

ULTRAMAG

JUNE 1993



George Perdon leading the pack during the 4th World Veteran Championship Marathon held in Christchurch, New Zealand in January, 1981. George was competing in the M55 division during the height of his superb athletic career.


AURA
MAGAZINE



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

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EDITORIAL

Up until recently, I have been rather depressed at the lack of entries in track ultra races around the country (especially MINE!). I felt that the sport of ultrarunning in Australia was starting to hit the slumps and it certainly concerned me. However, three decisions which are all covered in this issue have given me new hope.

Firstly, there's a great new Westfield-type race planned for Tasmania. Alan Rider, our Tassie Interstate Rep. made my day today. He rang to excitedly tell me that the Tasmanian Government is keen to put a heap of money into ultrarunning! I couldn't believe it! They want to get a "Round Tasmania" staged race off the ground for May next year. A race as big as the Westfield with generous prize money for the daily stage winners plus handicap prizes as well. They see it as a way of injecting life into their economy, giving their towns a boost by having each day's stage start and finish in local towns along the way. They are promising total TV and media coverage and generous travel subsidies to entice runners to enter.

It sounds marvellous and is certainly just what we need to help get our road and track races back to what they were before the Westfield went down. AURA members will receive personal invitations, so make a commitment to support this race and get your training into gear!

One other opportunity to motivate runners that has come about just recently, is the decision to introduce handicapping into the traditional Australian Six Day Race at Colac in November, this year. And we've been asked to work out the handicaps! HELP!! No lynching us please if you're not happy with the handicap we give you.

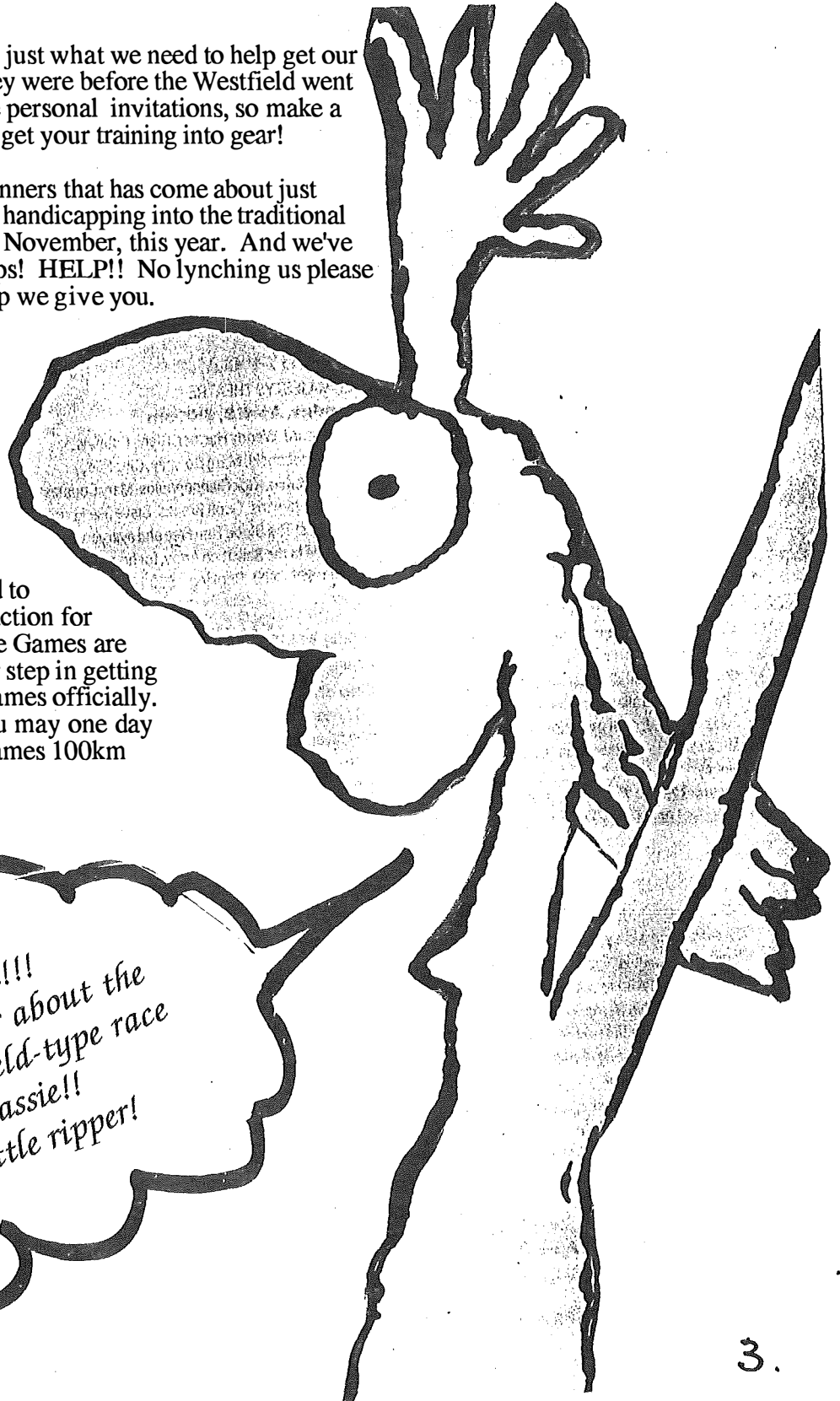
The third inspiration for our ultra-runners is the fact that a major Canadian 100km race will be held in conjunction with the 1994 Commonwealth Games in Victoria, British Columbia. Read about it on Page 29.

It's not as yet part of the official Commonwealth Games program but organisers of the Games have agreed to promote the 100km as an added attraction for both athletes and spectators while the Games are in progress. It appears to me a major step in getting a 100km into the Commonwealth Games officially. So, don't give up hope. Some of you may one day represent OZ in a Commonwealth Games 100km event even yet!

'Bye for now,

Dot B.

*Wheee!!!
Did you hear about the
new Westfield-type race
in Tassie!!
You little ripper!*



1993-94 ULTRA CALENDAR

- May 30/31 **24 HOUR TRACK RACE, WA**, Perth, 1km grass track, McGillvray Oval, contact Graeme Prosser, c/- "Lakeview", Davies Road, Claremont, 6010, WA, phone (09)384 6036 or 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 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-yourself 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), G'ffith 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

1993/94 CALENDAR

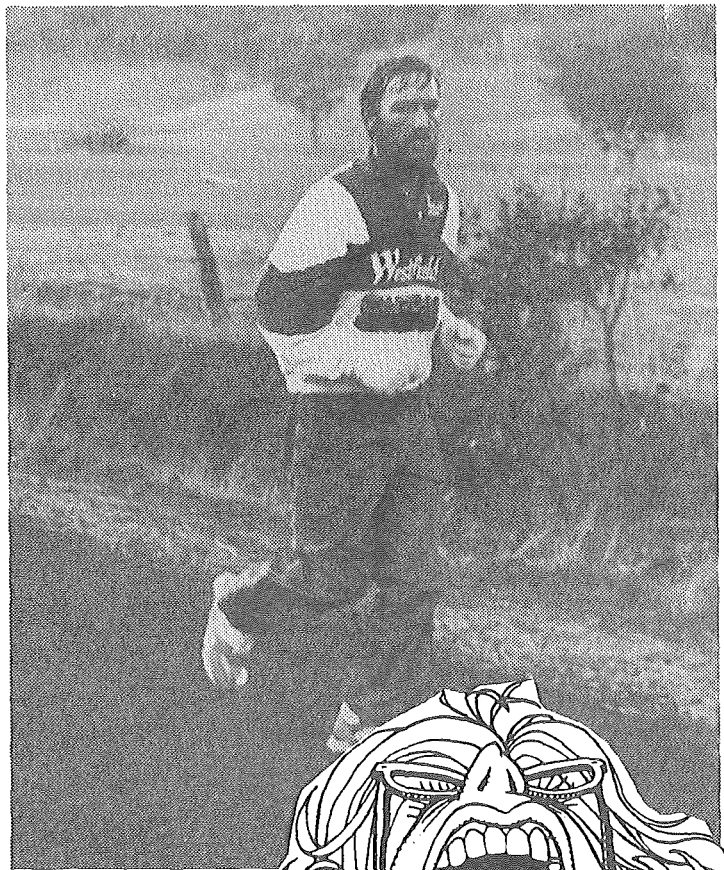
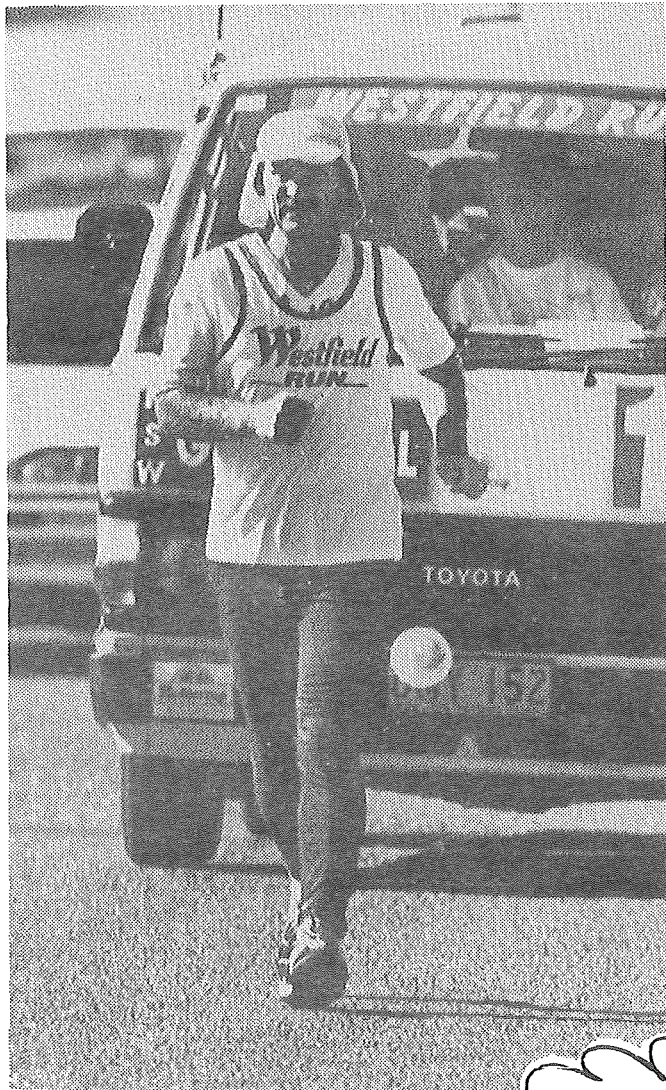
- Sept **MUNDARING TO YORK ROAD RACE, WA.** 64.36km (40 miles), start at Mundaring Shire Offices, conducted by the WA. Marathon Club, Phone Jeff Joyce (09) 447-8545.
- Oct 23 **EAGLE ROCK ULTRA TRAIL RACE, NSW, 55km, NSW,** formerly the Royal National Park Ultra, Sydney, Royal National Park near Sydney, 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).
- 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 5 **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. Meal & social evening the night before. BBQ afterwards. 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

1993/94 CALENDAR

- 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)
- Mar **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW,** 46km mountain trail run, 10am start from Katoomba to Jenolan Caves, \$50 entry. Time limit 7 hours. Contact Ian Hutchison P.O. Box 65, Leura, 2780, or phone (047)843 266 (H) or (018) 866198 (W)
- Mar **TAMWORTH 24 HOUR CHARITY RUN, NSW,** Viaduct Park, Tamworth, 10am start. Contact Dallas Earsman, Barreng Street, Tamworth 2340.
- Mar **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 **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 **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 **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. (1st 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 **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.

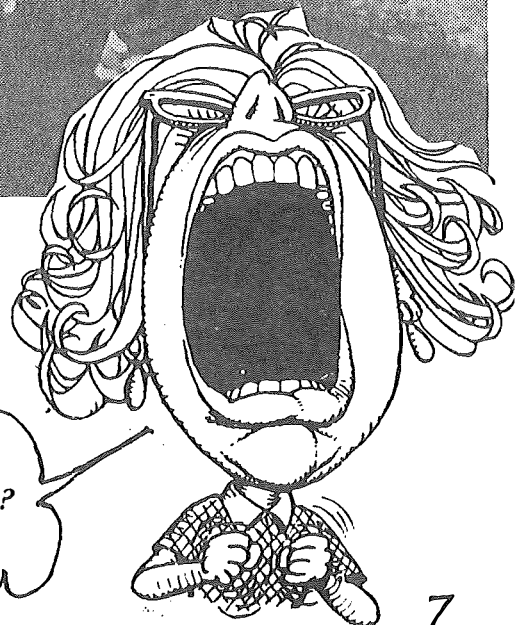
1993/94 CALENDAR

- April **LAUNCESTON TO HOBART 200KM ROAD RACE, TAS.** Contact Kerri Law, 67 Gormanston Road, Moonah 7009 Phone (002) 345522 (W) or (002)72 5170 (H) or Alan Rider, 102 Balook Street, Lauderdale 7021 Tas
- May **AURA 12 HOUR TRACK RACE, TOOTGAROOK, VIC.** Tootgarook Recreation Reserve, Trueman's Road, Tootgarook, Mornington Peninsula, 400m grass track, \$25 entry, Percy Cerutti 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 **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 **BANANA COAST ULTRA MARATHON, NSW.** 85km. Grafton to Coff's Harbour 6am start at Grafton Post Office, Entry fee \$5, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, NSW, phone (066) 536831



Mark Gladwell (l) and Kevin Mansell on the road during the 1991 Westfield Run. Both these runners were frequent starters and finishers in that gruelling race.

*How come nobody ever
sends me their race dates?
It's driving me nuts!*



NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Australian Ultra Runners' Association Incorporated will be held at the clubrooms of the Bill Sewart Athletic Track, Burwood Highway, East Burwood, on Saturday 19th June, 1993 at 6pm.

Business to be transacted at this meeting comprises:

- (a) to confirm the Minutes of the previous AGM held on 20th June, 1992.
- (b) to receive from the Committee reports upon transactions of the Association since the previous AGM.
- (c) to receive and consider the statement to be submitted by the Association in accordance with Section 30(3) of the Associations' Incorporation Act.
Statement by Committee:
In the opinion of the Committee -
 - (1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association as at 31st December, 1992.
 - (2) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
 - (3) the accounts have been compiled by a simple Income and Expenditure format.
- (d) to elect officers of the Association and the Ordinary Members of the Committee.
- (e) Appointment of Auditor.
- (g) General Business: Only items listed here may be voted on by means of resolution at the AGM. Other items not requiring resolution may be discussed.

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

Regards,



GEOFF HOOK (President)

NEW AUSTRALIAN ROAD RECORDS were set in the recent Canberra Road 50km Race (held in conjunction with the Canberra Marathon) Congratulations!

Trevor Jacobs
Carol Ey

3:05:06
3:54:25

GEORGE PERDON

Many AURA members know George Perdon, who is one of the best ultra-distance athletes Australia has produced.

Unfortunately, George is very sick with cancer and I know he would appreciate letters and cards from friends and acquaintances he has known over the years. Any silly jokes, stories or reminiscences about the good old days of running would be a sure fire tonic to his spirits.

George is still the holder of Australian ultra-distance records, which gives an indication of how well he ran in the good old days (and he didn't even have any decent opposition to push him)
Anyone wishing to write to George may do so to the following address: 15 Lillian Street, Burwood 3125

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Subscription rates:

	<u>1 year</u>	<u>2 years</u>
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 - the name as it is on the card
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 - and the date of expiration.
4. Only if necessary, U.S. dollars in cash. We're honest, but if it gets lost in the mail . . .

In all cases, make sure to print clearly!

Please do not send us a check in some other currency or written on a non-U.S. bank, as our bank seems to be unable to deal with these.

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

1AU 100KM WORLD CHALLENGE TORHOUT, BELGIUM - 7TH AUGUST, 1993.

Report on Preparations

A number of people have expressed interest in representing Australia in this World Championship race. Teams of 6 will be selected from the following: Don Wallace, Trevor Jacobs, Andrew Law, Bruce Cook, Bryan Smith, Rudi Kinshofer, Geoff Boase, Safet Badic for the men and Lavinia Petrie, Nicole Carroll for the women. Unfortunately Helen Stanger had to withdraw due to a recent knee operation, which is a big disappointment for her and the women's team. We are currently looking for a replacement to make up the minimum team number of three.

Don and Lavinia will each be receiving an invitation and hence a free trip. An grant of US\$1500 will go towards the expenses of the rest of the team. Reduced accommodation charges are offered to the team for 6 days. The residual cost of the whole trip is still very high and no sponsorship or reduced air-fares have been obtained, and it appears unlikely we will be successful in this regard. The cost is even higher for those team members who feel that a spouse to help them in the race is indispensable.

Geoff Hook is going as Team Manager and Jim Coffey is also going as masseur.

As there will not be another ULTRAMAG published before the race, we take this opportunity to wish all competitors well and hope they all have a satisfying race. To the whole team and associated people, good luck and a pleasant trip to you all from AURA!



A NOTE ABOUT THE MATERIAL YOU SEND IN ...

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

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



Second Edition of the Ultra Handbook

The original *Ultra Marathon Race Handbook* — primarily a guide to the proper organization of an ultra — was widely distributed throughout the world ultrarunning community. It was sent to some 250 individuals and ultra organizations in around 35 countries. It was very well received and by mid-1993, will have been translated into German, French, Spanish, Russian, Japanese, Flemish, Czech, and Finnish. A new revised edition has now been produced (which will be available in the above languages), which has taken into account comments received.

The *Handbook* has also been further developed with the aim of producing a wide ranging reference book for race directors, ultra organizations, and other interested parties. These other interested parties should also include runners. Runners aiming at setting records, and runners interested in the development of the sport generally need a good understanding of the rules of the sport and the reasoning behind them. Moreover the *Handbook* will hopefully enable a runner to widen his/her experience so that more constructive, useful input can be given to the race director.

Runners are the consumers of ultra races. The more knowledgeable the consumer, the greater the pressure and encouragement to improve the overall standards in

ultras. Moreover, some of the consumers, with the detailed support of the *Handbook*, may well be tempted to become race directors themselves. With nine pages of detailed help on organizing ultras, plus copies of sample lap sheets for track and road events, the handbook was designed for the novice race director, while offering even the most experienced director some new insights.

The *Handbook* is available from Andy Milroy, 3 Bellefield Crescent, Trowbridge, Wiltshire BA14 8SR, United Kingdom. The price is ten dollars U.S., payable in currency or checks on a London bank. No U.S. checks please — it costs more than ten dollars to convert them.

Andy Milroy

LETTERS TO THE EDITOR

Dear Dot,

Many thanks for once again putting on a great event in the 6/12/24 Hour Championships at Coburg in February.

My crew, (the invaluable Anne and Ray Callaghan, Bill Baxter) myself, and I'm sure everyone else appreciates all the work you do before-hand and on the day to keep everyone fed and happy. My thanks also to Colin for all his work with updating the leader board every hour and the computerised results, to Anthony and crew for all their encouragement and time in the massage area, and of course the ever-smiling and friendly, Dr. Spiro. My thanks must also go to all the other runners, especially Neville Mercer and Cliff Young who gave me such a lot of encouragement during my own 6 hour run. It was also great to have the Coburg Relay Team half-way round the track. Their support to all was terrific. Many congratulations must go to them for their own ultra performance.

Once again, Dot, many many thanks.

Love and best wishes,

Sandy Kerr.

Dear Dot,

I apologise for not being able to support your 24 Hour Race. Since I arrived back from New Zealand, I was really sick for a long while, but am now back on the track. It was a real pity that the numbers were well down on previous years, as it is a well-organised event. Where are all the runners? Hope the race keeps going whether you hold the race early or late in the year. It is too good to lose, as I hope to win it again.

I hope runners support future races.

Until we meet again, all the best.

Keep up the good work,

David Standeven.

Ed's. note:

Thanks for your kind words David, but, as you will see in my 1993 race report, that one was the last as far as I am concerned. However, Gordon Burrowes, one of our AURA members, wants to put on a 24 Hour Relay Challenge on the long weekend in March at the Coburg track (10 teams of 10 runners), and is going to encourage any ultra runners who wish to run for the full 24 hours, an opportunity to do so. ... Dot.

To all concerned,

Regarding the 1,000Kms. in 1,000Hours by Lindsay Phillips and myself, I am sorry to inform everyone that the event will not take place this year as planned., and maybe not even next year because of serious knee problems which the specialist will not operate on because the left knee is a mess and I have to reduce my training to almost nothing and undergo a lot of physiotherapy for some months to come. and this means applying to the army to pick up the tab, which may take some time., as I'll have to attend physio, the local gym for the heavier weights, and spend some time in the water in summer.

I've done almost no training since the Caboolture Multi-Day event last year because of physical breakdowns. I expect it will be at the very least another 6 months before I'm back to full training. I think it will be a good idea for Lindsay to team up with somebody else or go it alone. I'll endeavour to keep my options open for next year, but I'll be doing it strictly on my own and no one else.

I apologise to the Premier of Queensland, the Lord Mayor of Brisbane, Lindsay Phillips and to all who were involved. This is my decision and cannot be reversed.

Yours sincerely,

Barry V. Stewart.

Dear AURA members,

Appeal for Volunteers - AURA Bogong to Hotham Race

This trail race is beginning to pick up in popularity and gain a higher profile. Safety is matching this gain with the generous assistance of the WICEN group, who provide important communications along the course. However, the WICEN operators need assistance from us to help man check-points and carry equipment to some of the less accessible sites. Any volunteers? I would love to hear from anyone who can help, especially those living near the alpine areas.

Some spots are really exciting and need people to walk in the day before and camp overnight. Others can be accessed on race day itself.

Race day for next year is Sunday 2nd January, 1993.

If you know of any local scout or bush walking groups who may like to assist, I would appreciate learning of these as well.

I hope you can help. I think it is extremely important that AURA provides a good showing of race helpers for its events (and I can't do everything myself)

Many thanks in advance to those who can offer some assistance.

Geoff Hook (Race Organiser. Ph. (03) 808 9739.

Dear Members,

For many years now, AURA has been trying to get all race results on to computer, so that we can easily print out rankings for any purpose, especially for each issue of ULTRAMAG (as has been our tradition). Chris Stephenson offered to do the computer program for us, but has been taking so long to get a reliable working system finished that we have given up. The computer we bought many years ago remains idle and is a wasted resource.

Last year, Chris borrowed Gerry Riley's hand-written to put all the past information into a data base, promising to return them by January. Unfortunately, we haven't got the records back yet, despite many promises to return them. So this is the reason that we haven't been able to publish any rankings in the previous, or this edition, as has been our tradition. I thought you, as members, deserve an explanation as to the state of affairs.

As more time goes by, poor Gerry has an increasing back-log of results to enter into his records before he can produce a ranking list for us. I hope he doesn't have to wait too much longer.

How about it Chris? What about getting Gerry's records back to him immediately?

Geoff Hook.

Dear Dot,

I enjoy and anticipate receiving ULTRAMAG. I just wish South Australia was remotely established as other states, especially Queensland in support of ultra and marathon events. Thanks though to the Sri Chinmoy Marathon Team.

I would appreciate it if any runner can offer me some advice. In the past 4 years, I have suffered with spinal pain as the result of slipped discs which has occurred due to the degeneration of the lumbar joints. My specialist does not recommend surgery at this stage and says to let it heal in time naturally. In the past, I have returned to work nursing and have aggravated the condition.

When the condition has been reasonably settled, I have run within my limits and suffered no problems thereafter. My employers have tried unsuccessfully to blame my running. I know without doubt that this is not so. Getting to the point, I would like to know if any of you runners have had a similar problem and have resorted to the spinal fusion surgery. I would like to know if it was beneficial.

I would really appreciate any advice or suggestions, so as to speed my return to running.

Yours faithfully,

Kaven Dedman,

21 Williamson Rd, Para Hills South Australia 5096 , Ph. 396 1382.

Ed's note: Perhaps if any members can offer Kaven any help, they could contact him direct. Thanks!



**Association of Canadian
Ultramarathoners**

**Association canadienne
des Ultra-marathoniens**

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

March 22, 1993

Dear Dot and Geoff:

The Guinness Book of Records reports that Sarah Covington-Fulcher of California has completed the longest run by an individual -- 17,918 kilometers (11,134 miles), starting 21 July 1987 from the United States Fitness Academy at Laguna Hills and finishing 2 October 1988 at the Los Angeles Coliseum.

Covington-Fulcher also claims, in 1986, to have run across Australia from Sydney to Melbourne to Adelaide and Perth, taking 96 days (from September 21 to Boxing Day). She reports that her run was carried out with the aid of a team of women and that "the Westfield guys helped us a lot."

I have been researching the accomplishments of journey runners for many years but I can find little information about Covington-Fulcher. Is this run known and recognized as a valid crossing of Australia? Are there runners in Australia who met her during her run and know about her activities?

I would appreciate hearing from anyone with more information or opinions.

David Blaikie
President
Association of Canadian Ultramarathoners
5515 Millview Road
Manotick, Ontario
K4M 1J3

Dear Dot & Geoff,

I have finally succumbed to numerous requests and decided to pen this note about the Six Foot Track Marathon. As you will already know, there has been a lot of grumbling in both NSW and Victoria about the cost of entry to this event. I ran in this event in 1991 and 1992 and it didn't take long for people to do their maths and realize that, despite the obvious race administration costs and the donation to the bush fire brigade, the \$40 entry fee for 300+ runners makes this event a rather tidy profit earner.

In 1992, we waited until December to receive results for the race which was run in March. We all know how cheesed off everyone was about that! Also, with these results was another shock - an entry form for the 1993 race with a "\$50" entry fee. The outcry could be heard on the moon. But even more surprising was that many of the people who grumbled about being ripped off still ran again in 1993. I suppose it's a fact of life that not everyone has the courage of their convictions.

On the day, the Six Foot Track Marathon is one of the best organised and most gruelling runs in the country. I HAD intended to return each year, but I don't enjoy the feeling of being ripped off.

If anything I have mentioned so far seems a bit harsh, then perhaps an Income & Expenditure Statement could be made available to AURA for publication. It could possibly restore the Race's reputation amongst the many disgruntled runners, because right now, the Six Foot Track Race rates alongside John Hewson and his G.S.T.

Regards,

Kevin Cassidy.

TOUKLEY ROTARY 12 HOUR RACE **TACOMA OVAL - JANUARY 23/24, 1993**

For several years, acting as a committee of one, but ably assisted by my wife Jan, I have organised a 24 hour race on Australia Day, which was well attended, even having Yiannis Kouros posting a 258km in 1991. In 1992, worried about the possibility of a runner suffering from heat stroke with the intense weather often prevailing at this time of year, no race was organised, but Cliff Young and I ran for 8 hours on treadmills in Lakehaven Shopping Centre inviting 43, 10 minute challenges from local runners, and raising money for charity in the process.

This year, unable to obtain the necessary assistance from the shopping centre, and not finding this out until early January, the near impossible was attempted and accomplished: a 12 hour, 400 metre track race. It was never going to be easy; anyone who has never organised a race will never know that hundreds of letters need to be sent, endless phone calls seeking help, permission to use grounds and facilities, and sponsorship, must be made. Phones run hot as people call for information, or to offer help (or refuse it). In between all this intense activity one must continually try to remember a host of important points: things to do, things to get, things to tell people etc. etc. Somewhere in amongst all of this one must continue to earn one's living, see one's family occasionally and perhaps, if not too extremely exhausted, do a few kilometres training -(races are becoming too few and far between not to run in the one you are organising).

SO! Race day arrived (January 23rd). A quick trip to the track to check everything at midday revealed a waterlogged track and no race!! Panic stations! Finding another sports field, obtaining Council approval, getting permission and keys for lighting, obtaining approval and access to facilities, not to mention setting out a 400 metre track, usually takes about 4-5 weeks. Cliff Young and I had it all accomplished by 5PM - Don't ask how. And all carried out in pouring rain - the type and quantity to dampen anyone's spirits.

The hours between 5pm and the start at 9pm were spent making and posting signs for the new venue (some 7.5 kilometres away,) frantic phone calls to media and helpers and even a 1 1/2 hour nap. The race got underway at 9.15pm in humid but calm and dry conditions. The track was firm but rather slow. 17 runners had responded to the belated race invitation, and all found their way to the new location.

Bill Joannou set the early pace from John Timms, Tony Farnham, Paul Every and Peter Gray. Bill is new to ultrarunning and shows great promise. He held the lead for 7 hours, until starting to tire. Timms soon dropped the pace and settled back in the field. Tony Farnham and Paul Every then proceeded to fight it out in the hot, sticky humidity. Close to dawn a few gentle breezes wafted across the track, and as the sun rose, everyone was delighted to see the beautiful venue - river on one side and lake on the other. Definitely a must for future races. The only complaint heard about the location was that the toilet paper

ran out in the loos (not surprising considering we had all arrived without warning) Just behind the leading pack local runner Dave Girvan battled it out with Georgina McConnell and yours truly, with no more than 5 or 6 laps separating us all night. Further down the field, some marvellous running from novices Trudi Kidd and Lynn Cribb gave them 10th and 9th positions, both with over 2 marathons total. Neither had gone beyond the marathon before.

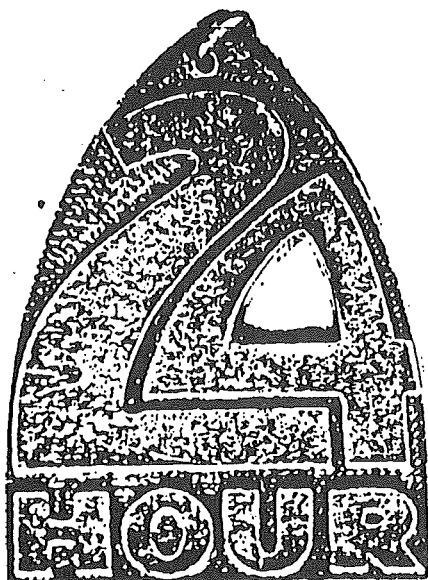
Cliff Young, darling of the media (and the ladies) set out to capture the World 70-74 100 km record and looked good for the first 6 hours. However a stomach upset slowed him mid-race. (was this due to my wife's cooking?) He fought back fiercely after the 8 hour mark but could not recapture lost time. His mark of 91.3km, and 8th outright in a fast field was still an outstanding achievement. I don't think we've seen the last of this champion yet. Mark Warren (fresh from trekking in Nepal) retired early with injury. Shaun Scanlon, Craig Rowe and John Timms all had difficulties in the later stages of the race. Val Warren and Mark Gladwell had comfortable races, bringing home the end of the field with Kurri runner Isobel Buckland. Val and Mark both need more than 12 hours to show their mettle. Both are ULTRA runners, still running after 3,4 or 5 days when all the sprinters have collapsed. They are the sort of runners who would win a Sydney to Perth race!

It was, all in all, a notable race in every way. 7 runners out of 17 went beyond 100 km's, indicating the strength of the field. The closeness of the totals indicates the tough competition throughout the field. Thank you runners, for responding to the late call for this race. Some \$800 was raised for Charity. Some runners did ask - when is the next race? I do not know. Keep training hard and be ready to run whenever a race is announced. My personal work, study, lecturing and family commitments mean little time left for race organising. What has happened to the Western Suburbs Runners, or the Sydney Striders - large groups of runners with the expertise and numbers to organise races - why not the energy? Until they do, it will be left to individuals such as Harry Clemence, Dallas Earsman or myself as one man committees to organise, as and when we are able. This seems to me, a sure recipe for the death of our sport.

TOUKLEY ROTARY 12 HOUR RACE - TACOMA OVAL JANUARY 23/24, 1993 RESULTS

1. Paul EVERY	115.086km	9. Lynn CRIBB	89.056km
2. Tony FARNHAM	114.024km	10. Trudi KIDD	86.411km
3. Bill JOANNOU	108.788km	11. Shaun SCANLON	83.072km
4. Peter GRAY	105.692km	12. Craig ROWE	77.485km
5. Tony COLLINS	104.429km	13. Val WARREN	75.666km
6. Georgina McCONNELL	102.406km	14. Mark GLADWELL	72.221km
7. Dave GIRVAN	102.301km	15. Isabel BUCKLAND	67.939km
8. Cliff YOUNG	91.334km	16. John TIMMS	58.694km
Retired Mark WARREN			

Ed's note. Thank you for a GREAT race report Tony Collins and really outstanding results. Congratulations!



6	HOUR
12	TRACK
24	RACE

This is a Victorian Veterans' Athletic Club Inc. event.

VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
HAROLD STEVENS ATHLETIC TRACK, COBURG, VIC.π
AND INCORPORATING A
6 HOUR AND 12 HOUR TRACK RACE & 24 HOUR RELAY
on 27th & 28th February, 1993.

by Dot Browne (Race Director)

In an effort to swell the numbers for my traditional 24 Hour Race, and to make it a special event for its 10th year, I added an extra 6 Hour and 12 Hour to this race, as well as agreeing to incorporate a Coburg Harriers 24 Hour Relay as well.. The added events blended in well with the established 24 Hour but did not have the desired effect of attracting more runners. I was dismayed with the entries - 8 in the 6 Hour, 3 in the 12 Hour and only 8 in the 24 Hour. Not really worth the effort or expense.

This 24 Hour race started back in 1984 with 9 runners as a result of Geoff Molloy asking me to put on a race in which he could test himself over a longer period of running before he put in an entry for the Westfield Melbourne to Sydney. In that respect, it was successful, because 3 months later, he went on to win the big one plus gained \$20,000 for his efforts. The 24 Hour event became very popular, and each year saw the numbers growing, partly because it was a qualifier for the Westfield (200km was required), and partly because it was such a challenging event. This trend continued until the halcyon year of 1989 when there were over 70 entries and I even had to knock Bryan Smith back when he put in a late entry!

But when Westfield pulled their sponsorship on the Sydney to Melbourne race in 1992, it was the start of the rot for my 24 Hour as well.. Very sad. And now my efforts to give it an injection of life for the 10th year have not succeeded. I guess it's the end of an era really.

However, those stalwarts who did enter this final one, were a very interesting group. Cliff Young, one of my regular entrants for the last 9 years, was going for the over 70 world age record, which was 174km. He put in a blinder in conditions which were not ideal, and missed it by only 3km to record 171.650km. Cliff is always a popular competitor because he not only is a top performer, but he gives tremendous support and encouragement to every other competitor in the event. He's also a real character.

Neville Mercer, top ultra-runner, came all the way from New Zealand with his wife and blitzed the field. But he didn't do it easily. Although the weather conditions were fine and mild for the first 20 hours of the race, it turned suddenly nasty early on the Sunday morning. A strong cold wind sprung up and the rain started to bucket down. Neville didn't change into warmer gear early enough, and in his skimpy singlet, got hypothermia and was dragged off the track absolutely frozen, looking positively blue. We wrapped him in blankets, head and all and gave him hot coffee. Anthony Ashley-Brown, the masseur, filled a plastic drink bottle with hot water for him to hold to try and thaw his icy hands. As time went by, his body started to warm up and he was keen to get out on the track again. The fact that he had only a few km to go to achieve a p.b. was great motivation. He struggled out there again and went on to achieve a 9km pb. with 229.755km. An

amazing effort. He had little opposition from any other runner. Peter Gray finished in second place around 50km behind him.

Another competitor who had travelled an enormous distance to compete was Elvira Janosi, a delightful 36 year old Yugoslavian athlete, who had a string of fine marathon (2hrs.40min) and ultra performances in Europe and Japan to her credit. She arrived with her husband, Tibor and we were happy to accommodate them. Elvira ran brilliantly for the first 12 hours, and was in third position overall at that stage. But a combination of factors slowed her down in the second half. With her fair skin, she developed sun-stroke from the strong ultra-violet rays during Saturday afternoon, her newly-purchased socks rubbed her feet into blisters and she was generally disappointed in her performance after midnight. She had run around 100km in the first half but only 41km in the second. However she achieved 141.126km, a very good effort. Her Yugoslavian sponsor would be pleased to see that she had won the women's event and taken home the trophy.

The 12 Hour race, also starting at noon on the Saturday was a 2 horse race. Jacqueline Taylor achieved a 3km p.b. to run 84.191km and Rudy Lombardi won the event with 104.563km, both very good efforts.

The 6 Hour race proved to be more interesting. Keith Alexander, a novice ultra-runner, surprised himself and everybody else by going out fast and keeping up the pace to lead from the start and win the event with 72.752km, with Bill Joannou from Sydney hot on his heels all the way. Bill finished only 2km behind him. Sandy Kerr ran brilliantly and evenly to win the women's event with 66.338km. Congratulations Sandy! In typical fashion, she also stayed around when her event was completed to lap-score for the rest of the 24 hours for Cliffy. Incidentally, Cliffy talked his 26 year old nephew, Peter Woods into having a go at the 6 hour for the first time. Peter showed heaps of talent by covering 62.049km and seemed quite comfortable all the way. Norm Brooke, recovering from a heart attack, but persistent to the end, walked aggressively for the 6 hours and covered just over a marathon.

It was a pleasure to have the 12 Coburg Athletic Club runners tackling the 24 hour relay between them and running in half hour shifts. It was a bit of a trial run for a special challenge event they are planning for the Coburg Athletic Club Centenary in a couple of years' time. They organised themselves up the far end of the track from the equipment shed, and encouraged all other competitors as they came around the bend. It became quite a competition amongst themselves to see if anyone could crack 20 laps in the half hour stint. I don't think any of them made it. Nineteen laps was the max. After 12 hours, they had covered 382 laps, or 152.8km, and at the final whistle, their distance was 755 laps or 302.055km, a rather amazing effort.

At the end of each event, the presentations were held and the trophies distributed. At the final 24 Hour ceremony, Neville Mercer, on receiving his Perpetual Trophy, his Winner's Trophy, his 24 Hour coffee mug, his 24 Hour Medal, his cloth badge and his Certificate, was obviously absolutely thrilled to have "fixed up the Aussies". He'd had recently (on Dec 28th) come fourth in an Australasian 100km Challenge and been beaten by Don Wallace, Aussie who came in first, and then the Aussies won the team's prize. So Nev. was highly delighted to take his revenge.

Thank you once again to my fantastic support team which has come out in force for each of the 10 years of this event. The Croydon Vets, particularly Annie Callaghan, Sandy Kerr, Bill Baxter and Les Clarke, the Society of Clinical Masseurs lead by Anthony Ashley-Brown who gave massage therapy for 28 hours non-stop, my race doctor, Dr.Spiro Moraitis, who kept a check on each runner throughout the races, my long suffering husband, Colin, who updated the leader board every hour and computerised the hourly lap-counts and results, Harold Stevens, Coburg Ground Manager who constructed the lap-scorers' tent, Pauline Nippard who manned the canteen, and Geoff Hook, AURA President who was my right-hand man. I can't thank you all enough.

I'm really sorry to see this race go down, but it has turned into a financial disaster for me as race director in recent years because of poor entries, and I'm basically not prepared to go down the drain financially, plus do all the work, year after year. So that's it folks. Thanks for the memory.

(Results were printed in last issue of ULTRAMAG)

LAUNCESTON TO HOBART ROAD RACE 200KM - HANDICAP RACE (Actual times given)

1ST	Eddie WESTBURGH	23:10:02
2ND	Andrew LAW	19:57:22
3RD	HARDY	32:11:20
4TH	Peter GRAY	26:20:30

HOBART TO CYGNET RUN 28TH FEBRUARY, 1993

There was movement outside Talays on that grey and dismal morn,
For the **Ultra men** were gathering for the fray,
First to get away was Hardy, with the glimmering of the dawn
Thoughts set firmly on surviving all the way.
Peter Hoskinson was next to leave, his family were the crew,
Mike went next and lastly, not to be outdone,
The determined pair of Spence and Estcourt joined the motley few,
Headed Cygnet way, all in the name of fun !

At the Shot Tower trouble started, Spence pulled out with
injured knees
The others, ever stalwart battled on,
And keeping out a watchful eye for problems was Therese,
Rather thankful that she hadn't run this one.
Near eleven Hardy finished, then soon Pete and Mike were there,
The three all voted that the run was great,
Lunch was on when Estcourt made it, he and crew soon grabbed
a chair,
So please note, that for next year it's a DATE !

(Apologies to A.B.Paterson)

RESULTS:

1st	MIKE MADDOCK (49)	5 Hrs. 08 Mins. 20 Secs.
2nd	PETER HOSKINSON (30)	5 Hrs. 09 Mins. 07 Secs.
3rd	HARDY FEHLANDT (52)	5 Hrs. 18 Mins. 26 Secs.
4th	STEPHEN ESTCOURT (39)	6 Hrs. 17 Mins. 40 Secs.
DNF	Anthony Spence, due to injuries.	

Sincere thanks must be extended to Howards, Cygnet Central Hotel for their hospitality and for providing showering facilities for the runners. A magnificent new hotel has risen from the ashes of the old, which was destroyed by fire the night after the 1992 Hobart - Cygnet Run. We had a magnificent choice of counter lunches in very elegant surroundings on completion of the run, and hopefully everyone enjoyed themselves, even the 2 young Hoskinson children who got up so early to "crew" for their dad. Mike Maddock's winning run was all the more amazing when you consider he had only had 5 hrs. sleep in the previous 48 hrs. and had worked until 3.30 a.m. before starting his run, after a 1½ hour nap, at 6.40 a.m.

An unfortunate clash with other major events meant numbers entered in this year's race were low, but we hope to rectify this by next year.

Regards,

Therese March

6/12 HOUR ULTRA MARATHON - BUNBURY, W.A.. 27TH & 28TH FEBRUARY, 1993

Due to lack of entries this years event was almost cancelled, up until one week before I had only two entries both 12 hour runners and none for the 6 hour event. After making quite a number of phone calls George Audley came to the rescue by entering himself and two other runners, plus several others entered on the day.

We started with a total of 7 runners 4 in the 12 hour and 3 in the six hour not enough to cover costs but the Bunbury Runners Club agreed to cover the outstanding expenses.

As George Audley pointed out at our post race meeting when an event is cancelled it very rarely re-appears therefore if Western Australia is to develop in the ultra field all events should be supported. Even if the more experienced runners use these events as training runs.

Both the 6/12 hour events started at 6 pm in perfect weather conditions. We ran on a grassed 400 metre track for the first time this year and got positive feedback from all runners. Unfortunately we haven't got a permanent track and because of the lack of entries having the track certified was out of the question although it was measured with a Jones wheel and tape.

Mary Morgan took off like a startled Gazelle and was never headed, this was her first ultra event and what a result 125km and 153 metres. Joe Record crewed for Mary and when asked why he was not running was heard to say " with Mary running the competition is to tough".

George Audley had stomach trouble and battled at times but put in a determined effort even though work commitments prevented him training prior to the event.

Yours truly Mark Pritchard ran a steady race to achieve a PB. Dave Horn running his first ultra covered 52 km in the first 6 hours although failing to finish put in a great effort.

Jacqui Robinson was the winner of the 6 hour event. She has a very smooth style and ran very consistently. Jacqui and Colin fought for the lead in the early stages but Jacqui's experience and long legs not only won her the race but the admiration of the onlookers.

Colin Green from Queensland celebrated his discharge from the Army by running his first ultra and covering 58 km and 88 metres. He found the going tough at times and admitted to me that nothing he had done in the Army compared to the effort he had to muster to finish the race. He also admitted that nobody in the Army was as tough on him as was his crew manager big Barry Edmonds (also recruited as our race masseur).

In the past Dennis Sutton has suffered injuries, in this race and has shown his determination to finish regardless of the pain being suffered. This year he ran the 6 hour injury free and covered a respectable 55 km and 322 metres this should give him the confidence for the longer events in the future.

It was great to see women winning both the 6/12 hour and I hope it will give other women runners confidence to enter ultra events.

Trophies were donated by Barry Edmonds, RAC, Bunbury Runners Club and our main sponsor Appelbees the Jeweller in Bunbury.

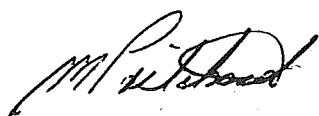
12 Hour

1.	Mary Morgan	125 km - 153 mtr
2.	Mark Pritchard	103 km - 871 mtr
3.	George Audley	67 km - 154 mtr
4.	David Horn	52 km (dnf)

6 Hour

1.	Jacqui Robinson	61 km - 355 mtr
2.	Colin Green	58 km
3.	Dennis Sutton	55 km - 322 mtr

Yours sincerely



Mark Pritchard
Race Organiser
Bunbury Runners Club
6 King Road
BUNBURY WA 6230

19 April 1993



Race leader Bryan Smith — still setting a good pace and extending his lead.

SIX FOOT TRACK

BLUE MOUNTAINS ULTRAMARATHON

March 6th, 1993 - RESULTS

1	SACHELL	MALCOLM	3,54.51	55	MARTIN	PAULINE	4,52.18	2nd
2	MALINOWSKI	PETER	3,58.44	56	TAYLOR	ANDREW	4,53.45	F
3	WATSON	MARK	4,00.43	57	FARMER	PATRICK	5,01.40	
4	INGLIS	BRUCE	4,06.13	58	HIGGINS	JAMES	5,02.36	
5	HICKS	JONATHAN	4,07.17	59	FRETTON	SIMON	5,03.20	
6	HICKS	ANDREW	4,09.59	60	WARD	MIKE	5,04.59	
7	HENDRICK	ALAN	4,10.27	61	NOLAN	PETER	5,05.01	
8	TILLER	KEVIN	4,15.43	62	PATTERSON	GRAEME	5,05.23	
9	SELBY	WARWICK	4,20.56	63	BAKER	SARINA	5,05.31	3rd
10	GOONPAN	PETER	4,22.20	64	HARDAKER	KEVIN	5,05.32	F
11	GRAY	STEPHEN	4,22.42	65	WILLIAMS	OLIVER	5,06.48	
12	URWIN	STEPHEN	4,24.15	66	CLARKE	PHIL	5,08.36	
13	MARSHALL	KELVIN	4,24.27	67	BRIGDEN	HARRY	5,08.46	
14	WORSWICK	JOHN	4,25.16	68	CHAPPELOW	DARRYL	5,10.11	
15	O'SULLIVAN	BEN	4,26.42	69	TURNER	JOHN	5,10.26	
16	BOGENHUBER	FRED	4,26.52	70	FISHER	ALBERT	5,11.19	
17	HORSBURGH	JOHN	4,27.20	71	EVERY	PAUL	5,12.21	
18	LEAHEY	GARY	4,30.40	72	WALLACE	ALISTAIR	5,12.26	
19	TILLER	DAWN F.I	4,31.47	73	HAYWARD	JAMES	5,12.40	
20	HENRY	RAY	4,34.55	74	DOWNES	WENDY	5,12.50	
21	TAYLOR	GEOFF	4,34.56	75	HICK	BILL	5,13.23	
22	JENKINS	DAVID	4,35.47	76	HARRISON	HENLEY	5,14.18	
23	HATCHETT	DANIEL	4,35.48	77	ANDERSON	VIC	5,14.54	
24	GREEN	IAN	4,36.56	78	MEZZINO	PHIL	5,16.26	
25	MORROW	TOM	4,36.01	79	SCHEFFLER	STEPHEN	5,16.30	
26	EISENHUTH	PAUL	4,37.31	80	BROADBENT	WARREN	5,16.52	
27	HICKSON	KEN	4,39.20	81	THOMSON	ALEC	5,18.08	
28	KREVELD	MICHAEL	4,41.16	82	KORVATH	JULIUS	5,18.15	
29	MURRAY	TONY	4,41.19	83	HEWSON	BRIAN	5,18.37	
30	HUGILL	PHILIP	4,42.04	84	CLEMENS	KEVIN	5,19.14	
31	HERPICH	LUDWIG	4,42.39	85	TILNEY	PETER	5,23.36	
32	GOONPAN	GEOFF	4,43.02	86	WHITTON	BARRY	5,23.46	
33	BILL	ROSS	4,43.58	87	LIBESMAN	ERROL	5,24.01	
34	BOGENHUBER	MAX	4,46.58	88	SEIB	DAVID	5,24.07	
35	SHILSTON	ROSS	4,46.58	89	TRENOWDEN	TIMOTHY	5,24.37	
36	HARRADINE	LEON	4,47.58	90	ATKINSON	JOHN	5,24.57	
37	FIELD	ALF	4,48.05	91	TOWN	MURRAY	5,25.08	
38	TROTTER	JOHN	4,48.08	92	FICKEL	BOB	5,25.38	
39	BARNES	PETER	4,49.09	93	TAYLOR	MAURIE	5,25.49	
40	O'NEILL	MICHAEL	4,49.24	94	GOYMER	RAY	5,26.11	
41	GOODALL	CRAIG	4,49.48	95	FORSYTH	IAN	5,26.55	
42	STEMP	BEN	4,50.23	96	GILPIN	MARK	5,28.04	
43	COLWELL	BRIAN	4,50.38	97	DEAKIN	NOEL	5,28.20	
44	SHOLL	PETER	4,50.55	98	EISENHUTH	JOAN	5,28.21	
45	CHANNELLS	ROBERT	4,52.26	99	INGHAM	PAUL	5,28.36	
46	MONTGOMERY	STEPHEN	4,52.46	100	BURKE	STEPHEN	5,28.37	
47	STEPHENS	ROGER	4,53.40	101	ROSE	TERRY	5,28.38	
48	BUNDOCK	GRAHAM	4,54.29	102	GRIFFITH	SUSAN	5,28.52	
49	POTTER	LES	4,56.53	103	FOOKS	HENRY	5,29.09	
50	DEAN	RAY	4,56.56	104	VAN EMDEN	JOHN	5,29.13	
51	RUSSELL	PAUL	4,57.26	105	BONSING	JOHN	5,29.15	
52	KING	PATRICK	4,57.48	106	CAIN	ANDREW	5,29.16	
53	LONDON	MICHAEL	4,58.02	107	MCNAUGHTON	JEFF	5,29.17	
54	COATES	BARRY	4,58.09	108	RANNARD	BILL	5,29.25	

SIX FOOT TRACK

BLUE MOUNTAINS ULTRAMARATHON

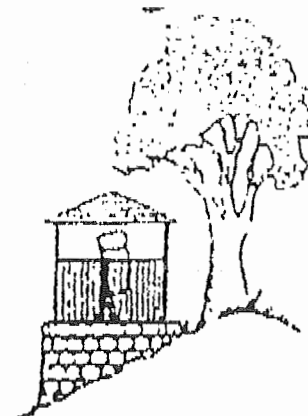
March 6th, 1993 - RESULTS

Place	RUNNER		TIME	Place	RUNNER		TIME
=====	=====		=====	=====	=====		=====
109	NORDISH	STEVE	5,29.26	163	WALKER	BRIAN	6,03.37
110	STURMAN	MARK	5,29.30	164	ROBINSON	TONY	6,05.10
111	STURCH	RODNEY	5,32.23	165	FRANCIS	COLIN	6,05.11
112	HOLLERAN	DAVID	5,33.13	166	MELNYCZENKO	JOHN	6,05.12
113	BOOTH	DIEDRE	5,33.25	167	PAUL	LEO	6,05.13
114	HAMMEPSCHMID	PETER	5,33.49	168	DUCKWORTH	BOB	6,06.27
115	KINCHIN	MARILYN	5,34.20	169	MILLS	CHRIS	6,07.23
116	LACEY	WARWICK	5,34.54	170	MORGAN	IAN	6,07.34
117	BOWMER	JOHN	5,37.02	171	BOUSFIELD	ANTHONY	6,07.35
118	CORNELIUS	IAN	5,37.12	172	WHITEHOUSE	PAULA	6,08.37
119	FOOKS	MARILYN	5,37.15	173	RIGBY	ROGER	6,08.39
120	ROBINSON	MARGARET	5,39.18	174	MASON	JUNE	6,08.50
121	KONEMANN	COLIN	5,39.30	175	BOLDIN	BENEDICT	6,08.57
122	FLEIG	KARL	5,43.27	176	BOLDIN	DOMINIC	6,09.58
123	DAVIDSON	JOHN	5,43.57	177	MANSON	RICHARD	6,08.59
124	WILLIAMSON	BOB	5,44.12	178	WALMSLEY	PAUL	6,11.20
125	ROBERTSON	DENIS	5,45.52	179	MANZANO	MARIA	6,11.33
126	WHITTON	DEBBIE	5,46.36	180	GARDINER	BRUCE	6,12.00
127	SAVILLE	COLIN	5,48.19	181	MCGILL	FRANK	6,12.25
128	ALLEN	PETER	5,48.23	182	GOLDEN	TONY	6,13.16
129	GLARE	PAUL	5,48.27	183	PARLEVLIET	GERRY	6,13.36
130	ALLEN	BARBARA	5,48.32	184	ANDERSON	DAVID	6,13.51
131	STURGESS	PAUL	5,48.59	185	GARDINER	SANDY	6,14.34
132	THORPE	MIKE	5,50.05	186	HAMER	PETER	6,14.55
133	KILHAM	MICK	5,50.16	187	FENNELL	KEVIN	6,15.51
134	MCINTOSH	JOHN	5,50.33	188	O'TOOLE	ALAN	6,16.40
135	JONES	GRAHAM	5,50.46	189	WISE	PETER	6,19.11
136	BROWN	NOEL	5,51.05	190	O'KANE	KEVIN	6,19.39
137	OLOVICH	FRED	5,51.28	191	CRIBB	LYN	6,22.24
138	PHILLIPS	ALAN	5,52.10	192	JOHNSTON	GREG	6,22.43
139	TRESIDDER	MICHAEL	5,52.13	193	DALY	RON	6,23.57
140	MCPHEE	GAILLEE	5,52.43	194	RIVETT	MARIA	6,24.21
141	OWEN	PETER	5,53.57	195	LE GRICE	COLIN	6,24.22
142	HARDAKER	SHANNON	5,55.17	196	BEDFORD	DENNIS	6,24.25
143	WOODS	BARBARA	5,55.28	197	WITT	ALAN	6,25.13
144	MARTIN	MIKE	5,55.52	198	HAMILL	BRENDA	6,25.55
145	PULLER	YVONNE	5,56.04	199	MILLETT	BRIAN	6,25.56
146	BUTLER	GRAHAM	5,56.26	200	LILLIS	TED	6,28.29
147	CROSBY	TONY	5,56.27	201	HENRY	MEL	6,28.32
148	MORRIS	RICK	5,56.28	202	BREWER	GRANT	6,30.29
149	AQUILINA	CHARLIE	5,57.24	203	CHAPPELL	NEIL	6,31.01
150	CROWE	GERARD	5,57.25	204	KERRUISH	GRAHAME	6,31.06
151	KRANTZKE	TONY	5,57.27	205	BEARD	DANNY	6,33.15
152	BALSON	JOHN	5,57.58	206	SPENCER	HUGH	6,33.23
153	ANDERSON	MURRAY	5,58.16	207	MCCARTHY	WAYNE	6,33.24
154	THRELFALL	TERRY	5,59.11	208	SCARSBROOK	WILLIAM	6,35.20
155	DOBBIN	DAVID	5,59.17	209	HOWARD	GAVIN	6,38.27
156	SHINDLAIR	JOHN	6,00.12	210	STOREY	JOHN	6,39.04
157	NEALY	DAVID	6,00.42	211	HOBBS	TOM	6,39.13
158	WHITHAM	ALLAN	6,00.44	212	FLANAGAN	JOHN	6,44.07
159	RUSSELL	ROBI	6,00.57	213	BOWES	KEN	6,44.31
160	HANCOCK	BRONWYN	6,01.48	214	MEAKIN	IAN	6,44.32
161	CLARK	RON	6,01.52	215	REID	GREG	6,45.40
162	HUNT	LES	6,01.53	216	DEAKIN	HARRY	6,46.53

The Blue Mountains Six Foot Track Marathon

Katoomba to Jenolan Caves

Six Foot Track Marathon
P.O. Box 65.
Leura, N.S.W. 2780
Race Organiser:
Ian Hutchison, J.P.



217	DEAKIN	ANGELA	6,46.54
218	COURTANEY	BRYCE	6,47.26
219	LOVE	GRAHAM	6,47.35
220	COURTNEY	BILL	6,49.04
221	WEST	JIM	6,49.27
222	LITTLETON	JOHN	6,50.06
223	KING	JEANNIE	6,50.07
224	SIMON	JOHN	6,50.08
225	STOREY	ROBERT	6,55.21
226	BRETT	JOHN	6,57.33
227	TROWBRIDGE	GLEN	7,05.22
228	NOWELL	LESTER	7,06.55
229	WALTON	JULIE	7,10.03
230	SIDEBOTTOM	CEDRIC	7,13.14
231	NICHOLSON	DENISE	7,20.57
232	CAMPBELL	DICK	7,20.58
233	HUTCHISON	IAN	7,21.02
234	ENGLISH	PAT	7,21.03
235	CUNNIFFE	DENNIS	dnf.
236	HAMILL	ALEX	dnf.
237	JACKSON	STEPHEN	dnf.
238	KEATS	BILL	dnf.
239	LIGHT	IRWIN	dnf.
240	MAHONY	PAUL	dnf.
241	MCGROWTHER	TOD	dnf.
242	SODBINOW	GEORGE	dnf.
243	WIGGER	RON	dnf.
244	PARKER	GRAHAM	dnf.
245	HOLMES	JAMES	dnf.
246	KNIGHT	KEN	dnf.
247	SCOTT	IAN	dnf.
248	KNIGHT	PAUL	dnf.
249	PARKER	MAUREEN	dnf.
250	CULBERT	DANNY	dnf.
251	BOYD	TERRY	dnf.
252	BURRIDGE	BILL	dnf.

18th March, 1993

Dear Six Foot Tracker,

Congratulations on completing the 1993 Blue Mountains Six Foot Track Marathon.

This year's 10th annual event attracted 252 starters of which 234 finished.

Special thanks must go to the 15 Blue Mountains Volunteer Bush Fire Brigade units for their excellent support during the run! Proceeds from this event came to \$5,000 and a cheque was presented on race day. Donations over the past ten years total \$29,000.

Thanks must again be given to Jenolan Caves House for their assistance and warm hospitality,

Yours in health,

Ian Hutchison
Race Director

STATE BY STATE BREAKDOWN OF MEMBERSHIP

The SENSATIONAL VICS.

New South Wales

QUEENSLAND

SOUTH AUSTRALIA

TOTAL 346

115

113 !!

43

19

WESTERN AUSTRALIA

TASMANIA

A.C.T.

OVERSEAS

17

10

12

17

23

5TH TAMWORTH (NSW) 24 HOUR CHARITY RUN SAT/SUN. 13TH & 14TH MARCH, 1993

Tamworth, the home of Australian Country and Western music, with a population of nearly 50,000, was staging it's 5th annual 24 hour charity run in conjunction with the NBN Telethon Cancer Appeal. The temperature was to average 28° through the day and a pleasantly cool evening was to follow.

28 ultra runners, local relay teams, walkers, plus a team of ultra cyclists faced the starters gun. The field of ultra runners comprised of the previous three race winners, Bob Burns 1990, Ralph Bristow 1991, Tony Collins 1992, plus Georgina McConnell, holder of the female track record. Included in the line up were Australian Ace ultra runner Bryan Smith winner of the Sydney to Melbourne in 1991, and the legendary Cliff Young. Other prominent participants included Maurie Taylor and the young tenacious Peter Gray. There was a fine array of local runners, Kelly Humphries, Tony Farnham, John Henderson, John Morris and Joy Leaney.

The race was underway at 10am, almost a carnival atmosphere from the surrounding activities, various types of country music, and many other interesting exhibitions, and food outlets. It felt like the whole community was behind the race organisers Dallas and Ted, and their many helpers.

The first few hours had Smith leading from Tony Farnham, Craig Rowe, Peter Gray and Tony Collins. By the marathon distance, Smith had a 26 minute lead and extended this to about 1 hour at the 80 kms mark over David Sill and Peter Gray. McConnell had moved to 4th place and she was to maintain a steady pace throughout the night, always threatening those ahead of her.

By the 13th hour, Rowe, Sill, Farnham, and Collins had fallen back and Bristow gradually slipped through the field into 3rd spot. Smith lead Gray throughout the night to the finish. Gray was determined to catch Smith and was also aware of Bristow threatening him for 2nd position. There was only a 14 lap difference in the 6 hour period from midnight to 6am, between Smith, Gray, and Bristow, with an 11 lap difference between McConnell, Burns, Humphries and Young.

Sunrise, and the activity surrounding the race picked up again. The announcer returned to inform everyone of the participants progress, the news that the telethon had reached a million dollars was very gratifying. However, the final figure was over 2 million dollars was stunning, and the race organisers, helpers, runners and crews, and all who took part can feel proud of being a part of this massive fund raising event, for the fight against cancer.

There were many individual achievements, with all local runners achieving good mileage. Newcomer George Cormack from Lucknow, Victoria, entered the race aiming to run 12 hours at his first attempt his 101 kms was an encouraging effort and a few more shorter events will have him primed for a 24 hour race.

This race is gradually developing into prominence, and many factors make it attractive. Travel wise, it is central for most NSW and QLD runners, and is a great boom for the ultra scene in the NSW country.

Dallas and Ted have begun to organise next years race, and are taking steps to change the lap scoring arrangements and display board. The venue can only improve further and Dallas and Ted are to be congratulated and encouraged for taking on this sometimes thankless service for ultra running. Thankyou.

RESULTS

MALE
1st - BRIAN SMITH
2nd - PETER GRAY
3rd - RALPH BRISTOW

216.206 Kms.
201.175
188.542

FEMALE

1st - GEORGINA MCCONNELL 179.581
2nd - JOY LEANEY 107.882
3rd - ISABEL BUCKLAND 100.835

GRAVEYARD AWARD -
BRIAN SMITH - 124 laps.

YOUNGEST AWARD -
AMERY THOMPSON (13 yrs)

OLDEST AWARD -
CLIFF YOUNG (70 yrs).

OUTSTANDING PERFORMANCE -
JOHN MORRIS, Tamworth.

STARTERS - 28.

Nº.	NAME		TOTAL DISTANCE	GRAVE- YARD LAPS.	HALF- M'THON.	M'THON.	2 x M'THON.	3 x M'THON.
18	BRIAN SMITH	Melbourne	216.206	124	1-41.40	3-15.10	7-58.00	12-47.24
27	PETER GRAY	Geelong	201.175	120	1-48.05	3-57.56	8-57.00	13-06.45
24	RALPH BRISTOW	Dapto	188.542	110	2-16.20	4-31.02	9-48.07	-
16	GEORGINA MCCONNELL	Bunham Hills	179.581	97	2-00.35	4-22.40	9-12.20	13-58.49
19	ROBERT BURNS	Brisbane	165.200	90	2-16.50	4-39.55	10-11.41	15-14.57
30	KELLY HUMPHRIES	Moree	156.643	85	2-12.10	-	17-04.01	
9	CLIFF YOUNG	Colac	155.258	86	2-03.15	5-11.32	-	18-12.57
5	KEITH JACKSON	Sydney	154.567	70	1-51.50	-	10-48.20	17-40.04
34	BILL JOANNOU	Gladesville	152.783	68	2-07.59	4-23.35		
22	TONY FARNHAM	Kurri Kurri	151.136	50	1-44.20	3-41.05	9-33.52	
23	DAVID SILL	Wahroonga	140.515	44	2-16.30	4-24.09	-	14-44.25
10	CRAIG ROWE	Sydney	134.000	46	1-44.41	3-51.46	9-38.40	19-58.00
2	SHAWN SCANLON	Miller, Sydney	128.166	64	2-11.04	5-14.03	12-57.00	23-42.19
1	TONY COLLINS	Norah Head	127.600	41	1-49.53		9-47.00	
8	MALRICE TAYLOR	Gympie	127.140	40	2-13.34	4-23.30	10-20.32	
32	JOHN HENDERSON	Moree	116.700	37	2-44.38		14-26.43	
4	JOHN MORRIS	Tamworth	112.700	60	3-36.40	7-34.58		
26	JOY LEANEY	Tamworth	109.800	64	3-58.02			
33	RAY CHATTERTON	Toowoomba, Q.	109.600	42	2-59.03	6-22.29		
35	STEPHEN LEWIS	Ipswich	108.200	39	3-24.29			
20	BILL HOLLAND	Kurri Kurri	104.900	32	2-07.00	5-23.30		
29	JOHN CARRIGAN	Moree	101.700	46	2-23.10			
25	GEORGE CORMACK	Lucknow	101.600	-	2-02.15	4-25.20		
7	ISABEL BUCKLAND	Cessnock	100.800	46	3-22.35	8-00.02		
17	BARRY SWAN	Tamworth	86.018	30	4-02.02	8-59.56		
28	ROMA MULLINS	Tamworth	86.017	30	4-02.02	8-59.56		
3	AMERY THOMPSON	Tamworth	72.072	16		10-32.30		
6	DAVID BARWICK	Sydney	25.600	-	2-11.20			

Total distance recorded - 3,614.219 Kilometres.
Average distance per participant - 129.079 Kms.

Winner's average speed - 9.008 kph.
Average speed of field - 5.38 kph.



Tamworth 24 Hour Race: George Cormack & Cliff.



Tamworth 24 Hour Race:
l. to r. Ralph Bristow, Georgina McConnell, George Cormack.

QUEENSLAND 50KM CHAMPIONSHIPS

MARCH 28TH, 1993

The 1993 Qld. 50klm championships were held recently in Toowoomba with the 1991 Chronicle marathon winner, Ron Peters giving an effortless performance winning in a new record time of 3:16:11, while one of Toowoomba Road Runners best marathoners Geoff Carter gave a creditable performance in coming second with a time of 3:27:07 while not in peak condition. A Mackay visitor Wayne Raines came third with a time of 3:37:03, with the remaining entrants being Asim Mesalic 3:39:19, Graham Medill 3:41:45 and Roger Guard 3:48:01.

The womens division was won by Del Grant in a time of 4:17:25 defeating last years winner Joan Darlington from Maryborough in a time of 4:29:54 with Inara Strungs third with a time of 4:38:01 while the remaining entrant Jan Collins in her first ultra finished with a time of 5:12:26. The six hour Fun Run had a field of 10 with the winner being Dave Holleran from Brisbane with a distance of 59.78k, including a P. B. time of 4:43 for 50klm. The womens section was won by Sharon Parsons from Caboolture in her first ultra running a distance of 52.02klm. The remaining entrants were Janelle Hall 43.92 and Kay Holleran 42.7klm.

Due to lack of outside teams Toowoomba Road Runners made up all teams in the 6x1 relay. The mens race created some excitement with only 173.3 metres seperating the teams. The members of the winning team were; Bob Town, Tom Bradbury, Paul Sharman, Des Charman, Bill Bryant and Graham Simmons. The second team members were: Col McLeod, Cliff Hughes, Allan Jackson, Geoff Cornell, Brian Jones and Prinesh Narayan. The sole womens team Peta Wirth, Kate Wirth, Kelly Wirth, Mandy Wirth, Maureen McKay and Tressa Lindenberg ran a very good distance of 75.64klm.

PL.	COMPETITOR	MARATHON	50KM
1.	Ron PETERS	2:46:29	3:16:11
2.	Geoff CARTER	2:55:28	3:27:07
3.	Wayne RAINES	3:01:50	3:37:03
4.	Asim MESALIC	3:06:28	3:39:19
5.	Graham MEDILL		
6.	Roger GUARD	3:14:23	3:48:01
	John TIMMS	DNF	
7.	Del GRANT (1st F.)	3:39:38	4:17:25
8.	Joan DARLINGTON (2nd F.)	3:49:37	4:29:54
9.	Inara STRUNGS (3rd F.)	3:54:32	4:38:01
10.	Jan COLLINS (4th F.)	4:23:58	5:12:26

6 HOUR FUN RUN

1.	Dave HOLLERAN	59.78km
2.	Steel BEVERIDGE	58.67km
3.	Ron GRANT	58.56km
5.	John CORRIGAN	45.14km
	Cliff FRENCH	DNF
	Kell HUMPHREYS	DNF
4.	Sharon PARSONS (1st F.)	50.02km
6.	Janelle HALL (2nd F.)	42.72km
7.	Kay HOLLERAN (3rd F.)	42.25km

FRANKSTON TO PORTSEA (VIC) ROAD RACE 34 MILER - SATURDAY 3RD APRIL, 1993

by Dot Browne

At the ungodly hour of 7am, only 5 runners turned up at the Frankston Post Office to put their reputations on the line. They were: Mike "King Willy" Wheatley, Kev "Mr.Bean" Cassidy, Peter "Graypower" Gray, "Mad Max" Gibbs and Ross "Spider" Shilston. What a motley lot! All the rest of the regular runners, like all the "normal" ones, were on the sidelines, injured. Two of them followed the race, whimpering out on bikes. They were Geoff Hook and Peter Armistead. (You know Pete. He's the one who insists on singing "Loveliest Night of the Year" when he's sunk a few).

Well anyway, the race got started with "Big Al." Witt, Dot Browne and Marg. "Shirley Temple" Cassidy following along, providing 5km delicacies, such as smoked oysters, caviare, red salmon, top shelf red, Tasmanian oysters and water. Peter Gray went through the first 5km in 22 minutes choosing the water, closely followed by 2 elderly gentlemen on bikes and the rest of the bunch running together and going through at 23.03 minutes.

At 10km, Peter Armistead was leading the field by 800 metres, looking impressive on bike. He went through in 43 min. Peter Gray was still leading the runners, clocking in at 46 mins. Hookie was hanging back on bike, saving himself.

At 15km, "King Willy" Wheatley had caught "Graypower", with Kev looking good in 3rd spot. "Spider" Shilston, being a desperate from way back, was lagging 50metres behind, with a cute blond on his tail. "I think I'll wait for her", states Ross. "Any excuse for slowing up! Get GOING, you slack bastard!" encourages Witty from the sidelines. Max was last.

20km saw Mike Wheatley being VERY unsociable and clearing out at 1hr.31min., leaving the others for dead. "Graypower" still in 2nd, "Mr.Bean" 3rd and "Mad Max" 4th. Pete Armistead on bike with a sore bum, came in next. "Jeez you're goin' bad when you get beaten by the runners Pete!" says Witty. "Yeah, but I'm beating Roscoe. That's the main thing", replies Pete. Meanwhile, looking totally stuffed, shuffled in Roscoe. "I'm pulling out", he states flatly. "The blond chick turned off". "What a pathetic effort!" states Pete. "Dunny Seat Award for you mate", adds Big Al. "It's becoming a habit, this DNFing business you know. That's the second time in 20 years!". Pete consoled him by stating "Do you realize Ross that that's the earliest anyone's EVER quit in this race in the whole history of the event? - Like that's 20 years!"

At 25km, Mike Wheatley was still sprinting and being more unsociable. Pete rode in next and immediately fell off his bike, lying prone in the grass. "Give 'im mouth to mouth Marg", says Big Al. "That'll make him sit up". It did. At 1hr. 56min Kev and Peter Gray came in together, both looking serious, nobody cracking jokes. Hookie zoomed in on bike next, grabbing a drink and hurling it at the side of Pete's head, which was now vertical. "Did it go right through?" says Hookie.

30km saw Mike Wheatley sprinting in at 2hrs.09min with the rest of the field not in sight. Kev staggered in eventually, 8 minutes later, not looking all that great, with Max on his heels (looking smug) and Peter Gray just 4 minutes behind them.

At 35km, Mike Wheatley was in an event of his own, Kev was looking worried with Max only 50metres behind and gaining on him. "Graypower" was still bringing up the rear and tiring, 11 minutes away.

At 40km, Mike was smelling home and sprinting faster, "Big Max" had passed Kev, while Pete was having the odd walk and getting into the jelly beans and Coke.

When the intrepid support crew pulled up at the 50km mark, Mike had gone through hours ago and Mad Max was suffering with cramps and getting a rub from kind-hearted Pete, Ross reckoned that he was comin' good (in Dot's car) getting into her lunch, Kev had disappeared and The Hook on bike was nursing "Graypower" along, feeding him water, Coke and jelly beans intravenously.

After half an hour of waiting at the 50km hill in Sorrento, Kev's ever faithful wife, "Shirley Temple" went looking for him. She found him under a tree way down the road, unable to move. She bundled him into the car and drove him to the end, when he flaked on the grass, looking crook. and basically turning blue. "I bequeath my body to the cat" squeaked Mr.Bean, on his deathbed. He didn't die. He just reckoned he pulled out to save himself for the mini-golf on the way home.

There was a 40% drop-out rate in this event, two out of five. As Pete says, "What a pathetic effort!". However the unsociable Mike "King Willy" Wheatley came close to breaking the course record with a solo run of 3hrs.56.19, with Max Gibbs coming in 2nd in 4:31:47 and Peter Gray finishing in 5:11:44. Then it was into Sorrento for bulk fish and chips for lunch and a stretch out on the grass for everybody.



CANBERRA 50k ULTRA

*Held in conjunction with 1993 Mobil Canberra Marathon
Sunday 18 April 1993*

Full results

1.	Trevor Jacobs	ACT	3.05.06 (Australian record)
2.	Geoff Large	ACT	3.09.36
3.	Geoff Monro	ACT	3.42.42
4.	Milton Valentine	ACT	3.43.43
5.	Andrew McKenzie-Hicks	NSW	3.46.01
6.	Peter Clarke	ACT	3.46.43
7.	Max Bogenhuber	NSW	3.47.52
8.	Bill Joannou	NSW	3.49.37
9.	Paul Every	NSW	3.52.42
10.	Carol Ey	ACT	3.54.25 (Australian record)
11.	Robert Ey	ACT	3.54.25
12.	Kelvin Marshall	VIC	3.56.24
13.	Peter Gray	VIC	4.08.43
14.	Robert Osborne	NSW	4.11.54
15.	Ernie Warner	ACT	4.35.37
16.	Charles Reis	NSW	4.43.52
17.	Lachlan Lewis	ACT	5.36.36


Dave Cundy
RACE DIRECTOR

Reprinted from Ultramarathon Canada Newsletter, Vo. 5 No. 2 March/April 1993

A Commonwealth 100K

A major Canadian 100K race will be held in conjunction with the 1994 Commonwealth Games in Victoria BC. Bob Reid, the new Technical Director of the ACU, has worked out an arrangement with organizers to stage the race on an unofficial basis while the Games are in progress. The organizing committee has agreed to promote the 100K as an added attraction for both athletes and spectators while the Games are in progress. The event will be called the Harriers Commonwealth 100K Challenge and Reid expects a field of more than 200 to participate. Reid is president of the Prairie Inn Harriers Running Club, a group that has received high praise over the years. (It has staged several highly-rated ultras.) The race date has already been chosen - 20 AUG 1994. The Games are scheduled AUG 18-28. The course will be a flat, windless five-mile, figure-eight road circuit near Victoria - with food, aid and personal supplies available every 2K. Reid expects to offer free ground transportation (and accommodation at the homes of Harriers' members) to top runners but does not expect, at this stage, to be able to fly in runners for the race. However, he thinks he will attract a top flight field of North Americans runners and is hoping that some foreign runners will also participate. The Association of Canadian Ultramarathoners has voted to declare the race the first official Canadian 100K championship. Athletics Canada will also be asked to recognize it as Canada's first national 100K championship. "Opening ceremonies for the Games are on AUG 18; the ultra is on AUG 20 and the final events, the men's and women's marathons and closing ceremonies, are on AUG 28," Reid says. "You can stay for one day or up to two weeks with our billeting arrangement." For further details write to Bob Reid, 1251 Tattersall Drive, Victoria, B.C. V8P 1Z2.

* * * * *

BRISBANE WATER BUSH BASH (NSW) - 47.2KM

RESULTS 25th APRIL 1993

PLACE	NAME	TIME	PLACE	NAME	TIME
1	STEPHEN URWIN	3.54.25	33	PETER WISE	5.23.18
2	KELVIN MARSHALL	4.02.21	34	PETER HAMMERSCHMIDT	5.23.19
3	PHILIP HUGILL	4.05.09	35	GRAHAM JONES	5.24.44
4	MIKE WARD	4.13.53	36	COLIN LE GRICE	5.26.54
5	BRIAN COLWELL	4.15.02	37	GEORGE TOSKAS	5.27.26
6	ADRIAN LAING	4.15.56	38	SUSAN HILL	5.27.33
7	ALISTAIR WALLACE	4.19.07	39	MARGARET ROBINSON	5.27.33
8	MAX BOGENHUBER	4.25.54	40	JOHN TURNER	5.31.17
9	PAUL EVERY	4.26.50	41	ROGER RIGBY	5.31.17
1ST F10	KAMI SEMICK	4.26.55	42	MOUNTAIN MAN KERRIGAN	5.45.08
11	KEVIN CASSIDY	4.27.46	43	BRIAN RENSFORD	5.45.33
12	SIMON M'GANN	4.31.26	44	SUSAN GRIFFITH	5.46.20
13	BOB KIMBREY	4.32.56	45	ALEX HAMILL	5.46.20
2ND F14	JENNIFER KISS	4.32.56	46	TONY CROSBY	5.46.20
15	DAVID SILL	4.40.56	47	WAYNE M'CARTHY	5.46.20
16	PHILLIP JAMESON	4.42.07	48	JOHN M'INTOSH	5.49.50
3RD F17	WENDY DOWNES	4.43.57	49	LYN CRIBB	5.54.07
18	JOHN BONSING	4.45.07	50	TED HILLIS	5.54.07
19	LARRY NOLAN	4.49.12	51	JOHN FLANAGAN	5.54.55
20	DAVE GIRVAN	4.49.14	52	PETER ALLEN	5.55.15
21	DENNIS CUNNIFFE	4.49.47	53	BARBARA ALLEN	5.55.16
22	ROSS SHILSTON	4.56.53	54	COL FRANCIS	6.00.11
23	ANDREW MOORE	4.58.54	55	PETER HAMER	6.03.20
24	VIC ANDERSON	5.01.00	56	BRENDA HAMILL	6.06.07
25	STEVE NORDISH	5.02.35	57	BYRLE COURTENAY	6.06.07
26	REES WILLIAMS	5.05.31	58	GRAHAM LOVE	6.08.20
27	PETER DIGGELMAN	5.11.24	59	ROBERT SIMMS	6.08.20
28	JULIE PECKSIS	5.11.38	60	SCOTT GRANT	6.08.20
29	DAVID HOULERAN	5.11.58	61	JOHN TROTTER	6.12.14
30	IAN FORSYTH	5.14.51	62	DOMINIC BORDIN	6.12.14
31	JOHN VAN EMDEN	5.16.12	63	DANNY BEARD	6.14.02
32	CHRIS MILLS	5.16.12	64	MARIA RIVETT	6.20.14

BRISBANE WATER BUSH BASH (NSW) - 47.2KM

PLACE	NAME	TIME			
65	BIG CHRIS STEPHENSON	6.45.30	71	DICK CAMPBELL	6.58.07
66	TERRY BOYD	6.45.30	72	JULIE WALTON	6.58.45
67	BILL FENNEY	6.48.40	73	DENISE NICHOLSON	7.31.40
68	ROBERT CARLETON	6.54.25	74	MAUREEN PARKER	7.37.54
69	ROSS WORALL	6.54.25	75	GRAHAM PARKER	7.37.54
70	COLIN WESTON	6.54.53	76	JOHN O'SULLIVAN	7.40.00

Dear runner,

Thank you for competing in our inaugural event. I am quite pleased with the way the day went and also with the amount of support we obtained, not only from the runners, but also from the 50 volunteers who did a fantastic job on the day. We did have a few hiccups but we'll try to rectify these in the future. The main thing is the course seemed to meet with everyone's approval. We had 81 entrants, 76 starters, 76 finishers including 14 ladies.

Congratulations to Stephen Urwin and Kami Semick, our winners on the day, both setting the record times for others to try and better, a sub-4 hour for the males and sub 4.30 hours for the females. Kelvin Marshall, Philip Hugill and Jennifer Kiss aren't that far off these targets.

Once again, thanks for running and I hope that you enjoyed the day. Stay fit and come back to the Central Coast whenever possible.

Bye for now,

Greg Love.

BRISBANE WATERS BUSH BASH - NSW 47KM TRAIL RACE - 24TH APRIL, 1993.

by Kevin Cassidy

When I first saw this event on the calendar, I thought to myself "another trail race in Queensland", but after a brief geography lesson, I learnt that the Brisbane Waters are only an hour's drive north of Sydney. And what a beautiful place it is! Starting in Gosford, the course travelled up the hills on the Pacific Highway for 5km before turning into the forest for a succession of rough ups and downs, which culminated in an extremely steep drop into Woy Woy. The next couple of kilometres are flat before heading back into the hills for more ups and downs on dirt roads which degenerate into rough tracks then back to dirt roads again. After about 30km, the course heads into some thick bush where the trails are very rough and rocky and the continuous ups and downs become very difficult. Finally the course drops steeply out of the hills and on to the finish back in Gosford. Although none of the climbs and drops are overly long, this is still a fairly demanding course, run in very scenic surrounds.

In what I believe is probably a first for an event of this nature, not one single person failed to finish, forcing my only other Victorian team mate, Ross Shilston, to declare that the Victorian-NSW state-of-origin challenge was a draw.

Greg Love is the man who got this race off the ground, and for our \$20 entry fee, we received a tough and scenic run, with numerous aid stations, a certificate and medal, a meal ticket and 3 drinks tickets to spend at the Gosford Sailing Club, and 50 spot prizes which were shared amongst 80 runners and 50 officials. Thanks Greg for one of the best value for money races I have been in.

Before heading home, we sat through a game of rugby on the television which saw me ask two questions, "Is a five-eighths someone who is still three eighths short of becoming a fully fledged player?" and "Why do they have these things called scrums?" Strange game, rugby.

PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE TOOTGAROOK - MAY 2ND, 1993.

by Dot Browne

As we arrived to set up in the early morning dark at Tootgarook Sports Reserve, we found the sprinklers going full bore on the grass track, making muddy puddles three inches deep in several depressions on the running surface. We couldn't find the cut-off switch and visualised the runners doing an extended 12 hour "Chariots of Fire" sequence, splashing up the spray as they ran ankle deep in water. We eventually turned a nearby fire-hydrant on full blast, which reduced the sprays to just a trickle on the track and so the race could start.

Eventually an hour later, someone back at the Council flicked a switch and turned the whole damn thing off. We installed the lap-scorers in the double army tent, erected by Dot, Col, Hookie and Greg Wishart the night before and we were ready to start the clock.

We only received 10 entries, and the last one, Bill Beauchamp, roared up 5 minutes into the race, with no lapscorer or crew and looking very hot and bothered. He'd spent the night in a local motel but still missed the start.

Another person who missed the start was our eminent el Presidente, Geoffrey Hook, who had faithfully promised to help us get the whole show on the road. He got a very big serve from his ex-friend Peter Armistead when he arrived half an hour late, looking very sheepish and bleary-eyed. "I never sleep in", he stated. Oh yeah?

We decided to run the race in lane two as the first lane had deteriorated badly since last year and deep muddy holes full of water had formed in all the depressions as a result of their unique watering system. The track had originally been built on an old tip site so it was difficult to keep it level anyway. We measured the lap and it was exactly 405 metres.

Although the numbers were down, the spirit of the runners was happy and friendly. Young Adam Hillbrick and roganier, Bob Sayers were doing their first ultra and the rest of the field were experienced performers. Bryan Smith was in great shape and training up for the Queensland 48 Hour.

The race started in the half-dark with the frogs croaking in the gloom and the sea-gulls giving the odd squawk.. Bryan Smith and Jeff Visser stayed close together for the first couple of hours, leading the field.

Flocks of pink galahs landed in the centre from time to time and old Drew Kettle kept himself and everyone amused by singing "Daisy, Daisy" and other old favourites as he circled the track.

Around the 6 hour mark, Mike Grayling's brother-in-law circled the track overhead in his new Cessna, doing low loops and dipping the wings to say "hello" to everyone. Spectators who arrived reported that a huge container ship had run aground on a sand-bar in Port Phillip Bay just off the coast near Tootgarook and the news was on national television.

Most of the runners (that is, all except Billy) had roped in their tolerant and extremely patient families to crew and lapscore for them and they all did a fantastic job, giving caring and concerned attention to their runner each time he or she circled. There was no hope of personal best distances today with the grassy track so heavy and water-logged. What surprised me as race director was that there were no DNFs, and 6 of the 10 starters ran over 100km. I guess one could say that the weather conditions were ideal, with a top temperature of 22 degrees and a few drops of warm rain several times during the day.

Shayne Walthers, a wonderful masseuse who gives the sport of ultrarunning tremendous support, was a willing worker all afternoon and evening, keeping sore muscles well massaged and relaxed. Thank you so much Shayne! Your therapy was very much appreciated.

We fed everyone with sandwiches, hot drinks, snags in bread and pancakes during the day and kept the wolves from the door. My juvenile helpers, Peter Armistead, Ross Shilston and Geoff Hook kept themselves from getting bored by throwing buckets of water over each other when they were least expecting it, and putting ice down each other's backs. Some fellas just never grow up!

As dark fell around 6pm, we had extension leads running everywhere, car head-lights shining on the track and Ken Taylor's generator ticking over in an effort to give the lapscorers light and floodlight the track.

The race eventually finished at 7pm and we pulled the tent down while the runners had their showers. At the presentations, Drew Kettle recited a magnificent ballad dedicated to his faithful dog "Laddie" who accompanies him on all his long "across Australia" runs. It tugged at the old heart-strings.

Thanks to all who contributed once again to make this historical race a success, and let's hope we get a few more starters next year!

PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE

2ND MAY, 1993 AT TOOTGAROOK (VIC)

12 HOUR RACE at TOOTGAROOK on 2 May 1993

Place	Name	HR 1	HR 2	HR 3	HR 4	HR 5	HR 6	HR 7	HR 8	HR 9	HR 10	HR 11	HR 12
1	Bryan Smith	32	31	31	29	26	23	23	25	19	23	25	22
2	Jeff. Visser	32	31	29	20	25	20	22	21	21	23	18	19
3	Michael Grayling	30	29	26	25	25	20	21	19	21	20	20	19
4	Peter Gray	30	29	26	24	23	23	20	20	17	13	17	18
5	George Cormack	29	29	26	24	21	18	7	20	21	17	19	24
6	Bill Beauchamp	27	26	27	22	22	18	20	19	17	19	18	18
7	Bob Sayers	27	28	23	21	20	18	18	11	19	16	20	18
8	Adam Hillbrick	29	28	20	15	20	11	11	17	17	19	18	13
F1&9	Jacqueline Taylor	25	23	17	13	15	13	10	16	15	18	13	16
10	Drew Kettle	19	18	17	16	16	14	12	10	15	14	14	12

Place	Name	Marathon	50 km	50 ml	100 km	6 hour km	Total km
1	Bryan Smith	3:16:46	4:03:33	7:09:31	9:20:48	69.66	125.547
2	Jeff Visser	3:27:12	4:30:13	7:57:45	10:23:40	63.585	113.987
3	Michael Grayling	3:45:30	4:37:50	8:14:03	10:41:14	62.775	111.584
4	Peter Gray	3:49:09	4:38:48	8:19:44	11:22:35	62.775	105.68
5	George Cormack	3:49:52	4:46:49	9:14:52	11:45:44	59.535	103.677
6	Bill Beauchamp	4:05:36	5:01:56	9:00:59	11:39:34	57.51	102.713
7	Bob Sayers	4:17:30	5:20:49	9:53:00		55.485	97.131
8	Adam Hillbrick	4:37:31	6:02:21	10:38:58		49.815	88.3
F1&9	Jacqueline Taylor	5:41:43	7:40:03			42.93	78.773
10	Drew Kettle	6:20:00	8:09:03			40.5	71.761



Reminder: Because of the 405 metre lap, the following laps were needed to run the following distances:

Marathon:	104 laps + 185m.
50km	124 laps + 56.8m
50 Miles	199 laps + 284m.
100km	248 laps + 113m.

Dot Browne
(RACE DIRECTOR)

CABOOLTURE DUSK TO DAWN

The Ultra Division of the Queensland Marathon and Road Runners Club conducted a twelve hour footrace (Dusk to Dawn) on Sunday, May 2 - Monday, May 3 at the Caboolture Showground. Competitors could either walk or run and attempt to cover as much distance as possible in the twelve hours.

First male in the running event was Bob Burns of Brisbane from John Timms and Bob Jones, two competitors from N S W (Sydney and Condong). Sixth overall and first female runner was Carol Street of Caboolture with another local lady, Kerri Hall, being the first competitor in the walking category. This type of event originally started over a century ago as walking events.

The event enabled the organisers to obtain some practice in computer aided lapscoreing for the Caboolture Multi Day Event in September. Leigh and Graham Patterson, the Tandy Electronics Dealers of Caboolture, loaned a computer for this purpose. The Multi Day Event will this year feature a 1000 mile footrace.

Although John Timms led for a large part of the race he was eventually overtaken by the persistent Bob Burns. One of the main features of the event was the sterling performance of four newcomers to ultra running. Bob Jones, Warren Green, Gerard Hocks and John Stockman all completed more than 80 kms in their first 12 hour ultra. A local relay team of 10 runners obtained some valuable training by clocking up 137 kms and also assisted in lapscoreing and encouragement. One of the team, Gary Parsons, kept the scorers alert by getting them to think of suitable words to precede Val Case's name eg CRANK Case, NUT Case, CRIMINAL Case, JUST IN Case, BASKET Case, HOSPITAL Case etc. The original target was 100 such words but the final total was more like fifty. Perhaps readers may be able to send Gary Parsons their list for the next event, provided of course that Val is game to compete in another race when Gary is present.

Ian Javes (Race Director)



CABOOLTURE SHOW GROUNDS DUSK TO DAWN Sun 2 - Mon 3, 1993

RANKING Dusk to Dawn INDIVIDUAL

RANK	D.O.B	NAME	LAPS (1 km)
1	12/6/43	BURNS BOB	108.000
2	30/9/42	TIMMS JOHN	102.300
3	26/12/46	JONES BOB	98.525
4	10/2/61	YOUNG WARREN	95.000
5	14/12/58	LEWIS STEPHEN	88.362
6	15/8/41	STREET CAROL	87.895
7	7/11/40	HOCKS GERARD	84.000
8	16/2/60	STOCKMAN JOHN	82.360
9	25/3/61	HALL KERRI (Walker)	78.000
10	28/9/53	FOLEY MARK	74.265
11	30/12/48	CHATTERTON RAY	72.362
12	25/1/37	CASE VAL (Walker)	67.000
13	26/5/56	HOLLERAN DAVE	50.000

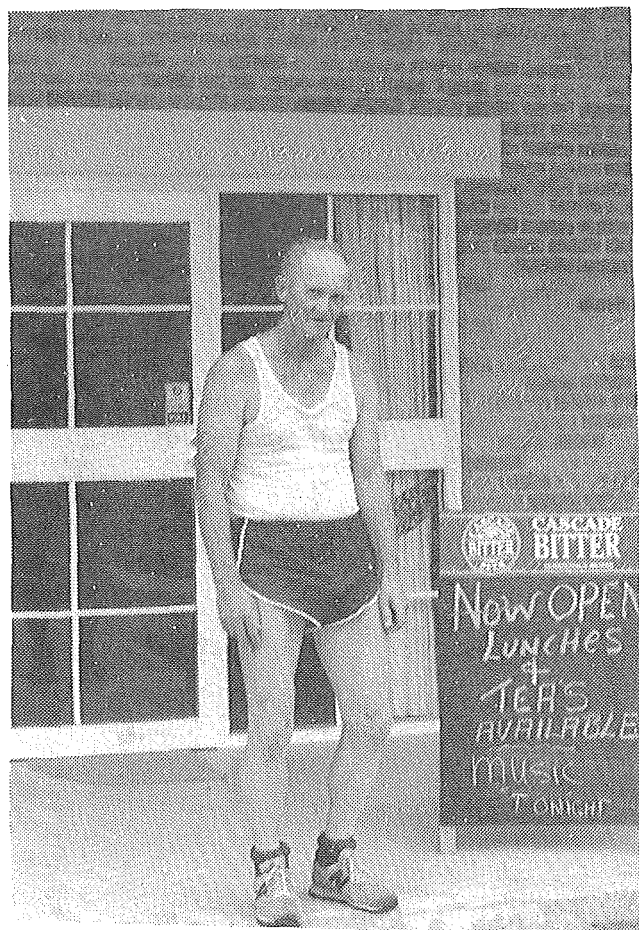
STOP PRESS!!!!

TASMANIAN GOVERNMENT INITIATES SPONSORSHIP FOR A 6 DAY STAGED ROAD RACE AROUND TASMANIA IN MAY 1994.

AURA Interstate Tasmanian Representative, Alan Rider has phoned through the wonderful news that at last we have a race to replace the Westfield - a race around Tasmania, and sponsored by the Tasmanian Government to the tune of around \$50,000 in prize money. The government wants a staged race, with prizes for outright winners of each stage as well as handicap winners (to give the slower runners a chance!) The total distance would be just over 1,000km, and it would have a strong TV network and media coverage all the way.

Runners would be offered cheap transport packages across Bass Strait plus incentives to encourage them to enter. Look for your personal invitation in the mail or phone Alan Rider (002) 48 6229 for further information.

We'll keep you posted!



Hobart to Cygnet Road Race, Tas.
First across the line in 1993 event -
Hardy Fehlandt.



Hobart to Cygnet, Tas. Winner, Hardy
Fehlandt with his wife Barbara

ENTRY FORM GLASSHOUSE MOUNTAINS TRAIL RUN

Entries should be lodged before 15th June to assist in planning water and aid stops

98

NAME:

MALE ☐ FEMALE ☐

ADDRESS:

POST CODE:

DATE OF BIRTH: / /

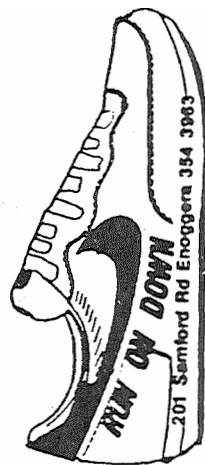
TELEPHONE:

T Shirt Size: 110 ☐ 105 ☐ 100 ☐ 95 ☐ 90 ☒ (please ✓)

CATAGORY:

80 K MAXI \$35 ☐ 35K MINI \$25 ☐

55 K MAXI \$30 ☐ 10K CROSS COUNTRY \$15 ☐ (RUN) ☐ (WALK) ☐



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

SIGNATURE:

DATE: / /

Cheques and Money Orders payable to QMRRC - Ultra Division

T-Shirt

to all entries received before **JUNE 15**

GLASSHOUSE TRAIL RUN

QMRRC - ULTRA DIVISION

SUNDAY 27TH JUNE 1993

1. **MAXI RUN** - Loops 1,2 &3 (see Map) starts **6.00 am** Glasshouse Mountains Lookout and finishes there provided cut-off times are met. Loop 1 - 10 am; Loop 2 - 12 noon.
2. **MIDI RUN** - Loops 2 &3 (see Map) starts **8.30 am** Glasshouse Mountains Lookout and finishes there provided cut-off time for Loop 1 (10 am) is met.
3. **MINI RUN** - Loop 3 starts **1030 am** at Glasshouse Mountains Lookout and finishes there .
4. **CROSS COUNTRY** - starts Glasshouse Mountains Lookout at **11.30 am** and finishes there.

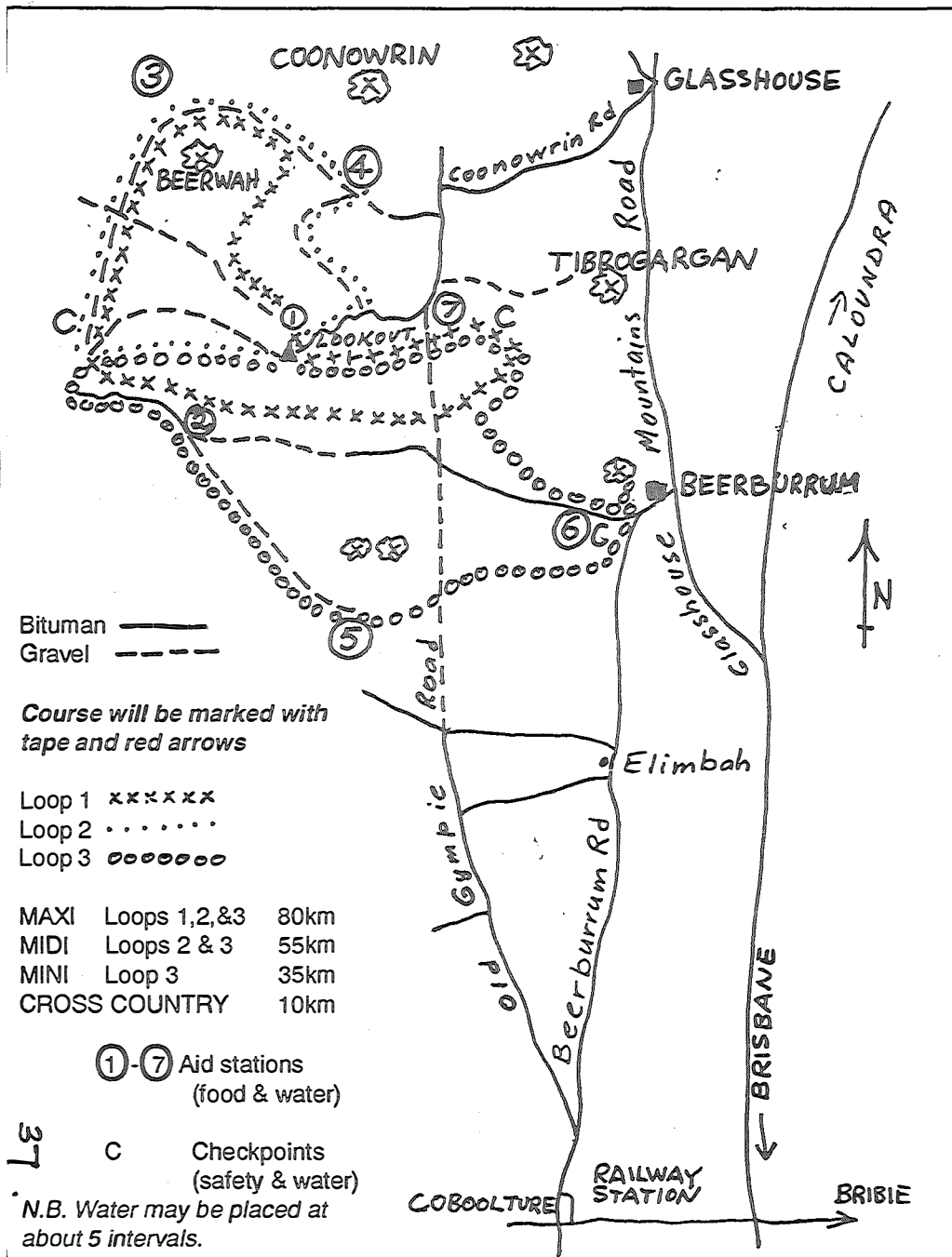
All events commence at Glasshouse Mountains Lookout. Toilets and Barbeque facilities are available. Make a day of it. Rugged trails and fantastic scenery. Some trails are most difficult and require care. Aid stations (water and Food) are about 5 - 10 km apart and thus runners may need to carry water bottles. Binoculars or telescopes could be handy for spectators to view the runners. Friends and crew may only assist runners at the designated aid stations which are on normal access roads. Only official vehicles should travel on forestry tracks.

PRESENTATIONS AND A BARBEQUE
will be held at Base (near lookout) between 1 pm and 4 pm

ALL ENQUIRIES TO:

Ian Javes, 25 Fortune Esplanade, Caboolture 4510.
Telephone (074) 954334.

GLASSHOUSE TRAIL RUN

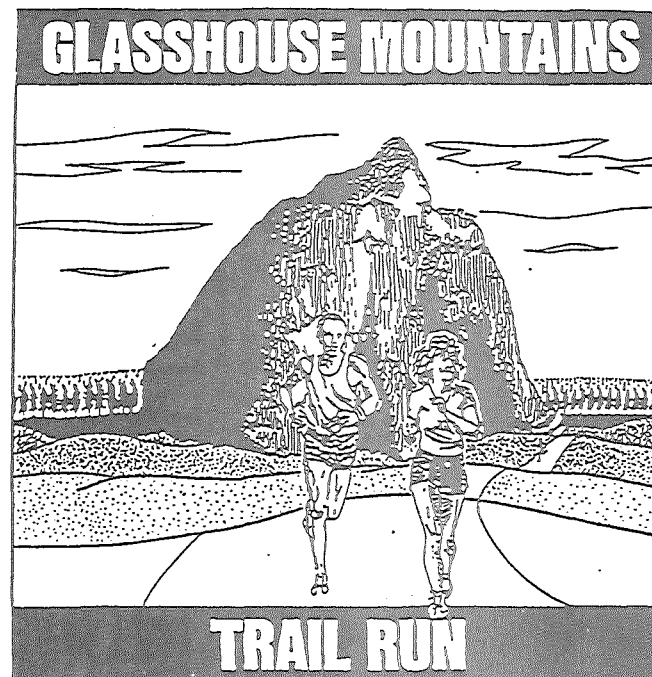


Would you like to run around Tunbubudla and Beerwah?

Would you like to run past Tibrogargan and Coonowrin?

Would you like to run over Tibberoowuccum?

Would you like to run to the top of Beeburum and back down again



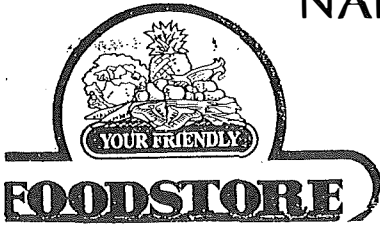
TOUR THE GLASSHOUSE MOUNTAINS IN A DAY

Standing just north of Caboolture like sentinels, are the nine weird rock formations known as the Glasshouse Mountains. They were named by Captain Cook during his epic voyage up the east coast of Australia in 1770. Take a drive to Beerburum and then down a country road through pine plantations to the Glasshouse Mountains Lookout to view them. Mt Tibrogargan (354m), a massive hunk of trachyte, crouches beside the highway, its rugged face sculptured by nature in the likeness, some say, of an aboriginal warrior. It is a haunting area in which to run as one thinks back thousands and millions of years ago when the strange volcanic plugs were once active volcanoes.

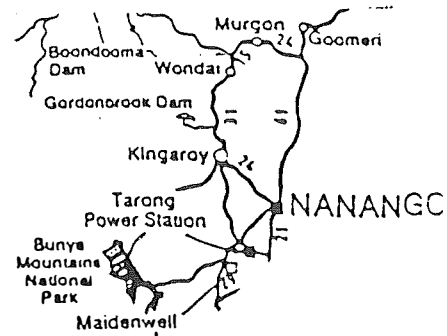
SUNDAY 27TH JUNE 1993

WALKERS WELCOME IN SHORTER EVENTS

NANANGO - SOUTH BURNETT



PIONEER FOOTRACE



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

Ron & Dell Grant

96 Brisbane St
NANANGO Qld 4615
071 63 1645

ENTRY APPLICATION

SURNAME CHRISTIAN NAMES

MALE/FEMALE AGE AT RACE TIME...PHONE HWORK

POSTAL ADDRESS..... POSTCODE

BEST RESULTS IN MARATHONS, ULTRAS, OR OTHER CLAIMS TO FAME

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

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

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

**T-SHIRT SPONSOR:- FOODSTORE SUPERMARKET
NANANGO**

Good Quality SURF SHIRTS - BRIGHT COLOURS

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

RUNNERS ARE PROVIDED WITH ONE SHIRT

Free of charge !!!

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

SIZE NUMBER

S
M
LG
XLG



EXTRA SHIRTS

\$
\$
\$
\$

[PAYMENT
ENCLOSED]

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

NUMBER OF CREW

SUNDAY 29th AUGUST \$10
TUESDAY 31st AUGUST \$10
WEDNESDAY 1st SEPTEMBER \$10

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

CLOSING DATE FOR ENTRY — FRIDAY 13th AUGUST

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

\$120.00

T-SHIRT FOR CREW

MEALS FOR CREW

TOTAL

\$

MAKE CHEQUE PAYABLE TO : -
SEND ENTRIES TO : -

RON GRANT
96 BRISBANE STREET NANANGO 4615

** MOTIVATION SPOT** ISAIAH 40:31

CONDITIONS OF ENTRY

- 1 No Runner under the age of 18 years on the day of the race will be accepted.
- 2 The race officials reserve the right to reject any applicant
- 3 All entrants shall provide, one person to assist and a vehicle, and any other people (seconds) to assist the Runner as he or she may require. Failure to provide the above may result in cancellation of Application.
- 4 The required entry fee must be paid by the nominated date (see information).
- 5 All rules for the race must be observed as outlined in ' Overview Of The Event'.

WAIVER

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

Signed..... DATE

Fill out completely this Entry Application, sign and date it and send this sheet only, together with your Entry Fee to the Nominated Address by the Required Time.

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AURA ' BOGONG TO HOTHAM' TRAIL RUN

carrying on the proud tradition of the Rooftop Runners

SUNDAY 2ND JANUARY, 1994

Note: This is an entry application form. The organiser reserves the right to reject any application for any reason. Entry money will be returned with rejected application.

ENTRY APPLICATION

NAME:

ADDRESS:

.....Post Code

PHONE: ()(H) ()(W)

AGE ON DAY OF EVENT: DATE OF BIRTH:

DO YOU INTEND TO STOP HALF-WAY (Yes or No)

OR CONTINUE TO MT.HOTHAM? (Yes or No)

(Note: This information is for organisational guide. You may change your mind on the day)

BEST PERFORMANCES in a similar type of event within the past 3 years: (Name of event, date, your performance, winner's performance)

.....

.....

BEST PERFORMANCES in any ultra event within the past 6 months: (as above)

.....

.....

HAVE YOU COMPETED IN THIS EVENT BEFORE? (Yes /No)

DO YOU REQUIRE TRANSPORT FROM HALF-WAY? (Yes/No)

OR FROM THE FINISH BACK TO THE START? (Yes/No)

I understand that, as condition of acceptance of my entry in the AURA Bogong to Hotham Run, for myself, my heirs, my executors and administrators, I hereby waive all and any claim, for or arising out of loss of my life or injury, damage or loss of any description whatsoever I may suffer or sustain in the course of, or consequent upon my entry or participation in the said event.

Signed: Date:

Cheque / Money Order / Cash enclosed for :	Event entry	\$
	Optional transport	\$
	Total encl.	\$

Proceeds to the Wireless Institute of Australia for their generous volunteer support.

Send entry application to: Geoff Hook, 42 Swayfield Road, Mt.Waverley 3149
Ph. (03) 808-9739 (H) or (03) 826 -8022 (W)

Cheques payable to: Geoff Hook

AURA ' BOGONG TO HOTHAM' TRAIL RUN

carrying on the proud tradition of the Rooftop Runners
SUNDAY 2ND JANUARY, 1994

COST: \$13.00 (for AURA current financial members)
 \$16.00 (for non-members)
 \$ 4.00 Surcharge for transport from half-way or the finish back to the start.

CLOSING DATE: 24th December

DISTANCE: 60km approx, total climb 3,000m. approx.

START: 6.15am at Mountain Creek Picnic Ground.

FINISH: Mount Hotham summit.

IMPORTANT NOTES:

1. Late entries or entries on the day **will not be accepted..** All intending competitors must pre-enter. All entries must be delivered to the organiser by 24th December. If you are concerned your entry may be delayed by Christmas mail, then hand deliver it. No account will be taken of mailed entries not actually delivered by 24th December.
2. The carrying of a water-proof spray jacket is **MANDATORY** no matter what the weather conditions. No jacket, no start!

WARNINGS AND RULES OF THIS EVENT

In registering for this event, all runners are bound by the following conditions:

Time Limit: There will be a maximum time limit of five hours for any runner who wishes to complete the run to reach the half-way point at Watchbed Creek. A second time limit of 6 hours for any runner successful in leaving Watchbed Creek to reach the Cope Hut turn-off.

Age Limit: The minimum age for an entrant is 18 years old.

Postponement of Run: Should the weather be unsuitable on the day of the race, the organisers have the right to postpone or cancel the event.

Entry Restrictions: The organisers reserve the right to refuse any entry to the run if that person is ill-equipped or unfit for the event.

Withdrawals: In order to avoid unnecessary searching, any entrant who withdraws during the event should notify the organisers as soon as possible.

Pacing: Pacing will not be permitted in this event.

Mandatory Spray Jacket: This item must be carried by all competitors at all times during the event.

Emergency Kit: If declared mandatory, an emergency kit must be carried by all competitors (details in Information)

Accidents: If a participant becomes incapacitated during the run, other participants should assist him/her to safety.

Warnings: Persons participating in this run do so at their own risk. This run is mostly a "self-help" exercise which necessitates familiarity with the area or ability to follow directions and read a map. First-time participants in this Run are advised to carry a map and compass. Participants should be aware of the vagaries of alpine weather. A misty morning can clear to a hot day when sun-stroke is a risk, or the weather can deteriorate to snow showers in a matter of hours, even in summer. It is necessary that appropriate clothing be worn or carried, as well as emergency food. On warm days, snakes are also likely to be about.

Entrants should note that there exists a public liability insurance policy of \$2,000,000 for this event, but this is not a substitute for each individual's own insurance, which is the individual's responsibility.

AURA 'BOGONG TO HOTHAM' TRAIL RUN

carrying on the proud tradition of the Rooftop Runners

EVENT RECORDS

MEN:	1/2 Way	Peter Mitchell	3:30:53	(8/1/1989)
	Full	Neil Hooper	6:58:52	(28/12/1985)
WOMEN:	1/2 Way	Dawn Tiller	4:45:58	(3/1/1993)
	Full	Dawn Tiller	9:35:06	(3/1/1993)

EVENT INFORMATION

This event was started by the Rooftop Runners (thanks to Russell Bulman) in December 1984 and 7 events were held until January, 1992. AURA took over the conduct of this event in January, 1993.

Chest numbers will be available to all successful entrants before the start. No runner without a chest number will be allowed to participate in the event.

For the safety of all participants, communications will be provided whereby teams manning radios will be positioned strategically throughout the course. Each team cannot disband until the last runner has arrived at the following checkpoint. So, in the interest of fairness to these volunteers, runners withdrawing from the event must notify the nearest checkpoint, otherwise time, effort and money will be wasted in search parties. **Runners disobeying this condition may be barred from competing in any future ultra event in Australia.**

In case of inclement weather (bad, but not bad enough to cancel the event), the following kit shall be carried by all competitors: whistle, gloves, spray jacket, space blanket or large garbage bag with head & arm holes, food (minimum 3 food bars or equivalent), water (minimum 375ml), cigarette lighter or water-proof matches

All competitors should arrive prepared to carry the above items throughout the event. Prior to the event starting, the organiser will determine if carrying of the kit is mandatory. If mandatory, no kit, no start.

It is recommended that all competitors carry the aforementioned kit as standard practice. Other items for consideration are: thermal top and bottom, ski hat, woollen pullover or fibre pile jacket, additional food and water, map & compass,

If hot and sunny - long sleeve shirt, sun hat, sun cream, extra water.

Refund: Entry money may be refunded at the discretion of the Organiser subject to notification at least 2 weeks before the event.

AWARDS: First Male & First Female (subject to a minimum of 3 finishers of respective genders) an item of clothing of choice (singlet, tee-shirt or wind-cheater), size and colour of choice, printed with the following:

AURA
BOGONG TO HOTHAM
TRAIL RUN
WINNER (Date)
(Time)

Accommodation: Contact Geoff Hook for a copy of accommodation possibilities and services in the district. Most competitors elect to camp at Mountain Creek Picnic Ground. (facilities: creek water & bush toilet only, no fees) right at the start so they don't have to rise too early.

42 Entry Limit: The field will be limited to the first 50 acceptable entries received for the event.

DESCRIPTION OF THE COURSE

Stage 1: Mountain Creek to Watchbed Creek - 32km approx.

Stage 2: Watchbed Creek Creek to Mt.Hotham - 28km approx.

The START is at the Mountain Creek Picnic Ground at 6.15am. (Turn left - east- off the Kiewa Valley Highway along Mountain Creek Road, opposite the Bogong Hotel, Tawonga).

Participants will be able to withdraw from the event after Stage 1 if they do not wish to finish the run. Anyone not reaching Watchbed Creek within 5 hours will not be allowed to continue the run beyond that point. Runners may provide their own support and transport if they wish. Any additional vehicles or helpers on the day will certainly be appreciated.

If required, we will take your gear and/or food to the half-way point and/or finish.

There will be water, oranges, watermelon and some other food at Watchbed Creek and, depending on the number of helpers, also near Madison's Hut site, at Pole 333 (Mt.Jim), and Mt.Lock car park. Other places where water is available are outlined below.

The route is described below. The following map covers the entire route and is recommended for those unfamiliar with the area.

VicMap 1:50,000 Outdoor Leisure Map "Bogong Alpine Area" \$7.00 approx.

If the weather on the day of the event is inclement and likely to present danger to runners, the event will be cancelled.

THE ROUTE:

Stage 1:

From the start at Mountain Creek Car Park (Map ref.J1), follow the 4WD track for 2km to the start of the Staircase Spur track, after crossing the creek several times. Turn right, and follow the track up past Bivouac Hut, beyond the tree-line and towards the summit. Detour to the cairn on top of Mt.Bogong, then follow the numbered poles (from 1278) back to the north along the ridge. Follow pole line north then east past Cleve Cole Hut then east down Camp Creek valley to pole 1150 and turn right at Madison's Hut site. (Be careful here! The turn-off is across the creek and has often been missed by walkers and runners). Head south down "T" spur then cross Big River at the chain. Turn right along opposite bank for about 30m and look for track to the left going up the hill. Climb Duane Spur south to rejoin snow poles at pole 942. Follow pole line and track past Roper's Hut junction then follow 4WD track and poles past Mt.Nelse and Hollond's Knob to Watchbed Creek.

The Alpine Walking Track Pole Line leaves the road at pole 740. Continue down the road from this point for just under 1km, past the gate, to the half-way food and drink station. - End of Stage 1 (Map ref. M10)

Water	Staircase Spur - Bivouac Hut	6km approx.
Points:	Camp Creek, near Cleve Cole Hut	13km approx.
	*Madison's Hut site (turn-off)	15km approx.
	Big River	18km approx.
	*Near Roper's Hut	23km approx.
	*Watchbed Creek	32km approx.

* Normally manned

Stage 2:

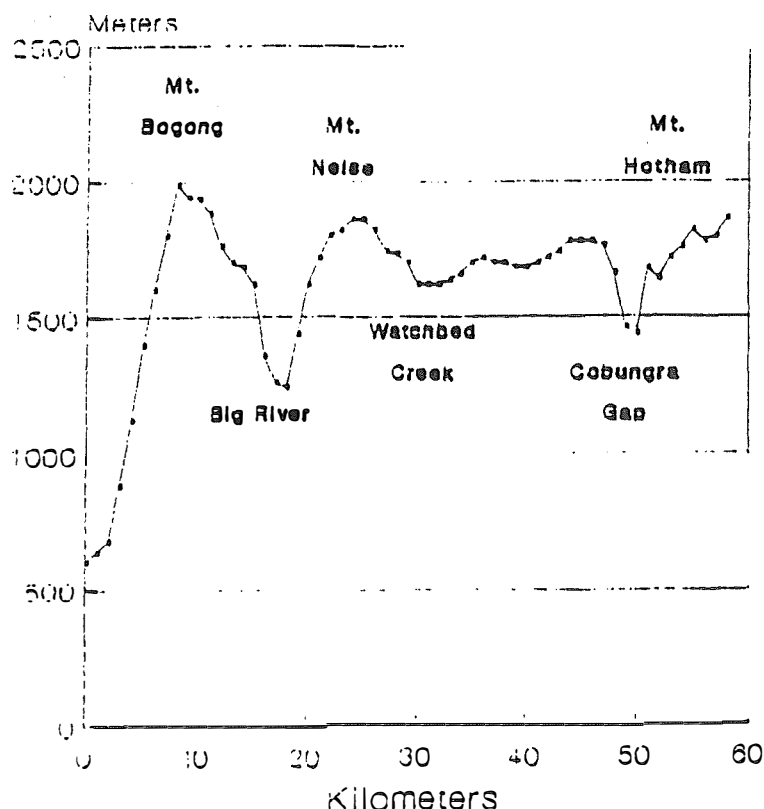
From Watchbed Creek proceed along the 4WD track to the Omeo Road, turn left and follow the road for 6km, passing Basalt Hill and the Wallace's Hut turn-off. The Alpine Walking Track rejoins your route at pole 532 at the Cope Hut turn-off. Leave the road at this point and follow the pole line south-west across the Bogong High Plains past the SEC Hut at Cope Saddle. Be careful here - many competitors go astray. The Alpine Track pole line exits from the aqueduct junction on the same side, but opposite direction to the S.E.C. hut. From there, the pole line runs west and then north-west to pole 333 which is north of Mt. Jim. Turn left at pole 333 and head south to a junction at pole 267. Turn right and follow the pole line, soon descending past Basalt Temple to Cobungra Gap (Dibbin's Divide). From here, take track left down to Cobungra River and Dibbin's Hut. Follow poles and track up to Swindler's Spur, past Derrick Hut then north-west to the track junction at pole 60. Turn left (west) and follow track to Mt.Lock car park, then on to the Alpine Road briefly before a short climb to the summit of Mt.Hotham.

Water	Langford's Gap - aqueduct #	34km approx
Points:	Cope Creek #	40km approx
	Cope Saddle - aqueduct #	42km approx
	*Pole 333 junction	46km approx
	Dibbin's Hut, Cobungra River #	51km approx
	Derrick Hut	55km approx
	*Mt.Lock Car Park	59km approx
	Numerous ponds and small creeks on Bogong High Plains	
	*Mt.Hotham summit	60km approx.

* Normally manned # Beware, possible cattle contamination

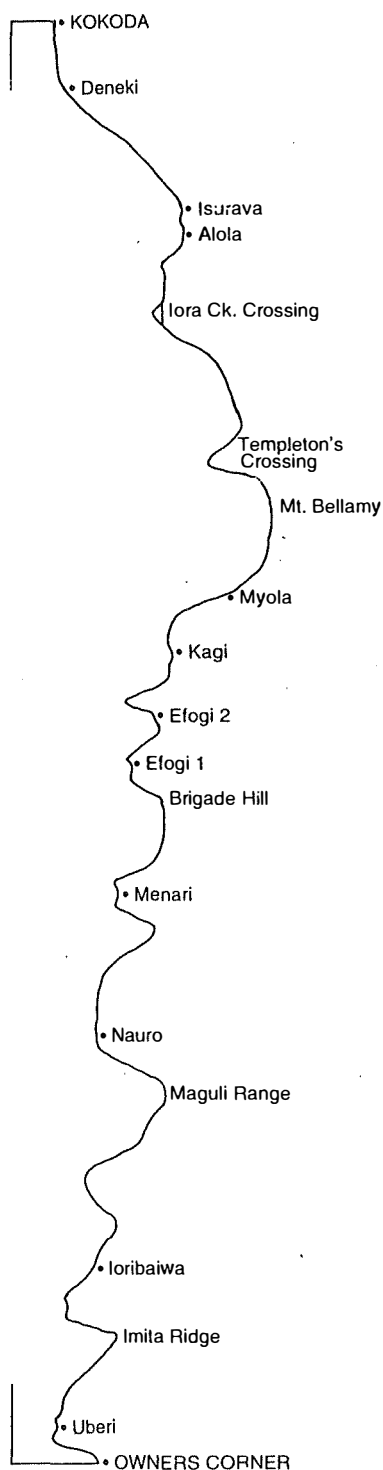
Enquiries to: Geoff Hook (Race Director) (03) 808 9739

Geographic Profile





THE KOKODA TRACK



KOKODA ADVENTURE

Join Charlie Lynn on one of his expeditions across the famous Kokoda Track in Papua New Guinea.

Explore battle sites where a unique blend of Australian leadership, team spirit, and personal courage combined to save the country from the threat of invasion in 1942.

Learn of these characteristics and apply the principles to your own work environment – they are essential ingredients for success in any field of endeavour.

GET OUT OF YOUR COMFORT ZONE (or push some of your employees out of theirs!)

Experience the hospitality of Air Niugini as you wing your way to Papua New Guinea. Meet your fellow trekkers over a sumptuous dinner at the Port Moresby Travelodge. Enjoy an exhilarating flight across the Owen Stanley Range and through the notorious Kokoda Gap. Trek through remote mountain villages. Meet the famous 'Fuzzy-Wuzzy Angels' of the Kioari – beautiful people unaffected by modern civilization. Explore the historic battle-sites of Isurava, Templeton's Crossing, Mission Ridge, Brigade Hill and Ioribaiwa. Traverse extinct volcanic plateaus. Venture through enchanting moss forests. Bathe in crystal clear mountain streams. Climb spectacular mountain ranges. Visit the Bomana War Cemetery. Experience the spirit of Kokoda!

WHAT OTHERS HAVE SAID

"We have no doubt we are now invincible. We have plummeted to our worst lows and soared to our greatest heights. There is nothing physically or emotionally we cannot endure. We had set off as 34 individuals, half of us Australians and half of us Papuan villagers. When we part we are friends – an indivisible and strong unit for whom farewells come hard. If the spirit of Kokoda is strength in adversity, courage and mateship that spirit has been seeded in us all."

Marion Frith
The Canberra Times

"Time heals all blisters and hindsight always makes a goal achieved seem much more simple. The bond between us may dissipate but the bridges forged were not only of the log and liana vine variety. Stereotypes were broken down. We were all just sweaty, smelly trekkers hoping to reach the next village. At the end I felt the world was my oyster!"

Helen Pitt

The Bulletin with Newsweek

"A test of mettle on a roller coaster of a trek so tough yet strangely exhilarating that you almost expect it to come with a government health warning."

Sally Macmillan
The Sunday Telegraph

"Like the Owen Stanleys he has come to respect, Charlie stands defiantly as a barrier between success and failure, tempting the weak to strive and the strong to push harder."

Howard Wheatly
Prudential Insurance

FOR FURTHER INFORMATION AND UPDATES,

MAIL TO:

NIUGINI TOURS, GPO BOX 7002
SYDNEY 2000

Name:

Address:

45

Phone/Home:

Work:



Air Niugini

Book Two

SUNDAY FEATURES

HARD SLOG TO

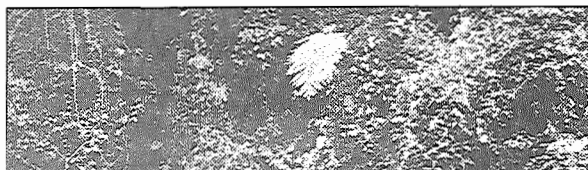
KOKODA

◆ An unprepared Marion Frith joined the commemorative trek into Kokoda, arriving on the 50th anniversary of the date of its recapture by Australian troops, November 2, 1942, after three months of bitter fighting across the notorious Kokoda track. She found the rugged jungle terrain as back-breaking and soul-destroying today as it was for the young, ill-trained and outnumbered Diggers who fought with remarkable spirit to eventually force the Japanese back from their objective of Port Moresby.

Imagine an area about 100 miles long. Crumple and fold this into a series of ridges, each rising higher and higher until 7000 feet is reached, then declining in ridges to 3000 feet. Cover this thickly with jungle, short trees and tall trees, tangled with great, entwining savage vines. Through an oppression of this density, cut a little native track, up the ridges, over the spurs, around gorges and down across swiftly flowing mountain streams.

— Colonel Kingale Norrie, Director-General of Medical Services, Australian Military Forces, September 1942.

WE ARE indeed a strange collection of life's assorted gathered here so far from home, checking our packs, checking out each other. Among us are the media's most unfit, a professional fisherman, a surgeon-cum-ardent bushwalker, a marathon runner and a 70-year-old war veteran. We are on a pilgrimage for which, it turns out,



The next day we walk and walk, up one of the toughest rises yet, down some of the worst. We try to stop quantifying. What is worse, anyway? All the climbs are monogrels and even on a good day there is nowhere I ever want to be except out of there. But something keeps us going, keeps us dragging foot after foot. Every step completed is one that never has to be retraced. Up, down. Up, down. Around, across. Up, up, up.

That afternoon we reach our nirvana — the village of Naduri. It is the home of our guides and we arrive to a hero's welcome. Les leads us triumphantly in and we are met by the village elders — the original war-time "fuzzy-wuzzy angels" who carried the injured Diggers out against all odds down dangerous narrow mountain tracks. A feast of food and flowers is laid out for us: mandarins, sugarcane, baked and steamed taro, pumpkin tops, potatoes, spinach.

We fall quiet as these old men stand tall and proud. Charlie seizes the moment, the women and children are banked up around, and in a gesture that cuts across cultures and through language barriers he recites the poem that immortalised these angels. The old men beam, and our army of trekkers wipe away tears.

It is as if we have arrived. Somewhere, anywhere. Our guides sit with us, their families join us, and the village and its people become imprinted in our hearts. Another woman and I join the evening church service and are entranced as the pastor, his face illuminated by a hurricane lamp, recites the prayers in pidgin and the children's voices rise in harmony so sweet we never want it to end.

We are silent as we get up from the rough-hewn pew. At that moment we have experienced life at its most perfect, superb in its simplicity, and suddenly we realise that the walk was worth it, if only to find this. Peace and joy are tangible, if fleeting, qualities and we know that where we are going to, where we have come from, we will probably never find it again. We want to seal the village in barbed wire and never let the world touch it.

But instead, of course, as travellers everywhere, we move reluctantly on. We walk next day for hours through an eerie moss forest, each of us alone for most of it as the group disperses at different paces. We cross the lake flats to the village of Myola and its primitive guest house, stopping on the way to collect butter and

Use the page number

The Owen Stanley Ranges loom before us and it seems unfathomable as we bask in the sunlight at Ower's Corner that we are about to tackle them. New gaiters, new boots, and a newfound sense of adventure. They won't be enough — but we don't know that yet. Nor do we really know just how tough "the bloody track" will be.

Our reasons for being there are many: some of us have been lured by the historical significance on this the 50th anniversary of the Kokoda campaign, others by the challenge of a "walk" (ha!) regarded as one of the most difficult in the world, and I and one other are retracing the awful steps taken by our fathers before we were born. Les Cook, of Garra, a veteran of the bitter battle, is there because, he says, he could not pass up the chance to come back and see it one more time.

We have been herded together by an extraordinary man, Charlie Lynn, a retired Army major who runs a company called Kokoda Epic. He is a passionate blend of adventurer and zealous patriot with an encyclopedic knowledge of the Papua-New Guinea campaigns and an unswerving commitment to enshrining Kokoda and all it represents in the minds and hearts of ignorant Australians.

He stands before us, a rugged Ken-doll lookalike, and immediately we respect and trust him. We also like him, some come to revere him, even though during the next eight days fond feelings are hard to access — "I hate you, Charlie" echoes pitifully through the valleys — as he psychologically cattle-prods us through the worst of a physical nightmare that only becomes wonderful in hindsight.

Between Charlie and Les the horrendous jungle track and the war which raged so viciously across it come to life. Charlie's moving accounts are coloured with Les's lively recollections. "This is where the Australians were butchered in their pits," Charlie will say. "My mate lost his last tin of rations down that hill," Les says. And together they guide us for a week through a moment in history that shaped a generation and cost it its innocence.

WE SET off eager and happy and almost at once a circus of dancing butterflies descends — yellow, blue, pink and purple. They hail our arrival, and farewell us later. They land on our packs and distract us from the track that is gruelling from the outset.

By lunch we are exhausted and we rest by the Goldie river. Already blisters are erupting on tender feet and muscles are stabbed with searing pain. Then it is the infamous Golden Staircase, where thousands of small logs, now rotted away, were pegged by Australian engineers to mark the back-breaking route to the top of Imita Ridge. We get to the top only just, shattered and drained. "That's just a speed hump," Charlie laughs, as we stand stunned with disbelief. The Adventure — and Charlie's perpetual frustrating dismissal of our very real despair — has begun.

It is many, many hours later and long after nightfall that we lurch into camp after negotiating the slips and slides of rocky creekbeds and sharp, muddy inclines. The air is still heavy, the rain still drizzling and all night I have nightmares and terrifying attacks of panic that send me thrashing out of the claustrophobia of my tent and into the steamy unfamiliar jungle clearing.

I have no doubt that I have made a terrible mistake by coming here, a sentiment shared by most of the others, trig-



Hardships of the trek: Marion Frith on the track, top left, and a log crossing, left; and a village in a valley seen after an arduous climb.

gered by the realisation that there are still 100km and a dozen mountains ahead.

NEXT morning the as-yet-uncrumpled map sprawled out among the muesli, tea-bags and dew show two very steep climbs ahead of us: the first up past the old village of Ioribaiwa and the second over the Maguli Range. In my soon-to-be-shattered naivety I look at the black outline of the peaks and drops with the enthusiasm and optimism that comes with a new dawn.

Right, I think. Off we go then, let's get this out of the way. Again, and at once, it is tough going. My legs are still aching from the day before. I stumble off a rock and into the creek as we leave camp and my feet are wet and soggy for the rest of the day, simmering and steaming as the oppressive heat descends. We pass out of the jungle and through stretches of barbarous kunai grass which scratches and cuts. It is awful and I want out. There is no out, however, bar the one you walk to. So dream on. Trudge on.

By lunch we have six hours of trekking behind us. Six hours. I collapse beside the creek and do my best to wash the green dye from my feet, a legacy of new socks. But the green is set, the base colour in what proves to be a rainbow of indelible new-sock hues. All this pain, and green feet. Please, can we stop for the day? I have had enough. Charlie. But Charlie is rallying reluctant troops who are pulling themselves up with poignant despondency.

And so begins the Horror Afternoon, the first ascent of which is a couple of hundred metres of muddy verticals. I begin the clamber, clutching at tree roots and clumps of grass as the creek falls away behind me. I am terrified. I freeze and let out my first non-leech-induced scream. I am unable to move, my body is frozen

with fear and within seconds one of the guides has scrambled up the glassy rise beside me.

His bare feet cling to the cliff like suction cups, his hand takes mine with a grip so strong I swear it will crush my fingers. He pulls, and I manage to move an inch. Slowly he guides me up and over the worst. The other guides watching from below laugh hysterically. My tenuous confidence is shattered. I am scared.

Still, there is no out. Only up. Up, up, up. The jungle floor is slippery and I cannot afford to take my eyes of my feet — when I do I trip. I am concentrating so hard my head is pounding. Hours pass and then suddenly the sky looms through the foliage. My heart races. The top. We are at the top. A few more metres, nearly there. And then the track swerves to the left and the jungle mocks as it will mock me a thousand times. It is a false peak, nature's cruellest illusion, and still it is up.

The pack of the group that has fallen to the back of us are slow and suffering. We stop constantly, cramping and aching. When will it end? By late afternoon it is raining steadily and we have not even made the ascent: there is a long way to go. Night begins to fall, as do my tears. Charlie steadies me with a cuddle and some food. "Come on, mate," he says. "You can do it." But I don't want to do it and I don't want to be there. I want to go home.

Still we creep on. We are blanketed in darkness and lonely torches compete with armies of fireflies beneath a thick jungle canopy that censors any hope of starlight.

The "up" eventually becomes an equally horrendous down and we put nervous muddy boots after nervous boots, conscious that every step has the potential for injury. Where does our energy — pathetic and all but spent — continue to come from? How is it that we are able to move at all? Still,

the camaraderie that descends upon this miserable caravan of lost souls is warm and enveloping. Those with torches light the way for those without, those temporarily firm on their feet support those who continually fall, those still able to muster a meagre dose of fleeting good cheer share it round in exchange for a last morsel of chocolate.

One of our lot comes to a standstill and begins to vomit uncontrollably, so racked is his body. We stand dumbly by, waiting for it to pass, then without words we move on. We are a team, a wet and frightened one, but a team. Friendships begin, loyalties become established. We are in this, for better or worse, together.

Finally, almost 16 hours after we set off that morning, we reach the village that is camp for the night. Charlie shepherds us in, he is tense and concerned. He had not reckoned on us being this bad. I collapse beside the fire, sobbing and shaking. My body is in spasm and I hear the nurse in the group mutter something about shock.

Suddenly tender hands that just 24 hours ago belonged to strangers are upon me, pulling off wet clothes, finding dry ones, holding hot tea to my lips and pressing a bowl of warm mush into my hands. Someone has laid out my sleeping mat, someone else is quietening the fast swelling number of hysterical pledges to pull out. As a group we are close to being out of control. We have lost it.

My last words for that awful day as I lie in the eerie darkness that characterises the middle of nowhere later become enmeshed in trek folklore. "I know we're here, Charlie," I cry as the awesome silhouettes of unfamiliar mountains rise around us. "But where the f— is here?"



Photos by Cath Muscat and Marion Frith

I NCREDIBLY I am not broken — just broken in — and I wake to find that the despair of the night before has evaporated into the mist hanging over the valley. A group of solemn-faced children have put themselves on sentry duty by our camp and a newborn baby, her head kissed with the first buds of tight black curls, lies in her shy mother's arms.

We gather around Charlie to discuss the horrors of the night before. Today, he promises, we will stop and pitch camp at 4pm — no matter what. No night trekking. Still, some of us are sceptical and close to admitting defeat. There is a village we should reach later in the day which has regular visits from a light aircraft. Today, out is a possibility. One of us at least has decided definitely to take it.

The rest of us will see how we go, and for the first hour or so the countryside does its best to woo us as we snake through paradise-like village gardens and cross crystal rivers and rickety log bridges. The idyll is short-lived and by mid-morning we are once again entrenched in the see-saw of sickening climbs followed by hairy descents. Psychologically, however, something has shifted within most of us. Our whinging has waned: we know we do not actually want to give up. If we survived the day before we can survive anything, and our bodies are spurring us on by proving they have purged themselves of the worst of the pain.

We never stop hurting, but few of us hurt like we did and a numbing exhaustion gradually replaces the jabbing pangs. One hundred kilometres through dense jungle? We are now really aware of just what that means, of just how hard it will be, but we are also aware that if we want to do it we probably can. It is up to us. There are things we need to call on from within ourselves — grit and determination. Charlie calls it — and things we need to draw on from the group — support and friendship — in order to meet the challenge. But this morning the commitment is sealed in sweat. From this point on, all but one of us will never doubt again that we will do it.

We arrive in the village of Menari after lunch, a break of swimming and laughing and two-minute noodles. This is where the photographer who has decided to call it quits is to leave us. An incessant and mournful wailing greets us as we enter the village: a little boy has just died of cerebral malaria and a woman is sitting outside her hut cradling his body as her cries ricochet hauntingly through the valley. We are quiet as our fellow trekker stumbles into the guest house, fatigued and weak.

"Like our own funeral," a guide says in faltering English as we all turn for one last wave to our friend. And it is. One down, no-one wants to keep counting.

The sun is high and the rugged countryside stretches before us as we leave the village and its sadness behind us. Its iridescent green collides with the blue of a perfect sky in the black slug of the mountains. My impromptu rendition of *Climb Every Mountain* is met with howls, as it is every other time I am tempted to break forth. But our spirits are up, morale is soaring. It is a wonderful feeling.

We pitch an early camp. Our guides, also lightened by the easier day, are cheerful. Charlie looks relieved and someone breaks out a waterbottle full of rum. A mere 8km of hard trekking and we are already dismissing it as a breeze of a day. A few days ago 8km might as well have been 800. Our tolerance and our fitness are increasing. We are Doing It. We are crossing the Owen Stanleys. We are on a high that threatens to rob us of the memories of the day before. I fight it. Don't get cocky, something says inside. Don't ever forget.

Our journey is abandoned by the Australians. We are reminded yet again that this quiet, hostile, landscape was witness to bloodshed and merciless death, and, for the umpteenth time, I become my father's daughter trying to grasp something of the circumstances that shaped him into a sad and lonely man.

We drag into the guest house, stinking and filthy. Some try to wash putrid socks in a sparkling stream, others wash foul bodies in our first shower of sorts, courtesy of a suspended plastic bucket. This is five-star stuff such as we never would have dared dream of — there are even beds, good food, bread. Temporary bliss. We pick up new supplies only to find they have been stored with drums of kerosene. Every bit of food is tainted, reeking of the stuff, and the challenge becomes whether to eat nothing, and faint, or eat, and be sick. Someone finds a few packets of biscuits that are okay and it is like Christmas. From here on we are very low on any form of comfort.

We have tackled the trek from the hard end. Most pilgrims head south, making their first few days relatively easy — though still not "easy". But we have faced the worst first, taken the toughest climbs when we were unacclimatised and at our most unfit. Still, the last couple of days become vaguely downhill and we continue to trek all day, day after day, stopping to bathe in mountain waterfalls, swim in icy creeks and take in spectacular views. We have little doubt we have experienced paradise but even so we want it to end. Bodies and minds are packing it in, and sprains, pains and irritabilities are mounting.

When we finally enter sleepy, tiny Kokoda, drenched in sunshine, we are surely as triumphant as the troops who re-entered it that same morning 50 years before. We assemble at the commemorative ceremony, attended by a lowly Australian Government minion and a handful of veterans and as the *Last Post* sounds pitifully on a crackling portable tape recorder we are truly moved. We have done it. We understand as only those who have done it can. Our peace-time journey has tested and pushed us as we could never have imagined. The silent respect we pay to the young men who served and suffered along the path we have crossed is deep.

As we clamber aboard the truck that has come to take us to the airport we have no doubt we are now invincible. We have plummeted to our worst lows and soared to our greatest heights. There is nothing physically or emotionally we cannot endure. We had set off as 34 individuals, half of us Australians and half of us Papuan villagers. When we part we are friends — an indivisible and strong unit for whom farewells come hard.

If the spirit of Kokoda is strength in adversity, courage and mateship that spirit has been seeded in us all. We cross in a brief 20 minutes what has taken us eight gruelling days. And like all those who crossed it before us, who left their souls in the mud and the heat and the terrifying jungle, few will ever go back.

Charlie, of course, is the exception. He will continue to pluck other ordinary humans from their comfortable lives and help them blossom into indefatigables, drawing on the greatness that lies largely unchallenged within us all. For the rest of us though, Kokoda will become just one humbling week in our lifetimes: albeit our whole lifetimes lived in just one unforgettable humbling week.

The unforgettable adventure of Kokoda. — Travel, Page 25.

ITINERARY

DAY 1

Fly Australia – Papua New Guinea with Air Niugini. Check into the Port Moresby Travelodge for a briefing on the trek. View a documentary on the Kokoda campaign and then meet your fellow trekkers over dinner.

DAY 2

Fly from Port Moresby over the Owen Stanley Range and through the famous Kokoda Gap to the village of Kokoda. Visit the small museum and inspect the local memorials. Enjoy your first trek lunch in the idyllic surrounds of the Kokoda Plateau. Trek to the Hoi Village for our first camp site.

DAY 3

Commence trek from Hoi Village. Follow the route of the Australian withdrawal through the rubber plantations and into the jungle at the commencement of the Owen Stanley Range. Investigate the abandoned village site of Isurava. This is Australia's Alamo'. A small band of Australian Diggers fought a heroic defence in this area against a greatly superior Japanese force. Trek on through enchanting landscapes to Alolo village for camp.

DAY 4

Trek through spectacular rainforest to Templeton's Crossing. Bathe in the crystal clear waters of Iora Creek. Abandoned weapon pits are testimony to the epic battles which were fought out along the Track in 1942.

DAY 5

Negotiate a log bridge lashed together with liana vine and commence the climb through the famous Kokoda Gap to the summit of Mt. Bellamy. Magnificent views. Proceed to Lake Myola and trek across an extinct volcanic plateau to the Myola village guesthouse for camp.

DAY 6

Rest and relax in the idyllic surrounds of Myola. Enjoy a short trek (optional) to a glorious waterfall. View the wreckage of a downed US P40 Kittyhawk fighter aircraft.

DAY 7

Depart Myola. Trek through mystic moss forest. Breakout of the canopy on the ridge above Naduri village and enjoy a panoramic view of the valleys and surrounding mountains. Experience a traditional Kioari welcome as we trek into Naduri village. Enjoy the hospitality of this small paradise for the rest of the day.

DAY 8

Trek down the valley to one of the most beautiful schools you will ever see. Cross the creek and climb the ridge to Kagi village. This was a rallying point for the Australians as they fought a gallant series of delaying actions after their withdrawal from Isurava. Trek across the original Efogi village. This is now known as 'Efogi 2' or Launumu village. Inspect the small monument erected by Corporal Nishimura in memory of his Japanese comrades. Proceed down a rather steep ridge before crossing a creek and climb to Efogi 1 to establish camp.

DAY 9

Climb the notorious feature known as Brigade Hill. The Australian and Japanese forces fought an epic battle on this feature. Abandoned weapon pits, scattered ordnance, and hitherto unknown gravesites of 72 Australian soldiers are testimony to the importance of this feature. Continue trekking to Menari village for lunch. Follow the Brown River into Naoro village for camp.

DAY 10

Cross the notorious Maguli Range. Enjoy breathtaking views from the summit. Continue onto our camp site at Ua Ule Creek.

DAY 11

Explore the abandoned village site of Iorabaiwa. This was the furthest point of the Japanese advance on Port Moresby. Climb Imita Gap and descend the famous 'golden staircase'. Cross the Goldie River and climb to Ower's Corner to end the trek of a lifetime. Join the bus to the Port Moresby Travelodge. Re-live the experience over a sumptuous dinner at the Travelodge.

DAY 12

Short tour of Port Moresby. Visit souvenir store. Bus to Jackson's Airport. Fly Port Moresby – Australia to end the experience of a lifetime.

DEPARTURE DATES

14-25 April 1993

15-26 September 1993

14-25 July 1993

17-28 November 1993

TRIP COSTS

Ex Cairns \$2485

Ex Sydney \$2795

Ex Brisbane \$2675

Ex Melbourne \$3080

CONTACT

Tour Code: IT3PX3NGT035

NIUGINI TOURS PTY. LTD.

Lower Ground, 100 Clarence Street Sydney 2000
Phone (02) 290 2055 or 008 221 757 Fax (02) 267 6118
Lic. 2 TA001455 A.C.N. 002 420 822

A.U.R.A.

SIX HOUR TRACK RACE

An ideal race for the novice ultra runner.

BILL SEWART ATHLETIC TRACK
BURWOOD HIGHWAY, EAST BURWOOD, VICTORIA
SUNDAY 24TH OCTOBER, 1993
START TIME: 9AM

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

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

CLOSING DATE: Friday 8th October, 1993.

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

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

ENTRY FORM

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

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

PREVIOUS ULTRA EXPERIENCE: _____

WAIVER

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

Signed.....Date

CABOOLTURE MULTI DAY EVENT SUMMARY OF RULES AND CONDITIONS

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

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

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

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

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

SMOKE FREE ZONE In the interest of competitors and helpers no smoking within a few hundred meters of the track by crew or competitors please.

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

REFUND To qualify for a refund, your withdrawal must be lodged prior to the race commencement date. The \$20 signing on fee is non-refundable.

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

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

LITTERING/TOILETS No littering. Toilets are provided. Please use them. Do not urinate on the track.

CABOOLTURE Multi Day Event

September 19th
to
October 5th



START TIMES

1000 ML/KM 6pm SUNDAY 19th September 1993

6 DAY 6pm SUNDAY 19th September 1993

2 DAY 5pm THURSDAY 23rd September 1993

1 DAY 5pm FRIDAY 24th September 1993

RELAYS 5pm FRIDAY 1st October 1993

CABOOLTURE

HOME OF THE CARPET SNAKE

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

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

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

ENTRY FORM

CABOOLTURE MULTI DAY EVENT
Closing date for Multi Day Event - 7th September 1993

ENQUIRIES TO:

Ian Javes, 25 Fortune Esplanade, Caboolture 4510. Telephone (074) 954334.

NAME:

DATE OF BIRTH: / /

ADDRESS:

POST CODE:

TELEPHONE:

LAPSCORER:

T Shirt Size: 22 ☐ 20 ☐ 18 ☐ 16 ☐ 14 ☒ (please ☒) One TShirt with each entry. If others required they will cost \$15.

CATAGORY:	RUN	WALK	MALE	FEMALE	RELAY:	RUN	WALK	POWER WALK	MALE	FEMALE	MIXED
1000ml / 1000km	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	24 X 1hr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12 X 2hr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4 X 6hr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 X 12hr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

SIGNATURE:

DATE: / /

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

N.B. 1000 ml/km category will only proceed if at least 10 entrants have paid the Signing On fee by August 1st 1993.

VENUE:
COURSE:
ENTRY FEE:



START TIMES:

RELAY:

CHARITY RUN:

FACILITIES:

LAP SCORERS:

AWARDS:

N.B.



Caboolture Showgrounds, Beerburrum Road, CABOOLTURE.
1km Circuit, partly bitumen, grass and gravel paths.
RELAY - \$48 per team - No Race TShirt. Relay entries close 27th September.

ULTRA - (A) \$20 signing on fee before 7th September. Includes Race Tshirt. After 7th September Race TShirt will cost extra \$15.

plus (B) \$30 per day payable before race starts, with Pro Rata refund to 1000 ml/km runner if they finish early. Includes meals for one crew person. Extra persons \$10 per day.

1000 ML/KM 6pm SUNDAY 19th September 1993
6 DAY 6pm SUNDAY 19th September 1993
2 DAY 5pm THURSDAY 23rd September 1993
1 DAY 5pm FRIDAY 24th September 1993
RELAYS 5pm FRIDAY 1st October 1993

One entry form per team will suffice with team leaders address. A list of team members should be supplied with each entry and a contact address or telephone No. for each.
Runners are invited to obtain sponsors so that monies can be raised for CAMP QUALITY, an organisation that puts on camps for kids with cancer.

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

Provided for interstate and overseas runners but local runners, must bring their own.

Awards to all finishers. Trophies for winners of each event. Random draw prizes for helpers and relay members. Special "Walkers" trophies.

Runners and crews will not be able to set up at the showgrounds until after midday, Sunday 19th September. A flea market is conducted at the showgrounds every Sunday morning.

Could any persons willing to be on a roster to help with lapscoreing or the kitchen please contact:

Ian Javes, 25 Fortune Esplanade, Caboolture 4510. Telephone (074) 954334.

Gruelling haul ends

"THE MERCURY" 2/3/93

Weather hits entrants in tough Challenge

By YVETTE PULLEN

IT was impossible to wipe the smiles off the faces of the ATS-Bolle team members yesterday as they cruised to victory in the Paddy Palin Cradle to Coast Ultra Challenge.

The 370-kilometre, three-day run, cycle and paddle event from Cradle Mountain to Salamanca Place was made all the harder by unfavourable weather conditions but for the first time all competitors completed the course.

It was the third running of the event but for the first time teams of six were allowed to compete, rather than only individuals.

A member of the winning team and former two-time individual winner, Andrew Pitt, said victory was sweet.

"Our kayakers made all the difference," he said yesterday.

"They led on every leg."

In the teams event, two competitors tackle each of the three specialist legs. Pitt said kayakers Nigel Woolley and Andrea McQuitty provided the winning partnership for the team.

ATS-Bolle completed the course in 21 hours, 13 minutes and 39 seconds. Second place went to All Aerobics in 22.32.50. Orienteers were third in 22.45.09.

McQuitty said the even was "fantastic".

"I have done longer race before but the condition were very tough especially on Lake St Clair," she said.

"Being part of a team is the best thing about this event because each of the legs is such an individual thing.

"It is good to be with the other people."

The winners of the individual event were first-time ultra-challenge competitors Bruce Levett and Matt Perchard, who completed the course in 30 hours, 24 minutes and 54 seconds.

"The run on the first day was the hardest thing because of the conditions," Perchard said.

Levett was ecstatic about the victory and vowed to come back for next year's event.

"I am going to be on a high for months and months after this," he said.

The co-organiser of the event, Tim Saul, said the race had been a success despite the weather.

"For the first time everybody who has entered has completed the course despite the unkind weather," he said.

The event is gaining a reputation as being one of the toughest ultra events.

Bolle ATS builds 40-minute

buffer
"THE MERCURY" 1/3/93

THE Bolle Australian Traineeship Scheme team had a 40-minute overall lead at the end of the second day in the Paddy Pallin Cradle to Coast Ultra Challenge endurance race.

Rain marred yesterday's start at Lake St Clair as the cyclists began the long ride to Meadowbank Dam.

Several cyclists experienced mechanical problems and punctures because of the poor weather and road conditions.

The fastest ride was by Andrew Pitt and Nick Decker of the Bolle ATS team. They clocked 3hrs34m18s for the 137-kilometre journey.

Bolle also recorded the fastest kayaking leg. Andrea McWhitty and Nigel Woolley clocked 3hrs43.40s for the 43-kilometre paddle from Meadowbank to New Norfolk, giving the team a combined time of 7hrs17m58s.

The second fastest team was Hobart Fire Brigade, which completed the course in 7hrs32m10s. All Aerobics-Talays was third in 7hrs35m7s.

Stewart Scott and Janine Hopkins recorded the fastest two-person team time, clocking 10hrs2m10s. Dockside Fitness was second in 10hrs6m.33s but has a 30-minute lead in the overall standings.

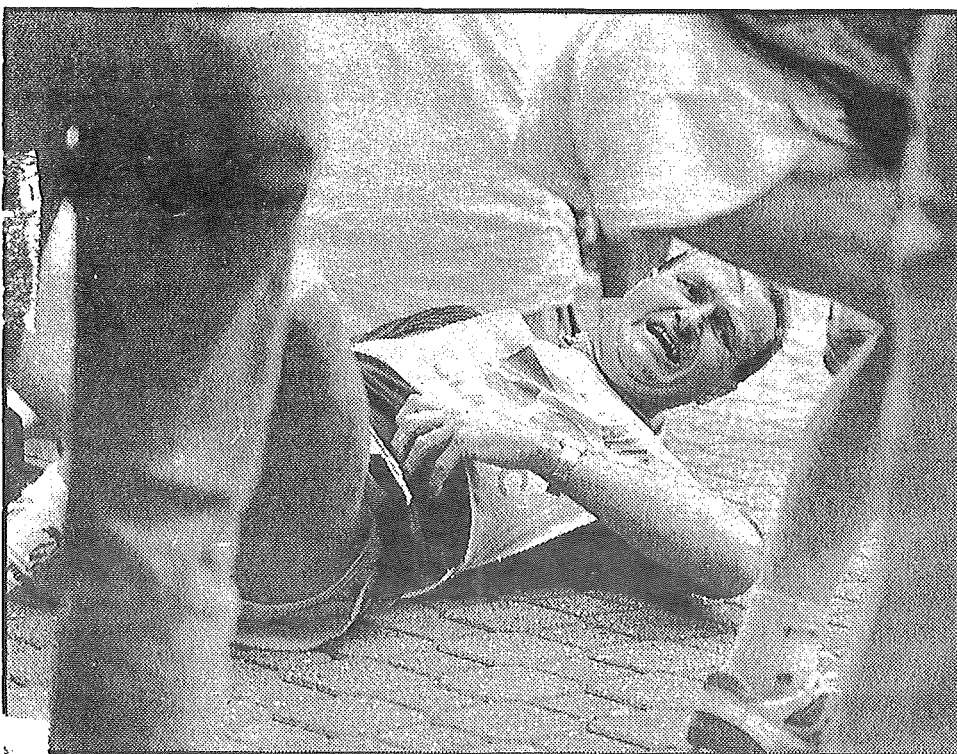
Today's final stage includes a 17-kilometre paddle from New Norfolk to Bridgewater, a 70-kilometre cycle from Bridgewater to Fern Tree, and a 23-kilometre mountain run from Fern Tree to the top of Mt Wellington and down to the finish line at Salamanca Place.



RIGHT: Runners David Ross, third from left, and Bruce Chetwynd, third from right, put the feet up as team-mates, from left, Andrea McQuitty, Nick Deka, Andrew Pitt and Nigel Woolley give them a helping hand. ABOVE: Chetwynd and Ross are all smiles as they finish at Salamanca Place.



"THE MERCURY", TUESDAY, 2nd MARCH, 1993



Winners rejoice as hard slog ends

FOR Matt Perchard, above left, and Bruce Levett, victory was sweet in the gruelling individual section of the Cradle to Coast Ultra Challenge which ended in Hobart yesterday.

However, the 320-kilometre three-day run, cycle and paddle event from Cradle Mountain took its toll on Fire Brigade team-member Leigh Carter, left, who collapsed at the finish.

Pictures: FRED KOHL

Full report: Page 58

"THE MERCURY" TUESDAY, 2-3-93.

THANK YOU FOR YOUR DONATION!

Bill Keats \$5, Australian 6 Day Race Committee \$75 (!!), Mark Steinberg \$25, John Henderson \$15, Ernest Hartley \$25, Kaven Dedman \$10, Bob Fickel \$15, Alan Thurlow \$5, Max Powditch \$5, Dennis Clark \$5, Bryan Smith \$10, Simon Hughes \$5, Rob Taylor \$5, Bill Johnston \$15, Roger Hardy \$15, Graeme Russell \$5, Les Davis \$10, G.Wallace \$5, Matt Eggins \$10, Mike Ward \$5, David Standeven \$5, Bill Clingan \$5, Greg Reid \$5, Mark Hunter \$5, Shirley Young \$5, Trevor Jacobs \$59, Geoff Boase \$10, Glyn COX \$10, Robert Simms \$5, Peter Armistead \$5, David Sommers \$15, Dave Taylor \$5, Brian Colwell \$5.

Your generous donations are most appreciated and help us survive. Thank you so much!

SYDNEY TO MELBOURNE AND BACK

by Dave Taylor

I am writing about my recent race that was from Sydney to Melbourne and back, with Tony Rafferty. This was an inaugural race, and did have some problems in the organising department. However, on the whole it was a successful event, considering that in past ultra-marathon runs from Sydney to Melbourne, each runner did have to find \$8,000 each to run. In this particular event, I would like to thank a few people.

1. **Liverpool Plaza**, who provided the following to each runner:
 - (a) \$4,000 cash each
 - (b) Tarago Van each
 - (c) Caravan and 1 ton ute/van to pull same.
 - (d) Some food for both runners.
 - (e) Shirts for both runners and crews.
 - (f) Hotel accommodation before and after for Tony and his crew (5 days prior & 2 days after)
 - (g) Mobile telephones for both runners - no charge, all phone calls free for duration of the race.
 - (h) Prize money: \$1,200 for winner
 \$ 500 for runner-up.
2. **Saucony**, who is my major sponsor, but did supply Tony with shoes.

All up, both runners would have received approximately \$9,000 to \$10,000 from the above. As you can see, even though there were some problems with the organising of such an event, each runner did extremely well from the sponsors.

All that I would like to say about the race is that I was successful and won the event. I ran the same road, same conditions, same hours, and took 64 hours off my previous record for the same event. My time for the event was: 19 days 22 hours 45 minutes for 1808kms. My last 6 days, I ran over 600km in 12 hours running per day. My last 2 days prior to catching Tony was 105kms and 106kms. each day.

The reason that I won this race, I believe, is because I paced myself properly, with an average of 5 minutes rest every 12 hours, and my kilometre rate improved in the latter part of the race, as I came back quicker than I went up. I was 18.8kms behind Tony at Benalla. I decided that it was time from Albury to apply pressure, which I did successfully. This did not allow Tony time to rest. But also, it didn't allow ME to rest either. I pulled Tony back to 1.8kms prior to Mittagong. - 87km from the finish. It was then notified to me that Tony had withdrawn from the race, with a strained Achilles tendon.

I have enclosed photos and stories of this race as seen through the eyes of the media. I am annoyed that a man can run over 1700km with just over 80kms to go, withdrawing from the race, when there was no cut-off time. I believe any other runner after such a distance, would have walked to the finish line. Tony would have then achieved the following:

1. Broken the old record.
2. Been the only other person in the world to finish the event.

I believe that any injuries that Tony received were from the pressure that I applied to him. He stated prior to the race that there would be injuries, and that the man who could overcome these injuries would win this event.

The saddest part about this race is that Tony, in my opinion, waited until I was 1.8km from him, before he withdrew, not giving me the privilege of running past him. He did not wait, and was driven back to the finish. He was asked by the management and the media if he would be there when I ran in, but he declined all offers, even though he was only 5 minutes away. After the event, we were both at the same hotel, but no contact was made, and till this day, I have still had no contact from Tony. I believe that this is a sad day for ultra-marathon runners, when you cannot shake your opponent's hand after an event. I have enclosed some press clippings. I found it strange that Tony could not turn up for the finish but could turn up for the media.

Also, what was disappointing was the condition Tony and his crew left the vehicles in. My crew helped pick these vehicles up when Tony pulled out. His crew left his vehicles at the centre and did not return them to the hire place. My crew returned them and got abused for the condition they were in. One of the vehicles was smashed where a side door was wiped out and was in a dirty condition inside and out. Each runner was responsible for his vehicles, and it does not take much to get a crew to clean them, as in future, it makes it hard for other runners to hire them. Tony also said prior to the race, "No matter what, if it is not 100% well organised, we are professional and we will make it work. It's part of the game". I also expect Tony to rubbish this event. It's his only way out.

I was sitting in Tony's lounge room when he pointed out to me how important it was for running that we both finish this event, no matter what, for the best interest of the running game - to get things going again, and win or lose, we were both winners.

I would like to thank Georgina McConnell, Mark Gladwell, Par Farmer and Val Warren for coming to greet me the night before the finish, and my fantastic crew.

All the best,
Thanks,

Dave Taylor

KING OF THE ROAD

□ By MIKE GANDON

FOR most people, the thought of running from Sydney to Melbourne and back is something to be avoided at all costs.

No way, Jose. Even driving the car that far probably doesn't appeal to everyone.

So when two blokes decide to have a challenge race for charity over the 1850 km route, one has to ask why?

And when the bloke who wins it happens to live in the Illawarra, it becomes all the more relevant.

Dave Taylor did it last month with a phenomenal effort which drove his rival Tony Rafferty into the ground.

Incredibly, Taylor didn't get one blister on his feet and he puts this down to wearing just two pair of shoes — Saucony Freedom 1000 and 2000s.

"It only rained one day for about two hours. I stopped and Vaseline'd both feet so there would be no rubbing with wet socks and all that," Taylor recalled.

"When it stopped raining, I dried my feet and put my other shoes back on.

"The bottom line is, I got no blisters because of the shoes, and I wore shower caps around my heels and shins to stop any dirt, grit or stones getting in. Which means I had clean feet all the time.

"I looked after my feet. They were my priority."

Taylor had held the record when he ran the distance solo in 1987 in a time of 22 days 16 hours 15 minutes, but shattered that time by almost three days after completing the run to Melbourne this year in 10 days 1 hour 50 minutes, then turning around and running back in nine days 20 hours 55 minutes for an overall time of 19 days 22 hours 45 minutes.

Originally Taylor did not want to do the run but could not resist a challenge from ultramarathon newcomer, Craig Rowe.

A toe injury in a 12-hour race forced Rowe to withdraw.

The higher profile Rafferty also was in the running.

So the battle lines were drawn as the contest became a head-to-head clash between the world's best two runners in the over 1100 km category.

A quietly confident Taylor went into the race with a plan to make Rafferty work for everything. The plan worked to perfection.

Before the race, the strategy was to try and punch out 70-80 km every 12 hours — the daily duration set down by race authorities.

That idea went up in smoke as the two

runners constantly topped the 100 km mark, with Rafferty leading almost from the start, until the pressure forced him to withdraw with a damaged achilles tendon/ankle about 5 km outside Mittagong and with the finish line at Liverpool Plaza awaiting.

At the time Taylor had come to within 1.8 km of Rafferty and was closing fast.

From that point on, it was Taylor's race as he completed the formalities of knocking over the 42 km marathon distance to the finish.

Clouding Taylor's triumph was Rafferty's quick departure and refusal to shake his hand after the race.

It grinds away at Taylor, much the way that he did out on the road, in the long, long run which resulted in the Illawarra competitor shedding 10 kg since the start of the race on March 4. He went from 73.5 kg to 63.5 kg.

"I was strong because my legs were strong. I'd done the training," Taylor explained.

"You're always going to lose weight in a race like this. But my mind was focused on one thing. I held the record. If he wanted it, he had to really earn it.

"The fact is, I came home. It's like a Melbourne Cup. You can come from last in that last 100m and win.

"I timed my run."

Taylor talks about kilometres like most talk about metres.

One night in Victoria, the combination of distance, heat and restlessness got to Taylor and he hallucinated.

"Apparently I wanted to throw bottles through caravan windows and all that. I didn't. The crew stopped me.

"I didn't know I did it.

"It had been a hot 35 degrees and I jumped in a hot spa. It was a lot hotter than I expected and it just blew my mind out. It's just something that happens."

So how does an ultramarathon runner keep going day after day, pounding the bitumen for 1850 km, especially covering the same ground twice?

"I'd look across at the other side of the road and say to myself, 'It doesn't matter how quick I get to Melbourne, I've got to come back down that other side'.

"I call it the time tunnel.

"And there's only two ways you come out of the time tunnel. You quit. Or you've got to run it back to Sydney.

"When I got to Parliament House in Melbourne, it was scary. I remembered how I was in '87. I knew what was ahead of me. But I had something I never had in '87. I had no blisters."

The mental toll is enormous, more so

than the physical.

"I listen to Toni Childs and Elvis Presley music," Taylor said.

"And I look at those little white reflectors on the road. I count six of them and I say, 'I'm going to run to the sixth one, then walk and have a little breather in between.' Then I run eight and I walk one and I run 20 and I walk one.

"I look at signs and I say, 'I'm going to get to that sign.' I set targets. When I get to each target, I look for another one.

"I count cars sometimes. One day I counted 500 cars and lost count. I didn't want to start again.

"The number one thing in my mind all the time was to keep in contact with Rafferty and time my run.

"That was all that was in my mind, when I'm going to time my run.

"When I thought there was a weak moment, that's when I'd time my run."

Despite having pushed himself through all this mental and physical

agony, Taylor revealed he had not wanted to do the run in the first place.

"I was challenged," he said bluntly.

Once the gauntlet was thrown down, Taylor responded in typically tenacious fashion, determined to protect his title as King Of The Road between the nation's two major cities.

"Over the last six days I ran over 613 km in a 12-hour run of a day. Some people only do that in a six-day race over 24 hours a day.

"If I'd only been doing 80 km a day and catching Rafferty, I'd say there was something wrong with Rafferty. But I had to do 105s (kilometres) and sixes to catch him and get in front of him.

"He did more (kilometres) in his last five days than his first five. For a bloke who had an injury, it seems funny. And he was averaging 9 km an hour when he withdrew.

"At Granville in '87 I gave Tony

100 km start in this 1000 km race and I pulled him back to 16 km before I broke my toe.

"I knew in my head that I'd given him 100 km start and pulled him back.

"I also knew we were one and two in the world for 1100 km and there was only two hours between us.

"So my plan was to really work him hard. I got from Campbelltown to Liverpool in an hour-and-a-half. Tony wanted to get to the lead and I let him.

"I said I was going to sit on him. He led me by 14.7 km to Melbourne and he only got 18.8 km in front of me coming back.

"So he really only gained 3.1 km right back to Benalla (in Victoria)."

Even with the 18.8 km margin, Taylor had no doubts that he could catch Rafferty.

"I always allowed I could give him 30 km and catch him because I knew my body had more in it. I knew what he was doing day after day and I also had my team monitoring how he was at the end of the day.

Mercury Features

"He was down to a walk in the last two hours because he'd push hard early.

"My plan was to be consistent, run at least 100 km a day and whatever Rafferty was running with the updates, I had to try and maintain the same or do a kilometre more or if he got one or two kilometres on me it didn't matter.

"I decided that rather than let him get to 30 km, I wasn't going to let him even get to 20 km."

After consulting with his support crew, Taylor decided to make a run from Canberra after taking 2 km a day off Rafferty from Benalla on the return journey.

"If you look at Benalla back, he says he hurt himself five days before but he was still maintaining his 100 km each day."

Taylor cut the 18.8 km margin at Benalla to 17 km at Albury, 16.1 km at Holbrook, 16 at Gundagai, 11 km at Yass, 10.8 km at Canberra and 6 km at Marulan.

Taylor produced a mighty 12 hour burst from Lake George to 13 km past Marulan which finally broke Rafferty.

"He was in my territory. I feel at home on the hills," Taylor commented.

"From Canberra to Yass he led me by 15 km but I got him back to 6.7 km. So I was able to bring him back under control all the time.

"I had it in check. At Marulan I decided next morning that we had one more 12-hour run and then at least four hours to the finish. That morning I had 26 km up and he had 22 km. I'm running well and he (was) still running well.

"As far as I'm concerned, what Tony was thinking was: 'Here am I doing real good speeds and this bloke's still coming at me. I'm 64 hours into the record and he's still catching me.'

"When interviewed, I'd said to the media: 'If he wants to beat me back to Sydney, he'll have to crawl on his hands and knees because I won't rest'.

"When you're in front all that way, your legs are tired. If he gets an injury it's because I've pushed him to get that injury. He's got two choices. If he stops to treat the injury, I catch him. I'm not stopping. He's got to drive through it.

"The bottom line is — I drove him into the ground."

Anyone feel like challenging Taylor's record?

Not this lad, for one.



□ ABOVE: Illawarra ultramarathon runner Dave Taylor retained his crown as King Of The Road after winning the 1850 km challenge race from Sydney to Melbourne and back.

HANDICAPS INTRODUCED AT THE COLAC 6 DAY RACE 1993

Beryl Thomas, secretary of the organising committee of the 1993 Australian 6 Day Race at Colac have informed us that a system of handicaps will be introduced at this year's race. All entrants will start at the same time, but the handicaps will be in the form of kilometres either added on or taken off the final distance covered. There will be two winners, an outright winner and a handicap winner. This should be great and will certainly give the slower runners a chance.

The Colac organisers have asked the AURA committee to work out the handicaps for them after the field is selected, and we have agreed.

So, come on you blokes! We are definitely open to bribes!!(Not really!)

AN ULTRA RACE ALONG 'SESAME STREET' IS NO PLACE FOR KIDS.

The first ultramarathon from Liverpool to Melbourne Return
took place last March in daylight hours.

TONY RAFFERTY

writes about his match-race against Dave Taylor.

A kangaroo ran head first into the front of a speeding semitrailer and got splattered over the road. A fox tried to outspurt a truck; it was flattened like a bread-board. A fast car hit a wombat and launched it into my path. It took its last breath as I side-stepped. Water poured from the car radiator.

The truckies call it 'Sesame Street'; but Big Bird and friends are nowhere to be seen. I call it Horror Highway and you know it as the Hume Freeway - a stretch of road equal to the best in the world in parts and in others a nightmare to travellers. The mountainous route from Sydney to Melbourne is better known for its vehicle accidents and deaths than ultramarathons. Wreaths, and photographs of people killed on this stretch of bitumen are displayed here and there along a 15km section of undulating, winding road near Jugiong. A big sign warns: "Drive Carefully 22 People Killed Since October 1992."

Dave Taylor contacted me about two years ago with an idea of a match-race from Sydney to Melbourne Return. I wasn't enthusiastic about the challenge at that time because of my mediocre running form. As time passed his persistence in getting the race up and going suggested a confidence in reaching the finish line in a canter. It would also be an opportunity to raise funds for his favourite charity - Stewart House. Eventually I accepted the challenge when my running condition improved and when sponsorship and prize money had been confirmed.

Taylor, (42), placed 17th in the 1989 Westfield Sydney to Melbourne race and earned the Campbelltown Sports Star Award the same year. John McEnroe is his idol.

It was my 14th run along the route Blazed by Hume, Hovell and Sturt: solo fundraising runs; and four times finisher in the Westfield classic.

On 4 March 1993 three hours after the noon start of the 1,740km Liverpool to Melbourne Return Match-Race, I took the lead. A kilometre separated us at the end of the day. The warm humid weather during the next few days pressed me to drink fruit juices and mineral water. Sometimes I needed two litres an hour. In the steep hills near Goulburn I extended the lead to four kilometres.

Near Yass a shaft of lightning lit up a black sky. Big raindrops splashed the freeway. I braced my body against a swirling wind. Then the clouds burst. Slopping through the film of water as it rushed off the road caused soggy socks and wet feet. Small blisters grew underneath my toes. The wheels of semitrailers and trucks sprayed me with sheets of water; once knocking me off balance as they sped past at about 100kms per hour. Water seeped through wet-weather gear and induced chafing to my inner thighs and buttocks. The discomfort didn't restrict my run rhythm and I gradually moved ahead of Taylor.

A race in stages was a new experience for me. There was an ebb and flow during each stage I hadn't known before. Frequently energy would pour forth: my stride lengthened and a strong arm and shoulder action carried me at a pace unfamiliar in long-distance races. Periodically I trundled relaxed, at peace with my thoughts about pioneers and bush-rangers who wandered the hills a century ago; the lonely swagmen who

slept on the same riverbanks as Captain Moonlite and Ben Hall; and the Cobb and Co coaches.

Most of the stages were of a 12 hour duration. Often I was surprised when 6pm signalled and Brett placed the traffic hat and marked the spot with spray-can silver paint: I travelled unfettered; I had strength and tempo.

At the end of each day Darren Brothwell's practised hands gently kneaded sore muscles; Brett Russell prepared high-energy meals: pasta; vegetable; rice dishes; and Noel Camp phoned through to Melbourne a latitude, longitude and altitude reading from a hand-held Global Positional System (GPS) supplied by Noel Broadway, head of Geography, at St. Catherine's School, Toorak. The Year 9 students tracked my progress daily as a special project.

Most nights we stayed at caravan parks. One time near the Victorian border we parked behind a service station. Traffic noise kept me awake. I got up at 3.30am. Ribbons of light cast by the moon through the trees guided me past a cloud of humming mosquitoes to the front of the service station. I ordered a coffee. A truckie sat across the way. "You're about 12 in the lead. And he's not very happy." He said he talked to one of Taylor's support crew the night before: "Things were tense. They didn't expect you to be so far in front." I changed the subject: "What's it like to be a truckie on 'Sesame Street'?"

When I crossed the border at Albury-Wodonga an invigorating tail-wind increased my pace along the long stretches of dual carriageway towards Melbourne and the compulsory 30 minute break. A police escort guided us through the city's outskirts to the turn-around point at Parliament House. My wife, Coral, wearing a pink Saucony hat and members of the Chime choir ran down the steps to greet me.

Darren massaged jolted joints and aching muscles as I sat against a stone column out of the sun. Noel Broadway talked with Noel Camp about the journey's GPS readings; the terrain and weather conditions. A large parcel arrived containing Saucony shoes, half a size bigger; my feet had swelled in the heat. It was the 11th day.

The 870km trek to Melbourne recorded one of my best performances: 119.5 hours at an average 7.28kms per hour. I had tapped a hidden capacity over the unrelenting hills and along the stretches of hard surface that cemented a psychological strength for the return journey.

My body drained of bodyfat, exposed thin wiry thighs, boney shoulders, a skinny neck, and sunken cheeks; a lean and famished look. Despite a six kilogram weight-loss, I maintained strength and endurance.

On the way back I glanced across the street at Taylor as he approached the halfway mark. It seemed that the truckie's comments at the service station were valid. Behind the runner's taut, drawn face and chafed lips was a stare of resentment; a gaze of vengeance. Soon after I was astounded by word from one of his support team that he threatened not to stop for the 30 minute recess at Parliament House and a further intimidation that he would take a different route back to Liverpool. The race director, Larry Memery, said, by mobile phone from his Liverpool office that disqualification would result if he broke the rules. Taylor obeyed the instructions. I ignored the runner's churlish attitude from that moment.

I walked for the first time after a buffeting from a hot head wind 20kms north of Melbourne. At the end of the stage Darren said: You covered 92kms. Taylor trails by 12.8." It was a tough day ravaged by wind and sun.

A young doctor on a holiday stop-over at the caravan park said that the wrinkled skin on the back of my hands resembled that of an 80 year old from the outback. He examined my blistered lower lip. Satisfied with

the suncream we used he said we must be masochists and wished us "happy running". I sipped a glass of cold, frothy Guinness as Darren drained blisters and bandaged my feet.

I reached the 1,000km mark muscle-sore but joyful. My legs moved like pistons; my breathing, effortless. I was flying to the loftiest peak ... but within days I would sink to the deepest chasm.

When I ran along the long Murrumbidgee bridge, the great river, unhurried and serene, flowed beneath a sunny sky. Somewhere nearby "there's a track winding back to an old fashioned shack." Poet, Jack O'Hagan, camped for weeks on the flats of the northern bank when the river raged; impossible to cross. Like the writers and poets a hundred years ago I was inspired by the rolling, champagne-coloured hills and flowing streams. And near Gundagai, nestled at the foot of Mount Parnassus, I was stimulated by an 18 kilometre lead.

The shriek of a horn startled me on the bridge. I glanced back and almost tripped. I promptly squatted and ducked my head. My hands grabbed a concrete support. A semitrailer with a sign 'Wide Load' transported a portable schoolroom. It rumbled past within half a metre of my body. The words of Jack O'Hagan flew through my mind: "no more will I roam along the road to Gundagai." My heart hammered like a pneumatic drill.

North of the town during road works along the weed-bordered, hazardous roadway my foot crunched on gravel and slid sideways. I stumbled and nearly brought about the splits. A slight soreness manifested in the groin. Minutes later a twinge of pain shot up the calf muscle from the Achilles tendon.

At Jugiong the next day, with just a hint of soreness I hummed along fluidly at 9kms an hour for four hours. I wondered about the Waco seige; the World Soccer Youth Cup. Grasshoppers bounced across the road; a snake scuttled into the scrub; a cluster of sheep grazed on the horizon and a cool breeze in the soft sunlight promoted an inner calm despite the injury. It was a moment in time that seemed to stand still. Then the lower leg swelled and a tinge of blue spread across the ankle. The pain grew and I limped up the hills.

Ultra-running is a sport where you thrive on risks and often spurn security. With the challenge of self-discipline and deep commitment I laboured towards Yass. At night I slept with the leg iced and elevated on a travel bag.

The tendon throbbed on the furrowed road near Lake George. I took two aspirins. Three hang-gliders manoeuvred their crafts perilously close to a clifftop in squally winds 20 metres above me. I waved. Here and there trees grew out of solid rock. I imagined the persistence, the energy, the heat that drove the trees past rock and stone.

Inspired, I ran slowly down the main street of Yass past buildings dating back to Queen Victoria's reign. Each footstep jarred the tendon.

An inner peace and harmony became disturbed south of Mittagong, near Cordeaux Creek, when I clocked up 1,675kms: A stabbing pain in the Achilles tendon like the cut of a blunt knife stopped me dead - only 65 kilometres from the finish line. I bent over with hands on knees and stared at the road: a bull-ant fell under a heavy load and other ants rushed helter-skelter to help it on its way. Brett and Darren rushed from the Tarrago and helped me to the safety barrier. The "Tony Bear" mascot, a gift for the kids at Stewart House, sat upright on the dashboard. Its beady eyes peered at the roadside. A crushed snake lay beside us. A hawk hovered overhead. The peace of the countryside was broken now and again by the scream of a truck. Nobody talked. I felt like Hemingway at Auteuil when his wife's horse Chevre d'Or lead by 20 lengths at 120/1 and fell at the last jump.

I was a mask of misery for 10 minutes. "Sorry fellas. It's all over," I said, breaking the silence. A look of relief spread across their faces. "We wanted you to stop yesterday," Brett said, "but we weren't game to say anything." Darren nodded: "We were worried you'd do permanent damage. You must think about the 1,000 mile and Colac."

Darren contacted Taylor's support crew by CB radio. Taylor's friend Alan, a man of pleasant countenance asked to speak with me. "Tony, this is terrible news. I'm really sorry to hear this," he said, with genuine concern. "It was a marvellous performance Tony." I thanked him. Brett notified Noel who was with the caravan further up the road.

A small crowd greeted me with warm and appreciative applause at Liverpool Plaza shopping centre. A young girl ran forward and handed me a letter from her schoolpals. She gazed at my swollen ankle: "Will you be able to run again?" I said yes after a rest. We posed for photographs. (Five weeks after the race the injury persists.)

I lay on the bed with my leg in ice in Liverpool's El Toro motel two hours later after media interviews. I propped two pillows under my shoulders and talked to Brett, Darren and Noel who embodied the standards of dedication, discipline and loyalty every day of the race. I told them that in 23 years of ultra-distance running I had learned to suffer setbacks. The race was an act of discovery. I was back to form with a personal best performance: 1,675kms in 224.5 hours at 7.46kms per hour. "Sometimes you have to lose a race to win it," I said. Noel reached out his hand: "Mate it was an exhilarating experience. It brought me back to basics; the things that matter," he said. "I'd jump at the chance to crew for you again."

With three glasses of red to the wind I faded in an alcoholic mist and slept.

Taylor broke the tape the next morning (Wednesday 24 March). The chill-hearted, disgruntled runner with no tact or delicacy used his few minutes of fame to criticise Melbourne meat pies, complain about my non-appearance and show contempt for the injury I suffered. He said to a reporter from the 'Liverpool Champion': "(Rafferty) could have crossed the line ... by crawling home." And to the 'Liverpool Leader': "You crawl on your guts if you have to." (Taylor pulled out of a 1,000 mile race with a "broken toe" at Granville in 1989!!!)

On Channel 10 television, the generally affable athlete with a quirky humour, and who before the race called me "a friend", displayed no sign of compassion, grace nor dignity. His caustic conduct intimidated a man running swiftly from fear. Darren said: "Tony you're nearly 54. He thought you were a pushover and he got a big shock."

Back in Melbourne I farewelled my support team. Brett turned down the car window before the drive back to Colac: "See you mate. When I'm 80 sittin' in the pub I can tell the young uns 'bout it."

TONY RAFFERTY. MAY 1993.

LIVERPOOL PLAZA ULTRAMARATHON - STATISTICS FOR TONY RAFFERTY

OVERNIGHT LEAD

Day 1 1km	Day 8 11.7km	Day 15 12.4km
Day 2 4km	Day 9 13.2km	Day 16 17km
Day 3 10.3km	Day 10 14.4km	Day 17 13km
Day 4 6.5km	Day 11 12.8km	Day 18 11.5km
Day 5 8.4km	Day 12 15.2km	Day 19 6.5km
Day 6 10.2km	Day 13 14.9km	Not Recorded
Day 7 12.7km	Day 14 18.7km	

DAY	HOURS	KM	PROGRESSIVE
Day 1	7 Hours	60km	60km
Day 2	12 Hours	78km	138km
Day 3	12 Hours	79km	217km
Day 4	11 Hours	73.5km	290.5km
Day 5	11.5 Hours	80km	370.5km
Day 6	12 Hours	90.9km	461.1km
Day 7	12 Hours	92.7km	553.8km
Day 8	12 Hours	91.8km	645.6km
Day 9	12 Hours	89.6km	735.2km
Day 10	12 Hours	89km	824.2km
Day 11	11.5 Hours	92.5km	916.7km
Day 12	12 Hours	89.3km	1006km
Day 13	12 Hours	87.5km	1093.5km
Day 14	12 Hours	85.9km	1179.4km
Day 15	12 Hours	88.9km	1268.3km
Day 16	12 Hours	96.7km	1365km
Day 17	12 Hours	90.5km	1455.5km
Day 18	12 Hours	95.6km	1551.1km
Day 19	12 Hours	93.8km	1644.9km
Day 20	3.5 Hours	30.1km	1675km

DAY 1 - RACE STARTED AT 12 NOON - 7 HOURS RUNNING

DAY 4 - BECAUSE OF DAYLIGHT SAVING POLICE SUGGESTED 11 HOURS RUNNING

DAY 5 - BECAUSE OF DAYLIGHT SAVING POLICE SUGGESTED 11.5 HOURS RUN

DAY 11 - COMPULSORY 30 MINUTE STOP AT TURN AROUND POINT IN MELBOURNE
(TONY RAFFERTY TOTALLED 1,675 KMS in 224.5 hours. HE AVERAGED 7.46KM/H
ON THE FIFTEEN 12 HOUR STAGES RAFFERTY RAN 1,339.2 KMS AND AVERAGED
89.28 KMS PER STAGE.)

LIVERPOOL CHAMPION 24/3/93 P.1

So near yet so far for luckless Rafferty



A REFLECTIVE Tony Rafferty talks of his disappointment to the Liverpool Champion.—
Photo: BRENDAN ESPOSITO

By FRANK COLETTA

WHEN Dave Taylor crosses the Liverpool Plaza ultra-marathon finish line about 10am today, spare a thought for the unlucky Tony Rafferty.

Rafferty, 54, led the Sydney-Melbourne-Sydney 1900km race all the way until the champion-elect was crippled by a strained achilles tendon not far from home.

The veteran long distance runner said he feared the worst six days ago going through Gundagai a second time.

"I felt a twinge then and thought it might be a problem," Rafferty said.

He said despite constant icing and a slowing of the breakneck pace, the injury took its toll.

They were running 12 hours and 90 kilometres a day.

Rafferty was five kilometres ahead when he pulled out of the race at Bordeaux Creek, 20 kilometres south of Mittagong.

"It never recovered and I could not hope to get over it because of the circumstances," he said.

Rafferty said Taylor took five kilometres off his lead on the day his achilles tendon began giving him trouble.

"I was 18 kilometres ahead and then it happened," he said.

Rafferty has run the gruelling Sydney-Melbourne course 13 times and had never had a problem.

"I can't blame it on the distance because I've done it so many times — I must have turned on a rock or something," he said.

"My mental strength got me as far as I did."

Taylor, of Appin, will cross the line at the end of 21 days on the road, after the run started at Liverpool Plaza on March 4.

Some get faster, some get slower, some get better, some get worse, but the one thing we all do is to get older. Getting older is OK when you're 20 or 30 or even 40, but once you hit the magic 50, then getting older is a rather serious business, as I have found out.

So let me relate to you my experience with getting older.

The Brindabella Classic, which is held down near Canberra, is one of those races that I really enjoy. I had a reasonable run in it in 1991. But I was sure that with a bit of dedication and application I could improve on that run and break the magic four hours for it. After all, it is mostly downhill.

I had run the Western States hundred miler back in June and had not raced much since, so by mid September I had made up my mind to get down to some serious training and really give Brindabella a shake.

I went back to my training log from previous years and worked on a programme that I thought would give me the best results for that type of race. So with ten weeks to go before the race I was doing 150k a week. I was doing a fairly long run on Sundays (+40k), a mid-week 20 miler (32k), the other days would be filled with a short run in the morning and anything up to ten miles in the evening, but at a good pace, including a track session of 400's once a week.

With three weeks to go I was feeling really good and was convinced that I was in for good one at Brindabella. My last long run was to be two weeks prior to raceday, but as I got to about 25k I wasn't feeling real crash hot and my condition deteriorated as the km's went by. Feeling absolutely horrid I was forced to walk the last few km's.

I put it all down to just one of those days, surely I was just having an off day, we all get them, don't we ?!

The Sunday before race day I ran with the Bushies at Club Challenge over at Lake Gilawarna, where we once again showed the Westies (WDJ&H) how to run a good 10k, as we stripped them of their title as best club in the Sydney region once more. My performance on the day was way below what I had expected after all that hard training of the previous months. I suspected that I was carrying a virus and decided to take a few days off running to freshen up for the big race.

Sunday morning, we head to the top of the mountain for the start of the Brindabella Classic. I was feeling good and fresh and was confident of a good run, after all I had done the homework, right ?!

Five K into the race my right hamstring started to cramp. What's going on ? ...this sort of thing just does not happen to me. I perservere, but as soon as I hit the first steep downhill I cramp up some more. So I back off. By 15k I was feeling so bad I started to walk, and from then on it just got worse and worse. I made it to the finish in over five hours, totally whacked. Still I don't wake up and I put it down to a possible virus or something like that.

As I normally do after a big race, I took a week off running, but when I try to run the following week my legs won't work. So I take another week off. So now I have not run for two weeks, but when I go out one morning my legs still won't work. I feel like you would feel the day after a hard 50 miler. I AM beginning to worry a bit. Why do I still feel so whacked ? The legs just will not work and I feel weak all over, it becomes a struggle to get up the stairs at the units.

Three weeks pass without any change to my condition. On top of all that I notice that my weight is dropping, and that's without any runnign what-so-ever. A need to see a doctor, I tell myself. I'm new in the area, so I check the phonebook for a doctor, make an appointment and go and see him. Big mistake that. Although my instincts told me that my condition was somehow related to my running I believed the good doctor when he told me that overtraining could never produce the symptoms I was having.

So it was off to do all sorts of tests, X-Ray of the chest, the stomach, tubes up the rear end and down the top, the works. Blood tests. All to no

avail. All results are negative. At least it looks like I will live for a bit longer. But I still can't run. It's almost Christmas and I had not had a run in nearly two months, but I'm not feeling any better. I eat like a horse in an effort to stabilise my weight.

Finally an old running friend (yes you can always rely on your running mates) who happens to be a doctor referred me to the Cumberland College of Medical Sciences (an arm of the University of Sydney). They put me through some stress tests and a Professor John Sutton, to whom I shall be grateful for ever more, takes a very good look at me. He seems to know his stuff, so I feel like I am talking to someone who understands athletes. His verdict: total muscle breakdown from overtraining. Although somewhat shocked, I am glad that finally someone has given me a reason for the way I felt.

So I went and checked all my training logs from previous years to see where I had gone off the rails. Nothing showed up that would indicate that I was doing more or harder training than I had done on previous occasions, so why break down now ? Then it dawned on me. There is one thing that I was overlooking I WAS GETTING OLDER !

So what have I learned ?...one, as you get older you have to allow for more rest and you cannot mix the hard runs and the long runs like you can in your younger days, if you run hard - don't run long, if you run long - don't run hard unless it's a race, otherwise the body will revolt;...two, if you do need to see a doctor make sure he/she knows something about athletes and the effects of stressing your body, most GP's know less about your body than you do.

Gladly, I can report that I am back running, slower, but wiser, so when you pass me in a race you run, be kind to me, and remember: I'M GETTING OLDER !
...but so will you, ha, ha...



Percy Cerutti Memorial 12 Hour Track Race 1993 finishers:
l. to r. (back row) Drew Kettle, Jacquie Taylor, Mike Grayling,
Jeff Visser, George Cormack, Bryan Smith.
l. to r. (front row): Adam Hillbrick, Peter Gray, Bob Sayers,
Bill Beauchamp. Congratulations!

STRENGTH ENDURANCE TRAINING FOR ULTRA DISTANCE RUNNERS

by Graeme Carey. BAF Club Coach

Reprinted from IAU Newsletter, Autumn, 1992

During the winter when long and ultradistance runners battle vainly against the elements to lay down their LSD endurance base, their more enlightened middle distance counterparts can be seen working out in a warm, inviting gym. They are not just taking shelter from the rain and snow, but through circuit training and weightlifting are developing strength endurance-the ability to apply muscular force over a period of time.

For endurance athletes, the advantage of increasing this strength and the duration it can be continuously exerted are obvious. In addition, the often neglected-but extremely important-upper body muscles are developed. A strong upper body is essential for maintaining a correct posture-which makes one's running more biomechanically efficient and helps to prevent injury-and for running up hills and sprinting more efficiently.

I am only too aware that running 100 or more miles per week leaves little time for social activity and domestic responsibilities, let alone yet more training. However, one can overcome this by substituting indoor strength endurance training for the two shortest evening runs of the week (as long as they are at least 48 hours apart). It is my contention that the benefits of incorporating strength endurance training into one's winter programme greatly exceed the drawbacks of reduced weekly mileage.

Weightlifting is regarded as being more advanced than circuit training, but if performed properly and regularly, both provide similar benefits and it ultimately boils down to the athlete's preference. Sebastian Coe, for example, was a great believer in the efficiency of circuit training, while Steve Ovett preferred to develop strength endurance through weightlifting. The two methods can be mixed and even combined within a particular session but it is suggested that two to three sessions per week of about one hour's duration (preceded by warming-up and stretching exercises and followed by a warm down) will provide maximum benefit.

The advantage of going to a gym is that you will be motivated to do well by the presence of others and will be less likely to stop when the going gets tough. The disadvantage is the cost and time spent travelling to the gym. However, both circuit training and weightlifting can be performed at home, and here circuit training has the big advantage of requiring little, or no, equipment.

A training schedule must be tailored to meet each athlete's individual needs. However, the aim should be twofold: to increase the number of repetitions, sets and circuits while decreasing the recovery time between each exercise.

Strength endurance can be developed outdoors through cross-country running, beach running and repetitions. The strength endurance developed by the athlete during the winter provides a solid base for the speed training which makes spring such a delight.

Hierarchy of Strength Endurance Training Methods.

1. Weightlifting
2. Circuit Training
3. Home based personal exercise plan (combining elements of the above two).
4. Cross country/sand/hill running
5. Base physical activity (running, cycling, swimming etc)

The level one enters the hierarchy depends upon the athlete's age, fitness and the endurance demands of his/her event. The younger, fitter and shorter distance athletes will enter at a high level. However, all athletes should aim to work their way to the top of the hierarchy. Once the athlete has achieved all he/she can at the highest level the object will then be to work down towards the base activity, noting the improvement in performance at the lower levels.

Strength endurance should ideally commence at the beginning of November and continue through the winter until about one month before the first race of the following spring. Performed properly and with an adequate recovery between sessions, strength endurance training is a most effective means of becoming a stronger, faster athlete.

Finally, and by way of a postscript, I would just like to say a few (cautionary) words about phylometrics. This form of training has been around for a few years and articles regularly appear in running magazines extolling it's virtues. Phylometric training, which basically consists of bounding and jumping drills, contributes to the dynamic strength (power) and is therefore of great benefit to sprinters, track cyclists and olympic weightlifters etc, but endurance athletes ????. One or two phylometric drills incorporated into gym based circuit training won't do any harm, but regular training will greatly increase the risk of injury without developing the type of muscle fitness appropriate to long and ultra distance running.

I have mentioned phylometrics because it is easily confused with more advanced strength endurance training methods (the two frequently get lumped together under the general heading: "exercises-other"). However, circuit training and weightlifting help develop the specific muscle fibres needed to run long distances, while having a low risk of injury.

Editors Note. Seasonal variations will alter the specific months of the training described in this article. They will depend upon the country of the athlete concerned.

AND NOW FOR SOMETHING COMPLETELY DIFFERENT

One of our mates at the 1993 National Running Week at Thredbo offered to write an article for us subsequent to an interview with a top Victorian endurance horse rider. Some parallels can be drawn and some aspects show sharp contrast between the sports of endurance horse riding and ultra distance running. Many thanks to Vin Martin for this article.

ENDURANCE RIDING - ULTRA RUNNING FOR HORSES

In 1988 and 1989 Shirley Kowalski on her horse, Aaron, won the Victorian State Championship in light and medium divisions of endurance racing. This award is assessed on performances in a series of races of approximately 80km or more conducted over Victorian mountain ranges in North-East Victoria, South Gippsland and Western Victoria. Shirley shared with me her thoughts on the training and care of horse and rider in response to the sort of questions one would ask of an ultra runner. Cheryl Clegg who raised Aaron through his formative years also contributed to the information below.

As you shall see, endurance riders have thought long and hard (for both themselves and their horses) about the issues of nutrition, injury, training schedules and lifecycle that runners contemplate, but on some issues they arrive at surprisingly different answers.

Endurance Riding is widespread

Endurance riding is conducted throughout Australia and in such countries as Britain, Spain, Canada, U.S.A. and New Zealand. The Victorian Association has approximately 400 members, and the corresponding clubs in Queensland and New South Wales have greater numbers.

The usual distance for races is 80 kms with the occasional longer race of 160kms. The shorter of these races takes 4 to 6 hours to complete and the longer race in the vicinity of 12 hours.

Lifecycle

The best endurance horses are generally *arabs*. Typically, riders look for horses with no obvious physiological weaknesses.

The age of a competitive endurance horse is likely to be between 8 and 13 years but some continue longer until, say, 16 years of age. In the first 5 years of a horse's life Shirley would impose no special training and between ages 5 and 7 ease the horse into long non-competitive trail rides and perhaps enter dressage or equestrian events but no endurance races just yet.

In Shirley's view, a happy, relaxed upbringing provides the best chance that a horse will have the right mental attitude towards racing and, for example, be less likely to throw in the towel in the later, tougher stages of a 160 km event.

Training throughout the year

The racing season can extend from February to November. Shirley's approach is to rest the horse over the summer break and to use the early season races largely as training runs. Her rivals would often race their horses hard at this time to gain early points only to find their horses wilting in mid year when Aaron would be in his best form.

Apart from the summer break, Shirley's horse would be trained all year round on a daily average of 19kms. Hard days alternate with slow runs, and a weekly 50k training run is incorporated when there is no race scheduled.

A day's rest is earned after a hard race but by Wednesday after light exercise Aaron would be ready to train again. The days preceding a major race would also entail only light exercise.

As for their own fitness, most endurance riders rely upon the general conditioning obtained by tending to the horse each day. However, some riders run alongside their horses during races to ease the weight burden for the horses. These riders will probably have undertaken some training for this purpose.

Diet

There is definitely no carboloading on the days before a race as overfeeding a horse can induce cramps, allergic reactions or other digestive problems.

More generally, an endurance horse's diet consists of grains and chaff excepting any particular varieties to which the horse may be allergic. Some horses with fast metabolic rates will eat more food than others.

The endurance rider's diet is also a consideration. Shirley takes no particular foods with her on races but she is particular about maintaining fluid intake, her favourite drink being Glucozade. Some riders however do experiment with large breakfasts and so on.

Liquids

Sipping water from streams during the first half of a race would help Aaron cope with heat later in a race. Excitable horses which run fast at the beginning and then gulp water later can get stomach cramps or worse. Drinking large quantities of water is not recommended for horses at any stage of a race.

Shoes

Shoes are the bane of the endurance rider's life (or, to be precise, the horse's life). The long miles demand more frequent shodding than for the average horse and the horse's hooves can crack or splinter. Shirley believes this is an area where modern technology could play a useful role.

Injury Risk

In recent times steps have been taken to reduce injury risk to the horse. Good health plus completion of 2 or 3 56k training rides and then a further three rides of 80k are required to prove the horses's eligibility for racing. This is to ensure that the horse has been properly prepared.

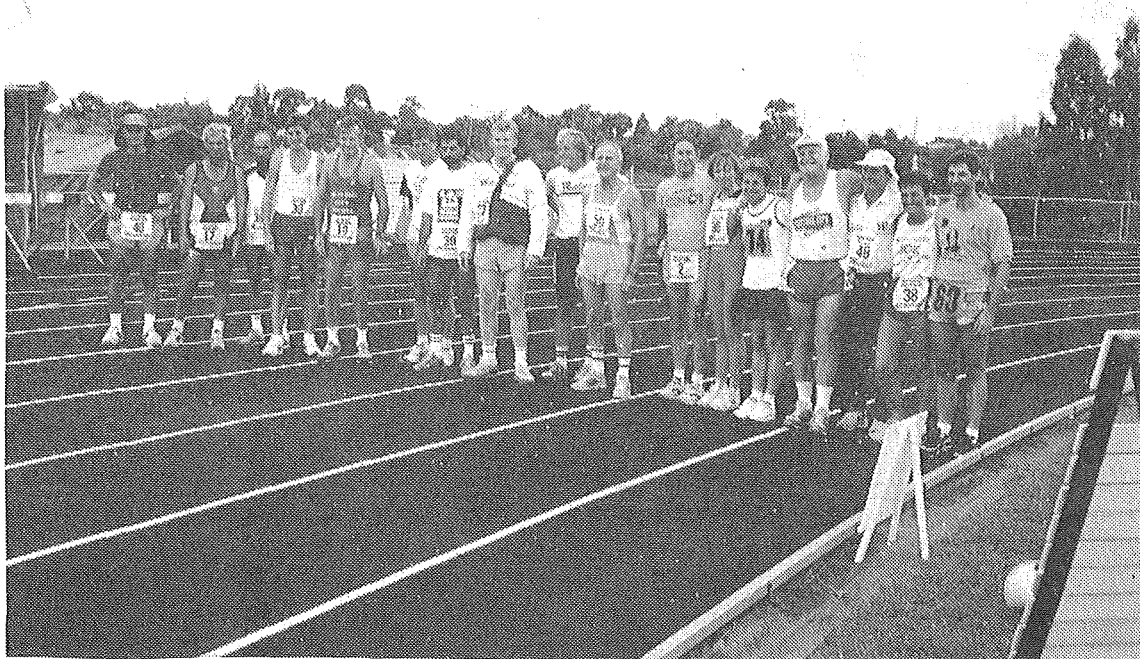
Life after racing

When a horse's racing career is over the horse can remain healthy up to 30 years of age. Shirley no longer races Aaron but they still enjoy the occasional long ride together. Unlike the punishment veteran runners put themselves through there is thankfully no such class of endurance racing. Shirley has no intention of racing Aaron again although she fancies that he could be trained for the odd race. She feels that Aaron has earned his "retirement".

As for Shirley's own racing there are no immediate plans but then she currently has this other horse aged 4 years and in the not too distant future...

Information

For any further information on endurance riding phone Jack Boswell(President), Victorian Endurance Riders Association (059 432218).



Dot's 6/12/24 Hour Track Race at Coburg, February, 1993
17 starters in 3 races - NOT ENOUGH!!

IS THE FEMALE OF THE ULTRA SPECIES TOUGHER THAN THE MALE?
by Andy Milroy

Reprinted from IAU Newsletter, Winter Edition, 1991

One of the most interesting developments in Ultrarunning in recent years is the number of times that women have won races outright. This phenomenon seems to be limited to ultras; at 10km and the marathon men reign supreme. This prompted me to attempt an analysis of the possible reasons for the female successes.

Way back in 1971 American Natalie Cullimore amazed the then totally male dominated ultra world by clocking 16:11 for 100 miles, finishing second in the race, and producing the fourth fastest time ever by an American-male or female. This performance, allied to the perception that many elite women runners still looked fresh at the finish of marathons and ultramarathons, prompted Dr Joan Ulliot and Dr Ernst van Aaken to suggest that women were innately better suited to long distances than men. The theory was that women were better at metabolising fat than men, after their glycogen stores were depleted, and moreover also carried greater fat stores than men. In other words women had a better engine and a bigger fuel tank than men. However in 1979 David Costill showed that in fact women's ability to metabolise fat was actually inferior to men's. Other studies have shown that women's greater fat stores can count against them. On average women are fatter with less total muscle mass than men of equal body mass. So why do the women keep on winning ultra races outright?

First lets look at the type of races women are winning. They range from 12 hours to 6 days, with the 24 Hour event being the main focus. Thus it is the more extended endurance events, those not dominated by sheer speed, in which women excell vis a vis men. Yet, if one looks at the world bests for these events, the difference between men and women is generally greater than the 9 to 11% which is the norm for events from the sprint to the marathon. (This greater difference is probably due to the fact that women have only been running such events competitively for some fifteen years). Thus for women to win these ultra events, their elite male opposition have to produce sub-standard performances. In other words in these events women are better COMPETITIVELY than their male opposition. Why?

One key to the success of women is their better tactics- they pace their races better. Dr Karl Lennartz has commented that in ultra races most male runners start too fast. Women generally run their races differently - in 100km races for instance the difference in pace between the first and last 10kms is minimal. There are even female ultrarunners who run faster during the second half of the race. Intellectually male runners know that even pace is the best strategy, so why don't they use it? The answer can perhaps be found by looking at the 24 hour race worldwide. Last year among the most successful 24 Hour performers were two 50 year olds (162 miles), a 55 years old (155 miles) and a 60 years old (149 miles). Why should such older male runners be so successful, beating younger men who on physical tests would almost certainly be faster and stronger?

Perhaps the question we should be asking is what such older runners have in common with female ultrarunners? The answer possibly is that, compared with the average male ultra-runner of 35-45, they have lower levels of testosterone- the male sex hormone. The higher testosterone levels in the younger male

ultrarunners makes for more aggressive, more competitive behaviour- just about the most counter-productive attitude in any long ultra. Perhaps it is much easier for women and older men to start a race at a sensible speed; they don't have chemicals in their blood forcing the pace.

Pacing the race better is one strand but I suspect that women have other advantages as well. Van Aaken and Ulliyot's idea of a better fat mobilisation and greater fat reserves is worth looking at again. Women may not be able to use their fat more efficiently than men but in long races of 6 days or more their greater stores would seem to give them a built in advantage!

The larger reserves of subcutaneous fat that women have has a further advantage- it gives them better insulation. The longer the ultra the greater the likelihood that there will be big variations in temperature and climate generally. Women are better protected against such variations than men. A classic example of this was in the Blackpool 48 hours held in November 1988. A field of top British male 24 hour and 48 hour performers faced a group of top women. On the first night the temperature dropped to -2 degrees centigrade, on the second night to zero degrees. (It is probably no coincidence that James Zarei, perhaps the male with the least subcutaneous fat, who is very susceptible to cold, was the first to retire within the first 10 hours). In that race women finished 1st, 3rd, 4th, 6th, and 7th. The leading lady, Hilary Walker, ran 227 miles for a new 48 Hour best.

Cold is just one of a host of variables that may have to be faced in the course of a long ultra. Although speed, strength and running endurance are still important factors, another major asset is the ability to handle prolonged stress, both physical and mental. Many studies have shown that women cope better with stress than men. (Classic examples of this are the Donner Party Wagon Train in the nineteenth century and the Siege of Leningrad in the last war). Possibly this ability comes in part from the female's need to cope with the prolonged stress of childbirth. In past centuries women unable to cope with such stress would not have survived, nor in probability would their offspring. Thus evolution over generations has discriminated in favour of stress-resistant women.

Studies of mental and psychological stress have also shown that women cope better than men. In my experience in long ultras men are more likely to quit if things go wrong, whereas women just keep going.

Having hopefully made a case that women's success in ultrarunning is due to better tactics, better insulation and a greater ability to deal with prolonged stress, there is also another reason why women win ultras outright. Often the woman runner is the class athlete in the race, she is not opposed by a male athlete of equivalent ability. Eleanor Adams, Ann Trason, Hilary Walker, Sandra Barwick and Marianne Savage have all won ultra races outright. All of them at one time have set world bests.

Men depressed by finishing second to the fair sex should be philosophical. In the greatest ultra of them all-Life- women consistently achieve greater performances, outliving their male peers. Basically they are just tougher.

HOW SPORTS PSYCHOLOGY CAN MAKE YOU A BETTER RUNNER

Part One- Using Relaxation To Control Pre-Race Stress

By Graeme Carey- BAF Club Coach

In a previous newsletter I jotted down a few ideas by way of an introduction to sports psychology. In this article I wish to expand upon one of the themes touched upon last time-competitive state anxiety; or, in plain English, pre-competition nerves. State anxiety is a term used to describe the type of anxiety caused by the perceived threat of an unfamiliar or demanding situation or event. In contrast, trait anxiety, is the product of an individual's personality and is, therefore, more enduring. In this article, I hope to show how relaxation, which is just one of several stress management techniques available to the sports psychologist, can be successfully used by athletes to overcome, or at least control, the negative effects of pre-competition nerves.

The autonomic nervous system controls all of the so-called automatic functions of the body. There are two main branches and as they are concerned with different functions they often work in opposition to each other. The sympathetic system is responsible for the 'fight or flight' syndrome which prepares the individual for action by causing an increase in respiration, heart rate and blood pressure etc. On the other hand, the parasympathic system is concerned, among other things with psycho-somatic (i.e. mind-body) relaxation.

Stress causes both mind and body to become aroused. A certain amount of arousal is necessary to perform a difficult or unfamiliar task. Too much, however, is counter-productive as it can cause debilitating levels of mental anxiety and muscular tension. Unfortunately, there is no in-built regulator which activates the parasympathic system to prevent an 'anxiety overload'. But learning to relax can help to control the symptoms, both physical and mental, by balancing the two systems, thereby keeping arousal at a level which works for you rather than against you.

The response to stress is problematic. It can either be cognitive or physiological or a combination of the two. It is important to make this distinction because the particular type of anxiety a person experiences will determine the type of stress management technique most appropriate to that individual. However, the most commonly used general purpose method of reducing stress is relaxation, possibly because it is easy to learn and takes up so little time.

There are two types of relaxation: 'passive relaxation' which calms the mind, thereby relaxing the muscles and the more active 'progressive muscular relaxation' which works on the muscles through the action of alternately tensing and relaxing them.

Although this can in turn pacify the mind, as will be explained later, this is not the primary objective. Both passive relaxation and PMR can be practised at home or anywhere quiet and free from distractions, but PMR is also useful in enabling the athlete to reduce muscular tension immediately before, or even during, a race without becoming too relaxed. Remember, for optimal performance, a reasonable amount of arousal should be experienced before a race or hard training session. Too little can be as dysfunctional as too much.

If you are interested in learning relaxation skills, the only cost will be 15 to 20 minutes of your time each day. The odd day can be skipped here and there. However like all skills, it must be practised regularly and you should make this commitment before embarking on a programme. In terms of time management, I would suggest that you incorporate a relaxation programme into your schedule so that it becomes a regular part of your daily routine. It can be practised virtually anywhere and at any time so finding those daily 15 to 20 minutes should not be a problem. If pushed for time 10 minutes is better than nothing.

Passive relaxation is an essential part of many of the psychological techniques used by sports psychologists such as imagery training, concentration training and developing self-confidence. Here the aim is to gain access to the unconscious mind thus making the athlete more receptive to suggestion. But used as an end in itself, passive relaxation promotes a state of calm which helps overcome tension and anxiety.

The environment in which one practices relaxation is extremely important, especially in the early stages before the mind has learnt to ignore distracting stimuli (especially sounds). Attempting to relax in a room full of children, for example, is not recommended! The following is a check list of the preparations required for successful relaxation:

1. loose, comfortable clothing and footwear;
2. a warm, well ventilated room;
3. a comfortable chair; and
4. slow soothing music (optional)

Most important, however, is a positive state of mind.

Sit in the chair (you can lie on the floor if you prefer, but try not to fall asleep), close your eyes and concentrate on your breathing. Imagine the air you are inhaling being drawn into your lungs and, from there, circulating around your body and making you feel more relaxed. Put a colour to the air you breathe out and imagine that on every exhalation a small amount of tension is being expelled again making you feel more relaxed.

After a few minutes concentrate your attention on your facial muscles, the muscles around the eyes, cheeks and jaws, and attempt to get rid of any tension you feel. When these muscles are relaxed, let the feeling of relaxation spread up to the forehead and across the scalp into the neck and shoulder muscles. This is an area that should not be rushed because we tend to hold a lot of tension in these muscles. Next, move to the arms and hands, followed by the chest, back, stomach, buttocks and finally the legs and feet. You will probably wish to spend some time working on the legs. Instead of attempting to relax them as a whole, concentrate on individual muscles.

Finally, concentrate your attention on the whole body. Are there any muscles you have missed? Is there any tension remaining? If so spend a few moments working on these areas. If it helps, picture the tension as a coloured vapour and imagine it dissipating into the air around you and leaving you more relaxed as it does so. This 'body scan' will probably take about 10 to 15 minutes to begin with, but a lot less with regular practice. To come out of relaxation simply clench and open your fists and then open your eyes. Passive relaxation is an ideal way to wind down after a hard training run or race.

Developed by Dr Edmund Jacobson, progressive muscular relaxation involves tensing and then realaxing an individual muscle or group of muscles. The idea being that, by going from one extreme to the other, the depth of relaxation can be increased. If it is practised in an asy chair, PMR can be used to relax both mind and body. However the great advantage of PMR to athletes is that:

- a. practised regularly, it enables isolated areas of pre-race muscular tension to be dealt with quickly and effectively and
- b. it can be used to control upper body tension during a race (* see note below).

The idea is to tense each bodypart in turn for about 5 to 7 seconds and then fully relax it for 30 seconds before moving on to the next one.

I have attempted in this short article to describe a practical means of controlling pre-race nerves. Passive relaxation, which is a commonly used stress management technique, can help people become more relaxed and better able to cope with the stress and strain of daily life. PMR on the other hand, is more, though not exclusively, sports orientated and can be utilised immediately before a race to control muscular tension.

* Note. Due to the risk of cramp or more serious injury it is not advisable to attempt to relax the leg muscles in this either during or immediately after a race or hard training run.

PER'S STORY

IAU Newsletter Summer Edition 1991

We had two 24 hour events in Norway in 1990, both outstanding, each in its own way. Both events had two things in common, they were solo runs and they took place on a track. Apart from this they were very different indeed.

On June 4th, 57 year old Torleif Rekkeboi, who in July 1989 had run the 541 kms from Trondheim to Oslo in 3 days 8 hours, ran a marathon in 2.55. Three days later he ran a five miler in 30.30. The next evening he covered a half marathon in 1.20.04, got into a car and drove some 200 miles during the night to participate in the famous Mountain Marathon. He got just one hour of sleep and finished the marathon in 3.06.

The following Saturday he again ran a marathon, this time in 2.50.31. Three days later he finished another evening marathon in his home town of Trondheim in 2.51.05.

One would think that this series of remarkable performances should have killed any normally equipped runner, but for this training maniac- he runs between an hour and one and a half hours every morning and between two and two and a half hours every afternoon, besides competing every weekend- this was just a warm-up for his 24 hours event which took off at 19.45 on June 21st, on the stadium of Norway's leading soccer team.

Rekkebo was running very evenly. He went through the first marathon in 3.29.05, the first 100km in 8.55.23 and 100 miles in 15.08.59 before he started to slow somewhat down. During the last few miles he was enthusiastically cheered by approximately 20,000 soccer fans on the terraces, waiting for the kick-off of a first division league match at 20.00 hours. How many of these soccer fans who became ultra-distance fans is hard to say, but I doubt whether any ultra-runner has had an attendance like this in this century?

Well anyway, Torleif Rekkebo had covered 240.646 kms when the 24 hours were at an end, a brilliant new national record, and probably one of the best performances in the world in his age group. On the following Sunday he jogged through 20kms in 1.22 just to show that the "oldie" hadn't lost his kick!

The other 24 hours event is a story with a perspective far beyond the realm of just sport. It is a story of fighting spirit, a story of courage, a story of love....

The 38 year old Oddbjorn Lomunddal has been running marathon for years, and has a personal best of 2.25. But he has never tried running an ultra. He is a practising physiotherapist, and in this capacity he met the 11 year old Sigbjorn in the Spring of 1990. The little boy was cancerstricken and no treatment seemed to lessen his pain and suffering. Then he came to Oddbjorn to get some physiotherapy, and the two sportsloving "boys" soon found themselves on the same wavelength. The young Sigbjorn confided his hopes and dreams to his adult friend- he wanted to travel, he wanted to run and play, he wanted above all, to be strong and healthy! The runner and physiotherapist was deeply moved by his little patient, and did everything possible to help him, trying to save his tiny life. But the vicious and evil disease was not to be stopped, and two weeks after celebrating his 12th birthday, Sigbjorn died peacefully at his home.

Oddbjorn was knocked down, but not knocked out! When he heard the terrible news of his young friend's death, he promised to do something for other cancerstricken children- he wanted to collect money to give cancersuffering kids an opportunity to travel, to have some fun, to enjoy -as far as possible- their life!

But how could he get any money? Then the idea struck him: He would run a charity 24 hours event in his home town, Kristiansund, hoping that the young people of the town would be willing to pay for each lap he was going to cover. He promised to run 500 laps, or 200kms- in itself not a world class performance, if considered from the experienced top level runner's point of view, but a formidable and frightening task for a man who had never run beyond the magic marathon distance.

He got some good and reasonable advice from an experienced ultra runner friend, but a good advice is after all nothing more than- just a good advice! The real thing is something quite different, which our hero was to find out in the most dramatical way!

He started his lonely run at 18.30 hours on Thursday the 25th of October on a very icy and slippery track. Weather conditions were far from favourable, a cold rain, a chilly wind and fog prevailing.

Oddbjorn took off optimistically as first-timers usually do, keeping an even, just below 5min/km pace. The first marathon was covered in 3.20.32, but already at this point he began to realize the sheer madness of the obligation he had placed on his shoulders. People on the track-and there were people there all the time -could not see him across the track, owing to the dense fog. The icy surface made his running difficult, forcing him to change his ordinary gait, which in the end, probably was the cause of the serious injury he gradually and hardly noticeably developed. The humid weather made his clothing wet and cold, and he was compelled to change more often than he had planned to.

100kms was reached in 8.39.36-an outright unbelievable feat under the prevailing conditions! Any athlete capable of running 100kms in 8.39-on a good day-is justified in considering herself/himself an outstanding ultrarunner. And here we have this man running under conditions no sensible man would care to leave his house in, much less consider trying to run 500 laps on an ice-covered, wind exposed track. And why was he doing this?

For Oddbjorn Lomunddall this race had become a battle of survival, a battle of honour, a battle of mind over matter! He was already suffering, his aching body-which was not prepared for this-wanted to give up, but deep down in his mind, in the area where the frontier between consciousness and unconsciousness is hardly discernible, he seemed to hear a voice urging him on: "Come on, ccome on, think of little Sigbjorn!"

And the mere thought of his little friend, who had so courageously fought against his merciless destiny, gave the exhausted runner the will to continue this uneven match, where all the odds were so definately against him! All odds but one, his undefeatable will to fulfill his obligation!

So, on he goes, defying the pain, the tiredness, the suffering. At 3 o'clock in the morning something quite unexpected happens. The vocalist of one of the most popular bands in the country "Dance with a stranger", Oyvind Elgenes, arrives at the stadium. Without the support of his band, he performs the song "Keep on Running" to honour the hero of the night....

And on he goes, doggedly, stubbornly.

An old injury in his left leg returns, and the pain he has felt up to this point is just peanuts to what he will be going through during the last part of this incredible run. Fortunately, he did not know what expected him. The doctor who was present during the run, told him to stop, but understanding that Oddbjorn had no intention whatsoever to consent to this very reasonable advice, he gave the tenacious runner a pain-killing injection. It did not help, but still Oddbjorn refused to retire. He just told his handlers and the medician that his little friend had suffered the hell of a lot more than any runner ever would suffer during any race- and returned to the track.

When he no longer was able to move his left leg, he asked that an elastic string was tied around his left thigh. In this way he could pull his leg forward by using his hands. He could no longer run, but somehow he managed to keep moving. He was, however, forced to take breaks at intervals, partly to relieve his injured leg, partly to put on dry clothes.

He kept his solemn promise. 500 laps was reached with just two minutes to go, and about 400 supporters on the track gave him the really big hand. They had been there all through the run, school children who had collected money to buy 90 laps, friends and colleagues, workers, athletes of different sports- and the sisters and mother of his little friend, Sigbjorn, whose illness and death had made a top trained runner to look at his running from a new and different angle.

200kms is not a world class performance, it is not even a national record. But those 500 laps run by Oddbjorn Lomunddal at the end of a cold and wet October represent more than 500,000 kroner, or the equivalent of about £45,000. And not even the best ultra runners in the world have ever won prize money like that.

Oddbjorn Lomunddal is one of those fortunate people that are healthy and able to play and run. He is grateful for that, so grateful, actually, that he was willing to gamble his legs and health to help some of those less fortunate than himself.

In his home town there are lots of people who admire his legs of steel, and love his heart of gold!

Per Lind
Toso
Jevnaker
Norway.

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From the Big Apple: The Belly Dance of Running &

Reprinted from "Ultrarunning", May 1993

by Nathan Whiting

Belly dance is the Middle Eastern dance where one wiggles their hips and shakes the tummy. Running is just going straight ahead and not wiggling the hips very much. Actually, on a small and subtle scale, the runner does the motions of belly dancing. The hips do move and the belly shakes. Being aware of how and why these areas move can give us some insights as to how we can run better and tire less. The longer we race, the more we discover how *deep* running is. The hip and stomach area is the deepest part of the body. It contains important bones, joints, muscles, nerves, and organs. Most runners are very aware of their legs, their arms and shoulders, and their lungs and heart, but know very little about the area in between. This month I will talk about what comprises the hip and stomach area. Next month I will get into how it moves as a coordinated whole: the small, lovely dance which occurs.

I would suggest you get out a picture atlas of anatomy if you have one. If you

don't have, it would be a good idea to look for one in a bookstore or library. There are some attractive and easy-to-read ones available, but they aren't easy to find. A runner's library should contain one so you can see what is involved if injured, and so on.

We're all thin enough to feel the pelvic bones which extend from the two bones we sit on at the bottom, to the *crests of ilium* at the top. The pubic bone sticks out in front just above our sex organ. The *sacrum* sticks out in back. The big leg bone, the *femur* attaches from the side, about a quarter of the way up. The leg bone does not go straight into the bottom of the hip bone. It comes in from the side at an angle and attaches with a round, ball and socket knob. The leg hangs at a slight angle, not straight down.

From almost every part of the complex, oddly shaped arrangement of hip bones, there are muscles which attach to the top of the leg (most to the lesser or greater trochanters which are knobs at the top of the femur). There are strings of muscles, fans of muscles, long muscles, and very short ones. Some are on the outside of pelvic bones. Others cover the inside like a web, or reach

through holes. They come from every angle and leverage to make adjustments in the stability and direction of the legs. They provide power, a great deal of power. Probably the best two-legged runner on earth is the ostrich. Ostriches have almost no leg muscles, it's all in the hips.

The hip muscles, the only ones we are really familiar with, are the *glutius* muscles on our rear ends, which often get very sore on a run because we tense them too much, and don't relax them as efficiently between steps as we do the leg muscles. Practice at relaxing "the glutes" can increase their efficiency and ease the pain, a task for the boring miles.

The most powerful of the hip muscles is the *psoas* which reaches deep into the body from the tops of legs and attaches to the spine below the diaphragm, like the rubber bands of a slingshot. The *psoas* is as important a running muscle as a hamstring or the quads. Because the interior muscles lack pain nerves it doesn't tend to hurt, so we don't notice it. It does tire and is a major reason why runners tend to sag forward late in a race.

Why should runners not sag forward, or sideways, or back? A very good reason is that the lower spine, which rises from the hip bones, sends out many nerves, including the nerves which coordinate the legs. These nerves must pass between the bones of the spine. What gives the nerves room to pass

between the bones are jello-like pads. If the spine is bent in any direction, the pads can be flattened unevenly or pushed to one side. Running is very jarring to the lower spine. If the pads become too thin at any one place, the bones will meet and put pressure on the nerve. While a nerve crushed in this way may or may not be painful (since they are motor, not pain nerves), its effect on the muscles and organs can be profound. Spasms, or chronically stiff muscles will occur if the pinching excites the nerve. Sudden weakening or deadening of a muscle or organ can occur if the nerve is cut off. Good running posture is important. If these symptoms seem familiar, especially a group or line of muscles that remain sore for a week or more, it is important to become aware of how your body is being used, not only when running, but all the time. Relaxing the back as well as not slouching is important, but the process is complex.

Organs are seen by most people as a lot of mush arranged splendidly by God inside our bodies. In fact organs are mostly muscle. They have to be strong to hold their places in the body. They also have a role in holding our bodies in place. The digestive system is also like an ostrich. There is a mouth, then a long tube to the actual "body." Active (not resting) inside our pelvic area are the intestines, long, long intestines. It is interesting that the organs closest to our legs (beside the sex organs) are the digestive organs. While

all runners know lungs tire easily and cause us to slow down at times, most of us have adjusted our paces and see lungs as an asset. A few of us are bothered by our hearts.

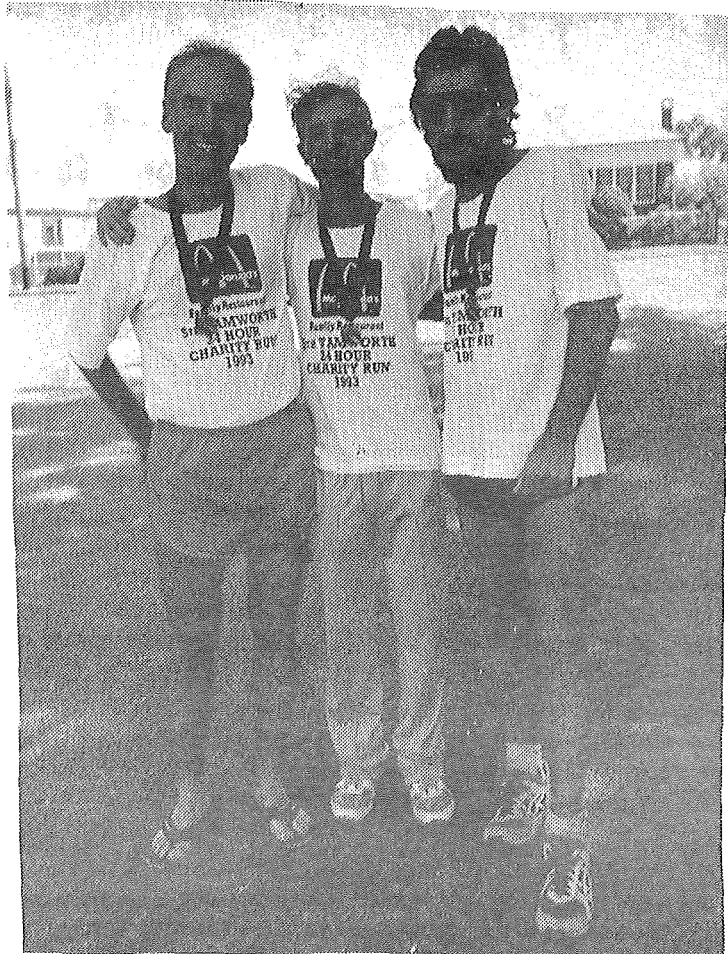
Yet, admit it, some of the biggest adventures we've had in races have been with our digestive system. The intestines absorb water and fluids, must deal with whatever food we suddenly pop into our mouths without chewing, and eliminate waste; all while avoiding being flattened to a pancake as we thump along. They help to hold us erect and anchor the effort to push our bodies forward. They have to compete with the demanding legs for blood. They have several valves which must open *and shut* efficiently while being jarred and irritated by certain foods. (Lettuce and peanuts are the worst to valves, yet many races serve peanut butter sandwiches as a snack.) An open valve will weaken the body profoundly. If food goes the wrong way, it subtly poisons us. If water and food go through too quickly (or if we throw up), we have diarrhea and dehydrate. If we forget to eliminate wastes and are perhaps dehydrated, we become constipated and the system clogs up. The large intestines absorb water and won't work if full.

If our upper body sags, we can crush the intestines and pinch off the flow of fluids or interfere with a valve. If we breathe too fast and deeply we can shake the system to hysteria. (The diaphragm rests on the stomach and pushes against it.) If we breathe too

slowly the stomach will not get its massage and stimulation from the breath. If it's hot, the intestines are the hardest area to cool, as the body is thick there and the blood tends to go to the surface. If we pour down ice water we stun the stomach. There have been races where I have followed every gulp of food or fluid through every inch of the route, carefully breathing into the areas of problems and pleading: please let me have these nutrients.

Another organ in this area is the kidneys. They are a little below the middle of the back, on both sides of the spine. In Chinese medicine, kidneys are closely related to the knees. The large psoas muscle attaches to the spine in the same area. Runners have enlarged psoases in the same way they have enlarged hamstrings. We also have less of the fat that protects the kidneys and holds them in place. If the psoas rubs against the kidneys and irritates them, knee problems are very likely to result. Since the kidneys are far from the knees, we do not expect them to be a problem. Western medicine is not especially aware of the problem. If you suspect your knee problem comes from the back area, or can find no other cause, you might look for a practitioner of Chinese medicine or advanced Shiatsu therapist.

I have given here a lot of disperse information about the hips and stomach area. Next month I will try to explain how it all moves as a unit, a very basic dance.



Tamworth 24 Hour Race: l. to r. Ralph Bristow, George Cormack, and Bryan Smith. Event sponsored by MacDonalds.

Nobby's Great Walk around Australia

We have finally got rid of Nobby Young - at least for nine months anyway! Nobby departed amidst great fanfare on 28 February with some 30 to 40 Striders walking with him across the Harbour Bridge.

To help Nobby achieve his fund-raising goals, Steve Cornelius has some great ideas for making a few bucks for the Life Education Centres (the charity which will benefit from Nobby's Herculean effort), as well as providing a way for Striders to send messages to Nobby as he makes his way around the Continent.

And if you want to know how he's going then why not give him a call. I spoke to him in Newcastle on Tuesday night on his mobile phone (018-296 787). He's right on schedule and would love to hear from you but please don't ring him until after 7.00pm.

SORE FOOTNOTES

NOBBY NEWS

Now that our old friend Nobby Young has made a start on his ambitious 15,000k walk around Australia, Steve Cornelius has thought up a couple of ways to raise a few \$\$\$ for Nobby's nominated charity, Life Education Centres:

Nobbygrams

Send your personalised message to Nobby while he's out there on the road, and help Life Education Centres at the same time.

Most weeks, at STaRs and other Club events, Steve will have a dozen picture postcards for sale. They'll be pre-stamped and pre-addressed to Nobby, and you'll pay the cost of the card and stamp plus two dollars.

Write your personal message to Nobby, hand it back to Steve who will ensure it is mailed in time to reach the tenacious little bugger at some little town along the way, and your two bucks go to the worthy cause. Every postcard will have a picture of Sydney on the front, so our man doesn't lose sight of where he's headed!!

Result: Nobby receives 250 separate morale-boosting personal messages at 100 or more different places along his 274-day walk; and Life Education Centres get \$500.

The Great Leap Backwards

On Saturday 27 November 1993, the day before Nobby is due back in Sydney, Steve Cornelius will undertake to run the entire Striders 10k race BACKWARDS, wearing only shoes, socks, jocks and his silly lama's hat from Nepal. In addition, he undertakes to whistle 'Dixie' the whole way. (That's the silly hat of a lama, not the hat of a silly lama. And that's lama, not llama!).

STEVE WILL ONLY DO THIS UNDER TWO CONDITIONS.

Firstly, Nobby must be on schedule (i.e. within 120k of Sydney GPO on the night of 26 November). And secondly, Striders have to raise another \$500 for Life Education Centres. Steve suggests that if your average Strider puts in a dollar, advertising executives \$20, and Alex Hamill \$200, we should crack \$500 with ease.

However, he basically doesn't care where the cash comes from. If there's half a grand there for Nobby's chosen charity on the morning of 27 November (which happens to be Steve's birthday), it'll be 'Whistlin' Dixie' time, no questions asked!

OVER TO YOU STRIDERS! WALLETS OUT! And watch the Club's biggest display of boofheadedness for years!

Steve

International Ultra Summary: 1992 Was Quite a Year

Reprinted from "Ultrarunning" March 1993

by Andy Milroy

I strongly suspect that, in the future, 1992 will be seen as a major watershed in the history of ultrarunning. The year saw important changes in the 100-km event, which were also mirrored, in part, in the 24-hour as well. Longer races also made significant progress, with new standards being reached. But perhaps the most important development was the rapid expansion of the sport within developing and Third World countries.

It was obvious right from the start of the year that, for the 100-km event, 1992 was going to be special. The IAU World Cup 100-km was held at Palamos in Spain in February. The event can justifiably be described as the greatest ultra race to date. National federation teams from 12 countries and six continents lined up with runners from a further 18 countries. The strength in depth was totally unparalleled — very few world-class runners were missing. The results were outstanding, 20 men under 7:00, six under 6:40, and three women under 8:00. The winner was Konstantin Santalov of Russia.

It was unfortunate that Jean-Paul Praet of Belgium did not contest the Palamos race, but he and Santalov were to meet in five other 100-km races during the season. (The growing number of high profile 100-km events meant that the vast majority of the top runners met frequently, and thus it is possible to attempt to rank them.) Santalov beat Praet three to two in their five meetings, though losing to Praet's 1992 world best of 6:16:41 at the European championships. Santalov's slight competitive edge, plus his win in the fiercely contested World Cup, place him just ahead of Praet, despite the latter's faster time.

Ranked third would be Valmir Nunes, who was forced to retire at Palamos, but later returned to win twice in Europe, recording a fine 6:27:20 late in the year. Aleksander Masarigin ran faster (6:26:24 at Rodenbach) but his competitive record was somewhat erratic. Thus there were four men under 6:30 this year; previously only five runners ever had run at that level on certified road courses.

Underpinning these peak performances was an equally remarkable list of sub-seven-hour marks — in excess of 117 by some 68 performers, a huge improvement on the previous best-ever year. Incidentally, 18 of those performers came from Russia, which established itself as the dominant force in the 100-km event in 1992.

Standards in the women's event were revised equally dramatically. Nursia Bagmanova (Russia) won the World Cup event, and was the dominant figure in the early part of the season. Then, first Marta Vass (Hungary) at Torhout, and then Carolyn Hunter-Rowe (UK) at Nottingham

posted sub 7:40 performances. Birgit Lennartz-Lohrengel (Germany), holder of the world 100-km road best (7:18:57), showed her credentials in the German championships in September with the best time of the year, 7:27:20. A week later Hilary Walker won the inaugural European Championships in 7:55:12. The late surprises of the season were two Russians, Irina Petrova and Valentina Liachova, who both ran under 7:40 at Torrelavega in Spain. Liachova followed this up with 7:45 at Amiens, France, three weeks later.

Picking the world number one for the year out of that group isn't easy. Lennartz-Lohrengel was the fastest but did not run the 100-km internationally. Bagmanova won the most competitive race of the year at Palamos, with Vass second and Hunter-Rowe third. If pressed, I would rank them (1) Bagmanova, (2) Vass, and (3) Lennartz-Lohrengel. There were four women under 7:40 this year, a feat only achieved previously by two women on certified courses. Ten women ran under 8:00; before this year only nine women *ever* had run under 8:00!

Behind these elite performers was an improvement in depth proportionally even greater than the men's. Twenty-nine women broke the 8:30 barrier (twice the number who did so in '90 and '91), and 51 went under 9:00. Just as with the men, the Russian women were the most formidable, with six runners under 8:01.

The 100-km event is now well established at both the national level, with many countries holding official national championships, and at the world level with the annual IAU World Cup races. 1992 saw the development of the logical intermediate stage, the Continental Championships. At Winschoten, Holland, the first IAU European Championships was held (under the patronage of the E.A.A.), and later in the year, the inaugural Australasian 100 Km Championships took place.

The year started for the 24-hour event with a remarkable indoor race at Podolsk in Russia, in February. On a 133-meter track Anatoli Kruglikov ran 166.8 miles to claim a new indoor world best. The mark was to remain the best 24-hour performance of the year, indoor or out. In May the inaugural IAU European 24 Hour Challenge under the patronage of the E.A.A. was won by Helmut Schieke of Germany with 155.7 miles at Apeldoorn in Holland.

It wasn't until early August that other major performances appeared. At Torhout, Paul Beckers (Belgium) ran 164.1 miles on the road and a week later Don Ritchie produced the top track mark of the year in the British Championships with 161.8 miles. In the autumn the French showed their strength in depth in two road events. At Courcon, Jean-Pierre Guyomarch ran 162.3 miles with three other runners over 152 miles, and at Niort, the French championships, Anatoli Kruglikov finished the year as he had

started, running over 160 miles to win, this time with five Frenchmen over 150 miles behind him. The 35-year-old Russian, who was ranked number two on the road list last year, also has sub-seven-hour 100-km credentials this year.

The top women's mark of the year came from the 50-year old German Sigrid Lomsky with 144 miles in the IAU 24 Hour European Challenge in May. Behind her Helga Backhaus, also of Germany, ran 139.2 miles and a third German, Anna Dyck, did 133.5 miles. This was the best women's race of the year, but in August evergreen Angela Mertens weighed in with 132.9 miles, and the ever-formidable Eleanor Adams Robinson ran 134 miles at Niort to announce her return to the event after having a baby in late 1991.

The IAU Inter-Continental 24 Hour Cup competition (determined by the best two performances in nominated events) was won by Kruglikov (who also won at Basel), and by Backhaus, who had produced a very solid 137.5 miles in the German championships. E.A.A. recognition of the Apeldoorn European Challenge 24 Hours came a little late for many federations, but 1993 should see the major 24-hour event of the year at Basel as European 24-hour runners contest that challenge.

In the premier 48-hour event of the year, once again held at Surgères, France, former 24-hour record holder Jean-Gilles Boussiquet, showed his abilities once again with a fine 263.3 miles, to rank number three on the all-time list. In September he ran 160 miles at Courcon behind Guyomarch in preparing for the La Rochelle indoor six-day. That event, revived after a break of some years, proved to be one of the high points of the year. Boussiquet, running strongly through the last day, broke Yiannis Kourou's absolute six-day best distance with 642.6 miles. It was a race for the more mature runner; Boussiquet is 48. Second was 57-year-old Gilbert Mainix with 626 miles, and third was James Zarei (UK), also 48, with 605.5 miles.

There was also a six-day race in the Ukraine, combined with a 1,000-mile event. Georg Ermolaev ran 13 days 23 hours 25 minutes 18 seconds for the fastest time yet recorded for the track 1,000-mile.

The 1,300-mile and 1,000-mile events on the road at Ward Island, New York, were both won outright by women, the first by American Suprabha Beckford in just over 19 days, the latter by New Zealand's Sandra Barwick in 14:00:51:24. The organizers plan to extend the race to a 2,700 miles next year with a time limit of 60 days! Perhaps they want to make it a little tougher for the women!

For those who might think that such a race is rather excessive — in 1992 there was a 3,000-mile race across America lasting 64 days. Dave Warady's elapsed winning time for the event was 521:35:57. A somewhat shorter stage race took place in Spain in October from Barcelona to Madrid. The 640-km race was won by Konstantin Santalov, a fortnight before he contested the Amiens 100-km. (He beat Praet in that race in 6:24:55!)

The classic ultramarathons are still attractive to many runners. London to Brighton was won in record time (for the new course) by Stephen Moore, with South African Dalene Vermeulin winning the women's event. The Comrades marathon had 12,511 starters for the 87-km uphill run from Durban to Pietermaritzburg. The race was won by Jetman Msutu, with Fannie van Blerk finishing well clear of female opposition. The first world-class runner from Bulgaria, Rousko Kantief, won the Spartathlon in just outside 24 hours, almost an hour ahead of Paul Beckers of Belgium, with Hilary Walker winning the women's event only a fortnight after victory in the European Championships.

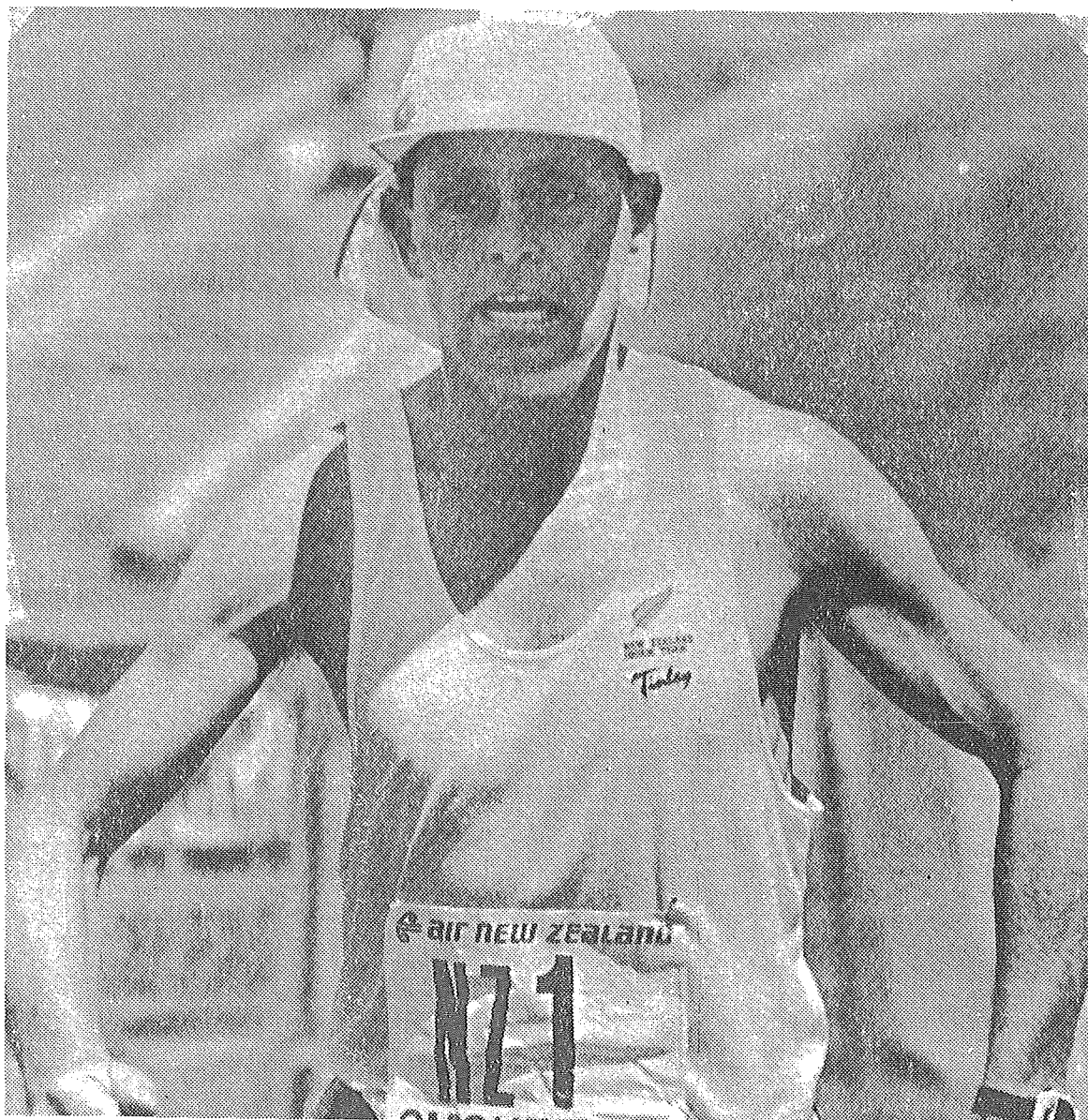
1992 also saw the sport spreading to new areas of the world. The Japanese had led the way in the Far East, sending a team to the Palamos World Cup. The established Lake Saroma 100-km had some 1,200 starters this year, and national records were set

in both men's and women's events. This enthusiasm seems to be spreading through the developing countries of the Far East. There was a 12-hour race in Singapore, 100-km in Hong Kong, an international 60-km event with over 300 starters in Thailand, and a trail race is planned in Korea. Even before South Africa re-joined the international athletics scene there were ultrarunners and races throughout Southern Africa, from Namibia to Zimbabwe, and both Kenya and Botswana sent national teams to Palamos. Led by Valmir Nunes, South American ultrarunners from Brazil, Argentina, and Uruguay are now competing internationally. Finally, and perhaps most remarkably, on the island of Réunion in the Indian Ocean (which is only about 60-km across), there was a 77-mile trail race with 1,000 participants!

The largest ultramarathon in the world is the Comrades marathon held in South Africa each May. At last ultrarunners from

that country are able to join the already highly competitive world ultra scene. For so long focused on the Comrades, they can now turn outwards to the universal ultra, the 100-km, and upwards and onwards to the 24-hour and beyond. There were 117 performances in the 100-km event this year under 7:00 — and not one of them from South Africa.

For the future — the Russians will continue to dominate for some years yet — the sheer quality of their runners tackling ultras will ensure this. Liachova and Gumerova for example are 2:31 and 2:32 marathon runners. The Japanese, with the prospect of the 1994 IAU World Challenge 100 Km before them, are sure to develop into a formidable force, and of course the South Africans, with their great ultra traditions, will be set on making a great impact on the sport. 1992 was only a taste of what is to come.



PICTURE: DAVID BRUCE

Russell Hurring, of Dunback, finishes second in the Air New Zealand Australia and New Zealand 100km championships held in the Waitaki Valley yesterday. ● Other picture, report — page 20.

April 1993 International Update

First to tie up a loose end from the tail end of the 1992 season. The first Australasian 100 Km Championships took place at Kurow, New Zealand, on the 28th of December. A strong national federation team from Australia came over in force. Unfortunately the very experienced Trevor Jacobs, who competed in the last three 100 Km World Cups, was injured a few days before the race. He was replaced in the Australian team by Don Wallace, who was making his debut at the distance. He made quite an impact. Don won the race in a new Australian record of 6:39:26 (the Australasian record is held by Russell Prince, 6:38:00 set at the Duluth World Cup).

Russell Prince did not start in the Kurow race, but the other strong New Zealander, Russell Hurring, did. He did not have one of his better races, but wound up second in 7:22:47, with the up and coming Kerry Pascoe of NZ third in 7:25:59. Neville Mercer (NZ) was fourth with 7:30:15.

The first woman was also Australian — Lavinia Petrie, 48, ran a new national record of 8:22:17, with two other Australian women under nine hours. The Australians are taking the Torhout 100 Km World Challenge very seriously and bringing over a large squad. The New Zealanders also could be a real force to be reckoned with, especially if Russell Prince is part of the team.

In the recently published "International Ultra Summary" I concluded that 1992 was only a taste of what was to come. I did not anticipate that those words would come true so soon. On the 31st January on the Rognonas 100 Km course in southern France, not far from Avignon. Aleksander Masarigin of Russia produced the second best performance of all time on the road on a certified course. The course was a 20-km loop. At the end of the first lap Masarigin was just ahead of fellow Russian Valeriy Mikhaylovskiy with Frenchman Didier Touat in third. (Touat ran 153 miles in 24 hours at the end of last season.) By 40 km Masarigin and Mikhaylovskiy had moved away, separated only by three seconds, and by 60 km the picture was much the same — 3:52:17 to 3:52:19.

It was over the last 40 km that Aleksander Masarigin showed his real class. By 80 km his lead had extended to 1:12 as he went through in 5:06:02. He slowed only slightly over the final 20 km, finishing with a fine 6:20:59, with Mikhaylovskiy perhaps paying the price for the swift middle 60 km but still finishing with 6:31:41. In third Didier Touat ran 6:54:46, perhaps staking an early claim for the French team for Torhout. Mikhaylovskiy was eighth on the Russian 1992 list with 6:48:22. He makes the fifth Russian male runner under 6:40 since February, 1992, which gives some indication of

their massive strength in depth.

It is interesting to compare the 20-km splits of Masarigin with those of Jean Paul Praet in his run last year at Winschoten when he ran 6:16:41. It is also worth comparing the splits with those of Don Ritchie when he set the absolute world best of 6:10:20 in 1978.

	20 km	40 km	60 km	80 km	100 km
Split times:					
Praet	1:11:15	2:26:07	3:41:59	4:58:45	6:16:41
Masarigin	1:25:17	2:37:50	3:52:17	5:06:02	6:20:59
Ritchie	1:09:21	2:23:12	3:36:29	4:51:48	6:10:20
Times for each 20-km:					
Praet	1:11:15	1:14:52	1:15:52	1:16:46	1:17:56
Masarigin	1:25:17	1:12:33	1:14:27	1:13:45	1:14:57
Ritchie	1:09:21	1:13:51	1:13:17	1:15:19	1:18:32

It can be seen that neither performance was evenly paced. Praet's start was too fast whereas Masarigin was too slow. The even faster start of Ritchie was also perhaps not advisable. (It is also not widely known that the second 20 km also was slowed by a one and one-half minute pit stop!) His 50-km split was 2:59:59, as compared with Praet's at 3:03:53 and an estimated 3:15 for Masarigin. Masarigin, remarkably, probably produced one of the first fast 100-km perfor-

mances with negative splits — 3:15 and 3:05. That could well make him very dangerous in a championship race. However, it is also interesting that the Rognonas race was his first event of the 1993 season after a break. In 1992 he ran 6:26 in what was probably his first completed 100-km race (April in Rodenbach). He did not produce that sort

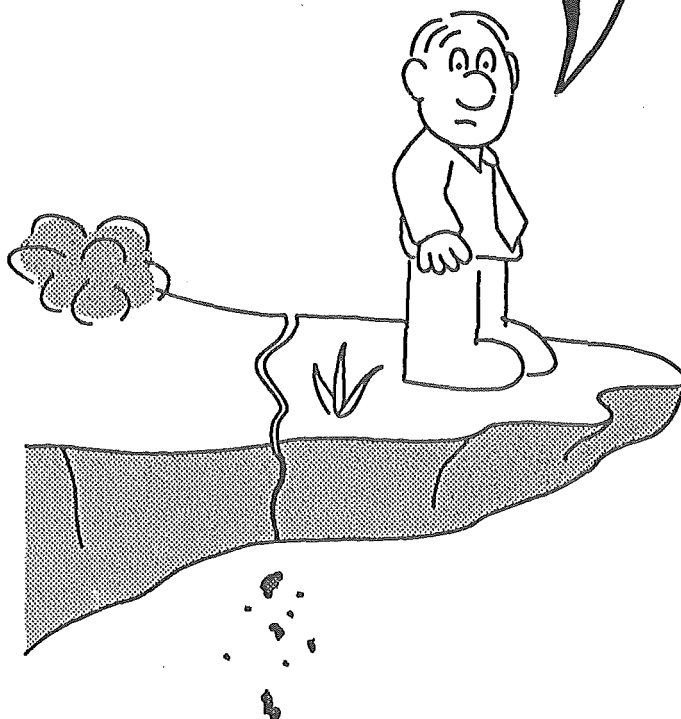
of form in 1992, possibly due to over-racing.

In the excitement associated with Jean Paul Praet's 6:16:41 at Winschoten, another record was overlooked. Dutchman Jo Vos, born on New Year's Day, 1931, ran 8:20:05 for a new over-60 100-km best on a certified course. Max Courtillon, the previous holder ran several times considerably faster than this, but the actual distance of those courses is uncertain. Vos's 60-km time was 4:53:13.

Andy Milroy

Don't be separated from
your membership of AURA,
and your future copies of
"ultra mag"!

Use the renewal form on
the back to renew today....





"Current Australian Champion for all nominal ultra distances and times up to 50 miles, Lavinia Petrie just runs faster as she ages, defying all laws. Well done and good luck in the Australasian 100km Challenge in New Zealand in December." So said AURA's ULTRAMAG when they featured Lavinia on the cover of their November issue. And Lavinia certainly justified the tribute; she won the women's race and set a new Australasian record. See next page. Congratulations Lavinia from NZUA.

AIR NEW ZEALAND AUSTRALASIAN 100 KILOMETRE CHAMPIONSHIP

Australia narrowly beat New Zealand in the inaugural Air New Zealand Australasian 100km road running championship at Kurow on December 28.

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

First across the line was Queensland'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 Jacob's old record of 7 hr 18 min and came close to Christchurch runner Russell Prince's record of 6 hr 38 min 47 sec. (Prince did not start having a prior commitment to a kayak race in Australia - Ed).

The first woman, Lavinia Petrie, eclipsed the Australian women's 100km record by 50 min and bettered by, a mere, 20 seconds the Australasian record set by Northland's Margaret Hazelwood in November 1990.

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

- Press Report

Results

Men

1 D. Wallace	Australia	6:39:26	Australian record
2 R. Hurring	NZ/Otago	7:22:47	
3 K. Pascoe	NZ/Auckland	7:25:59	
4 N. Mercer	NZ/Auckland	7:30:15	
5 A. Law	Australia	7:47:05	
6 J. Robinson	Waiouru	7:48:00	
7 B. Cook	Australia	7:49:33	
8 S. MacDonald	Manawatu	8:04:08	
9 D. Steele	Christchurch	8:07:36	
10 T. Jacobs	Australia	8:13:53	
11 T. Whitehead	Te Awamutu	8:52:59	
12 D. Standevan	Australia	9:08:49	

Aggregate times: First 3 Australians	22:16:04
First 3 New Zealanders	22:19:01

Women

1 L. Petrie	Australia	8:22:17	Australasian record
2 N. Carroll	Australia	8:56:04	
3 H. Stanger	Australia	8:58:05	
4 M. Hazelwood	NZ/Northland	9:54:46	

A DAM GOOD RUN: AUSTRALASIAN 100 KM CHAMPS

After being rung up for the second time by Dick Tout, four days before the 100k, Jeff Hill and I decided to make up the Canterbury contingent and go on down. Under-trained, no seconds and literally no food or money - doesn't matter, what do you need to run 100 km?

Monday the 28th and it's early, 4:30 a.m. Everyone was down at the start line five kilometres from Campbell Park. All the competitors were being weighed.

The Australians came over in two mens teams and one womens team. The first three people across the finish line in each team counted and the total times were added up to find the winner. Five o'clock comes with a bang and all 29 competitors are off.

The course is a scenic one, taking runners from the start west through Kurow, up the south side of Lake Aviemore and past the Waitaki and Aviemore Hydro Dams. At Otematata the course turns right towards Benmore Dam, which towers above you as you run along the treelined road. The only major, and steep, hill climb is up onto the dam itself. Then down the other side and around the north shore of Lake Aviemore. The road eventually turns, crosses Aviemore Hydro Dam and comes back onto the main road. There is then 25 km to go back through Kurow to Campbell Park. Staffed drink stations were provided every 5 km and every 24 km there were unstaffed ones, which was great.

Between 50 km and 75 km was my bad patch. The good news I had during that time was that Jeff Hill had retired: Yippee!! The temperature was getting hot and shade was getting hard to find. But another good piece of news was that Thomas Whitehead was 17 minutes in front.

When I finally got to 75 km, I thought it was time to get my rear into gear. My seconds told me Thomas Whitehead was still 17 minutes in front but struggling. (Yes, Jeff and I, found seconds who were friends staying in Kurow over Christmas.)

Ten km later, coming into Kurow, I could see Thomas leaving Kurow. The race was on now. Two km later I passed him and with 13 km to go found an Australian to concentrate on. It's always good to beat Australians. Three km later I passed him and was on my way home to the finish, three minutes behind the next New Zealander. As always the best part of ultrarunning is sitting down and resting tired legs. Salad rolls and cold beer were provided at the finish which was gratefully accepted even if the beer was Fosters.

Thanks to all the people involved: competitors, seconds, helpers and organisers, especially Scott Leonard and Dick Tout. Great course and do it again next year.

- Dayle Steele

Reprinted from NZ Ultrarunners Newsletter, Feb. '93



AUSTRALIAN DON WALLACE TAKES THE MEN'S SECTION OF THE AIR NEW ZEALAND 100KM ROAD RUNNING CHAMPIONSHIPS AT CAMPBELL PARK NEAR KUROW IN CENTRAL OTAGO. PHOTOGRAPH BY NIELS SCHIPPER, OLYMPIX

The first IAU North American 100km Championship was held recently (27/3/93) similar to our first Australasian Championships. Even though there were quite a few runners from other countries, and a much larger field, results were similar. The winning American team time of 21:45:38 is only a little faster than our 22:16:04. The North American results are reproduced here for your information.

Reprinted from IAU Newsletter, Spring Edition, 1993

NEW YORK ULTIMAX 100 KM RACE. USA. February 27th 1993

IAU Inter-Continental Cup Series Event

by Malcolm Campbell

The New York Times started it's race report with "In a race slowed by the cold, 28-year-old Valmir Nunes of Brazil and 30-year-old Marta Vass of Hungary lived up to their international credentials yesterday, finishing the U.S.A. national 100 kilometer championships in Central Park well ahead of their closest rivals." That sums it up nicely.

The winning margins were similar although the methods used by Nunes and Vass were quite different. The Hungarian set off at a brisk seven miles per hour pace and established an early lead which she maintained to the finish with the new American National Champion-Kris Clark-Setness-finishng about seven minutes later. The Brazilian adopted completely different tactics allowing the Canadian, Andy Jones, to dominate matters for the first seventy kilometres. The course was on a 7km rolling lap course and after 10 laps Jones had stretched his lead to about eight minutes. Up to this point Nunes and Stefan Fekner(CAN) had run comfortably sharing second spot for much of the race. Shortly after 70kms Jones was obliged to retire. Fekner ran a great race and the issue was not fully settled until the last lap with Nunes reaching the finish about six minutes ahead of him.

A new dimension had been added to the championships with the first three American men and women guaranteed selection for the National Teams in the IAU 100km World Challenge. Similarly the Association of Canadian Ultrarunners (ACU) had supported the event with the Canadian entries also fighting for National team places. Whilst taking nothing away from the race winners much of the drama and interest in the event lay in the great battles taking place a little behind (but not too far behind) them. Only eight minutes seperated the first and third placed American woman with Sue-Ellen Trapp less than two minutes behind her. In the men's division only six minutes seperated the first American man from the third. The first husband and wife to gain selection for their national teams were Kris Clark-Setnes winner of the womens National Championships with 8.21.19 and Kevin Setnes , second in the men's division with 7.15.56

This was more more than an event. It was a happening. Race Director, Richie Innamorato of the Broadway Ultra Society, undertook the job when the original championship race was cancelled. In the space of a few months the race was on and the competitors were off and running. Fred Lebow, Chairman of the New York Road Runners Club, has never hidden his enthusiasm for ultradistance and gave his valuable support. A number of talented international competitors were invited and in addition to those already mentioned the field included Don Ritchie(GBR), Erik Seedhouse (GBR), Zbigniew Siemaszko (POL), Doina Nugent (IRL) and Bev Williams (CAN).

There were many in Central Park-either involved in or watching the race-who had played key roles in the development of North American ultradistance running. The list is long and headed by Americas most loved

and respected ultrarunner-Ted Corbitt. Nick Marshall another well respected ultrarunner and author was busy at the scoring table. Peter Gagarin editor of "Ultrarunning" and ACU President, David Blaikie, who is also editor of "Ultrarunning Canada" were there and will have seen much to report. On reflection there were many authors involved, with or watching the race. Ed Dodd who is generally credited with the revival of Six Day Racing was running. Jim Shapiro wrote "Ultramarathon" and this book is required reading for any ultrarunner-he was now helping Nunes. Dan Brannen was the Referee and Marvin Skagerberg was supervising the aid stations. The list of key players in the development of the sport who were at this race goes on and only space prevents me completing it.

New York Marathon Medical Director, Andy Rodriguez, was Medical Director for this race. I have known Andy for many years and have yet to see him fazed. The night before he had overseen the Drug Testing of about 100 athletes at the Indoor Meeting at the Madison Square Gardens. He had about ten tests taken in the 100km race and was, I suspect, about to put his feet up. One of the helpers came in asking if a patient could be treated for a dog bite. Without hesitation he said "Sure. Bring the runner in". "It's not one of the runners" was the reply. "Is it a helper?" asked Andy. "No". This time there was a short pause and Andy said "Well bring him in anyway". This verbal exchange took only a few seconds but I found it fascinating. The helper shuffled his feet for a minute and then said, "I think you should know something else. The patients another dog". I do not think any animal can have had such distinguished assistance as this one as everyone swung into action. I repeat again, I have yet to see Andy fazed.

Dirk Strumane and his wife Martine were at the race and they have invited Fred Lebow to Torhout for the IAU 100km World Challenge. Fred's got that old gleam back in his eye. That's good for ultradistance running and good for New York. Watch this space.

Results.

1.	Valmir' Nunes	(BRA)	6.45.38	
2.	Stefan Fekner	(CAN)	6.51.52	
3.	Bryan Hackner	(USA)	7.11.49	Nat Champion
4.	Kevin Setnes	(USA)	7.15.56	
5.	Clement Grun	(USA)	7.17.53	
6.	Herb Tanzer	(USA)	7.33.22	
7.	Dan Landry	(USA)	7.34.43	
8.	Pete Kaplan	(USA)	7.39.27	
9.	Don Ritchie	(GBR)	7.53.23	
10.	Peter Holubar	(CAN)	8.02.58	
47.	Carlton Mendell	(USA)	11.27.10	Vet 0/70

Women.

1.	Marta Vass	(HUN)	8.13.54	
2.	Kris Clark-Setnes	(USA)	8.21.19	Nat Champion.
3.	Ellen McCurtain	(USA)	8.29.28	
4.	Lorraine Gersitz	(USA)	8.29.57	
5.	Sue Ellen Trapp	(USA)	8.31.44	
6.	Doina Nugent	(IRL)	8.55.20	

Note. 5 finishers under eight hours. 30 under nine hours. 45 under ten hours. 55 under eleven hours. 80 finishers.

U.S. Takes Team Title

United States ultrarunners won the unofficial Canada-U.S.A. team competition in New York, based on the combined times of the top three runners for each country. The U.S. posted a team time of 21:45:38 based on finishes by Bryan Hacker, Kevin Setnes and Clement Grun. Canada had a team time of 25:38:28 based on performances by Stefan Fekner, Peter Holubar and Marcel Gagnon.

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AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN TRACK RECORDS as at April, 1993

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	Georgina McConnell (NSW)	290.000km**	Colac, Vic (NS)	17/11/92
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 (NSW)	1d.17:04:00	Colac, Vic (NS)	17/11/92
500km	Georgina McConnell (NSW)	3d.23:51:52	Colac, Vic (NS)	19/11/92
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	Georgina McConnell (NSW)	2d.7:54:34 *	Colac, Vic (NS)	18/11/992
500 Miles	Vacant			
1000 Miles	Vacant			
6 Hours	Lavinia PETRIE (Vic)	72.783km	East Burwood, Vic (S)	21/6/92
3 Days	Georgina McConnell (NSW)	392.000km **	Colac, Vic (NS)	18/11/92

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 (NSW)	4d.0:53:57	Campbelltown, NSW (NS)	22/11/90
700km	Georgina McConnell (NSW)	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 (NSW)	3d.21:09:10*	Colac, Vic (NS)	19/11/92
400 Miles	Georgina McConnell (NSW)	5d.6:47:28*	Campbelltown, NSW (NS)	23/11/90
600 Miles	Vacant			
700 Miles	Vacant			
800 Miles	Vacant			
900 Miles	Vacant			
36 Hours	Georgina McConnell (NSW)	234.400km **	Colac, Vic (NS)	17/11/92
96 Hours	Georgina McConnell (NSW)	500.000km**	Colac, Vic (NS)	19/11/92
120 Hours	Georgina McConnell (NSW)	608.000km**	Campbelltown NSW (NS)	23/11/90

LEGEND

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

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

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

become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

.....
(Signature of Applicant)

.....
(Date)

I a member of the Association
(Name)
nominate the applicant, who is personally known to me, for membership of the Association.

.....
(Signature of Proposer)

.....
(Date)

*

Ia member of the Association
(Name)
second the nomination of the Applicant, who is personally known to me, for membership of the Association

.....
(Signature of Seconder)

.....
(Date)

Current membership fees for 19..... (in Australian dollars) as follows: Cheques payable to AURA Inc.

Please circle desired rate:

\$25 within Australia.

NZ

Asia

USA

Europe

Air Mail (up to 1 week delivery)

\$ 34

\$ 38

\$ 41

\$ 43

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



92.

Australian ultrarunning legend, AURA committee member and regular contributor to ULTRAMAG, Tony Rafferty.