a few metres, often less.

The organisers were greatly indebted to the 10 members of WICEN (Wireless Institute Civil Emergency Network), volunteers who were able to add great safeguards to the welfare of all competitors.

With radio expertise spread along the course, it was possible to keep accurate tab on every runner.

The network was formed so that experts in radio are available at times of emergency and those who travelled from Melbourne at their own expense to monitor the Rooftop Run certainly knew their business.

Bruce Inglis, at his second attempt, won the event in 7.44.50, a really wonderful time in the circumstances, only a little slower than his 1992 time of 7.24.57 when he was second to Neil Hooper.

Neil has the record of 6.58.52 and has also completed three other runs all inside 7 hours and 17 minutes.

Bruce is a very worthy winner, being the only person to approach the times set by Neil.

Nigel Aylott of Emerald almost broke the 8 hour barrier. Had he done so, he would have been only the fifth to do so.

First lady home was Dawn Tiller, only the third woman to even complete the run and her time of 9.35.06 easily beat the old record of 10.20.08.

Bill Lowen of Bright followed in the footsteps of Reg Splatt and Phillip Barnes and finished seventh in 9.12.12. A great effort Bill.



Georgina McConnell

AURA 'BOGONG TO HOTHAM' TRAIL RUN

Positions at Intermediate Points

Big River (Name, position & time)

1. Bruce INGLIS	2:19:32
2. Nigel AYLOTT	2:22:35
3. Gerry Van der PLOEG	2:24:20
4. Peter MITCHELL	2:25:18
5. Kevin TILLER	2:25:28
6. Bill LOWEN	2:29:03
7. Paul SCOTT	2:31:28
8. Kelvin MARSHALL	2:31:40
=9. Andrew McK. HICKS	2:39:30
=9. Jim GRELLIS	2:39:30
11. Tim DENT	2:40:02
12. Leigh PRIVETT	2:42:40
13. Rob SIMMONS	2:44:20
14. Kevin CASSIDY	2:45:55
15. Ross SHILSTON	2:46:00
16. Rick MARTIN	2:49:10
=17. Rob TAYLOR	2:50:30
=17. Dawn TILLER	2:50:30
=19. Robyn RODD	2:51:00
=19. Maurice TAYLOR	2:51:00
21. David TILLET	2:55:19
22. Peter ARMISTEAD	2:56:15
23. Bob SAYERS	2:58:18
24. Jenny SCOTT	2:59:00
25. Dale THOMPSON	3:01:15
26. Max SCHERLEITNER	3:03:00
27. Andrew WALKER	3:03:25
28. Peter GRAY	3:05:19
29. Geoff DUFFELL	3:05:35
30. David PINDER	3:08:06
31. John TURNER	3:13:25
32. Alf FIELD	3:13:40

Ropers Hut (Position & time)

1.	3:11:10
2.	3:12:50
4.	3:21:30.
5.	3:22:30
3.	3:18:50
6.	3:26:20
9.	3:37:00
7.	3:36:20
10.	3:37:10
12.	3:43:07
11.	3:38:00
22.	4:11:00
=13.	3:46:30
8.	3:46:30
=13.	3:46:30
26.	4:14:00
=18.	4:02:40
=15.	3:53:00
17.	4:01:40
=15.	3:53:00
27.	4:16:30
=18.	4:02:40
28.	4:18:00
21.	4:07:30
29.	4:21:30
25.	4:13:00
30.	4:31:30
31.	4:35:30
20.	4:06:10
32.	4:37:00
=23.	4:12:00
=23.	4:12:00

Aqueduct Junction (Position & time)

1.	4:57
2.	5:16
3.*	5:26
4.	5:46
=7.	5:59
6.	5:57
5.*	5:51
12.**	6:14
11.*	6:04
=7.**	5:59
=7.*	5:59
10.	6:02

Our intrepid helpers on the Aqueduct Junction checkpoint, Robin Anderson & Julie Gogos, decided to rate each competitor according to their conduct through the checkpoint. Assessment was based on:

- politeness
- engaging conversation
- not eating too many jelly beans
- concern with the well-being of officials.

Legend :-

= acceptable

* = good

** = excellent

THE WEST
AUSTRALIAN 8/6/92

ROUNDUP

State title to Barnes

ROD BARNES continued his rise to prominence with a strong win in the WA Marathon Club's Fremantle half-marathon yesterday.

The event, which doubles as the WA championship, gave the 30-year-old Barnes his first state title.

He clocked 1hr 9min. 18sec. to win from marathoner Ray Harris (1:09:24) and former state cross-country champion Pat Maslen (1:10:24).

Bunbury's Karen Gobby, who is on the comeback trail after injury, clocked a personal best 1:14:36 to win the women's section.

● 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.

● HIGH jumper David Anderson, who will leave for Germany next Friday to prepare for the Barcelona Olympics, cleared 2.21m in a fitness trial at Perry Lakes yesterday.

— David Marsh



629 Wyse Street, Albury NSW 2640

10th January 1993

Geoff Hook, Event Organiser
A.U.R.A. Inc.
42 Swayfield Road,
MT. WAVERLEY, VIC. 3149

Dear Geoff,

Re : Bogong to Hotham Run, 3rd January 1993

Now that the legs are fully recovered, and as a follow up to those hostile conditions and my hasty departure from Mt Hotham at 4.30pm last Sunday, I write to formally thank you for the considerable efforts and thought you put into the organisation of this years run. It was certainly a memorable day for me and speaking to the other five from Albury/Wodonga I can also convey their thanks and appreciation.

Some comments on the Albury/Wodonga six for your information :

- I found last years experience very useful as was my committment to Exceed and half hourly water stops. I was up five minutes on my '92 time at Madisons and, having increased that to 12 minutes at Big River, I was fortunate enough to get a tow up Duane Spur by two Sydney Striders. After that it was solo to Dibbens where I caught the lost trio and we stayed together through the fogs to the finish.
- Leigh Privett was with me at Bivouac and caught up again at Big River but couldn't recover from his suicidal downhill pace on T Spur and dropped back on Duane Spur. His next big one is Cradle Mountain.
- Max S. was ok until Duane but still hasn't recovered from a leg injury sustained in the World Champs. Rogaine (Max never admits to injury). He has been under 9 hours for the trip and will be back next year.
- David Tillett allowed the cool damp conditions to fool him at the start and ditched a water bottle in favour of more clothing. He was 10 minutes behind schedule at Big River and (being a doctor) knew he was dehydrated and finished on the climb up Duane Spur. Walked from Ropers with Max. S. David will run again but reckons that he needs some more experience on the big enduros before tackling Bogong to Hotham again.
- I haven't caught up with Robyn Rodd but have spoken to Richard. Robyn almost made the cut off finishing strongly from Big River onward. What about a special consideration where ladies and men aged 55 or over on the day of the race start 15 minutes ahead of the rest of the field?
- Rick Martin was happy with a 20 minute improvement on his 1992 pace. He'll be looking for the view from Hotham next year.

It's a great event. Nobody can pick the weather and this year showed that even with a "white out" everyone can get through the second half. Our thanks to the volunteers along the way, our congratutations again to yourself and AURA for staging the event. We look forward to '94.

Kind Regards and Best Wishes for 1993,


Rob Simmons.

AURA MANSFIELD TO MT.BULLER 50KM ROAD RACE

SUNDAY 31ST JANUARY, 1993

RESULTS

	25km	Position at !/2 way	50km
1.Clive DAVIES	1:48:49	(1st)	4:22:33
2.Ricky BENOS	1:54:53	(5th)	5:05:24
3.Brian GAWNE	1:53:24	(3rd)	5:05:29
4. Sam deFANIS(44)	1:52:54	(2nd)	5:25:07
5. Graham McPHAIL	2:11:05	(11th)	5:26:34
6. Peter GRAY (28)	2:07:15	(7th)	5:38:55
7. Kelvin MARSHALL	1:58:12	(6th)	5:40:37
8. Bill BEAUCHAMP(47)	2:10:46	(8th)	6:14:23
9. Barbara ALLEN (42)	2:43:38	(15th)	6:17:06
10. Peter NELSON (52)	2:44:05	(17th)	6:27:00
11. Peter ALLEN (45)	2:43:38	(16th)	6:35:21
12. Ken MATCHETT (71)	2:30:52	(12th)	6:36:16
13. Cherie BALDWIN (40)	2:19:45	(10th)	6:41:10
14. Bob BERTOLI	2:29:52	(11th)	6:57:46
=15. Roger WEINSTEIN (42)	2:31:45	(14th)	7:32:00
=15. Jim CLARKE (49)	2:31:44	(13th)	7:32:00
17. Drew KETTLE (72)		(18th)	10:25:00
DNF. Keith ALEXANDER	1:54:12	(4th)	

RACE REPORT

The race along the roller coaster hills from Mansfield to the foot of the mountain, then up that tortuous climb to the peak of Mt.Buller, was held in the worst heat-wave conditions in the three year history of the event. Understandably, the 38 degree heat took its toll on the times. Although the winner, Clive Davies ran strongly all the way, his time was around 24 minutes slower than previous winners.

However, the runners, anticipating the warm conditions, took off dosed up with sun-block and legionnaire hats and the drink station helpers, Geoff Hook, Dot Browne and Colin Browne made sure their 5km stops had plenty of sponges, cool water, water-melon and other fruits to keep the runners hydrated.

There were plenty of excellent performances, particularly from runners trying their first ultra road race. Clive Davies' many miles of training paid off with his convincing win. Rick Benos, another first-timer had a close battle with Brian Gawne from Shepparton hot on his heels. Brian had been an early leader, possibly going out too fast, but had hung on strongly after half-way when Rick Benos passed him. and he ended up chasing Rick down the mountain from the peak back to the finish at the Arlberg Pub and finishing only 5 seconds behind him. Brian was part of a team of three runners from Shepparton: Graham McPhail and Bob Bertoli made up the team and they had a strong support crew all the way.

Sam de Fanis, another first-timer also ran particularly well. He went out fast, but had problems keeping the rhythm going up the mountain. He reckoned he couldn't eat anything or drink much on the run, and this was his undoing. Seasoned ultra-runners know that you MUST eat and drink in small doses all the way to keep the energy levels up.

Kelvin Marshall in 7th position did well. He'd run the tough 64km Bogong to Mt.Hotham only 4 weeks before so had made a good recovery. He'd left from Melbourne at 3am that morning and only took 2 hours to drive to Mansfield and had slept in the car for 2 hours before the race. Barbara and Peter Allen had come all the way from Sydney and we were delighted to have them in the field. They ran together until the bottom of the mountain and then Barbara took off, leaving her long suffering husband for dead. Barbara was amazing with her strength up the mountain. She went from 15th position at half-way to end up 9th overall. Fantastic!

We had two runners over 70 in this event, Ken Matchett (71 years) and Drew Kettle (72 years) from Colac. They both made the distance and amazed everybody with their endurance. Ken particularly ran amazingly well to finish up 12th overall in 6:36:16.

It was a great event once again, and we were grateful to have Merrick's Nursery and Peninsula Martial Arts sponsoring us for the third year. Runners received 1st, 2nd and 3rd place trophies, AURA medals, certificates and a bottle of port and attractive Australian native plants as spot prizes.

Thanks to Robin Anderson in the lead car, Dot, Col & Geoff on drink stations and Peter Armistead, initiator of the event 3 years ago, in the back-up vehicle.
Dot Browne

The Queensland 50 mile Championships were held at the weekend in Toowoomba in cold, wet and very windy conditions which made for slower times than runners predicted. There were 7 runners in the championship, 13 in the eight hour fun run, and 32 made up the 4 relay teams.

The only woman in the championship, Inara Strungs from Toowoomba completed the 50 miles in a time of 8h 20m 52sec. This was her first ultra having run the Toowoomba Chronicle Marathon last year.

The mens division was won by Graham Medill in a time of 7h 21m 11sec, second Ian Cornelius from the Gold Coast in a time of 7h 41m 59sec, third was Tony Farnham from Kurri Kurri in a time of 7h 57m 13sec.

The eight hour fun run attracted 13 runners with the winner being Ron Clissold from Moree with a distance of 79.3km, second Bob Burns with 67.1km and third John Henderson also from Moree with 67.1km, Bob having the faster marathon time.

The womens division was won by Kay Holleran in her first ultra with a distance of 52.46km. Kay took a giant step from running a half marathon to running the eight hours.

The relay was a bit disappointing due to the lack of outside teams but Toowoomba Road Runners making up all four teams. The eventual winning team captained by Glen Benecke ran 117.12km, second Dennis Fitzgerald's team with 113.46km, third Nigel Sisson's team with 111.02km. The only womens team, Toowoomba Running Roses, captained by Amanda Peters ran 100.04km.

3 HOUR FUN RUN

QLD 50 MILE CHAMPIONSHIPS

1. Graham Medill	7:11:21
2. Ian Cornelius	7:41:59
3. Tony Farnham	7:57:13
4. Gary Parsons	7:57:41
5. Brian Evans	8:20:29
6. Asim Mesalic	D.N.F.
7. Inara Strungs	8:20:52

1. Ron Clissold	79.3km
2. Bob Burns	67.1km
3. John Henderson	67.1km
4. Ron Grant	65.88km
5. Dave Holleran	62.22km
6. Stephen Lewis	59.78km
7. John Carrigan	56.12km
8. Ian Javes	52.46km
9 Ray Chatterton	52.46km
10. Mark Foley	52.46km

RELAY

1. Team 2, Glen Benecke (cpt)	117.12km
2. Team 3 Dennis Fitzgerald (cpt)	113.46km
3. Team 1 Nigel Sisson (cpt)	111.02km

1. Kay Holleran	52.46km
2. Barbara Williams	48.8km
3. Janelle Hall	18.3km

4. Toowoomba Running Roses Amanda Peters (cpt)	100.04km
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THIRD ANNUAL RED ROCK TO COFF'S HARBOUR JETTY BEACH AND HEADLAND ULTRAMARATHON - 45KM

Sunday 14th February, 1993.

It may have been Valentine's Day, but the tide was right for an early start (6.30am), so the cards and flowers were put on hold in several households whilst the running partner set out to tackle all or part of the run down the beaches. In all, seventeen people participated in some part of the event with seven completing the full journey.

We were very pleased to have the participation this year of three visiting runners - Andrew McKenzie-Hicks, Max Bogenhuber and Stephen Lewis. Andrew and Max arrived on Saturday and checked out the course, so experienced little difficulty in travelling by approximately the shortest acceptable route. Stephen was not so fortunate, arriving in the wee small hours, walking 6km to the start and managing to explore far more of the local environs than strictly necessary. He was not the only one to detour during the run, but as I observed two years ago, no-one can stay lost forever. Just keep heading south, or keep the ocean on your left.

The weather this year was mixed with a southerly opposing wind all the way, an early sprinkle of rain, later bright sunshine, but definitely cooler than 1992. The wind should have slowed everyone. But Jim Bennington, as is his wont, overcame this handicap by breaking his record for the run by five minutes. The close company of fellow Nana Glen runner, Adrian Wilson may have assisted his early pace, but more likely, it was the sense of proximity in the later stages of Andrew McKenzie-Hicks which lent urgency to his efforts. Andrew equalled Jim's time from last year and, along with Max, got his preparation for the Western States 100 Miler off to a great start.

Adrian paid the penalty for keeping Jim company early. He appreciates now the difference between training and racing. That he was able to finish as well as he did speaks volumes for his courage and his future as a longer distance runner. Bob Channells needs no introduction to most ultrarunners, but a bit better introduction to the course will see him run faster (or at least straighter) next time,

RESULTS:

1.	Jim BENNINGTON (Nana Glen)	3.40.05.
2.	Andrew McKENZIE - HICKS	3.45.00
3.	Max BOGENHUBER	4.12.00
4.	Adrian WILSON (Nana Glen)	4.17.00
5.	Robert CHANNELLS (Bowraville)	4.29.00
6.	Steele BEVERIDGE (North Sapphire)	5.12.00
7.	Stephen LEWIS (Brisbane)	6.00.00

Sloan slashes mountain record

*SUNDAY
TASMANIAN
7-2-93*

By KELLY MADDEN

TIM SLOAN smashed the Cradle Mountain run record yesterday, in his first attempt at the gruelling event.

Sloan said that he was very happy with the who-

experience. "I was just hoping to finish really," he said.

"I have a lot of respect for the mountain, it's a really good track."

Sloan was also very pleased about his record-breaking time of eight hours 22 minutes and 25 seconds.

"Really, in a race like this though, everyone's a winner."

The women's race record was also easily broken by Hobart runner Chery Horne, who came in with a time of 11h39m.

Chery said that she just ran for the enjoyment and was thrilled with her time.

"It was a really good, dry track and bushwalkers were clapping as I went past,

which was really encouraging" she said.

The race is estimated at 80 kilometres and takes runners from Cradle Mountain through to Lake St Clair and is thought to be equal to about 125 kilometres on a flat surface.

Second home was David Ross, who said the race was "really good fun".

Race winner Sloan agreed. "Seeing the sun come up over Cradle Mountain was just great, really spectacular," he said.

Results: T. Sloan 8.22.25, 1; D. Ross 8.59.38, 2; D. Smith 9.46.42, 3; R. Bill 10.04.05, 4; M. Gregory 10.04.45, 5; A. Briggs 10.07.45, 6; R. Taylor 10.41.07, 7; M. Morassew 10.48.44, 8; G. Howard 11.02.37, 9; G. Love 11.02.37, 10.

SIX HOUR TRACK RACE, COBURG, VIC. 27TH FEBRUARY, 1993. RESULTS

PL.	COMPETITOR	MARATHON	50KM	FINAL KM.
1.	Keith ALEXANDER (Vic)	3:05:58	3:52:07	72.752km
2.	Bill JOANNOU (36yrs, NSW)	3:14:55	3:56:29	70.644km
3.	Sandy KERR (47 yrs, Vic)	3:46:23	4:29:35	66.338km
4.	Ron CAMPBELL (49 yrs, VIC)	3:24:18	4:20:28	65.730KM
5.	Peter WOODS (26yrs, VIC)	4:21:04	4:58:19	62.049KM
6.	John HARPER (45 yrs, Vic)	3:42:48	4:30:51	61.002km
7.	Norm BROOKE (66 yrs, Vic)	5:52:55(walked)		43.019km

12 HOUR TRACK RACE, COBURG, VIC. 27TH FEBRUARY, 1993. RESULTS

Pl.	COMPETITOR	MARA	50KM	80KM	FINAL
1.	Rudy LOMBARDI	3:36:34	4:33:24	8:43:35	104.563km
2.	Jacqueline Taylor (46 yrs, Vic)	4:57:29	6:34:48	11:25:10	84.191km

VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 27/28TH FEBRUARY, 1993 - COBURG, VIC. RESULTS

PL.	COMPETITOR	MARA.	50KM	50M	100KM
1.	Neville MERCER	3:28:53	4:15:50	6:57:18	8:45:59
2.	Peter GRAY	3:43:12	4:32:18	7:51:14	10:23:32
3.	Cliff YOUNG	4:25:41	5:32:14	9:49:58	12:31:05
4.	Michael GRAYLING	3:39:18	4:42:46	8:34:29	12:59:47
5.	Ken MATCHETT	5:19:37	6:32:36	11:33:20	15:04:56
6.	Elvira JANOSI	4:23:23	5:22:15	9:25:55	12:14:21
7.	Godfrey POLLARD	5:12:41	6:34:46	12:22:02	17:19:13
8.	Harry CLEMENTS	4:10:23	5:28:20		

PL.	COMPETITOR	150KM	100ML	200KM	FINAL
1.	Neville MERCER	13:47:29	14:54:04	19:23:04	229.755
2.	Peter GRAY	18:47:02	20:47:00		176.746
3.	Cliff YOUNG	20:47:32	22:20:17		171.650
4.	Michael GRAYLING	21:26:16	23:30:32		163.759
5.	Ken MATCHETT				148.584
6.	Elvira JANOSI (from Yugoslavia - First lady)				141.126
7.	Godfrey POLLARD				132.109
8.	Harry CLEMENTS				68.400

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

PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE



Tootgarook Sports Reserve,
Truemans Road, Tootgarook.

Sunday 2nd May, 1993

7am - 7pm

ENTRY FORM

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

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

Age on race day

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

Details of best track ultra performances:

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

WAIVER

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

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

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

RACE ADVERTISEMENTS

PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE Information

- LOCATION: TOOTGAROOK SPORTS RESERVE,
Truemans Road, Tootgarook
on the Mornington Peninsula, Victoria.
(Melways ref.: Map 169 E6)
- TYPE OF TRACK: 400m. grass track, good surface, 8 lanes.
- RACE DATE: Sunday 2nd May, 1993
- TIME: 7am to 7pm
- REPORT IN: 6.30am sharp
- ENTRY FEE: \$25.00. Cheques payable to Dot Browne (Race Director)
- SEND TO: 4 Victory Street, Mitcham 3132
- CLOSING DATE: Friday 16th April, 1993
- FACILITIES:
1. Clean, modern clubrooms adjacent to the track, which include changing rooms, toilets, massage rooms, hot showers, hall (for the presentations) and well-equipped kitchen with a microwave oven and urn (for the use of runners' crews and lapscorers.)
 2. Grassy areas close to the track available for camps to be set up, and cars to be parked.
 3. Chairs, tables & tent provided for lap-scorers.
 4. Light refreshments provided for lap-scorers.
 5. Leader board updated every hour to show placings & distances.

1993

AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIPS
AND
QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS

DATE: 48 HOUR - FRIDAY 4TH JUNE TO SUNDAY 6TH JUNE.
24 HOUR - SATURDAY 5TH JUNE TO SUNDAY 6TH JUNE.

*** CLOSING DATE FOR ENTRIES - FRIDAY 21ST MAY ***

TIME: 9AM START FOR BOTH EVENTS.

PLACE: WYNNUM RUGBY UNION FOOTBALL FIELD
ELANORA PARK - GRANADA ROAD
WYNNUM - BRISBANE

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

TRACK: 400 METRES, GRASS.

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

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

NAME:

ADDRESS:

DATE OF BIRTH: / /

SEX:

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

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

NEXT OF KIN - NAME AND PHONE NUMBER:

COMPLETE BOTH SIDES OF THIS PAGE AND SEND WITH ENTRY FEE TO:

RAY CHATTERTON
P.O.BOX 589
TOOWONG
QLD 4066
AUSTRALIA

PHONE - HOME (07) 376 2548 - WORK (07) 271 8645

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

[1] NO PACING ALLOWED

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

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

[4] INSIDE LANE IS FOR RUNNERS ONLY.

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

DECLARATION

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

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

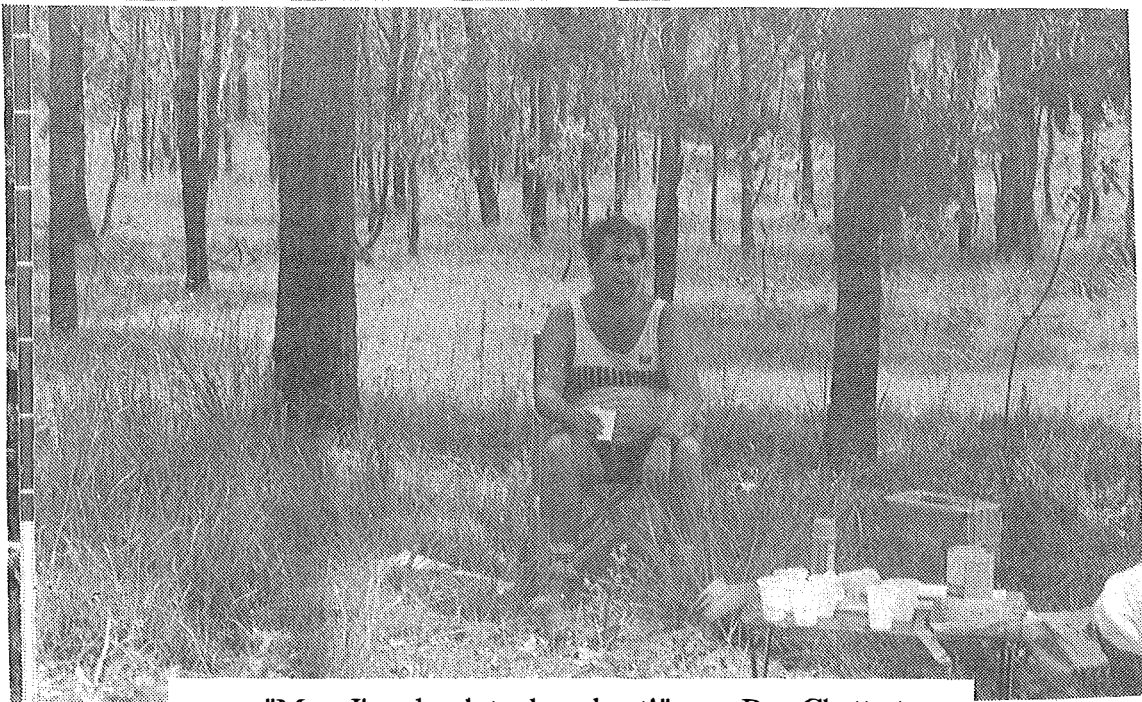
[3] I, MY LEGAL HEIRS OR MY SUPPORT CREW WILL NOT HOLD THE ORGANISERS RESPONSIBLE FOR ANY INJURY, ILLNESS OR ACCIDENT SUSTAINED, LOSS OF PROPERTY OR DEATH RESULTING FROM MY PARTICIPATION IN THIS EVENT.

SIGN

DATE

PRINT NAME

***** PLEASE INCLUDE A RUNNING PROFILE ON YOURSELF WITH THE
RETURN OF THIS ENTRY FORM *****

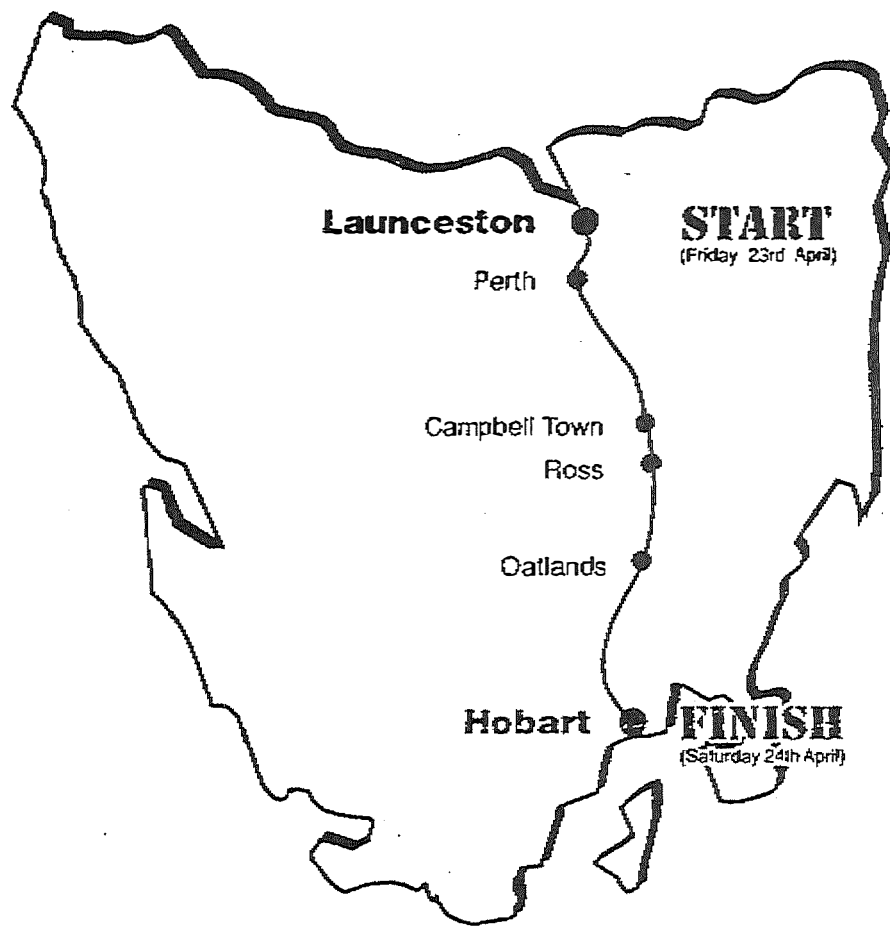


66
"Man, I'm plumb tuckered out!" says Ray Chatterton

Launceston to Hobart

200 km Low Key Ultra

(200 km Distance Not Certified)



Presented by **ULTRA TAS**

Launceston to Hobart Low-Key Ultra

April 23rd - 24th, 1993

- | | |
|-----------|---|
| Distance | Approximately 200 km. |
| Start | Launceston. Friday 23rd April, 1993 |
| Finish | Hobart, Saturday 24th April, 1993 |
| Support | No food or drink stations will be provided.
Entrants must provide their own support crew & vehicle
(fitted with suitable hazard lights). |
| Enquiries | For further information and an entry form for this exciting,
low-key event,
please contact:-

Talays (002) 349566
Kerri Law (H) (002) 725170
Alan Rider (H) (002) 486229
Mike Maddock (H) (002) 722887 |



T.U.R.A.
TASMANIAN ULTRA RUNNERS ASSOCIATION
ULTRA TAS

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT

SATURDAY 19TH JUNE, 1993

ENTRY APPLICATION please print clearly

Surname..... Initials..... Call Name.....
Sex M/F.... Date of Birth..... Age (On day of race)..... Occupation.....
Postal Address..... Postcode.....
Telephone (Home) Area Code.....-..... Telephone (Work) Area Code.....-.....

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

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

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

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

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

CONDITIONS OF ENTRY

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

WAIVER

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

Signed Date.....

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

14TH 50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT - GENERAL INFORMATION

- CONDUCTED BY: AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
- DATE: Saturday 19th June, 1993
- PLACE: Bill Sewart Athletic Track, Burwood Highway, East Burwood 3151 (Melway 62C8)
- TIME: 8.00 a.m. Race Start
- REPORT IN AT: 7.00 a.m. sharp
- RACE NUMBERS: Will be issued at the venue at 7.00 a.m.
- LAP COUNTERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.
- FACILITIES:
1. Changing rooms, showers and toilets adjacent to the track.
 2. Canteen for the purchase of refreshments, may be open.
 3. Chairs and (if possible) a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Personal tents are permitted on the lawn areas beyond the outer edge of the track (none are permitted inside the track). Covered clubrooms are located close to the track.
 4. Portable lavatory trackside for runners only.
 5. A moderate medical coverage will be provided.
 6. Facilities for heating water.
 7. A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each hour.
- PARKING: Car park close to the track. (Vehicles are not permitted beside track)
- TROPHIES & AWARDS: 1st: Neil Coutts Memorial Trophy 2nd: Perpetual Trophy
Other prizes may also be presented. Medallions and certificates will be presented to all finishers within the cut-off time. The presentation ceremony will be held at 3.30 p.m. approximately.
- VMC RR EVENT RECORDS: Safet Badic 5:18:20 - 1991 Lavinia Petrie 6:44:40 - 1992
- AUSTRALIAN RECORDS: Safet Badic 5:18:20 - 1991 Lavinia Petrie 6:44:40 - 1992
- AUSTRALASIAN RECORDS: Safet Badic 5:18:20 - 1991 Lavinia Petrie 6:44:40 - 1992
- WORLD RECORDS: Don Ritchie (Eng) 4:51:49 - 1983 Monika Kuno (Ger) 6:17:30 - 1983
- ENTRY FEE: \$22.00 for AURA financial members Make cheques payable to:
\$27.00 for non-members G.L. Hook
\$10.00 extra for tee-shirt Mail or deliver entry & fee to:
(optional) Geoff Hook,
42 Swayfield Rd, Mount Waverley, 3149.
(Telephone: 808 9739)
- CLOSING DATE: All entries shall be delivered by 2nd June, 1993
Entries received after 2nd June, 1993 may not be considered.
- FURTHER QUERIES TO: Geoff Hook, Tel. 808 9739 (H) or 826 8022 (W)

RACE RULES

1. All runners shall obey directions from officials.
2. All runners are strongly advised to have their own helpers (seconds).
3. Personal requirements (food, drink and first aid materials) must be supplied by each runner.
4. No pacing is allowed and helpers may not run with participants. Only officials and runners are permitted in lanes 1 to 4 inclusive. Seconds shall remain beyond the outer or inner edge of the track. The use of any banned substances by any competitor is prohibited.
5. Any interference by a runner's second (or friends) to another runner will result in a withdrawal from the race of the runner associated with offending person.
6. The decision of race officials to withdraw any runner during the race will be final.
7. For reasons of courtesy and the avoidance of interference, all runners shall:
 - (a) Leave lanes 1 and 2 clear for other runners when walking instead of running.
 - (b) Not remain 3 or more abreast (preferably 2 or less) when running in a group.
8. The race will be conducted in an anti-clockwise direction.
9. Race numbers shall be worn in a position which is clearly visible to the lap scoring area.
10. Official cut-off time is 8½ hours.

Good running and enjoy this event.

DONATIONS ACKNOWLEDGEMENT

We thank the following members most sincerely for their generous donations, paid with their membership renewals since August, 1992 and up to 26th February, 1993. Their extra financial help has played a large part in helping our organisation to survive and we really value their support.

Barry Stewart \$5; Arthur Bodle \$5; Peter Pfister \$10; Peter Quinn \$5; Andy Semple \$25; John Kostopolous \$10; Keith Green \$5; Ian Cornelius \$25; Sandy Kerr \$5; Nobby Young \$35; Tony Collins \$15; Cliff Young \$10; Ron Grant \$20; Sharman Parr \$5; Anthony Farnham \$5; Georgina McConnell \$5; Steel Beveridge \$25; David Sill \$10; Bruce Chalmers \$5; Brickley Hepburn \$15; Rob Channells \$5; Peter Nelson \$20; Max Bogenhuber \$5; Greg Love \$10; Gary Parsons \$15; Ralph Bristow \$5; Patrick Austin \$15; Warren Costello \$5; Jeff Visser \$50; QMRRC Ultra Div \$25; Dick Crotty \$5; Julius Horvath \$5; Dave Holleran \$5; Max Scherleitner \$9; Olliver Williams \$10; Phillipa Bolt \$5; James Bazzo \$10; Bill Joannou \$10; Ron Wigger \$10; Tony Rafferty \$10; Gary Pattrick \$5; John Harper \$25; John Timms \$10; Marty Grogan \$5; David Barwick \$5; Bruce Inglis \$5; George Cormack \$10; Grahame Kerruish (Mountain Man) \$10; Rudi Kinshofer \$5; Alan Rider \$15; Geoff Large \$15; Keith Jackson \$5; Val Case \$5; Jean Claude-Morre \$5; Shaun Scanlon \$10; Bob Sayers \$5; Kelvin Marshall \$5; Jeff Smith \$5; Rick Foster \$5; Charlie Spare \$5; Joe Skrobalak \$5; Michael Bohnke \$5; Ross Martin \$10; Brian Kennedy \$10; Bill Beauchamp \$5; Ken Matchett \$10; Stephen Nordish \$10; Michael Hodgson \$5; Alan Staples \$10; Ian Walker \$5; Wayne Goldsmith \$5; Kev Cassidy \$10; George Audley \$5; Max Carson \$5; Alistair Wallace \$10; Alan Trevenen \$5; Peter Janovsky \$5; James Cronk \$5; Ross Parker \$5; Randall Hughes \$5; John Petersen \$5.

Dear Dot,

We are sending you information about the first ultra-marathon we are organising ourselves. Perhaps some of your athletes would be interested in it. Kamchatka is not so far from Australia. We look forward to hearing from you.

Yours sincerely

Igor Streltsov & Alla Duke.

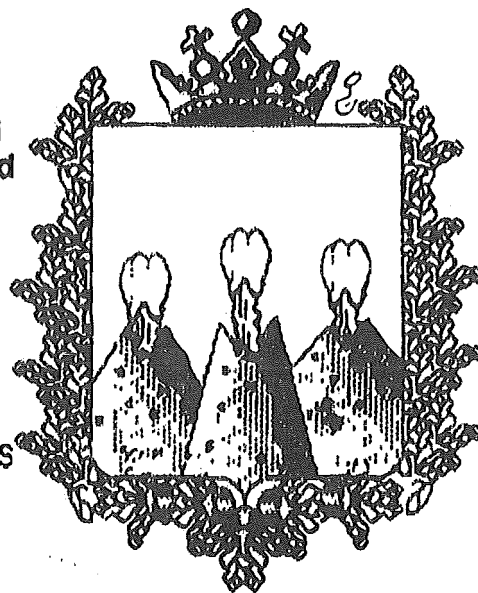
Entry form

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Sex		Nationality		Club			
M <input type="checkbox"/> F <input type="checkbox"/>		<input type="text"/>		<input type="text"/>			
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42.195		100km		12h		24h	
Hrs	Mn	Sec	Hrs	Mn	Sec	Km	m
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Area		Code		Tel. number		Fax	
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Dear friend!

We invite you to take part in our Ultra-Running Race. Please, inform your colleagues, athletes and tourists about this event.

Yours sincerely,
Igor Streltsov - Race Director.



Ultra-Marathon Race "The Hell over the clouds"

290 km around Kamchatka (Russia) august 2-11, 1993.

Kamchatka is a peninsula in the far east of Russia. The largest earth-crust break along the Pacific Ocean coast made in to be a zone of active volcanoes, it became a part of the Earth fire ring. During the ages volcanoes frightened and attracted people by their magnificence and mighty. Not many people managed to look into the volcano crater, the depth of the Earth. Those who did, were hypnotised by the frightening beauty, by the power of nature. Here a person feels like a grain of sand in terrible nature surrounding. Everything seems unreal, mysterious, unstable. This place might possibly be a prototype of the hell.

Exotic character of Kamchatka invariably attracts a great number of people, feeling satisfaction from visiting places where the foot of man never trod. Many natural resources of Kamchatka are of practical character: hot springs are among them. The best European resorts may envy a person who once have bathed in the hot water of the spring, or have seen the Kuril lake would strive to come here again and again.

Kamchatka is really worth meeting with, because it is difficult to find a pure and virgin piece of nature like this.

Those who are fond of overcome difficulties are invited to take part in ultra-marathon race:

"The Hell over the clouds."

1. The purposes of the Race:

- popularisation of ultra-running in Kamchatka;
- establishment of friendly ties with foreign athletes;
- acknowledgement with unique nature of Kamchatka.

2. Course:

Petropavlovsk-Kamchatsky - Avachinsky Volcano - Rodygino settlement - the Pacific Ocean Coast - Nalychevskaya Valley - Talovsky hot springs - Dzendzur Volcano - Nalychevskaya Valley - Aagsky mineral springs - Pinachevo settlement.

The length - 290 km , altitude - 9800 m (rise - 4900 m, descent - 4900 m).

Dates:

start - Monday, august 2, 1993

finish - Wednesday, august 11, 1993

3. Organisers:

Tourists and Travellers club of Kamchatka under the name of G. Travin provides the preparation of the route and service during the race (medical service, cooking, setting of tents, etc.). General guidance of competitions is provided by ultra-running development Committee in all-Russia. Track and field Federation.

4. Participants and eligibility:

Open to all runners with corresponding grounding. Registration can be accepted by entirely completed entry form to fax or address of Race Director. Closing date for entries is May 15, 1993. Mail entry forms to:

Igor Streltsov - Race Director
box 65, Michurin str. Kaliningrad - 6
Moscow region, 141070 Russia
Tel. (095) 328-99-38 Alla Duka
Fax (095) 267-69-06 to Alla Duka

The entry fee is \$ 590 (including accommodation, food, excursions during 14 days). Accompanying persons pay the same entry fee. Paying by cash after arrival. 9 hours helicopter excursion to Geysers Valley for additional \$220 fee.

5. Awards:

All runners who complete the race will get medals, pins. Awards will be given to winner, also to the second and the third. Special award will be given to the first foreign runner, special awards will be given to the winners of 2 mountain stages on Avacha and Dzendzur volcanoes. Prize fund: 300 000 rubles.

6. Programme:

Day 1 (31.07.1993)

Arrival to Petropavlovsk. Lodging at sanatorium or hotel.

Day 2 (1.08.1993)

A tour of Petropavlovsk, visiting museum. After lunch bus excursion to Paratunka settlement, to Elizovo town. Bathing in warm springs. Picnic with fish-soup.

Day 3 (2.08.1993)

Start. 25 km run along Theodore river-bed till. Tourist shelter "Avacha". Lodging for the night in tents, 900 m height above the sea level.

Day 4 (3.08.1993)

Start. 5 km run up along the crest of Avachinsky Volcano, 15--20° steepness, 2000 m above the sea level.

Time stop. Excursion:

Ascent of the volcano cone, 30° steepness. Descent from the volcano.

Start. Running around volcano cone, descending to Rodygino settlement, 29 km. Lodging for the night in tents. Side-track in case of bad weather:

From "Avacha" shelter running down along dry river-bed, along woody path till Rodygino settlement, 38 km.

Day 5 (4.08.1993)

Start. Run along earth road to the Pacific Ocean Coast. Run along the beach. Earth road again. 40 km. Night lodging in tents.

Day 6 (5.08.1993)

Start. Run along earth road to Sedlovina river. River (35 m wide, 70--80 sm. deep) crossing. Night lodging in tents.

Day 7 (6.08.1993)

Start. Earth road, three fords (20 m wide, 50 sm. deep). 35 km till Nalychevsky hot springs. Night lodging in tents or in shelter houses.

Day 8 (7.08.1993)

Rest. Bathing in hot springs. Start after lunch. 12 km run along the tourist path to Talovsky hot springs. Night lodging in tents.

Day 9 (8.08.1993)

Start. Along tourist path, up along the Zhelov stream canyon till Dzendzur volcano crater. 17 km. Time stop. Seeing the pass, descending along the glacier, then tourist path till Nalychevsky hot springs, 28 km. Lodging in tents, in wooden houses.

Day 10 (9.08.1993)

Rest. Nalychevskaya Valley. Bathing in hot springs. Walking in Bear Tundra, fishing, Russian Bath (Banija).

Day 11 (10.08.1993)

Start. 12 km tourist path till Aagsky mineral springs.

Time stop. Watching the hot springs, waterfall on Shumnaja river.

Start. 12 km along tourist path, return to Nalychevsky hot springs.

Day 12 (11.08.1993)

Start. Along the tourist path through the Pinachevsky pass, 1230 m to Pinachevo settlement, 46 km.

Finish of the Race.

All in all 290 km.

Bus trip back to Petropavlovsk.

Russian Bath (Banija), banquet, awards ceremony. Lodging in a hotel.

Day 13 (12.08.1993)

Helicopter excursion around volcanoes. After lunch sea trip on a launch around Avachinskaja inlet, going out to the Pacific Ocean.

Day 14 (13.08.1993)

9 hours helicopter excursion to the Geysers Valley. (for additional \$220 fee)

August 13 - 14.

Departure from Petropavlovsk.

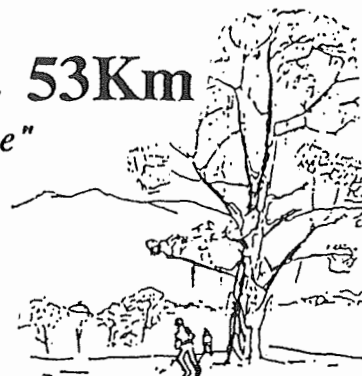
7th BRINDABELLA CLASSIC 53Km

"Australia's Toughest Downhill Mountain Race"



Sunday 14 November 1993

Presented by the ACT Cross Country Club Inc.



Run through the magnificent eucalypt forests of the Brindabella Ranges in the ACT. Start at the top of Mt Ginini and follow trails, tracks and dirt roads to the Cotter Reserve. The net fall is 1300 metres, but there are several long rises making it a challenging course. You cannot call yourself a mountain runner until you have completed this course!

You can run as an individual or as part of a team of 2 or 4. Every finisher over 53 Km receives a Brindabella Classic pottery goblet, and those completing their 6th Classic receive a pottery carafe. Men and women individual race winners on 3 occasions and runners completing their 10th event (in 1996) will have this achievement immortalised by receiving a permanent green race number which is solely "theirs". There are other category awards and random draw prizes.

The race is attracting increasing participation each year, and we would like to share the experience with you. Enjoy the unique bus ride to the start, and later relaxing at the finish with a massage followed by a BBQ or picnic.

Race records are:	Men	Trevor Jacobs	3.33.33 current course 53 Km
		Geoff Large	3.36.14 old course 50 Km
	Women	Randi Bromka	4.35.02 current course 53 Km
		Linda Thompson	4.11.00 old course 50 Km

For further details send a self addressed stamped envelope to Trevor Jacobs, 7 Dovey Pl., LATHAM ACT 2515.



PAUL EVERY, AURA MEMBER from North Epping, NSW 28 years of age

2nd	Baldy Peaks 50km, Ice House Canyon, California. Trail run 10,775 ft. climb on Sept 12, 1992	6:29:15 Winner did 6:19:40
12th	Bulldog 50km, Malibu, California Jeep roads and trails, 6,000 ft. climb on Sept 13, 1992	4:59:36 Winner did 4:00:49
1st	Pacific Crest Trail 50km, Squaw Valley, California Out and back at 6,200 - 9,000ft. elevation on Sept 19, 1992	4:57:49
4th	Down and Up the Ruck-a-Chucky 50km on Sept. 26th, 1992	4:51:18

So what ultra runs did YOU do last year?

The ROYAL NATIONAL PARK Ultra - No More ?

Well, yes and no.

The RNP Ultra, as we have known it for the last three years, is gone. In its place the Billy's Bushies will put on an event that will make it possible for more runners to get to know and enjoy (or curse) the magnificent Royal National Park.

The event has always attracted a great number of runners by Australian ultra standards (123 starters in 1992), but somehow we felt that the race needs to be opened up to a greater variety of runners.

The event will now be known as the EAGLE ROCK ULTRA and will use EAGLE ROCK as its race logo. For those not familiar with the park, Eagle Rock is a well known land mark on the coast, between Garie and Wattamolla. Those that have run the race before have probably noticed this unique rock formation.

For three years we have searched for the right formula. We wanted a tough course, a scenic course, a course that was do-able for most runners. What we have come up with will be all of that and we will now stay with the course as it will be run this year.

The race will be held on October 23rd, starting and finishing at Bundeena. It is what I call a cat course. A figure eight with a tail. The tail being the section that will be covered twice, on the way out and on the way in.

We have removed most of the tar road sections, thus making it more of a bush run, which is what most runners are looking for these days.

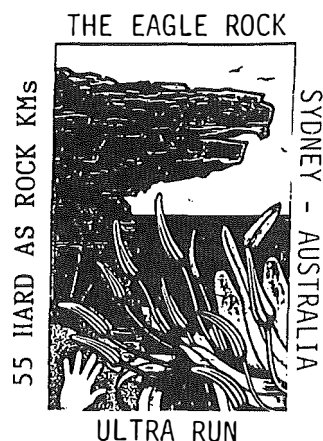
Although only 55 km long, it will still be tough enough to test most runners. The eight hour cut-off is attainable by anyone who is prepared to put in just a little effort into the training for the event.

The shorter course means that we can spend more manpower per km, giving you, the competitors, an even better race than before.

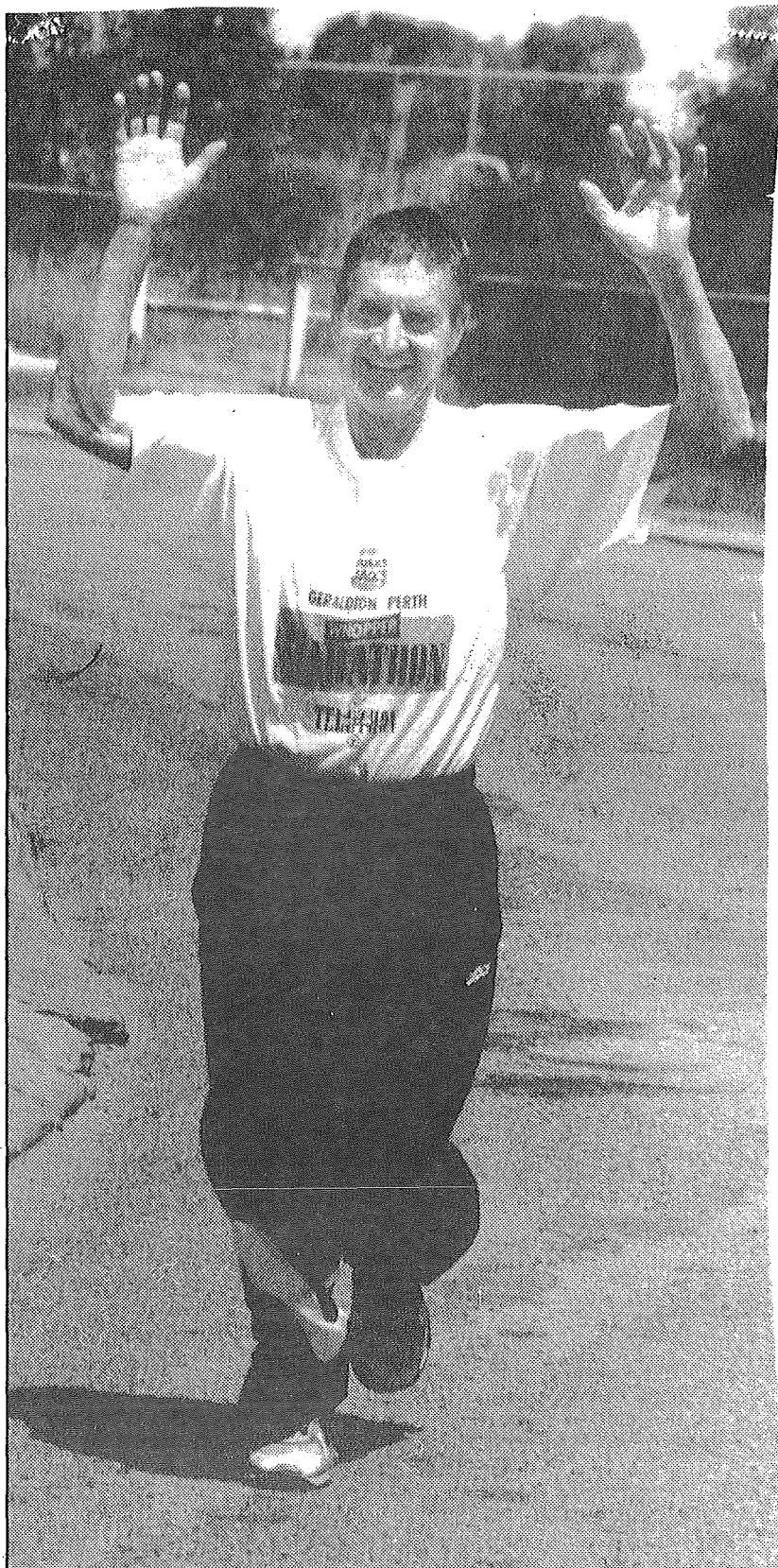
Again we will have prize money for the major place getters and mugs or goblets for all finishers.

All those that have run the RNP Ultra before will be sent entry forms, but if you are one of those that has so far missed out on this experience, send a self addressed, stamped envelope to EAGLE ROCK ULTRA, at P.O. Box 380, Sutherland, 2232 for entry forms, or contact Max Bogenhuber on (02) 13-2426 (W) or (02) 876-3235 (H) for details.

Start training now and we'll see you there for a run you will remember.



MEDIA ARTICLES ON MEMBERS



ON THE ROAD AGAIN. . . effervescent 70-year-old Cliff Young says he is the man to beat in the inaugural Hungry Jacks Geraldton to Perth ultra marathon starting today.

Evergreen Cliff Young

By KENDALL HAMMOND

FORGET about age and think about action.

That is the philosophy of 70-year-old Cliff Young, whose shuffling gait has him matching strides with competitors half his age in the toughest of running environments — the ultra marathon.

Young, a household name throughout Australia, has continually defied mother nature with his feats in long distance races and, starting today, he will attempt to complete yet another epic journey in the 434km Hungry Jacks Geraldton to Perth Ultra Marathon.

A potato and cattle farmer whose self-confessed training consisted largely of herding cattle on foot, Young began competing against "humans" only 12 years ago when he ran in a 80-km track race in his home State, Victoria.

The race sparked a love affair with long distance racing that Young has been unable to resist.

Despite numerous attempts at retiring he has always returned to the road, achieving considerable notoriety along the way.

Included in his long line of achievements was the presentation of the Order of Australia medal in January 1984 and he is hoping to add to that list by winning this weekend's ultra marathon.

Setting off shortly after noon off the scratch mark today, Young will have one single-minded ambition — to win the race.

"I hope to maintain the lead the whole way, being in front I don't know if I can hold the runners off but I will see how I go and will give it my best shot," he said.

Running in ultra-marathon events is something Young does for a challenge, to prove to a point to himself and others who think he is too old to run.

He lets his legs do the talking while trying to show people that at the age of 70 he is still able to provide tough competition for the younger runners.

"I am thankful I can still run marathons because you see other people when they get to 70 are in wheel chairs and use walking sticks," he said.

"I think I am one of the luckier ones but I do work on it. A lot of people say that when they get to a certain age they can't do this and can't do that but I want to prove to them it is possible to do a lot of things."

In preparation for the Geraldton to Perth ultra marathon Young has run in a five-day race and, most recently, a 24-hour race two weeks ago.

Running on average about 15 to 20 kms each morning, Young says he still has a few miles left in his legs.

He competes for the challenge each race presents him, to run through the pain barrier brought on by lack of sleep and proper rest.

For ultra marathon runners the worst affected part of their body is their feet.

"When they get really bad they are plunged into a bucket of ice which hurts like hell but it takes the swelling out and the pain," Young said.

"You might keep them there for 10 minutes and then dry your feet, put your shoes back on and keep running.

"It's a great relief to leave the pain in the ice bucket."

Young decided to compete in this ultra marathon when he received an invitation that he says he "couldn't knock back because the course and climate looked so good".

"There are no steep hills and, if we have a tail wind, we will shoot along fairly fast," he said.

Being the most senior competitor in the marathon was not too daunting a prospect for Young, especially after completing the toughest of ultra marathons — the Westfield Sydney to Perth run.

"Age shall not weary me for a year or two yet, and compared to the Westfield run this will be a short sprint," he said.

For many people distance running is a gruelling race that requires a lot of determination to keep on going right to the very end.

What competitors think about during such a race differs from person to person but for Young his thoughts are never deeper than the general everyday things of life.

"I might have a few problems I would like to get on top of," he said.

"Or I think about when I will rest next, take some time to eat or drink, or the tactics I will need to pass another competitor.

"I might even think of when I will next see a pretty girl."

During the 434.6km event Young will be playing it by ear

but hopes to get by on about 30 minutes sleep over the three and a half day period.

If runners sleep for too long they stiffen up and find it very difficult to continue.

Young tries to kill two birds with one stone by sleeping for half an hour and having a massage.

It is also up to the individual on how much they eat or drink during a run and according to Young, he might run half a marathon without consuming anything.

"But if it's hot you have to drink every 15 minutes," he said.

Even to eat runners have to work out a correct procedure.

According to Young, you walk a few paces and then eat.

Being a vegetarian he eats a lot of mixed cereal and wheat.

"I have a little bowl and spoon and walk a few paces and eat it and then hand the bowl back to the crew," he said.

"The aim is to loose the least time you possibly can."

Young also claims a lot of marathon runners end up heavier when they finish a race because of how much they eat.

"They end up like porker pigs," he said.

If he does reasonably well it is likely Young will return.

"The course looks fairly good apart from the wind but I will keep low to the ground."

And who does he see as his major rivals?

"Brian Smith is back too far. He is the top runner but I don't think he will catch us," he said.

"Wanda Foley is a good steady runner and Mark Pritchard could be a dark horse."

Young expects he will run about 7-8km an hour continually because speed to him is not as important as the stamina they put in on the road.

"You might put on a burst of speed and be in the massage parlour for hours," he said.

"It is better to have a steady pace."

At the end of it all Young expects to be sprinting the last 30km to put in a good finish.

"I have to put in a good finish you know, where ever I may be."

Parker powers to early lead

Picture CINDY ADDISON

FORMER Swan Districts footballer Ross Parker has powered to a commanding lead in the inaugural Hungry Jacks Geraldton to Perth Ultra Marathon, after starting three-hours behind scratch markers Wanda Foley, Cliff Young and Mark Pritchard.

At noon today, 24 hours into the race, Parker was 20km past Eneabba while about 45km behind the front runner were Pritchard, Young, Foley and George Audley with very little separating them.

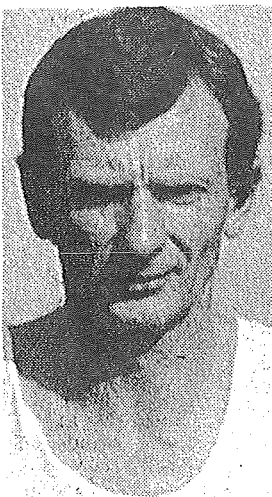
Joe Record and Kevin Mansell were trailing by a further 5kms.

Bryan Smith was the last competitor to leave, 16 hours after the front markers and was said to be 20kms behind the main pack.

Smith is expected to bridge the gap incurred by his handicap as the pack heads for the finishing line at Perth's Channel 7 studios for its Telethon telecast on Sunday.



WA runner Mark Pritchard took an early lead off the scratch mark in the Hungry Jack's Geraldton to Perth Ultra Marathon yesterday but at noon today had dropped back to second after being overtaken by Ross Parker.



Ross Parker

Geraldton-Perth run attracts top field

SEVERAL of Australia's best endurance runners have accepted invitations to contest the inaugural Geraldton to Perth ultra-marathon next month.

The 420km handicap race will start on October 15 and finish at Channel Seven studios during the Telethon telecast on October 18.

Victorian Bryan Smith, 48, who won the 1991 Sydney to Melbourne race after finishing second to Greek Yannis Kouros the year before, heads the field.

Also competing will be Victorian Kevin Mansell, who finished fifth in the Sydney to Melbourne race last year to become the first athlete to complete the race in five successive years.

By DAVID MARSH

Cliff Young, 70, who won the inaugural Sydney to Melbourne race in 1983, will make one of his many comebacks to compete and Victoria's Wanda Foley, 46, will be the only woman in the field.

The WA contingent will be Ross Parker, Joe Record, George Audley and Mark Pritchard.

Parker, a former Claremont and Swan Districts footballer, has completed the Sydney to Melbourne race several times and Record won the Perth to Bunbury race in 1991.

The 434km Geraldton-to-Perth ultra-marathon was won by Bryan Smith, 48, of Melton, Victoria, with an elapsed time of 2 days, 7 hours, 29 minutes and 2 seconds. Perth's Joe Record took line honours in the event, with veteran Cliff Young being forced to withdraw.



Song for a hero

GENTLY plucking the traditional bouzouki as he serenades daughter Gabriela, Greek running sensation Yiannis Kouros (pictured left) looks far from the determined marathon man who has pushed his body and mind to 70 world records.

Yet Kouros, the five-time winner of the Sydney to Melbourne ultra-marathon, has spent the past two years developing his lesser-known talent — composing and singing.

Kouros, a Northcote resident, is a finalist in the biennial Antipodes National Greek Song Festival. His song — *Colors, What Colors* — takes a deeper look at the meaning of colors.

Turn to Page 9 to find out more about how music helped Kouros to run, and how running is helping his music.



● Kouros the runner.

Kouros runs up a tune

GREECE knew it had a running star when a young man fresh from the army finished a marathon miles ahead of his nearest rivals.

But not even the hardest task-master would have expected the young man to finish the marathon, turn around and run back to his struggling training mates, inspiring them to finish as he ran with them to the line for the second time.

Yiannis Kouros is no ordinary runner.

The five-time winner of the Westfield Sydney to

By ROD CURTIS

Melbourne ultra-marathon holds 70 world records in ultra running — arguably the most difficult of all running codes as it combines intense physical and mental preparation.

Kouros cites that first marathon as the exact moment he realised he had a talent for running.

However, music has always been in his blood.

Kouros is a finalist in this year's Greek Antipodes National Greek Song Festival.

The festival, kicking off with a street party in Lonsdale St on March 20 and 21, is dubbed as a showcase of Greek culture, music and food.

Kouros reached the final of the festival with his song *Colors, What Colors*, which, he said, took a deeper look at the colors red, yellow, green and blue.

The achievement is a culmination of many years developing his flair for a tune.

"I was writing lyrics at 12 and composing music as soon as I finished school, but I never had the time for

it," Kouros said from his home-built studio housed deep within the walls of the St John Greek monastery.

Kouros lives there with his wife and two daughters. The place has a peace and serenity which suits his style.

Kouros, 37, is enjoying the first break from running he has had in 20 years.

He has used the break to begin studies in music and Greek literature at La Trobe University.

"Music is now my main interest and running is second," he said.

"I spent 20 years in running and now I feel the need to complete my music. I left a lot of songs unfinished and now I can finish them."

Kouros now spends eight to 10 hours each day buried in his studio, dotted with keyboards, guitars and traditional Greek instruments.

Writing his songs in Greek, Kouros is proud to share his heritage, and believes it has given him the strength to excel in his sport.

"My Greek history gives me the power to come first," Kouros said.

"In history and mythology there are so many great achievers. When I run I think 'this person in histo-

ry did that so why can't I do this — it's much easier'.

"You feel very proud when you are Greek."

Kouros is modest and casual about his incredible athletic achievements.

But he is anything but casual when explaining the drive that kept him running.

"I wanted to see the limits of a human being — how far you could go," he said.

"It is a good feeling when your body is unable to go any further and your mind and spirit take over."

"You need to beat your body's will which tells you to stop. You see, if you want something in your mind and prepare for it and want to achieve it then you can — it doesn't have to be in athletics."

Kouros — who often ran and trained to music — said he would often think of words and music as he trained — more often than not forgetting them by the time he returned from his 60-70 kilometre training sessions.

Kouros now has time to listen to his moments of inspiration, and is focused on "getting them down".

"I'd like to write some books and publish some poems and keep writing music."

Northcote Leader

A LEADER NEWSPAPER GROUP PUBLICATION

WEDNESDAY, FEBRUARY 10, 1993

ARTICLES

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THE LIVERPOOL PLAZA ULTRA-MARTHON MATCH RACE

Sydney long distance runner DAVE TAYLOR and Melbourne ultra-athlete, TONY RAFFERTY, will compete in a 1708 kilometre challenge race from SYDNEY TO MELBOURNE AND RETURN TO SYDNEY starting 4 march 1993 at noon.

The two runners will follow the Hume Highway and will enter major towns along the journey. They will run daylight hours only (6am to 8pm)

TAYLOR said: "Long running sessions on hills, gym work and training with a local football team has put me in the best shape of my life. Rafferty will lose sight of me early in the race."

RAFFERTY, the first man to run from Sydney to Melbourne, has finished four times in the top 10 in the famous Westfield Sydney to Melbourne classic. He said: "I expect TAYLOR to be a tough competitor. He's at his peak now. But I think my experience in multi-day races will get me back to Sydney in first place."

The race is the main fund-raiser for the year for STEWART HOUSE, a home for needy children. Funds will be raised in schools throughout NSW.

The NSW Minister for Education, Ms. Virginia Chadwick, will start the race and world boxing champion, Jeff Fenech, will run the first 10 kilometres with Taylor and Rafferty.

If more information is needed please contact the race co-ordinator LARRY MEMERY on (02) 6015418

April, 1992

Nelson City 100 Mile

Nelson, New Zealand Dec. 28-29, 1991
Forestry roads (80%) and trails (20%),
13,800' climb

- | | |
|---------------------------|-------|
| 1. Russell Prince, 36 | 17:48 |
| 2. Rick Spady, 39, MT | 21:39 |
| 3. Margaret Hazelwood, 41 | 22:03 |
| 6 starters | |

Since the U.S.A. is a bit far for the average Kiwi to travel, I had to put my own race on here in New Zealand in order to attempt my first 100-mile trail run. A few 100-mile road races have been organized in New Zealand, but I wanted to utilize the scenic trails and hills available around the Nelson area. I mountain biked hundreds of kilometers over forestry roads and trails in search of an interesting trail run. Finally I ended up with a very testing 100-mile course that included 4,200 meters of steep climbing along with 4,200 meters of steep descents.

After the race was listed in *Ultrarunning*, a surprising amount of interest was shown from American runners. I was pleased to see that the race might take on an international flavor instead of just being a local affair. However, the confirmed competitor list included only two overseas runners, Rollin Stanton from Singapore (and Virginia) and Rick Spady from Montana. Still, I was pleased since most of our top ultrarunners had also entered.

The race rules were simple. No pacers were allowed. Drop bags could be picked up at three specified aid stations. Handlers were welcome to provide support at aid stations only. Competitors were to be weighed three times after the start and anyone losing three kg (6.6 pounds) and over would be removed from the course.

When race day arrived, six of the nine confirmed individual entries actually showed up to the start line. We drove 55 km to the start at Pelorus Bridge where we got the weighing process quickly over. Then we set off at 3:00 p.m. Russell Prince, New Zealand 50-mile record holder in 5:04, lasted through the second aid station at 6.6 miles in 2:19, amazing considering this section included 1,000 meters of uphill and some extreme downhill. With two major

climbs behind us we reached the 36-mile point and race headquarters. By now some of the runners realized they could be in trouble if the rest of the course mirrored the previous sections. I certainly knew that the second half of the course was only slightly easier than the first. The 36-mile mark was where the night moved in.

Russell arrived at the race headquarters for the second time having completed 54 miles in 8:12 and holding a 1:16 lead over Rick Spady. I got there in 10:08, 1:56 behind. The amazing Christchurch school teacher, Margaret Hazelwood, the N.Z. women's record holder over 100 km, was moving very steadily and arrived at the HQ in 11:02. At that stage I was forced to withdraw due to a throbbing inflammation in my shin, and Rollin twisted an ankle on a dark, steep downhill and was also forced to retire.

Meanwhile, Russell, Rick, and Margaret moved steadily through the seven hours of darkness. In fact, Russell made my worst nightmare come true when he arrived at 4:00 a.m. in Cable Bay, which I didn't expect runners to reach before daylight. He had covered 79 miles in 13:03. Russell and everyone else had to be redirected over an easier four-wheel drive route instead of the very dark steep trail of the Cable Bay Walkway. Rick arrived there two hours later in 15:02 and Margaret appeared 1:40 after Rick in 16:43.

At that stage Rick confessed that the steep downhills had totally destroyed his quads. He resigned himself to walking the last 25 miles in 7:15. At the end he said, "I came halfway around the world to finish that damn thing, even if I was going to walk for that long!" Meanwhile, Russell had gone on to finish in a spectacular 17:48.

Well, we had a great race with excellent times, and we'll be doing it again next summer (winter up there).

Steffen Buttner

Rick Spady adds:

With the starting time at 2:00 p.m., I was able to enjoy a prolonged night of sleep — it is amazing how much stress is eliminated by not having to worry about waking up early.

Transportation was provided to the starting line (55 km northeast of Nelson) where weights were taken. I discovered that in the last four weeks I had gained 15

pounds. This and the fact I had not run hills in three months brought some apprehension and a desire to start burning fat since I had plenty of reserves.

The first significant downhill at 20 km came as a bit of a shock since it lost in three km the elevation gain of the previous ten. I later learned from Russell Prince that he had walked much of the first downhill, a thought that had never occurred to me; you always learn something! This pattern of long gradual uphills and steep downhills seemed to repeat itself consistently (at least in my mind) the rest of the event.

At about 120 km my quads were completely gone and I could walk faster than I could run. I also discovered I was passing blood. I felt fine mentally and OK physically, except for my quads, so I decided to walk to the finish and see if my urine would clear — which it did. Some of the most beautiful and also the most difficult sections of the course are in the last 40 km. It was mostly enjoyable to take my time and enjoy the views of the Tasman Bay from the Cable Bay Walkway and the climb up Todd Valley to Bobs Fenn.

The course had 13 aid stations and six major (1,500–2,000 feet) climbs and descents. The percentage of road makes it possible to run a fairly fast time but one must be used to running steep downhills on roads to not lose one's quads. The forests smell wonderful with the scent of pines and the many flowers in bloom. At night the Redtailed Possums and the Glowworms keep you entertained. The temperatures this year ranged from the mid 50s to the low 80s.

The night portions of the course are all on road and it is nice to get out of the sun. An extremely thin ozone layer over this part of the world creates a 15–20-minute burn time to unprotected skin and the highest incidence of skin cancer in the world.

The race is well organized and well marked, the aid stations are more than adequate, and the course is scenic and very challenging. The country is beautiful, the streams and rivers clear and the town neat and well kept. The people are some of the nicest people I have ever met anywhere and though I may not be back in '92, I will most definitely be back sometime.

Sincerely,
Name Withheld

To the Editor,
I think it is time
for all of us to be
more positive.

Each of us needs
to stand up, and
be counted!!!

We must stop
allowing others
to speak for us!

RETURN TO THE PYRAMIDS 1993

The 1991 Pyramids Marathon was held on 18th January, the day after the Gulf War broke out. For me, running in that event will always be a totally unforgettable and life-changing experience. I was the only woman to run the Marathon, the only Australian and I ran my Marathon P.B.

The Marathon was wonderful and afterwards with my new found American friends, I explored Cairo and its surroundings. The bazaars, the Nile and the crowded streets were fascinating, but somewhere off-stage, the war was happening and Cairo was a tense and scary place. All international carriers ceased flights in and out of Cairo and when I finally set out on the long, difficult journey here I vowed never to return to Egypt.

I resumed my ordinary life in Melbourne but gradually I realized that I'd grown, changed and developed new strengths, and also all unaware, I'd fallen in love with Egypt.

I began dreaming of the pyramids, floating huge and yet unsubstantial against a translucent, glowing desert dawn and glittering water of the Nile with the white curve of a felucca. I also had a strong feeling of "unfinished business", the need to experience the Pyramids Marathon and Egypt without all the tensions of the Gulf War.

And so the decision was made. I would run the Pyramids Marathon again, revisit all my favourite places and explore new ones.

The months passed in training, saving money, lingering over Egyptian guide books and writing excited letters to my friends in Cairo.

Finally the 16th January arrived and I bid a fond farewell to my cat and set off on the long journey to Egypt.

I had a marvellous reunion with my friends Bill and Jane in Cairo, and almost straight from the airport, I set off with Said, their Egyptian driver, to explore the city. And there it was all as I'd remembered it - the teeming, crumbling, fawn-coloured, traffic ridden, deafening city. This mysterious, dirty, Middle Eastern city that I'd inexplicably grown to love.

Said and I sat on a wall at the camel market and I felt as if I'd travelled back thousands of years. The graceful, supercilious beasts with their impossibly long eye lashes being sold for meat, or carrying loads, or racing, and the Egyptians in their long robes bargaining earnestly over cups of sweet tea.

In the afternoon we drove to the pyramids where the Marathon was to start. Those extraordinary monuments to people who lived complex and amazing lives five thousand years ago, and who attempted to defeat death.

These ancient Egyptians were concerned with the survival of the spirit. If a body is preserved and hidden away and provided with all the necessities of life, then death will not have occurred. You gave this thing, this spirit, all it had in life, food, furniture, jewellery, and from time to time it will return from eternity and take sustenance.

And now near the pyramids, people live in shanty towns with garbage filled streets and wash their dishes in the filthy water of canals.

There is no logic in Egypt, no chronology. Time is not linear, it's as if everything happens at once and nothing is ever lost. Events are like glass beads in a jar.

And my memories of that first week in Cairo are as dazzling as coloured glass.

I was driven through the streets and countryside and felt as if I was nothing but a pair of devouring eyes.

I saw the cluttered intense life of the fields and villages. Colourfully clad men, women and children working in the fertile strip between the Nile and the desert, the fields bright with lucerne and orange trees, humming with life. I explored Cairo with its mosques and minarets and misty sunlight and felt richer, happier, more alive than I then could ever remember. It is the feelings that survive, the feelings and the place.

During the week I completed my marathon training by running around the inside of Jane and Bill's apartment. It's totally impossible to run in Cairo's chaotic, polluted streets.

On Thursday I attended a pasta party at the "Sound and Light" restaurant at the pyramids and met many of the 200 people who were to run all or part of the course from the Great Pyramid (Cheops) to the Step Pyramid at Saqqara and back again.

I met runners from the U.S.A., Canada and Germany and we cheerfully devoured spaghetti and swapped running stories.

Afterwards I went outside into the freezing amphitheatre to watch the "Sound and Light" show at the pyramids and Sphinx. This was another piece of enchantment as the giant monuments were illuminated and voices describing the history of the area rang out beneath the brilliant, entranced desert stars.

Away across the sand dunes I could see lights flickering and I could imagine a long line of lantern bearers stretching back to a pharaoh or slave.

The next day, 22nd January, I returned to the pyramids for the start of the Marathon. We lined up next to the smallest pyramid, Mycerinus. All 200 of us vibrating with tension and excitement as we listened to the last speeches and instructions and then finally "We're away."

This Marathon must rank as one of the most crazy, difficult and unforgettable of any in the world! I also suspect it is longer than a marathon.

We started off running downhill from the rocky plateau the pyramids stand on and after negotiating the rubbish strewn streets of Giza, we ran onto the long road leading to Saqqara. The road encompassed every surface - bitumen, sand, mud, rocks and crater-like holes. I ran alone, dressed in shorts and T-shirt, which is not ideal in a Middle Eastern country and found I had to concentrate ferociously on the many hazards. The road surface was one problem, but another was the eager children who wanted to touch, stroke, pinch, ask for baksheesh and practise their English by asking endless questions. The adults were also very curious and sometimes aggressive. There were a few thrown stones and afterwards I heard stories of runners having to protect their running numbers and water bottles from being ripped away from them. One runner even had his shorts pulled down. Definitely not your usual marathon hazards.

I was very glad to have the support of my friends Bill and Jane and Said who followed me in the car and supplied much needed encouragement and water. The water stations were few and far between and the first one was at 12K. Fortunately the weather was cool and cloudy. The most worrying risk was the traffic. An endless stream of cars, trucks and buses all travelling at speed and totally unprepared to give the runners any road space. I must have leapt off the road a hundred times as vehicles roared by.

The animals were not so menacing, but also took up considerable road space. I passed camels, donkeys, horses, cows and goats and at one time, was completely surrounded by a herd of trotting buffalo.

In spite of all the hazards I managed to look around and appreciate the busy life of the fields and villages, all shimmering with a powerful sense of life. Memories to illuminate all the years ahead.

And so the half way point arrived and I walked up the steep hill to the Step Pyramid at Saqqara. The uneven road surface had taken its toll on my arthritic joints and I felt immensely tired and achy. "How on earth am I going to get all the way back?" I wondered.

I set off wearily on the long road back to Giza and decided a few prayers would be in order. After all this is a country ridden with gods. A god for every need and purpose. I summoned up all my hopes and wishes and cast them to the dry desert wind. "Please, I just want to finish."

I was walking with occasional spurts of running when I was joined by a young Egyptian man riding a donkey, Whisky. They made good companions as I plodded wearily on. I patted and admired Whisky and tried out my thirty words of Arabic on his cheerful rider. It's very difficult to describe a marathon to someone who lives in a tiny village in Egypt.

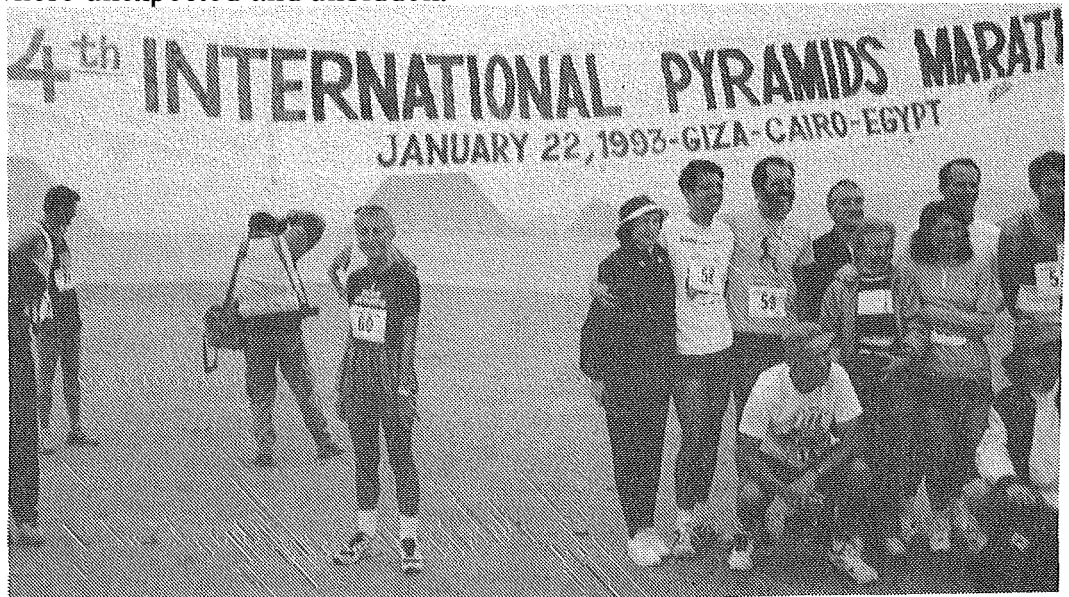
Said, our driver said many of the villagers were asking in Arabic, "What are they hunting? What are they chasing?"

Whisky and his rider left me and I was growing very tired when I finally caught sight of the pyramids dreaming and golden in the Winter sunshine. Almost there!

It was impossible to run up the steep hill to the pyramids. The road was jammed with cars, buses, camels and people. I walked briskly and cautiously, not wanting to be knocked over in the last kilometre of this momentous Marathon.

And there finally was Mycerinus Pyramid and the finishing line. I gathered up the last remaining dregs of energy and ran under the banner. My time was recorded and I stood there alone waiting for my friends to arrive in the car. It was a shining moment. It was to do with eternity, happiness, runners and pyramids. Was it possible, I asked myself, for a pyramid to feel, to remember things, or to think about them? After all the pyramids had been there for so long, so very long. They had outlived millions of men. They had seen things which no one knew about, which no one would ever know. They were full of hidden facts, the secrets of stone and buried treasure and battles which had been fought close by. Cool wind blew on my face as I stood there waiting for Mycerinus to speak. And for an instant I fancied the pyramid sang a high, clear note, a pure pan pipe note. It was a living moment, a rare moment; one of those gifts that come from nowhere unexpected and unbidden.

Rikki Bewley
11th February
1998 .



Rikki at the start of the Pyramids Marathon.
American contingent on the right.



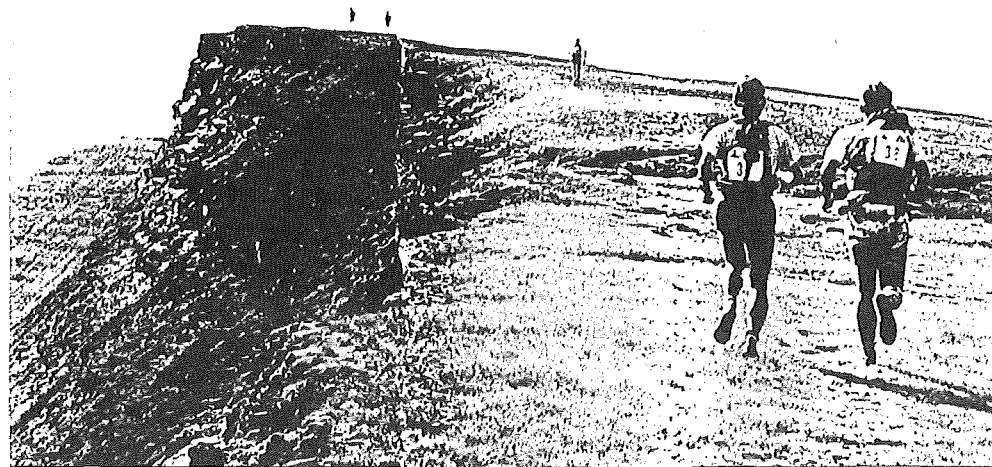
—OVERSEAS NEWS—

When it came to naming a new 220-mile race from North to South Wales the national emblem seemed in every way appropriate to the petrol company sponsoring the venture. The symbol of the 'Dragons Back' perfectly represented the mountains and hills that curve down the spine of Wales, providing a challenge as fearsome as any fire breathing legend. However, any further connection with dragon stories, particularly the bit about damsels in distress, didn't apply, as at the end of what was probably the toughest ever U.K. race, a lady was first across the line.

PATHLESS

It all started when Ian Waddell read John Gilsham's book, 'Snowdonia to the Gower', and decided to turn the high level walking route the author described, into a unique race. The idea that anyone might want to run between 35 and 50 miles a day, across wild and often pathless mountain terrain, for five consecutive days, might seem like a non-starter to the average club runner, but Waddell quickly discovered there were those who relished the challenge.

Enquiries came in from around the world, and when the race began on September 21st, beneath the impressive walls of Conwy Castle on the North Wales coast, there were 55 starters. Among them were some of the world's best ultra-distance runners, with past performances that almost defied belief. Adrian Crane once ran 2000 miles across the Himalayas, while



The leaders cross the Black Mountains on the final day of the race. In the foreground are the eventual winners, Martin Stone and Helene Diamantides.

Stefan Schlett of Germany had only just completed a 3000-mile run across the USA.

In a race which was for pairs, Sweden's Rune Larsson could find no-one to match his personal best distance of 162 miles in 24 hours, so he set off on his own, leading the way out of town. Against British runners who had virtually no experience of multi-day racing, Larsson and the other visitors expected to do well. But as dense clouds and rain settled on Snowdonia, they found it was hill climbing ability and mountain navigation which counted as much as endurance.

In this race there was just a list of checkpoints to visit, so the route taken between them, or

simply finding them in the mist, was up to you. Day one took in eight summits, including Snowdon, but though this was by far the shortest day it proved to be more trial and error, than trial by fire. In thick, disorienting mist, even expert British aviators took wrong paths, but Martin Stone and Helene Diamantides had no such problems, winning by two minutes from Adrian Belton and Mark McDermott.

Larsson, who had lost his lead on the high ground was philosophical. "I was lost in the fog and became stuck on a mountain face, holding onto wet and slippery rocks, frightened to go up or down. Before that I felt competitive, thinking I could win such a long race, but then my priorities changed to survival and competition became less important."

"I was lost in the fog, frightened to go up or down."

Stone explained the situation more practically, "It isn't just a distance race" he said. "You need skill with a map and compass to find your way, and the experience to run over rough and steep ground." Diamantides professed surprise at taking the lead, but the 27-year-old has already won mountain races around the world, and holds the record for the 180-mile run from Everest Base Camp to Kathmandu in Nepal. Used to competing with the men on equal terms her determination was clear. "I've been training for this since February," she said, "and have been down to study the route several times."

With four long days still to go, some of it on roads and trails, the distance specialists expected to gain ground, especially as the leaders only had experience of shorter, two-day mountain races, but it wasn't to be. Setting off each day, carrying rucksacks packed with their food and safety equipment, the leaders' times remained consistent, and the established stars of the ultra-distance world found that British mountain runners had an endurance ability that is world class.

EXHAUSTION

Each night, in camps set up for the runners by the Parachute Regiment, who were also competing, it was the same two pairs in contention. The lead alternated day by day between Stone and Diamantides and the two Macclesfield Harriers, Belton and McDermott, while behind them the field was reduced, as runners retired through injury and exhaustion.

On day four, which featured a lot of running on forest trails, Belton and McDermott beat their rivals by 23 minutes, giving them a five-minute lead on accumulated time to take into the last day. Diamantides looked exhausted at the end of that day, at the finish of which Stone had carried both rucksacks, but it was a different story on day five.

Having regained the five-minute deficit running across the Black mountains, the pair lost their way and the lead. And with Stone rapidly tiring, it was his partner's fierce will to win that helped them take the lead yet again and race into Carreg Cennen castle to claim a remarkable victory. They had swapped sacks to give Diamantides the heavier one, and when the pair crossed the line it was Stone who collapsed, crying in joy and relief.

Diamantides was justifiably

Damsel slays the Dragon



After five consecutive days of hard racing across the Welsh mountains some of the world's best ultra-distance racers were left trailing in the wake of a woman. Robert

Howard tells the story of the Dragon's Back.

Reprinted from "Today's Runner", Dec.'92

elated. She had not only survived the Jet Dragon's Back race and beaten the world's best ultra-distance stars by a big margin, but had achieved a long held ambition. "I've always wanted to win a race outright, beating all the men on equal terms," she said, "and at last I've done it."

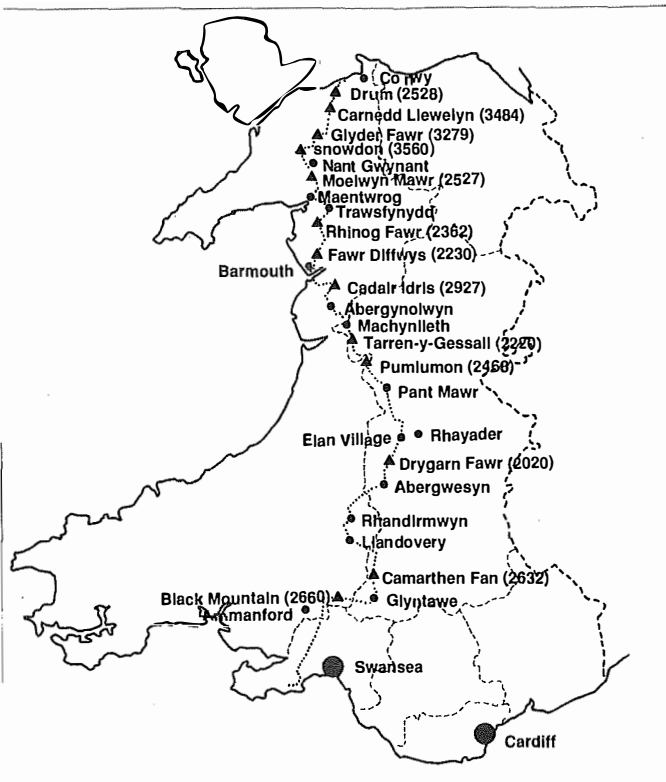
Their time of 38 hours 38 minutes gave them a winning margin of 33 minutes, while the best any visiting runners could do was fifth place for the Americans, Tom Possert and Adrian Crane, more than nine hours behind. Only one of three Parachute Regiment teams finished, but in an impressive 7th place, while the only other ladies in the race,

the veteran pair of Sue Walsh and Wendy Dodds, also made it, taking ninth place in 54:06:00. Fifteen of the 27 pairs who started got to the finish, and though this was intended as a one-off race, it was such a huge success that it will take place again. 1994 will see the return of the Dragon!

Day	Distance (Miles)	Winner's time (Hrs:mins)
1	36.5	6:55
2	47.5	8:11
3	45	7:31
4	44	7:48
5	47	8:18
TOTAL	220	38:36



Smile! An exhausted Martin Stone comes in for some close scrutiny from a television camera crew.



The route the race followed over some of the toughest mountain terrain in Wales.

International Update

Reprinted from
Ultrarunning
July/Aug. '92

A whole bunch of news to report. First, the matter of use of heart rate monitors in competition was referred to the IAAF Technical Committee. This met recently in Stuttgart. After long debate they decide that at present such monitors were legal (subject to confirmation by IAAF Council). This ruling would be reviewed at the IAAF Congress to be held in conjunction with the next T & F Championships.

In recent reports I have mentioned several runners who have been around on the world scene for many years, people like Don Ritchie and Vaclav Kamenik. In the

pre-Kouros days one man — Jean-Gilles Boussiquet of France — was regarded as the best 24-hour performer in the world. Three times he had improved on the world best for 24 hours on the track, finishing with over 169 miles. Boussiquet was away from the ultra scene for a number of years and only last year began his comeback. He

entered the Surgères 48 Hours on May 8-10. Valery Goubar led at 100 miles, in 15:06, but Boussiquet led by 24 hours, with 149.5 miles. The good news is that Boussiquet is definitely back. He set a new world over-45 best of 263 miles: 597 yards (which also was

a new French record, surpassing the former world mark of Ramon Zabalo). This mark ranks him third on the all-time list behind Kouros and Goubar. Goubar was second in fact, with 229.7 miles. Also of interest was Arlette Touchard's over-50 world best of 198 miles 1,476 yards. Touchard also set new world track bests at 100 miles — 19:09:32; 24 hours — 121 miles 297 yd, and 200 km — 24:35:11.

Talking of returns, another 24-hour record holder was back in action after an absence from the scene. The Iron Lady has returned (no, not Mrs. Thatcher, the much more formidable Eleanor Robinson, perhaps better known as Eleanor Adams; the sobriquet was not bestowed by me — two separate individuals used it in phone conversations to me, when mentioning her return). She came back with a bang, running the tough Isle of Man TT race. She covered the 39.5 miles in 5:06, gaining rapidly on the third-place man in the later stages.

Lastly, the IAAF has finally decided to re-admit South Africa. It is great to have the whole situation resolved. In some ways the South Africans will almost be coming through a time warp with regard to ultras. When they left the scene in the end of the '70s, the Brighton and the Comrades were the major events, and Chicago was the top U.S. ultra. The scene has moved on incredibly since then. I think it will take them a while to adjust. On the world scene the 90-km Comrades is one of the shorter races — 100-km and 24-hour events predominate, but there are also events like the Spartathlon, the 1,300-mile, and the Trans-Am. It will probably be like taking a kid into the toy department at Macy's at Christmas. What do they want to do first — a trail 100-mile, the Brighton, the Spartathlon, or one of those rich European 100-km races?

Andy Milroy

All-Time Ultra Bests

Below are some all-time lists for the most common ultra events. Marks set in 1992 are listed in *italics*. In order to make the lists as informative as possible, we have combined road and track performances, as well as certified and uncertified performances, with the exception of the 100-km event. Because of the variety of courses used for 100-km races around the world, we give two lists, one for those that have been measured by calibrated bicycle, the method needed for U.S. certification, the other for the rest.

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

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

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

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

Legend

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

1,000 Miles

Men	
Yiannis Kourou,GR	10+10:30:35
Stu Mittleman,US	11+20:36:50
Al Howie,46,GB	12+01:42:52
Siggy Bauer,41,NZ	12+12:36:20
John Ball,SA	13+01:00*
Marty Sprengelmeyer,45,US	13+07:19:41
Trishul Cherns,CAN	13+07:50:45
Tom Possert,US	13+14:02:52
Stefan Schlett,GER	13+16:11:06
Ian Javes,47,AU	13+18:35:50
Michel Careau,47,CAN	13+21:31:53
Alan Fairbrother,49,GB	13+22:48:08
Georg Ennolaev,UKR	13+23:25:18 T
Istvan Sipos,HUN	14+02:07:33
John Wallis,52,US	14+09:45:04
Dan Coffey,54,GB	14+10:44:50
Tony Rafferty,47,AU	14+11:59:04
Ronnie Wong,44,US	14+12:48:25
Charlie Eidel,44,US	14+16:52:41
Pat Farmer,AU	14+18:27:47
Bruce Holtman,41,US	14+20:16:42
Notwedy Brauer,43,US	14+22:01:32

Women	
Sandy Barwick,NZ,42	12+14:38:40 s
Antana Locs,CAN	13+23:18:32
Suprabha Beckford,US	14+18:10:36 s
Ch. Vollmerhausen,57,GER	16+01:59:40
Renate Nierkens,GER,47	16+11:19:54 s
Eleanor Adams,GB	16+22:51

6 Days

All-time, men	
Jean-Gilles Boussiquet,48,FR	642 1094
Yiannis Kourou,GR	639
Gilbert Matnix,57,FR	626 164
George Littlewood,GB,1888	623 120
James Zarei,46,GB	622 508
Bryan Smith,45,AU	622 435
James Cathcart,US,1888	621 1320
Patrick Fitzgerald,US,1884	610
Daniel Herty,US,1888	605
Charles Rowell,GB,1884	602
George Hazael,GB,1882	600 220
Ramon Zabalo,FR	593 64
Gus Guerrero,US,1888	590

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

Uncertified additions	
Yiannis Kourou,GR	658 1144 R*
David Standeven,AU	628 352 R*
Kevin Mansell,AU	628 352 R*
Richard Tout,NZ	589 1199 Rs*

World track record	
Yiannis Kourou,GR	635 1385

Modern, men	
Jean-Gilles Boussiquet,48,FR	642 1094
Yiannis Kourou,GR	639
Gilbert Matnix,57,FR	626 164
James Zarei,46,GB	622 508
Bryan Smith,45,AU	622 435
Ramon Zabalo,FR	593 64
Patrick Macke,GB	579 207
Stu Mittleman,US	577 1100
Tom O'Reilly,GB	576 675
Dusan Mravljic,YUG	568 319
Siegfried Bauer,42,NZ	563 1245
Maurice Taylor,41,AU	555 890
George Gardiner,40,US	554 72

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

U.S. all-comers record	
Yiannis Kourou,GR	639

Age groups, world	
40-44 J.-G. Boussiquet,FR	605 1691
45-49 J.-G. Boussiquet,FR	642 1094
50-54 Gilbert Matnix,FR	609 775
55-59 Gilbert Matnix,FR	626 164
60-64 Cliff Young,AU	536
George Perdon,AU	522 1664
65-69 Cliff Young,AU	416 998
70-74 Drew Kettle,AU	349 1212
75-79 John Petersen,AU	258 303

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

All-time, women	
Sandra Barwick,NZ	548 558
Eleanor Adams,GB	538 582
Donna Hudson,US	487 1585
Edith Couhé,41,FR	479 968
Suprabha Schecter,US	459
Georgina McConnell,AU	458 1119
Renate Nierkens,GER	458 1056
Cynthia Cameron,AU	458 1006
Lorna Richey,US	457 345
Madame Du Pree,US,1882	456
Antana Locs,CAN	452
Pippa Davis,41,US/GB	450
Silvia Andonie,MEX	450

Uncertified additions	
Mary Hanudel,US	486 1056 Rs*

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

Age groups, world	
40-44 Sandra Barwick,NZ	548 558
45-49 Renate Nierkens,GER	458 1056
50-54 Janet Johnson,GB	405 440
55-59 Ch. Vollmerh'n,GER	431
60-64 Françoise Lamothe,FR	402 1582
65-69 Helen Klein,69,US	354 1584

Age groups U.S.	
40-44 Lohory Brummel	365
45-49 Sue Medaglia	411 1623
50-54 Janet Johnson	405 440
55-59 Myra Linden	340 440
60-64 Samara Minoli	310
65-69 Helen Klein	354 1584

48 Hours

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

Jean-Gilles Boussiquet,47,FR	263 597
Ramon Zabalo,FR	260 1717
Gilbert Matnix,FR,54	259 427
Charles Rowell,GB,1882	258 220
Richard Tout,NZ	253 914 Re*
John Hughes,US,1882	251

Modern, men	
Yiannis Kourou,GR	281 48
Valeri Goubar,SU	265 1187
Jean-Gilles Boussiquet,47,FR	263 597
Ramon Zabalo,FR	260 1717
Gilbert Matnix,FR,54	259 427
Richard Tout,NZ	253 914 Re*
Richard Brown,GB	249 526
Bryan Smith,AU,46	240 172
Brian Purcell,US	240
Gilbert Roger,FR	240

All-time, North America	
John Hughes,1882	251
Brian Purcell	240
James A. Cathcart,1888	238
Frank Hart,1882	232 440
Scott Ocmarte	230 704
Jack Christian	227 584
Don Choi	227
Patrick Fitzgerald,1883	226
Ray Krolewicz	224 1731
Al Prawda	224 1177
Dan Braman	223 135
Doyle Carpenter,48	219 1689
Richard Lacouse,1881	218 352
Edward Weston,40,1879	218
Dan Herty,1882	217 660
Charles Harriman,1883	216
Stu Mittleman	215 1540
John Sullivan,1882	215
Ephraim Clow,1881	215
George Gardiner,40	213
Rae Clark	212 176
Peter Panchot,1883	212
Robert Vint,1883	211

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

Age groups, world	
40-44 Valeri Goubar,SU	265 1187
45-49 J.-G. Boussiquet,47,FR	263 597
50-54 Gilbert Matnix,FR	259 427
55-59 Gilbert Matnix,FR	254 1564
60-64 George Perdon,AU	198 164
65-69 Phil Latulippe,CAN	150 1689
70-74 Matt Miller,US	142 1619

Age groups, North America, modern	
40-44 Al Prawda	224 1177
45-49 Doyle Carpenter	219 1689
50-54 Phillip Parker	188 1073
55-59 Ed Williams	179 357
60-64 Dictino Mendez	179 1350
65-69 Phil Latulippe,CAN	150 1689
70-74 Matt Miller	142 1619

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

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

Age groups, World	
40-44 Arlette Touchard,FR	215 1543
45-49 Angela Mertens,BEL	214 1196
50-54 Arlette Touchard,FR	198 1620
55-59 Ch. Vollmerh'n,GER	193 1563
60-64 Françoise Lamothe,FR	190 48
65-69 Françoise Lamothe,FR	169 890

Age groups, North America	
40-44 Essie Garrett	170
45-49 Eileen Elliot	180 1584
50-54 Barbara McLeod,CAN	177 137
55-59 Mary Ann Miller	145 1531
60-64 Jan Richards	127 880
65-69 Helen Klein	130 858

24 Hours

All-time, men	
Yiannis Kourou,GR	178
Wolfgang Schwerk,GER	171 1106
Bernard Gaudin,FR	170 1231
David Dowdle,GB	170 974
Hans Erdmann,GER	170 580
Jean-G. Boussiquet,FR	169 705
Anatoli Kruglov,RUS	166 1573
Don Ritchie,47,GB	166 1203
A. Komissarenko,SU	165 500 R*
Rae Clark,US	165 427
Paul Beckers,BEL	164 342
Mark Pickard,GB	163 1249
Valeri Goubar,SU	163 510
Rune Larsson,SWE	163 346
Richard Tout,NZ	163 286
Ron Teunisse,HOL	162 832
Jean-Pierre Guyomarch,FR	162 632
Park Barner,US	162 537
James Zarei,42,IRAN/GB	162 454
Peter Samulek,GER	162 343
Helmut Schicke,GER	162 198
Valery Christenolk,SU	161 1176
Mike March,AU	161 1087
Ron Bentley,42,GB	161 545
Victor Suborn,SU	160 1476
Peter Mann,GER	160 670
Marcel Foucat,FR	160 555

World track record	
Yiannis Kourou,GR	176 388

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

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

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

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

All-time, women	
Eleanor Adams,41,GB	149 411
Hilary Walker,GB	146 1629
Angela Mertens,BEL	144 395
Sigrild Lomsky,GER	143 953
Ann Trason,US	143 152

Toni Belaustegui,40	125	885	
Karina Nequin	124	661	
Sylvia Andonite,MX	124		R
Lynn O'Malley,41	123	1106	
Kay Moore,42	122	186	R
Beverley Williams,CAN	120	649	
Linda Elam,43	118	1466	
Pat Remmer	117		
Sue Kahler	116	676	
Georgette Cooper	115	813	
Marcy Schwam	113	1183	
Nancy Crawford	113	1102	
Barbara McLeod,51,CAN	113	1126	T

U.S. track record
Sue Ellen Trapp,45 136 946 #

Age groups, world			
40-44 Eleanor Adams,GB	149	411	
45-49 Angela Mertens,BEL	144	395	R
50-54 Sigrid Lomsky,GER	143	953	R
55-59 Gerda Schröder,GER	119	140	R
60-64 Françoise Lamothe,FR	114	760	R
65-69 Helen Klein,US	109	880	

Age groups, North America			
40-44 Randi Bromka	138		R
45-49 Sue Ellen Trapp	136	946	
50-54 Barbara McLeod,CAN	113	1126	
55-59 Ruth Anderson	110	439	
60-64 Helen Klein	105	1294	
65-69 Helen Klein	109	880	

200 Km

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

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

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

All-time, women			
Eleanor Adams,42,GB	19:00:31	sRI	
Ann Trason,US	19:22:05	Rs	
Sigrid Lomsky,GER	20:05:16	Rs	
Hilary Walker,GB	20:05:50	Rs	
Marianne Savage,40,GB	20:26:53	sIR	
Angela Mertens,BEL	20:39:05	Rs	
Monika Kuno,GER	20:43:42	s	
Sandra Barwick,NZ	21:05	s	
Sue Ellen Trapp,45,US	21:06:47	s#	
Helga Backhaus,GER	21:14:50	Rs	
Lynn Fitzgerald,GB	21:38:40	s	
Anna Dyck,GER	21:45:50	Rs	
Wu Wing-Yee,HK	22:01:24	s	
Ros Paul,GB	22:03:48	s	
Edith Couhé,FR	22:06:56	s	
Waltraud Reiser,GER	22:10:59	Rs	
Sandra Brown,GB	22:32:09	Rs*	

All-time, North America			
Ann Trason	19:22:05	Rs	
Sue Ellen Trapp,45	21:06:47	s#	
Randi Bromka	22:41:00	s	
Lorna Richey	23:01:57	s	
Sue Medaglia,47	23:36:42	s	
Toni Belaustegui,40	23:42:37	s	

12 Hours

Men			
Yiannis Kouras,GR	101	Rs	
Don Ritchie,GB	100	727	Ts
Derek Kay,SA	100		
Cavin Woodward,GB	100		

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

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

All-time, North America			
Ann Trason	91	1258	T#
Christiane Avin',40	79	1658	R
Marcy Schwam	79	942	T
Sandra Kiddy	79	696	R

100 Miles

All-time, men			
Don Ritchie,GB	11:30:51	T	
Cavin Woodward,GB	11:38:54	T	
Yiannis Kouras,GR	11:46:38	T	
Derek Kay,40,SA	11:56:56	T	

Tom O'Reilly,GB	12:02:32	T	
Rae Clark,US	12:12:19	#	
Dave Box,41,SA	12:15:09	T	
Martin Daykin,GB	12:16:46	T	
David Dowdle,GB	12:17:09	T	
Ron Hopcroft,40,GB	12:18:16	*	
Wally Hayward,45,SA	12:20:08	*	
George Perdon,AU	12:25:09	T*	
Bernd Heinrich,44,US	12:27:01	T	

All-time, North America			
Rae Clark	12:12:19	#	
Bernd Heinrich,44	12:27:01	T#	
Alfonso Anzaldo Meneses,MX	12:48:20	*	
José Cortez	12:54:31	*	
Stuart Mittleman	12:56:34	*	
Roy Pittung	13:15:50	*	
Ray Scannell	13:16:02	*	
Terry Martin,CAN	13:18:25	*	
Leon Caldwell	13:19:12	*	
George Gardiner	13:22:10	T	
Ted Corbitt,49	13:33:06	T	
Cahit Yeter,51	13:35:21	*	
Don Marvel	13:36:35	*	
Kevin Eagleton	13:40:28	*	

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

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

All-time, women			
Ann Trason,US	13:47:42	#	
Eleanor Adams,42,GB	14:43:40	sl	
Hilary Walker,GB	14:49:34	Ts	
Sue Ellen Trapp,44,US	15:05:51	Ts	
Christine Barrett,GB	15:07:45	Ts	
Sandra Kiddy,49,US	15:12:54	Ts	
Monika Kuno,GER	15:27:46	Ts	
Donna Hudson,US	15:31:57	Ts	
Marianne Savage,GB	15:42:36	sl	
Lynn Fitzgerald,GB	15:44:21	Ts	
Marcy Schwam,US	15:44:28	Ts	
Wu Wing-Yee,HK	15:54:57	s	
Sigrid Lomsky,GER	15:54:58	R	
Sue Medaglia,48,US	15:55:17	Ts	
Sue Olsen,US	15:55:24	Ts	

All-time, North America			
Ann Trason	13:47:42	#	
Sue Ellen Trapp,44	15:05:51	Ts	
Sandra Kiddy,49	15:12:54	Ts	
Donna Hudson	15:31:57	*	
Marcy Schwam	15:44:28	Ts	
Sue Medaglia,48	15:55:17	*	
Sue Olsen	15:55:24	Ts	
Natalie Cullmore	16:11:00	*	
Christine Gibbons	16:41:26	Ts	
Randi Bromka	16:44:20	Ts	
Ruth Anderson,48	16:50:47	T*	
Kay Moore,44	16:54:01	Ts	
Linda Elam,43	16:58:45	Ts	
Lynn O'Malley,41	17:11:53	Ts	
Sue Summerhays-King	17:52:39	T	
Beth Ann Rouleau	18:01:41	Ts	
Lorna Richey	18:14:18	Ts	
Chris Hart	18:18:53	Ts	
Samara Balfour	18:23:54	*	

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

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

100 Km

All-time, men, certified			
Don Ritchie,GB	6:10:20	T	
Jean-Paul Praet,BEL	6:15:30	T	
Konstantin Santalov,RUS	6:22:28	T	
Bruce Fordyce,SA	6:25:07	T	
Cavin Woodward,GB	6:25:28	Ts	
Jean-Marc Bellocq,FR	6:26:13	T	
Aleksander Masargin,RUS	6:26:24	T	
Valmir Nunes,BRA	6:27:20	T	

Karl-Heinz Doll,GER	6:29:34		
Andrzej Magier,POL	6:30:25		
Domingo Catalan,SP	6:30:37		
Deon Holthausen,SA	6:31:14		
Eric Seedhouse,CAN/GB	6:33:03		
Jerry Wroblewicz,POL	6:33:11		
Jan Szumiec,POL	6:33:40		
Roland Vuilleminot,FR	6:33:42		
Bernard Curton,FR	6:33:47		
Andy Jones,CAN	6:33:57		
Farid Zartpov,RUS	6:34:21		
Przemyslaw Jamont,POL	6:34:39		
Werner Dorrenbacher,GER	6:34:45		

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

Uncertified additions			
Jean-Paul Praet,BEL	6:03:51	*	
Jan Szumiec,POL	6:17:57	*	
Vaclav Kamenik,CZ	6:17:56	*	
Domingo Catalan,SP	6:19:35	*	

All-time, North America, certified			
Andy Jones,CAN	6:33:57		
Richard Chouinard,CAN	6:36:57		
Bernd Heinrich,41	6:38:21	#	
Stefan Fekner,CAN	6:41:05		
Charles Trayer	6:41:47		
Sean Crom	6:45:35		
Tom Zimmerman	6:45:46		
Barney Klecker	6:50:43		
Frank Bozanich	6:51:20		
Alfonso Anzaldo Meneses,MEX	6:51:52	T	
Rae Clark	6:56:43		

Uncertified North American additions			
Allan Krik	6:37:54	*	
Bill DeVoe	6:54:56	*	

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

Age groups, world			
40-44 Domingo Catalan,SP	6:30:37		
45-49 Roland Vuilleminot,FR	6:33:42		
50-54 Hans Reich,GER	7:03:14		
55-59 Kurt Englander,GER	7:10:51		
60-64 Max Courtillon,FR	8:25:08		
65-69 Max Courtillon,FR	8:43:37		
70-74 Konrad Voelkening,GER	9:53:08		
75-79 Julius Hannappel,GER	12:03:25		
80-84 Michael Selb,SW	16:40:13		
85-89 Adolf Weidman,GER	21:32	*	
40+ track: Don Ritchie,GER	6:46:10	T	

Age groups, U.S.			
40-44 Bernd Heinrich	6:38:21		
45-49 Bernd Heinrich	7:00:12	T	
50-54 John Sullivan	7:38:43		
55-59 Gardner Leighton	8:34:53	T	
60-64 Ray Piva	8:58:04		
65-69 Ray Piva	9:30:31	Ts	
70-74 Edson Sower	12:09:42	Ts	

All-time, women, certified			
Birgit Lemartz,GER	7:18:57		
Ann Trason,US	7:30:49		
Irina Petrova,18,RUS	7:34:05		
Marta Vass,HUN	7:37:05		
Valentina Litachova,RUS	7:38:52		
Carolyn Hunter-Rouse,GB	7:39:59		
Nurzia Bagmanova,RUS	7:44:37		
Nadzeđa Gunerova,RUS	7:46:44		
Marcy Schwam,US	7:47:29	#	
Eleanor Adams,GB	7:48:33		
Sandra Kiddy,47,US	7:49:17		
Hilary Walker,GB	7:55:12		
Valentina Schatljaveva,RUS	7:55:58		
Iris Reuter,GER	7:56:20		
Agnes Eberle,SW	7:56:40		
Hanni Zehender,GER	7:58:54		
Viviane Vanderhaeghen,BEL	7:59:19		

Uncertified additions			
Chantal Langlact,FR	7:26:01	*	
Christa Vahlensteck,GER	7:50:37	*	

All-time, North America, certified	
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Chuck Smead, US Don Paul, US Johnny Halberstadt, SA Barney Klecker, US Johannes Thobejane, SA Willie Farrell, SA Bill Scobey, US	2:50:46 2:50:55 2:51:16 2:51:53 2:52:13 2:52:16 2:52:24	• Mary Benge, US Lorraine Moller, NZ Jan Arenz, US Carolyn Hunter-Rouze, GB Sandra Kiddy, 47, US Irina Petrova, RUS Ann Trason, US Ann Franklin, GB Gail Volk, US Christine Gibbons, US	3:23:31 3:23:57 3:26:47 3:28:41 3:32:24 3:33:39 3:35:31 3:36:58 3:37:06 3:37:13	• Barbara McLeod, 50 Maggie Rowell, 1879 Mary Ann Trusz Neli Lozej	393 387 373 370	R i Rs Rs	Richard Chouinard Stefan Fekner Terry Martin, 40	6:36:57 6:41:05 7:26:59	
All-time, North America Chuck Smead Don Paul Barney Klecker Bill Scobey Tom Fleming Andrew Jones Richard Holloway John Cederholm Kaj Johansen Carlos Talbott Fritz Mueller, 42 Bill McDermott Ken Moffitt Bruce Mortensen, 44	2:50:46 2:50:55 2:51:53 2:52:24 2:52:30 2:55:54 2:56:43 2:57:00 2:58:09 2:58:20 2:58:35 2:58:46 2:59:36	• All-time, North America Janis Klecker Linda Edgar Mary Benge Jan Arenz Sandra Kiddy, 47 Ann Trason Gail Volk Christine Gibbons Chris Iwahashi	3:13:51 3:21:27 3:23:31 3:26:47 3:32:24 3:35:31 3:37:06 3:37:13 3:37:48	48 hours, men Richard Lacouse, 1881 Ephraim Clow, 1881 David LaPierre, 52 Michel Careau, 48 Triahul Cherns George Guyon, 1879	218 215 205 203 200 200	352 sl 152 550 R ts	100 km, women Sue Katrulatnen Antana Locs Beverly Williams Lorraine Lees-McGeough Joan Wells Barbara McLeod	8:29:44 9:22:38 9:46:03 10:05:15 10:23:45 10:31:35	
U.S. track record Barney Klecker	2:52:48	# Age groups, world 40-44 Jan Kreuz, US 45-49 Sandra Kiddy, US 50-54 Vera Voget, GER 55-59 Sandra Kiddy, US 60-64 Shirley Young, AU 65-69 Josephine Hess, US	3:35:31 3:44:32 3:21:27 3:32:34 4:13:12 3:56:55 5:11:50	24 hours, men Arthur Newton Peter Holubar Al Howie Esmund Mah Ron Gehl David LaPierre, 45	152 150 150 136 136 134	540 1659 352 1299 445 522	50 miles, women Sue Katrulatnen Lorraine Lees-McGeough Mary Jane Henning Tess Porter Betty-Ann Schipper	8:45:50 6:48:36 6:58:03 7:10:20 7:15:53	
Age groups, world 40-44 Jeff Norman, GB Tim Johnston, GB 45-49 Dic Evans, GB 50-54 Fred Kiddy, US/GB 55-59 Otho Perkins, US 60-64 Alex Ratelle, US 65-69 Ray Pua, US 70-74 Ed Benham, US 75-79 Ed Benham, US	2:53:21 2:55:07 3:08:14 3:15:39 3:17:26 3:45:55 3:50:02 4:34:51 5:03:38	T Age groups, U.S. 40-44 Jan Kreuz 45-49 Sandra Kiddy 50-54 Matilee Christman 55-59 Sandra Kiddy 60-64 Bev Lampe 65-69 Josephine Hess	3:44:32 3:32:34 4:13:12 3:56:55 4:28:44 5:11:50	100 miles, men Terry Martin, 43 Peter Holubar Al Howie Mike McNamara Norm Patenaude	13:18:25 14:03:23 14:06:18 14:09:45 15:07:23	1 Ts T i	50 km, men Andy Jones Erik Seedhouse Stefan Fekner Al Howie Steve King	2:53:20 2:56:55 3:03:34 3:13:49 3:17:01	
Age groups, U.S. 40-44 Fritz Mueller Bruce Mortensen 45-49 Mel Williams 50-54 Fred Kiddy John Sullivan 55-59 Otho Perkins 60-64 Alex Ratelle 65-69 Ray Pua 70-74 Ed Benham 75-79 Ed Benham	2:58:20 2:59:36 3:10:15 3:15:39 3:19:33 3:17:26 3:45:55 3:50:02 4:34:51 5:03:38	T 6 days, men David Bennett, 1891 Triahul Cherns Al Howie Ephraim Clow, 1881 Richard Lacouse, 1881 Michel Careau, 48	540 538 514 502 501 500	1320 189 Rs i 275 1452	100 miles, women Antana Locs Beverly Williams Barbara McLeod, 50 Kanchan Stott	18:27:07 19:08:18 19:10:50 21:50:10	Ts Ts Ts Ts	50 km, women Wanda Cousineau Tess Porter	3:54:46 3:58:26
Canada									
Nationality abbreviations:									
AU Australia IR Ireland BEL Belgium IT Italy BRA Brazil MX Mexico CAN Canada NZ New Zealand CZ Czechoslovakia POL Poland FIN Finland RUS Russia FR France SW Switzerland GER Germany SA South Africa GB Great Britain SP Spain GR Greece SU Soviet Union HK Hong Kong UKR Ukraine HUN Hungary US United States									



Georgina McConnell



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN TRACK RECORDS as at November, 1992.

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

50km	Bruce COOK (ACT)	3:09:50	Parramatta NSW (NS)	5/3/89
100km	Trevor JACOBS (ACT)	7:16:17	East Burwood Vic. (S)	21/6/92
200km	David STANDEVEN (SA)	18:01:50	Adelaide SA (S)	29/10/89
50 Miles	Safet BADIC (VIC)	5:18:20	Box Hill Vic (S)	15/6/91
100 Miles	George PERDON (Vic)	12:25:09	O.P. Melb Vic (S)	23/5/70
12 Hours	George PERDON (Vic)	155.800km**	O.P. Melb. Vic (S)	23/5/70
24 Hours	Mike MARCH (Tas)	260.099km	Coburg Vic (S)	26/2/89
48 Hours	Bryan SMITH (Vic)	386.400km**	Colac Vic (NS)	15/11/89
6 Days	Bryan SMITH (Vic)	1001.410km	Colac Vic (NS)	19/11/89

MEN CLASS 2 RECORDS (Only official rankings are kept)

150km	George PERDON (Vic)	11:32:35	O.P. Melb Vic (S)	23/5/70
250km	Mike MARCH (Tas)	22:53:39	Coburg Vic (S)	26/2/89
500km	Bryan SMITH (Vic)	2d.19:00:21	Colac Vic (NS)	16/11/89
1000km	Bryan SMITH (Vic)	5d.23:52:23	Colac Vic (NS)	19/11/89
1500km	Tony RAFFERTY (Vic)	13d.8:58:04	Parramatta NSW (S)	25/8/89
30 Miles	Martin THOMPSON (NSW)	3:01:19	Ewell Court UK (S)	29/4/78
40 Miles	Martin THOMPSON (NSW)	4:12:40	Ewell Court UK (S)	29/4/78
200 Miles	Bryan SMITH (Vic)	1d.15:16:51*	Colac Vic (NS)	15/11/89
500 Miles	Bryan SMITH (Vic)	4d.19:05:09*	Colac Vic (NS)	18/11/89
1000 Miles	Tony RAFFERTY (Vic)	14d.11:59:04*	Parramatta NSW (S)	26/8/89
6 Hours	Trevor JACOBS (ACT)	83.600km**	East Burwood Vic (S)	21/6/92
3 Days	Bryan SMITH (Vic)	542.400km**	Colac Vic (NS)	16/11/89

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

300km	Bryan SMITH (Vic)	1d.11:37:25	Colac, Vic (NS)	16/11/88
400km	Bryan SMITH (Vic)	2d.2:32:36	Colac, Vic (NS)	15/11/89
600km	Bryan SMITH (Vic)	3d.8:43:27	Colac, Vic (NS)	16/11/89
700km	Bryan SMITH (Vic)	4d.1:27:31	Colav, Vic (NS)	17/11/89
800km	Bryan SMITH (Vic)	4d.18:32:50	Colac, Vic (NS)	18/11/89
900km	Bryan SMITH (Vic)	5d.8:26:07	Colac, Vic (NS)	18/11/89
1100km	Tony RAFFERTY (Vic)	9d.10:16:27	Parramatta NSW (S)	21/8/89
1200km	Tony RAFFERTY (Vic)	10d.9:52:58	Parramatta NSW (S)	22/8/89
1300km	Tony RAFFERTY (Vic)	11d.11:52:03	Parramatta NSW (S)	23/8/89
1400km	Tony RAFFERTY (Vic)	12d.9:03:56	Parramatta NSW (S)	24/8/89
150 Miles	Mike MARCH (Tas)	22:07:40*	Coburg Vic (S)	26/2/89
250 Miles	Bryan SMITH (Vic)	2d.2:52:03*	Colac, Vic (NS)	15/11/89
300 Miles	Bryan SMITH (Vic)	2d.13:57:10*	Colac, Vic (NS)	16/11/89
400 Miles	Bryan SMITH (Vic)	3d.18:00:17*	Colac, Vic (NS)	17/11/89
600 Miles	Tony RAFFERTY (Vic)	8d.1:38:58*	Parramatta NSW (S)	21/8/89
700 miles	Tony RAFFERTY (Vic)	9d.17:36:17*	Parramatta NSW (S)	21/8/89
800 Miles	Tony RAFFERTY (Vic)	11d.9:14:38*	Parramatta NSW (S)	23/8/89
900 Miles	Tony RAFFERTY (Vic)	12d.19:20:07*	Parramatta NSW (S)	25/8/89
36 Hours	Bryan SMITH (Vic)	302.800km**	Colac, Vic (NS)	16/11/88
96 Hours	Bryan SMITH (Vic)	691.600km **	Colac, Vic (NS)	17/11/89
120 Hours	Bryan SMITH (Vic)	841.200km**	Colac, Vic (NS)	18/11/89

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

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

50km	Lavinia PETRIE	3:57:15	East Burwood, Vic (S)	21/6/92
100km	Cynthia CAMERON (Vic)	9:15:26	Coburg, Vic (S)	14/9/86
200km	Helen STANGER (NSW)	23:01:12	Kensington SA (S)	29/9/91
50 Miles	Lavinia PETRIE (Vic)	6:44:40	East Burwood, Vic (S)	21/6/92
100 Miles	Margaret SMITH (Vic)	16:01:43	Manly, NSW (NS)	21/4/84
12 Hours	Helen STANGER (NSW)	120.351km	Kensington SA (S)	28/9/91
24 Hours	Helen STANGER (NSW)	207.969km	Kensington, SA (S)	29/9/91
48 Hours	Helen STANGER (NSW)	286.800km**	Campbelltown NSW (NS)	20/11/90
6 Days	Georgina McCONNELL (NSW)	738.103km	Campbelltown, NSW (NS)	24/11/90

WOMEN - CLASS 2 RECORDS (Only official rankings are kept)

150km	Margaret SMITH (Vic)	15:42:50	Aberfeldie Vic (S)	10/3/85
250km	Georgina McCONNELL	1d.18:31:13	Campbelltown, NSW (NS)	20/11/90
500km	Georgina McCONNELL	4d.0:53:57	Campbelltown NSW (NS)	22/11/90
1000km	Vacant			
1500km	Vacant			
30 Miles	Lavinia PETRIE (Vic)	3:49:24	East Burwood, Vic (S)	21/6/92
40 Miles	Lavinia PETRIE (Vic)	5:12:06	East Burwood, Vic (S)	21/6/92
200 Miles	Helen STANGER (NSW)	2d.7:59:16*	Campbelltown NSW (NS)	20/11/90
500 Miles	Vacant			
1000 Miles	Vacant			
6 Hours	Lavinia PETRIE (Vic)	72.783km	East Burwood, Vic (S)	21/6/92
3 Days	Helen STANGER (NSW)	388.000km**	Campbelltown, NSW (NS)	21/11/90

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

300km	Helen STANGER (NSW)	2d.2:55:11	Campbelltown, NSW (NS)	20/11/90
400km	Helen STANGER (NSW)	3d.2:27:08	Campbelltown NSW (NS)	21/11/90
600km	Georgina McCONNELL	4d.0:53:57	Campbelltown, NSW (NS)	22/11/90
700km	Georgina McCONNELL	4d.22:42:53	Campbelltown, NSW (NS)	23/11/90
800km	Vacant			
900km	Vacant			
1100km	Vacant			
1200km	Vacant			
1300km	Vacant			
1400km	Vacant			
150 Miles	Helen STANGER (NSW)	1d.13:54:01*	Campbelltown, NSW (NS)	19/11/90
250 Miles	Helen STANGER (NSW)	3d.2:45:18*	Campbelltown, NSW (NS)	21/11/90
300 Miles	Georgina McCONNELL	3d.21:58:09*	Campbelltown, NSW (NS)	22/11/90
400 Miles	Georgina McCONNELL	5d.6:47:28*	Campbelltown, NSW (NS)	23/11/90
600 Miles	Vacant			
700 Miles	Vacant			
800 Miles	Vacant			
900 Miles	Vacant			
36 Hours	Helen STANGER (NSW)	231.600km**	Campbelltown NSW (NS)	19/11/90
96 Hours	Georgina McCONNELL	497.600km**	Campbelltown NSW (NS)	22/11/90
120 Hours	Georgina McCONNELL	608.000km**	Campbelltown NSW (NS)	23/11/90

LEGEND

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

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

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