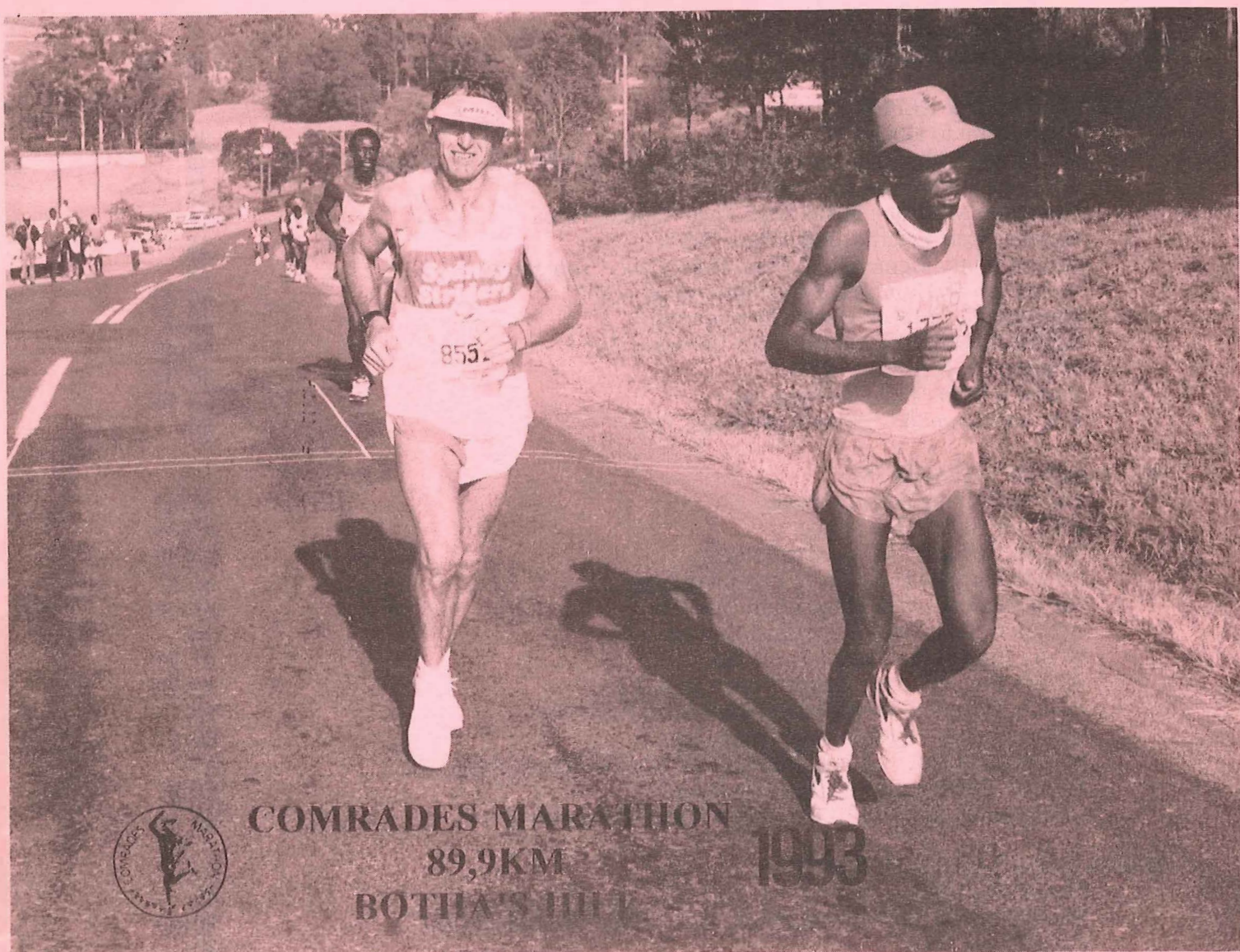


# ULTRAMAG

Vol 8, No.3

September 1993



Sydney Striders member, and AURA Interstate Rep., Trevor Jacobs competing in this year's Comrades Marathon in South Africa. Total distance was 89.9km and this shot was taken on Botha's Hill. Well done Trevor!

 **AURA**  
**MAGAZINE**



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Runners' Association  
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# EDITORIAL

Dear Members,

It is my sad duty to inform you of the recent death of our dear friend and founding member, George Perdon.

George had a relatively short battle with cancer from the time it was diagnosed, although his tremendous strength enabled him to double the length of time he was given to the end. He died peacefully at his home in Burwood on 29th June.

We have lost a great sportsman, a top athlete, a gentle man and a friend. To his wife, Valma, and children David and Diane, AURA expresses, on behalf of you all, our sincerest sympathies for the loss of a wonderful husband and father. We all share your grief during this sad period.

A tribute to George and his exploits appears on pages                      to

Some more sad news is that Peter Gray's father died recently. To Norma, who unselfishly looks after Peter during most of his many ultra races, and to Peter, we offer our sincerest sympathies for your recent loss.

Moving to some brighter news, Kevin Cassidy is committed to some arduous hilly trail training for an attack on this year's Angeles Crest 100 Mile Trail Race in California in October. The race is reputedly tougher than the infamous Western States, so Kevin has resorted to the training course devised by myself up at Ferny Creek. This course is very steep and rocky and was again used by both myself and Pete Armistead for other 100 milers in America. We wish Kev well in his race and trust that he doesn't experience any disastrous falls during training (Some spots along the training trail could have near fatal consequences).

The IAU 100km World Challenge was held in Belgium in August and a report appears on pages                      to The Australian teams did not perform up to their potential. The level of competition in this event is increasing by a wide margin each year and teams almost need a dream run to stay competitive. Future international events are: New Zealand 100km Challenge on 31/12/93, IAU 100km World Challenge in Japan in June'94 and the Harriers' Commonwealth 100km Challenge In Canada in August '94. The last event is being staged to help promote the inclusion of such an event in the Commonwealth Games (which will have been held just prior to the race). We need good support for this race to impart the best chance we can of successful inclusion.

The Bogong to Hotham Trail Race may be bigger and better next year. A trial stage will be added to the race to see how it goes. In other words, competitors will be able to select the second half instead of only the first half if they intend to run half the distance. A hand mark-up of the race entry form for this option appears in this issue.

This photo was taken by a local photographer for a local newspaper in Torhout and wrongly ascribed the three New Zealanders on a training run over the course before race day, as Australians. "Tuff Luck Kiwis!" - maybe the Belgians think New Zealand is a state of Australia!

Kind regards,

*Geoff Hook*



# 1993-94 ULTRA CALENDAR

- Sept 18 **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 3981 (W)
- Sept 19- **CABOOLTURE MULTI-DAY (2 DAY & 1 DAY CHOICE) Q'LD,** (also relays with varying participation possibilities). Must be at least 5 starters in each event. 1km circuit, Closing date for multi-day entries 7th September. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld, phone (074)95 4334
- Sept **MUNDARING TO YORK ROAD RACE, WA.** 64.36km (40 miles), start at Mundaring Shire Offices, conducted by the WA. Marathon Club, Phone Jeff Joyce (09) 447-8545.
- Oct 2-3 **SYDNEY STRIDERS 24 HOUR TRACK RACE, NSW** 10am start, Kareela Reserve, Cnr. Knox & Eastern Roads, Doonside NSW, \$60 entry, Contact Race Director: Barbara Firkin, 208 Carlisle Avenue, Dharruk 2770, Ph. (02)625 0750 or Race Manager: Ans Grasso, 1 Asquith Avenue, Winston Hills 2153 Ph. (02)639 8261
- Oct 16/17 **SRI CHINMOY 24 HOUR TRACK RACE, SA.**(Australian Championship) Starts 8am on Saturday 24th at Adelaide Harriers Track, \$75 entry, Contact Sipra Lloyd, Sri Chinmoy 24 Hour Track Race, P.O. Box 554, North Adelaide, 5006, phone (08) 239-0690 (AH) or (08) 267 1675 (AH) Send a large stamped self-addressed envelope with cheque and application form.
- Oct **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 23 **ROYAL NATIONA PARK ULTRA NSW,** 55km 7.00am start & finish at Helensburgh Hotel. Time limit 8 hours, \$35 entry, Enquiries: Max Bogenhuber, Royal National Park Ultra, P.O. Box 380, Sutherland, NSW 2232  
Max Bogenhuber by phone - (W) (02)13 2426, or (H) (02)876 3235.
- Oct 24 **AURA SIX HOUR TRACK RACE, VIC.,** Bill Sewart Athletic Track, East Burwood, 400m track, 9am start, \$20 entry, entry forms - Dot Browne, 4 Victory Street, Mitcham 3132 phone (03)874 2501 (H) or FAX (030)873-3223 for entry form.
- Nov 6 **RAINBOW BEACH TRAIL RUN, Q'LD** (beach and forest trails) 15,33,55km Rainbow Beach, near Gympie, QMRRC event, contact races organiser Dennis.Parton, c/- P.O. Rainbow Beach 4581, phone (074) 86 3217 or Ian Javes, 25 Fortune Esp, Caboolture, Queensland 4510 Ph. (o74) 954334
- Nov 14 **ACF BRINDABELLA CLASSIC, ACT** 53km trail run over the Brindabella mountains, just south of Canberra. Contact Trevor Jacobs on (06) 254 7177 (H) or (06) 279 0134 (W). See advertisement elsewhere in this magazine.
- Nov **AUSTRALIAN 6 DAY RACE, COLAC, VIC.** Memorial Park, 8pm start, Enquiries to: P.O. Box 163, Colac 3250. Vic.
- Dec 4 **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



# 1993/4 ULTRA CALENDAR

- 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 & socialising the evening before and BYO picnic or BBQ following event at presentations. 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 30** **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$10 entry, 7am start. Closing date: 15th January, 1993. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 781 -4305 or Dot Browne, 4 Victory Street, Mitcham 3132 (03)874-2501(H) or FAX (03)873-3223
- Feb** **50 MILE ROAD CHAMPIONSHIP & 8 HOUR FUN RUN, QLD.** Toowoomba, 1.2km circuit, Organiser: G.Medill, QMRRC event, Contact G.Medill, 13 Ramsey Street, Toowoomba 4350 Qld., phone (076)382023
- Feb** **RED ROCK TO COFF'S JETTY, NSW.** Starts at 6.30 am daylight savings time. Contact Steel Beveridge on (066) 53 6831 in advance to survey course on the day before. Or by post, 2 Lakeside Drive, North Sapphire, 2450, NSW.
- Feb** **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthia 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 5** **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW,** 46km mountain trail run, 10am start from Katoomba to Jenolan Caves .Time limit 7 hours. Contact Big Chris Stephenson, GPO Box 1041, Sydney 2001 NSW, Phone (02)259 3981 (W)
- Mar** **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, Coburg Vic.** supported by Coburg Vets. 24 Hour Relay - Inter-Venue Challenge, 10 teams with 10 runners per team. Labour Day weekend. Race entry forms available December'93, Early enquiries to Race Director: Kevin Cassidy, P.O. Box 241, Coburg 3058 or Ph. (03) 478 3687
- Mar 19** **JAGUNAL WILDERNESS TRAIL RUN, NSW** - 80km from 3 Mile Dam near Kiandra, NSW to Guthega, along firetrails and foot-tracks through Kosciusko National Park, The course averages 1600m elevation with 900m only of rises. Limited and qualified entry. Application forms, send SAE to Leigh Privett, 695 Hodge Street, North Albury 2640 or Ph, (060)254959.
- 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 .

# 1993/4 ULTRA CALENDAR

- 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 **2 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 10 **50KM ROAD RACE (ACT)** as part of the Mobil Canberra Marathon. 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. 7am start . 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.
- 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
- May **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 **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 **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 **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



# 1993/94 ULTRA CALENDAR

July/Aug  
6-14

"AROUND TASMANIA " 700KM STAGED RACE IN 7 DAYS. (Race date dependent upon sponsor's requirements.) Enquiries: Alan Rider, 102 Balook Street, Lauderdale 7021 Tas.

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. 100km, between the two oldest bridges in Australia, 7am start, Need support vehicle and helper, contact Talays Running Shop, phone (002) 34 9566 or Kerri Law, (002) 72-5170 (H)

Aug

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

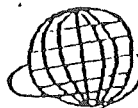
GRIFFITH 12 HOUR CHARITY TRACK RACE, NSW, \$20 entry (includes tee shirt), Jubilee Oval, Groongal Avenue, Griffith NSW, 400m grass track. Closing date for entries 23rd August at the latest., trophies, 10am start. Further details contact Harry Clements, 16 Perks Parade, Fort Macquarie 2444 Ph. (065) 833132 (H) or (065)811488 (W)

Aug -

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



ULTRARUNNERS ASSN



## EVENTS CALENDAR 1993/94

September

Wharfedale Track Run: Coopers Creek to Townsend Hut and return.  
Contact: Robert Dickison (03) 332 2465

October 24th  
(Labour weekend)

12 hour - 100km - 50 mile: 6 am.  
Hagley Park, Christchurch 1.625 km sealed circuit.  
Contact: Robert Dickison (03) 332 2465, 180 Hoxley Street, Christchurch

November

Mountain Run over Goat Pass  
Contact: John Hasson (03) 381 2328

December

Comalco Kepler Challenge 6 am  
67km mountain run over Kepler track  
Entry limited to 300 and close early October  
Contact: Kepler Challenge Committee, P O Box 11 Te Anau

December

Nelson City 100 mile Ultra trail run  
Contact: Steffan Buttner 7 Charlotte Street, Nelson

December 31st

Australasian 100 km Championship  
Campbell Park, North Otago  
Contact: Scott Leonard 4/69 View Road, Mt Eden, Auckland

December 31st

Waitakere Coastal Challenge  
Approximately 40 km Beach and Bush run - Muriwai Beach  
Contact: Waitemata Multi Sports Club

# GEORGE PERDON

born 12 August, 1924, died 29th June, 1993.

The following few pages are own tribute to George Perdon the athlete. Apart from his family, running was George's one great love and he literally ate, drank, slept, lived running.

His many achievements are clearly world class and, in his day, he had no equal. In fact, if he was in his 40s today, he could have been producing even better results with competition from Kouros and the current batch of top Russian athletes.

A couple of tributes:

From Tony Rafferty..." It's a sad time for our sport. George Perdon was an inspiration to athletes everywhere for decades. He was a humble man and, above all, a gentleman. In a way, it's the end of an era"

From John Toleman..."They don't make them like George any more. He was a one-off".

## Runner Perdon dies of cancer

By NICOL DEAU

GEORGE Perdon, one of Australia's greatest athletes, died of cancer in his Burwood home yesterday.

The ultra marathon runner was 68.

He had battled cancer for the last four months of his life and typically, Perdon was able to last just that bit longer than expected

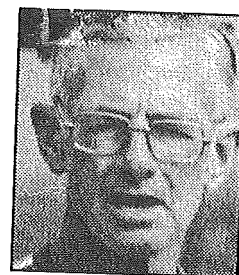
John Toleman, Perdon's long-time supporter, financial backer, employer and friend, said Perdon's doctor told him 12 weeks ago that he had only six weeks to live.

"They don't make them like George anymore. He was a one-off," Toleman said.

Perdon set many ultra marathon records but his greatest was his mind-boggling performance to

cross Australia from Fremantle to Sydney via Adelaide, Mildura and Melbourne in just over 47 days.

During that run he averaged a staggering 103km a day. He also took part in the historic first Sydney-Melbourne ultra marathon, starting favorite before finishing a game second to cult hero Cliff Young.



George Perdon

MELBOURNE "HERALD-SUN", WEDNESDAY 30th JUNE 1993

*Thank you Dot, and  
all members of the  
Australian Ultra Runners'  
Association for your  
support and friendships.*

*Valma.*

*Valma, David and Diane  
wish to express their  
deep appreciation and will always  
remember your kind and comforting  
expressions of sympathy in their  
recent sad loss of*

*George Perdon  
Dearly Loved Husband  
and Father*

*Lillian Street  
Burwood*



## EULOGY FOR GEORGE PERDON

Isn't it fantastic that one person's life can beneficially touch so many others?

Today is a day of great sadness, almost overwhelmingly so for his family and for those who knew George Perdon well.

Perhaps a little anger too at the vagueries of Fate. I keep recalling a couple of lines of a poem which goes something like this:

"Do not go gently into that long night,  
But rage, rage, against the dying of the light."

But today is also a celebration of the life of George Perdon.

He was a good and decent man, and if you knew him, that was no cliché.

He was a good family man and a hard-worker as an employee.

All in all, a quiet, unassuming man.

But there was one area of his life where he had a burning passion and desire, and that was in his running.

It set him apart from the rest of us and was the keynote theme of his life.

As he told a recent interviewer: "Running's my thing. I never used to run for the money, just because I liked it."

And George was good at it, very bloody good.

In fact, running was with him almost all his adult life.

One of my earliest childhood memories of Dad is going with him to the cross-country races, out at Maribyrnong in those days, and having to cross the rickety old tramways bridge across the river.

As the years went by, the distances increased.

100 miles, Melbourne to Portsea and return, 24 hours, Sydney to Melbourne along 2 different highways, 6 days, Melbourne to Adelaide and back and Fremantle to Sydney.

Along with one or two others, he was the father of ultra-running in this country.

And though he was a fierce competitor, he always made friends because of his lack of artifice, his dry humour and the sheer joy of his running.

George was a life member of the Victorian Cross Country League and a foundation member of the Australian Ultra Running Association and I hope that his experience will continue to inspire.

Strangely, my dearest and closest memory of George does not involve a victory.

It was the last night of the first Sydney to Melbourne race. We were on the freeway into Melbourne with no lights or towns. It was so wet and windy that we drove one of the vehicles next to George rather than behind him to protect him from the buffeting. I was so tired, I fell out of the van at one stage.

We couldn't possibly win but it was unlikely anyone could pass us for second. And yet George ran through the whole night, not for the accolades but because he had set himself to do it and he was true.

I suppose what all this means is that every time I pull on a pair of running shoes, I'll think of my father and be glad.

George was not a man of high religion but his running gave him faith, perhaps more so than most of us.

In his last months, George received many letters from those he knew through running. One he especially treasured was from Herb Elliott, another athlete of achievement known to all of us and I hope that Herb will forgive me from quoting from it:

"I guess as runners, we got used to the spirit that is inside us dominating the body and making it do things that it didn't feel like doing, and out of that grows an awareness that the spirit is untouchable and everlasting, regardless of what the shell which is our body decides to do or not do."

I, like many others here today, either accompanied or competed with George on many of his epic journeys and we are privileged to be with him on his last.

George Perdon was a dear, sweet, beautiful man and I am only just beginning to imagine the ways in which I'll miss him.

David Perdon  
2 July 1993



## GEORGE PERDON

George Perdon has set many World Records over distances from 20 Miles to 2,600 Miles, being accompanied on his longer runs by officials of the Professional Cross Country Club of Victoria. All these records have been officially ratified by the Australian National Athletic Council.

### World Professional Records:

20 Miles - 1hr. 44m. 38.8s.	Dandenong.	28.8.65
Marathon - 26 Miles 385 Yards - 2hr. 19m. 56s.	St. Kilda to Aspendale & Return	5.10.67
30 Miles - 2hr. 53m. 48.1s.	Princes Park.	15.8.65
40 Miles - 4hr. 16m. 18s.	Olympic Park.	17.7.71
50 Miles - 5hr. 22m. 55s.	Portsea to Melb.	26.5.68
60 Miles - 6hr. 35m. 45.2s.	Portsea to Melb.	26.5.68
70 Miles - 8hr. 29m. 15s.	Olympic Park	23.5.70
80 Miles - 9hr. 46m. 15s.	Olympic Park.	23.5.70
90 Miles - 11hr. 5m. 54s.	Olympic Park.	23.5.70
100 Miles - 12hr. 25m. 9s.	Olympic Park.	23.5.70
100 Kilometres - 7hr. 26m. 14s.	Olympic Park.	23.5.70
150 Kilometres - 11hr. 32m. 35s.	Olympic Park.	23.5.70
1000 Miles - 16 days 7hr. 29m.	Trans-Continental Run. 1973	
1500 Miles - 25 days 22h. 09m.	Trans-Continental Run. 1973	
2000 Miles - 32 days 19hr. 43m.	Trans-Continental Run. 1973	
2600 Miles - 42 days 04hr. 03m.	Trans-Continental Run. 1973	
12 Hours - 96 Miles 1,426 Yards	Olympic Park.	23.5.70
24 Hours - 150 Miles 704 Yards	Albert Park. 21 & 22.10. 1972	

### Trans-Continental Run

August 11 to Sept. 27 1973

A run of 2,897 Miles. First man to transverse the Continent from Coast to Coast, from Fremantle, Western Australia, across the Nullarbor Plain to Adelaide, South Australia, via Mildura to Melbourne, Victoria and in nine days covered the last section of his journey from Melbourne to Sydney, New South Wales.

Time taken for run: 47 days 1 hour and 54 minutes  
Average Mileage: 62 Miles per day

### Sydney to Melbourne

via Princes Highway

A run of 1048 Kilometres

May 17 to May 26 1978

Time taken for run: 9 days 4 hours and 44 minutes

Average Mileage: 113 Kilometres (70 miles) per day

Melbourne - Adelaide - Melbourne

via Highway 8 June 1 to June 14 1979

A run of 1464 Kilometres:

Time taken for run: 13 days 1 hour 36 minutes

Melbourne to Adelaide 5 days 23 hours 31 minutes

Adelaide to Melbourne - 6 days 19 hours 36 minutes

Sydney to Melbourne via Hume Highway April 27 to May 3 1983

A run of 875 Kilometres

Time taken for run: 6 days 1 hour

Average Mileage: 145 Kilometres (90 Miles) per day.

**Ran second place to Cliff Young**

Christchurch - New Zealand

January. 1981

Marathon - 26 Miles 385 Yards

4th World Veteran championships

Time taken for Run: 2 Hours 47 Minutes 54 Seconds

Third Place Bronze Medal for individual event - 55 to 59 year age group.

Team Gold Medal for the same event.

"Big M" Melbourne Marathon

1979 - 3 Hours 3 Minutes First Male to finish in 55 to 59 years category

1980 - 2 Hours 56 Minutes 40 Seconds First Male to finish in 55 to 59 years category

1982 - 2 Hours 51 Minutes 35 Seconds First Male to finish in 55 to 59 years category

Melbourne - Portsea - Melbourne.

July 16, 1972

A run of 120 Miles

Time taken for run 21 Hours 33 Minutes

### Personal Details

Full Name George Perdon

Born August 12, 1924 in Rutherglen, Victoria

Age 60 Years

Height 5 Feet 8 Inches

Weight 9 Stone 7 Pound

Marital Status Married to Valma, with two children, David (29) and Diane (27)

### Running Background

Educated in Rutherglen, George had many early successes in district sports meetings before moving to Melbourne in 1939.

He joined the Army in 1942 and served in the Pacific Islands before being discharged from service in 1946. During this time George won many races over distances from 880 yards to 5 miles in the interservice sports. On his return to civilian life George joined the Victorian Athletic League to compete in professional track running and recorded wins in many events from 880 yards to 2 miles. He considers his best track season to be 1964 when at 40 years of age he notched up three wins and several minor placings.

George began cross country and competition road running in 1949 and rapidly realised his natural potential through winning races from 4 miles to marathon distance.

In addition to his many record attempts, George has also undertaken numerous 12 and 24 hour runs for charity organisations such as the Royal Children's Hospital and the Yulinga Society.

In recognition of his many world records, George Perdon has been awarded Life Membership of the Professional Cross Country Club of Victoria.



Colac Australasian Ultra Marathon

November 26 to December 2, 1984

A run of 6 days. 841.6 Kilometres (522.9 Miles)

Includes Australian National record and over 45, 50 and 60 World best.

Colac Australian 6 Day Race

February 24 to March 2, 1986

Distance covered

830.00 Kilometres (515.76 Miles)

Third Place

First Australian to finish

Colac Australian 6 Day Race

November 16 - 22, 1987

Distance covered

813.2 Kilometres

Fifth Place

Colac Australian 6 Day Race

November 14 - 20, 1988

Distance covered

808.0 Kilometres

Seventh Place

Colac Australian 6 Day Race

November 13 - 19, 1989

Distance covered 760.0 Kilometres

Seventh Place

Colac Australian 6 Day Race

November 3 - 9, 1991

Distance covered

579 Kilometres

Eleventh Place

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1 June 1993

Dear George

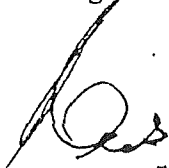
Vic Young tells me that you have had some health problems.

I guess as runners we got use to the spirit that is inside us dominating the body and making it do things that it didn't feel like doing, and out of that grows an awareness that the spirit is untouchable and everlasting, regardless of what the shell which is our body decides to do or not do.

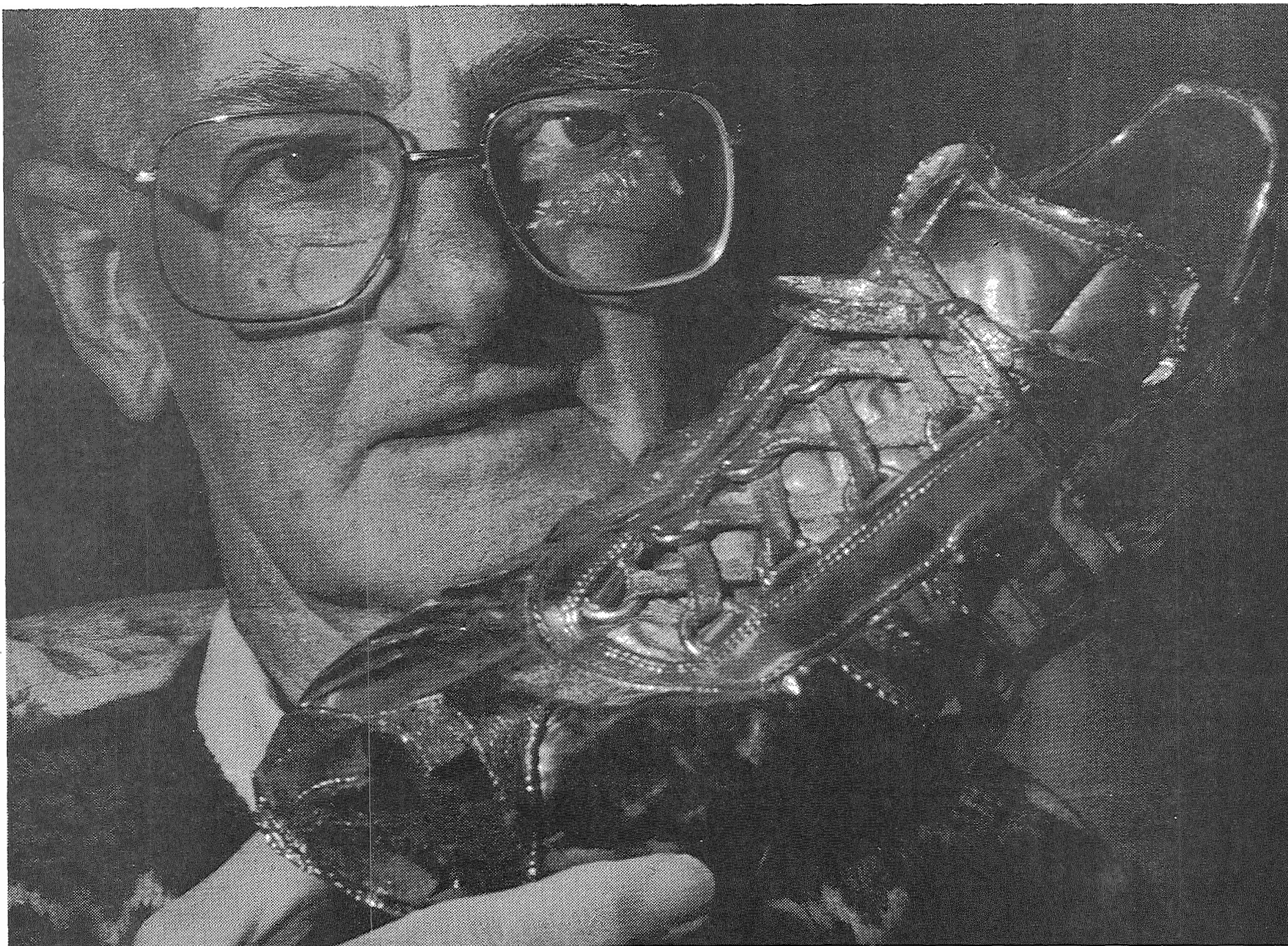
So I was not surprised to hear from Vic that you are keeping positive inspite of the hardships which you must be going through at the moment.

I hope you are able to find peace in your struggle and will be thinking of you.

Regards



*Herb Elliott*



Ultra-marathon man George Perdon with one of his battered runners, preserved in bronze, that he used on his Perth-to-Sydney trip ... "better than any trophy", he says.

*'The Age' Melbourne. 22/5/93*

# Perdon, a man born for the long haul

# Perdon, a man born for the long haul

By PENNY CRISP

"Chicken George" was one nickname, because they reckoned he was small and scrawny, and scratched around the place. But George Perdon had dreams that for most people constitute waking nightmares. And so George Perdon ran, and ran, and ran.

He raced the school bell as a kid in Rutherglen. When it sounded, Perdon set off from home about two kilometres away. He was never late.

He rather looked forward to the 90-mile marches that dominated World War II army life in the Pacific Islands, and when he returned to Victoria, he kept going.

He competed on the track at the Stawell Easter meetings, covered the cross-country calendars and the first marathons. At 42, he set a world professional marathon mark of two hours, 19 minutes, 56 seconds. In the last London marathon, 26 years later, Robert de Castella ran a 2:19.44.

But one day after a marathon, Perdon turned around and ran back, and from there, things lurched right out of control.

He set off for 24 hours up and down Bridge Road, Richmond, 100 miles around Olympic Park, Melbourne to Portsea and back, Fremantle to Sydney, Melbourne to Adelaide and back, Sydney to Melbourne ... around Australia was on the list, but support costs were prohibitive.

His long-time supporter and financial backer, professional running's godfather, John Toleman, searches to explain Perdon's confrontation with all those miles over all those years.

"It's almost like they know the pain's going to come, and the sooner it comes, the easier they are able to deal with it," he says of the ultra-marathon psyche. "Once they get to that stage, I think they go up another notch in the endurance field."

"I used to look at them a slow old men, until I got involved. Now I can't believe that those guys can get out and run between 120 and 140 kilometres a day — most people couldn't run it in a week! "You talk about men and women who think they're tough, I'd like to see them try to spend a week doing what those guys do."

Sadly, this year, a gross cruelty has intervened. Perdon, now 68, who pushed his mind and body to

SATURDAY 22 MAY 1993 THE AGE

such unimaginable feats, has been forced to acknowledge his first limit. He has a cancer and his clock cannot be turned back.

But if you have ever wondered just how the ultra-marathon craze caught on with such vigor in Australia, you should look no further than Perdon and his old arch-rival, Irishman Tony Rafferty.

Both already had fine histories of ultra performances, but it was the cross-continent affair nearly 20 years ago that captured everyone's imagination: a mere 4640-kilometre hike from Fremantle to Sydney, via Adelaide, Mildura and Melbourne.

It had been Rafferty's idea to try to become the first person to run across Australia. But Perdon had been itching to race him, so he turned up in Fremantle a week after Rafferty started, and beat him into Sydney by a day.

Perdon, who by then had been on the road for just over 47 days, immediately set out on a warm-down run for another 20 miles. Rafferty kept going until Surfers Paradise.

These days, Rafferty is happy to acknowledge that Perdon had no peer on the road. He calls him Australia's greatest ultra-marathoner, and recently wrote his own story about Perdon for a running magazine, stating just that.

But 20 years ago, it was bitter and slightly sordid. Injunctions and wris flew, rumors snowballed, and neither side was prepared to take prisoners.

"It didn't get really nasty between George and I, although I don't think George would have felt very close to me," says Rafferty. "We were good friends later, but there was certainly animosity with his support people, his sponsors and handlers."

"I must have had this knack of drawing the media more than George did, cause our personalities are very opposite. I think that upset the people around him; that here was this great runner and I was getting a lot of publicity."

"George was a great athlete and certainly a much better ultra-marathon runner than I'll ever be, and he wasn't getting the coverage that perhaps he deserved."

At one stage in his career, Perdon held 19 world professional records — from 20 miles to 2600 miles, and 12 hours to 24. Slowly, most of the marks have fallen to younger men, such as Greek endurance king Yiannis Kourous.

In fact, Kourous took the record of which Perdon remains the proudest: the world 100-mile, set at Olympic Park in 1970. It was 20 years before the Greek beat the 12-hour, 19-minute, nine-second mark, and Perdon still holds the Australian record.

Even what became the now-defunct Westfield Run, from Syd-

ney to Melbourne, began as an intensely personal challenge between Perdon and Rafferty. Giving Perdon his chance to take on Rafferty head to head, Toleman put up \$10,000, winner take all.

It was like tattered moths to a flame as a clutch of small, intense people, with their eyes focused on a distance incomprehensible to the rest of us, rushed to test their mettle. One of them was Cliff Young and, while everybody rested on the first night, Young kept shuffling, setting up a lead that no one could bridge.

It was Perdon's only real "failure". People like Joe Record, Siggy Bauer and Rafferty also stuck with conventional wisdom, which was to sleep. That Perdon counts his nap as a personal, unforgivable lapse goes some way towards illustrating the depth of his dedication and commitment to a seriously unfashionable sport.

Of course, most people involved in professional athletics have a fond memory. Toleman first saw Perdon on his lone 24-hour Bridge Road run. It was the coldest night in Melbourne for about 80 years and Perdon, having taken no fluid or food for seven hours, had snatched a quick break.

"I said: 'There's no known way that he'll ever come out of that caravan'," Toleman recalls. "I went home and I found out later that he came out and ran another 23 miles, which absolutely staggered me. He was absolutely purple with the cold."

Toleman also remembers filling the Perdon shoes with bottle tops one night during a Sydney-Melbourne run, "just to stir the old bastard up", and watching him run 100 miles on pure hate the next day.

He chuckles about the Perdon family garage, which measures about 4.2 metres by three metres. When the weather was too foul to train on the road, this is where Perdon would go — for hours. Didn't he get giddy? Toleman goaded one day. "When I got giddy, I ran back the other way," replied Perdon, whose signature tune has always been a string of dry one-liners.

Perdon's wife, Valma, explains that the neighbors in Burwood all knew he was crazy anyway, so they did not wonder too much about all this time spent in the garage. The whole suburb was used to seeing Perdon out and about: 10 miles in the morning, 10 miles at night. And in 37 years of work as a salesman, he never had a day off.

Rafferty still enjoys reliving the popular perceptions of their rivalry. His favorite moment came just before that first Westfield Run in 1983, when the pair, at loggerheads through the media, teamed to promote the race.

"Some people were running past at the time and they literally stood and stared," he says. "They couldn't believe that here were Tony Rafferty and George Perdon actually speaking to one another. I'll never forget that."

John Craven, a professional champion whose streak of track victories still has not been bettered, learnt the hard way that Perdon was one of the greats. A bit of a flashy colt in his day, Craven, at 30, had set himself for the 1977 Australian Marathon title, and had given Perdon, in his 50s, a four-minute start under the handicap system.

"It was a really hot day and four miles out I shot past George and thought: 'Well, that's Perdon out of the way.' As I went past, he said: 'Slow down or you'll be in trouble.' Craven snorted, and waved goodbye."

"Sure enough, at the 17-mile mark, patter patter patter," Craven recalls. "George came past me and said: 'Told you so.' And I was a gibbering wreck! He was such a fantastic reader of the conditions."

Perdon estimates he made about \$5000 from his sport. He had played some football as a young man, which ruled him out of amateur competition. He also guesses that he ran 200,000 miles in his career, with about 2000 steps to the mile.

"They say one bloke in England has done 150,000. I've done more than that out in the garage!" he parries. "Everyone says I've run the most, but it's pointless (to speculate)."

But how did he do it? "Just got to battle through it," he says. "Guts. All that running is up here, not in the legs." And why did he do it? "Running's my thing. I never used to run for money, just because I liked it."

So this is a homage to the life and athletic times of George Perdon, because Australia, perhaps the world, has never seen better.

# A.U.R.A. ANNUAL GENERAL MEETING

## MINUTES OF ANNUAL GENERAL MEETING OF THE AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED HELD IN THE CLUBROOMS OF THE BILL SEWART ATHLETIC TRACK, BURWOOD HIGHWAY, EAST BURWOOD ON SATURDAY 19TH JUNE, 1993.

**PRESENT:** 15 Members of the Association and 5 other interested persons.

**APOLOGIES:** Shirley Young, Peter Armistead, George Perdon, Michael Grayling.

**MINUTES:** of the previous AGM held on Sunday 21st June, 1992, printed in Vol.7 No.3 of the the Association's magazine, ULTRAMAG, were taken as read. Moved Dot Browne/ Sandra Kerr that they be accepted as a true record of proceedings. Carried.

### 1.0 PRESIDENT'S REPORT: - Geoff Hook

The President delivered a verbal report with apology for not having a written report available for the meeting, due to insufficient time. However, the President stated that his report would be published in full in the next issue of ULTRAMAG along with other AGM documents. Moved Geoff Hook/Sandy Kerr that the President's Report be received. Carried.

### 2.0 SECRETARY'S REPORT - Dot Browne:

Dot Browne circulated copies of her Secretary's report, which also will be printed in the next issue of ULTRAMAG. Moved Dot Browne/Tony Rafferty that the Secretary's Report be received. Carried.

### 3.0 TREASURER'S REPORT - Dot Browne

Assistant Treasurer, Dot Browne circulated copies of the financial statements for the Association for the period from 1/1/1992 to 31/12/1992, and commented on the figures. She pointed out that overall profit had risen from \$402 in 1991 to \$1029 during 1992, so no increase in members' subscriptions would be necessary for 1994. Invested monies with the Bank of Melbourne now amount to \$6734.85 including principal & interest accumulated, as compared to \$6172.73 in 1991. The President commented that this amount of investment has now achieved out earlier aim of saving sufficient funds to allow us to continue publishing ULTRAMAG for another year if our membership drops to the extent that we are not covering the costs of publication. The books were audited by Jeffrey Briggs who submitted his auditor's statement to indicate that the books and accounts of the Association were in order and that the financial statements were a true and correct record of the Association's finances. Moved Jeff Visser/David Sill that the Treasurer's Report be accepted. Carried.

### 4.0 STATEMENT BY COMMITTEE:

The following statement was received from the committee.

In the opinion of the committee:

- (1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December 1992, and the state of the affairs of the Association as at 31st December, 1992.
- (ii) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
- (iii) the accounts have been compiled by the simple Income and Expenditure format.

Moved John Harper/Sandy Kerr that the statement be accepted. Carried.



## 5.0 ELECTION OF OFFICE BEARERS:

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

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

Geoff Hook proposed a vote of thanks to outgoing committee members, June Kerr and George Perdon, who had briefly filled the position after June moved to NSW.

## 6.0 APPOINTMENT OF AUDITOR:

Jeff Briggs has expressed his willingness to accept the appointment of Honorary Auditor Moved Dot Browne/Kevin Cassidy that Jeff Briggs be appointed Honorary Auditor for the year ended 31st December, 1992. Carried.

## 7.0 GENERAL BUSINESS:

- 7.1 Peter Gray questioned whether the Committee kept road records. Geoff Hook stated that AURA does not keep road records, partly because of the difficulty of assuring that the stated race distance has been accurately measured.
- 7.2 Rudi Kinshofer asked about recommended minimum age for participating in ultra races. Geoff stated that it was up to the race director to make this decision, but he recommended that 18 years be the minimum age.
- 7.3 Tony Rafferty urged members to advertise our Association in media interviews after distance events as it seems many potential ultra runners are unaware of our existence.
- 7.4 Rob Petrie suggested that one idea for raising revenue would be to charge each race director who wishes to place his/her race's entry form in ULTRAMAG, a standard fee of \$10.00 to AURA. To be referred to incoming committee for consideration.
- 7.5 David Sill moved a vote of thanks to President and Secretary for their efforts in putting together the magazine.

The meeting closed at 7.55pm.

## MINUTES OF COMMITTEE MEETING OF A.U.R.A. INC. HELD IN THE CLUBROOMS OF THE BILL SEWART ATHLETIC TRACK, BURWOOD HIGHWAY, EAST BURWOOD ON SATURDAY 19TH JUNE, 1993 AT 8PM

PRESENT: Geoff Hook, Sandy Kerr, Dot Browne, John Harper, Tony Rafferty, Kevin Cassidy

APOLOGIES: Michael Grayling.

BUSINESS: Appointment of Interstate and Territorian Representatives.

The following members had put themselves forward to be considered for Interstate or Territorian Committee members.

Tasmania:	Therese March	Alan Rider
NSW:	David Sill	Barbara Firkin
South Australia	Rudi Kinshofer	
West. Aust:	Charlie Spare	
ACT	Trevor Jacobs	Ian Johnson
Q'ld:	Ray Chatterton	

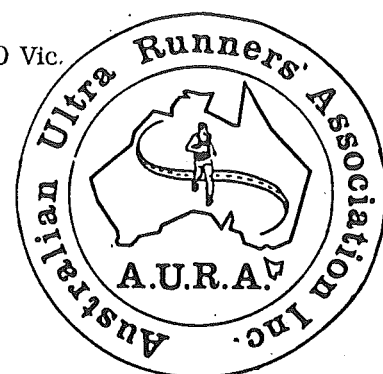
Since all entitlements are for two committee members each, moved Dot Browne/Kevin Cassidy that the above members be appointed committee members for the current term and that vacancies which exist be mentioned in the next issue of ULTRAMAG. Carried.

Geoff Hook proposed a vote of thanks to those interstate representatives who did not put themselves forward for another term: Kerri Law - Tasmania, Chris Stephenson - NSW, Max Bogenhuber - NSW, Andy Docherty - S.Aust. Tony Tripp - W. Aust.



# AURA 1993/94 COMMITTEE

<u>PRESIDENT:</u>	GEOFF HOOK, 42 Swayfield Road, Mount Waverley 3149 Vic. (03) 808 9739 (H), (03) 826 8022 (W) FAX (03) 827 7513
<u>VICE, PRES.</u>	TONY RAFFERTY, G.P.O. Box 163, Box Hill 3128 Vic. or 30 Nash Road, Box Hill South 3128 (03) 808 3360 (H)
<u>HON SEC.</u>	DOT BROWNE, 4 Victory Street, Mitcham 3132 Vic. (03) 874 2501 (H), or FAX (03)873 3223
<u>ASSIS. HON SEC</u>	SANDRA KERR, 1 Olympus Drive, Croydon, 3136 Vic. (03) 725 8346 (H)
<u>HON TREAS:</u>	JOHN HARPER, 21 Lancelot Cresc, Glen Waverley 3150 (03)803 7560 (H)
<u>ORDINARY MEMBER (VIC)</u>	KEVIN CASSIDY, 4 Grandview Road, Preston 3072 Vic (03) 478 3687 (H)
<u>ORDINARY MEMBER (VIC)</u>	MICHAEL GRAYLING, 14 Banksia Court, Heathmont 3125 (03) 720 1962 (H) or (03)429 1299 (W)
<u>ORDINARY MEMBER (NSW)</u>	DAVID SILL, 2 Barnardo Close, Wahroonga 2076 NSW (02) 247 8997 (W), (02)489 6463 (H) Fax (02)251 7590 (W)
<u>ORDINARY MEMBER (NSW)</u>	BARBARA FIRKIN, 208 Carlisle Avenue, Dharruk 2770 NSW (02) 625 0750 (H)
<u>ORDINARY MEMBER (ACT)</u>	TREVOR JACOBS, 7 Dovey Place, Latham 2615 ACT (06) 279 0134 (W), (06) 254 7177 (H)
<u>ORDINARY MEMBER (ACT)</u>	IAN JOHNSON, 137 Kalgoorlie Cres, Fisher 2611 ACT (06) 275 5941 (W) (06) 288 4986 (H)
<u>ORDINARY MEMBER (TAS)</u>	THERESE MARCH, 125 Summerleas Road, Ferntree 7054 Tas. (002 ) 391432
<u>ORDINARY MEMBER TAS)</u>	ALAN RIDER, 102 Balook Street, Lauderdale 7021 Tas (002) 308142 (W) , (002) 486 229 (H)
<u>ORDINARY MEMBER (SA)</u>	RUDI KINSHOFER, 6 Falcon Court, Hallett Cove 5158 SA. (08) 381 2819 (H)
<u>ORDINARY MEMBER (SA)</u>	Position vacant
<u>ORDINARY MEMBER (WA)</u>	CHARLIE SPARE, 9 Rinaldo Cres, Coolbellup 6163 WAust.
<u>ORDINARY MEMBER (WA)</u>	Position vacant
<u>ORDINARY MEMBER (QLD)</u>	Position vacant
<u>ORDINARY MEMBER (QLD)</u>	RAY CHATTERTON, P.O. Box 589, Toowong 4066 Qld (07) 271 8597 (W) (07) 870 9590 (H)
<u>OFFICIAL NON-COMMITTEE POSITIONS</u>	
<u>IAU EXECUTIVE C'TEE MEMBER</u>	TONY RAFFERTY (see above)
<u>STATISTICIAN</u>	GERRY RILEY, 12 English Street, Ballarat 3350 Vic. (053) 33 1403
<u>MAGAZINE EDITORS:</u>	GEOFF HOOK (see above) DOT BROWNE (see above)
<u>ASSIS. TREASURER:</u>	DOT BROWNE (see above)



**PRESIDENT'S REPORT - ANNUAL GENERAL MEETING  
HELD AT THE CLUBROOMS OF THE NUNAWADING ATHLETIC CLUB  
BILL SEWART ATHLETIC TRACK, BURWOOD HIGHWAY,  
EAST BURWOOD, VICTORIA  
ON SATURDAY 19TH JUNE, 1993.**

A number of committee members are not standing for committee positions in the coming term. A special thanks is offered to George Perdon (Vic.), Kerri Law (Tas.), Chris Stephenson and Max Bogenhuber (NSW), Andy Docherty (SA) and Tony Tripp (WA). Thanks for your support and assistance on the committee over the years.

I see signs that our strength is diminishing with fewer competitors in many races, some races disappearing off our calendar altogether and a drop off in members' contributions to our magazine. Hopefully it is just mainly a loss of interest in track races and that popularity in road and track will grow. I hope so! The proposed multi-day staged road race around Tasmania might be just the shot in the arm we need. Let us all work to ensure AURA grows in strength.

Many thanks to John Harper who kindly offered to manufacture a clothing display stand at no cost to AURA. The final result is one of high craftsman like standard.

George Perdon remains very ill and I again urge members who know George to write or visit which will be a tonic to his spirits (15 Lillian Street, Burwood).

AURA became officially affiliated with the International Association of Ultrarunners (IAU) on 9th November, 1992.

Many ultra records were broken over the past 12 months showing that there is still a high level of improvement in the standard of ultrarunning in this country. Trevor Jacobs - 50km, 100km (track) and 50km (road); Lavinia Petrie - 50km, 30 miles, 40 miles, 50 miles and 6 hours (track); Georgina McConnel - 250km, 500km, 200 miles, 300 miles, 48 hours, 36 hours, 3 days and 96 hours (track); Randall Hughes, Shirley Young and Ken Matchett all broke various world age records. Congratulations to all of you.

AURA has progressed a long way since we obtained official endorsement for a team to represent Australia in the 100km World Challenge in Spain last year. For that race we had Trevor Jacobs and Bryan Smith travel from Australia and Carl Barker was living in England at the time. It was a pity Carl was still suffering the effects of a virus by race day otherwise our result would have been much better. And better we did get at the close of the calendar year during an Australia/New Zealand 100km Challenge. Official men's and women's teams completed and we beat the New Zealanders for all prizes - men's and women's individual and teams with Don Wallace running a fine world class 6:39:26 for an Australian record and Lavinia Petrie running an equally fine 8:22:17 for an Australasian record. Fortunately for Australia both these great athletes will be members of our official teams competing in Belgium on 7th August. The teams are:-

Men's

Don Wallace (Qld.)	Andrew Law (Tas.)
Safet Badic (Vic.)	Bruce Cook (Qld.)
Trevor Jacobs (ACT)	Geoff Boase (Qld.)

Women's

Lavinia Petrie (Vic.)
Nicole Carroll (Qld.)
Sandra Kerr (Vic.)
Ann Staunton (ACT)

On behalf of all AURA members I extend our best of luck to all teams members and hope they all achieve PBs in the race. If they do that, Australia will achieve fantastic team results.

Big Chris and Mountain Man, both from NSW, achieved their long held goal of 100 marathons during the past 12 months. Congratulations to both of you. They are already well on their way to the next milestone - 200 marathons. When do they find time to run ultras?

My thanks to the committee for their support and advice over the past 12 months and a special thanks to Dot who does so much work for our Association.

**AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. (AURA)**  
**SECRETARY'S REPORT - A.G.M. JUNE, 1993.**

Our Association is into its 8th year and surviving quite well., thanks to the wonderful support that Geoff and I receive from our members. I often get the feeling that, although our membership is spread widely around Australia, the magazine draws us all together with a common interest, and in fact, we are quite a close-knit group. I feel that I know many of you very well, although I have never met you personally, because of our honest communication through ULTRAMAG.

I am happy with the way our magazine has developed over the years. Geoff and I started off from scratch in terms of not knowing the first thing about magazine production eight years ago, (Remember those lovely blackout photographs before we learnt about screen bromides?) and we've managed to create a publication, with your help and contributions, which has a definite "grass roots" friendly, folksy feel about it.. We could have aimed for a glossy format like "Fun Runner" or "Australian Runner", but we preferred to keep it low key, so that our members would not feel threatened about contributing to it. We wanted you to be able to have your say without your letters and articles being cropped or edited, as occurs elsewhere. Honest communication. I think our aim is working.

I wish to thank our committee who have given us support - Tony Rafferty and Kev Cassidy, who both write great articles for ULTRAMAG, John Harper, who has made us a fantastic display stand for showing off our AURA gear at races, Sandy Kerr, who has taken over as Assistant Secretary and who is a dedicated and reliable helper at all Victorian track events, and all our interstate reps. who provide a focus for communication with other states. We were sorry to lose June Kerr from the committee when she moved to NSW. June had looked after the AURA clothing sales very capably since we first started selling gear, and was also a reliable helper at track races. Obviously, we weren't too impressed with her adding one more member to NSW. Their membership numbers are getting disturbingly close to those of Victoria! Kev. Cassidy has taken over clothing sales and is also doing an excellent hob. Thanks Kev!

Thanks also to Gerry Riley who is still prepared to be our statistician despite all the frustrations with the computer not operating effectively. I am happy to announce that Geoff has managed to get the computer problem fixed just this week, and we have received Gerry's records back from Big Chris, so we should be able to get Gerry's records onto file now, and start printing ranking lists in future magazines again.

Geoff Hook has continued to be an excellent President. His willingness to attend to all aspects of the club administration that I find uninteresting and boring, is much appreciated by me. He has also been kept busy doing the ground-work for our Australian ultra team to compete in the 100km Belgium race in August.

I have been doing an analysis of the ultra races that we are currently offering in ULTRAMAG, and find that we have 42 races in the calendar, compared to our halcyon days when the Westfield was operating, when we had 53, so we have dropped by 11 events. Queensland is doing the best job of offering opportunities for ultra-runners to race. They have 11 different days allocated to ultra races, but many of these are multi-race days, so they are in fact offering many more. Congratulations! The number of races in other states are as follows: NSW - 8, Victoria & Tasmania - 7, West. Aust - 4, ACT - 3, and South Aust - 2. Of these 42 events being offered, 19 are road races, 14 are track races and 9 are trail races. It is interesting to note that although trail races seem to be the most popular events (in the eastern states anyway), they constitute the least number of events. I guess that this is because they are the most difficult to organise. Interesting. Kevin Cassidy, AURA committee member, claims to be the only member who has run absolutely EVERY Australian trail race being offered in our calendar. His claim to fame. He's so keen on them that he's travelling to USA later this year to do another one!

Congratulations to several of our members who have undertaken ultra runs for charity - Nobby Young, Rudi Kinshofer, John Moyes, Kaven Dedman to name a few. We wish you all the best in your endeavours and congratulate you on the funds you have raised to help worthy institutions.

Our ties with other ultra organisations are gaining strength, and we have a magazine-swapping agreement with Canada, New Zealand, U.K. & USA, and communicate by letter with the Russian and Jugoslavian bodies.

Trevor Jacobs, our ACT rep. was the initiator of the 50km race being introduced for the first time this year in association with the well-established Canberra Marathon, organised very capably by Dave Cundy each year. It was a great idea and was a most successful venture. So, members in states who are a bit short on

events should consider doing as Trevor did, and approach the organisers of the marathons in your state, and see if they will allow a 50km race to be incorporated into their event. An easy option for new ultra road events.

As mentioned in my editorial in the May issue of ULTRAMAG, I have been encouraged by four developments on the ultra scene which encourage our members to participate.

1. The staged 'Around Tasmania Road Race' planned for May, 1994.
2. Handicapping being introduced into the Colac 6 Day Race.
3. A 100km event being featured as an 'added attraction' at the Commonwealth Games'94
4. The development of the 100km as a World Championship, this year in Belgium, to which we are sending a men's and a women's team to represent our country, with the blessing of Athletics Australia.

**PROFIT & LOSS STATEMENT - CLOTHING ACCOUNT**  
**1/1/1992 TO 31/12 1992**

<b>INCOME:</b>	Sale of garments, car stickers, cloth badges & interest		502.01
<b>LESS EXPENSES:</b>			
	Atlas Screening - Peter Ryan	275.70	
	Postage	45.60	
	Bank charges	.20	321.50
		-----	
	<b>PROFIT:</b>	\$	<u>180.51</u>
			=====

**BANK BALANCE - CLOTHING ACCOUNT AS AT 31/12/1992**

Opening balance as at 1/1/92	\$	209.50
Plus Profit		180.51
		-----
Closing balance as at 31/12 1992	\$	<u>390.01</u>
		=====

**COMBINED PROFIT & LOSS STATEMENT 1/1/92 to 31/12/1992**

<b>INCOME</b>	Main Account	8624.00	
	Clothing Account	502.01	9160.01
		-----	
<b>LESS EXPENSES:</b>			
	Main Account	7808.86	
	Clothing Account	321.50	8130.36
		-----	-----
	<b>OVERALL PROFIT:</b>	\$	<u>1029.65</u>
			=====

**INVESTMENTS**

Bank of Melbourne - Invested 9/1 /89	2000.00	
Bank of Melbourne - Invested 9/5/90	2000.00	
(This \$4,000 together with accumulated interest of \$703.78 was re-invested 9/2/91 Account No.39795075)	703.78	
Interest accumulated on \$4703.78 as at 31/12/1991	413.39	
	-----	
	5117.17	
Less FID	.24	
	-----	
	5116.93	
Interest accumulated on \$5116.93	473.50	
	-----	
	5590.43	
Less FID	.28	5590.15
	-----	
Bank of Melbourne - Invested 15/4/91 (Account No. 76895796)	1000.00	
Interest accumulated as at 31/12/91	56.40	
	-----	
	1056.40	
Less FID	.60	
	-----	
	1055.80	
Interest accumulated on \$1055.80	88.94	
	-----	
	1144.74	
Less FID	.04	1144.70
	-----	
<b>Total Fixed Term Investment Accounts balance as at 31/12/1992:</b>		<b>\$ 6734.85</b>

**AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.****Registered office: 4 Victory Street, Mitcham 3132****Telephone (03)874 2501, Fax (03)873 3223****PROFIT & LOSS STATEMENT: MAIN ACCOUNT  
1/1/1992 TO 31/12 1992.**

			<u>1991</u>
<b>INCOME:</b>			
313 subscriptions	6775.00		7677.00
Donations	1473.00		1560.21
AURA medals (from Race Directors)	260.00		
Profits Mansfield to Bulla Race	97.00		
Ultra book	8.00		
Sale of magazines	11.00		
Advertising in Ultramag			138.00
	8624.00	8624.00	9375.21
<b>EXPENSES:</b>			
Postage	1278.08		1456.43
Magazine expenses	5630.81		6004.12
Engraving costs	46.00		15.00
AURA Medals - Des Liston	190.95		798.90
Bereavement card - Therese March	3.00		
Photocopy paper	17.90		
Record plaque wooden mounts	100.00		
Statement of AGM - prescribed fee	131.00		27.50
Catering AGM	58.00		42.97
Public Liability Insurance	294.25		267.50
Bank charges	58.87		121.38
Photocopier service			80.00
Purchase of Ultra Books - RRC			298.93
Loss on AURA 6 Hour Race			17.76
	7808.86	7808.86	9130.29
	<b>PROFIT:</b>	<b>\$ 815.14</b>	<b>\$ 244.92</b>
		=====	=====

**BANK BALANCE AS AT 31/12/1992 - MAIN ACCOUNT**

Opening balance 1/1/1992	1748.42	
Plus Cash in Hand 1/1/92 banked 10/1/92	10.00	
Plus profit	815.14	
	2573.56	2573.56
Less Cash in Hand 31/12/1992		4.00
		2569.56
Plus unrepresented cheque #577: Kinshofer transfer of 24 Hr. entry fee		30.00
Closing bank balance as at 31/12/1992 - Main Account		<b>\$ 2599.56</b>
		=====

I certify that the foregoing statements of accounts are a true and correct record of the Association's financial transactions for the period from 1/1/1992 to 31/12 1992 and its current financial position.

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

Dated 15th June, 1993.

Jeffrey Briggs (Honorary Auditor)





Come on you Vics! Get in there  
and recruit bodies!! I'm sure  
some of your Mums would be  
vitally interested in joining AURA!  
Give'em an AURA sub for their 80th!  
An ultra age deserves an ultra  
membership!

## AURA MEMBERSHIP STATE BY STATE (HELP!!!)

<b>THE MIGHTY VICS</b>	<b>115</b>
New South Wales	118
Queensland	42
South Australia	19
West Australia	18
Overseas	17
ACT	12
Tasmania	10
<u>Total membership</u>	<u>351</u>

## **A CAREER IN SPORTS MASSAGE...**

*TO COMPLEMENT YOUR TRAINING OR AS  
ANOTHER WAY TO BE ACTIVELY  
INVOLVED IN SPORTS!!*

*ENROLMENTS FOR 1994 NOW BEING TAKEN!*

**RING → (03)562-3312**

**EASTERN SCHOOL OF TACTILE THERAPIES**  
*Established 1983*

# ITEMS OF INTEREST FROM OUR RECENT COMMITTEE MEETING HELD ON 26/8/93.

1. Our Statistician, Gerry Riley has his files back and is now able to produce ranking lists for our Magazine. The AURA computer still has a major problem and Geoff Hook is investigating the repair of the hard disk.
2. The Sri Chinmoy Running Team are again putting on their 12 Hour Teams' Relay, with Olympic-style torches, at Princes Park, Melbourne on 20/21 November, 1993.
3. John Harper was thanked for making an excellent display stand to assist us in selling AURA clothing at ultra races.
4. Michael Grayling has replaced George Perdon on the committee and a welcome was extended to Michael.
5. The following records were ratified:
 

Dragan Isailovic (30 years) Vic	Class 2	40 Miles	4:07:33
Dragan Isailovic (30 years) Vic	Class 1	50 Miles	5:15:00
Lavinia Petrie (49 years) Vic.	Class 2	30 Miles	3:41:57
Lavinia Petrie (49 years) Vic	Class 1	50 km	3:49:32
Lavinia Petrie (49 years) Vic	Class 2	40 Miles	4:59:58
Lavinia Petrie (49 years) Vic	Class 1	50 Miles	6:23:53
Lavinia Petrie (49 years) Vic	Class 2	6 Hours	75,741km
6. Gordon Burrowes is keeping the Coburg 24 Hour Track Race alive with a Teams' 24 Hour Track Relay on the Labour Day weekend in March, 1994, and individual 24 Hour runners are also invited to compete.
7. As a result of unsatisfactory conduct at the recent IAU 100km World Challenge in Belgium, Safet Badic will no longer be considered to represent Australia in international ultra competitions.

## 100KM INTERNATIONAL RACES

The following 100km International Road Races will be held during the next 12 months:

1. 100km Australasian Challenge in New Zealand on 31/12/1993
2. IAU 100km World Challenge in Japan on 26/6/1994
3. Harriers' Commonwealth 100km Challenge in Canada on 20/8/1994.

One men's and one women's team can be endorsed to represent Australia at each of the above races. Teams must comprise a minimum of 3 athletes or a maximum of six. Additional athletes can be endorsed as reserves. These can be included in the team if a vacancy occurs up to the start of the race. All endorsed athletes must be of sufficient standard (which is generally 8 hours for men and 9.5 hours for women), although a small latitude can be allowed here in special cases.

A Team Manager is required for each race. Team representation at each of these races will be impossible ~~without~~ a Team Manager. Such a person may be one of the competing athletes who is willing to take on additional work.

All sponsorships, grants, subsidies etc received by the team for each race will be shared equally amongst all the team members and the Team Manager only. Where a Team Manager is also a competing athlete, a double share applies.

Planning for team(s) should commence roughly six months before each event, so expressions of interest from interested people are requested by the appropriate time.

Geoff Hogk (President)

## LETTERS TO THE EDITOR

Dear Dot,

I write to thank you for the enthusiastic coverage you gave to our proposed "Round Tasmania" Ultra Staged Race for May 1994. I understand from your editorial and 24 Hour Track Report the disappointment and depression you were feeling at the lack of participants in some road and track events. News of something like a "Westfield-type" run would naturally be uplifting and make anyone's day.

However, without dampening any excitement, because it is certainly the intention of Ultra Tasmania (U.T.) to do what we can to excite and build ultra-running, I would like to make a couple of clarifications

The Tasmanian Government, through the vision of its Special Events/Tourism Department, is keen to support the development of an "Around Tasmania" event in conjunction with U.T. and corporate/community sponsorship. This does not mean, as stated in the editorial that "the Tasmanian Government is keen to put a heap of money into ultrarunning" or, as in the Stop Press, that it is 'sponsoring the event to the tune of around \$50,000 in prizemoney".

The extent of Tasmanian Government support depends on the event's feasibility in bringing benefits to Tasmania. It is our intention to present the best possible case in outlining the benefits to Tasmania and potential sponsors in order that we can maximize backing from all interested parties including the Tasmanian Government.

Any amounts mentioned were generalisations as to the type of minimum prizemoney that would be necessary to attract a dept of ultra runners to such an event. No specific details about sponsorship dollars and/or prizemoney have been established.

In that regard, we will keep ULTRAMAG and all AURA members informed as soon as we have officially-confirmed commitments.

Please accept this letter in the spirit in which it is written - a clarification and explanation of the situation. Hopefully by publication date, more specific details will be known.

Great photos of George Perdon and Tony Rafferty. These are a terrific salute to their contributions to ultra-running over many years. We were saddened to hear of George's health problems. His record is inspirational.

ULTRAMAG is looking great and is a credit to all those who contribute and help to put it together.

Yours in ultrarunning,

Alan Rider (President - Ultra Tasmania, Tasmanian AURA Representative)

\*\*\*\*\*

Dear Dot and Geoff,

I would like to thank all the people who have phoned and congratulated me personally for my recent win. I appreciate it. Some of them were cheased off that AURA did not congratulate me like they have people in the past, but as I pointed out, Tony Rafferty is from Victoria. I'm from NSW, but I won't lose any sleep over it. I think AURA does a great job, and my articles were published in your last edition. As a paying member, I appreciate it. You were more than fair letting both Mr.Rafferty and myself have our say.

I would like to congratulate Tony Rafferty on his performance in the race. I feel he put up a great effort, and I thank him for making me run so well. All the best in the future Tony. Your turn will come and I'm sure you will win one soon.

Dave Taylor.

\*\*\*\*\*

Dear Dot,

I have had a few people ask me about the Sydney to Melbourne and back race and the course for future challenges. I told them I would send you a copy of the maps, page size. I would appreciate it if you could put them in your magazine, with the conditions under which I would accept a challenge.

Thanks,

Dave Taylor.

Ed's note: Thanks Dave. Your course maps are on pp. 85-86 25.

Dear Geoff,

How the heck are you? Still stacking up those kms? Just thought I'd drop you a line to let AURA mag know when our 24 Hour is scheduled for this year. It is .... the 16th & 17th October; same time, same place, some different people. Here are some entry forms.

Yes, I did read Kevin Cassidy's comment about the 24 Hour races around Australia, and I agree with some of the points mentioned. I won't say which ones. But we are somewhat committed to the time of the year, especially this one. The track, well I know it's not the best of surfaces, but the location is superb and has many other things going for it as far as atmosphere - something that the Olympic tracks lack. As far as good performances, I think we've all had our share of records and exciting moments, and lastly, it's what the organisers put into an event that makes it successful. Hey, it's not name and fame you're looking forward to when you put these events on, it's the satisfaction of knowing that you've done everything to the best of your knowledge, and I thank Kevin for pointing out some of the finer details.

I must be off. All the best from this part of the country. Hope to catch up with you soon.

Love and regards,

Prabuddha  
Sri Chinmoy Marathon Team (SA)

\*\*\*\*\*

Dear Dot, **TASMANIAN ULTRA-RACE UPDATE!!!!**

I hope everyone at AURA is in good health. Things are progressing reasonably well in putting together the **Tasmania Run '94**. The stage we are at, is securing the funding in the sponsorship area and it really all hinges on this! As you would know, this is time consuming and until we know the extent of our funding, things like prizemoney and deals we can offer the runners are still up in the air.

The successful staging of this event, at a level appropriate to the international running scene, depends a lot on the expressions of interest (EOI) we receive. We have already received 10 EOIs based on the previous ULTRAMAG publicity. This was encouraging, as I indicated it would be around 1000km and 7 days, which was in fact an inaccuracy on my behalf and probably off-putting to some.

I'm certain that when people see the proposed legs etc, they will have a clearer picture of what they will be aiming for.

We have recently completed our first reconnaissance and measurement around the island. These are minimum distances depending on start and finish locations. Having assessed the logistics and spoken with lots of interested groups in the main population centres, the following draft course structure looks like being close to the finished product.

The main logistical consideration is that our arrangement with the Southern Cross Television Network (affiliation with Ch. 7 & Ch.10), requires us to have the finishes in the main population centres around 3.30pm each day. We are also linking the finishes with Little Athletics activities after school. Hence there will be early starts and the need for transport stages to reach the townships in time.

The extent of interest will be vital in assisting us to gain the best possible sponsorship. It would help us a lot if any runner who is interested in the event would contact me on **(002)308142 (W) or (002)486229. (H)** as soon as possible.

Thanks,

Alan Rider.

Ed's note: Thank you for this information Alan. This event is just what the Australian ultra-running scene needs to give it an injection of life. Scenically, Tasmania is absolutely beautiful and historically, it's fascinating. The idea of running the Tasmanian circuit is a really exciting one, and is one which will appeal to all ultra runners, I'm sure. It is really important that Australian ultra-runners get behind Alan Rider's Tasmania Run'94, support the event and **LET HIM KNOW THAT YOU ARE INTERESTED!** It will certainly help him to gain top sponsorship if he has definite numbers of interested runners that he can quote to potential sponsors.

Dear Dot & Col,

Enclosed is the route I'll be taking from 14th October to 28th October, 1993 - Albury to Melbourne. The Catholic Order I am doing it for are known as the Brothers of The Mother of God and they help intellectually handicapped men. They too send teams to Melbourne to compete in the Special Olympics.

I am asking everyone to join me when and where possible along the route. I am hoping to do this run in 10-14 days! All funds raised are to go directly to the Brothers of the Mother of God, Albury.

I'll start the appeal rolling on the 15th September and it will close on 25th November. Watch the media please! Cliff Young, can you come along for the final leg to Doncaster Shopping Town?

One final thing, after 41 years, the Defence Department has given in. It means I get full Army pay and entitlements until the day I die. This now means they are a major sponsor in my quest to do a figure 8 around Australia.

The Victoria Police are treating this as a major event. The Officer in Charge is Senior Constable March Hardy, Level 4, Major Incident Planning Unit., 255 Bourke Street, Melbourne. They have advised me to get a Melways Road Map of Victoria and Melbourne which I cannot get in Kingaroy, and it is too late to send away for it.

I'd suggest if you or anyone else is interested in helping, to get in contact with the above Police Constable and also Brother Dennis, c/- Mother of God Brothers, 30 Bottlebrush Street, Thurgoona, NSW 2640.

Well cheerio for now. God Bless!

Yours in running,  
"Baz" Stewart.

Ed's note: AURA members wish you the best of luck Barry. I'll send you the Victorian maps you need.

MEDIA RELEASE re. BARRY STEWART'S ALBURY TO MELBOURNE RUN, supplied by B.Stewart

I shall be starting from the home of the Brothers of the Mother of God Order, north east Albury on 14th October and running to Doncaster Shopping Centre, Melbourne. This will be my route: down the Hume Highway to Benalla, then down the Midland Highway to the Maroondah Highway to near Mansfield, then a short cut back onto the Maroondah Highway to just east of Bonnie Doon, then the high road into the Cathedral Mountains, then back onto Maroondah Highway again to Healesville, the Warburton Highton to Westfield Shoppingtown, Doncaster, Melbourne.

I am 60 years old, a a Multicap Runner, and in my division of handicap, I hold all the World Records. I run on crutches and with calipers. The crutches weigh 3.8kg and the calipers are approx. 800g. The emphasis on my running is placed a lot on my hands and arms and because of this, I am lifting and pressing between 10kg and 20kg a minimum of 300 times each kilometre I run.

My actual medical classification is: Les Autres Track - Class 3, Les Autres Field - Class 4 on a scale of 1-5. I am bad - I have cerebral palsy, Class 9 (Open), visual impairment, speech & hearing impairment as well! Also a bad asthmatic and a bad arthritic. My entire body - the skin, the joints and the bones from head to toe is covered in 2 counts - Rheumatoid Arthritis and Osteo Arthritis.

My training hours are from 1am to 6pm 6.5 days per week. The greatest distance I have run was for 6 days, when I did 327kms at Caboolture, Queensland last September and October, carrying injuries before, during and after the race.

My left knee collapses a lot and I sometimes drag my right leg behind me slightly. I also sometimes sway and stumble on the crutches as I have trouble with balance. I am on full pay from the Defence Department for life, having won a major legal case in the Federal Court in Brisbane in January, 1985 and having won 32 years back pay and entitlements, covering the period from January 1952 to January 1985.

I was in the army 1950 -52, serving only in Australia, was medically boarded out and was 19.5 years out of work. Although sick, I was only allowed a small super and part invalid pension and no concessions (which at one time worked out to being 60%-65% of the invalid pension, with concessions.) I ran in 1948, 1949 & 1950 and took it up again 1987. If I can avoid it, I never run unless for charity.

I have run with many famous and well-known runners e.g. Tony Rafferty, Dave Taylor, Ron Grant, Cliff Young & Yiannis Kouros and this time around, I am doing my first open road run for the Brothers of the Mother of God, which is a small religious order that work and live with some of the less fortunate in our society and who are deserving of all the help we can give them. I am appealing to everyone to help these good brothers by donating direct to them c/- The Brother General, P.O. Box 679, Albury 2640 NSW.

I shall close for now! I hope you can help me. Cheerio for now!

Yours sincerely,  
Barry V.Stewart ("The Metal Man From Kingaroy")



Dear Dot,

Firstly, I must congratulate you on yet another great edition of ULTRAMAG. Having subscribed for about 5 years now, I can only say that it is getting better with every issue. Just thought I'd fill you in on one of the more notable events that one of the runners from our state is undertaking at the moment. JOHN MOYLE is currently undertaking a solo run around the big "A" with the aim of covering 43km per day every day to break the world record for consecutive marathons. To do so, he is not allowed one day off for the entire run. So, if you happen to see him out there, stop and run a few kms. with him. We all know how good it is to see a new face and hear a new voice while out there on the road. John left Adelaide on the 30th January approximately, and is running clock-wise. This time round, John is running for Downs Syndrome, another worthy cause. So how about dropping a few pennies in his hand as well.

The big WHY? Well it's yet another charity run. John has already raised \$200,000.00 from past events, so he is no novice. Give him your support.

Regards and good running!

Ian Lilburn (Blair Athol, S.A.)

Dot and Geoff,

I have included a report and results for the Glasshouse Trail Run. The event was poorly supported by the ultra fraternity. The planned 80km event had only one entrant a week prior to the event and thus I had no alternative but to cancel it.

The 1000km/mile event for the Caboolture Multi Day Event attracted only 4 entrants by the August 1st deadline, so it too was cancelled.

The 6 Day Event may go ahead but I will be doing a total re-think about my involvement in organising ultra runs later this year. I am not prepared to spend my own time (and often my own money) in organising events for a few people. Having returned to full-time work as a teacher, I find I have less time for running. If I wish to continue to train and compete myself, then I will probably have to drop all organising.

Ian Javes.

Ed's note: It's a sad state of affairs when top race directors such as yourself give the game away, but what else can you do? Races need runners. Fair enough Ian.

---

Dear Dot,

I shall be entering in the 24 Hour event in Caboolture on the 24th & 25th September, and then I'll be doing a 30-50km run (walk) up and down a 400 foot hill (Mt.Wooroolin) in Kingaroy on the 19th December, 10k kilometres a lap. It will be an Aussie record at least. There is some interest in it.

Secondly, the run from Albury to Melbourne is now postponed and will be done from the 27th May to the 5th June. Ted Paulin, of Melbourne Marathon Inc. is happy for me to enter it to be the last leg of the ultra-marathon, but it is up to Dr.Peter Larkins, the medical director. I have also written to Sharon Stewart, Athletics Victoria and the Dept. of Sport & Recreation Vic., the NSW Road Traffic Authority and both the Victorian and NSW Police, who are all quite happy. The Major Incident Planning Unit of the Victorian Police (Snr. Constable Mark Hardy) is definitely interested and I have supplied them with the route that you and Col gave me. And before I forget, you did a marvellous job of plotting the Albury to Melbourne route for me. Thank you very much..

One last thing. Is it possible to approach Linfox Transport and Frank Beaurepaire in regard to them letting the ultra-runners run around Port Phillip Bay in the "200km Olympic Dream" to campaign for ultra-running as an Olympic event, and while we are doing it, we could perhaps invite the paralympians and special olympians to run with us as well so that they can also send their teams away as well. The above idea, I am putting forward to the executive.

The 5 day Nanango Footrace went down well. I think it is terrific. Also the proposed Tassie race 6 day race got a bit of a plug on radio 1071. Good luck to them!

Well done, it is now official. The Albury to Melbourne (Mary McKillop) Run will be run on 24th May to 5th June, 1994. The short list of invited runners is Ron & Dell Grant, Cliff Young, Georgina McConnell, Ian Javes and Carol Street and the AURA executive and everyone who ever ran in the Melbourne to Sydney Westfield Run. I will appreciate fellow runners at the start and the finish.

God bless you,

Barry Stewart

28. Ed's note: God bless you too, Barry! Hope you work a miracle and survive! We'll have the loaves and fishes ready!

# RACE REPORTS & RESULTS

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## LAUNCESTON TO HOBART - 200KM

24-25 APRIL 1993

Ultra Tasmania is well on the way to having some of the best events in Australia as far as distance running is concerned. The Launceston to Hobart would have to be by far one of the toughest in terms of our landscape. So if you feel like tackling some hills and taking in our superb scenery at the same time come on down.

This year we saw 5 runners enter. Considering its only early days the event went well. Runners included Hardy Fehlandt, Mike Maddock, Peter Gray (Vic), Eddie Westburgh and of course Andrew Law.

The race was handicapped using runners previous times to create an exciting finish for runners and spectators alike.

Hardy was the first to take off. He began his long journey on Saturday at 9.00 am. Hardy hoped to complete the run in 28 hours. Mike Maddock started at 12.00, followed by Eddie at 1.00 pm. Peter Gray had been handicapped at 3 pm and Andrew at 5. I'm not sure of all the runners intentions but Andrew wanted to use this run as a build up for Belgium in August. He hoped to complete the run in 20 hours or thereabouts. He felt that this was a comfortable time and he wouldn't be overdoing it.

The weather was very kind except in the wee small hours of the morning when it felt like icicles had set all around us. It was bloody freezing. These are the times when I question "what am I doing here?"

Andrew was running for "Headway" - brain injured victims and the people that followed us through on the last part of the run managed to rake in \$200 in donations. Next year their intention is to let the public know a bit more about it and hopefully raise three times as much.

Well by now you would think we would have Andrew's routine down pat. Well we have but when he decides to eat greasy chips and ice-cream before the event?? I give up. For the first 20 km he had gut problems. After some magic "rescue remedy" (homoeopathic) and a pit stop the problem went as quickly as it came. His running was superb. He ran the marathon in just over 3 hours even with the earlier problems.

Every 15 minutes we would give Andrew a drink and every hour on the hour a bite to eat. He is excellent to look after in this respect, no matter what I gave him he would eat or drink it.

Before long darkness was around us. I like the night time shift, watching Andrew run, the stillness, distant noises, the sound of his feet beating against the bitumen, his breathing - its eerie in a sense. These are the times when it makes me realise how special and gifted ultra runners are. The drive that you must have to push your body to its limits. From where I sit it makes me even more determined to help Andrew get where he wants to get with his running. To have such a talent wasted is criminal. I feel very positive that Andrew has heaps of potential to become one of the "great" ultra runners of our time. It's a tough row getting there - MONEY, SPONSORSHIP, TIME OFF WORK, HOURS AND HOURS OF TRAINING, but by hook or by crook we will get there.

Pretty heavy eh!! Just before dawn Andrew had seen one of the crew snuggled up and fast asleep. Psychologically this stuffed him right up. All he wanted to do was curl up and go to sleep. I finally weakened and allowed him a generous half an hour. That was all he needed, he set off without any difficulty whatsoever. Andrew passed Peter Gray at Campbell Town (130 kms from Hobart). When Andrew spotted Peter it was like a carrot

dangling in front of him. He picked up the pace and within a short space of time we were in front and into his routine of running 12 km per hour or thereabouts.

I don't know if other crews are similar but we fed our faces with junk food until we were nearly sick. I think we did this to pass time - anxious moments - to keep awake - I don't know, or maybe we are just absolute pigs.

Several hours had passed, everything running smoothly then we spotted Mike Maddock in the distance. He was very cheerful as we went by. Unfortunately down the track a bit further Mike had to withdraw due to injury.

Day break at last, sunshine!! This seemed to pick Andrew up in no uncertain terms. He looked as fresh as a daisy. 100 kms in just over 8 hours - not bad. Minute blisters started to appear so we tended to them straight away. Everything was done without a fuss. Our main aim was to keep Andrew on target for 20 hours.

The next runner wasn't spotted until 9ish. We knew Hardy Fehlandt wasn't far away, it was only a matter of time. Andrew passed Hardy at the other side of Kempton - 45 kms to go. As we passed Hardy he looked very pleased with himself. He was a definite finisher.

Alan Rider (Race Director) wasn't giving out much information about Eddie Westburgh's position. We knew he had spoken to Andrew as he drove by so darted out to see if there was any news of distance between Eddie and Andrew. We knew from the start that it wasn't going to be easy to catch Eddie. Eddie was running for sentimental reasons (Anzac Day - Anzac Veteran) and we knew he wasn't about to give into Andrew without a fight.

By the time we were 20 kms from the finish the race between the two was practically over. We had no chance of passing Eddie unless he broke a leg or something to that affect.

Andrew finished at lunch time in a time of 19 hours 57 minutes - spot on. Andrew had achieved exactly what he wanted to - well done - Yeh Andrew.

A lot was riding on this race for Andrew which was my main concern as far as sponsorship for Belgium went. Unfortunately due to lack of media coverage we missed out. Have you ever tried pushing something up a hill and you just can't get there. That's how I have been feeling. Who knows - something may be lurking around the corner.

Thanks to all runners and crews for a great race. Thanks to Alan as organiser.

Results were as follows:

#### Across the Line Times

Eddie Westburgh	23.12.02
Andrew Law	19.57.22
Hardy Fehlandt	32.20.30
Peter Gray	26.11.20

Eddie crossing finishing line  
at Talays Warehouse  
(GPO Mall)



# LAUNCESTON TO HOBART, TAS. - 200KM ROAD RACE

Moral support - Peter Gray and Mike Maddock, shortly before Mike had to retire due to an injured foot.

Andrew Law, winner. The smile says it all (and a well-deserved drink)



Eddie coming through outer suburbs of Austin's Ferry.

"Checking for banned substances!" or getting a rub-down from the local policeman. Hardy Frehlandt being "frisked" by his son (who is a policeman and had gone up to act as support crew as soon as he finished his shift around 2am on the 25th.)



# Grit will tell in the long run

By JOHN BRIGGS

THE old road warriors, and some young ones, just keep on churning out the kilometres.

Just when you thought it was safe out on the highways, along comes another Launceston to Hobart footrace, which is bound to confuse or inspire those of us with more moderate habits.

Sentimental favourite for the 1993 Tasmanian Ultra Footrace, which starts on Saturday is none other than evergreen 62-year-old "Fast" Eddie Westburgh.

The veteran of Korea and Vietnam has his sights set on an Anzac Day victory. However, race promoter Alan Rider believes it will be a tough assignment for Eddie to emulate his brilliant win in the 1985 Melbourne to Colac Ultra Run.

The 200-kilometre Colac course was over an almost identical distance and terrain.

Rider believes that was Eddie's best performance and he should know as he finished a distant third, 1½ hours behind Westburgh. Westburgh demolished many big names in that event.

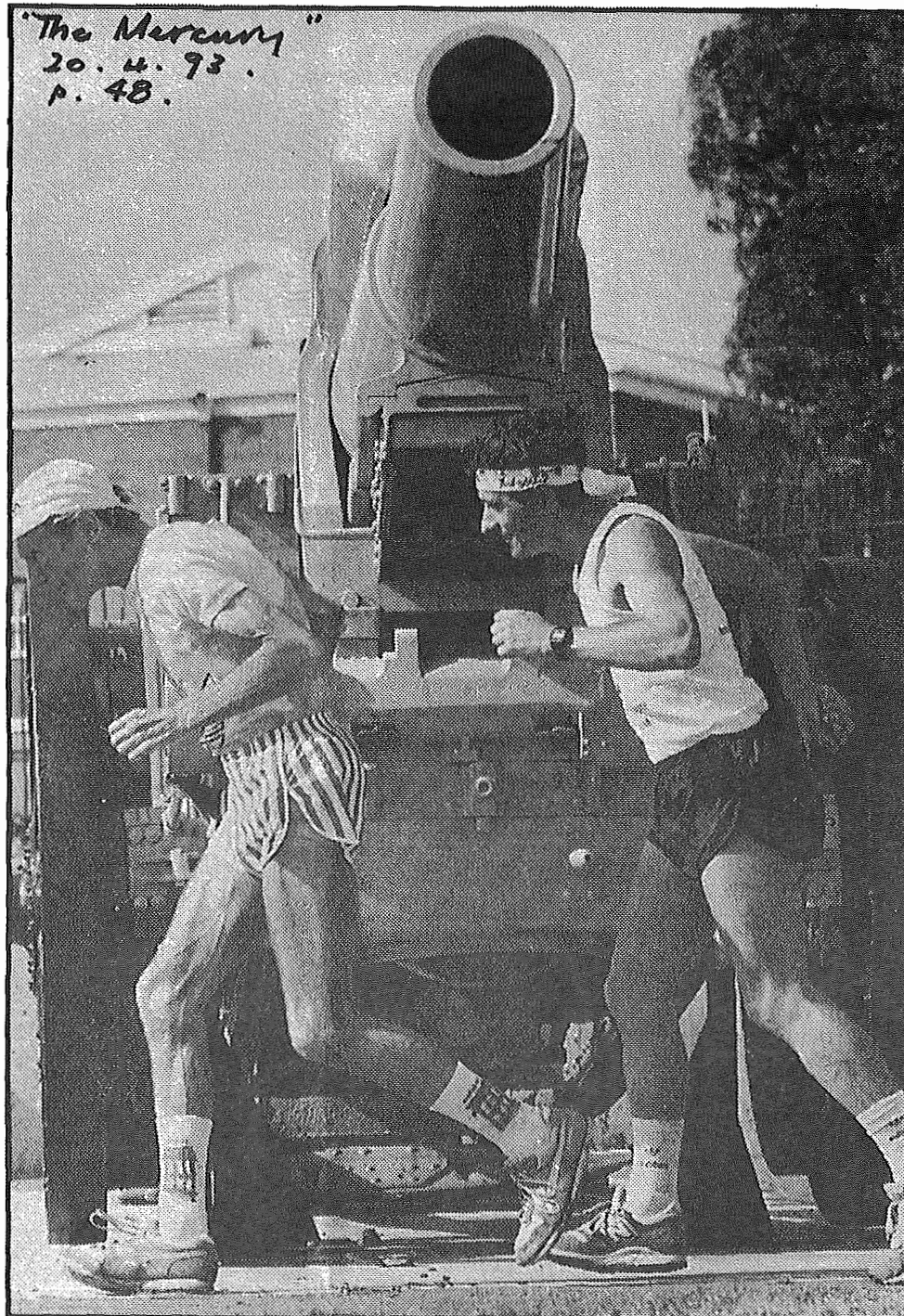
Westburgh, a veteran of two Westfield Runs, will meet Andrew Law, the man who was inspired by Cliff Young and took to the roads a few years ago, culminating in a third place in the 1991 Westfield Run.

The 1993 Tasmanian Ultra will be a classic contest between the older legs of Westburgh and the youthful faster performed ultra star Andrew Law.

Westburgh is double Law's age.

"I think my speed and young legs will outrun him" Law said.

"It won't be easy, as Eddie has plenty of kilometres in his legs and the handicapper will no doubt make it tough on me being 30 years younger."



Having a shot at the 1993 Tasmanian Ultra Footrace: Korea and Vietnam veteran Eddie Westburgh, left, and Andrew Law on a training run yesterday.

The handicap system means the early runners will get away about 9am, with Law the backmarker away later in the afternoon.

Westburgh, after finishing a long training run conceded, "the young fellow is good and has plenty of speed. His recent 100 kilometres in New Zealand was pretty slippery. But remember what happened with the hare and tortoise.

"It's whether you are still going at the finish that counts.

"I've heard he reckons he can give me a start to make up for my age. I'll take whatever the hand-

icapper gives me and who knows he may not see me till we get to Hobart."

The challenge to run the 200 kilometres between the two cities is generating a lot of interest, with experienced local ultra runners Mike Maddock and Hardy Fehlandt among the starters.

Peter Gray, a young but experienced ultra runner from Victoria has entered.

Gray has run the Westfield Sydney to Melbourne and also the Ross to Richmond a couple of years ago.

The Tasmanian Ultra Footrace from Launceston to Hobart has not been run since 1988, when New

Zealander Dick Tout completed the journey in just under 17 hours.

Ultra Tasmania president Alan Rider says the Tasmanian Ultra Footrace has a lot to offer.

Rider said with five years experience of successfully attracting runners to the Ross to Richmond and Bruny Island solo and relay events the time is right to give a focus for the Tasmanian Ultra.

The race starts from the Talays Sports Store in Launceston and will finish at the Talays GPO Hobart Sports Warehouse. Adidas and Tiger Head Light are the support sponsors.





Victory lift for marathon winner Eddie Westburgh by, from left Bev Richardson, of Moonah, Shirley Goss, of Rokeby and Katrina Maxwell, of West Moonah and, below, time for a well-earned drink.



## Winner spurred by Anzac spirit

KOREAN and Vietnam veteran "Fast" Eddie Westburgh seized the occasion of Anzac Day to cut yet another notch in his belt of ultra marathon wins in yesterday's Launceston to Hobart race.

"Because it was Anzac Day and I received a lot of help from the army I wore my service ribbons for the final 30 kilometres," said the tireless 61-year-old.

"I knew Andrew [Law] was finishing fast but because of the day [Anzac] I was determined to hang on," said Westburgh.

He was the sentimental favourite and provided his many army supporters with plenty to cheer about.

Westburgh, the middle marker, adopted his proven race strategy of a very even and relaxed first half followed by non-stop running in the second half.

He ran the distance in 23h.10m02s — a great effort for his age group.

"Fast Eddy" held off a faster-finishing Andrew Law

who made his intentions clear at the start with an opening marathon (42 kilometres) in three hours and took five and a half hours for the first 70 kilometres.

Law used the run as a fund-raiser for Headway and in the process over his final stages raised \$200.

Law was happy with his time of 19h57m22s, giving him fastest time money.

Westburgh added to the major prize money with second fastest time securing a total of \$600 for his efforts.

Experienced ultra runner Hardy Fehlandt finished the course determined to erase his drop out in the 1988 event.

Young Peter Gray from Victoria suffered the disadvantage of being a heavier type of runner particularly on the rolling hilly sections

Mike Maddock was only the event casualty being forced to retire within sight of Hobart with badly swollen feet and ankle tendons.

# AUSTRALIAN 100km TRACK CHAMPIONSHIPS

and Queensland 100Km Championships

Saturday 10 April 1993

	DOB	MARATHON	50Km	6hour	50Miles	100Km
Graham Medill	28.03.48	3.25.00	4.05.11	70.701km	7.01.39	9.23.07
Dell Grant	07.11.53	3.54.42	4.44.48	60.003	8.29.41	10.26.32
Robert Channells	16.08.42	4.04.08	4.57.17	59.597	8.32.05	10.56.04
Maurice Taylor	20.04.48	3.50.53	4.37.55	63.512	8.37.20	11.05.10
Bob Burns	12.06.43	4.10.15	4.58.10	59.162	8.40.36	11.24.15
Ray Chatterton	30.12.48	5.43.22	7.09.50	44.083		76.725Km
Gary Parsons	23.12.49	4.04.53	5.15.32	58.761		60.343
Lindsay Phillips	17.09.65	5.17.48	6.38.19	46.881		50.297
Cliff French	10.05.43	3.54.54		43.513		43.513

Graham Medill made it three in a row at the Ipswich 100Km, taking out the Australian title for the second time. Graham was paced over the first two hours by Cliff French before he was slowed by an injury.

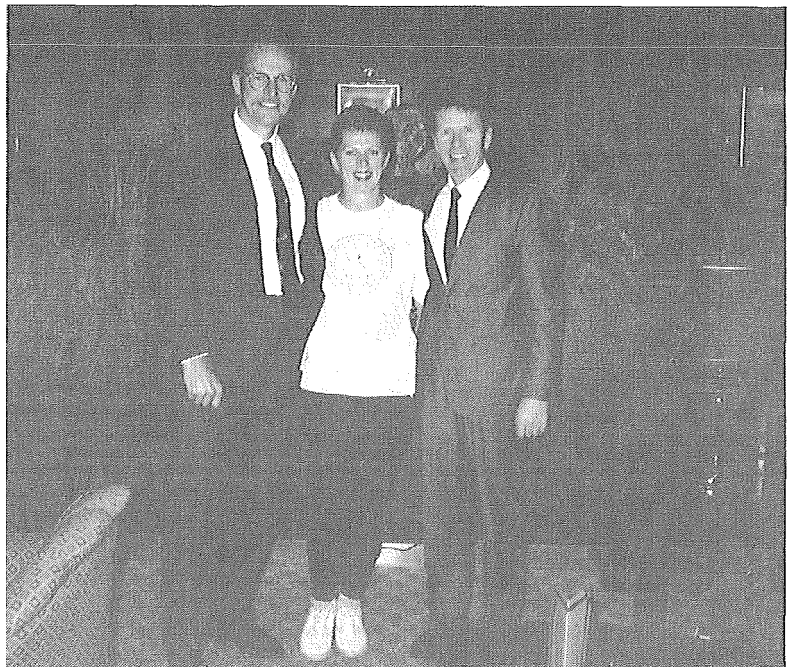
As in previous years the battle for the minor places continued to near the finish, with only eleven minutes separating second to fifth at the 50 mile mark. Dell Grant, battling for a good deal of the race, ended up a clear second overall and only missed the Queensland track record by six minutes. Dell, along with several other competitors, utilised the magic hands of Don Wallace. Don's massage techniques looked painful but they worked.

Once again interstate visitors made their mark. Bob Channells and Maurice Taylor, both showed the perseverance they are noted for in multi-day events. Bob was recovering from recent illness and Maurice crewing for himself, they ran steadily to finish third and fourth respectively.

Bob Burns also made it three finishes with his completion of the race. Running through to the end of the race, it was only time that prevented Ray Chatterton from finishing sixth in the 100km.

Light showers and some cloud helped to reduce the affect of warm conditions and the weather was the best Ipswich has had for some weeks.

Big Chris Stephenson, June Kerr & Tony Rafferty met in Sydney recently during Tony's "Speaking on the Run" lecture tour. See article on Page 98



## Canberra 50k Ultra Marathon

*Held in conjunction with the Mobil Canberra Marathon  
by Race Director Dave Cundy*

Reprinted from Canberra Runner No. 98 May 1993

Canberra's leading ultra runner, Trevor Jacobs, proved as persistent off as he is on the roads during the past 12 months. In response to my request for ideas to keep the numbers in the marathon at a healthy level, Trevor suggested a 50k option. I was not immediately sold on the idea. Surely people were running shorter distances these days; wasn't that why all other major Australian marathons now have a half marathon option?

I still hadn't taken Trevor's idea seriously when we printed and circulated entry forms prior to Christmas. But further encouragement from the Australian Ultra Runners Association (AURA) president Geoff Hook finally convinced me to give the idea a go. The 1993 50k option was billed as a trial to assess the administrative feasibility and level of runner support.

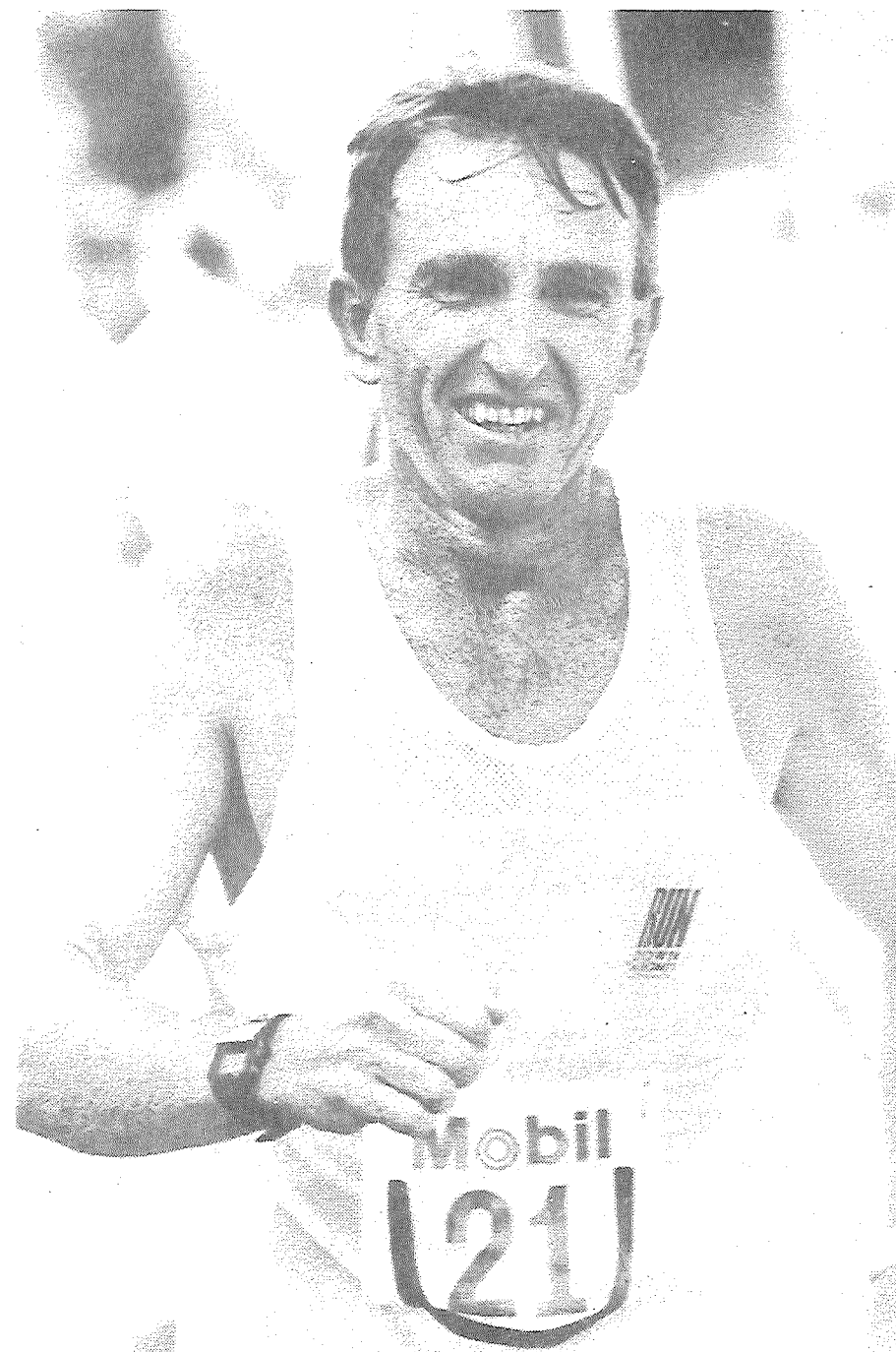
I think the results speak for themselves. With limited pre-race publicity we had 17 marathoners go on to complete 50k; many of them trying an ultra for the first time; the logistics were not a problem; Trevor broke the Australian men's record; Carol Ey broke the Australian women's record; we're claiming an Australian M55 record for Ernie Warner; and ultra running received a post-race publicity boost with Trevor and Carol dominating sports stories in The Canberra Times.

And it opened further opportunities for Trevor who has now forged a link with the Sydney Striders and will join them at the end of May in the Comrades Ultra Marathon in South Africa. We wish Trevor and all those accompanying him to South Africa all the best.

Congratulations to all who were part of pioneering this 50k option. I'm sure it will continue as a feature of marathon weekend in Canberra and, maybe, feature next year as the official AURA sanctioned Australian 50k Championship.

### RESULTS

1.	Trevor Jacobs	ACT	41	3.05.06	(Australian record)
2.	Geoff Large	ACT	32	3.09.36	
3.	Geoff Monro	ACT	27	3.42.42	
4.	Milton Valentine	ACT	43	3.43.43	
5.	Andrew McKenzie-Hicks	NSW	34	3.46.01	
6.	Peter Clarke	ACT	42	3.46.43	
7.	Max Bogenhuber	NSW	50	3.47.52	
8.	Bill Joannou	NSW	36	3.49.37	
9.	Paul Every	NSW	28	3.52.42	
10.	Carol Ey	ACT	33	3.54.25	(Aust Female record)
11.	Robert Ey	ACT	33	3.54.25	
12.	Kelvin Marshall	VIC	28	3.56.24	
13.	Peter Gray	VIC	28	4.08.43	
14.	Robert Osborne	NSW	37	4.11.54	
15.	Ernie Warner	ACT	59	4.35.37	(Aust M55 record)
16.	Charles Reis	NSW	36	4.43.52	
17.	Lachlan Lewis	ACT	55	5.36.36	



*50k ultra initiator, organiser, entrant, winner and new Australian record holder Trevor Jacobs.*

## ULTRA RUNNING by Trevor Jacobs

### 1. Canberra Mobil Marathon / 50 Km Ultra

The inaugural 50 Km event held in conjunction with the marathon proved quite successful. Seventeen finished, with Carol Ey and myself setting new open Australian records (road), and Ernie Warner set an Australian M55 record. This will now hopefully inspire others to better these marks! The 50 Km race will be held again next year with the marathon. It was a great feeling to finish the marathon and then keep on going and finish again - double the joy.

### 2. Comrades Marathon 90 Km, South Africa

The Sydney Striders, South African Airlines, Reed Books (NZ) and the ACT CCC helped me get to this race. The Strider's only requirement was that I joined their club and ran in their strip - fair enough, that was an easy decision. What a terrific experience the event was. It far exceeded all I had heard about it in terms of participation (14 000 entrants would you believe!), organisation and service, course toughness (it was extremely hilly/mountainous and unrelenting!), awesomeness, runner and crowd participation and friendliness, standard of competitors and sheer atmosphere (better than the City to Surf!).

Seventeen Striders ran the race, all finished and only Bryce Courtenay (the author) missed the final cut-off at the finish line of 11 hours. Bryce finished in 11 hr 20 min but did not receive a medal. A gold medal (its solid too!) is awarded to the first 10 finishers, silver to those under 7.5 hrs, and bronze to the rest finishing in under 11 hrs. I was the first Aussie in 6hr 18min 29sec, but fell for the trap of walking from the finish line to the timing area and lost 20sec in the process, as well as several places (I sprinted to stay ahead of Andrzej Magier from Poland - who by the way had been tipped in the papers as a potential winner - but in the results he was placed ahead of me; a trap for the unwary!).

Charly Doll from Germany won the race in 5hr 39min 41sec from masses of superb African runners. There was a sprinkling of well performed European runners in the first 100 places (eg. Roland Villemeot from France 15th in 5hr 57min, Josef Schneider (Germany) 19th in 5hr 58min, Burkhold Lennartz (Germany) 32nd in 6hr 03min and Stephen Moore (England) 60th in 6hr 16 min, etc). Although I was disappointed with my placing (70th), I was pleased with my time because it equates with a sub 7hr 100Km on a flatter course; something I have been aiming for. My placing bears testimony to the great depth of excellent South African runners. However, next time I intend being close to 6hrs and in the first 20 finishers, now that I better know the course and conditions.

The runners Expo was great. As one Strider put it "there were 14 brands on sale to insert into every orifice". Most products were heavily discounted, especially the Leppin "squeezies" which are almost impossible to get in the ACT. International runners were shown over the course by bus 2 days before the race. As hill after hill unfolded you could sense the runner's trepidation. The excited chatter dwindled into silence as all were awed by the course. Expected finishing times were mentally extended considerably, and we could all better appreciate the greatness of Bruce Fordyce's records on this tough, tough course (5 hr 24min 07sec down, and 5hr 27min 42sec up). This year the run was down,

but this was not necessarily any easier than the up run, as one might suspect. Fordyce, for example, considered the down run to be tougher because of the pounding on the legs, the quads in particular. The time that you lose on the very considerable ups is not easily made up on the downs because of their steepness and length.

The race started at Pietermaritzburg at 6am in darkness after the famous single cock crow, and I was soon well back in the field as thousands sprinted off. That didn't matter because I was doing sub-4's as planned, and held this to halfway (ie. 3hrs, about 12 mins behind the leaders). I didn't see it, but others told me that they saw police on motor bikes wielding machine guns disperse a small crowd of protesters along the course, without firing a shot thankfully. Apart from that incident, peace and friendliness amongst all the groups prevailed throughout the event. I was greeted continually by the masses of spectators as an Aussie (called "Bruce" most frequently - from the Monty Python era). They were genuinely pleased to have overseas runners. However, I sensed that they were quietly a bit shocked that a foreigner won, as they hold the race so dear to themselves. Charley Doll was especially good on hills, however, as he trains predominantly in mountains and does a lot of cross country skiing. So the South Africans shouldn't be too disappointed, particularly as they dominated most of the other front placings. By the way, some of the leading South African runners in this race had marathon pb's around 2h 10min, and several finished well, but the results have shown that a good marathon pb doesn't necessarily equate with a good Comrades time. For example, I had been running with some South Africans who (said) had marathon pb's around the low 2hr 20min mark, and I thought that they would whip me in this race, but I finished ahead of them. Also, last year a 2hr 10min South African was leading near the end but blew up with leg cramps and lost. More things can go wrong in ultra's than in marathons!

The second half of the race was tough due to the terrain and the increasing heat and humidity as we approached Durban. I had trouble averaging 4min/Km because it was slower on the climbs and you couldn't compensate enough on the downs. I wasn't sure how hard to push it with my now sore legs. Everyone's prior advice (verbal and in books) was to "take it easy", otherwise you'll blow up and finish badly. Runners were bombing out everywhere so I ran steadily in the hope of finishing strongly. This I did, but there were masses of South Africans ahead who did it better! The crowd support the whole way was unbelievable, particularly up the steep hills towards the end. The finishing area was awash with people, and this just increased throughout the day. Two thirds of the field finish in the last two hours prior to the 11hr cutoff. What a spectacle! Everyone waited to see the last masses struggling to beat the cutoff, and fiercely encouraging them to make it. Those that did were ecstatic, but those that didn't just stopped in their tracks, to slowly wander off looking devastated. But, I suspect that they were also thinking about doing better next year. Such is the magnetism and status of this race.

After the race we briefly visited the beautiful Drakensburg Mountains at the Natal Royal National Park. The Zulu people in the surrounding area were very nice. We then drove to Johannesburg on well made freeways. The frequency of police parked on the side of the road increased as we approached the city, presumably for security reasons as they seemed disinterested in speedsters. I hope that the race can survive the political turmoil currently sweeping the country, and that we'll see the 69th and more staging of the race.

To give you an idea of the size of this event, consider the following statistics:



- . 60 refreshment stations (one every 1.5Km)
- . 1 voluntary helper for every 2 runners (including 70 helpers per refreshment station)
- . 800 000 plastic drink bottles
- . 180 000 sachets of energy liquid
- . 140 000 booster bags
- . 180 000 litres of tap water
- . 28 000 litres of bottled water
- . 70 000 litres of coke
- . 200 sponging troughs and 70 000 sponges
- . 2 tonnes of chocolate
- . 40 000 Noogy Bars (like a Mars bar)
- . 5 000 packets of chips
- . 200 Kg of anti-chafe
- . 360 Kg of Icy Hot Rub
- . 5 000 refuse bags
- . 250 bags of oranges

Imagine the organisational effort behind all that! They also have a Comrades House at Pietermaritzburg to hold memorabilia and functions.

### 3. Coming Events/Notes

The **Gunning 80Km run** (and relay) has been cancelled by the CCC. The **Brindabella Classic** is looking good, and I'm expecting greater participation from Canberrans this year as the word is spread locally that it is a great run. Interstate runners know this and have supported it extremely well over its 6 year history.

The **1993 World 100Km Cup** is coming up in August. Both Anne Staunton and myself from the ACT will be representing Australia in our best team lineup yet. Thanks very much to everyone who supported my fund raising function held recently, by attending the show **The Old Time Music Hall** at the ANU Arts Theatre - it was great fun and I hope that you enjoyed it. Thanks again.

## 7th BRINDABELLA CLASSIC 53k

"Australia's Toughest Downhill Mountain Race"

Sunday 14 November 1993

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

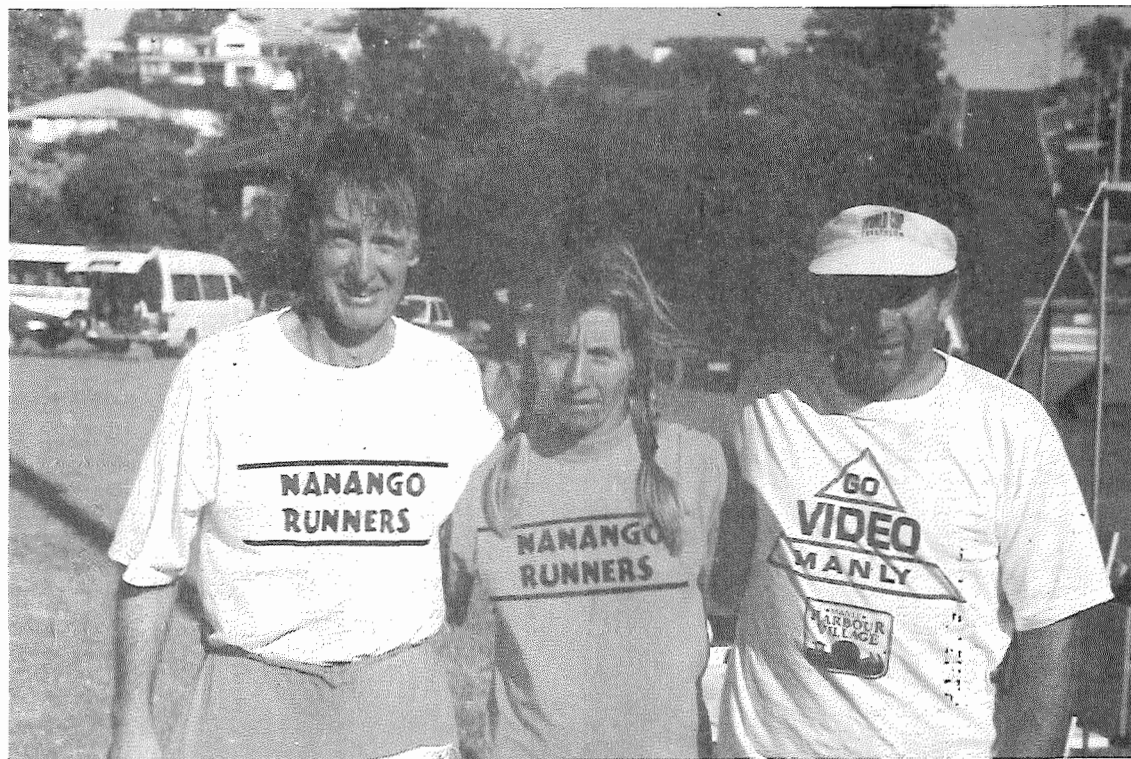
You can run as an individual or as part of a team of two or four. Every finisher over the 53k receives a Brindabella Classic pottery goblet, and those completing their sixth Classic receive a pottery carafe. Men and women individual race winners on three occasions and runners completing their 10th event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

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

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

For further details send a stamped self addressed envelope to Trevor Jacobs, 7 Dovey Pl, Latham ACT 2615.

Presented by the ACT Cross Country Club Inc.



Ron Grant, Dell Grant & ?



Bob Burns, Ray Chatterton & Cliff Young

# BANANA COAST ELECTRICS ULTRA-MARATHON 1993.

by Steel Beveridge

What a race it was! Geoff Boase did it again, but not without a really gutsy effort over the final five kilometres. The television news' film showed the relief Geoff experienced as he crossed the finish line in Coff's Harbour, claiming an unprecedented third win in a row. By the time I finished some two and a half hours later, the drama of Geoff's duel with Mark Steinberg was long over, but both gave credit to the other for an enthralling race.

Geoff went out hard, forging an early and convincing lead. Fellow Queenslander, Asim Mesalic appeared to be the danger for much of the early going, but Mark Steinberg was working on an even, or perhaps a negative split, and it was he who joined Geoff at 60 kilometres.

From there on, the race was most definitely joined. It had all the hallmarks of the classic confrontations of sport - youth versus experience (Mark is 25, Geoff is 42), the defending champ versus the first-timer, and, (dare it be said) Queensland versus NSW.

Both runners knew about "Red Hill" but only Geoff had run down it before. Nobody's legs enjoy a steep downhill after 80 kilometres. Geoff drew on his reserves and moved away, willing himself to the line. Fortunately for those able to see N.B.N. News later in the week, the images of the contest and the victory were clearly conveyed.

As a participant and an organiser, I hope the race next year is just as gripping, but I am sure neither Mark nor Geoff need quite such a contest, despite its bringing out the best in each other this time.

Generally speaking, the event proved successful with 10 entries, nine starters and seven finishers, although we would like to see more North Coast (NSW) runners step up in distance and 'have a go'. Personally, I would prefer more slower runners, but entries from fast runners will be accepted as well.

The spread in this race was quite comprehensive. In addition to the three sub 7 hour runners, there was Bob Channells of Bowraville in 7:58.28 (He was backing up after the Australian 100km Track), Bill Joannou - 8:45:28 (Bill may have slowed a little by having to answer his mobile phone so often), me in 9:16:54 and Wayne Ward in 11:17:0 (Wayne battled 'flu all the way in a very gutsy effort which we hope did not take too great a toll on his future health and well-being)

Next year, the start's in Coff's Harbour at 6.00am on 1st May.

First 3 placegetters in 1993 Race:

- |    |                |         |
|----|----------------|---------|
| 1. | Geoff Boase    | 6:42:47 |
| 2. | Mark Steinberg | 6:43:33 |
| 3. | Asim Mesalic   | 6:57:34 |

Geoff Boase, winner of this event, this time competing in the Belgium World 100 km Challenge in August.





# PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE TOOTGAROOK, VIC. - 2ND MAY, 1993 by Drew Kettle

At Tootgarook, on an autumn morn,  
In the new-born light of day,  
Dot Browne stood by the circle track,  
To send runners on their way.

In an army tent right along side,  
Were the lapscoreers with pen and paper,  
While support crews struggled with tables & chairs,  
And the necessities of their caper.

With the starter's gun, the race was begun,  
To the chorus of croaking frogs,  
While the marker lane was the second lane,  
To keep contestants out of the bogs.

The first away, was young Peter Gray,  
Worried that Norma wasn't there,  
He's used to his mum keeping him on the run,  
Looking after his food, drink and gear.

Then there was Bryan Smith, the reigning champ,  
Whose legs to "Chris Rea's" music moved,  
As he thought of fast horses he'd backed for a win,  
It kept him right there in the groove.

Jeff Visser was tall with a long flowing stride,  
And long flowing whiskers as well,  
Not allowed on the track, was his bull-terrier "Shack",  
To whom human flesh tasted swell.

Mike Grayling moved lithely, tackled the job blithely,  
Running with precision and care,  
He'd run marathons in Alaska's chilly clime,  
And thrived on the cool morning air.

Jacqueline Taylor, alas, was the only female,  
To face the starter's gun,  
She did very well, walking the straights for a spell,  
While the circle ends, she tried to run.

Riding race horses was George Cormack's "calling",  
Until a bad fall he had,  
Now he's turned to ultra running,  
And is proving a talented lad.

Big Billy Beauchamp arrived 5 minutes late,  
It seemed he had failed to wake,  
He was soon in his stride, and quick to confide,  
It's not often he makes a mistake.

Bob Sayers is a rogainer and orienteer,  
Music to him is sublime,  
With his thoughts on the classics, he remembered the basics,  
And ran really well the whole time.

Adam Hillbrick was the youngest to start in the race,  
And an age-record nearly he ran,  
For him it was anguish that is his last hour,  
Muscle cramps and contractions began.

The only boast old Drew Kettle could make,  
Was that runners passed him the most times,  
But he saw the sun rise above Arthur's Seat,  
And that helped him make up these rhymes.

It must truly be said, that we were all well fed,  
There were pancakes and icecream galore,  
And crows, they waddled, and aeroplanes stunted,  
While a container ship rammed nearby shores.

It was dark the last hour around that track,  
No stars in a cloud-filled sky,  
But car-lights were shone, and a generator turned on,  
The darkness to ably defy.

Our thanks to those who make possible the event,  
Lap counters, support crews, masseurs,  
They all worked as one, once the race had begun,  
It's the camaraderie of effort that endures.

And when the stress of the day has faded away,  
In memory we will all hold,  
The pleasure of that run down Tootgarook way,  
Where Bryan Smith again won the gold.

**AUSTRALIAN 48-HOUR TRACK CHAMPIONSHIPS  
AND  
QUEENSLAND 24-HOUR TRACK CHAMPIONSHIPS  
4-6 JUNE, 1993**

It didn't rain this year. The wind didn't try to take any tents. All the lights stayed working. The main clock didn't run out of power midway through the event. Organising the use of the field took one phone call. The Wynnum Rugby Union Football Club looked after us like we were long lost relatives. The trophies and T-shirts were ready well before the event. The number of competitors was dramatically increased over last year, and six records were broken. The world was a very good place to be in for a few days.

The Australian 48 Hour Championships attracted six great runners, Bryan Smith, David LaPierre (Canada) Peter Gray, Georgina McConnell, Bob Burns and John Timms.

At 9am on the 4th June they were dispatched on their way by Deputy Lord Mayor of Brisbane John Campbell. Bryan Smith streaked to the lead in the first hour with 12.8k and stayed there for the rest of the event. Peter Gray was never too far away most of the time. He continued to keep moving in his normal quiet efficient style. Canadian David LaPierre, suffered very badly from jet lag, arriving in Australia only a few days before the event and not up to his normal professional performance. He managed a very creditable 280.870k. Georgina McConnell was at her business-like best with 302.275k, and in the process managed to break the 250k, 300k and 48-hour Australian records, (congratulations Georgie). Bob Burns was back to his normal best, quietly working away to come in third place and John Timms was entertaining with his varied running style and culinary requirements.

The sun dawned brightly on Saturday 5th to another beautiful Queensland day, as the sixteen runners who were to compete in the 24-hour event prepared to join the six 48-hour runners. Local federal member Con Sciacca fired the gun at 9am and swelled the field to 22 runners.

Dell Grant put on one of the most impressive running displays seen in these parts for some time. She took outright lead at the fifth hour, and from then on, the best the others could do was to fight it out for the minor placings. Not only did Dell win outright in front of 15 others, she also broke the Queensland 100k, 100 mile and 24 hour records (congratulations Dell). Ron Grant, who came to help Dell along and have a bit of a training run, got caught up in the excitement of it all to come in first male and second over all. Dave Holleran snapped at Ron's heels for most of the event to come in second male and third overall.

Seventy-six year old John Petersen, who has been a regular competitor for many years, had been suffering a bit with a muscle strain lately. He popped in to have a little run, stayed the 24 hours, and did a great 108k.

My encouragement trophy went to Kerrie Hall who walked the 24 hours to reach 126k. She is going to be someone to look out for if she ever decides to take up running.

It was great to see three new 24-hour runners enter the event, Gerard Hocks and John Stockman who had their first taste of ultra running in the Caboolture 12-hour a few weeks back. Both did 106k. Nanango runner Graeme Watts did 93k in his first effort at ultra running. It was very pleasing to see new runners entering our events up here.

Cliff Young put on a great performance to reach 130k as it was only at the last minute he felt he could enter because of injuries and a cold.

As race director I was very pleased for all the runners, and the personal goals they reached. They all can't get a trophy, but everyone in those two events deserved one.

My thanks to all our sponsors and helpers who made these events possible. Special thanks to Dave and Kay Holleran for their long months of work before the event, and during the event to Val Case for her tireless efforts, and to Lorraine. Camp Quality benefits from this event by approximately \$500 with donations from sponsors and runners.

*Ray Chatterton.*

P.O.Box 589  
Toowong  
Qld 4066  
21 June 1993

Dear Dot

It's not easy this race organising business is it !! You do an excellent job down there from what I hear, I must make it down to one of your events.

Hopefully this one is nearly over, as you see from the enclosed I'm just about at the end of it all (I hope).

There are a six record claims. I'm sure there are no problems with them. The track was set out and measured by a surveyor, I had four certified timers supplied by the Queensland Marathon and Roadrunners Club. It was a standard 400 metre grass track.

I've sent off a copy of results etc to Gerry Riley.

I also included a floppy disk with the race reports etc, in WordPerfect 5.1 in case you want to fiddle around with it.

Let me know if I've missed anything.

Yours faithfully

  
Ray Chatterton

41.

# **AUSTRALIAN 48-HOUR TRACK CHAMPIONSHIPS** **4-6 JUNE 1993**

(1)	Bryan Smith (24/10/43)	354.150k
(2)	Peter Gray (17/5/63)	321.245k
(3)	Bob Burns (12/6/43)	312.000k
(4)	Georgina McConnell (F) (2/8/43) Record claims: Australian female 250k = 39:03:05 300k = 47:43:08 48 hours = 302.275k	302.275k
(5)	David LaPierre 18/9/40 (Canada)	280.870k
(6)	John Timms (30/9/42)	231.105k

# **QUEENSLAND 24-HOUR TRACK CHAMPIONSHIPS** **5-6 JUNE 1993**

(1)	Dell Grant (7/11/53) (F) Record claims: Queensland female 100k = 10:05:06 100 mile = 20:56:41 24 hours = 176.800k	176.800k
(2)	Ron Grant (15/2/43)	172.000k
(3)	Dave Holleran (25/6/53)	150.450k
(4)	Carol Street (15/8/41) (F)	145.600k
(5)	Brian Evans (29/9/42)	137.055k
(6)	Carl Hebel (23/10/39)	135.141k
(7)	Brad Boyal (16/6/60) (NSW)	130.940k
(8)	Cliff Young (8/2/22) (Vic)	130.452k
(9)	Kerrie Hall (25/3/61) (F)	126.520k
(10)	Mark Foley (28/9/53)	119.645k
(11)	John Petersen (19/7/16)	108.285k
(12)	John Stockman (16/2/50)	106.000k
(13)	Gerard Hocks (7/11/40)	106.000k
(14)	Graeme Watts (28/8/53)	93.090k
(15)	Cliff French (10/5/43)	80.000k
(16)	Lindsay Phillips (17/9/65)	73.200k

Georgina McConnell, Australian ultra distance champion and holder of many of the women's ultra records.



## and the winner is.....

What a ripper way to spend a day! You might consider taking up this Ultra running thing. In the recent 48 & 24 Hour Queensland Track Championships I saw the whole of life pass me by, and by, and by.

OK let's get serious. This is what the hours of training comes down to.

There was this mob of people wearing hardly a stitch of clothes performing all sorts of athletic leaps and bounds. Twisting and contorting their underfed little bodies vainly trying to suppress a whinny of excitement at the start line for the 24 Hour event.

Of course while all this energetic prancing is going on, the 'sleepy six' would shamble past in the pursuit of 48 hours of painful discomfort.

I spied Georgina McConnell running with the arm action of an out-of-sync oarsman - in reality she was listening to the

trannie glued to her head and was keeping the beat to a little known Afro Frug group. Bryan Smith, head down endlessly repeating, "Not far to Melbourne, not far to Melbourne." Behind him Geelong Giant, Peter Gray muttering, "Not far to Bryan, not far to Bryan."

John Timms was wearing his aptly named 'Pecker Pants'. The tightest, skin-hugging, outline delineating, form of sportswear that only a real sport would wear. Gary Parsons, promptly named them the Pecker Pants..causing many of the female Lap Scorers to break their necks trying out a quick peep.

Good man, Bobby Burns, was in the hunt all the way. Though he spent some time looking for his errant handlers, he had no worries. When the 'JellyBean Kid' turned up they could be seen hanging around for one of the delicious sweetmeats. And by golly, at the end Bob

made it to the dizzy heights of Qld 48 Hour Track Champ after all that. On Ya Bob, three cheers for our side.

For the start of the 24, a line of knees and elbows was formed to be startled into action by Ray Chatterton hopefully aiming for the air.

The 'JellyBean Kid' shot to the front, the bit between her teeth and kidney shaped rocket fuel nestling under the tongue. The Cane Toad was 'spitting' chips of sugar cane as he took off in pursuit of this ramshackle bunch that looked like an advertising agents dream. Adidas, Puma, Saucony, emblazoned everywhere in eye-catching colours. Little did they know that the formula for success was a dingy blue coloured beanie and huge amounts of the humble jellybean.

From the start, bets were being laid on the eventual winner of the '24'.

A Grant Quinnella was the odds on with Dr Watts(on) being the unknown outsider at 10-1 the hedging wager.

Graeme Watts did himself proud. Once he learned that it was a race further than 20Kms he attacked the course with great gusto. Dressed more like a golfer out for a pleasant round with the chaps, he was soon in there chatting away to the other runners.

We Cricketing types know this as sledging the opposition; but the Will to Win takes many forms.

One in particular was the psychedelic gear worn by Dave Holleran. A bloke could have made a bob or two selling sunglasses to ward off the glare!

The Two Cliff's, French and Young, treated the race as a talking contest doing it hard trying to outdo the other with reminiscences. During the race Cliff Young was troubled with a hip injury pacified by willing young female

hands stroking both his body and libido, while later Cliff French had to call it a day through a combination of many things.

As the race wore on I became an expert in spotting the music. Obviously, the runners up on their toes, were listening to Tiny Tim's "Tiptoe through the Tulips."

In the wee hours of the morning a switched on Walker entrant could be heard muttering something that sounded like 'Baa Baa Black Sheep', while the more macho would be punching the air acknowledging the roar of an imaginary crowd - Yep! the Theme from Rocky.

Noticeable by its absence was Johnny Cash's rendition of "All day I faced the barren wastes without a drop of water; Cool, Clear, Water."

Mega excitement just after seven in the evening - Dell had smashed the 100Kms time in 10Hrs 05:06.

Bigger deal two hours

later when she crashed through 113.26Kms in 12 Hrs; and for her, the blessed relief of a hammering, laughingly called a massage, from Jan Collins.

Another milestone was hers at the finish: 176.8Km for 24 hours and Qld 24 Hour Track Champion!!

Another highlight of the day - for the runners having run anticlockwise for two hours - was the big expectation of some sleepy bod plonking him or her self in front of the clock. This for the runners to play Ring-Around-The-Rosie causing them to run in a reverse manner. No, not quite backwards, more in the manner of a Melbourne horse race - clockwise

Handler extraordinaire Cathy Caton was everywhere. Lap scoring and spooning out Grape juice, Orange juice, Jungle juice; being Lord Chancellor and Keeper of the Jellybeans.



Gosh those sweeties were a worry.

Another of Dell's handlers, Helen Sturwold, was charmingly distracted as she diligently noted the time and the lap. Post-dating drinks information, doing a magnificent job. There is nothing quite like being gently chided at midnight for mislaying precious drink bottles on a chilly Autumn night, especially by the one who filled them!

As the dawn came, hailing the final four hours, something of a furore overtook the runners.

John Timms had rolled out of his 'van for yet another bit of shuffling in the 48. Carol Street, in the 24, had had another motivating massage - Milo down the throat. Dave Holleran was engaged in concentrated discussion with Mark Foley with Baa Baa Black Sheep wafting in the breeze.

Ron's lap scorer had told him for the hundredth time how far he had run, how many laps that was, the time for each lap, distance covered in the past hour against the previous hour, which way the wind was blowing, where we were and why we were there, yes the Moon is still shining, how far ahead was Dell, how far ahead he was from the opposition, yes Jan has just told Dell to stay on the track or no more jellybeans, yes, yes, yes, yes. Suddenly Carol Street had a rush of blood to her head. She lapped Dave Holleran twice causing him to take off like a greyhound to protect his 3<sup>rd</sup> place, 10 lap lead.

The rush of adrenalin was contagious. This chorus of cripples immediately started to RACE. Instant bedlam!! Johnny Timms hurtled round the oval issuing ill-advised 12 hour challenges to all and sundry (boy can he run

after a dream free night).

Ron Grant thought he was Twenty One again doing sub three minute circuits taking six laps from Dell's lead within the hour.

Straight away his handler poured a kilo of sugar down his neck before he came apart at the seams.

They left Ray Chatterton spinning like a top when it came time for the 'turn around'.

In this mad maelstrom of wheeling arms, the JellyBean Kid was imitating an amiable spastic limping around the track with quite a humorous gait reminiscent of a stilt walker.

Ron had the pleasing achievement of a win in an Open Championship. Most of his career being spent in World Record achievements. Having suffered the chill of Wynnum I hope that a crack at a run up Mt Everest is not on the cards. Please, tell me I'm wrong????

A VIEW FROM BOTH SIDES OF THE FENCE. - by David Holleran

I ALWAYS THOUGHT THAT RUNNING IN A 24 HOUR RACE WAS HARD. LAST YEAR I TOOK ON THE CHALLENGE OF ASSISTING RAY CHAT-  
ERTON IN ORGANISING A 48-24HR RACE. HARD!! I'LL SAY.  
SO THIS YEAR I THOUGHT, WELL WHY NOT TRY BOTH AT ONCE.  
HARD, DIFFICULT, FRUSTRATING, REWARDING? ALL OF THE ABOVE.  
LAST YEAR I MADE MANY MISTAKES IN THE ORGANISATION OF THE  
RUN, BUT NOT THIS YEAR. WHEN YOU HAVE TO FORK OUT YOUR  
OWN MONEY YOU LEARN REAL FAST.

A CHANCE MEETING WITH ALLAN JONES WHO WAS THAT NIGHT  
TO BE VOTED IN AS PRESIDENT OF THE WYNNUM RUGBY UNION CLUB  
WAS VERY INTERESTED IN DONATING THE GROUND FOR US TO USE  
FOR FREE!! LIGHTS, TRACKSIDE TOILETS, (ELIMINATING THE  
COST OF PORT-A-LOOS), FULL CANTEEN FACILITIES. THE NEXT  
DAY IT WAS OFFICIAL. WHAT A BEAUTY. TELECOM, WHO HAD  
BEEN MY TEE SHIRT SPONSOR IN AN EVENT IN DECEMBER SAID  
THEY WOULD BE A TEESHIRT SPONSOR FOR THIS EVENT. GREAT.  
TROPHIES, NO WORRIES. I APPROACHED 14 BUSINESSES WITH  
ONLY ONE REFUSAL. TROPHIES PAID FOR!! CERTIFIED TRACK,  
I RING ALLAN FOX A MARATHON RUNNER AND SURVEYER OF 31 YEARS  
EXPERIENCE. DONE. FRUIT, FOR THE RUNNERS. PERRYS FRUIT  
OF WYNNUM, NO WORRIES. SO FAR, GREAT.

TWO WEEKS TO GO AND BANG. TELECOM RENEG. NEVER TAKE THE  
WORD FROM A BIG COMPANY. 24 HOURS LATTER, GO VIDEO OF MANLY  
COME TO THE RESCUE. BACK ON TRACK. THEY ALSO DONATED ALONG  
WITH SPORTS CO CAPALABA LOTS OF GIVAWAYS. T.V. COVERAGE?  
SURE. THE NEWS EDITOR OF CHANNELL 9 IS A REFERREE, AND I  
JUST HAPPEN TO BE THE FITNESS ADVISOR FOR THE REFS.  
BRISBANE EXTRA, SATURDAY NEWS, SUNDAY NEWS, NEWSPAPERS, RADIO.  
WHAT: A BUZZ!! GO VIDEO ARE RAPT. SO MUCH EXPOSURE. NEXT  
YEARS EVENT LOOKS GOOD ALREADY.

THE RUN. SET UP FRIDAY WITH RAY. IT'S COLD BUT FINE. I  
RENEW OLD FRIENDSHIPS. PETER GRAY AND MUM NORMA ARE ALL  
FULL OF SMILES. BRYAN LOOKS GOOD, GEORGIES CHIRPY, DAVID  
LA PIERE LOOKS HAPPY AND TALKATIVE, JOHN TIMMS IS JUST HAPPY  
TO BE THERE, BOB BURNS IS HIS USUAL DETERMINED SELF.  
A SMALL FIELD BUT ALL QUALITY. RAY IS HIS USUAL EFFICIENT  
SELF, COOL AND UNFLAPABLE. NOTHING ELSE FOR ME TO THINK  
ABOUT. THE RUGBY CLUB IS SUPPLYING A FULL CANTEEN SO HAVE  
SOME BREAKY AND SETTLE IN TO SOME PHOTO TAKING AND TALKING.  
CLIFFY IS THERE AND A STEADY STREAM OF PEOPLE COME BY TO  
MEET HIM. CLIFFY IS EVER FRIENDLY AND APPROACHABLE. CLIFF  
IS IN TERRIBLE PAIN WITH A SCIATTIC NERVE INFLAMED AND A  
DOSE OF FLU. I DON'T THINK HE'LL GET VERY FAR TOMORROW.  
BACK HOME AND TRY TO SLEEP. CLIFFY'S COUGHING ALL NIGHT.  
UP AT SIX, EAT, OFF TO THE TRACK. THE 48ers ARE LOOKING  
GOOD. MEET MORE OLD FRIENDS. GEE I ENJOY ULTRA PEOPLE.  
NO "FLUFFY STUFF" HERE AS RON GRANT WOULD CALL IT, JUST  
PURE PIONEER STOCK, THE TOUGH RUNNERS.

THE GUN GOES OFF AND DOWN TO BUSINESS. A COUPLE OF HOURS  
LATER I'M HAVING STOMACH PROBLEMS. OH WELL, PLAN B MAYBE!!  
8 HOURS, GEE IT'S HARD, 12 HOURS, A COUPLE OF RUNNERS GO  
HOME, SOME TO BED. CLIFF IS GETTING STRONGER. SO AM I!!  
YOU BEAUTY. 6TH SPOT AND RISING. 14 HOURS - 4th, 15 HOURS  
- 3rd AND THERE I STAY. THE RUN FINISHED. RELIEF. SIT  
DOWN AND RELAX. WHAT'S THIS, KIDS WANT MY AUTOGRAPH. WHAT  
A BUZZ!!





**AUSTRALIAN ULTRA RUNNERS' ASSOCIATION**  
**50 MILE TRACK RACE**  
**SATURDAY 19TH JUNE 1993**  
**BILL SEWART ATHLETIC TRACK, BURWOOD HIGHWAY, BURWOOD VICTORIA**

	<u>MARATHON</u>	<u>30 MILES</u>	<u>50KM</u>	<u>40 MILES</u>	<u>50 MILES</u>
1. Dragan ISAILOVIC, 30 Vic.	2:41:23	3:04:53	3:11:38	4:07:33* <sup>Δ</sup>	5:15:00 <sup>Δ</sup>
2. Safet BADIC, 32 Vic.	2:41:23	3:04:53	3:11:38	4:09:04	5:22:49
3. Rudi KINSHOFER, 39 S.A.	3:03:51	3:31:50	3:39:37	4:46:16	6:06:58
4. Lavinia PETRIE, 49 Vic. <b>1st Female</b>	3:14:32	3:41:57 <sup>Δ</sup>	3:49:32 <sup>Δ</sup>	4:59:58 <sup>Δ</sup>	6:23:53 <sup>Δ</sup>
5. David SILL, 46 N.S.W.	3:52:31	4:22:45	4:30:54	5:41:15	7:07:33
6. Jeff VISSER, 30 Vic.	3:14:29	3:54:30	4:04:09	5:29:50	7:08:20
7. Peter GRAY, 28 Vic.	3:24:30	3:59:38	4:11:05	5:51:18	7:40:29
8. Sandra KERR, 47 Vic. <b>2nd Female</b>	3:47:01	4:20:55	4:30:32	5:56:12	7:49:20
d.n.f. Graeme ROBERSTON, 48 Vic.	4:17:06	5:04:22	5:18:20	7:28:07	165 laps = 66km in 7:45:52
d.n.f. Keith ALEXANDER, 42 Vic.	3:16:06	4:06:22	4:20:33		140 laps = 56km in 5:03:18
d.n.f. Joe SKROBALAK, 40 Vic.	3:25:26	4:03:06	4:15:24		125 laps = 50km in 4:15:24

Lavinia Petrie also achieved 75.741km<sup>Δ</sup> in 6 hours

**NOTE:** All records are pending, subject to ratification.  
\* Next recorded lap time after nominal distance was passed.  
<sup>Δ</sup> Australian Record.

# GLASSHOUSE TRAIL RUN

June 27, 1993

Race Director - Ian Javes

The Ultra Division of the Queensland Marathon and Road Runners Club conducted trail runs over distances of 55, 35 and 10 kms in the state forests of the Glasshouse Mountains area on Sunday, June 27. The two shorter events were open to walkers as well as runners. A planned 80km event was cancelled due to lack of entrants.

Don Wallace won the 55km event from Asim Mesalic and Brian Evans in 4hr 10min 36sec. Don was using the run as training for the World 100km Championship and led comfortably from the start. Carol Street was the first female in 6hr 56min 44sec from Phillipa Bolt. Dave Holleran was the only runner to go off course in this event.

Runners in the 35km had some trouble as course markings had been partially interfered with and thus four failed to complete the full course. Twenty-four competitors successfully completed the course and there were two withdrawals. Rein Evenhuis was first to complete the course closely followed by the first lady, Lyn Gordon. Rex Gumbrell and Peter McKenzie were second and third males and Sandra Cox started early to successfully complete the course and then assist husband Arthur to organize a barbeque. Heather Mills walked this event.

There were no dramas in the 10km event with all thirty-four entrants successfully negotiating the Goat Track and forest trails. Murray Stratford led the men home in 49min 5sec from Japanese visitor Aragami Kosuke and Caboolture teenager David Dellow. Ann Palmer was the first female in 1hr 8min 4sec from Judy Buchan and Sharon Parsons tied with her daughter Kylie Nicolosi for third. Kerri Hall was the first walker in 1hr 19min 41sec.

Next year it is intended to offer events over 80, 55, 35, 20 and 10kms. The two longer events will only proceed however if there are at least ten entrants 10 days prior to the event. It is intended to obtain a volunteer to act as course director in future events. The function of this person will be to patrol the course to check on course markings. Keep June 18, 1994 free for this event. Runners are advised to carry water bottles in the longer events as distances between some checkpoints are fairly long and there is always going to be the possibility of missing course markings.

Finally it would appear that most entrants enjoyed the challenge of the rugged terrain and the scenery of the Glasshouse Mountains area.

Footnote; One competitor in the 35 km event borrowed a water bottle and belt from the Race Director and forgot to return it.



# GLASSHOUSE TRAIL RUN RESULTS

## 55 Km

	hr	min	sec
1. Wallace, Don	4	10	36
2. Mesalic, Asim	5	12	34
3. Evans, Brian	6	19	30
4. Street, Carol 1st F	6	56	44
5. Holleran, Dave	7	53	30
6. Bolt, Phillipa	8	11	42

## 35 Km

	hr	min	sec
1. Evenhuis, Rein	2	50	26
2. Gordon, Lyn	2	54	09 (1st F)
3. Gumbrell, Rex	3	02	23
4. McKenzie, Peter	3	04	40
5. Adriaansen, Ken	3	15	49
5. Hooley, Danny	"	"	"
7. Dawson, Owen	3	29	18
8. Thomas, Peter	3	30	24
9. Dover, Jeremy	3	31	08
9. Waddell, Steve	3	31	08
11. Lacey, Ian	3	32	59
12. Ross, Graham	3	36	39
13. Bolt, Allan	3	45	53
14. Bazzo, James	3	45	55
15. Kennedy, Merv	3	52	24
16. Lucas, Warren	3	54	22
17. Gillett, Bryan	3	54	38
18. Ross, Neil	3	58	34
18. Wishart, John	"	"	"
20. Bonfield, Richard	4	17	29
Hargreaves, Bruce	"	"	"
McMillan, Brian	"	"	"
23. Cox, Sandra	4	51	45 (2nd F)
Mills, Heather (W)	3	51	44 (1st Walker)

## 10 Km

	hr	min	sec
1. Stratford, Murray	49	05	
2. Kosuke Aragami	50	52	
3. Dellow, David	51	32	
4. Grieve, Allan	51	50	
5. Armstrong, John	53	16	
5. Grenfell, Mark	"	"	
7. Greig, David	53	58	
8. LeClerc, Jean-Marie	54	54	
9. Zimmerman, Paul	54	56	
10. Newman, Damian	55	43	
11. Männ, Rüd	59	44	
12. Mc Arthur, David	1	01	23
13. Horan, Sam	1	01	34
14. Fuller, Steve	1	03	33
15. Palmer, Ann (1st F)	1	03	34
16. Buchan, Judy (2nd F)	1	12	21
17. Nicolosi, Kylie (3rd F)	1	17	56
Parsons, Sharon	"	"	"
19. Hall, Kerri (1st Walk)	1	19	41
20. Nicolosi, Chris	1	20	52
21. Dellow, Cheryl	1	25	54
Dellow, Natalie	"	"	"
23. Hall, Janelle	1	27	35
Holleran, Kaye	"	"	"
25. Van Der Veen, Weibe (2nd Walker)	1	28	27
26. Davies, Karen (3rd Walk)	1	28	33
27. Thompson, Mary	1	30	23
28. Soukup, Clara	1	30	39
29. Zimmerman, Kate	1	30	41
30. Zimmerman, Jane	1	31	40
31. Lombardi, Carmel	1	35	37
32. Thompson, Abby	1	38	54
33. White, Debbie	1	39	22
34. Thompson, Anne	1	49	44

# Walkers join marathon runners on mountain trails

*"Northern Times"*

## GLASSHOUSE MOUNTAINS TRAIL RUN

THE ultra division of the Queensland Marathon and Road Runners Club held events in the State Forest of Glasshouse Mountains area on Sunday.

The runs were over 55km, 35km and 10km, with the two shorter events open to walkers as well as runners.

Don Wallace, of Brisbane, won the 55km event in 4 hours 10 minutes 36 seconds from Asim Mesalic and Brian Evans. Don used the run to train for the world 100km race in Belgium in August.

Carol Street, of Caboolture, was the first

female and Phillipa Bolt, of Kurwongbah, followed her.

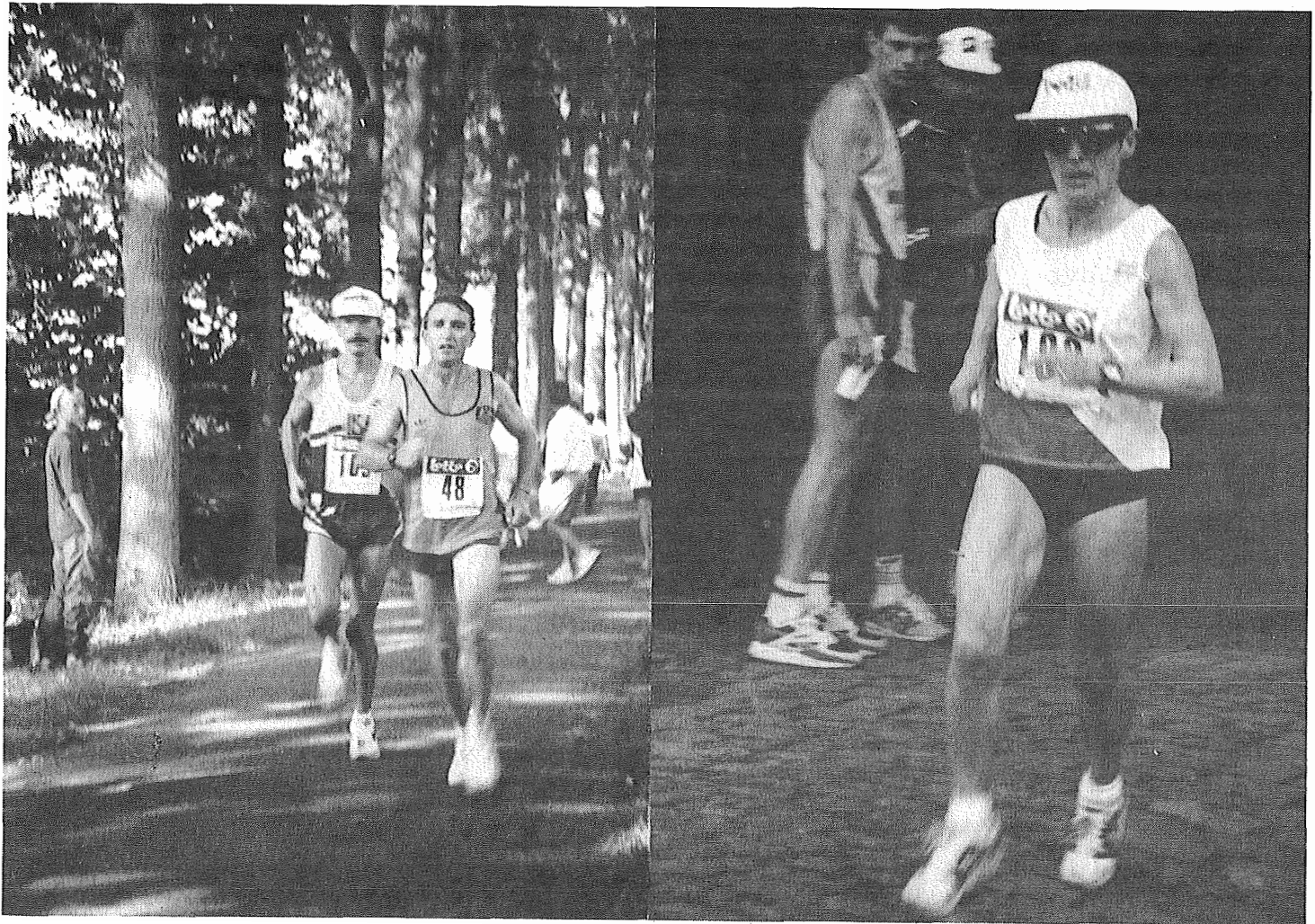
Runners in the 35km had trouble because course markers had been interfered with. Four competitors failed to complete the course. Twenty-four completed the course and there were two withdrawals.

Rein Evenhuis, of Albany Creek, was first, closely followed by Lyn Gordon, of Wamuran. Rex Gumbrell and Peter McKenzie, of Brisbane, were second and third males, and Sandra Cox, in her first attempt at the distance, was second female. Sandra is a Caboolture resident. Heather Mills, of Dayboro, walked the event.

There were no dramas in the 10km event with all 31 entrants negotiating the goat track and trails. Murray Stratford, of Brisbane, was first male in 49 minutes 5 seconds from Japanese visitor Aragami Kosuke and Caboolture teenager David Dellow.

Ann Palmer, of Brisbane, was first female in 1 hour 8 minutes 4 seconds from Judy Buchan, of Morayfield. Sharon Parsons, of Caboolture, tied with daughter Kylie Nicolosi for third.

The walkers category was won by Kerri Hall, of Caboolture, from Weibe Van der Veen, of Burpengary, and Karen Davies, of Caboolture.



Our two fastest Australians in the Belgium 100km World Challenge in August. Trevor did a pb.time of 7:08:55 to place 25th overall (3rd in M40), Lavinia Petrie came 142nd overall, 30th female, 2nd in her age-group (W50) and ran the course in 8:50:19. Two brilliant performances. Congratulations!

I was very keen to participate in this race to make it 4 out of 4 championships. Thanks to support by the ACT Office of Sport and Recreation in particular, I was able to make it. AURA selected the largest team ever to contest the event, with 6 men and 4 women included. There were 32 countries and 363 runners participating.

Upon arrival in Belgium, we soon discovered that the race organisers were seriously contemplating cancelling the event because their King (Boudewijn) had recently died and the funeral was on race day. It was incredible to witness the love that most Belgians had for their king and the profound impact that his death had on the country. It was agreed to postpone the event to the day after his funeral. As resting on the bed was the plan for the day before the race, we saw on TV hour after hour of funeral processions and services. All channels telecast the funeral, and later in the day and evening there were replays. This was a memorable preparation for the race.

Weather on race day was fine and cool to start with, but it soon warmed up after the rather late 8 am start. The course consisted of 10 x a 10 Km loop, which was very convenient for our handlers and spectators, and OK for runners because you knew what was coming without getting bored. I had decided beforehand to set out at just under 4 min/Km and hold this for as long as possible, with the aim of getting well under 7 hours. As it turned out if I had achieved this it would have placed me in the top 10 finishers. There was a high dropout rate in the second half, and although I slowed significantly also, I managed to finish OK. Most of those retiring did so due to cramps, probably due to excessive sweating and stress from the very humid and warm to hot conditions as the day wore on.

Nicole Carroll from Qld was the first Aussie to succumb at 30 Km, followed by Safet Badic from Vic after 50 Km. Safet ran with the race leaders early, passing through 50 Km in 3hr 9min. He was stopped by severe cramps. Don Wallace pulled out at 70 Km after he realised that he was slowing and was not going to beat his National Record of 6hr 39min. I think he passed 50 Km in about 3hr 15min. Anne Staunton from the ACT retired at 70 Km, after a great effort (she had been sick), when it became obvious that she would not complete 100 Km within the time limit.

I ran with Don Wallace for the first lap (38min 52sec) then let him go because I felt that the pace was a bit too fast. The next two laps went to plan with 10 Km splits of 39.32 and 39.14, but after a toilet stop things slowed a little for some inexplicable reason giving splits of 41.40 and 42.10 to yield 50 Km in 3.21.08. This was still very close to my original target of 3.20.00, but the last splits were a bit of a worry to me at the time. The slowing trend continued unfortunately, and subsequent splits were 43.36, 45.18 and 45.54, to give 80 Km in 5.35.52. Consequently I revised my plan to try and get in under 7 hours, but even that fell foul. The last 2 laps took 46.20 and 45.43 to give 100 Km in 7hr 08min 55sec (an average of 14 Km per hour), for 25th spot, 3 mins behind the 1st Kiwi (Russel Prince, who was 2nd in 1990), 9 mins behind the first American and 10 mins behind the first Pom, but ahead of the 2nd Kiwi, American and Pom. Don Ritchie retired and I beat for the first time Roland Vuillemin from France who won in 1990. Twelve of the 32 countries had their first runner finishing before me. I was pleased to be the first Aussie home for the 4th year in a row (albeit the only Aussie in 1991).

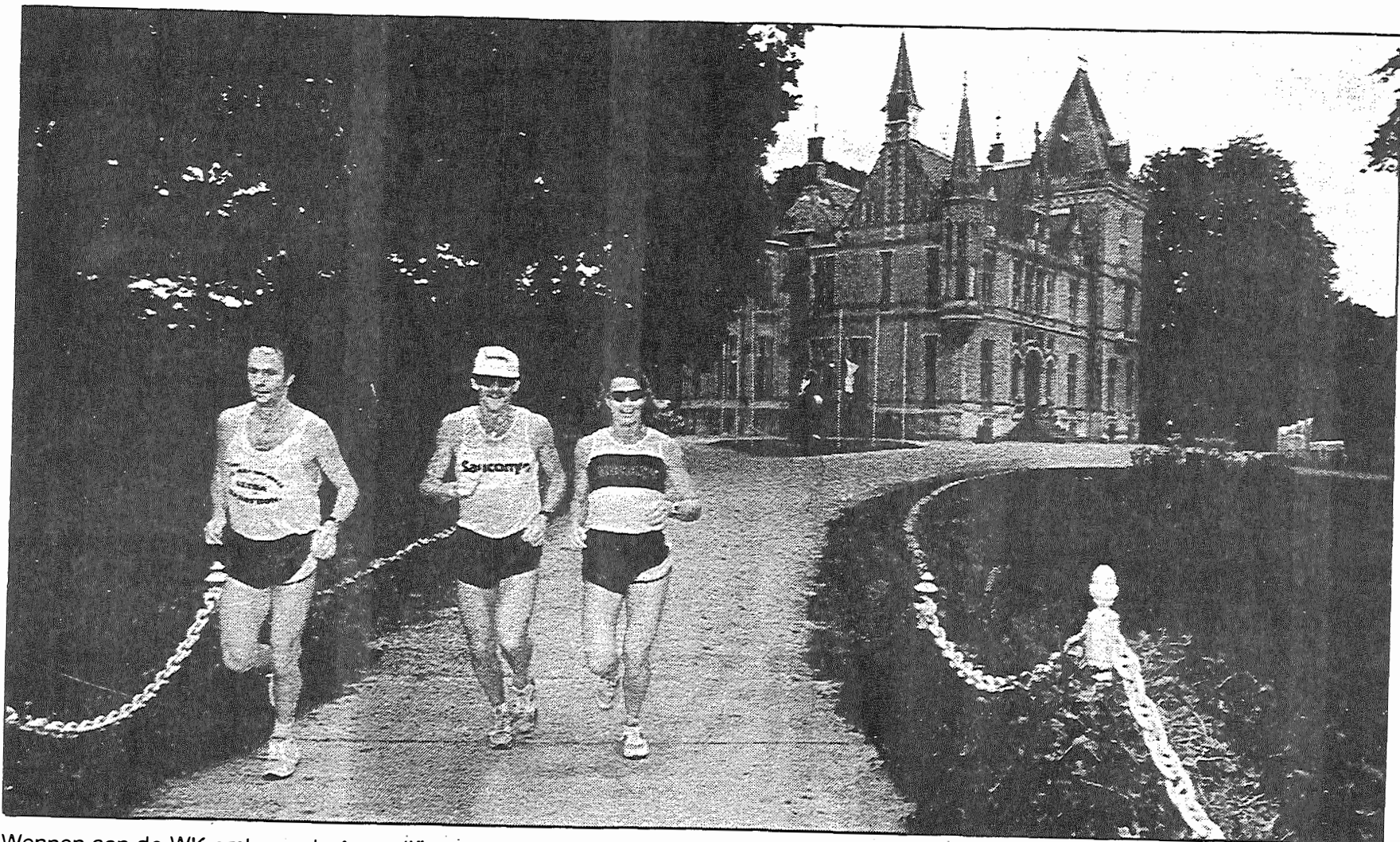
Of the teams, many seemed to get annihilated, probably none worse than the British men's team who had only 3 finishers. The race was won by Konstantin Santalov in 6.26.26, for the 2nd year in a row. The first woman was Carolyn Hunter-Rowe from Great Britain in 7.27.19 (44th outright). Even Konstantin suffered from cramps towards the end of the race and actually came to a complete stop with about 200m to go, but soon got started again to win by 2.33 from Jean-Paul Praet from Belgium. Third was Peter Hermanns also from Belgium in 6.36.26. The second woman was Valentina Shatyaeva from Russia in 7.27.39 (45th), and another Russian, Valentina Liakhova, was third in 7.38.01 (49th).

Bruce Cook from Qld (formerly ACT) was the next Aussie in 7.56.21 for 73rd place, then Geoff Boase also from Qld in 8.19.16 (104th). Andrew Law came in 135th with 8.42.57 after battling severe stomach pains for most of the race due to excessive wind (what did you eat Andrew?); this was a gutsy effort just to finish. The Yanks gave him some pills to expel the gas which worked so well that when Santalov was nearing the finish he sat in behind Andrew for a while (which was very brave as Andrew was literally ripping along at this stage) and Andrew received a caution from the officials for pacing Santalov. This was a bit rough on Andrew I believe, because you cannot control who runs behind you very well, and it could be argued that Santalov should have been cautioned for sitting on Andrew. It was an interesting talking point, however, but even more interesting was the fist-fight between Jean-Paul Praet and Charl Mattheus from South Africa.

I asked Charl what had happened after the race and his version of the incident was that he stopped briefly to use the toilet and sprinted to rejoin the lead pack. Praet accused him of cheating as he could not believe that he could have caught them back up so quickly. As they ran along Praet repeatedly called for the officials to remove Charl from the race, which they did not. Later, at a drink station, Charl accidentally splashed Praet and that is when Praet apparently snapped and he and an assistant got stuck into Charl, who subsequently withdrew. Santalov stepped in to keep them off Charl. After the race the South Africans lodged a protest but it was dismissed. This seemed pretty weak to me if the incident was as described above, and perhaps the appeal was dismissed because they could not verify one version or the other?

Another interesting comment I gleaned from the South African coaches was that their runners that competed in the Comrades race on 31 May did not fare very well in this race. Probably there was not enough recovery time (2 months). It was also interesting to see the fantastic level of support most of the other countries gave their athletes. The South Africans were easily the best organised and equipped, which included team suits and ties, travel, their own bus and accommodation etc. The British team runners had everything supplied (airfares, coaches, accommodation costs, walkie talkies for their assistants, kit etc), and likewise for other countries such as USA, Russia, Belgium, France, Germany etc. All the assistance we got, apart from what the individuals could rustle up, was one airfare and US\$1 500 from the IAU shared amongst 11 people. It is a pity that this prestigious event is not recognised as such by Australian officials and supported to the extent that many of the other countries enjoy. Nonetheless, Athletics Australia have been very helpful with all other aspects of getting Aussies to the event.





Wennen aan de WK-omloop: de Australiërs „genieten” van het kasteeldomein d'Aertrycke, waar men zondag om 8 uur van start gaat.  
(Foto MVN)

This photograph was taken of three of the New Zealanders on a training run over the course in Belgium, prior to the 100km World Challenge. However, they described them as Australians. Perhaps they reckon New Zealand is a state of Australia over there! Sorry about that Kiwis!



## **The Punch That Rocked the World**

Jean-Paul Praet of Belgium punched Charl Mattheus of South Africa in the nose at about the 50K mark of the IAU World 100K Challenge. The poke was captured on Belgian television and has since been shown round the world. A protest filed by the South African runner, who dropped out after the incident, seeks to have Praet disqualified. Mattheus admitted in his written protest that he "accidentally" spilled a drink on the Belgian runner, but that was no reason for Praet to hit him, he argued. Praet said he suspected the South African of cheating because Mattheus caught up to him and Konstantin Santalov (who were then running side by side at near world-record pace) in far too short a time after stopping to go to the washroom. IAU president Malcolm Campbell ruled in Torhout that there was not enough evidence on the basis of written statements to alter the official results. But he agreed to hold a more thorough inquiry after the event. Videotapes of the incident are being studied by the IAU and national sports federations in Belgium and South Africa. "I haven't had a moment's quiet," sighed Campbell. Videos of a 20-minute segment of the race are also being sent to ultra experts around the world for analysis and comment. A final ruling may take weeks.

\* \* \* \* \*

## **Goodwill Games 100K?**

The pressure to add a 100K race to major world games continues to grow, says IAU president Malcolm Campbell. The unofficial, but highly visible, 100K to be held in Victoria next AUG 31, immediately after the 1994 Commonwealth Games, is bound to boost awareness of ultrarunning around the world, he says. Also in 1994, the Goodwill Games in Moscow are being lobbied to include a 100K event, he reports. Campbell says the president of the Russian athletic federation attended the 1993 IAU 100K World Challenge in Torhout and went home determined to push hard for a 100K race at Moscow. "He was very enthusiastic. I can't predict what will come of it," Campbell said. "But how long can these games hold out?" Ultrarunning was first brought into the fold at a meeting of the IAAF Council in Athens 8-9 SEP 1990. Looking beyond the marathon for the first time, it said: "The IAAF will recognize World Records in road racing for the follow distances: 15km, 20km, half-marathon, 25km, 30km, marathon, 100km, and the marathon relay...Records in these events will be recognized only if competitions strictly follow IAAF rules. Furthermore, the courses should not have more than one meter of downward grade per kilometer." (PREDICTION: The Olympics will feature a 100K race by the year 2004, and the Commonwealth Games by 2002.)

\* \* \* \* \*

## **The Great Wall Again**

It's not official yet but another serious move is afoot to hold a stage race that takes runners along a section of the Great Wall of China. If it works out, there could be an announcement by late August or early September. One early proposal is to hold a five-day stage race (about 50K daily) NOV 9-13. Competitors would include an elite field of invited runners from around the Globe. All expenses would be paid and top prize money would work out to about \$7,500 for the winning man and woman. A similar race fizzled in 1990 because of sponsorship problems.

\* \* \* \* \*

# IAU 100KM WORLD CHALLENGE BELGIUM - AUGUST 1993 RESULTS OF AUSTRALIAN COMPETITORS

Overall Position	Category Position	Competitor	Time
25	3 (M40)	Trevor Jacobs	7:08:55
73	47 (Open)	Bruce Cook	7:56:21
104	18 (M40)	Geoff Boase	8:19:16
135	61 (Open)	Andrew Law	8:42:57
142	2 (W50)	Lavinia Petrie	8:50:19 (30th F)
199	6 (W45)	Sandra Kerr	10:21:27 (42nd F)
dnf:	Don Wallace	70km (4:39:20)	
	Ann Staunton	70km (8:50:37)	
	Safet Badic	50km	
	Nicole Carroll	35km	

## 1993 IAU World 100K Challenge

IAU 100K World Challenge

Torhout BEL 8 AUG 1993; Race Director: Dirk Strumane

(10K road loop; gravel, concrete, asphalt, dirt & a few cobblestones)

MEN			WOMEN		
1.	Konstantin Santalov	RUS 6:26:26	1.	Carolyn Hunter-Rowe	GBR 7:27:19
2.	Jean-Paul Praet	BEL 6:28:59	2.	Valentina Shatyaeva	RUS 7:27:39
3.	Peter Hermanns	BEL 6:36:26	3.	Valentina Liakhova	RUS 7:38:01
4.	Cornet Matonane	RSA 6:38:54	4.	Elena Maskina	RUS 7:48:20
5.	Iouri Starikov	RUS 6:41:41	5.	Hilary Walker	GBR 7:58:11
6.	Nicolas Bester	RSA 6:41:56	6.	Kris Clark-Setnes	USA 8:01:50
7.	Igor Riabov	RUS 6:43:46	7.	Patricia Lithgow	RSA 8:03:50
8.	Lucien Taelman	BEL 6:46:17	8.	Danielle Geffroy	FRA 8:09:10
9.	Damian Bregula	POL 6:48:03	9.	Trudi Thompson	GBR 8:12:05
10.	Toshiro Kashihara	JPN 6:48:54	10.	Sylvia Watson	GBR 8:13:00

(364 starters and 216 finishers within 11-hour cut-off time)

\* \* \* \* \*

## World's Best Teams

Team Standings: IAU 100K World Challenge 8 AUG 1993, Torhout BEL

MEN			WOMEN		
1.	Belgium	19:51:42	1.	Russia	22:54:00
	(6:28:59, 6:36:26, 6:46:17)			(7:27:39, 7:38:01, 7:48:20)	
2.	Russia	19:59:48	2.	Great Britain	23:37:35
	(6:26:26, 6:43:46, 6:49:36)			(7:27:19, 7:58:11, 8:12:05)	
3.	South Africa	20:09:59	3.	United States	24:35:25
	(6:38:54, 6:41:56, 6:49:09)			(8:01:50, 8:16:33, 8:17:02)	
4.	Germany	21:06:59	4.	South Africa	24:47:40
	(6:57:00, 6:58:58, 7:11:01)			(8:03:50, 8:17:47, 8:26:03)	
5.	United States	21:25:45	5.	France	25:02:10
	(6:59:44, 7:10:26, 7:15:35)			(8:09:10, 8:15:23, 8:37:37)	
6.	Spain	21:31:16	6.	Germany	25:32:18
	(6:58:39, 7:15:00, 7:17:37)			(8:18:00, 8:37:04, 8:37:14)	
7.	France	21:59:01	7.	New Zealand	27:06:03
	(6:49:29, 7:27:03, 7:42:29)			(8:37:56, 8:41:34, 9:46:33)	
8.	New Zealand	22:13:30	8.	Canada	28:16:28
	(7:05:31, 7:21:02, 7:46:57)			(8:32:23, 8:53:23, 10:50:42)	
9.	Hungary	22:39:48	9.	Belgium	29:02:46
	(7:15:52, 7:20:42, 8:03:14)			(8:46:01, 9:47:50, 10:28:55)	
10.	Canada	22:54:24	10.	Latvia	31:49:44
	(7:17:14, 7:43:05, 7:54:05)			(10:21:05, 10:41:12, 10:47:27)	

\* \* \* \* \*

# IAU WORLD CHALLENGE - TORHOUT

OVERALL RESULT - WORLD CHALLENGE : 100 KM

08.08.1993 19:09:18 - P. 2 -

PLC. NUMBER NAME SX CTRY TIME <>1st CAT.-PLC.

100 km

1	1	SANTALOV KONSTANTIN	M	RUS	06:26:26	SM	1
2	16	PRAET JEAN-PAUL	M	BEL	06:28:59	2:33 SM	2
3	17	HERMANN'S PETER	M	BEL	06:36:26	10:00 SM	3
4	70	MATONANE CORNET	M	RSA	06:38:54	12:28 1A	1
5	358	STARIKOV IOURI	M	RUS	06:41:41	15:15 SM	4
6	72	BESTER NICOLAAS	M	RSA	06:41:56	15:30 SM	5
7	5	RIABOV IGOR	M	RUS	06:43:46	17:20 SM	6
8	18	Taelman Lucien	M	BEL	06:46:17	19:51 SM	7
9	99	BREGULA DAMIAN	M	POL	06:48:03	21:37 SM	8
10	14	KASHIHARA TOSHIRO	M	JPN	06:48:54	22:28 SM	9
11	73	MATLALA LUCAS	M	RSA	06:49:09	22:43 SM	10
12	37	GACK DENIS	M	FRA	06:49:29	23:03 SM	11
13	4	KONONOV ALEKSEY	M	RUS	06:49:36	23:10 SM	12
14	75	MSUTU SIYEPHU JETMAN	M	RSA	06:49:53	23:27 SM	13
15	6	SOLDATOV SERGEY	M	RUS	06:53:47	27:21 SM	14
16	9	SCHNEIDER JOSEF	M	GER	06:57:00	30:34 SM	15
17	58	BAZA ALEXANDER	M	UKR	06:57:28	31:02 1A	2
18	42	MOORE STEPHEN	M	GBR	06:58:25	31:59 1B	1
19	91	CORREDOR JEZUS	M	ESP	06:58:39	32:13 SM	16
20	8	KRAJENSKI VOLKER	M	GER	06:58:58	32:32 SM	17
21	109	HACKER BRYAN	M	USA	06:59:44	33:18 SM	18
22	28	PRINCE RUSSELL	M	NZL	07:05:31	39:05 SM	19
23	427	BAIRAMGALIN NAIL	M	RUS	07:08:26	42:00 SM	20
24	356	TEPTSOV EVGUENI	M	RUS	07:08:27	42:01 SM	21
25	48	JACOBS TREVOR	M	AUS	07:08:55	42:29 1A	3
26	419	VANNESTE JEAN-PIERRE	M	BEL	07:08:58	42:32 1A	4
27	111	PERSKE JOSEPH	M	USA	07:10:26	44:00 SM	22
28	15	DEGUCHI YOSHIO	M	JPN	07:10:41	44:15 SM	23
29	11	ADERHOLD LUTZ	M	GER	07:11:01	44:35 1A	5
30	93	BLANCO MIGUEL	M	ESP	07:15:00	48:34 1A	6
31	106	CROM SEAN	M	USA	07:15:35	49:09 SM	24
32	117	VEGVARI ZSOLT	M	HUN	07:15:52	49:26 SM	25
33	108	SETNES KEVIN	M	USA	07:16:39	50:13 SM	26
34	52	FEKNER STEFAN	M	CAN	07:17:14	50:48 1A	7
35	92	MURILLO MANUEL	M	ESP	07:17:37	51:11 SM	27
36	402	BALLON DIRK	M	BEL	07:19:56	53:30 SM	28
37	113	GYORI FERENC	M	HUN	07:20:42	54:16 SM	29
38	30	MERCER NEVILLE	M	NZL	07:21:02	54:36 SM	30
39	43	HARTLEY MICHAEL	M	GBR	07:22:06	55:40 SM	31
40	94	GONZALEZ JOSE L.	M	ESP	07:23:16	56:50 1B	2
41	20	DEGROOTE LUCAS	M	BEL	07:24:20	57:54 1B	3
42	19	BOSTEN RALPH	M	BEL	07:26:06	59:40 SM	32
43	36	ORLY GILLES	M	FRA	07:27:03	1:00:37 1B	4
44	161	HUNTER-ROWE CAROLYN	V	GBR	07:27:19	1:00:53 SV	1
45	155	SHATYAEVA VALENTINA	V	RUS	07:27:39	1:01:13 SV	2
46	21	BEEKEN WALTER	M	BEL	07:28:39	1:02:13 1A	8
47	98	SUCHOMSKI EUGENIUSZ	M	POL	07:32:38	1:06:12 SM	33
48	63	KOROBOW SERGEY	M	UKR	07:34:16	1:07:50 1A	9
49	152	LIAKHOVA VALENTINA	V	RUS	07:38:01	1:11:35 W0	1

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# ROSS TO RICHMOND, TASMANIA

## 100KM - 29/8/1993

The run was held in perfect conditions and although numbers were down, those who entered seemed to enjoy themselves.

RESULTS: ROSS TO RICHMOND 1993

100 Km. - 29-8-93

<u>SOLO RUNNERS:</u>	<u>ELAPSED</u>	<u>HANDICAP</u>	<u>ACTUAL</u>
1) Andrew Lucas	10:48:58	1:48:00	9:00:58
2) Andrew Law	10:49:17	3:00:00	7:49:17
3) Peter Hoskinson	11:28:14	0:00:00	11:28:14

Trophies:

FIRST ACROSS THE LINE: Andrew Lucas

FASTEST TIME: Andrew Law

Mike March Memorial Trophy: Andrew Law  
for Fastest Tasmanian

<u>TEAM ENTRIES:</u>	<u>ELAPSED</u>	<u>CLOCK START</u>	<u>ACTUAL</u>
(SERIOUS - 5 or less runners)			
1) 100 Million Milli- metre Men	10:27:20	4:00:00	6:27:20
2) Two plus Three	10:20:23	2:40:00	7:40:23
3) Team Persist (Gatenby, Fehlandt, Beadle & March)	10:00:54	0:00:00	10:00:54
(SOCIAL - more than 5 runners)			
4) Mike Pace's Social Team	10:49:27	4:00:00	6:49:27

Trophy:

FASTEST TEAM: 100 Million Millimetre Men

## Ultra-close finish to run

ANDREW LUCAS defied the handicapper to hold on and win a very narrow victory in the annual 100-kilometre Ross-to-Richmond Ultra yesterday.

Lucas finished within one minute of his best time for the distance, recording nine hours and 58 seconds to defeat Australian representative Andrew Law by a mere 19 seconds.

Law ran superbly to peg back his 72-minute handicap but fell short of catching the tiring Lucas by little more than the length of

the historic Richmond Bridge.

With 20 kilometres to go, Law still was about 25 minutes behind but closing fast.

The win gives Lucas back-to-back wins in the Ross-to-Richmond and the run was all the better as

he was penalised more than an hour for his easier victory last year.

Law's performance in setting the fastest time of 7hrs49min17s was within two minutes of his personal best and comes only three

THE MERCURY Monday, August 30, 1993

weeks after a disappointing 8hrs48min in the World Championships in Belgium.

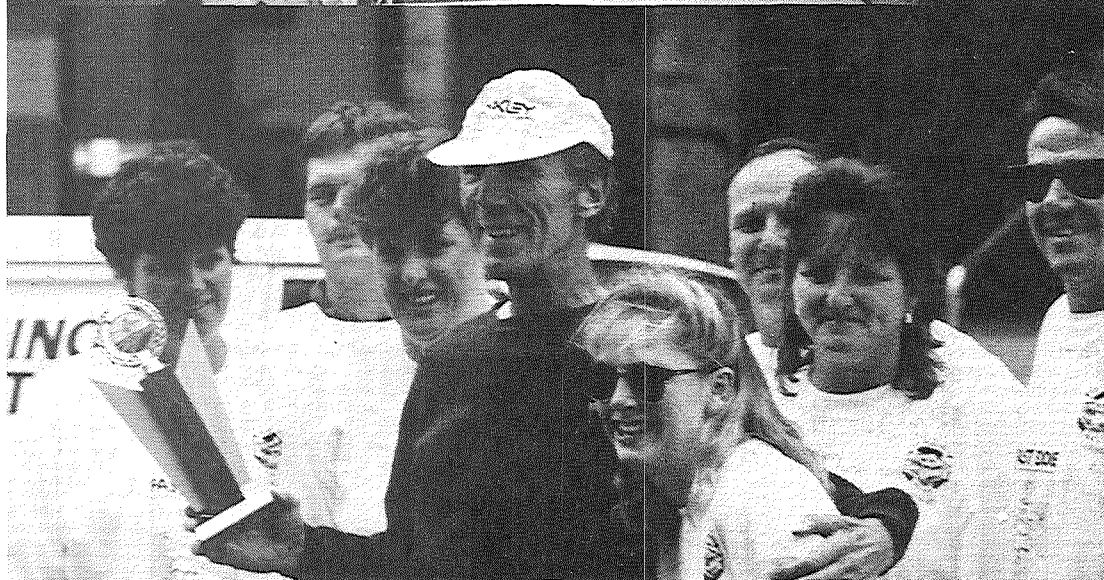
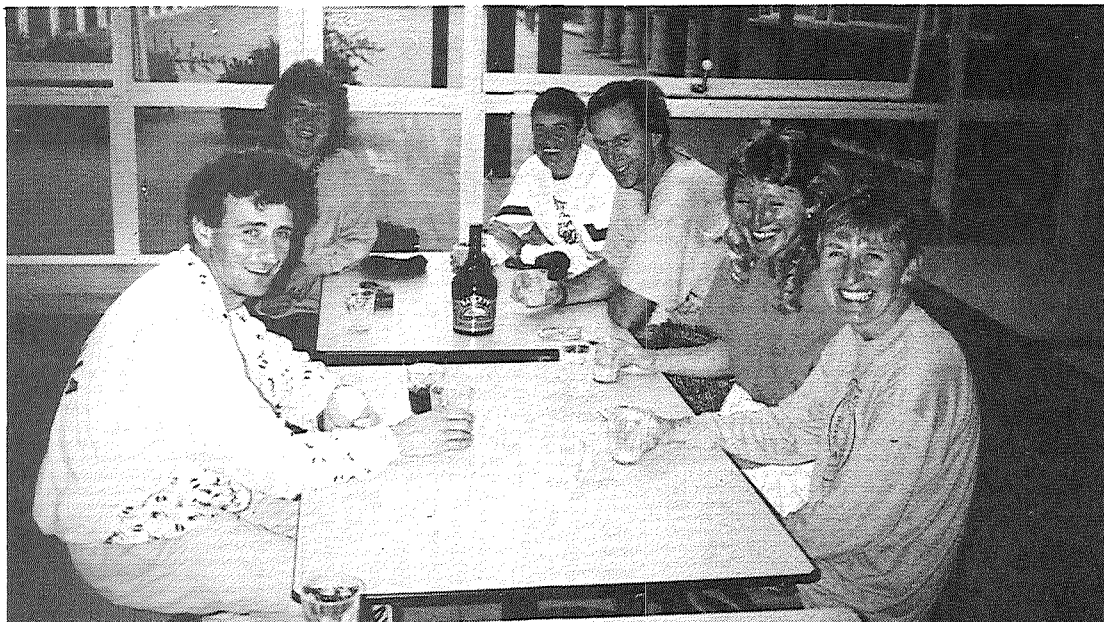
Lucas paid tribute to Law for his "determination and courage" in pushing him all the way to the finish.

"He never gives up and he made me earn the win," said Lucas.

Peter Hoskinson made up for his withdrawal last year with a finishing time of 11hrs28min14s.

The 100 Million Millimetre Men won the race for teams of five in the smart time of 6hrs27min20s.

Some of our Aussie contingent enjoying drinks at the athlete's village in Torhout, Belgium after the 100km World Challenge.



Eddie surrounded by some of his crew in the Launceston to Hobart 200km Road Race, in which he finished second to Andrew Law.



Reprinted from *Ultramarathon Canada*, Sept./Oct. 1993 Vol. 5 No. 5

Bob Reid, President,  
Prairie Inn Harriers,  
1251 Tattersall Drive,  
Victoria, B.C. V8P 1Z2, Canada

Dear Stuart Payne,

March 31, 1993

I am directing a 100K ultramarathon in Victoria, B.C., Canada on Saturday August 20, 1994. This race is not officially part of the Commonwealth Games but is being staged at the same time as the Games. Enclosed please find a draft entry form for the Harriers Commonwealth 100K Challenge which outlines details of the race.

It is an open race and I hope to attract a number of overseas athletes from all countries with an emphasis on ultrarunners from commonwealth countries. Andy Milroy has given me your name as a contact person and I would appreciate it if you would distribute this literature to appropriate athletes/organizations so they are aware of the event.

The Harriers Commonwealth 100K Challenge has two team competitions and is also a National Championship for Canadian men and women as authorized by the Association of Canadian Ultramarathoners. One award goes to the top Commonwealth team and another goes to the top North American team. Format is shown on the entry form for team point ratings.

If your country is planning to send one or more competitors to the race, I would like to know as soon as possible. Accommodation and transportation will be very difficult to obtain during the 10 days of the Games. I may be able to help by putting runners up in private homes provided that I have plenty of advance notice. Everyone is coming to Victoria in 1994!

Included in this package is a letter of invitation that I have sent to the top 10 Canadian and American men and women in an attempt to attract an elite field of runners. To date Erik Seedhouse of Great Britain and Andy Jones of Canada are confirmed and Ann Trason (United States) and Stefan Fekner (Canada) have been contacted and are quite interested. These are four of the worlds very best.

Should you require further details about the race, please contact me by phone or in writing at the address shown above. Thank you for your assistance on making this event a high profile endeavour.

Yours truly,

*Bob Reid*

Bob Reid, Technical Coordinator,  
Association of Canadian Ultramarathoners

c.c. David Blaikie, Andy Milroy, Malcolm Campbell, Dan Brannen



## RACE DETAILS



**DATE:** Saturday August 20, 1994.  
**STARTING TIME:** 6:00 a.m. sharp.  
**CUT-OFF TIME:** 6:00 p.m. - All runners must finish in 12 hours.  
**DISTANCE:** 100 Kilometres - accurately measured (12 laps) - certified.  
**COURSE:** All paved roads, flat, good footing, excellent condition, pastoral setting.  
**START/FINISH:** Saanich Fairgrounds, 1528 Stellys X Road, Saanichton, 10 miles north of Victoria.  
**REGISTRATION:** Registrations will be accepted by mail up to race day. If sent in the last week, please contact the Race Director for confirmation of entry. Enter early to avoid disappointment of not being able to find accommodation during the week of the Commonwealth Games as all hotels/motels will be booked solid.  
**ENTRY LIMIT:** First 500 runners will be accepted.  
**CONFIRMATION:** Written confirmation and race instructions will be mailed by July 1, 1994.  
**ENTRY FEE:** \$5.00 (No t-shirt) \$15.00 (With t-shirt) - Entry must be received by August 1, 1994.  
**AGE CATEGORIES:** Five year age divisions for both men and women starting at age 20.  
**SERVICES:** Water at 4 locations on course, washrooms at 4 locations, sheltered clothing drop, food, defizzed coke and water at Start/Finish area. Change rooms and showers available in conjunction with awards ceremonies at the Saanich Fairgrounds.  
**AID:** Fruit and cookies supplied, bring your own personal drinks and energy food.  
**MEDICAL:** B.C. Ambulance Service will be available for the duration of the race. A doctor will be in attendance. Peninsula Hospital is less than one mile from the course.  
**AWARDS:** Trophies for top male and female overall.  
 Ribbons for the first 5 men and women in all age divisions.  
**TEAM COMPETITION:** A Commonwealth championship trophy is presented to top Commonwealth country.  
 A National championship trophy will be presented to the top Canadian runners.  
 A North American championship trophy is presented to the top team from Canada, Mexico or the United States.  
**TEAM FORMAT:** The first 3 finishing runners from each country will form a team. The winner will be determined by the lowest score on a reverse scoring system. In the event of a tie, it will be broken by the position of the 3rd team member.  
**DRAW PRIZES:** Numerous merchandise prizes are donated by local merchants for random draws.  
**SHIRTS:** An attractive 6 colour designer t-shirt for registrations before August 1, 1994.  
**BANQUET:** A pre-race pasta carbo loading dinner will be available for participants.  
**RESULTS:** Detailed computer results will be produced immediately after the race.  
**BILLETING:** Some billeting is available only for far-travelled elite athletes by Prairie Inn Harriers club members. Accommodation will be very, very difficult to obtain from August 18-28 because of the Commonwealth Games - BOOK HOTELS EARLY.  
**INFORMATION:** Contact Bob Reid, Race Director at (604) 384-1520.



Association of Canadian Ultramarathoners



Association of Canadian Ultramarathoners

## HARRIERS COMMONWEALTH 100K CHALLENGE

SATURDAY AUGUST 20, 1994 6:00 a.m.

Victoria's PRAIRIE INN HARRIERS running club is pleased to present the first ever, and once only, HARRIERS COMMONWEALTH 100K CHALLENGE Ultramarathon. The fast and flat 8 kilometre paved road circuit is considered as one of the best courses and premiere races of its type in Canada and North America. Runners complete 12 figure eight laps through rural farming countryside. The Prairie Inn Harriers have hosted ten previous ultramarathons and offer excellent race logistics and organization. The fast course, weather, support and hospitality will be first class.

The event will be held in conjunction with, but not officially part of, the Commonwealth Games being hosted by the City of Victoria from August 18 to August 28, 1994. The race will be promoted through the Victoria Commonwealth Games Organizing Committee. Many of the top, elite ultrarunners in the world will be invited to participate and all Commonwealth countries and the United States will be sent literature and entry forms for the challenge event.

This 100K race will be the first National Championship ever held at a Canadian site. The Association of Canadian Ultramarathoners has designated the event as a National Championship in which the top three male and female Canadians will be selected to participate in the 1995 World 100K Championships in Winschoten, The Netherlands. The race will act as the first official Commonwealth Challenge where the top three runners from each commonwealth country will be competing for an overall team championship and will also serve as a North American Championship for teams from U.S.A., Canada and Mexico.

B.C. Athletics and Athletics Canada have approved the race and acknowledge it as a Canadian, North American and Commonwealth Championship. The event gives many long distance runners an opportunity to run an ultra then stay for a holiday in Victoria to watch the Games. It is open to runners of all abilities and is certain to draw top calibre athletes and also provide an event for the masses. Entry will be limited to the first 500 runners. It will be the largest race ever held in Canada and perhaps North America.

### HARRIERS COMMONWEALTH 100K CHALLENGE ENTRY FORM

Name \_\_\_\_\_ Phone \_\_\_\_\_ Age on Race Day \_\_\_\_\_  
 Address \_\_\_\_\_ Sex M \_\_\_\_\_ F \_\_\_\_\_ Est. Finish Time \_\_\_\_\_  
 Previous Best Time for 50 Mi. \_\_\_\_\_ and for 100K \_\_\_\_\_  
 Previous Number of Ultras Run (all distances) \_\_\_\_\_  
 Country \_\_\_\_\_ T-Shirt Size S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Please make cheques payable to PRAIRIE INN HARRIERS and mail entry form to:

Bob Reid, Race Director, Commonwealth 100K Challenge, 1251 Tattersall Dr., Victoria, B.C., V8P 1Z2, Canada

ATHLETE'S WARRANTY: In consideration of your accepting this entry, I hereby warrant, my heirs, executors and administrators agree and release the Prairie Inn Harriers from any and all rights or claims for damages, injury or loss of any kind, property or otherwise, I may sustain as a result of my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## HARRIERS COMMONWEALTH 100K CHALLENGE

SATURDAY AUGUST 20, 1994 6:00 a.m.





THE MOTHER OF ALL ONE HUNDREDS  
IN CONJUNCTION WITH THE IAU 100k CONTINENTAL CUP  
10TH YEAR

- START :** 6.00 am Saturday 18th September 1993  
Bathurst Courthouse, Russell St,  
Bathurst NSW.
- TIME LIMIT :** 12 hours
- AGE LIMIT :** Over 18 years
- ENTRY FEE :** \$30.00 Payable to the Bathurst 100k.
- AWARDS :** WINNER - Commemorative Drinking Chalice  
: FINISHERS - Specially struck Goblets and Certificates  
: - Finishing photo  
: FINISHERS OF SIX BATHURST ULTRAS  
: - A Presentation Silver Plate
- CLOSING DATE :** 11th September 1993.
- NOTE :** A Race information package will be sent to you on receipt  
of your entry form.  
: A maximum of 500 runners  
: Runners will need a support crew with a car.  
: The Bathurst Edgell Jog is on the next day (for your crew)

All enquires and entry forms to

BIG CHRIS - RACE DIRECTOR  
G.P.O. BOX 1041  
SYDNEY NSW 2001

62.

phone work (02) 259 3981

# THE 1993 BATHURST 100k ROAD RACE ENTRY FORM

[ IN CONJUNCTION WITH THE IAU 100km INTER-CONTINENTAL CUP ]

## CONDITIONS OF ENTRY

1. No pacing of runners.
2. Seconds to wait in advance of the runner.
3. The run officials reserve the right to reject any application.

## WAIVER

I, the undersigned in consideration of and as a condition of acceptance of my entry in the Bathurst 100k Road Run, for myself, my heirs, executors and administrators, hereby waive all claim, right or cause of action which I, or they, 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 of participation in the said event.

The waiver, release and discharge shall be, and operate separately in favour of the organisers of the Bathurst 100k Road Run (organisers of the said event), all officers, members, agents and employees of supporting organisations. I declare that I am physically fit and have sufficiently trained to enter this event.

I, the undersigned hereby grant full permission to any and all of the foregoing to use any photographs, videos, motion pictures, recordings or any other record of this event for any legitimate purpose.

I, the undersigned abide by the said Race Rules.

☐ \$  
☐ SP

In your nicest hand writing please !!!!

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

SUBURB \_\_\_\_\_ POSTCODE \_\_\_\_\_

SEX M / F Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (this is needed)

PHONE home \_\_\_\_\_ work \_\_\_\_\_

No of official marathons \_\_\_\_\_

P.B. \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Marathon \_\_\_\_\_

Please circle Bathurst 50 Milers/Bathurst 100k you have completed :-

84      85      86      87      88      89      90      91      92

No of completed official ultras \_\_\_\_\_

Best Ultra performance \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please send completed form and entry fee (\$30.00) to

RACE ORGANISER  
BATHURST 100k  
G.P.O. BOX 1041  
SYDNEY NSW 2001

ALL ENTRANTS WILL BE SENT A RACE INFORMATION PACKAGE.



# 24 HOUR TRACK RACE

SATURDAY 2ND & SUNDAY 3RD OF OCTOBER, 1993

STARTING AT 10AM ON SATURDAY 2ND OCTOBER

KAREELA RESERVE, CNR. KNOX & EASTERN ROADS, DOONSIDE, NSW

## ENTRY FORM

IMPORTANT: Please print clearly in BLOCK LETTERS

Surname: ..... First Name: .....

Address: .....

..... Post code : .....

Date of birth: ...../...../ 19.... Age on Race day ..... Male/Female: .....

Telephone at Home ..... At work .....

Person to be contacted in case of emergency:

Surname: ..... First Name: .....

Relationship: ..... Telephone at Home ..... Work .....

Details of best ultra performances:

6 Hour Track .....km 50km .....

12 Hour Track .....km 100km .....

24 Hour Track .....km 50 Miles .....

Marathon .....

### WAIVER

*I, the undersigned, in consideration of and as a condition of my entry in the SYDNEY STRIDERS 24 HOUR TRACK RACE for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever, which I may suffer or sustain in the course of, or consequent upon my entry or participation, in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. This waiver, release or discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, representatives and officers of any of them.*

Signed: ..... Date: .....

Entry fee (\$60.00) enclosed. Cheques payable to: Barbara Firkin (Race Director)

Race Director: Barbara Firkin, 208 Carlisle Avenue, Dharruk 2770 Ph. 625 0750  
Race Manager: And Grasso, 1 Asquith Avenue, Winston Hills 2153 Ph. 639 8261



**Sydney Striders**

# 24 HOUR TRACK RACE

**SATURDAY 2ND & SUNDAY 3RD OF OCTOBER, 1993**

**STARTING AT 10AM ON SATURDAY 2ND OCTOBER**

**KAREELA RESERVE, CNR. KNOX & EASTERN ROADS, DOONSIDE, NSW**

## INFORMATION

Dear Runners,

We are organising a 24 Hour Track Race with the help of Sydney Striders, owing to the fact that there is not an event like this now, in the Sydney metropolitan area. We are hoping that this will become an annual event. Please note that runners will be required to supply their own crews and lapscorers.

**Location:** The event will take place at Kareela Reserve, corner of Knox Road and Eastern Road, turning in through Nurrangy Reserve, Doonside, near Blacktown.

**Start time:** 10am on Saturday 2nd October: Finish time: 10am on Sunday 3rd October, 1993.

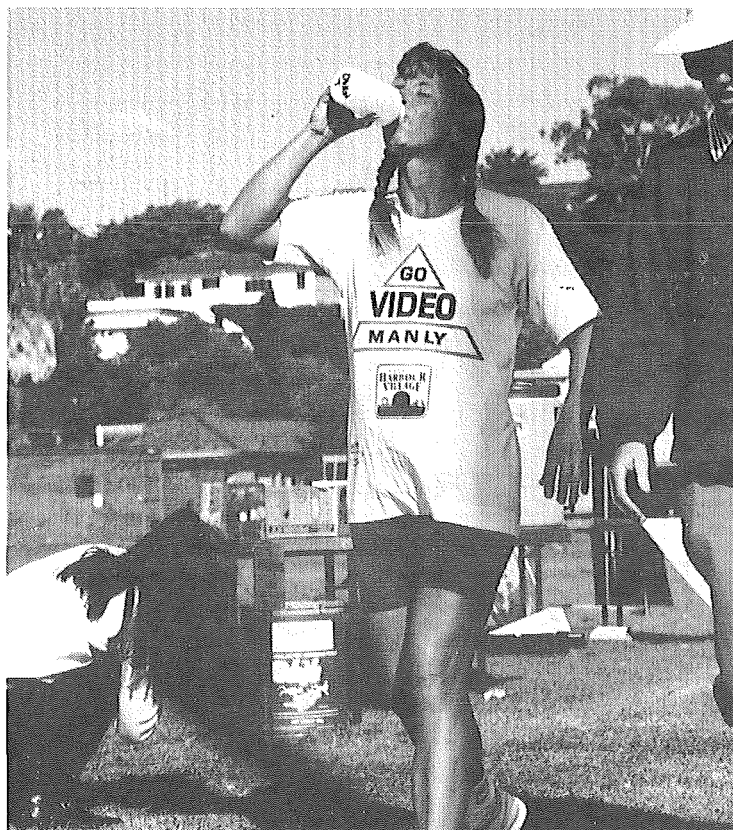
**Entry Fee:** \$60.00. to cover costs of ground hire and equipment. This is to be a non-profit event. Excess funds will be donated to The Haemophiliac Foundation of Australia.

**Facilities:** Kiosk open for the full 24 hours. Limited food stock.  
Microwave oven available for use of crews, runners and lapscorers.

Further enquiries, please contact:

**Race Director:** Barbara Firkin, 208 Carlisle Avenue, Dharruk 2770 Ph. 625 0750  
**Race Manager:** And Grasso, 1 Asquith Avenue, Winston Hills 2153 Ph. 639 8261

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Dell Grant, during the Queensland 24 Hour Track Championship in June'93. Dave Holleran was Race Director.

1 2 T H A N N U A L

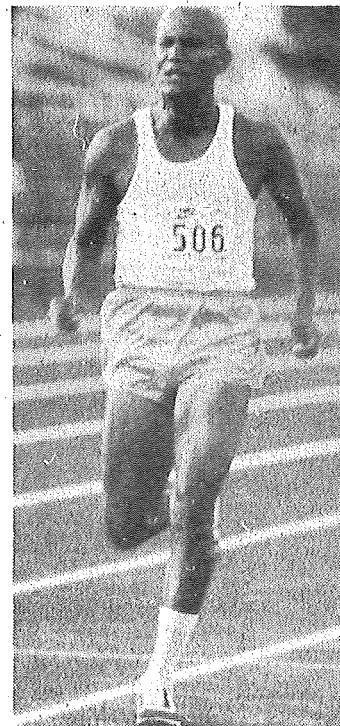
# Sri Chinmoy

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

## 24 Hour Track Race

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

Adelaide - South Australia  
October 16th and 17th 1993



“Run and  
Become...  
Become and  
Run. ”

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

How long have you been running? .....

Do you hold any ultradistance records? ..... If so, please list: .....

How many ultras have you run? .....

What was your Most outstanding race? .....

Longest distance run? .....

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

What other sports are you active in? .....

Any comments or additional information of interest: .....

# 12th Annual Sri Chinmoy 24 Hour Track Race

## RACE INFORMATION

**STARTS:** 8.00am Saturday, 16th Oct. '93

**LOCATION:** Adelaide Harriers Track  
South Terrace, Adelaide

### SERVICE TO RUNNERS:

- Certified 400 yard floodlit track
- Personal lap counters
- Splits at Marathon, 50k, 50 mile, 200k, 100 mile, 200k, 250k.
- Running direction changed every 6 hours.
- Food and drink supplements during race
- Rest room and medical facilities
- Limited to 50 participants
- No applicants under 18 years will be accepted
- Prompt notification of acceptance

**PRIZES:** Medallions to all finishers.

## APPLICATION FOR ENTRY

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

**INCLUDE** - Entry fee: \$75.00 (refunded if not accepted)

A large stamped self addressed envelope


Send Cheque and Application

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

For More Information Phone  
(08) 239 0690 or (08) 267 1675

**"Run you can easily challenge the pride of frightening distance"**

Sri Chinmoy

----- Tear Here  -----

## Sri Chinmoy 24 Hour Track Race

Please Print Clearly

For Official  
Use Only

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

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

Make cheques payable to: Sri Chinmoy 24 Hour Race

T-shirt size ☐ sm ☐ med ☐ lg ☐ xl

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



Signature ..... Date .....

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

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

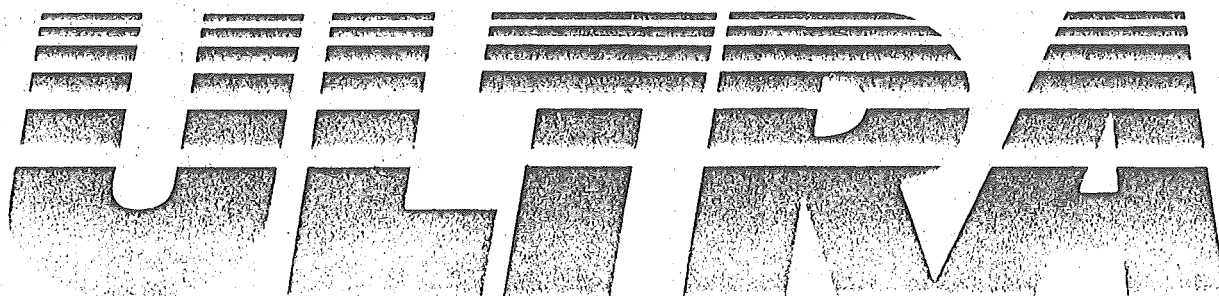
The Sri Chinmoy Marathon Team international running organization provides the public with over 500 races a year ranging from 400m races to the elite 1,300 mile race held each year in New York City.

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



55 KMS

# ROYAL NATIONAL PARK



An ultra marathon run through the magnificent Royal National Park,  
just south of Sydney.

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

## Saturday 23rd October 1993

### RACE DETAILS

Date: Saturday, 23rd October, 1993.  
Time: 7.00 am. (Registration 6.00 to 6.30 a.m.)  
Start/Finish: Helensburgh Hotel  
Presentation Time: 2 pm sharp.  
Time Limit: 8 Hours.  
Entry Fee: \$35.00 (T-Shirt, short sleeve, \$15 extra).  
Closing Date: Monday, 11th October, 1993.  
Late Entry Fee: \$15.00 extra.  
Cash Prizes: Outright Winner.  
1st Male and 1st Female (other than outright).  
Cash Prizes down to 5th place.  
Awards: To all official finishers.  
Detailed race information will be mailed to all entrants prior to the event.

### RACE RULES

#### Competitors must

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

#### Age Limit

- 17 years minimum.

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

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

### ENTRY FORM



NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

STATE: \_\_\_\_\_

POSTCODE: \_\_\_\_\_

COUNTRY: \_\_\_\_\_

In case of emergency contact person, STD area code and phone number: \_\_\_\_\_

WAIVER I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Royal National Park Ultra for myself, my heirs, executors, and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or

arising out of loss of my life, or injury, damage of any description whatsoever which I may suffer or sustain in the course upon my entry or participation in the event I will abide by the event rules and conditions of entry and participation I attest and verify that I am physically fit and

sufficiently trained for the competition 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 I hereby grant full permission to use any photographs, videotapes, motion pictures, recordings, or any other records of this event for any legitimate purposes

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Size of optional T-Shirt: Small ☐ M ☐ L ☐ XL ☐

68 .

Send entry to: Royal National Park Ultra, P.O. Box 380, Sutherland, NSW 2232, Australia.  
Cheques payable to: Royal National Park Ultra.

If you are wondering why the entry forms for this great event have not hit your front door steps yet, then read on and you'll find out. Needless to say, but I'll say it anyway, before you can get your entry forms printed you have to have the race course, name and emblem in order. We're not really a bunch of fumblers, but things have not gone our way this year.

Just as we thought we had settled on a great new course, a new name and a new emblem for the Royal National Park Ultra (I'm still having trouble getting my tongue around this monster of a name), circumstances forced us to not only re-think the name and emblem, but also the course.

Being the good citizens that we are, we sought permission from the National Parks and Wildlife people to use the Eagle Rock as our emblem and as the name for the run. Not only did they knock us back with the Eagle Rock emblem and name, but at the same time we were told that we cannot use any part of the track between Bundeena and Garie Beach, as the track is too eroded and our running on it would add to that erosion.

So what do we do?...well, we called an emergency meeting and this is what we came up with.

The race will now start and finish in Helensburgh (about 48k south of the Sydney GPO). The course will still be 55k, will still be mostly bush tracks and will still be plenty tough enough to satisfy most ultrarunners, lovers of pain. You will still get to see, smell and feel (and probably curse) a lot of The Royal National Park, so there's no reason to slacken off on your training. The cut-off time remains at eight hours and is achievable even if you don't train mega miles and don't have Don Wallace's talent. Oh yeah, and we're stuck with that name, 'The Royal National Park Ultra', but at least everyone knows it by now.

As soon as the entry forms are printed they will be sent out to all previous entrants in our event. If you have not run it before and would like an entry form, then please send a self addressed, stamped envelope to Royal National Park Ultra, PO Box 380, Sutherland, 2232.

So, for a day of great scenery, fun and camaraderie and a race that is being organised by runners, for runners, get yourself to the starting line at 7:00am, on October 23rd, at the Helensburgh pub.

### **THERAPEUTIC SPORTS MASSAGE!**

*A must for every serious runner...*

## **E.S.T.T. MASSAGE CLINIC**

**\* SPORTS & REMEDIAL MASSAGE \***

Introducing...**GLENN DUNN, C.T.T., QUALIFIED MASSEUR,**  
SPECIALISING IN SPORTS MASSAGE....

**(03) 562-3312**

*Being a runner myself, I understand the agony and the ecstasy of running.  
I receive regular massage treatments as an important, integral part of my  
training regimen, to keep me on the road.*

*Look forward to seeing you at the Colac 6-Day Race!!*

*Yours in good health,*

# 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"/>
SURNAME		FIRST NAME	INITIALS
<input type="text"/>		<input type="text"/>	SEX <input type="checkbox"/> M or <input type="checkbox"/> F
ADDRESS: number and street		<input type="text"/>	
<input type="text"/>		DATE OF BIRTH	
suburb or town		POSTCODE	TELEPHONE HOME
<input type="text"/>		<input type="text"/>	WORK
Person to be notified in case of emergency: <input type="checkbox"/>			
<input type="text"/>		<input type="text"/>	AGE ON RACE DAY
SURNAME		FIRST NAME	
<input type="text"/>		<input type="text"/>	
Relationship		TELEPHONE HOME	WORK
<input type="text"/>		<input type="text"/>	<input type="text"/>

**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 .....

# **ULTRA TASMANIA**

PRESENTS TASMANIA'S BEST

"SOCIAL & SERIOUS "

ROAD RELAY

RUNNING EVENT

## **BRUNY ISLAND 63 KM**

### **SOLO AND RELAY**

SUPPORTED BY MUNICIPALITY OF KINBOROUGH,  
BRUNY ISLAND BUSINESS ASS., ALONNAH HOTEL

### **SATURDAY DECEMBER 4th 1993**

#### **RELAYS**

"SOCIAL" - TEAMS OF UP TO 10 PEOPLE

"SERIOUS" - TEAMS OF UP TO 6 PEOPLE

FRIDAY DEC. 3 ALONNAH HOTEL MEET THE LOCALS  
/SWEEPS NIGHT

SATURDAY DEC. 4 ALONNAH HOTEL AFTER EVENT  
PRESENTATIONS GET TOGETHER.

SUNDAY DEC 5 SIGHTSEEING AND RECOVERY

**ORGANISE A TEAM NOW FOR THIS POPULAR EVENT!**

### ***PRIZES***

:FOR SOLO FASTEST TIMES AND SEALED HANDICAP

:FOR SOCIAL & SERIOUS RELAYS

:FIRST LOCAL TEAMS

:BEST LOCALLY PROVIDED DRINK STATION (ALONNAH PUB  
INELIGIBLE)

BOOK YOUR ISLAND ACCOMMODATION NOW

# ULTRA TASMANIA

## BRUNY ISLAND

Saturday December 4th.

A classic event with "Scenic & Serious" components.

Fantastic scenery all the way.

The views of and from the lighthouse are stunning. Bring your camera.

Wonderful facilities at Bruny Hotel for counter meals, Friday night sweeps, and Saturday post event presentations and festivities.

Many individuals, families and businesses make this an end of year healthy participation, social activity.

Excellent variety of affordable units and other accommodation on the island, but book early as this attracts a large contingent for the entire weekend.

This is one race that suits all!!!

### CONTACTS

ANDREW & KERRI LAW

Home 002 725170

ALAN RIDER

Home 002 486229

THERESE MARCH

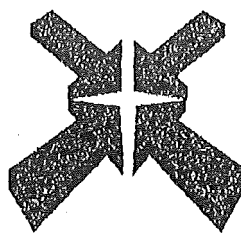
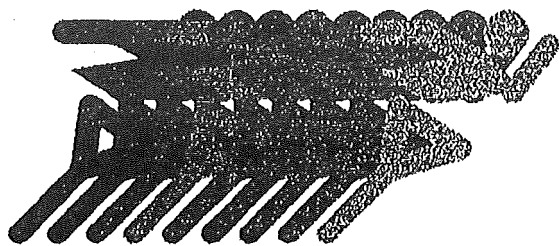
Home 002 391432

MIKE & CHERYL MADDOCK

Home 002 722887

PETER HOSKINSON

Home 002 613703 WORK 002 447344



*ITS FUN IN THE LONG RUN*

*NOW IS THE TIME TO START PLANNING !!!*

## HIGHLIGHTS

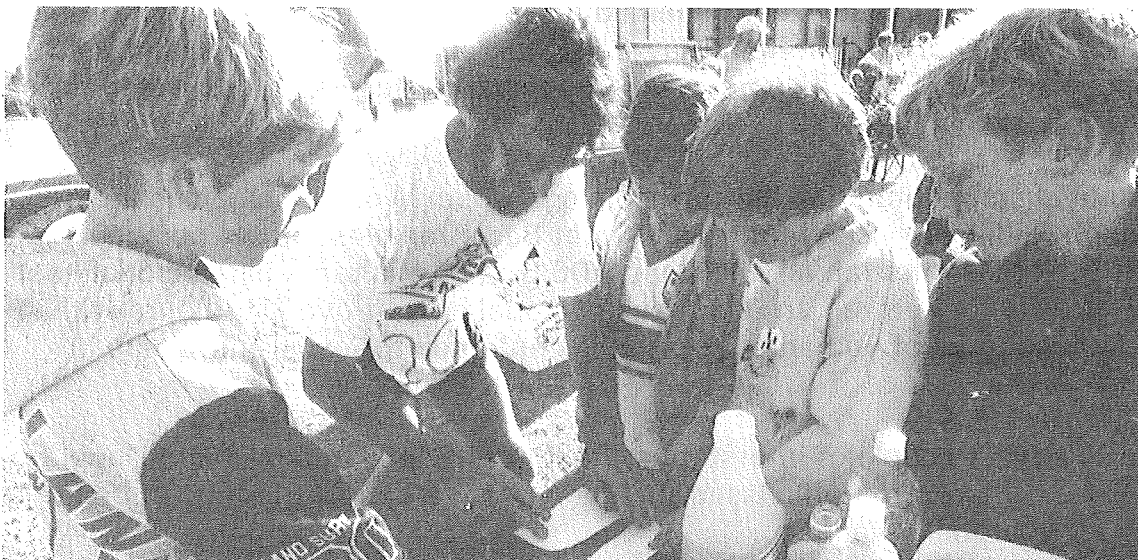
BRYAN SMITH, BACK TO BACK 48's. A TRUE AUSSIE CHAMPION. GEORGINA McCONNELL, THREE AUSTRALIAN RECORDS AND LOOKED GREAT ALL THE WAY.

JOHN TIMM'S FASHION PARADE. HE MUST PRACTICE QUICK CHANGES OF CLOTHES AT HOME.

PETER GRAY EVER CHEEKY AND NEVER A QUITTER. TENACIOUS DELL GRANT. WHAT A LADY, WHAT AN ATHLETE. YOU CAN'T HELP BUT BE INSPIRED. "ROTTEN RONNIE" GRANT, ALWAYS COMPETITIVE ALWAYS HELPFUL, NEVER A QUITTER. MARK FOLEY'S "ARE WE THERE YET" COMMENTS, GREAT SENSE OF HUMOUR. ULTRA CHAMPION WIFE WANDA HAD A HELL OF A TIME TRYING TO FIND HIM AT TIMES. HE JUST LOVES TO VISIT OTHER TENTS AND HIDE HOLES. KERRIE HALL WALKED THE ENTIRE WAY NEVER COMPLAINED, EVEN WHEN I SANG, AND EVERSMILING. GERRARD HOCKS AND SIAMESE TWIN JOHN STOCKMAN, RAN WALKED AND TALKED FOR 24 HOURS. GREAT GUYS TO HAVE ON THE TRACK. JOHN PETERSON CAME FOR A LOOK AND STAYED TO RUN. JOHN HAS ALWAYS BEEN AN INSPIRATION TO ME AND IS SADLY MISSED WHEN NOT COMPETING. AND OF COURSE, CLIFFY. IN RAIN, FULL OF THE FLU, FULL OF GOOD OLD FASHIONED GUTS AND DETERMINATION. RAY CHATERTON DESERVED A MEDAL FOR A WELL ORGANISED AND SMOOTH RUNNING EVENT. I KNOW HE'D RATHER RUN BUT HE PUTS IN MUCH MORE THAN HE TAKES OUT. THE RACE WAS A GREAT SUCCESS. LOTS OF LOCAL SUPPORT. SIX RECORDS BROCKEN, ALL BY LADIES. WOW!! MY BEST PLACING IN TWELVE 24 HOUR RACES. MY WIFE KAY DID A GREAT JOB, MASSAGING THE RUNNERS AND CREWING FOR ME. WHAT A LADY. AND TO TOP IT ALL OFF, WE MADE MONEY FOR CAMP QUALITY AS WELL. THAT ALWAYS MAKES IT WORTH WHILE.

THERE IS NO DOUBT ULTRA RUNNING IS ALIVE AND WELL IN QUEENSLAND. WHY NOT COME AND TRY THIS EVENT NEXT YEAR.

DAVE HOLLERAN.  
CO - RACE DIRECTOR.



Bryan Smith  
eagerly sought  
after by young  
autograph  
hunters after  
winning the  
48 Hour event  
for the 2nd  
year in a row.





**AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.**  
**50 MILE TRACK RACE**  
**(INCORPORATING THE AUSTRALIAN CHAMPIONSHIP)**  
**SATURDAY 19 JUNE 1993**  
**BILL SEWART ATHLETIC TRACK (400m)**  
**BURWOOD HIGHWAY, EAST BURWOOD, VICTORIA**

Race Organiser:

Geoff Hook  
42 Swayfield Road  
Mount Waverley 3149

**RACE REPORT**

For the third year in a row the Australian records just tumbled. Lavinia Petrie set the ball rolling at the first ultra distance encountered in the 50 mile race. This distance was 30 miles. The ageless supermum zipped around the track in 3:41:57. She went on to capture 50km, 40 miles, 6 hours and 50 miles. The final result was over 20 minutes off her previous record. Congratulations Lavinia!

Dragan Isailovic in his first ultra race ran very controlled throughout to record new Australian records for 40 and 50 miles. His 40 mile record broke one of the few long standing records remaining in our lists. Martin Thompson held the record of 4:12:40 for his performance in 1978 in the U.K. The 50 mile record was lowered by over 3 minutes so well done in your first ultra, Dragan!

It was disappointing to have such a small field for such a long established race (14th such event) and for an Australian championship event as well. By race entry close there were only 4 entrants and serious consideration was given to cancelling the event. The entries built up to 11 by race day which was some improvement but still less than 1/2 the size it ought to be. However it was a strong and quality field which toed the starting line at 8.00a.m. I hope more people support the race next year otherwise it could go the way of many other races recently and be discontinued. So thank you to all those who entered and made an exciting day for us. Thank you to all the helpers as well. Dot Browne did a mighty job with the catering and other general duties, Pete Armistead and Norm Brooke came especially to lap score for me, and Ray Callaghan and Rob Petrie assisted with timing. Thanks also to all you lap scorers, you did a marvellous job - not one lap missed by anyone!

We had 4 potential competitors for the forthcoming 100km World Championship in Belgium although Rudi has since withdrawn. Safet Badic ran close to his personal best with 5:22:49, Rudi Kinshofer ran an excellent 6:06:58, Lavinia ran a big personal best with 6:23:53 and Sandy Kerr ran an enormous personal best of over 1 1/4 hours with 7:49:20. Well done to all of you and I hope this is an omen for excellent results in Belgium.

I was pleased to have a couple of interstateers, Rudi from South Australia and David from New South Wales. Thanks to Jeff Visser and Peter Gray, a couple of stalwarts who have

# 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 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.

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.J11), 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.

76 .

\* Normally manned

## Stage 2:

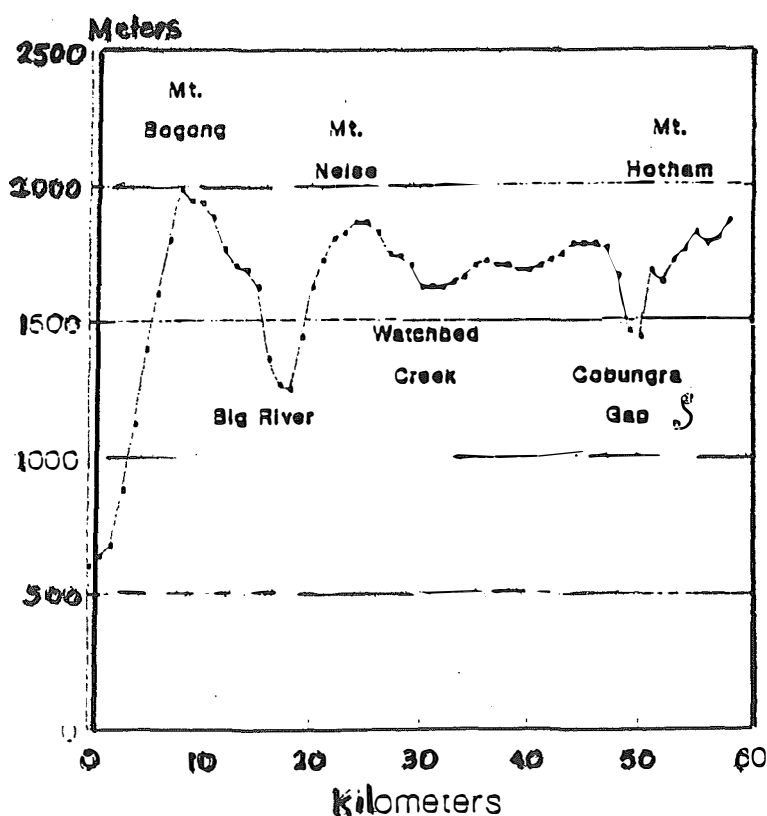
From Watchbed Creek proceed along the 4WD track to the Omeo Road, turn left and follow the road for 6km, passing Basalt Hill and the Wallace's Hut turn-off. The Alpine Walking Track rejoins your route at pole 532 at the Cope Hut turn-off. Leave the road at this point and follow the pole line south-west 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.

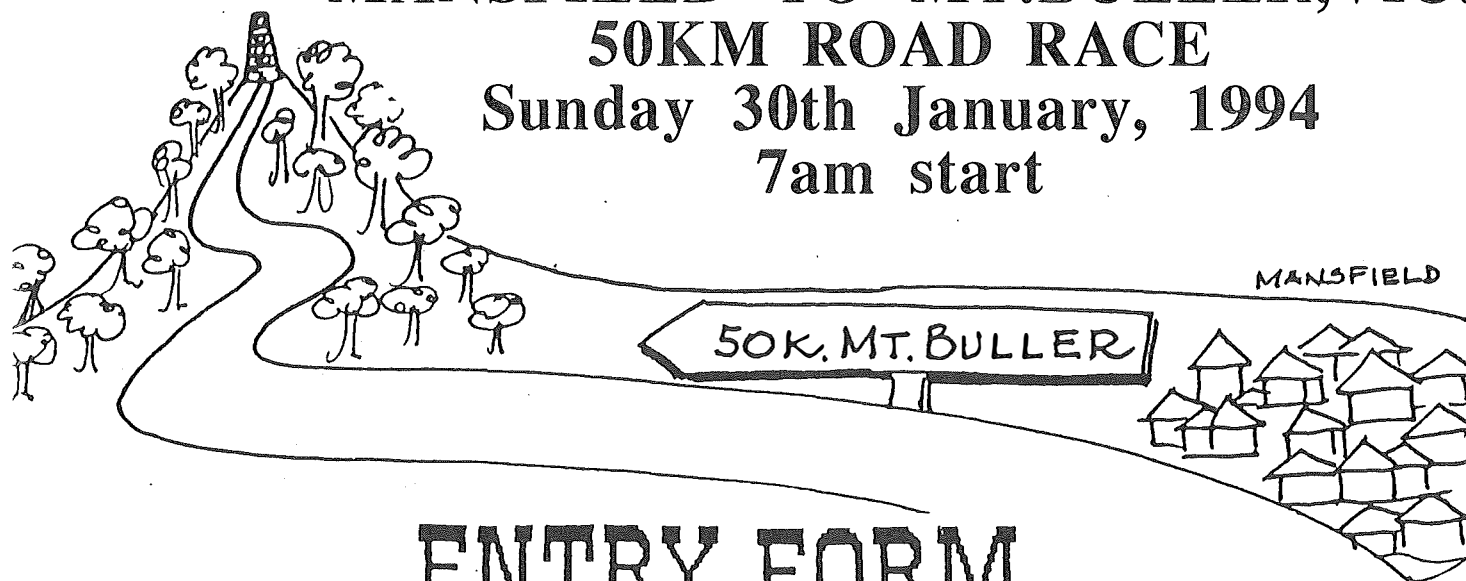
\* Normally manned      # Beware, possible cattle contamination

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

## Geographic Profile



**A.U.R.A.**  
**MANSFIELD TO MT.BULLER, VIC.**  
**50KM ROAD RACE**  
**Sunday 30th January, 1994**  
**7am start**



# ENTRY FORM

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

<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;"><span>SURNAME</span><span>FIRST NAME</span><span>INITIALS</span><span>SEX M or F <input type="checkbox"/></span></div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;"><span>ADDRESS: number and street</span><span>DATE OF BIRTH</span></div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;"><span>suburb or town</span><span>POSTCODE</span><span>TELEPHONE HOME</span><span>WORK</span></div>
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Person to be notified in case of emergency:

AGE ON RACE DAY

<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;"><span>SURNAME</span><span>FIRST NAME</span></div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;"><span>Relationship</span><span>TELEPHONE HOME</span><span>WORK</span></div>
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### WAIVER

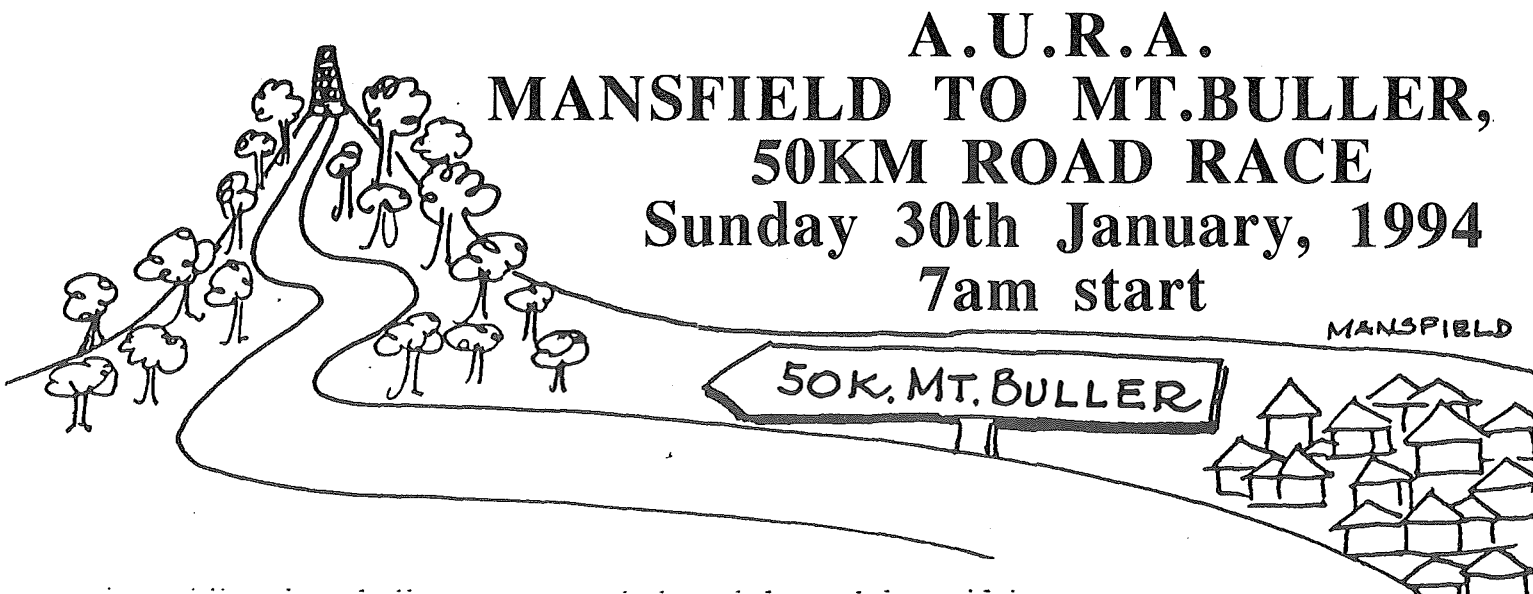
I, the undersigned, in consideration of and as a condition of acceptance of my entry in the **MANSFIELD TO MT.BULLER 50 KM ROAD RACE**, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss 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.....

Proudly sponsored by the Australian Ultra Runners' Association Inc.  
 (AURA Inc.)



Race Organiser: Peter Armistead, 26 William Street, Frankston 3199  
Ph. (03) 781 4305

Race Director on the day: Dot Browne, 4 Victory Street, Mitcham 3132  
Ph. (03)874 2501 FAX (03)873 3223

An exhilarating challenge on a sealed road through beautiful country, starting on the outskirts of the Victorian town of Mansfield, travelling through undulating farm-land, before climbing to the summit of Mt. Buller and finishing finally outside the Arlberg Hotel in Mt. Buller Alpine Village.

First 32km.	Mansfield through Merrijig to Mirimbah	undulating farm-land.
32 - 48km	Mirimbah to the summit of Mt. Buller	uphill climb.
48 - 50km.	Summit of Mt. Buller to Alpine Village	downhill run, 800m on a rocky track.

**PRIZES:** First Male  
Second Male  
Third Male First Female

**ENTRY FEE:** \$15.00 (Cheques payable to Peter Armistead)

**ENTRY FORMS TO:** Peter Armistead,  
26 William Street,  
Frankston 3199  
(03) 781 4305

**CLOSING DATE:** Friday 14th January, 1994

Confirmation of entry will be posted after the closing date, together with more details of the race, including local accommodation options.

**DEDICATION DETERMINATION DISCIPLINE**

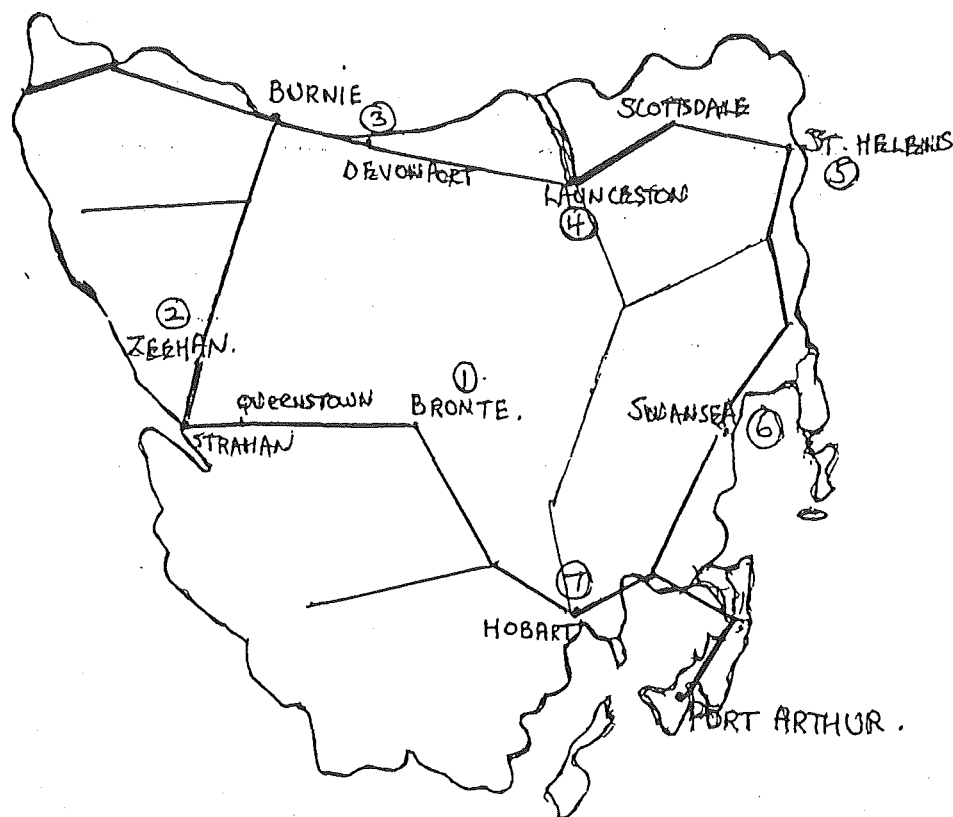
Proudly sponsored by the Australian Ultra Runners' Association Inc.  
(AURA Inc.)



# TASMANIA RUN

BE PART OF HISTORY

INAUGURAL EVENT



## “THE WORLD’S TOUGHEST FOOTRACE” A STAGED ULTRA MARATHON AROUND TASMANIA Ultra Footrace could take off for Tassie

THIS weekend's Tasmanian Ultra Footrace from Launceston to Hobart may be the forerunner of a bigger event in 1994, says the race organiser, Alan Rider.

The race was last run in 1988, when New Zealand ultra star Dick Tout completed the journey in just under 17 hours.

Rider said the Tasmanian Ultra Footrace had a lot to offer.

“With five years' experience of successfully attracting runners to the Ross-to-Richmond and Bruny Island solo and relay events the time is right to give a focus for these events with the Tasmanian Ultra.”

Ultra Tasmania will conduct the Tasmanian Ultra each year beginning the day before Anzac Day and finishing on the afternoon of the national holiday.

The race starts at 9am today at the Talays Sports Store in Launceston and is expected to finish early

tomorrow afternoon at the Talays GPO Hobart Sports Warehouse. Adidas and Tiger Head Light are the support sponsors.

Once the initial bugs are sorted out, and following next year's event, the start and finish cities will be alternated each year to add to the interest and speculation about the “up” and “down” directions.

The '93 Tasmanian Ultra

has attracted a field of local runners, including Sydney-to-Melbourne veterans Eddie Westburgh and Andrew Law, and experienced Victorian Peter Gray, the first mainlander to enter.

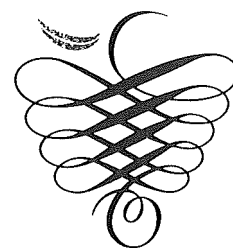
Gray has previously run the Ross-to-Richmond. This initial low-key event has a modest \$1500 in prizes on offer overall, in handicap and fastest-time categories.

“A big opportunity exists for Tasmania and its two major cities to further pro-





TASMANIA  
AUSTRALIA'S BEST HOLIDAY



**\*\* 7 DAYS \*\***

**\*\* 700 KILOMETRES \*\***

**\*\* PRIZE POOL \$\$\$\$\$\$ \*\***  
(SUBJECT TO SPONSORSHIP AND FUNDING)

**TO BE ALLOCATED TO**

**\*\*\* EACH STAGE HANDICAP PLACINGS**

**\*\*\* EACH STAGE FASTEST TIMES (MALE AND FEMALE)**

**\*\*\* BONUSES FOR FASTEST TIMES BETWEEN  
SPECIFIC TOWNS/POINTS (MALE AND FEMALE)**

**\*\*\* OVERALL AGGREGATE FASTEST TIME PLACINGS  
(MALE AND FEMALE)**

**\*\*\* IMPORTANT \*\*\*\***

**REGISTER YOUR INTEREST IN THE EVENT VIA THE CONTACT POINTS  
BELOW**

**THIS WILL GREATLY ASSIST THE ORGANISERS WHEN APPROACHING  
POTENTIAL SPONSORS**

**CONTACT: ALAN RIDER  
THE TASMANIA RUN  
P.O. BOX 501  
HOBART, TASMANIA AUSTRALIA 7001**

**FACSIMILE: (002) 238936  
TELEPHONE: (002) 308142**

# TASMANIA RUN DRAFT ITINERARY

## DAY 1 - SATURDAY AUGUST 6TH

	KMS
Hobart to Hamilton	75
Transport stage - 170 kms to Bradshaw Bridge (new Lake Burbury)	
Bridge to Queenstown	18

**Total Day 1** **(93)**

## DAY 2 - SUNDAY AUGUST 7TH

Queenstown to Zeehan	85
Transport stage - 150 kms to Wynyard	
Wynyard to Burnie	18

**Total Day 2** **(103)**

## DAY 3 - MONDAY AUGUST 8TH

Burnie to Devonport	50
---------------------	----

**Total Day 3** **(50)**

## DAY 4 - TUESDAY AUGUST 9TH

Rest day

## DAY 5 - WEDNESDAY AUGUST 10TH

Devonport to Launceston	100
-------------------------	-----

**Total Day 5** **(100)**

## DAY 6 - THURSDAY AUGUST 11TH

Launceston to Scottsdale	73
Transport stage - 72 kms to Pub in the Paddock, St Columba Falls	
Hotel, Pyengana.	
Pyengana to St Helens	27

**Total Day 6** **(100)**

## DAY 7 - FRIDAY AUGUST 12TH

St helens to Bicheno	76
Transport stage - 29 kms to Cranbrook	
Cranbrook to Swansea	15

**Total day 7** **(91)**

## DAY 8 - SATURDAY AUGUST 13TH

Rest day relocate to Port Arthur

## DAY 9 - SUNDAY AUGUST 14TH

Port Arthur to Hobart	99
-----------------------	----

**Total day 9** **(99)**

**TOTAL** **636**

**7 DAYS AVERAGE 91 KMS A DAY  
2 REST DAYS**

**ADVANCE  
NOTICE  
24 HOUR  
CARNIVAL**

**LABOUR  
DAY  
WEEKEND  
MARCH 1994**

**VICTORIAN  
24 HOUR  
TRACK  
CHAMPIONSHIP  
(DOT'S RACE)**

*supported by*  
**COBURG  
VETS 24 HOUR RELAY  
INTER VENUE CHALLENGE**

*Race entry forms available  
Dec 1993  
Early enquiries to  
Race Director  
Kevin Cassidy  
PO Box 241 Coburg 3058*

**MAXIMUM  
10 INDIVIDUAL  
RACERS**

**Approved by AURA**

**MAXIMUM  
10 RELAY  
TEAMS**



**INTERESTED IN A SYDNEY TO MELBOURNE AND BACK  
TO SYDNEY CHALLENGE??**

**(Dave Taylor has supplied the course maps  
on the following two pages)**

Dear Dot & Geoff,

Many people have asked if I could send them copies of maps & distances of the course of my recent challenge for them to study for future challenges (from Liverpool, NSW to Melbourne and back.) The course goes via Canberra and covers 1808km in distance. I've enclosed 2 maps which cover the course and the towns which we ran through are highlighted with dots.

Also, to those people who have phoned and challenged me in the future, I accept their challenges, providing they can find the sponsorship needed to cover the event. Contact me at this address: 13 Hertford Street, Berkeley 2506 NSW

Dave Taylor

963 0

910 53

756 207

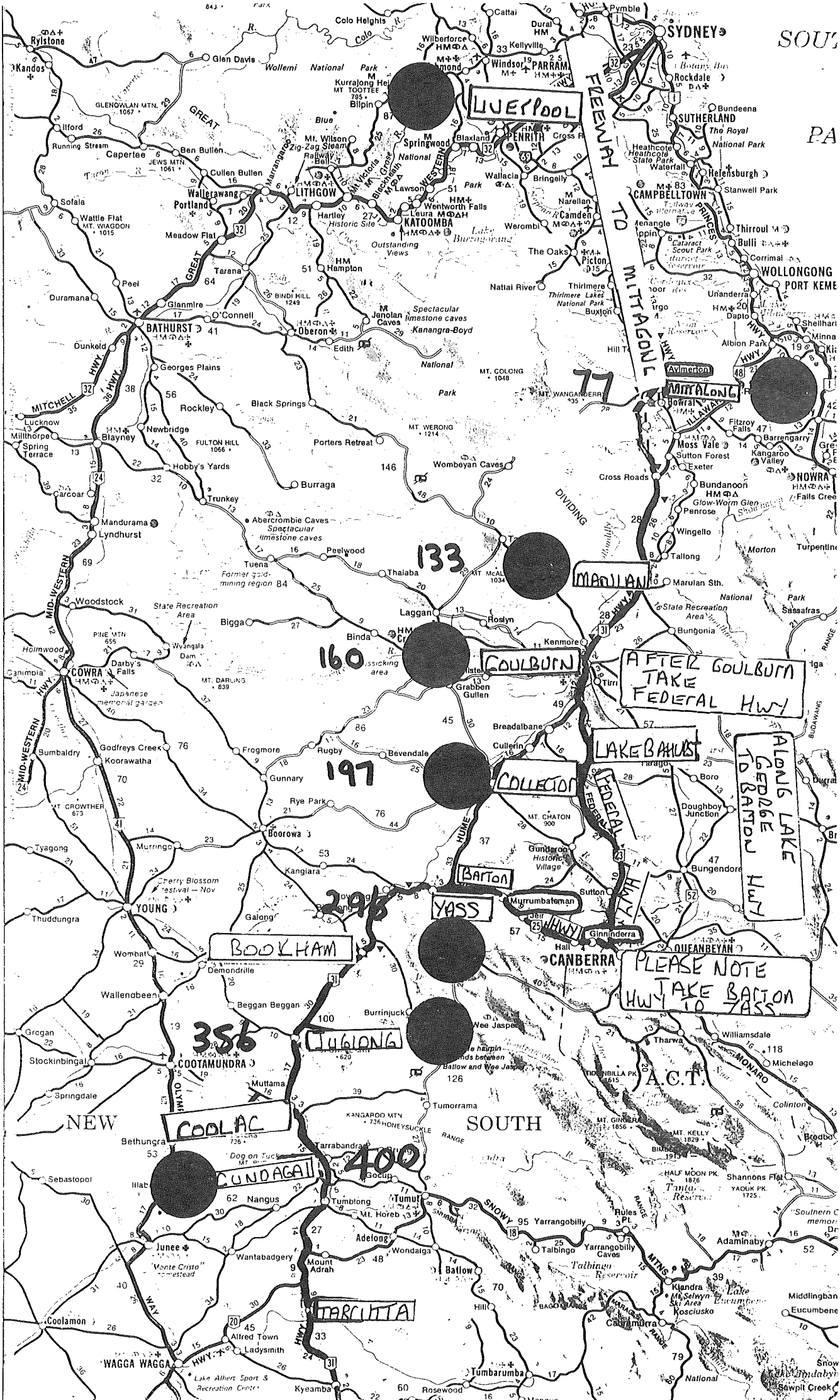
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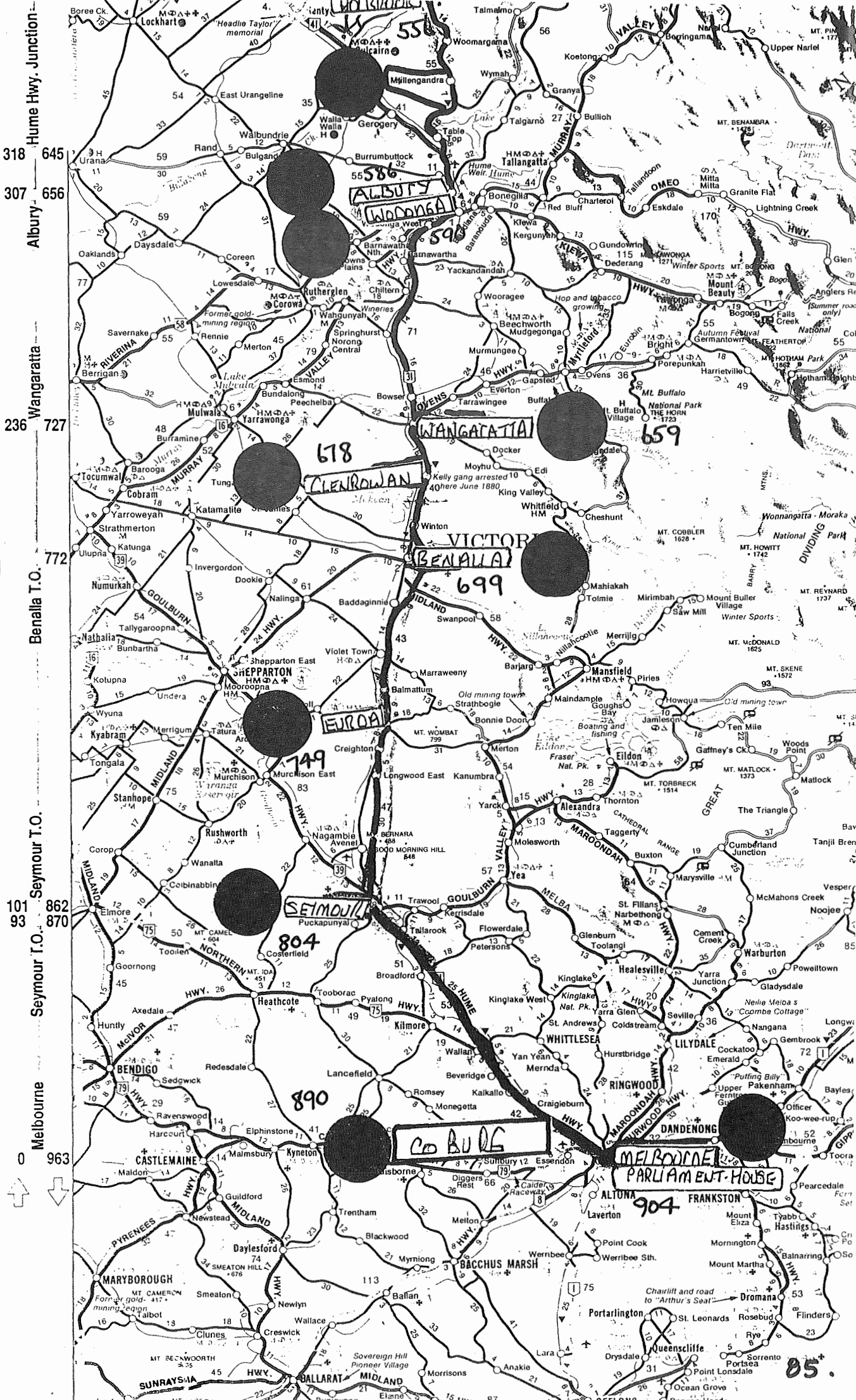
386

400

477

AFTER GOULBURN  
TAKE  
FEDERAL HWY

PLEASE NOTE  
HWY TO YASS



Hume Hwy. Junction  
318 645  
307 656  
Albury  
Wangaratta  
236 727  
Benalla T.O.  
772  
Seymour T.O.  
101 862  
93 870  
Melbourne  
0 963



# CHRISTCHURCH NEW ZEALAND

## Inaugural Brighton 100 ULTRA MARATHON

**MARCH 26 1994**

**EXTENSIVE PRIZE LIST AND TROPHIES**

Held on a fast flat 100km course on the  
outskirts of New Zealand's Garden City.

For registration forms and further enquiries:

Bernadette Daly  
Road Racing Committee - Athletics Canterbury  
PO Box 3130  
Christchurch  
NEW ZEALAND

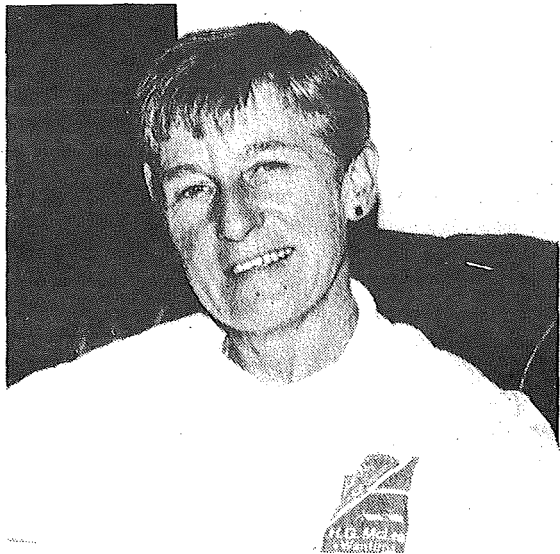
Ph 64 3 337 2698  
Fax 64 3 364 8530

*Run for your life*

86.

**Christchurch's Foremost Fitness Stores**

## Sports Mum Extraordinaire



**LAVINIA Petrie of Wesburn is a sportswoman with plenty of goals, not the least of which is to break her own Australian and Australasian records at the World 100 km Road Running Championships to be held in Belgium in August this year.**

As part of her preparation for the World 100 km Road Running Championships, Lavinia recently defended her Australian 50 mile Track Championship, successfully defending her title for the third consecutive year and breaking her own Australian and Australasian records to boot. Taking and incredible 20 min 47 sec off her previous best for 50 miles.

At 8 am on a Saturday morning in cold bleak conditions, with hailstorms forecast, Lavinia lined up with the other competitors at the East Burwood Athletic Track. Just 201 laps and 60 m of the 400 m track to tackle. After only 3 hrs 14 min 53 sec Lavinia had completed a marathon, looked strong and was set to tackle almost another to complete the distance.

The records then started to tumble — 30 mile, 50 km, 40 mile, 6 hours and culminating in 50 mile. All were previously held by Lavinia.

New Australian and Australasian 50 mile track record 6 hr 23 min 53 sec; 50 km - 3 hr 49 min 31 sec; 30 mile 3 hr 41 min 56 sec; 40 mile - 4 hr 59 min 57 sec; 6 hours - 75 km 800 m.

For some of us, a typical Saturday might mean a sleep in, shopping, lunch and then the football. For Lavinia it was running non stop. By the time you sat down to watch the football she would have been coming up the finish straight. And what is the secret to keeping up her energy. She ran on bananas, 'Leppin', Staminade and coffee!

For many runners the marathon is the ultimate challenge but Lavinia has 'the bug' for the ultra distances these days. Husband, coach and adviser, Bob, is an old hand at the ultra scene having helped and advised Australia's greatest ultra distance runner, George Perdon.

The duo's next challenge is the IAAF Inaugural World 100 km Road Championship to be held in Belgium, August 7, 1993. Selected in the Australian team of four women and six men, Lavinia will be lining up against over 400 individual competitors with in excess of 40 countries represented by National teams. Twenty years ago Lavinia was a part of Australian Athletic history by being a member of our first Australian team to the World Cross Country Championships (only 4 km) and this year she shall pioneer a new phase. Quite an achievement given that she turns 50 this year and is our best female ranked competitor. Be-

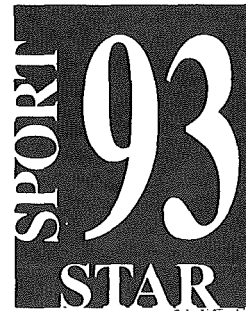
ing at 22 on World Rankings for 100 km road!

We watch her progress keenly as Belgium could be a stepping stone to the Commonwealth Games, with a 100 km Road Race being included on the programme of events for the

1994 Games to be held in Victoria, British Columbia.

We would like to thank Lavinia's daughter, June, for this wonderful article about her amazing 50 year old mother, and we shall indeed be following Lavinia's progress with keen interest over the coming months.

# Petrie ups the tempo



THE EXPRESS June 30, 1993

**W**HILE most women approaching 50 start to slow down, Lavinia Petrie is speeding up.

Petrie, of Wesburn, has just knocked 20 min 47 sec off her previous best for 50 miles to win the Australian women's open 50 miles track title for the third year in a row.

As she raced against competitors half her age over the 201 laps of the East Burwood Athletic track on June 19, her records started to tumble.

Petrie is this week's nomination for the *Lillydale Express* Sports Star of the Year award.

Petrie broke her Australian and Australasian records for the 50 mile (6 min 23 min 53 sec), 50 km (3 hr 49 min 31 sec), 30 mile (3 hr 41 min 56 sec) 40 mile (4 hr 59 min 57 sec) and six hours (75.8 km).

Petrie keeps up her energy during a race with a good supply of bananas, glucose supplement, staminade and coffee.

The Australian open and Australasian record holder for the 100 km road race, she is determined to break that record in the IAAF inaugural world 100 km road championships in Belgium on August 7.

She will be part of the Australian team of four women and six men competing in the championships against more than 400 competitors.

Petrie celebrates her 50th birthday in September but has no thoughts of retiring.

She is hoping her perfor-

## Sport Extra

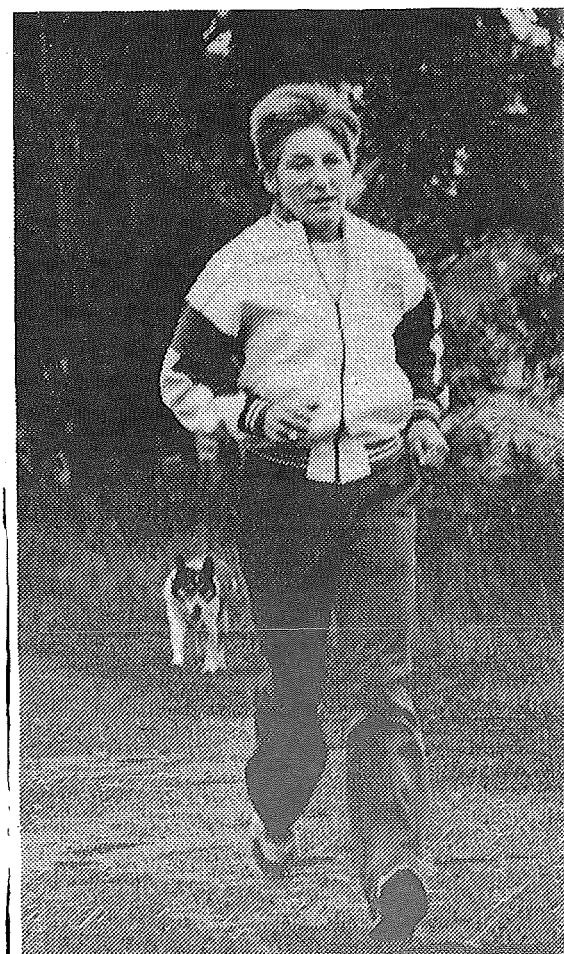
mance at Belgium will win her a place in the 100 km road race to be included for the first time in the Commonwealth Games next year.

Her husband Bob is her coach and adviser and can often be spotted on the Centenary Trail or the streets around Wesburn

on his bike beside her as she trains for these incredible endurance tests.

He is an old hand at the ultra marathon, having helped and advised George Perdon, who is perhaps Australia's greatest ultra distance runner.

— LIZ TUNNECLIFFE



**LAVINIA Petrie, a 49-year-old mother who has caught the ultra marathon bug.**

## MEDIA ARTICLES ON MEMBERS

# Smith's third



Winner Bryan Smith showed little sign of exhaustion as he chatted to Mayor of Colac Cr Rob Lo Ricco shortly after the race ended.

Bryan Smith recorded his third consecutive victory in the Australian Six Day Race at Colac's Memorial Square on Saturday.

Smith won the race by a credible 64 kilometres from his closest rival, Joe Record.

Smith notched up 904 kilometres (2262 laps) over the six day event.

Joe Record snatched second place with 840 kilometres (2102 laps).

Geelong's Peter Gray, the event's youngest participant at 27 years, came in at third position on 770 kilometres (1927 laps).

Saturday's victory was Smith's third consecutive win in the Australian Six Day Race. He won the 1989 Australian Six Day Race event with 1002 kilometres and was the 1991 Westfield Sydney to Melbourne winner in six days, 12 hours, 50 minutes, followed by a second victory at Colac in 1991.

Colac veteran Drew Kettle finished in 13th position and broke the world record for the 71 to 75 year-old age group.

Drew completed the race with 601.6 kilometres behind him (1504 laps). After the race Drew showed no signs of having notched up an average of 100 kilometres a day throughout the event.

Six Day Race chairman John Fetherston said after the race, "Drew was just Drew. We put a beer in his hand and he was as jovial as ever. He had a sleep then was jovial again."

Colac's Cliff Young, on the other hand was the only competitor to show signs of exhaustion at the conclusion of the event, Mr Featherston said.

Cliff completed the race to finish in an admirable seventh place of the 16 runners who finished. Cliff notched up 653 kilometres (1634 laps).

Mr Fetherston described the race as a success, despite the rain that dampened the final day of the event. "The rain on Saturday messed up



# consecutive victory

everything, especially our plans for the presentation."

The presentation was to be held in Memorial Square but the rain forced a last minute change of venue to the Scouts Hall in Queen Street.

"It worked out well in the long run," he said. "The runners appreciated time to have a bit of a rest and get cleaned up before attending the presentation."

Mr Fetherston said all the runners appeared to be jovial and relatively fit after the gruelling six day event. In fact, most of the organisers retired from the presentation celebrations before the runners did, he said.

Mr Fetherston said good crowds both at the conclusion of the race and at the Scouts Hall were appreciated by the runners.

At the presentation, Six Day Race committee members George Slater and Ron Dare were made a special presentation by runner Tony Rafferty for the contribution to the Six Day Race since its inception.

Tony Rafferty has run every race since the event's inception in 1984.

Both Mr Slater and Mr Dare said they were surprised and honored by the presentation.

Already the committee has started preparations for next year's event. Mr Fetherston said yesterday the event would be enhanced if more local groups were prepared to provide entertainment in the Square over the six days of the event.

"The Battle of the Bands on Friday night was absolutely fantastic," Mr Fetherston said.

Mr Fetherston said he estimated about 1000 people would have lined the square for the event, creating a festival atmosphere for both the crowd and the runners.

He praised the Basement Club for cleaning up the rubbish after the event, and said there was minimal trouble considering the size of the crowd which attended.

Sergeant Chris Hill from Colac Police agreed with Mr Fetherston's comments. Eleven people were arrested throughout the evening, and it is likely more will be summonsed.

"Trouble was no more

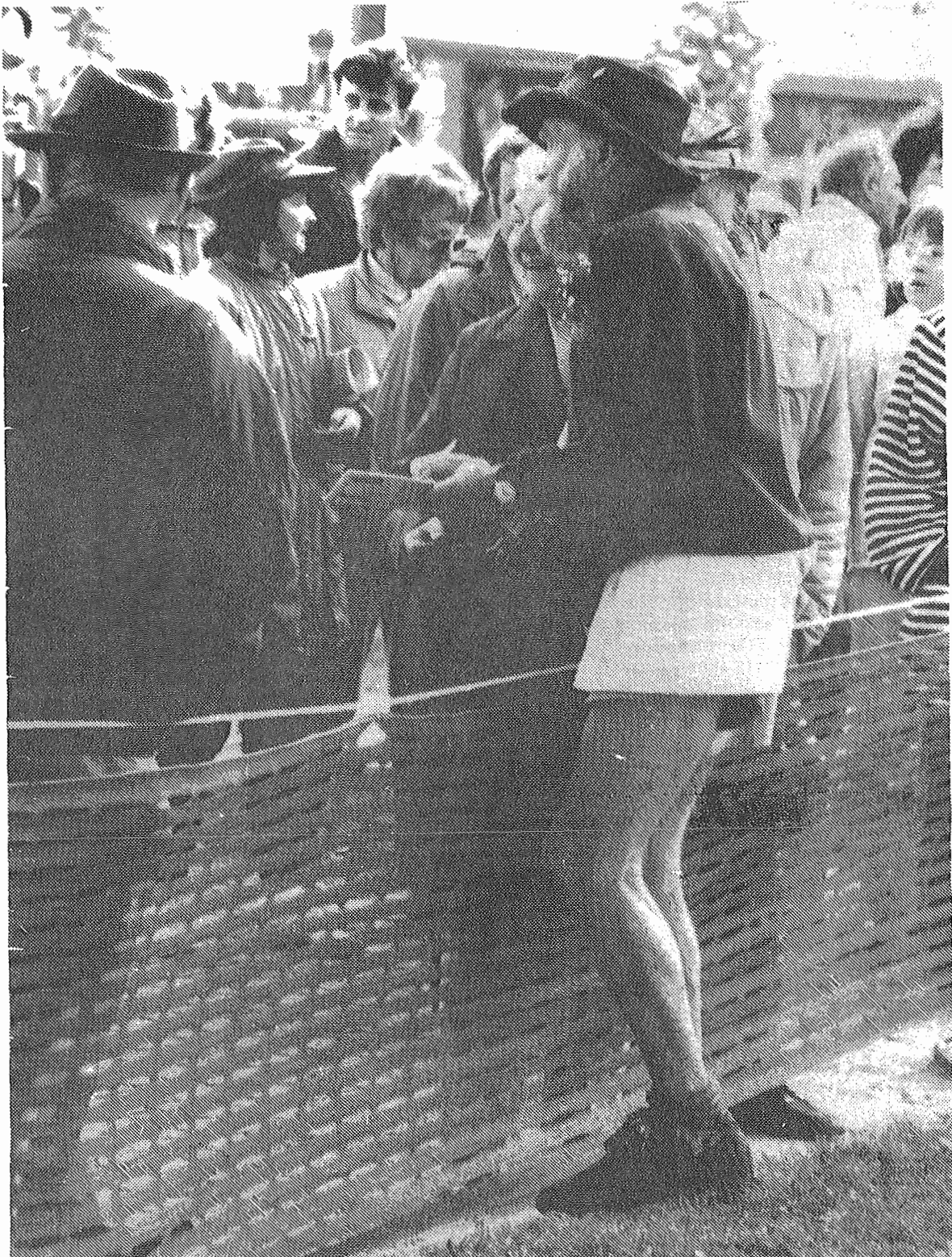
than normal," Sgt Hill said. "But it does disappoint me that a minority of people can spoil it for the majority."

Final results of the event are as follows:

1. B. Smith No. 14, 2262 laps, 904.8 kms; 2. J. Record No. 12, 2102

laps, 840.8 kms; 3. P. Gray No. 4, 1927 laps, 770.8 kms; 4. B. Hepburn No. 5, 1891 laps, 756.4 kms; 5. K. Mansell No. 9, 1755 laps, 702 kms; 6. G. McConnell No. 10, 1693 laps, 677.2 kms; 7. C. Young No. 19, 1634 laps, 653.6 kms; 8. T. Rafferty No. 11, 1583 laps, 633.2 kms; 9. R. Hill No. 6, 1579 laps, 631.6 kms; 10. J. Timms No. 18, 1559 laps, 623.6 kms; 11. D. Parish No. 20, 1537 laps, 614.8

kms; 12. D. Standeven No. 15, 1505 laps, 603.2 kms; 13. D. Kettle No. 8, 1504 laps, 601.6 kms; 14. D. Taylor No. 16, 1264 laps, 505.6 kms; 15. G. Pollard No. 2, 1254 laps, 501.6 kms; 16. T. Cox Snr No. 3, 1132 laps, 452.8 kms; 17. I. Javes No. 7, 519 laps, 207.6 kms; 18. M. Taylor No. 17, 410 laps, 164 kms; 19. S. Scanlon No. 13, 171 laps, 68.4 kms; 20. G. Audley No. 1, 0 laps, 0 kms.



Colac veteran Drew Kettle, 72, broke a world record for the 71-75 age group. The "ever jovial" Drew didn't seem to be suffering after the gruelling six day event.

# Craig pays his dues for record

By STEVE OFFNER

After 3307 kilometres and 42.6 days continuous running on Manly Beach, Craig Rowe has broken the world 1,000-hour endurance record.

At 25, Rowe is the youngest runner to have attempted the grueling event. To break the record held by Queenslander Ron Grant, he ran 3.307 kilometres every hour for 1,000 hours. The most sleep he had was 45 minutes in the hour.

Rowe began running on July 18 and finished in the early hours of last Sunday. He said his motivation was a combination of a desire to break a world record and an opportunity to raise money for Manly's Royal Far West Children's Health Scheme.

Rowe said he had spent seven years in prison for armed robbery and had been unable to find work, despite being qualified as a fitness instructor and a greenkeeper. He hoped the endurance run would show people he was committed and determined to make amends.

Keeping mentally alert and focused was the most important aspect of endurance running.

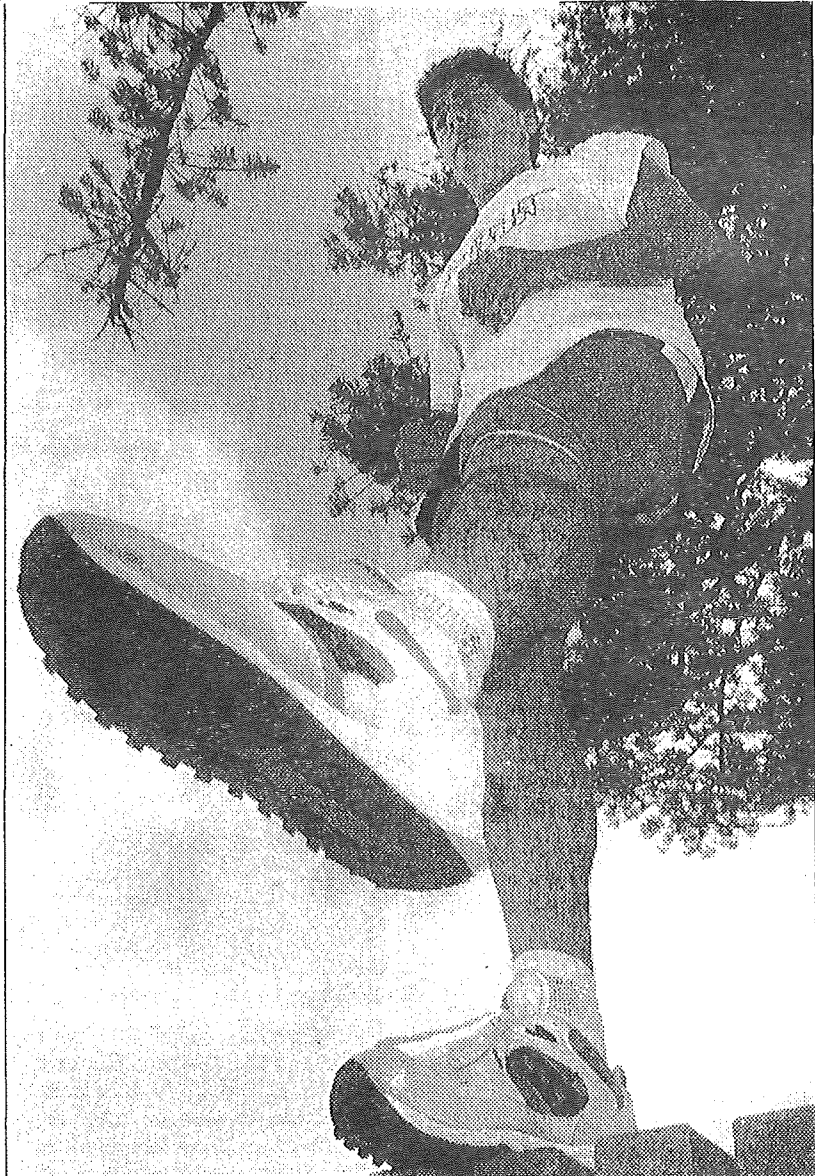
"It's all in your head," he said. "I am mentally prepared for it and I'm determined to keep going."

"I know what I want: I want a world record and I know the only way I'm going to do it is to keep going."

Running continuously for more than a month has taken its toll on Rowe's body. His ankles, knees and hips have swollen. His toes have become infected; he has had to battle a bad dose of the 'flu.

He said the most disappointing aspect of the run had been the lack of community support. He had hoped to raise \$50,000, but to date only about \$1,000 had been pledged.

"THE NORTHERN HERALD" 2/9/93



Craig Rowe . . . "It's all in your head".

Picture by ELIZABETH DOBBIE



Andrew & Kerry Law and their young family after the Launceston to Hobart



# New life at 61

Herald Sun, Friday, May 7, 1993

*CLIFFY Young, a Beech Forest farmer who never 'did any good' at dances in his youth because he was too shy, was thrust into the national limelight after his Sydney-to-Melbourne Marathon win. His life changed irreversibly, reports*  
**PETER STONE**

**"W**ELL done, son." That was all my mother said, and there were tears in her eyes.

The tears welled in my eyes as well as I embraced her.

I had made my mother proud, but it certainly gave me a bit of a shock to see her there at the finish.

After all, she was 89, but she'd insisted to my brother Sid that she wanted to be at Doncaster to greet me.

Thousands of people were pressing towards us and I feared for both her safety and mine.

But the police and race officials saved us from the crush as we were ushered towards the stage to present me with the winner's cheque.

The winner's cheque! I'd forgotten all about the money. To hell with it — that night was all about achievement, the greatest moment of my life.

My head was in a whirl as they presented me with that giant cheque and suddenly I became overwhelmed by the desire to go to sleep.

And with that I went to get off the stage, but my legs buckled under me. I couldn't walk.

After five days, 15 hours and four minutes on the road, my legs had given up the ghost.

But as race organiser John Toleman and *The Herald* athletics writer John Craven carried me from the stage, I became savage with myself.

"Bugger it. Fancy having to be carried. Doesn't do much for one's image," I thought.

Westfield had set up a bedroom for me at the shopping centre and I reckon I was asleep before my head hit the pillow.

Amazingly, I was awake just five hours later and didn't feel too bad at all.

There, behind the bed-head was that giant cheque for \$10,000 and, as I gazed at it, I started thinking about all the poor buggers still out on the road. I resolved then and there to give them a slice — to run all that way and get nothing just didn't seem fair.

I'd already done a deal with Joe Record that we would split it if either of us won.

I'd give \$4000 to be split among the other runners and Joe and I could have \$3000.

That was enough for me.

The next moment, John Craven came into the room with a *Herald* photographer, and the first of countless interviews began.

A telegram arrived from Prime Minister, Bob Hawke, and, as I read it, I realised I really had won.

I knew at that moment that life would never be the same again.

A couple of nights after winning, I went on Channel Nine's *Don Lane Show*, where he and Bert Newton talked asked me to spin the wheel.

When they flipped over the star, there was the sign — \$10,000.

I couldn't believe my luck, not until they flipped over every star on the wheel to reveal that \$10,000 was behind each one of them.



**HAPPY at home . . . "I never really relaxed until I got back to Beech Forest."**



You've got to be ready for anything when you appear on *Hey, Hey It's Saturday*, so it was no surprise when I found them washing my feet. Why is it that everyone thinks that runners' feet smell? How silly.

On the Thursday, I was given a civic reception at the City Square before an estimated crowd of 8000.

Mum looked out on the throng and said: "All this for a little boy born in the bush."

Melbourne's Lord Mayor, Cr Bill Gardner, presented me with a key to the city and Victorian Premier John Cain gave me a special plaque, a Victorian atlas and a Vic-Rail pass entitling me to 12 months' free travel.

After the reception, we went up to Parliament House for a tour and lunch with Mr Cain and his wife, and I guess I was a bit cheeky when I sat in Mr Cain's plush chair and said: "Anyone want any problems solved?"

During that week in Melbourne, I began to have serious trouble with my bladder.

Well, not really ... I didn't like making speeches.

At the various functions, I excused myself and went to the toilet where I'd lock the door just to get away from the crowd for a moment.

That's always been my favorite trick.

It did become a bit much. Not too much, but close to it. You still had to have consideration for people because you can't let them down.

But believe me, I'd hate to be royalty.

Hardly an hour of the day went past without someone coming out to interview me or ringing up.

I guess I handled it all okay, but I never really relaxed until I got back to the bush of Beech Forest.

**A**LL sorts of business offers were being made as well. They'd started even before the race ended.

There I was, 200m from the finish, and this bloke was running alongside me offering me cash to wear his T-shirt when I crossed the line.

A canned fruit manufacturer ran a full-page advertisement in the Melbourne daily newspapers, congratulating me on my victory and saying I'd eaten a couple of cases of their product along the road from Sydney.

I had, but it surprised me to see the ad in the paper. Later I received a couple of cases of pears plus \$500.

Everyone was saying I could make \$100,000 from the race, but we were green when it came to business.

We were just simple country people.

I signed a contract with Westfield to make 40 appearances throughout Australia during the following 12 months.

Big jets wherever I went, which was a bit different to my days as an itinerant worker when my thumb was my most common form of transport.

I've heard many times that Westfield has used me unmercifully.

Nothing could be further from the truth. Westfield has been very good to me and John Saunders, its head man, like a father to me.

The constant travel became tiring, catching up with me eventually.

I got bronchitis from air-conditioned rooms. The only air-conditioning I'd known before was the drafty thunderbox at home.

Another worry was that I couldn't do the training I wanted to.

**I**N truth, I reckon in that first year I probably made too many public appearances.

I probably made 100.

Amazingly, in all that time, I was only abused once.

I was on talk-back radio in Sydney when this fellow rang up and said: "You can't tell me you ran all the way from Sydney to Melbourne, you old bastard. You must have got a lift somewhere."

"Next time I run, you run with me. You'll see I run every step of the way — if you can keep up," I replied.

The reception in Melbourne's City Square had been big, but I reckon all of Colac and surrounding districts were there when I went home. The official estimate was 15,000.

Mayor Pat Gamble gave the keys to his city, and I got the keys to Beech Forest as well.

All these keys! Then on the Saturday, night it was off to the Otway Shire Hall in Beech Forest for a big dance.

I used to go to the same hall for dances years ago.

Never did any good, mind you. I was always a bit shy.

The reception that night was fantastic.

(Cr) Corker Brown, whom I'd known for 40 years, did a great job organising things, but I reckon he could have got some younger chicks along.

Most of them were my age — not a breeder among them.

Just to snow things haven't changed, I went home at 2am — with mum."

Although she thought I was a silly old coot, I could tell she was desperately proud of me.

As we went home that night, she said to me: "The human body is not made for that sort of thing. You're expecting too much of it to run these distances."

There have been times when I've been inclined to agree.

But my marathon schedule for the remainder of 1983 continued.

I met Bob Hawke at Kardinia Park during a Geelong-Sydney Swans match and Geelong president, Dr Kevin Threfall, presented me with the No.61 guernsey, I guess to remind me of my age.

A couple of records were brought out. One, called "Gumboots to Glory", by John Hunter and Allan Webster was No.30 on the 3DB charts after just one week.

The variety of engagements I had was extraordinary. One day I was up in Canberra addressing the National Press Club and the next I was leaving footprints in wet cement outside McEwan's in Bourke St.

I helped out in the benefit night for golfer Jack Newton after he'd had that terrible accident and Neil Kearney produced a John Laws TV special, also called "Gumboots to Glory".

I made my acting debut, too, though some would say I've been acting all my life.

I played myself in *Prisoner* for Channel 10. I only had about four sentences, but I did bugger them up a few times.

One thing I didn't mind was going to Canberra's Australian Institute of Sport for a series of tests by Dr Richard Telford.

After going through the full array of medical technology they had available, Dr Telford told me I had virtually halted the ageing process.

I guess it's all those vegies I eat. I only became a vegetarian in the early 1970s, you know.

I ate a crook stew one of my sisters cooked. The meat was off.

It bloody near killed me. I was on my hands and knees all night heaving.



**“Mum looked out on the throng and said: All this for a little boy born in the bush”**

I guess the other reason was my conscience.

I just felt bad about the cattle I was raising on the farm and sending them off to slaughter.

I felt I was a criminal, hypocrite, murderer. They would go trustingly into the truck and I would pat them on the backside.

I suddenly didn't like the idea of that, so I decided to give up meat. I felt better then.

So much happened through those first 12 months. I was honored to receive the Order of Australia and Robert de Castella and I were guests of on Grand Final day.

The trouble was, I had to buy a suit, the first suit I'd ever owned.

Through it all, there was only one thing I drew the line at — a statue of myself which had been proposed, at a cost of \$35,000, by a Mt Eliza sculptor for Colac.

That would have been a waste of money, with the only real value being that it would have given the birds a place to perch and do whatever else they do when they're perching.

You're better off spending that money on an athletics track for the kids.

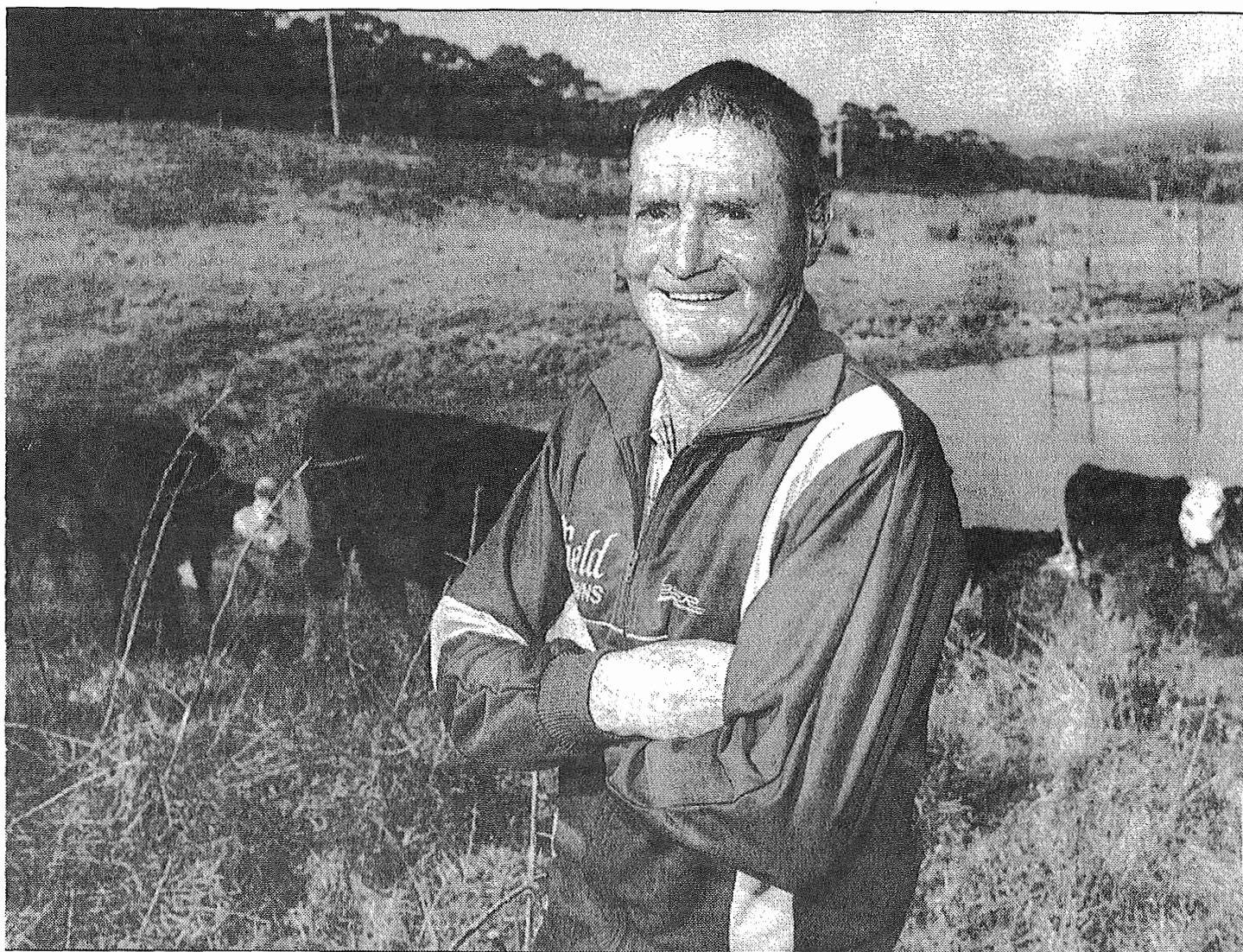
*TEN years ago a 61-year-old potato farmer shuffled into Australian sporting folklore.*

*Cliff Young won the first Sydney to Melbourne race and a permanent place in history.*

*Circumstances have changed since those heady days but not the man. PETER STONE reports,*

Herald Sun, Tuesday, May 4, 1993

# Cliff, forever young



STILL young at heart ... a hip injury may have slowed Cliff Young, but it can't dull his enthusiasm for running.

# Late starter was born to run

IT IS exactly 10 years since an old bloke came into our lives. Few had heard of Cliff Young before but in five days he became a folk hero.

He shuffled down the Hume Highway from Sydney to Melbourne to claim a place in our hearts.

Young showed what can be achieved by plain guts and determination.

At the age of 61, he ran — and won — a race simply to prove something to himself.

Ten years on, he still runs — and he is still an original, a man of simple tastes.

He is not wealthy, as many said he would be, but give him a roof over his head and food in the stomach and he's happy.

Well, almost.

Yesterday we chatted of the race 10 years ago and life now. His one regret is that there now is no woman to share his life.

He did marry after winning the 1983 Westfield race, but he and Mary have been separated since 1989 and there will be no reconciliation.

"I'm reasonably happy," he said.

## to run

"I'd be happier if I had a woman. You know what I mean? I'm pretty fit.

"But, they probably look at me and say, 'Poor old Cliff. He's 71. He might cark it on the honeymoon and then I'd have to fork out the money to bury him.' That's a pretty expensive business these days."

There would seem little chance of Cliff turning up his toes in the foreseeable future.

Last year, he was subjected to fitness tests by the University of Queensland's Human Movement Studies department.

Young's pulse and blood pressure was the equal of an athlete half his age and his aerobic fitness compared with an inactive 25-year-old man.

Cliff is still pretty chuffed about that.

And, so he continues to run.

The Westfield Sydney to Melbourne race was held for a final time last year, but Young had been banned, much to his chagrin, from running the event in the previous three years.

Now, he has other goals, other challenges.

One is to break the world

24-hour track record for those aged between 70 and 74. It is 175.6km, set by 73-year-old Englishman Ernie Warwick.

He tried twice last year, failing by 17.1km on a soggy Queensland track on the second occasion. This year at Coburg, he missed by five kilometres.

"There was no media about so I didn't try," he jokes. Like hell he didn't. He knows no other way.

Many times he's said he'll quit, but he never has.

I believed him once. It was in 1985 when he was lying in the Holbrook District Hospital after being forced to withdraw from the Westfield Run.

"Never again. I've seen the light, mate. I don't want to kill myself," he said then. His body, frail by anyone's standards, was wracked with pain.

We should have known better. Cliff Young was born to run and the tragedy is that he didn't discover it until so late in his life.

As usual yesterday, he went for his three to three-and-a-half hour run in the morning. His year in running is already mapped out.

There's a 10km fun run in Tasmania later this month and then a 24-hour race in Queensland in June. In September, he'll tackle 1000km also in Queensland.

Why go on? The answer is simple. What else is there to do?

"It's an interest. You give up for a few days and then say, 'What are you going to do next?' Young said.

"You must have some interest in life. If you didn't, you might as well be dead."



There are times when his hip plays up, mainly in the winter months. For that reason, he has bought himself five acres in Queensland at Nanango near Kingaroy.

There is no house on the property, only an old garden shed, but it is home away from home.

There's no power and water comes from a tank and a dam. That, he says, will do for the present until he can build a house.

"When the birds go north, I'll go too. I'll join the winter migration," he says.

Wherever he goes, he will

always be recognised. He may not have made a million dollars from his run to hell and back 10 years ago, but he did capture our collective imagination.

"Winning the race was an experience few others could have in a lifetime. I'm happy with that," he said.

"I didn't want to make the big money; if you've got money, it brings you worries.

"I have no regrets, I have no worries," said the man who now only wears his gumboots in wet paddocks.

But, this writer has a few regrets.

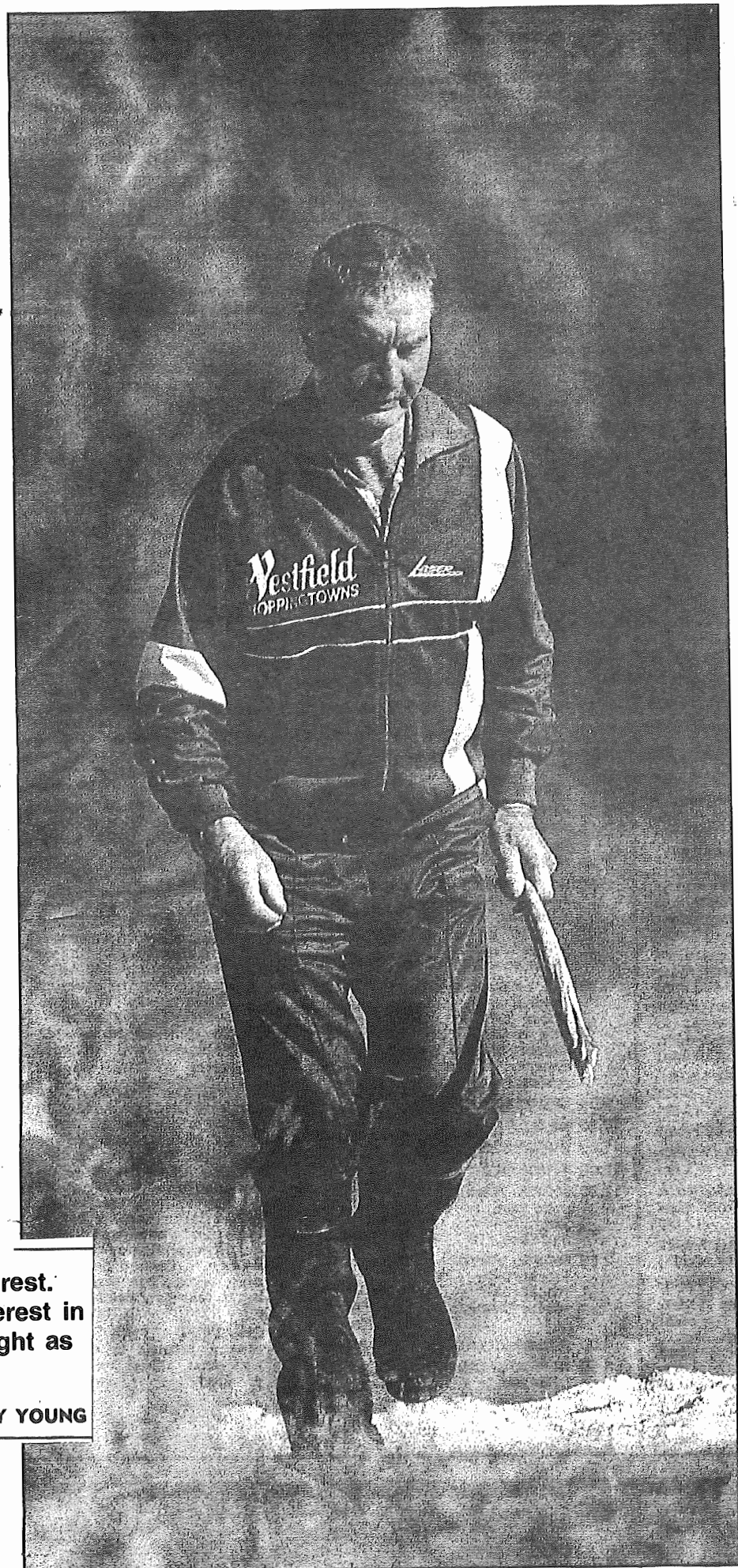
Several years ago, I helped Cliff Young write his own life story. It is a stirring and heart-warming yarn about a man who had a dream late in life.

Sadly, the various publishers we've approached believe the book has passed its use-by date, that there is no longer an interest in Cliff Young.

Strange that. His telephone was out of order the other day and I reported it to a Telecom operator in Sydney, saying I needed to contact Cliff Young urgently.

"Not *the* Cliff Young. I'll make it a priority," she said and she did.

The Herald Sun will publish extracts of Cliff's own story over the next two days.



It (running) is an interest. You must have some interest in life. If you didn't, you might as well be dead

— CLIFFY YOUNG

# WESTERN STATES 100 MILE TRAIL RACE, CALIFORNIA

Report by Max Bogenhuber

For those not in the know, the Western States 100 is a 100 mile race through the California Sierra mountains, starting at Squaw Valley (near Lake Tahoe) and finishing in Auburn, not all that far from Sacramento. Elevation changes are about 18000 foot of climb and 22000 foot of descent. I have run the event three times and I have been told by someone here that it must be an easy run, because it has more downhill than uphill. That someone shall remain nameless. But I DO hope that he will garner enough courage one day to enter that race, finishing it is a different story.

There is always a tendency to shut up about a race that one did not finish and I really don't want to write about my experience this year, but rather the valiant effort put in on that scorching June day by Andrew McKenzie-Hicks.

Andrew and I got to California a week before the race. We drove up to the mountains to get a few runs in on the trail before race day. I know most of the trail reasonably well by now, but for Andrew it was all a new experience. I had told him back here that it gets hot up there. On that first training run about halfway along the actual trail it began to sink in just HOW hot ! We used up eight 16 ounce drink bottles in about 12 miles.

I had been pretty crook for some time and because of that had not been able to train like I normally do for this, so I quite honestly did not expect to get to the finish, but I had to go to the US anyway and I had entered (you have to enter by November the year before), so I decided to take it easy and see how far I would get.

There were all sorts of stories going around about cut-off times being extended because of the heavy cover of snow in the early miles. Now this is a bit hard to explain, super hot temperatures and snow on the trail !...you have to be kidding ! Well, I kid you not, we had about 38 degrees at 6000 feet, the day before the race and yet over the first 30 miles there was snow on the trail on and off. The snow was pretty hard and really did not present a problem for me to run on, but some runners practically crawled over it. It's funny what the fear of the unknown can do to people.

I sort of struggled my way to Forest Hill (about 62 miles), but after taking an hour and fortyfive minutes for the last two miles before getting there, I realised that it was pretty useless to carry on. So that's where I quit. It was a good place to stop, because this is where runners pick up their pacers, if they have one. And this is where I'll pick up Andrew's story.

Fred, my brother who lives over there, had arranged for a pacer for Andrew. So while I was hanging around Forest Hill this guy came up to me and asked me where Andrew was. We searched the progress boards for his name, but soon became aware that these boards are not updated too often. So we waited around. I was starting to worry about Andrew when he had not arrived within an hour of my arrival there. I knew that he had put his first torch (for night running on the trail) in his Forest Hill drop bag. So I told his pacer that he would have to get there before dark. Well time went by and it got dark and no Andrew. Once the night had settled in and it was pitch dark, the pacer went home thinking that Andrew must have pulled out somewhere. No more than five minutes after he left Andrew turned up looking for his pacer. I did not want Andrew to know that I was out of the race, so I kept away from him and after a while Andrew decided to head out into the night on his own.

Not long after Andrew had left, my sister in law (a pretty good runner herself) turned up with the news that the guy she was supposed to pace had pulled out of the race at an earlier aid station. So I said why don't you pace Andrew !?

We decided to go down to the next major aid station to meet him there. This station is down by the American River and you can't drive down. So she ran the three miles from the road down to the aid station, in the dark, to wait there

for him. She waited there for six hours. No Andrew. At this stage she was sure that he must have pulled out of the race somewhere between Forest Hill and the River Crossing, ran back up to the road and got a lift back to the finish at Auburn.

Meanwhile, my brother had finished the race in 11th place, we had been to the motel for a shower and a sleep and returned to the finish area (these are long races). When we got back there, we checked the progress board and found that Andrew had crossed the river and was on his way to the finish. But we had no idea how long he would be, so we went for something to eat downtown.

When we got back, there was Andrew, looking a bit worse for wear but in good spirits. For me, this was a very emotional moment, because I had given up on him and was feeling sorry for him because I knew how much he trained for this.

When he told us his side of the story I realised just how tough it must have been for him. He had passed out coming out of one of the canyons where the day time temperature had reached 48 degrees. After regaining his senses he made it to the next aid station only to be held there, by a race doctor, for some time. And from then onwards he would get held at several aid stations because he had lost too much weight. When it dark on him out on the trail and he had no light because his torch was at Forest Hill, he stayed close to a runner who had a torch. Having done the race, I can assure you that's a tough way of doing it. To Andrew's credit he persevered and finished in just under twentyeight and a half hours. That performance shows a lot of guts and a big heart, there are not too many runners that would have carried on after what he had gone through.

This year only 56 runners, out of 387 starters, made it in under 24 hours. That's the lowest percentage ever by a long way. And only 209 runners made it to the finish inside the cut-off time of 30 hours. Would that guy that said that this must be an easy run please stand up, repeat what he said, then send off his entry for next year's race. I've got a spare one !

As in all previous years, the winners, male and female, again came from the local area re-enforcing my believe that one has to live and train on that trail to ever perform well in that race. But it would be good to see some of our top ultra runners make the journey to trail runnings altar and give the Americans a run for their money.

Note: Forest Hill to River Crossing = 16 miles,

River Crossing to finish = 22 miles.

First male - Tom Johnson in 17:08

First female - Ann Trason in 19:05 (third outright)

387 starters, 59 females (15% of starters)

Males had a 41% finishing rate

females had a 71% finishing rate (who called them the the weaker sex ?)



Bryan Smith after winning the Australian 48 Hour Track Race in Queensland this year.



## SPEAKING ON THE RUN - AROUND AUSTRALIA

It's nice work when you get it.

TONY RAFFERTY writes about a recent whirlwind tour on the Australian lecture circuit.

Low cloud and drizzle greeted me at 6am when I pounded a narrow, sodden track alongside Adelaide's River Torrens. A sign on a low bridge warned cyclists to "Look Out For Joggers Round the Corner."

"Watch out." A man shouted from behind. I jumped aside. The bike rider jammed his brakes just metres away, skidded, tumbled down the riverbank and plunged sideways into the murky waters. His bicycle stood upright, its front wheel stuck in the mud. Freckled ducks scuffled off in every direction. A pelican, perched on a rotten tree stump wondered about the fuss.

I slid down the grass on my buttocks and reached out my hand. "Are you all right," I asked. "Yeah mate. Gee, the water's cold. You're that runner bloke Rafferty, right?" I nodded. He said: I didn't expect anybody running today. Only you'd be out in weather like this, eh?"

I helped him out of the river. Black mud ran down his arm. John, a Brisbane businessman, grasped my hand. We pulled his bike behind us and scrambled up the bank. Blood trickled down his calf muscle. "I'll be all right after a hot shower at the hotel. I hope I haven't damaged their bike."

It was the first day of an Australia capital city lecture tour speaking at evening seminars arranged by UNCLE TOBY'S. I used John's mishap as an anecdote to begin my talk in a crowded function room at the Hyatt Regency.

A bright blue sky in Perth the next day lured me to a training session along the running track beside the Swan river and the tree-lined paths of Kings park. Only minutes had passed when a painful twinge in the Achilles tendon, injured earlier in the year, forced me to a brisk walk. I settled for a gym workout in the Sheraton hotel 50 minutes later.

Three sets of bench presses, barbell curls, tricep extensions and a few heavy repetitions on the leg press reminded my body that it hadn't weight-trained for a couple of years. I huffed and puffed on the exercise bike to finish off a good training session.

A sharp pain shot across my chest as I raised my arm to emphasise a point during my address at the seminar. Then my upper body quivered. The trauma of James Fixx flashed through my mind. I held the side of the lecturn and kept talking. I finished the 40 minute talk and returned to my seat. Nobody had noticed my dilemma. I knew then that my enthusiastic iron-pumping workout had cramped my torso's major muscle groups. I arranged a massage in Brisbane for later in the week.

A man served coffee to 28 homeless men from a ecumenical van in the Queensland capital. Beads of sweat dripped from my chin when I ran past the orderly queue. A man shouted: "Hey mate. You look like you need a drink." He held a plastic, steaming coffee cup in a straight arm in front of him. "Come on mate. Join us for a cuppa." I sat down on the grass under a tree and chatted with a group of six men in the early morning shadows of the Sheraton Towers hotel.

Later, in the hotel's dining room I drank fresh grapefruit juice and ate a Danish pastry and an English muffin in the sedate company of business executives from far and wide. I finished breakfast with two cups of percolated Brazilian coffee and read the Brisbane Courier Mail. I missed the spirited

discussion sitting cross-legged sipping Nescafe with the homeless men under the tree.

I ran along the Boardwalk past the restaurants and the South Ship Ferry Docking Point in the city's South Bank Parklands, in the afternoon. Then I cut through the Stanley Street Plaza to the Riverside Promenade and stopped at the Nepalese Pagoda. A letter by Sir Edmund Hillary praising the temple's architecture is displayed in this ornate building.

I delivered my lecture in relative comfort after a firm pectoral and tricep massage.

Geroge Perdon's illness was the topic of talk when AURA members, June Kerr and Chris Stephenson, visited Sydney's Sheraton Wentworth hotel. We shared a cheerful hour's conversation in a packed bar before I spoke to a sprightly harbour city audience.

June acted as one of Perdon's support crew during an Australian six day race at Colac. She talked about his philosophy of "attention to detail". She said, "He left nothing to chance." Chris said we may never see his like again.

During question time after my talk a delegate asked: "How's your old friend George Perdon?" It was an opportunity to tell the audience he was ill with cancer and to talk about his unique long distance runs and races during the last three decades.

My wife, Coral, phoned me early the next morning from Melbourne with news that Schwarzkoph had booked me as keynote speaker at a convention in Kona, Hawaii, in a fortnight. "Tony, you've hit the international circuit at last," she said gleefully. I was elated.

A young man with bloodshot eyes carried a multi-coloured overnight bag over his shoulder toward the luggage counter at Sydney airport. "World Tennis" was written across his navy blue tracksuit. Flight attendants chatted about pasta and chardonnay at a table close by. Jazz musician, Graeme Bell waved goodbye to friends as he headed off to another gig.

I turned over a page of THE AGE newspaper. Then a voice rang out from behind: "Are you Rafferty," a man said abruptly. "Yes." His eyes lit up. "Great stuff. Jim, you owe me a hundred bucks," he yelled back to his friend. I felt embarrassed. I glanced at Jim. "I'm sorry you lost your bet. Where are you off to?" The Hobart Casino, he said. I wished him better luck at the blackjack tables.

A man pushed a heavy trolley of personal baggage toward the check-in desk. It clipped the side of my table. Hot coffee spilled over my briefcase. My newspaper flew to the floor and opened out at the back page. Then my heart thumped: Excited after a rushed, national speaking tour and an advance booking on the international lecture circuit, suddenly, everything came into perspective: A headline glared at me from the bottom right hand corner — GEORGE PERDON IS DEAD AT 68.

The day was cold and windy with a threat of rain when I arrived at Melbourne airport. I clasped Coral's hand. "You know, it's the end of an era," I said.

TONY RAFFERTY. AUGUST 1993.

# DREW KETTLE'S ACCOUNT OF HIS 2,000KM DESERT TREK ALONG THE "CANNING STOCK ROUTE" WILUNA TO HALLS CREEK IN THE KIMBERLEYS.

Enclosed are a few highlights of my walk-shuffle from Wiluna on the Gunbarrel Highway to Halls Creek in the Kimberleys. It follows the trail of the "Canning Stock Route" which was used to drive stock from the Kimberley region to the rail head at Wiluna in the early 1900s. Fifty-two wells were sunk along the route, six or seven are still in use and proved very valuable in building up our water supply.

I was started at the Wiluna Police Station at 9am on Saturday 19th June and intended to finish the almost 2,000km trail (with deviation around flooded Lake Gregory) in 49 days. However, on the first day, I decided to have a go at the time or kilometre rate achieved by Peter Vernon in 1988. Peter's running time, as recorded in The Australian Geographic Book of the Canning Stock Route was an average of 50km per day, crossing over 700 sand-hills and the hundreds of kilometres of very rough stony sections.

My support crew was Ozzie Mebus and his chuckwagon from Portland, and his friend Frank Flannery and his wife, Judy and their 13 year old son, Frank. They were in a 4 x 4 station wagon. Frank did an excellent job of keeping a record of each day as it was travelled. I was accompanied by my dog "Laddie" on 2 of the 3 shifts I did each day. I gave him a spell on the 3am to 9am shift.

I had a spell while I ate my meals and always carried a water bottle and emergency food, as at times every day, I was up to 20km from my support vehicle, who could (and at times did) become bogged in the sand dunes. However, they soon became skilled in the art of dune climbing.

For myself, I regarded the sand dunes as a respite from the 4 x 4 drive track where I did my best to imitate Cliff Young. I always climbed the sand-dunes slow and easy as if I was trekking up Mt. Everest. From the top of each dune, I admired the view, whether by sun, moon or starlight, then I could plunge down the other side any way that I liked. This gave a break to the constant motion of shuffling the track.

In the heavy sand country, I wore joggers with the canvas cut away from the toe section. This allowed the sand to be thrown clear from the toes with each step, and I found it much better than having sand packing in the toes of my joggers.

At night, the pace had to be slow on the rough tracks to avoid falls. I had three bad falls on stone, but fortunately did no real damage. My biggest problem near the finish was what I called "Spinifex eyes" - the illusion of seeing spinifex growing on the track at night when, in fact, the track was perfectly clear. It was very hard not to believe what I could see with my own eyes. It even caused me some back-tracking to be sure I was right. There were only two nights when, because of cloud cover, I could not use the stars as a direction guide.

I ran into several mobs of camels and saw some magnificent displays of hundreds and hundreds of green budgies manoeuvring at shallow wells. My support group planted a cross at well 40 in honour of The Unknown Aboriginal Tribesman who was shot there while defending his land" (There is a great stone to "Tobin", the man he speared in 1907.

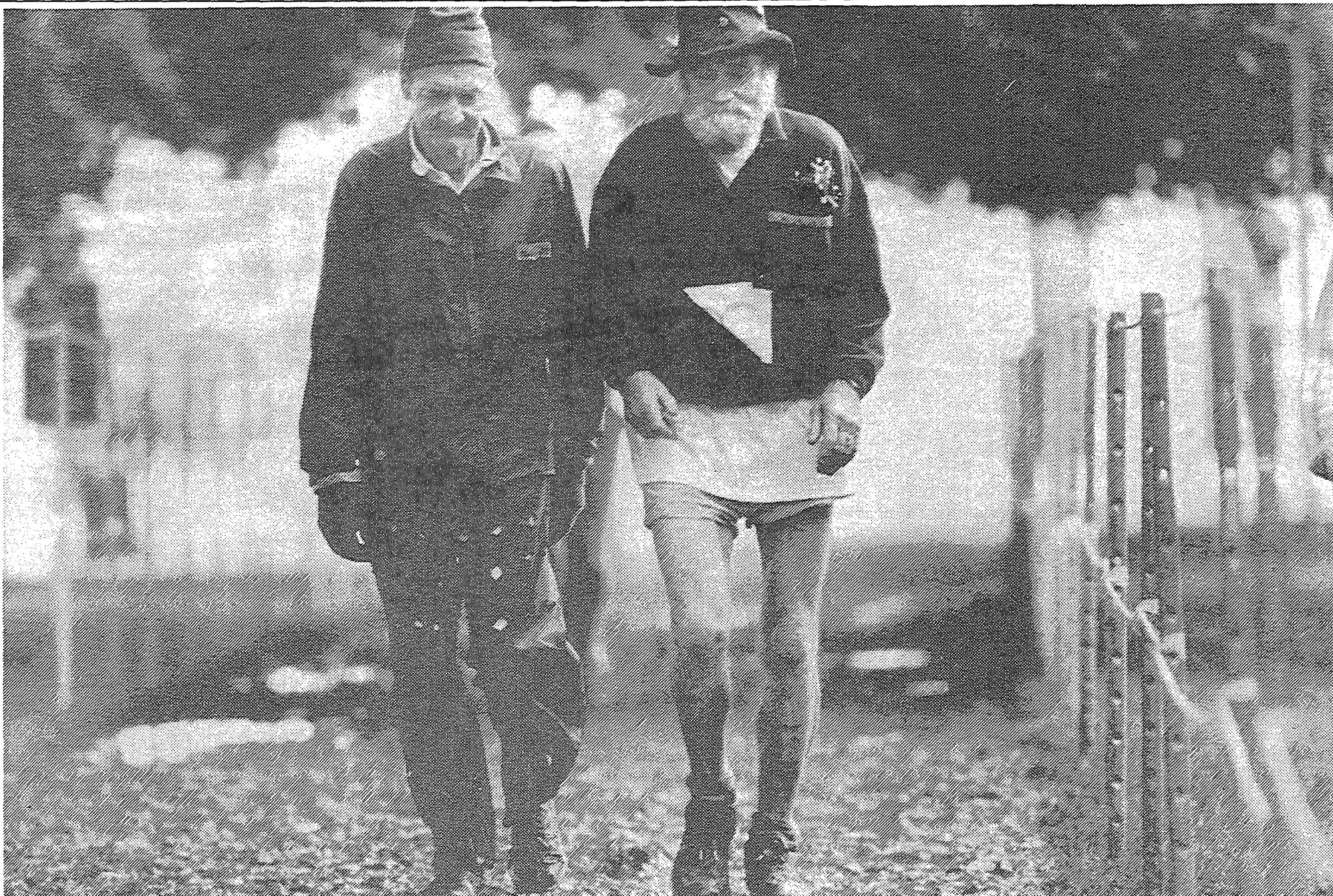
It was my hardest effort ever at ultra work. To me it was 5 - 6 day races in a row and I averaged 60km a day with 94km. in my last 24 hours

Thanks to my support crew and "Laddie". Next time, I'll do it in a 4 x 4.

Yours in trekking,

DREW KETTLE.

Ed's note: Thank you so much Drew for this fascinating account of your incredible ultra trek. Perhaps if others would like to know more details, they could write to you c/- Yeo Road, Colac 3250.



● Unstoppable . . . two of Australia's best-known and oldest long-distance athletes, Cliff Young and Drew Kettle have completed some remarkable feats of endurance in their careers. The world-famous pair were photographed near the end of the Colac Six-day Race by the Echo's Glenn Ferguson.



# Trans Am, Part I: A Duel in the Devil's Playground

REPRINTED FROM ULTRARUNNING, SEPTEMBER 1993

by Jesse Dale Riley

As I write this it's 12:30 a.m. on Monday, August 2, 1993 and I'm three hours away from waking the athletes and crew for the start of day 45. We're camped in spartan but not uncomfortable digs at the Sangamon County Fairgrounds in the main exhibition hall in New Berlin, Illinois, about 15 miles west of the capital in Springfield. Everyone else is dead asleep.

The tension between the two leaders, Ray Bell from Hudson, Florida, and Patrick Farmer from Sydney, Australia, who have run far in front of their rivals and now dog each other relentlessly, is intense. I've watched it unfold over six weeks as I've bicycled with them to mark the turns and observe. They are in incredible condition after nearly 2,000 miles and, if tested, probably have a few upper gears that no one has even seen before. Eight miles an hour, maybe even nine, might be necessary if the current stalemate continues, each day at a little faster pace. I've seen them do six-minute miles just to psyche each other out, not for any real advantage.

There's nothing at stake but what they have brought here: the pride of a long career in running; the good wishes of family and friends; the chance to keep the championship here among our fellow Americans, who have hardly heard of the event, or send it abroad to Australia, where a victory by young Pat Farmer would be cheered in every pub in Sydney.

## The Rocket Takes Off

They were among the favorites from the start, but before they asserted themselves there was an extended prelude: the first stage from Huntington Beach, California, to Rancho Cucamonga. For all who have been through it, it's one of the longest days of their lives. Little sleep the night before, getting up at 3:00 a.m., a hectic 52-mile run through open city streets in the Los Angeles suburbs, high heat, fear of the future. They don't get to bed until nine or ten and the scary thing is, they'll have to get used to it. Ed Kelley won that first day, walking some at the end but still winning by five miles.

Ray Bell and Jay Birmingham were nearly together atop Cajon Pass on day two, when Ray took the situation in hand and hit the gas on the long downhill in Victorville and began to earn the nickname that Pat Farmer gave him: The Rocket. I noticed, though, the others only called him that as long as they were sure he'd soon burn out, and it's been weeks now since we've been able to figure Ray. Day three was the same, only Ray led all the way this time into

Barstow. On the fourth day Patrick, who'd been sixth, seventh, and fourth the first three days, finished a close second after Ray sprinted ahead the last 100 yards to win by ten seconds. Already the game was on. For the next 35 days, Ray and Pat would occupy the two top spots on every stage.

The sixth day was the first knockout blow. Until then all 13 starters had finished each stage, but a 25-mile climb to a 4,000-foot pass, worse heat than last year, and the shocking diversion of interstate traffic onto the usually isolated road we used (after an accident on I-15) took out Paul Soyka and Serge Girard, both with stomach problems that day. In the valley at Kelso, next to a section of deep desert known as the Devil's Playground, we found out how tough the desert really was. After last year, we thought we could beat it this year with cold drinks and better support, but when it's 130° on the asphalt it's nearly impossible to keep down large amounts of food and fluids. It was small comfort that we couldn't lay the blame on the water or the previous night's dinner, since some runners had their own supplies to prevent this exact scenario. When Jay Birmingham and Diane Dakan withdrew the next day, and we were already under the ten finishers I had envisioned before the start of the race, we knew this event was even more difficult than we had thought.

The first day out of the desert, another 52-mile run, Pat won his first stage after a record ten straight stage victories by Ray. The difference was only a second, however, and Ray kept the pressure on with six more wins in seven days to stretch his overall lead out of sight. Since then, Patrick has won most of the stages by an average of a few seconds, while Ray has taken all the time trials and a few other stages by margins large enough to keep stretching his overall lead. Ray is now 13 hours ahead of Dave Warady's winning pace last year (adjusting for the difference in distance); Pat is three hours over Dave's pace. I have no doubt that one or both will far surpass last year's time.

## The Second Coming

This year's race bears only a slight resemblance to the inaugural event last year. We have never been without showers, or ice, or the proper support. Fourteen of the 44 nights have been at motels as opposed to only three last year. For a month now, all runners remaining in the race have had their own crews. Still, it's an unimaginably difficult event to compete in. Nine weeks can seem like forever when every day you compete against the clock, the other runners, and the inevitable doubts of your eventual success and survival. Although none of the seven who have withdrawn sported cata-

strophic injuries (three had stomach problems, one an Achilles injury, two had back trouble, and one had swollen knees), all had many bad days before giving up.

## The Countdown

In a couple of hours they'll be off on another long stage. Few of the other runners and crew now doubt Ray's ability to hold onto the lead. A month ago, I'd have bet anything Pat would be ahead by now, and I still feel Pat will win, but Ray has been utterly dominant for 2,000 miles. If Ray wins the race leading virtually coast to coast, I don't think future champions will ever equal his feat. In a race infamous for destroying its early leaders, this is already an historic streak for the man from Hudson, Florida. May the best man win.

## Trans-America Footrace

Lewisburg, Ohio August 7, 1993  
2249.2 miles, after 50 stages (14 to go)

1. Ray Bell, 46, FL	371:43:04
2. Pat Farmer, 31, AUS	+16:24:00
3. Ed Kelley, 35, CA	+94:05:26
4. Lorna Michael, 34, WI	+95:57:36
5. Tomoya Takaishi, 51, JAP	+120:27:54
6. Rudi Dittman, 32, GER	+164:27:14

13 starters

## Joe Oakes adds:

I had the pleasure of being able to assist as a roving aid station for the first two days of the Trans Am Race. You remember they start in Los Angeles (Huntington Beach, actually), and run an ultra every day until they get to New York City. Average daily mileage is about 46 miles.

Anyway, it was indeed a joy to behold. To begin with, every runner made the generous cut-off times this year. (Last year several did not make it on day one, same course.) The 52-mile course was hot and at times difficult, but it seems to me that the runners were a bit more prepared this year. In fact, everyone made the cut-off with at least an hour to spare.

The winner for the day was Kid Kamikaze Kelly. (Ed Kelly will not mind my teasing him a bit — we have been doing it since he arrived in Russia to run the Golden Circle Supermarathon without shoes. He borrowed Russian running shoes!) Eddie was about an hour up on second-place runner Jay Birmingham. It is significant, but not dominant. There are over 60 more stages to go.

Last year Kelly was criticized for not drinking enough. He has learned his lesson and runs in a much more disciplined manner. This year Kelly even has a crew along with him — a physiologist on a bike, and a motorhome with a driver. Last year only one runner arrived at the starting line with a crew and a solid game plan; Dave Warady was accompanied by his lovely wife, who soothed and comforted him, and whisked him to cool motels at night. As a result of a good game plan, Dave won the race. This



year seven of the 13 runners are with crew. The few who are not have the help of Thelma and Louise (new Thelma, same Louise), who will rove with them all the way across this broad and varied land.

What I see in this run is an exciting, adventurous, and truly daring undertaking. It defies the laws of accepted probability. It is free-spirited, done with a good nature, and way out in front of anything contemporary. It reminds me of what the Western States 100 Mile Run was before it became a highly organized, super-long, ten-km run. Don't get me wrong: there is a place for tight-ship organization. There is also a place for adventure, where the rules are meant to be fair, the event fun and safe, and if you are dumb enough to want to smoke a joint, that is your business. It kind of satisfies my yearning for the freedom and spirit of the "good old days," all too hard to find nowadays, even among us old fogies.

Jesse Riley and Michael Kenney have brought together a crew of runners from Europe, America, Asia, and Australia. They are looking for something big, not just the length of it, but the soul of it. I think they found it.

P.S. As you might have guessed, they are losing their pantaloons on this venture. Neither of them has very many extra nickles to spare. If you can help them with support en route or maybe with some intros to potential sponsors, they can use the help. Somewhere in America, they will probably pass fairly close to your home. Get out and say hello.

## Sharing in the Experience

When my local running club was asked last year to host the participants of the 1992 Trans-America Footrace, we had no idea what we were getting into. However, by the time you read this, the second edition of the Trans-Am will have been successfully concluded and the lives of several Southern California runners will have been enriched for having shared in the experience.

My wife, "Thelma," along with her friend, "Louise" (and son Brandon) escorted the 1992 race to Cedar City, Utah, and upon returning, told endless stories of heat, blisters, pain, frustration, exhilaration, and friendship. So when the opportunity presented itself to provide aid to this year's participants, I was determined not to be left behind. I wanted, more than anything else, to learn from these 13 courageous souls just how one goes beyond safe . . . beyond comfortable . . . beyond "normal." I wanted to draw from their energy. I wanted to experience firsthand a piece of history.

102. My wife and I stayed with the race to Moapa, Nevada. "Thelma" then pulled together her New York friends to aid in a

proper welcome at the finish and will rejoin the race four days from the end. To meet the September publication deadline, I wrote this article as the runners ran to Norton, Kansas, which marks the half-way point, with the flood-drenched Midwest only a few days away. Seven runners remained officially in the race with the outcome (as well as the route) uncertain.

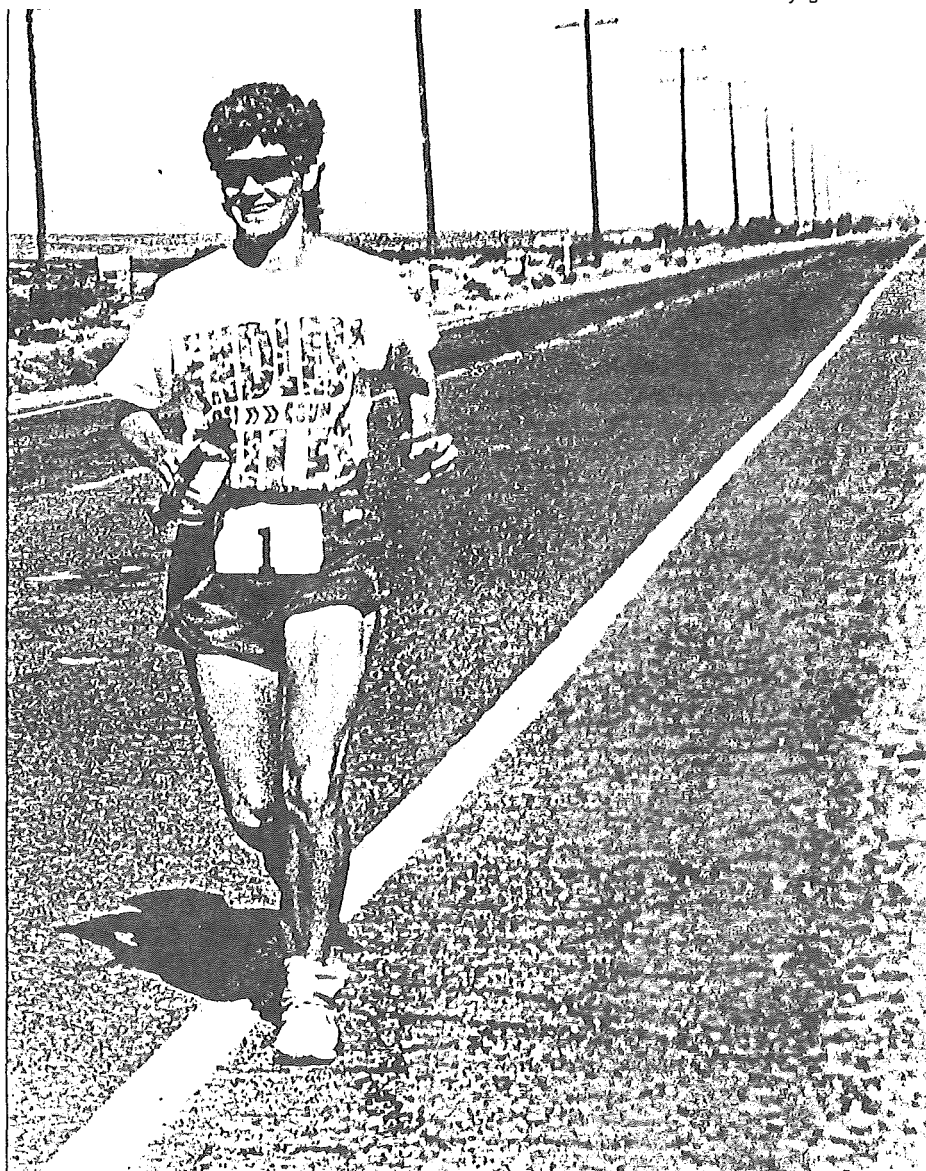
Several national and state maps decorated our kitchen wall and were constantly highlighted with the progress of the race. We remained in constant contact with Jesse, Michael, or "Louise" (who was so moved by her 1992 experience that she signed on for the entire 1993 race, along with her sons Avery and Brandon and friend Michelle "Red" Stearn). We lived vicariously through the ordeals of our new friends and found ourselves constantly wondering how our favorites were doing.

I have run competitively on four continents and have always found runners to be a friendly and accepting crowd. It is even

more so with ultrarunners. But these Trans-Am people — they take the prize. After just eight days of hell it was amazing how close we had become. Was it the 120° heat that melted our souls together? Was it the despair of the desert that drove us to care so much for someone we knew so little about? Or was it that so few of us really took the time to watch and listen to these expeditioners — these history-makers that we felt obliged to honor and sing the virtues of these valiant warriors? I am still not certain.

This I do know. Those of us who were able to become involved with either of the Trans-Am races are better people for it. From technical tips on how to survive the brutal desert sun to spiritual advice on how to put on the running shoes on the days when the slippers are the easiest to reach, I know I will always be indebted to Ray Bell for his display of raw power, Patrick Farmer for his philosophies on life, Ed Kelley for his ability to deal with adversity, Lorna

*Jane Byng/Ultra Photos*



Lorna Michael (shown here in the California desert) was solidly in fourth place — and closing rapidly on Ed Kelly in third — as the runners crossed Ohio.

Michael for reminding us that women can do anything, Rudiger Dittman for his displays of friendship, "Tommy" Takaishi for his smile even in the worst of times, and "G-Man" for his endless determination.

Finally, I would like to pay tribute to those competitors who were not able to remain in the race, due to injury or illness. Serge, Paul, Jay, Michael, Dick, and my good friend Diane had the courage to toe the starting line in Huntington Beach on June 19 with dreams of Central Park in their heads. I was present when all but Dick and Michael withdrew and was heartbroken whenever I learned the news. And after I drove out to pick up Diane on the day her knee gave out, I took her disqualification so personally as to be driven to tears. To all of you (and I know you all read *Ultrarunning*!) I would like to run with you anywhere or anytime. And to you, Michael Kenney and Jesse Dale Riley — you guys are nuts, absolutely certifiable — and we can't wait to do it all again next year!

Bobby Porter

## What a Difference a Year Makes

That's what Pat from Australia told me when I asked him why he was doing this race. Most people see America from a windshield. Pat and the six of his compatriots still going when they reached Colorado are seeing it one step at a time, burning calories rather than gasoline in the 1993 Trans America foot race.

Oh, what a difference a year makes! Contacting participants and handlers this year is almost eerie as everyone seems so relaxed. Last year was start-up blues; this year is bliss. This year the field is not so strung out because restrictions prohibit the less dedicated from continuing in the race. Last year an incredible 13 runners finished the race, this year with one third of the distance covered, seven remain and most have their own support crews.

This year those heavenly words, *cash sponsorship*, materialized from Japan. An unlikely source, Moon Bat, a clothing wholesaler might make it possible that the race might even break even. Strange, isn't it, that a foreign company is sponsoring a race across the USA? Maybe that's why the trade deficit is so large.

This year I caught up with the race under a shade tree in a very comfortable setting at the Knotty Pine Lodge in my home town of Glenwood Springs, Colorado. The race directors said it would be nice if I wanted to bring down some non-alcoholic beer; *non-alcoholic beer*, ultrarunners don't drink that kind of beer so instead I brought the real stuff. It didn't last long! Yes, yes, I

led the charge.

One runner after another drifted in and it was a glorious time. This is two years now, working with this race and each time it has left me with a wonderful feeling. Every single one of the runners, handlers, and race staff have been very nice and very memorable. At 6:30 that evening a meeting was held and information about the route for the next few days was passed out. Pat gave a very touching talk about Mike who was forced to drop out that very day. I'll never forget that talk.

Every day the race starts at 5:00 a.m. Everyone was understandably pretty groggy, but that did not last long as it was very evident that these guys weren't going to slog it out like the way I run. My duty was to lead

the way, as the bike path through Glenwood Canyon was not complete yet but the highway department was good enough to let us use it anyway. Last year the runners were routed around the canyon over a steep pass. They got the bragging rights but this year's runners had the view.

I could not believe how fast the runners were going. Gentle uphill at less than a ten-minute pace. Yikes, how do you do this for 64 straight days without any rest, or do you? Here is Ray with a very comfortable lead and he is dogging his closest challenger. What a strategy! Blow their doors off for the first 20 days and then just follow number two. Talk about checkmate. But those little chess pieces don't have shins, blisters, quads, and so on.

Jane Byng/Ultra Photos



Trans-Am leader Ray Bell of Hudson, Florida: Bell has shown remarkable consistency, strength, and speed in his daily battles with Australian Pat Farmer.

My money is on Ed Kelly, the only runner to try this twice. But consider that my expertise as a handicapper is well documented as I had to fork over two T-shirts to the race directors last year after losing a bet predicting no more than two finishers (the final total of 13 finishers proved my incompetence). Hope I have not jinxed you, Ed.

Tommy, from Japan, was really ecstatic as he stopped numerous times to express his awe at Glenwood Canyon. It is one of the engineering marvels of our time, an interstate project that transformed the old two-lane road over a period of 12 years and jillions of hours of traffic delays. When you travel on the bike path it really shows you the technology because most of the time you are under the super structure. It's like outer space where somehow they managed to consider the environment and enhance it, not only protect it.

Ponder the slow plod of "G" (nobody can pronounce his real name), as he related that today he had a tight hamstring which he could not shake. Maybe the next 2,000 miles would make it better? God bless Lorna, what a gal. Maybe she will outlast the "sprinters?" She smiled relentlessly, but tension between her and her handler was on her mind today. Now don't tell me that tension can be a problem as you race across the country in 64 days.

Rudy, from Germany. Thank you for looking so strong and listening to me tell you about my father's homeland. Serge from France, was officially out of the race but determined to come back next year and do it right. Watch for him.

What really blew me away was that the two front runners were usually within 20 yards but never spoke to each other. I asked them if they were able to appreciate the tremendous views. They responded that was not possible because of the competition. You didn't have to ask Tommy, as his vivid smile replaced a language which I did not understand. Tommy is currently in last place, but who is the winner here?

Jesse and Michael, the race directors, continue to pursue their dream. You just can't say enough about them. Only these two could pull it off. They are not perfect, but they are doing what nobody has done since 1928. Michael knows the route that goes through my area better than I do after 18 years of residency. Sixty-four days of detailed navigation. This guy is smart! Jesse leads the way with his mountain bike. He is just cross-training. Showing you what race directing can do for your mind, Jesse says that he plans to do a 2,700-mile run in the fall. Listen carefully now. He plans on taking about nine days off during the middle of that event to run the race across Colorado. Jesse, get help, lots of help, real fast.

Thank you to all of the runners and handlers, especially "Louise," the chief cook and bottle washer. You make me feel good about humanity. Whether or not you reach Central Park, you have won the game of life.

Bob Julich

# Get a Life, Eat a Donut — Dietary Secrets of the Trans-Am

by Louise (head cook)

Guess what the Trans-America Foot-race competitors are eating to fuel their bodies the 2,900 miles to New York. They need to replace 7,000-10,000 calories a day, so remember the high calorie items you have eaten. And, think beyond PowerBars and Gatorade, since these are a given as they are offered every two miles on the course. The following descriptions may surprise you, or at least change your ideas about "endurance" foods!

"Breakfast" is served at 4:00 each and every morning and is "all you can eat." "On the run" is served at each aid station by one's crew (usually every two miles) and "At the finish" is immediately upon finishing the day's stage. Dinner is most of the time provided by a local citizens group at five dollars a person and has been spaghetti, hamburgers, chicken, steak, and cold cuts. These are "all you can eat," yet most "normal" folks have no idea how much *one* of our runners can eat! We then will try to supplement those meals with ice cream later in the evening.

Some of the runners have sun-blistered lips which make spaghetti a tough food to swallow. One runner is chronically suffering from digestion problems and says the sauce causes diarrhea. The crews are very instrumental in finding suitable food in these situations.

We have two vegetarians, one more strict than the other, and no picky eaters to speak of. Cooking for them has been enjoyable and rewarding as well as an eye-opening experience.

The remaining competitors as we cross the Mississippi:

1. Ray Bell: "I'll eat whatever's available!"

Breakfast: a bowl of Quaker Oat Squares cereal with milk, two bananas, one cinnamon roll, one orange juice, two pancakes with syrup, no coffee.

On the run: one-half cup of Pepsi, two Fig Newtons, one-quarter Danish pastry, potato chips.

At the finish: Hamburger, french fries, and strawberry milkshake.

2. Patrick Farmer: "No milk or creamy things on the run."

Breakfast: None

On the run: Desert stages: mangoes, kiwi, Del Monte fruit cups, now some sugar cookies, Popsicle (ice block), vege sandwich (no meat), Pepsi

At the finish: Hamburger, french fries, milkshake or three banana splits.

3. Lorna Michael: "I don't want to gain weight out here."

Breakfast: three packets of instant, regular flavor oatmeal with one packet flavored.

On the run: Began the race eating whole wheat dry bread and apples/bananas. Has since changed to half of a sandwich of peanut butter with tuna and alfalfa sprouts three times a day. Drinks diluted Gatorade all day. No coffee.

At the finish: Chinese food when Alan (crew) can find it!

4. Edward Kelley:

Breakfast: two fruit Pop-Tarts, one banana, two slices dry whole wheat bread.

On the run: 12 Pop-Tarts, three Snickers, trail mix, drinks water only.

At the finish: Two fishburgers, french fries, milkshake.

5. Tomoya Takaishi: "Fresh food is very important, no instant anymore."

Breakfast: Mochi with two cups boiled rice and a boiled egg, one Japanese "Calorie Mate."

On the run: Hot tea, one gallon of Gatorade, three sandwiches of either sardines, tuna, cod, or eel on whole wheat bread with no spread.

At the finish: More rice, hamburger steak prepared by Ken (crew).

6. Rudiger Dittman: "They make me eat *all* the time."

Breakfast: Three chocolate donuts or chocolate muffins, toast and butter.

On the run: Two grilled cheese sandwiches, two or three PowerBars, lots of Gatorade.

At the finish: Cheese pizza if available, he is a strict vegetarian and eats no beans, will eat pasta with cheese/tomato sauce.

Favorites at dinner: Pizza and ice cream (lots of both).

Requests still unfulfilled: Lady Godiva chocolates, bread and butter pudding.

NOVEMBER 16, 1993 !!  
FOR NEXT ISSUE.



# Great Grandmother beats the Clock

*We meet ultra marathon runner Helen Klein on her recent visit Downunder*

Helen Klein, is a retired nurse, mother of four, grandmother of nine and great grandmother of three. She turned 70 years young last November. With her husband Norman, she lives in Rancho Cordova, California, USA.

We met Mrs Klein, described as an ultra-running legend, when she came to Australia to compete in the annual Caboolture Multi Day Event in September. Mrs Klein established her age group record of 570 km in six days and is believed to be the only woman over 69 to complete such a run (she was the only woman in this race).

She is an amazing athlete, she can run for 30 km, take a 20 minute nap and then be ready to run again. She has remarkable recuperative abilities and a unique running style which is very streamlined, at a fast steady trot. It is this easy style which is probably responsible for the fact that she has never had a running injury. Or, as Helen says, "I don't race, I relax and run for fun. That's why I've never been injured."

It was after this race that she and her husband joined our Barrier Reef tour, in order to see and enjoy Australia while they were here.

Mrs Klein says that running can delay the ageing process. Bone scans have revealed she has bones of a 30 year-old. She took up running at the age of 55 on a challenge and recalls that she could barely make it around the track. Now at the age of 70 she holds almost every record there is.

Although she doesn't advocate ultra-running for everyone, she believes strongly that rigorous exercise provides wonderful mental and physical benefits. This is an opinion supported by medical testing.

"As much as running has changed my life, it has kept me from deteriorating. I quit work at 53 and when you stop working you tend to relax too much and gain weight. It has kept me in the same mode of hard work and has given me a different outlook. The lifestyle has kept me vibrant and alert."

With husband Norm, a retired oral surgeon and ultra-runner, they are race directors. Norm now does this full-time. So, in addition to her own training, Mrs Klein puts in long hours year-round to ensure that other runners will have the opportunity to pursue ultra-distance running.

"Directing a race is a profound challenge and responsibility."

Although she trains arduously to run her races, she says nothing compares to the endless demands of race directing. For example, supplies must be distributed to areas accessible only by foot, horseback and helicopter. We have to plan for the expected and the unexpected.

Mrs Klein remembers struggling through her first mile and finishing last more than once. She has known glorious victory as well as defeat because she's not afraid to try.



Helen Klein, only five kilometres from the finish line in the Western States 100 Mile Endurance Run 1992.

"What's important is making a personal challenge to excel and not limiting our goals because of age or sex stereotypes."

Mrs Klein alleviates the fears of runners who feel that as they get older they cannot improve. A good formula of proper and sensible training, combined with equal amounts of discipline and determination, proves that runners can do well for a long time.

## *Mrs Klein likes to tell this story:*

When she and a friend were running along a mountain trail she came across two running acquaintances with the span of a few minutes of each other. The first friend exclaimed, "Helen, you look great and have the legs of a 20-year-old."

A short while later, Mrs Klein's second friend ran by and also said that she was looking great, with the legs of a 30-year-old.

Perplexed, but amused, Mrs Klein turned to her running companion and said, "I might have to give up running. I just aged 10 years in the last mile."

## *List of running accomplishments:*

- World record holder for her age group in the 100 mile run (160km) in 21.03.01, and the 24-hour track run with 109.5 miles (176km). Also holds the records for the 6-day race, with a total of 354.8 miles (571km).
- Current holder of 50 American records for open age and her own age group in the following distances: 50 miles (80km), 100 miles (160km), 24 hours, 48 hours, 5 day and 6 day runs.
- Completed 78 ultra-marathons (more than any woman in the world in any age group) and 44 marathons.
- In the summer of 1989, at age 66, Mrs Klein became one of the first women to complete the Grand Slam of Ultra Running. This consists of running four 100 mile (176km) mountain trail runs. She also completed a 5th mountain trail run, all within a 16-week period.
- She is also an official finisher in the Ironman Triathlon in Kona, Hawaii.

## *In her own words . . .*

The tour in Australia after my six day run was the most relaxing thing we have done in years. Prior to the sport of running, my husband and I became qualified scuba divers and pursued a shell collecting hobby for seven years. This was our first visit to Australia, so we chose your island-hopping tour to the Great Barrier Reef, to return to diving and snorkelling. We found your beaches to be the greatest and cleanest we had encountered. John and Mandy, our guides, were witty, charming, entertaining and most thoughtful regarding our comfort. I must have eaten a truckload of your great tropical fruit with ice cream to regain my strength to take advantage of every opportunity to swim in your lovely warm water. The marine life was incredible. I will return. Many thanks for an incredible month.

Sincerely,

Helen Klein



Sydney  
 Gosford  
 Wyong  
 Newcastle  
 Bulahdelah  
 Taree  
 Port Macquarie  
 South West Rocks  
 Coffs Harbour  
 Wollagoolga  
 Grafton  
 Brunswick Heads  
 Murrumbidgee  
 Tweed Heads  
 Coolangubra  
 Brisbane  
 Nerang  
 Nambour  
 Gympie  
 Maryborough  
 Glin Glin  
 Rockhampton  
 Sarina  
 Mackay  
 Proserpine  
 Bowden  
 Ayr  
 Townsville  
 Ingham  
 Cardwell  
 Tully  
 Innisfail  
 Babinda  
 Edmonston  
 Cairns  
 Mareeba  
 Atherton  
 Ravenshoe  
 Mount Surprise  
 Georgetown  
 Gilbert River  
 Normanston  
 Burketown  
 Wallagoolga  
 Barakoolba  
 Cape Crawford  
 Daly Waters  
 Larrimah  
 Mataranka  
 Katherine  
 Darwin  
 Adelaide River  
 Katherine  
 Victoria River  
 Kununurra  
 Halls Creek  
 Fitzroy Crossing  
 Broome  
 Port Hedland  
 Roeburne  
 Carnarvon  
 Geraldton  
 Dongara  
 Perth  
 Byford  
 Pinjarra  
 Waroona  
 Harvey  
 Bunbury  
 Dunsborough  
 Bridgetown  
 Manjimup  
 Walpole  
 Denmark  
 Albany  
 Jarraungup  
 Ravensthorpe  
 Esperance  
 Norseman  
 Coligny  
 Cocklebiddy  
 Madura  
 Penong  
 Ceduna  
 Poochera  
 Wudinna  
 Kimba  
 Port Augusta  
 Port Pirie  
 Port Wakefield  
 Adelaide  
 Tallem Bend  
 Meningie  
 Millicent  
 Mount Gambler  
 Portland  
 Warrnambool  
 Terang  
 Colac  
 Geelong  
 Melbourne  
 Warragul  
 Moe  
 Morwell  
 Traralgon  
 Sale  
 Bairnsdale  
 Lakes Entrance  
 Orbost  
 Cann River  
 Eden  
 Merimbula  
 Bega  
 Cabarga  
 Narooma  
 Moruya  
 Batemans Bay  
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 Kiama  
 Wallongong  
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# NOBBY YOUNG'S GREAT AUSTRALIAN WALK

23 Cowell Street Gladesville NSW 2111 / Telephone 816 2017

## REPORT

FROM THE BARCLY HOMESTEAD ROADHOUSE NT

JUNE 26, 1993

NEWS, INFORMATION AND MISCELLANEOUS GUFF

LIMITED EDITION, 10,000 COPIES

\* We are at the Barclay Homestead, almost at the 5000k mark and just a stones throw away from Darwin. That is a stones throw in Northern Australian distances and a strong southerly would need to be blowing.

\* Despite mechanical problems I have maintained an average of 45k a day not including nine days in Coffs Harbour when the operation came to a total halt.

\* We blew a motor at the Queensland/NT border and had to go back 180k to Mt Isa for a recondition. For 13 days I walked the roads of Mt Isa, 45k a day to keep my continuous record intact. The media loved it, I was not so keen.

\* An aboriginal who was not going so well himself wondered if I had been sniffing petrol, and how many miles I got to the gallon.

\* Jim Angelis at the Mt Isa Hotel felt sorry for us and took us in for a few days, then it took him 13 days to get us out again. Thanks to Jim and his friendly staff.

\* Twice we have had major vehicle problems and were rescued both times by the Ross Hipwell, the White Night of Newcastle. If we become a republic my vote is "Ross for President."

\* Problems aside, this Walk is the experience of a lifetime. To raise funds for charity and set a world endurance record should be "blood, sweat and tears" but the reality is that it is really enjoyable.

\* The highlight is the people we meet, kids and adults, Aussies and tourists.

\* I have my own "Gang of Four" (not Chinese) whose support I depend upon. Jim English (minder), Terry Hearnity (Australia Post), Fergus Hynes (Life Education) and Margaret Young (my wife). Thanks a lot and keep up the good work.

\* Jim and I miss our families, obvious, but true.

\* Nobby; Jim, was that leg EXACTLY 8k? Jim; YES, 8.2.

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Australia Post

SUPPORTING THE "LIFE EDUCATION CENTRE"



\* Remembering what a hoot it was when we left the GPO in Sydney makes me wonder what the return there will be like. That will be at 10am on February 28, 1994.

\* If you ever get to Emerald Beach near Coffs Harbour call in and see Aunt Bev and Uncle Jim at the Big 4 van park. They took us under there wings when we dropped in...for nine days!

\* You can sometimes see for incredible distances up here. Yesterday I briefly spotted a whales tail on the horizon. It must have been just off the Western Australian coast.

\* One morning on the way to Normanton I walked for almost three hours before I saw a vehicle.

\* Our last town was Camooweal (pop 360) and our next will Katherine, a 1100k leg. Is it big up here? Bloody oath its big! Sydney to Melbourne is 866k.

\* We have had Mad Merv (Westeweller) the Movie Maker with us a lot of the time. He even filmed my bare bum, nothing escapes his camera. His film will allow us to look back and laugh, or cry.

\* We had a Reliv lady named Gwen with us for a while, but she was too much like Jim in nature. The buggers ganged up on me and gave me a tough time, so one had to go. We will meet again.

\* Did you ask if it is tough out here? Not as tough as getting the Walk to the start line. Looking back, ahhhhhh.

\* Birds of prey circle me a lot, I like the look of them but they just hope I will be their lunch.

\* I love the feeling of isolation and also love meeting so many people. Is that a contradiction?

\* Sydney Striders Running Club members keep sending me messages like "go to Perth and then turn right" but I know deep down that they really want me back.

\* The media have a strange habit of asking if I mind a personal question prior to asking my age. I want them to ask me if I think it is a bit odd for two blokes to live together like this for so long. The answer is that we both sleep with one eye open, and between us we get a good nights sleep.

\* With plenty of effort from Australia post and Life Education people around the country we should be able to raise one million dollars by the time this walk is finished.

\* "Just one more shot" is usually inaccurate if it is from a

photographer.

\* When I crossed the NSW/Qld border I told the media in a live interview that I believed that Wally Lewis was the best footballer in the last ten years. They love me in Queensland! I know how to work the system.

\* At times I carry my empty Mt Franklin water container for several kilometres for disposal at the camper, at the same time passing hundreds of other discarded food and drink containers on the sides of the road. Maybe it is futile, but I will keep doing it the way it should be done.

\* A few times I have read books while walking. Titles? "My Own Life" by Hazel Hawke and "Fred Hollows" by Fred and Peter Corris.

\* We never hear anyone say "if I don't get a pay rise I will leave" anymore.

\* Here is another one. "What are you going to do when you leave school?"

\* After speaking to about 400 very pleasant kids in Ballina I felt very happy, until I realised that probably 40-50 of them would never know full time permanent employment. Maybe I'm wrong on that one, I hope so.

\* There is a fundamental design fault with the bicycle. It is true but please don't tell the Chinese They have enough problems already.

\* We have met tourists from many countries around the world, but not Turkey. Mind you, I did leave a few turkeys behind back at the Gladesville Post Office.

\* Blisters are not a problem unless you stand on them. In my case I had to stand on them about 30,000 times a day. Thanks to Teva Sports Sandals and Thursday Plantation Tea Tree products that is all behind me.

\* Ever noticed how hard it is to enjoy yourself when your feet hurt?

\* I get asked if I get bored, and reply that boredom starts when the mind stops. So far it is far from being a problem.

\* Picture a ghost gum growing in red soil in the light of dawn. About as Australian as Macca on a Sunday morning.

\* A quote from Hazel Hawke's book. "Encouragement fuels our efforts." So true. There is hundreds of ways for Aussies to

Page 4

say "good on you, mate" and I think I must have experienced most of them on this trip. A wave, a thumb's up, a headlight flash, they all signs of support and they are the greatest part of this Walk. I'm playing in front of my own home crowd, the field is massive and the supporters are many. It is great to be out here, the pleasures are many and there is not far to go. What will I ever do come February 28, 1994 and the great Australian Walk is over?

I would like to express my gratitude to the following organisations for their continuing support for the Walk and for the Life Education Centre's.

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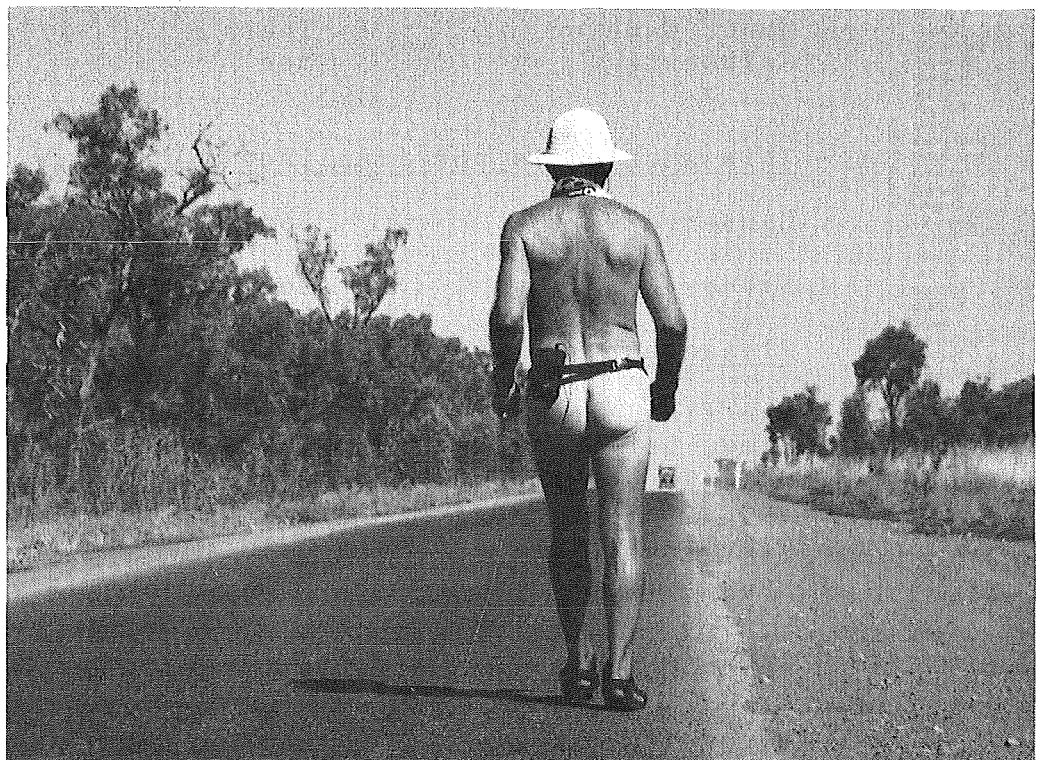
Sanitarium Health Foods

Zurich Insurance

Kindest  
*regards,*

NOBBY

NOBBY



Nobby showing us the bare facts  
of his Walk Around Australia. It's  
a wonder they didn't lock him up!

Sydney  
 Gosford  
 Wyong  
 Newcastle  
 Bulahdelah  
 Taree  
 Port Macquarie  
 South West Rocks  
 Colls Harbour  
 Woolgoolga  
 Grafton  
 Brunswick Heads  
 Murwillumbah  
 Tweed Heads  
 Coolangubra  
 Brisbane  
 Nerang  
 Nambour  
 Gympie  
 Maryborough  
 Glen Glin  
 Rockhampton  
 Sarina  
 Mackay  
 Proserpine  
 Bowden  
 Ayr  
 Townsville  
 Ingham  
 Cardwell  
 Tully  
 Innisfail  
 Babinda  
 Edmonston  
 Cairns  
 Mareeba  
 Atherton  
 Ravenshoe  
 Mount Surprise  
 Georgetown  
 Gilbert River  
 Normanston  
 Burketown  
 Wallogorang  
 Baraloota  
 Cape Crawford  
 Daly Waters  
 Larrimah  
 Mataranka  
 Katherine  
 Darwin  
 Adelaide River  
 Katherine  
 Victoria River  
 Kununurra  
 Halls Creek  
 Fitzroy Crossing  
 Broome  
 Port Hedland  
 Roeburne  
 Camarvon  
 Geraldton  
 Dongara  
 Perth  
 Byford  
 Pinjarra  
 Waroona  
 Harvey  
 Bunbury  
 Donnybrook  
 Bridgetown  
 Manjimup  
 Walpole  
 Denmark  
 Albany  
 Jerramungup  
 Ravensthorpe  
 Esperance  
 Norseman  
 Colugna  
 Cocklebidy  
 Madura  
 Penong  
 Ceduna  
 Poochera  
 Wudinna  
 Kimba  
 Port Augusta  
 Port Pirie  
 Port Wakefield  
 Adelaide  
 Tailem Bend  
 Meningie  
 Millicent  
 Mount Gambier  
 Portland  
 Warrnambool  
 Terang  
 Colac  
 Geelong  
 Melbourne  
 Warragul  
 Moe  
 Morwell  
 Traralgon  
 Sale  
 Bairnsdale  
 Lakes Entrance  
 Orbost  
 Cann River  
 Eden  
 Merimbula  
 Bega  
 Cabargo  
 Narooma  
 Moruya  
 Batemans Bay  
 Ulladulla  
 Kiama  
 Wollongong  
 Sydney

# NOBBY YOUNG'S GREAT AUSTRALIAN WALK

23 Cowell Street Gladesville NSW 2111 / Telephone 816 2017

JUNE 22, 1993

TO DARWIN, THIS IS A SCHEDULE

AFTER THAT IT IS ONLY AN ESTIMATE

Barcly Road House NT	Sun	June	27
Three Ways	Thurs	July	1
Daly Waters	Fri	"	9
Katherine	Thurs	"	15
Darwin	Thurs	"	22
Kununurra WA	Mon	August	2
Halls Creek	Tues	"	10
Broome	Wed	"	25
Port Headland	Tues	September	7
Carnarvon	Tues	"	26
Geraldton	Sat	October	6
Perth	Mon	"	18
Bunbury	Fri	"	22
Albany	Sat	"	30
Esperance	Sun	November	7
Norseman	Fri	"	12
Balladonia	Tues	"	16
Cocklebidy	Mon	"	22
Eucla	Sun	"	28
Ceduna SA	Thurs	December	9
Port Augusta	Mon	"	20
Adelaide	Mon	"	27
Tailem Bend	Wed	January	2
Mount Gambier	Thurs	"	6
Melbourne	Mon	"	17

This section is not finalised

Canberra	Sat	January	26
Sydney	Monday	February	28

Please note

The final part of the schedule has not been finalised at this time, but we should be in Canberra for Australia Day, we will include about 20 towns not on the original plan, and will be back at the Sydney GPO at 10am on February 28. That is EXACTLY 1 year after we started.

Telecom MobileNet 018.296787

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Dear Dot

I write to inform you that I'm working on a new ultra race to take the place of the Westfield Run.

The event will start and finish in Sydney, not to avoid Mr Kennett but to give it a bit of class. At the moment I'm in Turkey Creek WA checking out the section through the Kimberley's, and will be in Melbourne to inspect that section in January. Basically, it is just a loop of the island (Australia).

This race will be a real challenge, sure to stop Cliff from wife hunting for a while and get Charlie Lynn back out of retirement. How good does one have to be to retire instead of just stopping doing it? It might be a bit risky for our female runners as flashing their bare bums in the gulf country during pit stops might cause havoc.

Dot, I want you to look after drink stations. As race director I will require liquid replacement every half hour, and brand of beer will do. Stuff the runners, they always did expect too much from promoters.

Hooky will be in charge of lap counts. I know many of you doubt his abilities but I have every confidence that he can handle it. There will only be one lap.

Col Browne will be needed as a driver for the Race Director, as I will be drinking. Fluid replacement is very important in this hostile climate, and I'm sure that Col can drive and pull a ring-thing at the same time. Talent, someone in the family had to have it.

There will be a flood of entries for this event so we will have to use a culling procedure. Anyone with each running shoe laced differently will cut (maybe it would help their running if all the males were cut) and that will eliminate half of the entries. If it wasn't for velcro some of them would be swimmers!

I have included a photo of the compulsory runner gear that will have to be worn by all entrants and I'm sure will be met by widespread approval. If Steve Cornelius enters it will look like he is in a three legged race!

Nobby Young



# NOBBY YOUNG'S GREAT AUSTRALIAN WALK

23 Cowell Street Gladesville NSW 2111 / Telephone 816 2017

## REPORT

WOW, WE HAVE FOUND THE WEST COAST

BROOME, AUGUST 22ND, 1993

\* What a feeling, at Broome on the West coast and time to turn left for the second time. It's a simple course, turn left at Cairns, Broome, Perth an Melbourne. If I go wrong I drown! Just down the road is Sandfire Roadhouse, the half way point 8000km out from home. Hell, its nearly over!

\* We have picked up three days on the schedule since Katherine and hope to pick up a few more before Perth. This will get us into Adelaide prior to Christmas and ensure we get to Canberra for Australia Day. I will not be altering the schedule at this point as there isn't any allowance for hold-ups of any kind with the new dates. I'm just trying to get a bit ahead, that's all.

\* A bloke here in Broome was on the ABC explaining how he had auctioned six properties, sold one and had the other five turned in (not sold). Said it was highly successful. Made me wonder what would constitute a disappointing result.

\* While on the ABC, what has David Hill done with all the stuffed shirts who were on the air waves sounding like they had been through 15 years of English boarding schools? Humour and frivolity was not permitted then, but how times have changed. Their radio staff are like the rest of us now.

\* I'm not sure if I am out here to walk or talk. I have addressed several thousand people ranging in age from 5 years to over ninety. Locations have been at shopping centres, receptions, Post Offices, shopping malls, a tourist bus and many schools. All good fun, maybe I just walk to talk.

\* Humans must be adaptable. At times we park at night within 5 metres of the road and 50 metre road-trains roar past while we are sleeping. Manager Jim and I can both sleep through it, no problem.

\* Met a bloke the other day that was obviously into circuit training. Lounge chair, toilet, fridge, lounge chair, toilet, fridge, lounge chair.....

\* Easiest people to talk to are up to 12 years old and over sixty. The young ones don't yet know how serious life is and the oldies want to enjoy the years they have left. They all enjoy a good yarn.

\* We managed to spend a bit of extra time in Darwin while still getting my daily walking done. Both of our wives came up to

Sydney  
Gosford  
Wyong  
Newcastle  
Bullahdelah  
Taree  
Port Macquarie  
South West Rocks  
Coffs Harbour  
Woolgoolga  
Grafton  
Brisbane  
Murrumbidgee  
Tweed Heads  
Coolangubra  
Brisbane  
Nerang  
Nambour  
Gympie  
Maryborough  
Glen Innes  
Rockhampton  
Sailors  
Mackay  
Proserpine  
Bowden  
Ayr  
Townsville  
Ingham  
Cardwell  
Tully  
Innisfail  
Babinda  
Edmonton  
Cairns  
Mareeba  
Atherton  
Ravenshoe  
Mount Surprise  
Georgetown  
Gilbert River  
Normanton  
Burketown  
Walloping  
Barrabool  
Cape Crawford  
Daly Waters  
Larrimah  
Mataranka  
Katherine  
Darwin  
Adelaide River  
Katherine  
Victoria River  
Kununurra  
Halls Creek  
Fitzroy Crossing  
Broome  
Port Hedland  
Roeburne  
Camaron  
Geraldton  
Dangaroo  
Perth  
Byford  
Pinjarra  
Waroona  
Harvey  
Bunbury  
Dunstan  
Bridgetown  
Manninup  
Walpole  
Denmark  
Albany  
Jerramungup  
Ravensthorpe  
Esperance  
Norseman  
Calguna  
Cocklebyddy  
Madura  
Perong  
Caduna  
Poochera  
Wudinna  
Kimba  
Port Augusta  
Port Pirie  
Port Wakefield  
Adelaide  
Tallinn Bend  
Manning  
Milling  
Mount Gambier  
Portland  
Warrnambool  
Terang  
Colac  
Geelong  
Melbourne  
Warragul  
Moe  
Morwell  
Traralgon  
Sale  
Bairnsdale  
Lakes Entrance  
Orbost  
Cann River  
Eden  
Merimbula  
Bega  
Cobargo  
Narooma  
Moruya  
Batemans Bay  
Ulladulla  
Kiama  
Wollongong  
Sydney

see us, probably the only time we will see them before Christmas, so that was a bonus. We all loved Darwin, it has a character all of its own. The Australia Post, Life Education, media and the Atrium Hotel people all worked together to show what a combined effort can do to assist the kids of the area. Thanks, and congratulations, you all "did good."

\* If you want to meet lots of affable people just take a leisurely trip around Australia. You don't have to be wait to be introduced, just say hello and things go from there. People from all around the world are out here. They are mainly from more crowded places than Australia and really get a kick out of our wide open spaces, something that some of us might just take for granted.

\* Near Halls Creek just on dusk two bloody massive bulls on the side of the road were having a dispute about who was to have which cows. I had to pass them and I could tell by the look in their eyes that they thought I wanted a three way cut. Can you picture me trying to get them to understand that although I was sure they were all very nice ladies I didn't have time for that sort of thing? "Go on, you blokes, whack them up between the pair of you."

\* Before this Walk started I thought I would have a story a day to tell later. WRONG. Make that three a day.

\* In Darwin my wife Margaret bought me a golf buggy. Nice, eh? I don't play golf, I don't wish to do so. Jim and I are living for a year in very limited space on six wheels (well shod by Goodyear) and a buggy takes up a fair bit of room. It was the best present I have had in years! Twice the vehicle has broken down and left me stranded with my continuous world record at risk. If it happens again I will load the buggy with camping gear and other supplies and take off on my own. I reckon I can manage for five days without help, by that time Jim should be with me again.

Perth! I'm on my way.

Nobby

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## Helping Nobby's Fundraising

In the last issue Steve Cornelius suggested some ways to help Nobby Young achieve his fundraising goals for the Life Education Centres while walking 15,000km around Australia.

Another way that members might like to try is one that I personally used in May to raise \$375 for this cause.

I simply asked friends and business associates to sponsor me in the Percy Cerutti Memorial 12 hour on the basis of so much a kilometer. Of course they wanted to know how far I was going to run. Being my first ultra I figured I'd be more than happy if I could manage 85km on the amount of training I'd done. As it turned out everyone was happy to pay the extra when I managed 97km.

Most Post Offices have a coloured brochure promoting Nobby Young's Great Australian Walk (Australia Post is the major sponsor; Reliv who make a nutritional supplement that Nobby and I both use is another sponsor) and I found this useful in explaining to potential sponsors just what we're on about.

REPRINTED FROM  
ULTRARUNNING JUNE 1993  
**International  
Update**

In my last report I said that the 1993 season had started with a bang with Masarigin's 6:20:59 at the Rognonas 100 Km in France, the second-best 100-km ever on a certified road course. His mark was not the only excellent performance in January. In the first Russian 12-hour championships at Lipetsk on January 30 Stanislav Korablin (6:42 for 100-km last year) set a new Russian record of 97 miles 1,664 yards; second was Yevgeni Kornauhov with 96 miles 1,131 yards, with Sergey Funduryak close behind with 96 miles 912 yards. Zoya Kazarinova set a new Russian women's record of 73 miles 730 yards.

Last year the best 24-hour mark of the year was set indoors at Podolsk when Anatoli Kruglikov ran 166 miles. A 24-hour race was held at Podolsk again this year on February 27. Few details are available as yet, but I presume it was held on the same 133-meter indoor track. The winner was Nikolai Safin, who as part of his build-up had presumably used the 12-hour event at Lipetsk a month earlier; he had been fourth there with over 93 miles. Safin recorded the best 24-hour mark since 1990 with 171 miles 413 yards; Valery Goubar was second, as he was last year, with 161 miles 1,332 yards, and Valery Christenok was third with 150 miles 1,355 yards. If correct, Safin's mark is a new indoor record.

Nikolai Safin has been around the international 24-hour scene for some years. In 1990 he was third at the Basel 24-hour with 154 miles; in 1991 he ran 6:54:19 on an uncertified course in the Moscow 100-km; and in the Torhout 24-hour last year ran 152.8 miles. Safin's distance at Podolsk ranks him third on the combined track/road indoor list behind Yiannis Kourous's 178 miles and Wolfgang Schwerk's 171 miles 1,105 yards, and makes him the sixth man over 170 miles. Both Safin and Don Ritchie are entered in the IAU European Challenge 24 Hour Race at Basel in early May.

A week after the Podolsk 24 Hour, there was a 40-mile track race at Barry in South Wales. The 40-mile event has always been popular in the U.K. British 100-km internationals Mike Hartley, Stephen Moore, and Mick McGeoch were entered, along with their fellow international and world record holder, Carolyn Hunter-Rowe. Mick started off fairly fast, reaching ten miles in 59:40 and 20 miles in 1:58:04, with Stephen Moore and Mike Hartley 40 seconds back. Mick covered the next ten miles in under the hour, with Mike keeping the same distance behind. Stephen faded a little. Despite this Stephen reached 50 km in a new world over-45 best of 3:06:00 to break the mark set in last year's Barry race. Over the next ten miles cramps slowed both McGeoch and Hartley, but the latter still came through strongly to win in 4:00:20, ahead of Stephen Moore (4:03:03). McGeoch was still able to finish in third 4:04:13, ahead of the up-and-coming Welsh runner, Malcolm Griffiths in 4:06:12.

The highlight of the race was not the battle among the men however, but in the women's race. Carolyn Hunter-Rowe set off running 1:07:25 for the first ten miles, 2:13:40 for 20 miles. She reached 30 miles in 3:19:41 and soon thereafter 50 km, breaking her own world best with 3:26:44. She continued her even-paced run, taking 1:07:02 over her last ten miles (faster than her first ten miles) to finish in 4:26:43. Like her previous 50-km track best set last year, Carolyn's coach is treating this run as training in pace judgement, gradually extending the distance upwards while still sustaining world record pace. The 29-year-old from Leeds is learning fast and hopefully will get a chance to extend her experiments up to the

100-km distance.

In addition to Carolyn and Stephen's world track bests, Bob Emmerson also got his name on the record books. Tens years ago Bob set new world best marks for a 50-year old. Now as a 60-year-old he is set on revising those marks. He set a new mark at 50 km — 3:41:40 — before pushing on to 40 miles at 4:57:27. The world track age-group records are becoming ever tougher, as more and more of the world's top veteran performers start focussing in on specific distances.

Quality performances are coming thick and fast this year!

Andy Milroy

## International Update: 150 Miles in 24 Hours for Sigrid Lomsky

REPRINTED FROM ULTRARUNNING JULY-AUGUST 1993

by Andy Milroy

The frenetic pace set in the first couple of months of 1993 has not let up:

### Sigrid Lomsky over 150 miles

The first results have come through from the IAU 24 Hour European Challenge under the patronage of the European Athletics Association, held at Basel, Switzerland, May 1 and 2. The big news is that Sigrid Lomsky from Germany at the age of 51 became the first woman ever to run over 150 miles in 24 hours. I don't have Sigrid Lomsky's exact distance yet from Basel — she ran 243.6 km approximately — which is 151 miles 644 yards.

The men's race was won by Nikolai Safin (Russia) with 164 miles plus, with Helmut Dreyer in second for Germany with 160 miles plus, a distance also exceeded by Milan Tuhovcak of the Czech Republic. It looks likely that there were 38 runners over 200 km (124+ miles), which makes it the greatest 24-hour race in depth ever.

Evolution of the 24-hour world best for women (absolute):

First over 100 mi	Geraldine Watson(RSA)
1934 (road)	
First over 110 mi	Marcy Schwam(USA)
1979 (track, 113/1183)	
First over 120 mi	Sue Ellen Trapp(USA)
1980 (track, 123/593)	
First over 200 km	Sue Medaglia(USA)
1981 (track, ratified at 126/255)	
First over 130 mi	Lynn Fitzgerald(GB)
1982 (track, 133/939)	
First over 140 mi	Eleanor Adams(GB)
1987 (indoor, 141/375)	
First over 150 mi	Sigrid Lomsky(GER)
1993 (road)	

Sigrid's performance is even more remarkable than it seems. She is the oldest person ever to set a world running best performance in an officially recognized event. Her age at the completion of the race was 51 years 106 days. (The course and final measurement of the split distances was done by Harry Arndt, an IAAF measurer, with IAU Observers Malcolm Campbell and Gerard Stenger as witnesses.)

### Masarigin at Rodenbach 100 Km

The 100-km race at Rodenbach, Germany, with its fast ten-km loop through the forest, usually produces some good marks; remember that Aleksander Masarigin ran 6:26 there last year. This year's race was on April 24, and Masarigin had returned along with Poland's Andrzej Magier, who had set a fierce pace in last year's race. Also entered was Konstantin Santalov, the winner of the Palamos World Cup. After his great season last year, he had had problems at Rognonas and retired at 50-km.

You may remember that at the Rognonas (France) 100 Km in January, Masarigin took it relatively easy for the first 50 km (reaching that point in around 3:15) and then ran around 3:05 for the second 50 km to finish in 6:20:59. This perhaps persuaded him that he was in great shape, and so he came to Rodenbach looking to have a crack at the pending best mark of Jean-Paul Praet (6:16:41). He and Santalov covered the first ten km in 37:49 but were slightly behind Denis Gack of France; Magier trailed them by nearly a minute, so perhaps he was adopting a more conservative strategy compared to last year. The second ten km was covered in 36:44 which put them 13 seconds ahead of Gack, and the leading group were moving away from the second bunch which contained Magier and Sergei Soldatov of Russia. By 30 km Masarigin and Santalov were well clear (1:51:44), and continued to increase their lead up to 50 km which they reached in 3:06:24 (some three minutes slower than Praet's split).

It was perhaps then the unseasonably warm weather began to play its part. The temperature reached over 75° during the day, and in fact over half of the runners retired. At 70 km Santalov joined them, perhaps not feeling fit enough yet, or else still carrying an injury. Masarigin reached 70 km in 4:22:16, and it was Magier who moved into second place at this point. Apart from a slight rush of blood to the head at 40 km, he had run a very even pace — each ten km was between 38:11 and 38:59. From 70 km he began to slow but not as rapidly as Masarigin in front. At 80 km (just short of the 50-mile mark) the Russian was 5:01:33 with the Pole at 5:07:46; Soldatov, the sec-

and Russian, had moved into third with 5:11:10. At the finish Masarigin had run 6:22:19, giving him the third and fourth best performances ever on a certified course, and in second Andrzej Magier became the seventh best performer of all-time with 6:27:29. The all-time list reads as follows:

Jean-Paul Praet(BEL)	6:15:30	1989
Aleksander Masarigin(RUS)	6:20:59	1993
Konstantin Santalov(RUS)	6:22:28	1992
Bruce Fordyce(GB/RSA)	6:25:07	1989
Jean-Marc Bellocq(FRA)	6:26:13	1990
Valmir Nunes(BRA)	6:27:20	1992
Andrzej Magier(POL)	6:27:29	1993

In the women's race Valentina Lyachova (Russia) went through 50 km in 3:38:50 (shades of her run at Torrelavega last year), but although the heat affected her, too, she still ran 7:44:43. Behind her Sybille Mollensiep, the 30-year-old German, broke 8:00 for the first time with 7:50:40, and Iris Reuter was third with 8:04:21.

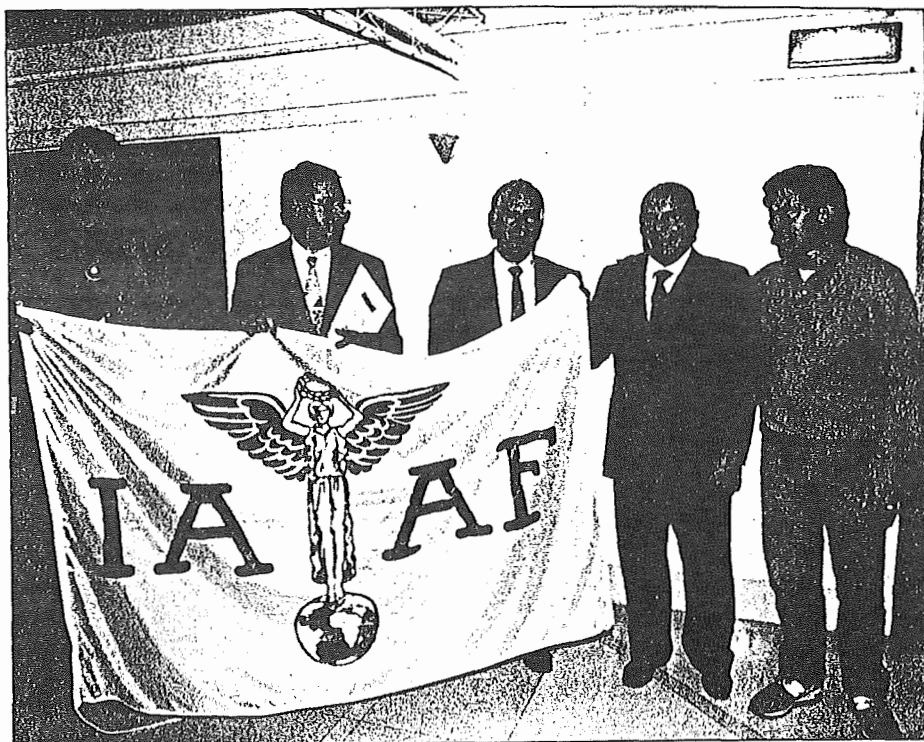
#### Some other highlights

- On April 4 Hilary Walker ran 8:01:39 in a 100-km track race in Greenwich, England, passing the 50-mile point in 6:16:25.
- On May 8 in Moscow Konstantin Santalov completed his first 100-km of the year — it may be remembered that he stopped at Rognonas and Rodenbach. His time was remarkable — 6:15:17. The course used last year for the event was measured by steel tape and was a short loop. Obviously, I will be verifying the status of this course. The times behind Santalov were not extraordinary — Riabov 6:39:41 and Yevgeni Kornauhov 6:42:38. The women's race was won by a new name — Maskina in 7:44:29 — the fifth Russian woman under eight hours in the past two years!

Santalov has always had the potential to run such a time, indeed probably even faster. He is a 2:14 marathon runner. The delay in running his first complete 100-km — through choice or injury — obviously meant he was capable of something special. (When Don Ritchie ran his 6:10, injury delayed the start of his season until May.)

- The Surgères 48 Hours May 7-9 usually produces some excellent performances and this year was no different. Anatoly Kruglikov, the world number-one 24-hour performer of '92 was entered, also Jean-Gilles Boussiquet, who set a new six-day best in '92, also Gilbert Mainix and Valery Gubar, so it had all the credentials. At 24 hours Kruglikov had a clear lead — 152 miles to Mainix's 143 miles, and the rest someway back. The Russian took a break at that point and Mainix came through. At 30 hours Mainix had covered 177.4 miles to Kurglikov's 170.4 with Boussiquet in third with 166.5. Six hours later Mainix had 207 miles to his credit, some nine miles ahead of the Russian with Alain Mallereau in third for France. These positions were to stay the same to the finish. Mainix covered 264m 282y for third place on the all-time list, Kruglikov 248m 632y for seventh on the all-time list, and Mallereau 245m 945y for eighth place.

Susan Olsen ran 209m 62y for seventh place overall. Her distance would have been a new U.S. record — but unfortunately the lap times were only taken in hours and minutes again. This may well mean that her



A get-together of ultrarunning and IAAF dignitaries — (from left) Dirk Strumane, organizer of the IAU World 100 Km Challenge under the patronage of the IAAF, Istvan Gyulai, IAAF General Secretary, Malcolm Campbell (IAU President), Primo Nebiolo (IAAF President), and Jose Soto Rojas (IAU Executive Member).

performance is unratifiable. Nevertheless, it was an outstanding performance. Her splits along the way were 20:04 for 100 miles, and 118m 609y for 24 hours.

The other North American in the field, Michel Careau of Canada, finished tenth overall with 201m 896y.

- On May 23 the British 100 Km Championships took place at Nottingham. The weather started cool but unfortunately soon became quite hot after about three hours; added to this was the strong wind which also developed later. The race was won by Greg Dell in 6:58:32 with Don Ritchie second with 7:09:36.

The great performance of the event came from Carolyn Hunter-Rowe who has shown excellent form this year. She reached the 50-km point in 3:36:40, obviously looking for a very fast time, but eventually the heat and the wind took its toll. She reached 50 miles in 5:57:58, a European best and second on the all-time list, and 100 km in 7:34:54, a new British best and the fastest time in the world this year so far.

When Carolyn meets up with Frith Van Der Merwe who has been selected for the South African team for Torhout, plus the Russians, there could be some interesting performances. (Frith has run 5:18 for 50 miles as a split in the Down Comrades — though basically downhill, there are a number of stiff hills in that run. Frith has also run 3:08 for 50 km on a hilly course.)

#### Records and other matters

If I may add a comment to the letter from John Graham in the June issue. I am puzzled by John's statement, "all existing world best times, achieved under the rules existing at the time they were run, are hereby decreed not to exist." I have in front of me a copy of Park Barner's official lap sheet from June 1-2, 1979, when he ran

162m 537y — which is presumably the mark John refers to. The recording consists of boxes — one for each mile, with 1, 2, 3, 4 in each corner, which was marked off at the end of each lap. The mile time is recorded in the middle.

Anyone who has recorded laps in an ultra event knows how easy it is to record a lap and then think, "Did I do it or not?" It is easy to make a mistake in recording another lap, when in fact the runner had only stopped for a minute or so without completing another lap. At the time it was realized that Park Barner's mark was unratifiable.

As far as track records are concerned, there has been little change in the requirements since that time. Rae Clark's 165m 427y — which surpassed Park's mark anyway — has met the same criteria.

To say that "rules do not define performance" is illogical. Without rules or criteria a performance cannot be defined. How far was the distance? Rules define that. How long did the runner take? Rules define that. The basis of record keeping is comparability and proof. Rules ensure comparability and also demand proof. The demand for proof is to protect the current record holder.

John is suggesting that the U.S. records at each distance be published — which records are these? Those that were originally reported before being checked? Does he favor record keeping by acclamation? Records go to those who shout loudest and most publicly? In 1976 a 100-mile record was claimed of 11:27:58 by an American; it even made the *Guinness Book of Records*. On investigation, it turned out the runner had started on the track, got fed up, and then ran the "rest" on the road behind a car. The claim was accepted by the press.

There have been a number of such claims over the years at 24 hours and six days as well. If John wants that, then the



U.S. 24 Hour record won't belong to Park Barner or Rae Clark but to someone who has never run an ultra race in his life.

Incidentally Park Barner's PRs were 50 miles: 5:42:07; 100 km: 7:11:44; 100 miles: 13:40:59; and 24 hours: 162 miles 537 yards. He was 37 when he set the 50-mile mark, younger for the rest. All the open records are intrinsically superior to Park's marks. He was a remarkable runner, one of the outstanding pioneers of American ultrarunning. He never received the recognition he deserved, but he would not figure in the current record list no matter how it was defined.

Soon the *Handbook* (a publication for ultra organizers) will be available in all the major languages. Recently it has been translated into Japanese, and in the coming months it will be translated into Chinese! The speed with which the world ultra community has seized upon the *Handbook* and sought to make it accessible to all has amazed me. The *Handbook* will be available in ten languages, and it is planned that the IAAF will publish editions in English, French, Spanish, and German, and when it is ready, I will ask them to add the Chinese edition to the list.

Another sign of the official standing of

ultrarunning is enclosed. At the World Cross Country Championships at Amorebieta in Spain in late March, the IAAF flag was presented to Dirk Strumane, organizer of the IAU World 100 Km Challenge under the patronage of the IAAF, by Primo Nebiolo, the IAAF President. At the conclusion of the presentation ceremony at Torhout in August, the IAAF flag will be presented to the organizers of the next World Challenge at Lake Saroma in Japan.

If you can get hold of a copy of the *Distance Running Yearbook* published by the IAAF and AIMS and distributed at road races, there is coverage of ultras.



Don Wallace at 30km



Bruce Cook at 40km



116 . Anne Staunton at 20km

Sandra Kerr at 30km

AUSTRALIAN COMPETITORS IN THE BELGIUM 100KM WORLD CHALLENGE



# AUSTRALIAN 50KM TRACK RANKINGS - JULY 1993

## (Top 100 competitors)

1	Bruce Cook	ACT	3-09-50	Parramatta	5Mar1989
2	Bill Clingham	41 NSW	3-10-36	Parramatta	11Mar1984
3	Carl Barker	34 NSW	3-11-28	Adelaide 50Ml	15Jul1990
(4)	Dragan Isailovic	30 V	3-11-38	Burwood 50Ml	19Jun1993
(4)	Safet Badio	32 V	3-11-38	Burwood 50Ml	19Jun1993
6	Trvor Jacobs	NSW	3-11-47	Burwood	21Jun1992
7	Tony Visalli	NSW	3-12-31	Parramatta	11Mar1984
8	Graeme Woods	41 QLD	3-14-44	Coburg 100Km	28Aug1988
9	Steve Montague	NSW	3-15-27	Parramatta	1982
10	Peter Tutty	23 NSW	3-15-35	Box Hill 50Ml	18Jun1988
11	Greg Love		3-16-17	Parramatta	3Mar1991
12	Martin Thompson	32 V	3-15-57	Uxbridge UK.	25Jun1977
13	Keith Swift	NSW	3-18-59	Parramatta	1981
14	P. Wheatley	NSW	3-25-03	Parramatta	1981
15	Owen Tolliday	QLD	3-25-53	Olympic P 100Km	8Apr1990
16	David Standeven	38 SA	3-27-48	Adelaide 50Ml	15Jul1990
17	Peter Derig	NSW	3-28-19	Parramatta	1980
18	John Briet	33 V	3-33-49	Olympic P.	8Apr1990
19	Paul Every		3-34-27	Parramatta	6Mar1988
20	Barry Massingham	NSW	3-34-37	Parramatta	1980
21	Bob Marden	31 NSW	3-34-55	Parramatta	11Mar1984
22	Geoff Boase	40 V	3-35-25	Box Hill 50Ml	15Jun1991
23	Jeff Smith	33 V	3-37-29	Burwood	25Oct1992
24	Bryan Smith	44 V	3-38-42	Box Hill 50Ml	18Jun1988
25	Dennis Clark	40 V	3-39-09	Burwood 50Ml	21Jun1992
26	Peter Milne	33 V	3-39-14	Box Hill 50Ml	18Jun1988
27	Allistair Wallace	NSW	3-39-16	Parramatta	11Mar1984
28	Frank Kelly	30 NSW	3-39-25	Parramatta	11Mar1984
29	Rudy Kinschofer	39 SA	3-39-37	Burwood 50Ml	19Jun1993
30	Ian Clarke	38 V	3-40-50	Burwood 6Hr	25Oct1992
31	Tom Gillis	41 NSW	3-41-15	Parramatta	1981
32	Tony McCool	SA	3-42-03	Adelaide 50Ml	24Jul1988
33	T. Zervos	NSW	3-42-46	Parramatta	11Mar1984
34	Greg Wilson	V	3-42-50	Burwood 6Hr	25Oct1992
35	Gerry Riley	60 V	3-43-01	Salisbury 50Ml	7Jul1991
36	Ron Campbell	47 V	3-44-08	Box Hill 50Ml	16Jun1990
37	Brad Doyle	NSW	3-44-10	Parramatta	5Mar1989
38	Graham Medill	44 QLD	3-44-20	Ipswich	18Apr1992
39	Chris Stephenson	27 NSW	3-46-01	Parramatta	11Mar1984
40	Nick Read	36 NSW	3-46-12	Hensley 24Hr	28/29May1988
41	Peter Gray	26 V	3-46-15	Olympic P 100Km	8Apr1990
42	Joe Record	49 WA	3-46-37	Olympic P 100Km	8Apr1990
43	Leif Michelsson	46 V	3-46-35	Box Hill 50Ml	18Jun1988
44	Jack Black	NSW	3-47-02	Parramatta	1982
45	Neil McCabe	QLD	3-47-48	Coburg 100Km	28Aug1988
46	Tony Dietachmayer	28 V	3-48-47	Burwood 6Hr	25Oct1992
47	Bob Zwierlein	25 V	3-49-24	Rosebud 12Hr	6May1989
48	Andrew Law	TAS	3-49-50	Adelaide 34Hr	34/35Oct1992
49	Phillip Clarke	NSW	3-50-21	Parramatta	6Mar1988
50	Greg Wishart	50 V	3-51-38	Coburg 100Km	28Aug1988
51	Ashley Purcell	30 QLD	3-53-32	Box Hill 24Hr	15/16Feb1986
52	N Mercer		3-53-43	Olympic P 24Hr	4/5Aug1990
53	Bob Curtis	V	3-54-08	Burwood 6Hr	25Oct1992
54	Alan Staples	32 NSW	3-54-37	Parramatta	7Mar1982
55	Cliff Young	64 V	3-54-42	Adelaide 24Hr	1.2Nov1986



# AUSTRALIAN 50KM TRACK RANKINGS - JULY 1993

## (Women only)

1	Lavinia Petrie	49	V	3-49-32	Burwood	19Jun1993
2	Sue Whiting			4-01-53	Parramatta	4Mar1990
3	Cynthia Cameron	44	V	4-13-09	Box Hill 50Ml	28Jun1986
4	Helen Stanger			4-14-33	Parramatta	4Mar1990
5	Cherie Baldwin			4-23-46	Burwood	25Oct1992
6	Shirley Young	62	V	4-28-44	<del>Burwood</del>	21Jun1992
7	Dawn Parris	39	V	4-30-06	Burwood 6Hr	25Oct1992
8	Sally Woods		QLD	4-30-45	Coburg 100Km	28Aug1988
9	Helen Barnes	41	SA	4-31-29	Salisbury 50Ml	7Jul1991
10	Georgina McConnell	46	NSW	4-34-00	Parramatta	5Mar1989
11	Kay Haarsma		SA	4-43-02	Adelaide 24Hr	13Nov1982
12	Sue Worley	43	SA	4-43-04	Salisbury 50Ml	7Jul1991
13	Dell Grant		QLD	4-46-40	QLD 24Hr	5/6Sep1987
14	Wanda Foley	43	NSW	4-46-59	Parramatta	5Mar1989
15	Dale Thompson		NSW	4-47-18	Parramatta	3Mar1991
16	Trish Spain	47	WA	4-48-22	Olympic P 24H	19Aug1989
17	Margaret Smith	49	V	4-58-25	Aberfeldie 150K	10Mar1985
18	Carolyn Vaughan	33	NSW	4-59-43	Box Hill 24H	4/5Feb1984
19	Helen O'Connor		SA	5-03-01	Adelaide 24Hr	1/2Nov1986
20	Cheryl Standeven		SA	5-06-10	Adelaide 24Hr	29Oct1988
21	Debbie Sayers		NSW	5-10-03	Parramatta	8Mar1981
22	Geraldine Riley	21	V	5-10-20	Adelaide 24	9/10Nov1985
23	Gloria Kennedy		NSW	5-10-45	Parramatta	7Mar1982
24	Elvira Jansi			5-22-15	Coburg 24H	27Feb1993
25	Corrine Sommers	29		5-23-00	Caboolture 24	23Jun1990
26	Sue Bardy	58	SA	5-24-17	Salisbury 50Ml	7Jul1991
27	Lyn Cribb			5-25-38	Parramatta	3Mar1991
28	Sandra Kerr	44	V	5-25-58	Rosebud 12Hr	6May1989
29	Lucille Gladwell		NSW	5-30-54	Parramatta	3Mar1991
30	Lorrie Bishop	44	V	5-31-28	Box Hill 50Ml	15Jun1991
31	Kim Talbot	20	V	5-32-22	Coburg 24Hr	25Feb1989
32	Dois Wishart		V	5-32-38	Tootgarook 12Hr	2May1992
33	Valerie Warren		NSW	5-39-48	Parramatta	3Mar1991
34	Merrilyn Tait	41	V	5-43-29	Olympic P 100Km	8Apr1990
35	Sharon Skrobolak		V	5-50-20	Rosebud 12Hr	4May1991
36	Leonnice Gordon		SA	5-58-20	Adelaide 24Hr	3Nov1984
37	Marilyn Kinchin		NSW	6-02-21	Parramatta	5Mar1989
38	Marilyn McCartney	38	SA	6-04-56	Adelaide 50Ml	24Jul1988
39	Valerie Case	51	V	6-16-42	Hensley 24Hr	28May1988
40	Browyn Salter	38	WA	6-22-23	Perth 24Hr	18Oct1986
41	Patty Bruner	46	V	6-27-54	Adelaide 24Hr	5Nov1983
42	Jacqueline Taylor		V	6-31-08	Tootgarook 12Hr	2May1992
43	Mary Young	24	V	6-38-59	Box Hill 24Hr	2Feb1985
44	Elleen Lush	40	SA	6-50-58	Adelaide 24Hr	4Oct1987
45	Carolyn Benson	42	SA	7-36-48	Adelaide 24Hr	28Oct1989
46	Carol Beck		SA	8-09-30	Adelaide 24Hr	24Oct1992
47	Elaine Guterres		SA	8-29-39	Adelaide 24Hr	9Nov1985
48	Ali Zwynenburg	63	V	9-23-18	Rosebud 12Hr	4May1991

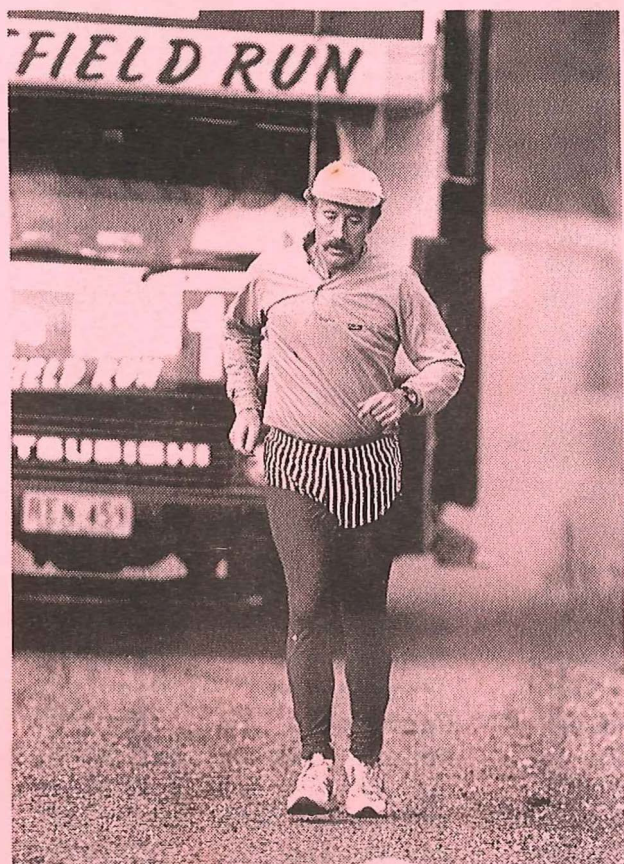
Ages are as on the day of the event.

Corrections and omissions to :- Gerry Riley, 12 English Street, Ballarat. 3350  
053 331403



# A BLAST FROM THE PAST!

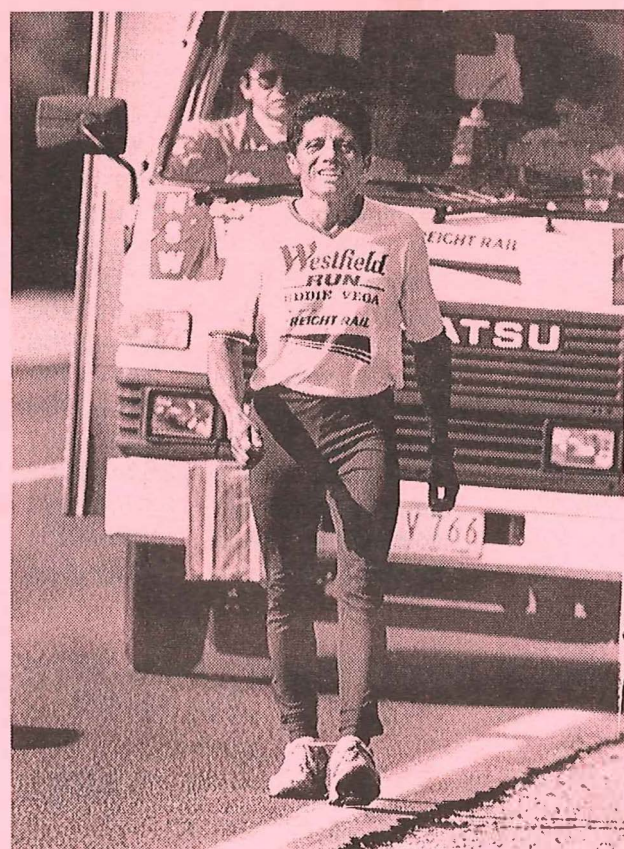
## 1991 WESTFIELD SYDNEY TO MELBOURNE COMPETITORS



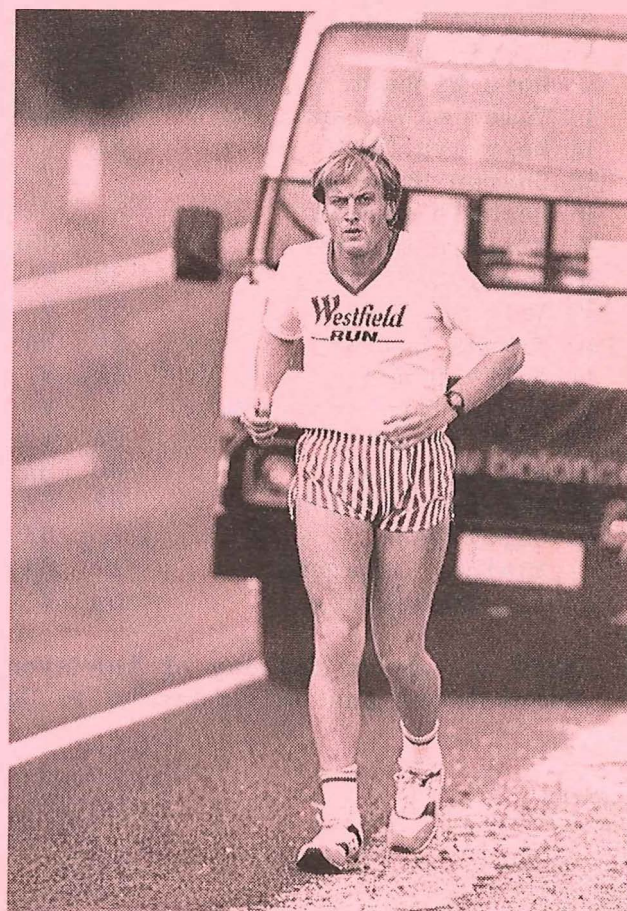
TONY COLLINS



KEVIN MANSELL



EDUARDO VEGA



PETER GRAY