

# ULTRAMAG

Vol 8, No.4

December, 1993

## Rowe's heading for the record

The feet are blistered, the ankles and knees ache, the shoulders are gone and sleep is desperately needed, but still ultra-marathon runner Craig Rowe pushes on.

Any thoughts of ending the exhaustion and hurt are being cast to one side - at least until 2am tomorrow.

That's when Rowe will end his tortuous 3150km run up and down the Manly beachfront.

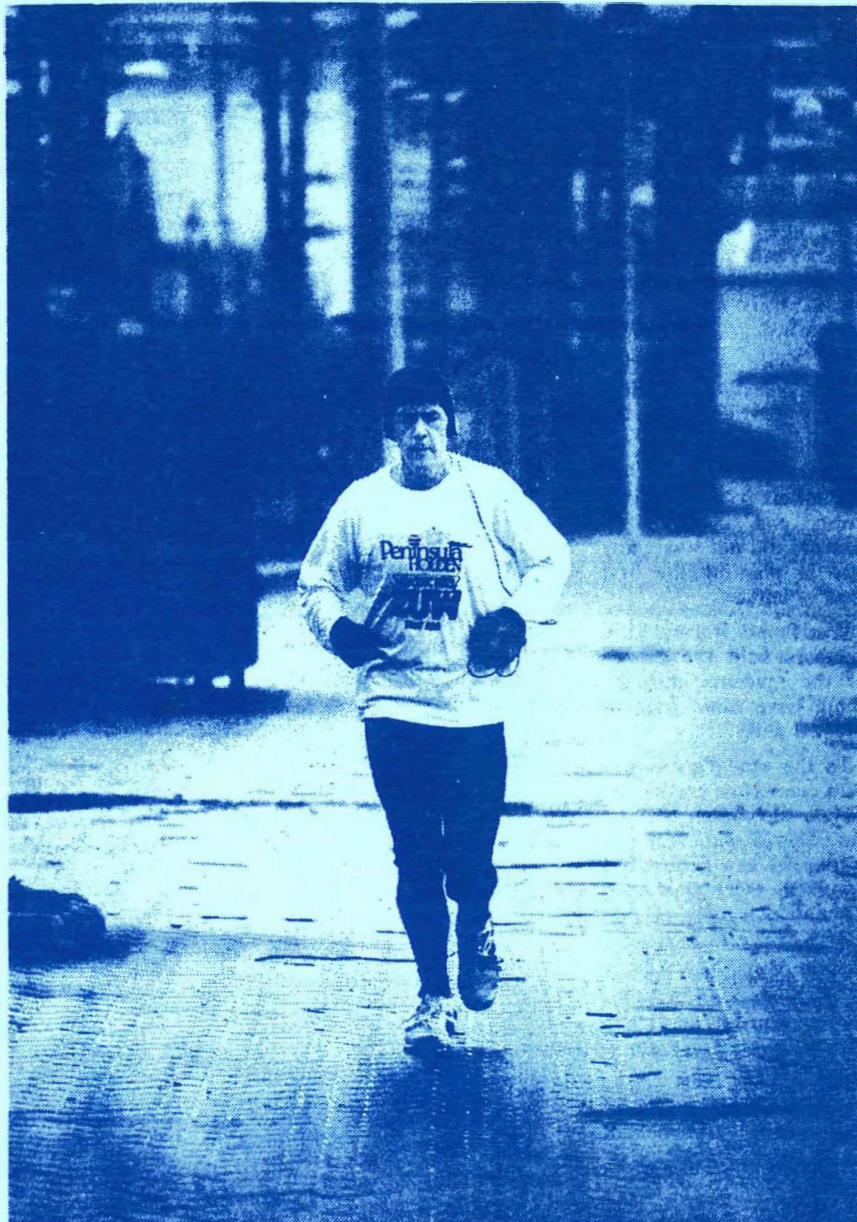
Since July 18, the super-fit runner has been shuffling one foot in front of the other at an average of 3.3km/h.

Sleep is something he dreams of - he's lucky if he sneaks in a 30-minute catnap a day.

Rowe is on line to smash Ron Grant's 1000-hour endurance world record but that honor is secondary to his main cause.

His aim is to raise as much money as possible for the children of the Royal Far West Health Scheme at Manly.

"I'm hurting a lot but I've never thought about giving up," he said during a rare break yesterday. "The kids are my inspiration. I'll keep going for them."



Runner Craig Rowe is on the final leg of his 1000-hour record-breaking marathon effort and spirits are still high despite tough conditions

A fantastic effort Craig! Congratulations on surviving the 1000 hours, from all our AURA members.

 **AURA**  
**MAGAZINE**



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# EDITORIAL

We've completed our eighth year of operations and are still alive and thriving, due to your efforts. Thank you for your wonderful contributions to ULTRAMAG and for supporting ultra races around Australia. I feel we must one of the strongest countries in the world in terms of ultra running, as we now have 53 ultra races on our calendar and the variety is great .

It gives me a real lift to find members taking the initiative and trying their hands at race organisation. Leigh Privett's new trail race through Kosciusko National Park in March should be absolutely fantastic. The high country is magnificent in summer with its huge boulders, snow gums, wild-flowers and crystal-clear mountain streams. Good luck with this one Leigh. Hookie's Bogong to Mt.Hotham in January is gaining in popularity too, in similar conditions.

Incidentally, Leigh Privett has also taken the initiative and invited some members of the Russian ultra-running community out to compete in our events. They are extremely enthusiastic, and with some help in getting them visas, they should be out here during 1994. Leigh got to know them when he visited Kamchatka in far eastern Siberia (Russia) for an 8 day trail race called "The Hell over the Clouds" which we advertised in our March '93 ULTRAMAG. The race was in August. Their Russian hospitality was overwhelming apparently, and Leigh was so enthusiastic about the event that he has sent us a pile of descriptive brochures to include with this issue. Thank you Leigh. Perhaps they may inspire other members to participate next year if the event is repeated.

Bill Joannou is also tackling the organisation of a 6/12/24 Hour Track Race at Beaton Park, Wollongong in March and we wish him all the best with this one. Please do your best to support these new race organisers.

Planning for "The Tasmania Run '93", the 7 day staged road-race which takes in a circuit of Tasmania in August, is well under way and race organiser, Alan Rider is very excited about what a sensational event it promises to be. It is already attracting world-wide interest and enquiries have been received from Spain, Britain, Canada, Slovenia, New Zealand, Japan, France, Czech. Republic as well as from all states of Australia. What I find interesting about it is that there are two recovery days built into the event, and that the actual running only takes place in either the areas of outstanding natural beauty or well-populated areas, where the runners will receive plenty of moral support from spectators. The less interesting parts of Tassie are to be driven. Mainland competitors will also have a chance to travel on the new "Spirit of Tasmania" ferry which had its first run recently.

So things are looking decidedly brighter on the Australian ultra-running scene. The only black spot is in connection with my ex-friend, David Sill. We did the right thing and made him a NSW interstate AURA rep. last July because he seemed a nice bloke, but lately I'm starting to regret that decision. He has far exceeded the bounds of friendship with his over-zealous recruitment of NSW members! Now this is just NOT ALLOWED. I'm a tolerant woman, but when I come home from work each night to find MORE application forms from NSW members, it is decidedly depressing. Enough is enough!

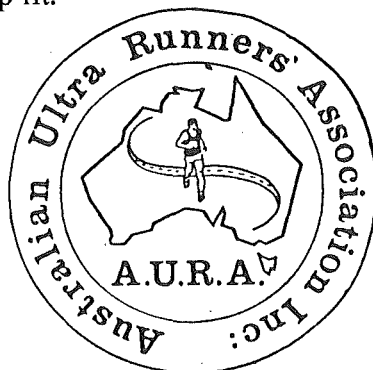
We tried handicapping the Colac 6 Day Race this year for the first time. You all realize that when a race is handicapped, the runners are supposed to end up with around the same distance. Well, in fact, there was 300km or so difference! A total disaster. Our only comment on this one is that, firstly, you mustn't have paid us enough, and secondly, we can't be good at everything.

Anyway, that's it folks. I need race dates for next year, and a cheque for \$25.00 to support us for 1994.

Have a great Christmas and holiday period. Do a few miles and keep fit.

Regards,

*Dot Brune*



# 1993-94 ULTRA CALENDAR

Dec 4 **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE, TAS.** 64km (Australia's or the world's(?) southernmost ultra race). Course takes in the length of Bruny Island. Support vehicle and helper required. Contact Mike Maddock (002)720632 (W) or (002) 722887 (H), Alan Rider, (002)349945 (W) or (002)486229 (H) or Kerri Law (002) 72 5170 (H) for entry form

Dec 5 **NANANGO FOREST FOOTRACE, Q'LD** 52km , an out and back trail run through State Forest (3 times) on formed roads. Estimated own time event; finisher who finishes closest to noon wins! Graduated start. Meal & social evening the night before. BBQ afterwards. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld for entry forms

Dec 31 **AUSTRALASIAN 100KM ROAD CHAMPIONSHIPS**, Waitaki District of North Otago, New Zealand, 6.00am start, 12 hours time limit, Closing date Nov. 27, Entry fee NZ\$50.00, Contact: Scott Leonard, (Race Director), 14 Marshall Laing Avenue, Mt.Roskill, Auckland, New Zealand. Ph. 64-9-627-8874 "That Dam Run".

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 22/23 **TOUKLEY ROTARY 12 HOUR TRACK RACE, NSW**, starts Tacoma Oval, Tuggerawong Road, Wyong, NSW, 9pm Saturday start, \$36 entry (includes T-shirt), 400m grass track, Entries to : Race Director: Tony Collins, 36 Bungary Road, Norah Head 2263 Ph. (043) 963281.

Jan 30 **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$15 entry, 7am start. Closing date: 14th January, 1994. 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

Jan 29/30 **LIVERPOOL LEADER SAUCONY 24 HOUR TRACK RACE , NSW**, at the Whitlam Centre, Liverpool, 400m. track, start time 11am on 29th January, entry fee \$35.00, closing date 15/1/94. Entries to: Dave Taylor, 13 Hertford Street, Berkeley 2506 NSW, ph. (042) 263909.

Feb 5 **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 20 **RED ROCK TO COFF'S JETTY, NSW.** Starts at 6.30 am daylight savings time at Red Rock Beach 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.

5 Feb  
→

**CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, phone (003)95-4294

Feb **HOBART TO CYGNET ROAD RACE, TAS.** 54km, 7am start from Talay's, The Running Shop, Liverpool Street, Need support vehicle and helper. Contact Talays, The Running Shop, phone (002) 34 9566 or Kerri Law (002) 72 5170 (H)

Mar **6 OR 12 HOUR RACE, WA**, Bunbury, organised by the Bunbury Marathon Club, contact Mark & Margaret Pritchard, 6 King Road, Bunbury 6230 Ph. (097) 21 9347 (H)



# 1994 ULTRA CALENDAR

- Mar 5 **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**, 46km mountain trail run, 10am start from Katoomba to Jenolan Caves, \$50 entry. Time limit 7 hours. Contact Ian Hutchison P.O. Box 65, Leura, 2780, or phone (047)843 266 (H) or (018) 866198 (W)
- Mar 5/6 **TAMWORTH 24 HOUR CHARITY RUN, NSW**, Viaduct Park, Tamworth, 10am start. \$35 entry, 10am start on Saturday, Closing date March 20th, Contact Dallas Earsman, 143 Bridge Street. Tamworth 2340, Ph. 657216 (H) or 653511 (W)
- Mar 13 **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 .
- Mar 19 **JAGUNAL WILDERNESS TRAIN RUN, NSW** - 80km from 3 Mile Dam near Kiandra, NSW to Guthega, along firetrails and foot-tracks through Kosciusko National Park. 6.30am start \$20 entry includes map. 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) 25 4959.
- Mar 26/27 **6/12/ 24 HOUR TRACK CHAMPIONSHIP, NSW**, at Beaton Park, Foleys Road, Wollongong City, 10am start, Entry fee \$35, Entry forms to Bill Joannou, 2 McKay Street, Dundas NSW 2117. **A NEW EVENT!!**
- Mar 26 **BRIGHTON 100KM ULTRAMARATHON, Christchurch, New Zealand** Fast flat 100km course on outskirts of Christchurch. For further information, contact Bernadette Daly, P.O. Box 3130, Christchurch, N.Z. Ph. (64) 3 337 2698 or Fax (64) 3 364 8530
- 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 9 **FRANKSTON TO PORTSEA ROAD RACE, VIC**, 34 miler, contact Kon Butko, 6 Allison Road, Mt.Eliza, 3930, phone (03) 787-1309, 7am start, cnr. Davey St. and Nepean Highway, Frankston. Own support needed.
- April 10 **50KM ROAD RACE, ACT**, as part of the Canberra Marathon, AA Certified course. Upon completion of the normal marathon course (& being an official marathon finisher), immediately follow and out and back course along Telopea Park and the cycle path along Lake Burley Griffin to Commonwealth Avenue bridge, 7am start. For more details, contact Trevor Jacobs on (06) 2547177 (H) or (06) 2790134(W) or Dave Cundy (marathon organiser) on (06) 231 8422 (H) or (05) 275 1207(W)
- April **BRISBANE WATERS BUSH BASH , NSW**, 55 trail run. Cancelled this year, but will be on again in 1995.
- April 16/17 **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, VIC.** supported by Vets. 24 Hour Relay Challenge. Harold Stevens Athletic Track, Coburg, Maximum of 10 relay teams with maximum of 20 individual racers per team. Starts 12 noon on Saturday. Entry forms available from: Gordon Burrowes, 37 Douglas Avenue, St.Albans 3021 or Coburg Athletic Club, P.O. Box 241, Coburg 3058
- 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

# 1993-94 ULTRA CALENDAR

- May 1 **AURA 12 HOUR TRACK RACE, KNOX, VIC.** (formerly at Tootgarook) new 400m 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 1 **BANANA COAST ULTRA MARATHON, NSW.** 85km. Coff's Harbour to Grafton, 6am start at western or highway end of Coff's Harbour, city mall start, 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
- May 24-  
- June 5 **MARY McKILLOP ALBURY TO MELBOURNE CHARITY ROAD RUN** start at 6am at Bottlebrush Avenue, Thurgoona, Albury. An invitation for all runners of any ability to run with disabled athlete Barry Stewart for all or part of this distance from Albury to Melbourne. Barry plans to finish the run at the finish line of Melbourne Marathon at 2.30pm on Sunday 5th June. Each runner to supply his/her own vehicle and crew, except for those only running short distances. Contact Barry Stewart 5/4 Tuite Street, Kingaroy 4610, Q'ld for further details.Ph. (071) 624696 after 6pm only
- 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 **50KM ROAD RACE, TAS.** Lauderdale, \$20 entry, Free nosh-up at the Lauderdale Tavern after the race. Contact Talay's Running Shop, phone (002)34-9945.
- June **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 19 **GLASSHOUSE TRAIL RUN, QLD** (10km,35km,55km, 80km) Caboolture, Q'ld, Start and finish at the lookout. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld 4510 . Ph. (074) 95-4334.
- July 9/10 **PORT MACQUARIE 12 & 24 HOUR CHARITY TRACK RACE, NSW,** Race Director, Harry Clements, 16 Perks Parade, Port Macquarie 2444, Ph. (065) 83 3132 (H) or (065)81 1488 (W)
- July **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 **ROSS TO RICHMOND ROAD RACE, TAS.** 95km, between the two oldest bridges in Australia, 7am start, Need support vehicle and helper, contact Tallays Running Shop, phone (002) 34 9566 or Kerri Law, (002) 72-5170 (H)

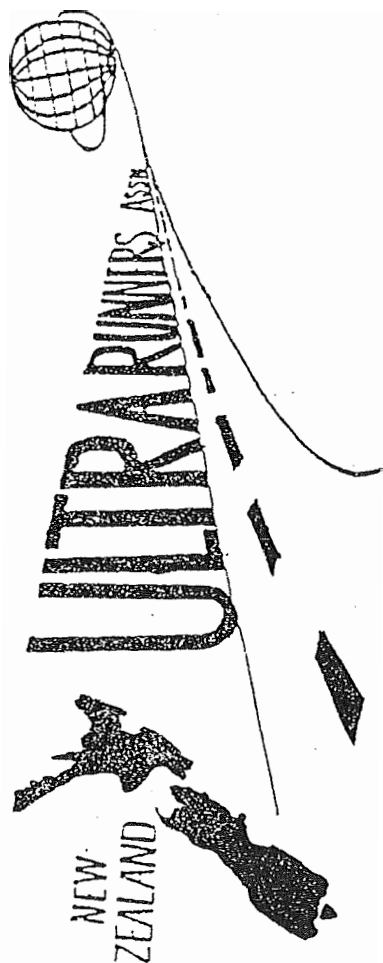
# 1994 ULTRA CALENDAR

- 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) 384-603
- Aug **GRIFFITH 12 HOUR CHARITY TRACK RACE, NSW,** cancelled, replaced by the Port Macquarie 12 & 24 Hour Charity Track Race.
- 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
- Aug **6-14 TASMANIA RUN - STAGED ROAD RACE - 700KM IN 7 DAYS** (with 2 rest days built in!) Fastest times and handicap placings all attract substantial prize money. For further information, contact Alan Rider, Dept of Tourism Sport & Recreation, G.P.O. Box 501, Hobart 7001 , Ph. (61) 02 30 8142 or Fax (61) 02 23 8936
- Aug 31 **THE HARRIER 100KM INTERNATIONAL CHALLENGE;** Victoria Canada Accurate course, road race to be staged 3 days after the closing ceremonies of the Commonwealth Games. An Open international race. 6am start, For further information, contact Geoff Hook , 42 Swayfield Road, Mt. Waverley 3149, Ph. (03) 808 9739 (see information page & entry form in this issue)
- Sept **100KM ROAD RACE, NSW.** Bathurst, 6am start at the Courthouse, Russell Street, Bathurst, time limit 11 hours. Contact Big Chris Stephenson, GPO Box 1041, Sydney, 2001, phone (02) 259 33981 (W)
- Sept **CABOOLTURE MULTI-DAY ( 1,000 MILES, 1000KM, 6 DAY, 2 DAY 1 DAY CHOICE) Q'LD,** (also relays with varying participation possibilities). Must be at least 5 starters in each event . 1km circuit, 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 **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE, SA,** 6am start, Adelaide Town Hall,, finish Advance Recreation, Victor Harbour, \$20 entry contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood. SA 5034
- Oct **ROYAL NATIONAL PARK ULTRA TRAIL RACE, NSW,** 55km, NSW, 8 hour cut-off. Start & finish at Helensburgh Hotel, Organised by Billy's Bushies. \$35 entry. For further information / entry forms, send SAE to ROYAL NATIONAL PARK Ultra, P.O. Box 380, Sutherland, NSW 2232 NSW. or contact Max Bogenhuber by phone - (W) (02)13 2426, or (H) (02)876 3235.
- Oct **TASMANIAN 12 HOUR TRACK CHAMPIONSHIP,** Hobart, Tasmania, 8am start Athletic Domain Centre, (rekortan surface) Contact Kerri Law, 67 Gormanston Road, Moonah, Tas. 7009, phone (002) 72 5170 (H)
- Oct **SRI CHINMOY 24 HOUR TRACK RACE, SA.**(Australian Championship) Starts 8am on Saturday 24th at Adelaide Harriers Track, \$75 entry, Contact Sipra Lloyd, Sri Chinmoy 24 Hour Track Race, P.O. Box 554, North Adelaide, 5006, phone (08) 239-069 (AH) or (08) 267 1675 (AH) Send a large stamped self-addressed envelope with cheque an application form.



# 1994 ULTRA CALENDAR

- Oct 23<sup>rd</sup>  
30 **AURA GEORGE PERDON MEMORIAL SIX HOUR TRACK RACE,**  
VIC., Knox Athletic Track, Vic., new 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. *Date to be confirmed.*
- Nov 5 **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. (074) 954334
- Nov 13 **BRINDABELLA CLASSIC, ACT** organised by the ACT Cross Country Club,  
53km trail run over the Brindabella mountains, just south of Canberra. Contact Trevor  
Jacobs on (06) 254 7177 (H) or (06) 279 0134 (W). or ACT C.C. Club, GPO Box  
252, Canberra 2601
- Nov **AUSTRALIAN 6 DAY RACE, COLAC, VIC.** Memorial Park, 8pm start,  
Enquiries to: P.O. Box 163, Colac 3250. Vic.



NOVEMBER	Mountain run over Goat Pass Contact: John Hasson (03) 381 2328
NOVEMBER 21ST	12 hour run/walk 7 am 6 hour run/walk 1 pm Pollard Park, Blenheim 1 mile mainly grass circuit Contact: Alan Holdaway (03) 578 7137
DECEMBER 11TH	Comalco Kepler Challenge 6 am 67 km Mountain run over Kepler Track Contact: Kepler Challenge Committee Box 11 Te Anau
DECEMBER	Nelson City 100 mile Ultra Trail Run Contact: Steffan Buttner 7 Charlotte St, Nelson
DECEMBER 31ST	Australasian 100 km championship (That Dam Run) Kurow North Otago Contact: Scott Leonard 14 Marshall Laing Ave, Mt Roskill, Auckland
DECEMBER 31ST	Waitakere Coastal Challenge - Muriwai Beach Approximately 40 km Beach and Bush run Contact: Waitemata Multi Sports Club
JANUARY	Te Houtaewa's Challenge 60 km Beach run on 90 Mile Beach Contact: Jill Schou, Tall Tail Travel, Box 403, Kaitaia
FEBRUARY	Avalanche Peak Challenge Approximately 30 km Mountain race Arthurs Pass Contact: Cris Cox, 262 Westminster St, Christchurch
FEBRUARY	Glen Hope Station Mountain Run Contact: John Hasson (03) 381 2328
MARCH	Tower Trust Triple Peak Challenge Contact: Allan Bartlett, 1215 Louie St, Hastings
MARCH 26TH	Inaugural Brighton 100 km plus 4 x 25 km relay (formerly Brighton 50 mile) Contact: Bernadette Daly, Secretary Road Racing Committee, Athletics Canterbury, P O Box 3130, Christchurch
JUNE 26TH	Coopers Knob Classic 8.30 am Approximately 40 km Trails on Port Hills Contact: Secretary, NZUA, 30 Bretts Rd, Christchurch

# LETTERS TO THE EDITOR

3 September 1993

The President  
AURA Committee

Dear Committee

## RE: 100KM WORLD CHAMPIONSHIP TORHOUT BELGIUM - 8 AUGUST 1993

I write to you with concern regarding the above run. This letter is my official complaint and I hope it makes a difference for future ultra events at an international level.

On 6 August there was a flag ceremony for all countries who competed at the event. Our supposed No. 2 runner for Australia - Safet Badic stood under the Bosnian Flag, much to the dismay of the Australian Team. My main concern is if indeed he is an "Australian" record holder why is he representing the Yugoslavian community and if indeed he is not an Australian Citizen why does he have the right to represent Australia. Surely there must be a ruling on this!!!!

Up to this stage no-one knew his intentions and when it was realised what he was up to it totally ruined the Australian spirit for me and I'm sure for the rest of the Aussie team. I feel very strongly about this sort of thing happening and I just can't understand why Management did not disqualify him from competing. Country status should be made very clear. I realise he had some excellent sponsorship from the Yugoslavian Community - good luck to him, and I realise he has a great running record, but not to use the Australian Team as his passport. There are plenty of other "Australian" runners who could have taken his place I'm sure.

I questioned Safet about his heritage, he is a resident of Australia - does this entitle him to do what he did? I don't think so. He did mention that he had told Geoff Hook of his intentions, but I doubt that very much. What would have happened on race day if Safet was in contention - what would he have called himself, he certainly didn't wear the Australian uniform.

To top it all off the Australian team wore a vast variety of green and gold. We looked and felt very unprofessional, I couldn't even carry the Australian flag as I felt so humiliated. We looked like a third world country.

Please, please can the above be taken into account should Australia intend to compete at international level in the future.

At this stage I would rather compete as an individual competitor than as part of the Aussie Team. It was a bloody disaster. Although my race was a slow one, I still finished to gain points for Australia - isn't this what it is all about!!

ANDREW LAW  
ULTRA TASMANIA

Dear Dot,

thank you for a truly memorable introduction to ultra running last Saturday. Given my state of fitness (pretty ordinary) I was delighted by my result. I thought that about 60 k was feasible if I was cautious so 58 k was pretty close. At about the 4 hour mark of the race I was beginning to wonder "Why I was doing this?" By the end of hour 6 I was feeling much better about my condition and now, after 3 days of recovery I am already planning how to improve next time! I guess I knew it would become addictive!

I clearly have much to learn about ultra running, however and am pleased that my first experience was so positive.

May I compliment you on the efficient running of the race. And race results, including photos and a race report within 3 days -WOW! If this race is typical of AURA events then I am won. My main experience with races has been with Marathons or Triathlons and the usual wait for race results is at best a couple of weeks, if not much longer. Being involved with the running of the Shepparton Triathlon I appreciate the work which goes into staging a race and how much competitors appreciate knowing promptly all possible information about their race, but you have set new standards. Well done.

Anyway, Dot, thanks again for a job well done and I'll look forward to enjoying future races you organize.

Yours sincerely



Dave Rabl

\*\*\*\*\*

Dear Dot & Geoff,

I would like to congratulate Pat Farmer on his great run across America. Well done mate! I know you did Campbelltown proud, as well as NSW. Having run to Melbourne and back was hard, but what you did was absolutely enormous. I'm glad we both come from Campbelltown. It's a great year for our town mate.

I sherked it at Bathurst, having a fractured ankle from my race with Rafferty. I haven't recovered. However, I ran a marathon. Good training. Ha ha.

Your mate,  
Dave Taylor.

\*\*\*\*\*

Dear Dot,

We have had to postpone the 24 Hour race set down for 2/3rd October due to lack of response. We would not have had enough entries to cover ground costs and stage the event to the standard our club would have expected. I have not given up. I will try again giving runners more time and see if we can get a larger field. Thank you for all your help and support.

Yours faithfully,  
Barbara Firkin (NSW Rep. & Sydney Striders member)



Dear Dot & Geoff,

It is with much sadness I feel it is necessary to write this open letter. My old mate, Ross Shilston has slipped so much in the last 6 months, I feel he has almost completely lost the plot. The last straw was when he knocked back a weekend at Wilson's Prom (one of the finest jewels in our National Parks crown) to be a spectator at the basketball!!

Unless someone can do something to reverse the trend, or Ross takes a hold of himself, I fear he may be lost to us. I thought perhaps he was back on track when he begrudgingly went for a short run with me last weekend. But then shortly after hearing our new motto - "Toughen up or die!" ("Toughen up or f\*\*\* off" was far too soft an option!), he spat the dummy and withdrew from the Prom. conditioning weekend.

Come on, Ross, take a good hard look at yourself before it's too late!

Yours in running,

Pete Armistead.

Ed's note: Pete, this report on one of our former elite athletes is most distressing, and made even more so because of the fact that he's a Victorian and we are in grave danger of losing a Victorian member! However, I feel your stern letter will have the desired effect and stir him into aspiring to greatness once again. Let's hope so anyway.....Dot.

\*\*\*\*\*

Dear Dot,

As I sit here trying to recover from the 6 Hour Track Race, I decided to drop you a line. I have now competed in five ultras and you have organised them all. Thanks very much for the effort put in and I hope all of your future runs receive adequate runner support.

I found the 6 Hour Track Race very tough in the latter stages, due to my lack of training, the early pace and the weather conditions. Brian Simmons chose a tough one for his first ultra, but I am sure he will be back for more, particularly due to the fact that I managed to plod over the line in front. Our friendly rivalry as training partners should see more close battles in the future, perhaps Mansfield to Mt. Buller being the first.

The efforts of the first time ultra runners especially impressed me, with Joe Torre, Geoff Duffell, Dave Rabl and Steve Duckworth running intelligently and with courage in the conditions. As for Lawrie Crouch doing a p.b. and Lavinia Petrie breaking her Australian 30 Mile record, words fail me!

When the stiffness left my legs, it remained in my right hamstring which seems to be strained. However, I have entered Colac 6 Day, so I will probably go down to get some experience and run till I stop! What I don't want to do is to have a year off like I did after the 1992 Six Hour Race. My aim in 1994 is to run a decent 24 Hour at the Coburg 24 Hour Race and later do the Tassie ultra and Colac. That should show me whether I am suited to long ultras or should return to the 50-100km area, where speed plays a larger part.

On the 6 Hour Track Race, I wonder if any thought could be given to naming it in honour of George Perdon. This would help his memory to live on, in the same manner that the Percy Cerutti 12 Hour reminds us of another pioneer of Australian ultra-running.

Yours in running,

Greg Wilson.

Ed's note: Thanks for your letter Greg and good luck at Colac! I think your suggestion to name the AURA 6 Hour Race after George Perdon is a fantastic idea. We've changed the name in the Ultra Calendar already.

\*\*\*\*\*

Dear Dot & Geoff,

I would like to congratulate Pat Farmer on his great run across America. Well done mate! I know you did Campbelltown proud, as well as NSW. Having run to Melbourne and back was hard, but what you did was absolutely enormous. I'm glad we both come from Campbelltown. It's a great year for our town mate.

I shirked it at Bathurst, having a fractured ankle from my race with Rafferty. I haven't recovered. However, I ran a marathon. Good training. Ha ha.

Your mate,

Dave Taylor.

28 November 1993

Dear Dot,

I was interested in reading the suggestion of an Achievement Certificate Scheme in Dell Grant's letter to you of 4 October 1993.

The Orienteering Federation of Australia (OFA) has a merit award scheme (they call it a "Badge Scheme") based on an orienteer's results in recognised orienteering events held throughout Australia. Orienteers are awarded either a gold, silver or bronze "credit" at each of these events which is based on their performance against the winner of their orienteering course. When the orienteer has scored three credits of a particular class (gold, silver or bronze) he or she can apply (and pay for - currently about \$5) a cloth badge of the appropriate standard. The OFA uses the scheme not only as an "achievement scheme" but also as a fundraiser for overseas teams.

Based on this, I suggest a similar scheme on the following lines:

- A Gold, Silver or Bronze Award be made to a runner who achieves three gold, silver or bronze "credits" in any event approved by AURA.
- A "credit" will be earned by a runner based on their finish time in relation to the winner's time (see note) of the event as follows:
  - within 10% of the winner's time - a gold credit
  - within 25% of the winner's time - a silver credit
  - within 50% of the winner's time - a bronze credit

Notes:

For timed events (eg a 24 hour race) it will be based on the distance covered.

Only one credit will be awarded per event.

Men and women would be treated independently (ie a credit for a woman would be based on the time/distance of the first woman finisher).

- An award may comprise any three of the same or higher level credits (eg. silver, silver and gold credits will be eligible for a Silver Award) but once a credit has been "used" it cannot be used again towards another award.

This scheme is not perfect but reasonably fair. Using the winner's time/distance as a base rather than the world record for the event as suggested in Dell's letter, would eliminate the vagaries of weather and difficulty of the course. The Award could be a cloth badge or fancy certificate, but the runner would need to apply for it and pay an appropriate fee. It could be administered by AURA's Record's Officer.

Regards, Ian Johnson

Dear Dot,

I am writing this letter to firstly thank a few people for their help in my recent 1000 Hour Endurance Run. Thanks particularly to my family for all their support and to Mark & Lucille Gladwell, Georgina McConnell, Dave Taylor and to Ron Grant for their encouragement and help. What can I say about the run, except that it was boring, monotonous and had its ups and downs, as with any ultra run. I did what I set out to do anyway, so I am pleased with that.

12. Regards,  
Craig Rowe.

Dear Dot,

I am writing this letter to firstly thank a few people for their help in my recent 1000 Hour Endurance Run. Thanks particularly to my family for all their support and to Mark & Lucille Gladwell, Georgina McConnell, Dave Taylor and to Ron Grant for their encouragement and help.

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Regards,  
Craig Rowe.

Ed's Note: A fantastic effort Craig! Congratulations on surviving the 1000 hours, from all our AURA members. (Look for a photograph of Craig in this issue)

\*\*\*\*\*

Hi Dot & Geoff,

First of all congratulations on the September'93 issue of ULTRAMAG - plenty of information, good articles and stories of Aussies on the run. Also, I also noticed that I've failed to keep you up to date with the development of the Brisbane Water Bush Bash. Sorry about that!

As of mid October, I've finally received the runners' medallions and am handing them out at runs and where-ever, and will post the rest out shortly. Secondly, everyone I've spoken to or heard from has praised the run and want to see it continue to be held. I am all for that, but because all the workers are volunteers and I don't, as of yet, have a working committee, I decided to make the run a bi-annual event. So 1995 will see the next running of the event. Also, there are a few other runs around at that time of the year that I wouldn't like to poach runners from. We'll see how it works out.

You are always asking for photos and info. on people and what they are doing, so just a mention of Dave Girvan and myself on running the "Great North Walk" bush trail, 250km from Sydney to Newcastle. We ran with light back-packs containing water and nibbles, with Lynn Cribb meeting us at night for a campout or pub sleepover. It was terrific fun, I would recommend it to anyone who can do the entire trail or sections of it. See NSW Dept of Lands for information.

Also, over the past weekend, Billy's Bushies again presented the Royal National Park Ultra 52km run. They have had a few problems during the year organising this run, but on the day, they again did a fantastic job. Well done, the Bushies.

Stay fit,

Greg Love.

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Dear Sir/Madam,

At the request of Snr. Constable Mark Hardy, Major Incident Planning Unit, Victoria Police, Level 4, 255 Bourke Street, Melbourne, I am requesting your organisation to elect a representative on to a committee being formed to promote and to help organise and seek sponsorship and participants in the Mary McKillop Albany to Melbourne Ultra-Marathon on the 24th May to 5th June, 1994.

The people who have been doing their best to get the run going are too inexperienced and need help. Senior Constable Hardy of the above is acting on instructions, to have the event organised, with sponsors, run marshalls, runners and walkers, media coverage and so on in place, by no later than 23rd January, and ready to go and in the hands of the police so that they can have some input themselves. There are no exceptions to the rule!

The organisations concerned are AURA, Vic. Road Runners, Victorian Athletic Assoc. Please do whatever you can to assist Jim Young of 2/386 English Avenue, Lavington, Albury, ph (060) 254329. Jim shall be crewing for me only! But he and Brother Denis (060) 43 1001, are helping by trying to get the service clubs behind the project, by having Tony Rafferty to speak to them, and thus raise awareness of this charity run.

Please do whatever you can. I expect that my daily distances will be: 24km, 28km, 32km, then 33km for the next 7 days, 25km, 23km, 21km and the 12th day finish at Parliament House by noon. The 13th day, on 5th June, the full Melbourne Marathon, starting at 4am and finishing at 2pm.

The Albury start is about 10-11km north of Albury and the event starts at 6am on 24th May, 1994. Rest periods will be built into every day.

Cheerio and God bless,  
Yours in running,  
"Bazz" Stewart. (071)624696 after 6pm)



# MUNDARING TO YORK, W.A. - 40 MILE ROAD RACE

## 22ND AUGUST, 1993.

by Charlie Spare

The race was held this year in the best weather we have had for several years. It was cold to start, but gradually warmed up to a comfortable temperature, and for a change, we had very little wind. Martin van Voorthuizen went to the front after about 8km and was never headed from then. Jacqui Robinson set a new women's record in 8th place with a time of 5:15:42.

### RESULTS

1. Martin VAN VOORTHUIZEN	4:20:22	11. Michael WATTS	5:54:46
2. Colin HUTT	4:37:19	12. John CARPENTER	5:55:43
3. Wayne ROBINSON	4:40:29	13. Derek ARNOLD	5:59:07
4. Alan DOAK-SMITH	4:47:02	14. Charlie SPARE	6:13:24
5. Steve LIUBICICH	4:50:48	15. Phil BRADLEY	6:13:24
6. Ron MITCHELL	5:07:21	16. Laurie PLECAS	6:25:06
7. Neil CARROLL	5:09:04	17. John PETTERSON	6:31:13
8. Jacqui ROBINSON (1st F.)	5:15:42	18. Carolyn BRINDSON	6:34:13
9. Brian HURWITZ	5:18:00	19. Dennis CONWAY	6:41:04
10. Bob McNAMARA	5:31:38	20. Des MALLON	6:41:04
DNF: Chris MAHER (25 miles)	2:53:15		
Winnie VOGEL (25 miles)	2:58:35		
Phil WEBB (25 miles)	3:05:30		
Viv BRYANT (25 miles)	3:40:02		
John WEST (10 miles)	1:07:59		



# HEAT TURNED ON FOR THE SECOND 12 HOUR

by Harry Clements

The second Griffith 12 Hour Charity Track Race was held in fine conditions on Saturday 28th August, 1993 at Jubilee Oval. Nine individuals and one team slogged it out for the 12 hours, with only one succumbing to the heat.

First place was never in doubt, with Australia's No.1 ultra runner, Bryan Smith taking out first place with an outstanding 134.46km. James Rooney and Michael Notolese (first & second last year), had a great duel for 2nd and 3rd placings, with James only breaking away in the last hour of the race, finishing with 121.26km and Michael with another outstanding effort, completing 112km. Bob Fickel was the only other runner to break 100km with 102km and 4th place, Bill Joannou close behind with 94.18km

Special mention must go to George Taskas and young local Jamie Ziebarth, both competing in their first distance run, and both putting in gutsy performances to finish with 85.97km and 74.39km respectively. The 22 degrees and the heat of my being race director impacted on my own performance, with an ordinary 75.038km covered.

It was good to catch up with the people of Griffith again, but with local interest in long distance running on the decline, it is unlikely that the 12 Hour will go ahead next year.

I thank everyone who assisted with the day and a special thanks to Paul Muir who did a lot of lead up work. Mention must also be made of the team effort of John Zampierri and Keith Sibraa, who covered 108.38km between them. A back injury forced Bruce Donnelly to retire after 58km. In summary, all runners thought the race was well organised, on a good track in good conditions, and all crew members commented that they'd had an enjoyable day. Another successful 12 Hour.

## QUOTES FOR THE DAY:

"The track was great, conditions were ideal for me. Griffith's certainly a nice, friendly place. A good training run!" - Bryan Smith.

"How does one go about pulling out of the race?" - George Toskas to Race Director, Harry Clements after 11 hours. Harry's blunt reply, "With an hour to go, you don't"

"The clock is slow" - Harry Clements after 9 hours.

About James Rooney: He didn't say a word all day; he just ran, but enjoyed the race and stay in Griffith.

About Bob Fickel: He listened to Rodney Rude most of the day, and for the last hour only talked about trying the local pizza (and got sidetracked by the netball!)

About Jamie Ziebarth's girlfriend: "We couldn't hear what she was saying to him, but it certainly kept him going!"

About Michael Notolese: He just let his legs do the talking. A super effort.

## OFFICIAL RESULTS

1.	Bryan Smith (Vic)	134.460km	5.	Bill Joannou (NSW)	94.188km
2.	James Rooney (NSW)	121.263km	6.*	George Taskas (NSW)	85.976km
3.	Michael Notolese (NSW)	112.00km	7.	Harry Clements (NSW)	78.038km
4.	Bob Fickel (NSW)	102.014km	8.*	Jamie Ziebarth (Griffith)	74.395km

Team Entry:	John Zampieri(Griffith)	64.400km	*First 12 Hour Run.
	Keith Sibraa (Griffith)	43.988km	

		-----
		108.388km total
Withdrawal	Bruce Donnelly (NSW)	58.400km

# PIONEER 5 DAY FOOTRACE - NANANGO, QUEENSLAND

by Bob Beattie

Sole destroying, unforgiving, torturous and mind blowing were just a few names runners used to describe the gruelling Pioneer Five Day Foot Race held recently in Queensland.

Eleven ultra distance runners headed out on their 330km five day race from Nanango, 180 kilometres North West of Brisbane to trek through some of the toughest terrain the South Burnett region has to offer.

Competitors experienced all forms of road surface's and weather conditions to test their metal, gravel, bitumen, dirt and mud along with less than ideal weather conditions to match over the five days.

The race is the first staged race in Australia and some runners find it difficult to come to terms with.

Each day the runners are confronted with a new distance after a good night sleep and the mental strength is put to the test by many.

Runners give their respective time they believe they will cover the distance with the runner closest to their time winning the handicap stage with the runner crossing the line first wins the outright winners shirt on each day.

Time are calculated by the official timekeeper and at the completion of the five-days awards are made to the winners, first male, first female and handicap winner and all finishers receiving a plaque.

Runners were confronted with 75km on day one with 80 percent up hill.

Last years inaugural winner Gary Parsons, from Caboolture put a cat amongst the pigeons when he set a blistering pace to unsettle the field.

With ten runners behind him Parsons inched away to be more than two kilometres ahead by the 12 kilometre mark.

With Robert Channels and Dave Holleran sitting on each others ankles behind it was Maurice Taylor who loomed as the danger.

With a constant almost regimental stride, Maurice Taylor pulled the leading bunch in to head the runners into day one in 7 hours and 5 minutes to claim the leaders shirt.

Ron Grant finished day one in a tremendous amount of pain after suffering a back strain only two days before the event got underway.

While other runners sat around the camp fire playing the mind game on others as they told how well they felt Grant was searching for the hot water bottles and any other form of relief he could find as he settled in for the night.

Not one to throw the towel in over pain as his previous feats have shown, he continued on the next day starring at 65km.

Finding a set of children play monkey bars 15km into the day, Grant hung upside down for 30 minutes in an attempt to relieve some of the pain his body was experiencing.

A further 15km down the track Gary Parsons was experiencing his own type of pain as his ankle gave under the constant pressure of day one and he sat on the road side visibly shaken at the realisation his race may have been run.

Taking some time to recuperate, Parsons forced himself to walk remaining 35km into the township of Wondai where day two ended. Rekindling his hopes overnight, he continued to contest day three in extreme pain entering Kingaroy with a shoe full of blood from blisters.

Brushing the blood, sweat and tears off and climbing the injury hurdle and disappointment of his setback Parsons complete the race in good spirits and finished fourth overall.



"I thought I had done some terrible damage to my ankle but I did not want to pull out," Parsons said.

"I needed the satisfaction of at least finishing the Pioneer race even if I walked every step."

While every runner experienced his or hers good and bad days the legendary Colac potato farmer, Cliff Young was having more than his bad days.

The 71-year-old shuffler was experiencing problems with his feet and taking more than 12 hours to finish the days distance.

After three days of troubles and set backs, Young decided he would not start day four in a wheel chair as his crew member had recommended, but take the daunting Bunya Mountain on.

The weather, now raining and windy was to Young's liking and he headed to the finish like a jack rabbit.

Last years day four winner Dave Holleran was again looking to add the Bunya Mountains to his scalp by finishing the day in first place.

It was not to be this time as with an eye of the tiger look about him, it was going to Cliff Young's time of the race as he finished two minutes in front of Holleran.

"I was just sick of every body passing me so I desired to get amongst it," Young said.

"My crew member said he would get me to the start in a wheel chair if I did not pick up.

"The one thing I am sure of is I will not be coming back for a third time.

"Two many of theses race will kill a man," he said.

A new ultra distance runner of the future was surely unveiled as local Nanango runner Graeme Watts, undertaking his first ever ultra distance event finished in third outright behind race winner Maurice Taylor and Robert Channels both from New South Wales.

Watts showed a touch of arrogance when he threw his hat into the ring with no previous experience, alongside the legends of ultra-distance runners, race organiser Ron Grant, Cliff Young and Maurice Taylor.

Little did Watts know that the challenge of completing the five-day event would require such arrogance.

The 40-year-old grabbed the event by the throat and on each day continued to squeeze a little tighter as he kept his stride short and his concentration high.

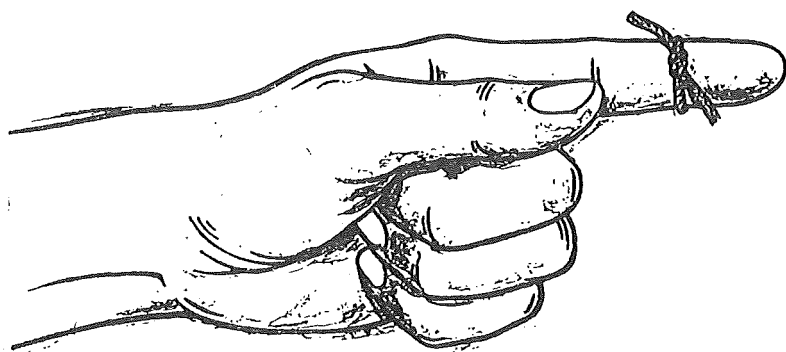
Built more like Arnold Schwarzenegger, Watts brings a new strength, physically and mentally to the sport.

The unassuming Watts was accepted by his peers and is now destined to become one of the new faces of ultra-distance runners.

With only two woman in the event this year both finished the event in good times.

Lucelle Gladwell and Val Warren continued to push ahead over ever stage of the race with Lucelle winning the female section.

The race claimed only one casualty this year with Ray Chatternan withdrawing due to exhaustion on day three.



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## SOUTH BURNETT 5 DAY PIONEER FOOTRACE

Day 1: 75Kms. As just reward for an extreme training programme Maurice Taylor is the 1993 winner of the Nanango-South Burnett Pioneer Footrace. Exhibiting experience gained from four Sydney-Melbourne races, a second place gained at Colac 6 Day Track Race 1989 and the ability to concentrate focus for a prolonged time has paid off for this very professional runner. Maury displays an inner calm that belies the burning ambition to win. In a controlled workman-like manner he traversed the course with nary an upset to his schedule. A troublesome knee injury was firmly taped and quickly forgotten as he set benchmarks for daily runs. Ten kilometres per hour, hour after hour, was his forte. Such excellence deserves much praise. Last year's race was last year's news. This is now. In the cool of an inland Queensland morning, the Nanango-South Burnett Footrace shifted into high gear to the crack of a bull whip start.

A flurry of bright yellow sponsored T-Shirts and we were away, running in the rural South Burnett area of South East Queensland. The course would wind along gravelled country lanes near peaceful cattle and dairy farming country and arable broadacre farms which produce the famous Kingaroy peanut and the humble Baked Bean. Finally, a climb through the Rainforest of the Bunya Mountains before a steep drop to the valley floor, returning to the town of Nanango. Five days and 331.4 Kms, eleven Ultra runners with crew, and the experience of recreating the staged foot races of yore.

It was apparent as the day strolled toward noon, that superior training would underline faults in the lesser prepared. Maurice Taylor with Robert Channels in tow soon cleared from the field. Last year's winner Gary Parsons with Ian Cornelius nicely placed, made up the fleet-footed foursome. Cliff Young shuffling through the dust mid-field with Dave Holleran were followed by much favoured Graeme Watts, an underrated local talent. Toward the tail, along with Ron Grant was Val Warren, Lucille Gladwell and Ray Chatterton.

In humid conditions with little of the forecast cooling breeze, the half marathon and Marathon mileage materialised and disappeared in the slowly settling dust.

The blistering pace set by the leading four: Taylor, Channels, Cornelius and Parsons, had a telling effect on the energy reserves and condition of the runners. At the close of Day 1 soreness and blisters were the badges proudly displayed on feet of iron.

The theme of the pioneering spirit was again reflected by the bushland setting of the evening's camp. Lacking hot showers, air conditioned motel accommodation and the runner's most needed requirement, the massage table, the limping eleven revelled in the spartan surroundings.

Tent pegs were hammered home to the sound of anguished bodies washed with cold water. Air beds inflated in counterpoint to the aching intake of breath as tender spots were soon discovered.

Gary Parsons, agonising from tight socks irritating the angry scars of operations to remove spurs and remedy an ankle injury. Ron Grant, suffering from a recent work-related injury to his already deteriorating back, pondering his future part in the race. Ian Cornelius, waiting to pounce on the slightest falter of the race leader Maurice Taylor. Robert Channels wishing he had moved his tent further from the snorer to recover in the peace of night. The others subdued, tired, preoccupied with cooking and repairing. Kneading tired limbs, a wan smile of acknowledgment to passing praise from crews. Later, refreshed by a barbecue and fortified with amber fluid, they soon launched into extravagant accounts of hills stretching to the heavens, near-vertical valleys and the quiet beauty of the Australian bush.

Dave Holleran coaxed the group into a party mood with some subtle strumming of his ever-present guitar near his ever-present smoky campfire. The Chairman of Murgon Shire into which territory the race had now moved, Cr Goerge Roberts, gave a very quotable quote: "The campfire yarn is the crucible of Australian philosophy;" Cr Reg McCallum and Cr Alec McIntosh, respective Chairman of rival Shires, Nanango and

Kilkivan, told humorous and outrageous stories of each other including the dubious whereabouts of a hearing-aid; the leading runner of the day and the Handicap Winner were awarded appropriate recognition: Shocking Pink T-Shirts (maybe to match their shocking pink feet?); the evening finishing with a recitation of the morrow's chosen Handicap times. Robert and Dorothy retired with dreadful thoughts of the snoring to come! During the night a cooling shower did nothing to muffle the sounds of dreamless sleep.

-----  
Day 2: 67.1Kms. While the sun had yet to dawn, the rattle of a diesel engine exploded the deafening silence. It signalled the departure of crew following a day long pursuit of Lucille in her chosen sport. The camp came to life. Food high in carbohydrates was greedily swallowed, storing energy for the 67Kms of adventure which included the aptly named Boat Mountain. This detour was a new addition to last year's course thus avoiding the infamous 'muck hole' which marred the sculptured contours of Adidas and Saucony. In a few hours, a wallow in the mud would prove infinitely preferable to the tortuous climb.

The town of Goomeri was approached with joy as a child's swing in the local Park was hastily converted to therapeutic benefit. Ron Grant hung like a limp flag from the cross piece whilst crew turned his hips to exercise his spine. The willing athlete then suffered a severe bashing at the hands of Jan Collins, whilst he was supine atop a convenient BBQ table, to complete the therapy. This is sport?? It must be, not another murmur was heard of a troubled back. Methinks the pain was less than the murderous treatment. Just after the half Marathon mark a sudden cool breeze whispered, "Boat Mountain!" The landmark appeared suddenly in the form of an upturned hull, the gangplank a steeply rising twisting snake with a sting in the tail. The final 500 meters bends sharply left hiding the horror of a near vertical climb. The panorama at the top is forgotten as air is gulped in to still trembling limbs.

Ray Chatterton had the 'Rich and Famous' treatment from the lady who lives at the top of Boat Mountain. Not just the casual chair for Ray. Oh no. Plastic patio furniture, hot beverage complete with sticky buns and soothing comments of commiseration for this much appreciated chappy. To admit he bunged it on a bit is maybe going a little too far, though his crew swears his eyes were closed with a little smile playing around his parched lips. We wonder if he told her the story of the man with the body of a Blacksmith and the mind of an Ultra runner. Hmmm?

Thoughts of like treatment filled the mind as Murgon peeped through the trees pointing the way to Wondai. The RSL for dinner and hot showers for the body. Meanwhile tragedy was striking the runners. Humid conditions were taking their toll.

Dave Holleran usually full of fun, was in a sombre mood as he raced Ian to the finish of the day. Many were now the walking wounded. Gary Parsons forced to walk the majority of the day was in grave difficulty as was Cliff. Concealing obvious distress, Robert and Maurice both mature

Westfield campaigners, professionally talked little of their discomfort. Grace was their strength, endurance their touchstone.

Graeme Watts coming to terms with the requirements of the race, was leapfrogging his way up the leader board. Having a young body, in terms of long distance running, was proving a blessing of which he may have been unaware. Val Warren was surprised to learn she had completed the first two days in two hours less than last year!

In the middle was Cliff Young. Still bright, still cheery though the twinkle smothered extreme pain. Quietly confident, Lucille was braving her personal battle with the road, while Ron elegantly dismissed his misuse of playground equipment to contemplate again the devilment of his injured spine. Conviviality was the order of the evening. Hospitality the byword. The Wondai RSL staff outdid themselves over last year's effort. A welcome light tea prior to a giant supper, as well as an open kitchen for breakfast was gladly provided and much appreciated by runners and crew. "Treat it as you would your own home," said one of the cooks. One cannot receive more of a welcome than that thought the group.

Day 3: 66.5Kms. Cheerfully, Gary Parsons declared he would start early to walk to Kingaroy. The previous day's turmoil had given him cause to rethink his strategy. The US Mail slogan flew in my mind: "Through hail and rain, sun and snow, the US Mail will get through." With a heart bigger than his blisters off he strode into the darkness of early morn.

The ladies headed off with a cheery wave leaving crew to slide behind steaming cups of coffee and piles of bedding.

Last year the runners had to battle interminable rain. Now, a strong headwind prevailed. To those caught running in the middle of the day, the combination of hot sun and strong wind proved another hurdle to overcome. First casualty was Ray Chatterton suffering from a strange malfunction of his inner chemistry forcing him to abandon the race halfway through the day with an erratic pulse. Miraculously, both Ron and Gary recovered to have an excellent day. Both running freely for the first time. Meanwhile Cliff Young had received a beating from the unforgiving terrain. A badly blistered heel needing constant attention during the day saw him shuffle in after dark and straight to the arms of blessed sleep.

Camp that evening was pure luxury. The Oasis Motel was comfortable beds! The Motel meant massage, civilisation and a day nearer the finish!

That night the picture became clearer as Dell Grant recorded the day's fortunes and the race so far. Graeme had moved up another notch to place overall third, an hour behind Robert. Maurice had an untouchable lead in first place. Would he collapse? Would the Bunya's claim him? Fourth, fifth, sixth and seventh position became congested as four runners had near equal times. The run up the Bunya Mountains would clear the picture somewhat. Would Ron's uphill ability be shaded by Dave Holleran's legendary downhill racing?

-----  
Day 4: 57.2Kms. A strong head-wind and blazing sun coupled with thoughts of the Bunya's would deter lesser athletes. Not these hardy souls. One by one at determined times they left the haven of the Motel to launch their assault on the journey upward. It never ceases to amaze how the peace and tranquillity of surroundings can alter dramatically as elevation increases. The peaceful hamlet of Kumbia is a desirable village populated by helpful folk. As a major supply point to reprovision for an outdoor camp it provides much in the way of creature comforts. Climb the hill out of town leading to the base of the mountains and one is met with the soaring grandeur of peaks disappearing into cloud. Darkened by the rainforest it wears as a cloak against the bitter cold, the Bunya's leap at you.

On leaving the highway, the ground immediately starts to rise. Imperceptibly at first. Then sheer cliffs confront the way.

Running down the side of one hill, Maurice passed Ron to be hidden by a bend in the road. A shout wafted back, unintelligible at first. It soon became clear what the shout was for as the bend was navigated. A black strip of tar was smeared down the face of a precipice resembling a dark tear of sorrow. The road went straight up! And UP! An ant looking remarkably like Maurice was actually running up it. His crew frantically looking for a gear lower than first to keep momentum in the car.

Fantastic! Ron shut his eyes and moved forward.

Moving into the rainforested area, the climate rapidly deteriorated. Cold driving rain was added to the runner's discomfort. A bare-chested Graeme Watts trundled past muttering something about 'Going for the Doctor,' as a wary crew kept a weather eye for the leaches.

Motivation ceased to be a concern as the runners battled out the hard yards, grinding the mountain down to size. The rain continued to pour a gentle waterfall path for the sodden feet to tread. The road, the landscape, the mist, became one gray mass of intensifying fog. Through this was the muffled sound of heavy breathing. Lungs gasping for air as the feet sought the road.

Suddenly, flat country. The summit. Unexpectedly, the rain forest gave way to friendly 20. Australian bush. Birds could be heard whistling in the rain. The finish, a mere kilometre or two away.

The pace freshened, the back straightened. The mind singing hot showers, hot food, warm bed, rest.

-----

Day 5: 65.6Kms. A cold and crystal clear morning beneath a star studded sky greeted the final day. The famed 360 degree view was resplendent with cloud nestling in the hollows of the valley floor hundreds of meters below. This starry dawn was marred by extremes of side wind. The downhill run being littered with debris from trees and bushes uprooted during the night. Runners had gratefully accepted the organiser's thoughtful last minute hiring of a house to accommodate cold and tired bodies. Camping in such rain had been out of the question.

The issue of supremacy had still not been answered. Though Maurice's overall lead was unassailable the tussle between Graeme Watts and Robert Channels during the day was riveting. The lead changed constantly. At this level of competition any un-scheduled call of nature; drink stop or urgent medical attention was promptly penalised by the sight of the disappearing opposition. Further ahead, Ron Grant was chased with the nagging thought of Dave Holleran snatching the overall Handicap Win. So close were they in terms of predicting their daily handicap time that their final cat and mouse tactics stirred thoughts of a mobile chess game. Stopping well short of actually sitting down in the road to bleed unwanted time from their

passage, the rivals had crew performing incredible arithmetic calculations. This involved intense scrutiny of run sheets, dividing fractions of kilometres into an understandable time sequence, and humorously, running backward to confuse the opponent into thinking they were running astray. All performed within the widespread feeling of camaraderie. In the midst of this orchestrated but serious rivalry, Lucille Gladwell was trundling along to a well deserved pink Day 5 handicap winner's guernsey. Aware of but untroubled by the unfolding drama, husband Mark was timing and controlling her superb run home.

A just and sporting gesture was displayed when the trio ran the final few meters, with hands held entwined and aloft, to the Finish Line.

No more would be heard the prayer, "Oh Lord, if you pick my feet up, I PROMISE I'll put them back down!"

### OVERALL RESULTS - 330 KM.

<u>COMPETITOR</u>	<u>TIME TAKEN</u>	<u>KM PER HOUR RATE</u>
1. Maurice Taylor	31 hours 03min 26sec.	10.64 kph
2. Robert Channells	35 hours 46 min 53sec.	9.23 kph
3. Graeme Watts	36 hours 47 min 28sec.	8.97 kph
4. Gary Parsons	39 hours 33 min 37sec.	8.34 kph
5. Dave Holleran	40 hours 28 min 44sec	8.15 kph
6. Ron Grant	43 hours 15 min 49sec.	7.63 kph
7. Ian Cornelius	44 hours 31 min 44sec.	7.41 kph
8. Lucille Gladwell	46 hours 05 min 25sec	7.15 kph
9. Cliff Young	48 hours 10 min 52sec.	6.85 kph
10. Val Warren	48 hours 42 min 11sec.	6.76 kph

HANDICAP WINNER - a tie for first between Ron Grant and Dave Holleran.

### 24 HOUR RACE - PERTH - 2/3RD OCTOBER, 1993

by Charlie Spare

This race had to be cancelled when we only had 3 entries with 4 days before race day. However, many thanks to Solahart who sponsored the race, and to Geoff Hook who sent over the record claim forms. They have been filed for future use.

## NANANGO- SOUTH BURNETT PIONEER FOOTRACE

1993.

For the second year, this event has signified the commencement of the Pioneer festivities in the Nanango Shire. A pre-race dinner on Sunday 29th August gave all the competitors & crews a chance to meet & get to know each other. Eleven starters toed the line the next day at 8am for the first day's running of 75kms. to Kinbombi Falls. Each day was time handicapped - aiming to finish at 4pm. daily, except the first day when all started together. The first day was the longest, with terrain flat then becoming increasingly undulating and hilly towards the end of the day. A few of the competitors started out too hard, but paid the price on subsequent days. With over thirty in the travelling party, the camp grounds were a hive of activity by evening, and the fireside presentations and joking made for a pleasant end to the first day.

### DAY 1 RESULTS:

Maurice Taylor	7hr 5min	7. Ron Grant	9hr 19min
2. Robert Channells	7hr 14min	8. Lucille Gladwell	9hr 56 min
3. Gary Parsons	7hr 34min	9. Cliff Young	10hr 18min
4. Ian Cornelius	7hr 54min	10. Val Warren	10hr 45min
5. Dave Holleran	8hr 44min	11. Ray Chatterton	11hr 35min
6. Graeme Watts	9hr 05mins	HANDICAP WINNER..... DAVE	

### HOLLERAN.

Day two saw the first of the slower runners departing before dawn with the faster competitors leaving at their allotted times later in the day aiming for 4pm finish at Wondai. Ron Grant, who had injured his back a week earlier was very doubtful of finishing day 2 after suffering severe leg cramps the previous day, but gradually improved as the day progressed. Val Warren suffered from back and hip pain which made days two and three quite difficult for her until relief was gained from Jan Collins' massaging. Gary Parsons sustained the most major downfall in ability on day 2 with an ankle injury causing a lot of pain. He was forced to walk the last 20kms. into Wondai, with his band of faithful crew, his wife and two daughters trailing along behind him. Graeme Watts

who was competing in his second Ultra (his first being 90k in 24hrs in June) started to gain confidence, but remained level headed and consistent throughout. Ray Chatterton made hard work of the last ten kms into Wondai, and due to lack of fitness and exhaustion withdrew the next day. Day 2 was 67kms. taking the runners over Boat Mountain, a steep pinch for 2kms. which caused most to walk. The whole day was far from flat and conditions humid. All were glad to finally make the Diggers Club, while others chose to seek out the luxury of a nearby motel.

### DAY 2 RESULTS:

1. Maurice Taylor	6hr 20min	7. Lucille Gladwell	9hr 15sec
2. Ian Cornelius	7hr 21min	8. Val Warren	9hr 31 "
3. Graeme Watts	7hr 33 "	9. Cliff Young	9hr 50sec
4. Robert CChannells	7hr 38min	10. Gary Parsons	10hr 41 "
5. Dave Holleran	8hr 31 "	11. Ray Chatterton	12hr 07sec
6. Ron Grant	9hr 02	HANDICAP WINNER.....DAVE	

### HOLLERAN.

Day three was from Wondai to Kingaroy a distance of 66.5kms. through less demanding terrain, but of course the effects of the previous two days were now beginning to tell on all, except Maurice Taylor who once again made a clean sweep; of the course, and appeared to do so with ease. Gary Parsons made a come back and managed to finish the entire race running with a pronounced limp, but cheerful. Ian Cornelius and

Cliff Young experienced trying times with the same injury that put Ian out of the race last year flaring up. It was his turn to walk the last 20kms. with Val Warren walking the last 15kms. Cliff Young barely got out of a walk all day. Competitors seemed to have an extremely good or extremely bad day, with Robert Channells and Graeme Watts quietly covering the ground in an efficient manner. Never coming first, but never fading or faltering. Most chose motel accommodation at the Oasis Motel that evening and the hot showers and dinner put on by that establishment was excellent and greatly appreciated.



### DAY 3 RESULTS:

1. Maurice Taylor	6hrs	08min	7. Lucille Gladwell	9hr	30m
2. Graeme Watts	7	21	8. Val Warren	10hr	05
3. Robert Channells	7	24	9. Ian Cornelius	10hr	21
4. Gary Parsons	7	51	10. Cliff Young	12	04
5. Ron Grant	8	26			
6. Dave Holleran	9	16			

HANDICAP WINNER..... LUCILLE

GLADWELL.....

Runners from the previous year and those new to the event approached day 4 with some trepidation - the journey from Kingaroy to the top of the Bunya Mountains was the shortest day of 57kms. but half that distance was uphill and some very steep. Cliff Young made a tremendous comeback to complete the journey in 7hrs 18minutes earning him a unanimous cheer that evening at presentations. Dave Holleran made a good day of it also, with Gary Parsons close behind him and in tears at the finish line.

Graeme and Robert were patient and consistent. Ron by this time had accepted the fact that there were no miracle days for him, being forced to keep his stride short if he wanted to complete the race. Lucille Gladwell again covered most ground at a fast walk, and looking fresh and flexible at the end of the day, whilst Ian again had to settle for a great deal of walking and pain to gain the top of the Bunyas.

The clouds came over, engulfed the mountain top and the rain fell solidly. Cliff felt quite at home. The wind picked up and the temperature dropped. All thoughts of camping out were scrapped, and a house was hired for the night - the coldest house ever built, but it was at least dry. The evening presentations saw a very large group of people crowded around a very small fire place, but a few drinks, a hot meal and plenty of jokes made everybody feel better.

### DAY 4 RESULTS:

1. Maurice Taylor	5hrs	32mins	6. Cliff Young	7hrs	18mins
2. Dave Holleran	5 "	57 "	7. Ron Grant	7 "	58 "
3. Gary Parsons	6hrs	07mins	8. Lucille Gladwell	8hrs	25min
4. Graeme Watts	6 "	11 "	9. Val Warren	9hrs	01 "
5. Robert Channells	6hrs	42mins	10. Ian Cornelius	9 "	58 "

HANDICAP WINNER ..... RON GRANT.....

The last day dawned after a very cold night with all runners and crews keen to make the finish line and the completion of the event. Day 5 took the runners downhill from the top of the Bunya Mountains into Nanango, a distance of 63kms. Injuries and exhaustion were forced from the mind as much as possible for the final dash. Graeme and Robert decided to make it a head to head battle, with contact being kept until shortly before the finish when Graeme used his local knowledge to outfox Robert in a hilly winding section. Maurice cruised through the field once again with some blisters and a sore knee barely hindering him. Ron and Dave played cat and mouse games to try and take out the overall handicap prize for the race. Ian struggled on with his shin getting larger and redder trying to impersonate Cliff Young with his shuffle. Val finished with a new personal best for the event, but pledges that she wanted to make that her last event. She feels she is just getting past multi day racing. Lucille has vowed to return again with husband Mark running by her side. Cliff says 'NEVER AGAIN' just like last year. Maurice's overall time is 3 hours faster than Gary Parson's for last year, so Gary has already thrown down the challenge to beat that time next year.

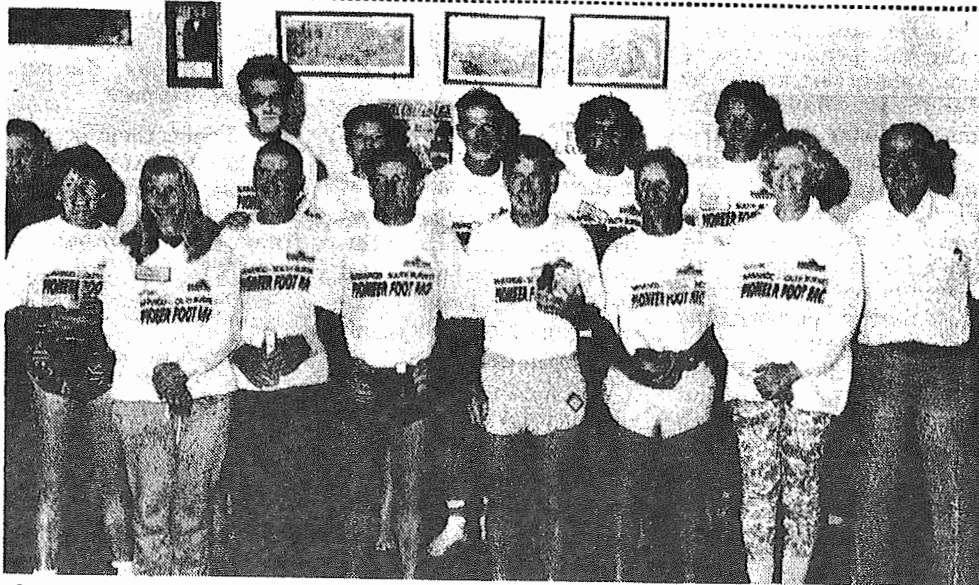
### DAY 5 RESULTS:

1. Maurice Taylor	5hrs	58mins	6. Ron Grant	8hrs	29mins
2. Graeme Watts	6 "	37 "	7. Cliff Young	8 "	41 "
3. Robert Channells	6hrs	47mins	8. Ian Cornelius	8hrs	58min
4. Gary Parsons	7 "	19 "	9. Lucille Gladwell	8hrs	59m
5. Dave Holleran	7hrs	59mins	10. Val Warren	9 "	19 "

HANDICAP WINNER ..... LUCILLE GLADWELL.....

Presentations and afternoon tea were held at the Nanango R.S.L. For added interest next year Reg McCallum, Nanango Shire Chairman, Patron of the event and route organiser for the five days has offered the Patron's Plate for the fastest time from the grid at the foot of the Bunya Mountains to the top at the camp grounds, a distance of 17kms.

# South Burnett Five-Day leaves athletes fulfilled



Sore and near exhausted competitors of the Pioneer South Burnett Five-Day Footrace gather at the Nanango RSL after the race. (Back from left) Maurice Taylor (men's race winner), Lucille Gladwell (women's race winner), Robert Channells, Dave Holleran, Ron Grant, (front) Val Warren, Del Grant (race organiser), Cliff Young, Graeme Watts, Ian Cornelius, Gary Parsons, Jan Collins (race aid) and Cr Reg McCallum (race patron).

Sydney's Maurice Taylor was crowned the winner of the South Burnett Pioneer Five-Day Footrace on Friday afternoon after completing the gruelling 330km circuit in just over 31 hours.

Veteran campaigner and former Goomeri boy Robert Channells finished in second place — four hours behind Taylor.

Local hero Graeme Watts finished in third place, an extraordinary effort considering it was his first ultra-distance race.

The runners could barely climb the stage to receive their trophies at the presentations at the Nanango RSL after the gruelling five-day event took its toll.

The highlight for the runners was the overwhelming hospitality and humour of the locals and all admitted it was one of the best races in which they had competed.

"The hospitality of the locals was only outdone by their marvellous sense of humour," race winner Taylor said.

He averaged 10.6 kilometres an hour for the five-days

which is an outstanding effort and he was quick to thank his crew for their support.

"I want to thank my 20 year-old son who was my crewman for the race.

"It's great to see we get along so well and that he still looks after his old man like he does," Taylor said.

Race organisers Ron and Dell Grant had praise heaped upon them by the other athletes and Cr Reg McCallum thanked them for bringing the race to Nanango.

McCallum is the patron of the race and was present at the respective camping grounds, doing what he could to help the athletes with their preparation each day.

Ron Grant finished sixth overall and the home town favourite struggled early in the race with a back injury.

Grant's reputation was enough to boost the event as the former Queensland and Australian Sportsman of the Year was responsible for the inception of the event.

The first woman across the line was Lucille Gladwell who averaged 7.15km per hour and she said the most enjoyable part of the race was socialising with the other athletes.

"I came on the run as a bit of a working holiday but the thing I enjoyed most was socialising with the others at the end of the day."

Colac potato-farmer and crowd pleaser Cliff Young finished ninth overall and said it would be his last South Burnett Five-Day run.

"At 71, too many runs like this one could kill a man," he said.

"It's a tough, tough race and I'm beginning to slow down a bit."

The only casualty in '93 was Brisbane-based runner Ray Chatterton who was forced to withdraw on day three with exhaustion.

All the other runners sent their commiserations to Chatterton who was unable to attend the post-race function.

The runner's runner of the race was unanimously voted to be Ian Cornelius who spent the last two days of the race in excruciating pain but fought the physical barriers with mental toughness.

Cornelius battled against blistered feet and an ankle injury sustained from an operation less than eight weeks ago.

The encouragement of the other runners and the disappointment to drop out drove Cornelius to finish the gruelling 330km race.

## Footrace potential

The Five-Day South Burnett footrace could become as important as the Sydney-Melbourne ultra-marathon.

This was the prediction of Cr Reg McCallum, Nanango shire chairman, after the 1993 event.

He said the run through the South Burnett was highly regarded by runners.

The major difference between the South Burnett and the Sydney Melbourne race was that the local one was for "fun", and the latter for prizemoney.

Cr McCallum thanked other councils for being involved in the recent race; their meeting of runners at over-night stops and presentation of shire mementos.

He was responding to a vote of appreciation by Cr Alec McIntosh (Kilkivan shire chairman and SBLAA president) on his role in the 1993 event.

"Reg McCallum was the guiding light in that five-day race.

"It was again a wonderful venture for the South Burnett and has great potential to be even greater."

Cr McCallum said long-distance runner, Ron Grant, now of Nanango, was the chief co-ordinator of the event and deserved the accolades.

South Burnett Times,  
Tuesday, 14 September, 1993

# NANANGO - SOUTH BURNETT 5 DAY STAGED RACE (QUEENSLAND) AUGUST 30 - SEPTEMBER 3, 1993

Eleven runners  
on the start line  
at Nanango.



"Hi ho, hi ho,  
it's off to work  
we go..." says  
Ray Chatterton.

Ron, Ray Mac,  
Robert Channels  
with Dorothy,  
crew-person.  
(at rear).



# 10TH ANNUAL BATHURST 100KM FOOT-RACE

## SUMMARY OF RESULTS OVER 10 YEARS

		ALL OFFICIAL FINISH TIMES										..note * = 50 miles	
RUNNER	X	*1984	1985	*1986	*1987	*1988	1989	1990	1991	1992	1993		
PETER ARMISTEAD	M	.	.	.	.	.	8,52.34	8,24.12	.	.	.		
GEOFF BOASE	M	.	.	.	.	.	.	8,18.18	.	8,29.34	.		
MAX BOGENHUBER	M	6,31.10	8,32.50	6,37.11	6,28.35	7,07.00	.	.	8,39.23	.	.		
MICHAEL BOHNKE	M	.	.	.	.	.	8,44.30	9,07.44	9,40.14	.	.		
BRAD BOYLE	M	7,24.44	.	.	.	.	9,33.45	11,15.48	.	9,59.57	.		
RALPH BRISTOW	M	.	.	.	.	.	.	.	.	.	.		
ISABEL BUCKLAND	F	.	.	.	.	.	.	.	.	--DNF.--	.		
SONNY BULLEN	M	9,49.30	.	.	.	.	.	.	.	.	.		
KEVIN CASSIDY	M	.	.	.	.	.	9,51.28	.	.	.	.		
ERIE GATTLE	M	8,07.32	10,45.11	.	.	.	.	.	.	.	.		
CRAIG CLARKE	M	.	8,50.30	.	.	.	.	.	.	.	.		
DENNIS CLARKE	M	.	.	.	.	.	.	.	.	.	.		
PHILIP CLARKE	M	.	.	.	.	.	.	.	11,22.59	--DNF.--	11,26.02		
GILL CLINGMAN	M	.	8,17.12	.	.	.	.	--DNF.--	8,12.26	.	.		
BARRY COATES	M	.	.	.	7,21.25	.	.	.	.	.	.		
EDWARD COLCOMBE	M	.	.	.	9,42.00	9,33.00	.	.	.	.	.		
GARRY COLLINS	M	.	.	8,04.00	.	.	.	.	.	.	.		
BRIAN COLWELL	M	.	.	.	9,16.18	8,22.18	.	11,24.35	.	.	.		
WARREN COSTELLO	M	.	.	.	.	.	.	14,40.00	.	.	.		
JIM CRONK	M	.	.	.	.	.	.	.	.	.	.		
LEE EARLE	M	.	.	.	.	.	.	.	.	.	.		
PAUL EISENHUTH	M	.	.	.	.	.	.	.	11,39.41	10,06.07	.		
PAUL EVERY	M	.	.	.	.	.	.	.	9,59.49	.	.		
KERIN FALLON	M	.	.	.	.	.	.	.	.	.	.		
PAT FARMER	M	.	.	.	3,51.00	.	.	.	.	.	.		
ANTHONY FARMER	M	.	.	.	.	.	.	.	.	9,50.16	.		
BOB FICKEL	M	.	.	.	8,37.09	7,38.05	9,38.30	.	.	.	.		
GRAHAM FIRKIN	M	.	.	.	7,43.06	.	.	.	.	.	.		
MARK FOLEY	M	.	.	.	.	8,57.10	.	11,15.48	11,22.59	.	.		
WANDA FOLEY	F	.	.	9,15.45	9,03.57	.	13,35.37	--DNF.--	.	.	.		
IAN FORSYTH	M	.	.	.	.	.	.	.	.	.	9,45.08		
HENRI GIRAULT	M	.	.	.	.	.	.	11,29.14	.	.	.		
MARK GLADWELL	M	.	.	.	10,30.00	.	.	.	.	.	.		
STEPHEN GRANT	M	.	.	.	.	8,32.17	.	.	.	.	.		
DANNY GRAY	M	.	9,57.19	.	7,09.54	.	.	.	.	.	.		
PETER GRAY	M	.	.	.	.	.	11,31.11	.	.	.	.		
TONY HARBER	M	.	.	.	.	.	9,42.22	.	.	.	.		
KEVIN HARDAKER	M	.	.	.	.	.	.	.	.	.	9,22.55		
TREVOR HARRIS	M	7,58.56	9,16.28	.	8,06.24	7,37.08	9,44.33	--DNF.--	.	.	10,36.43		
ROBERT HERD	M	7,42.11	9,34.39	.	6,43.46	6,22.42	8,19.38	8,48.12	8,34.50	.	10,01.27		
GEOFF HOCK	M	7,24.25	9,09.30	7,25.31	8,12.52	7,11.40	10,54.22	10,38.34	10,33.20	--DNF.--	.		
IAN HUTCHISON	M	7,32.34	10,45.11	.	.	8,57.10	11,52.00	.	.	.	.		
TREVOR JACOBS	M	.	.	.	.	.	.	.	.	.	.		
PETER JANOVSKY	M	.	.	.	.	.	.	.	11,39.41	.	10,42.48		
BILL JOAHNOU	M	.	.	.	.	.	.	.	.	10,12.18	.		
IAN JOHNSON	M	.	.	.	.	.	.	.	.	.	.		
GRAHAME KERRUISH	M	.	11,47.00	9,20.14	8,44.58	.	12,58.00	.	12,15.52	.	11,55.18		
TRUDI KIDD	F	.	.	.	.	.	.	.	.	11,44.45	.		
MARILYN KINCHIN	F	.	.	.	.	.	12,09.40	.	10,54.36	.	.		
TED LILLIS	M	.	.	.	.	.	13,55.17	.	.	.	.		
YAKI LOGAN	M	.	9,43.17	.	.	.	.	.	.	.	.		
CHARLIE LYNN	M	.	8,26.28	.	.	.	.	.	.	.	.		
PETER MANNING	M	.	10,35.24	8,17.41	8,18.38	.	.	.	.	.	.		
KEITH MANSELL	M	.	.	.	9,40.05	.	.	.	.	.	.		
BOB MARDEN	M	7,32.34	9,43.48	.	.	.	.	.	.	.	.		
KELVIN MARSHALL	M	.	.	.	.	.	.	.	.	.	.		
BRET MOLLOY	M	.	.	.	.	.	.	.	.	.	.		

# 10TH ANNUAL BATHURST 100KM FOOT-RACE

## SUMMARY OF RESULTS OVER 10 YEARS

		ALL OFFICIAL FINISH TIMES										..note * = 50 miles
WINNER	X	*1984	1985	*1986	*1987	*1988	1989	1990	1991	1992	1993	
EMMY MOORE	M		11,33.00									
GEORGINA McCONNELL	F				8,52.37	9,05.05	10,50.27		10,37.53		10,46.03	
WILLIAM NAGY	M						9,44.33					
PETER NELL	M								--DNF.--			
MARRY HEWMAN	M						9,43.43					
KEITH O'CONNELL	M				7,37.46	9,18.20	12,05.15		--DNF.--			
JOHN O'MEAGHER	M		10,52.06									
DEREK QUINTO	M	7,24.43	10,33.45			--DNF.--						
JOHN READ	M				7,02.54							
HARLIE ROBINSON	M	7,08.21										
PAUL SCHOFIELD	M		11,40.00									
JOHN SCUTTS	M						9,38.50					
RYAN SMITH	M			7,13.47			8,27.25	8,22.38		8,31.41	8,14.07	
MARRY SMITH	M										12,33.03	
DAVID STANDEVEN	M											
MARK STEINBERG	M											
CHRIS STEPHENSON	M		9,43.17		8,44.58	8,57.10	11,52.00					
MERRY SUSANS	M			11,35.00								
KEITH SWIFT	M	7,25.47										
REESE SYRED	M			8,21.37	--DNF.--							
DAVID TAYLOR	M			7,25.31	--DNF.--	9,28.34	11,13.58				--DNF.--	
MAURICE TAYLOR	M			6,37.29				8,36.45		8,54.16		
MARTIN THOMPSON	M					6,13.15						
JEFF VISSER	M							9,49.40	11,12.21			
GRAEME WILKINSON	M			7,53.11								
GRAEME WILTON	M	6,55.34										
JOBBY YOUNG	M	7,16.24										

### THE 1993 BATHURST 100k FOOTRACE

#### FINAL RESULTS

Saturday 18th September

PLACE	RUNNER	SUBURB	H, M., S	
=====	=====	=====	=====	
1	BRYAN SMITH	MELTON VIC	8,14.07	
2	KEVIN HARDAKER	BRADBURY NSW	9,22.55	
3	IAN FORSYTH	ABBOTSFORD NSW	9,45.08	
4	ROBERT HERD	TRANGIE NSW	10,01.27	
5	TREVOR HARRIS	BONYTHON ACT	10,36.43	
6	PETER JANOVSKY	BEXLEY NSW	10,42.48	
7	GEORGINA McCONNELL	BAUKHAM HILLS NSW	10,46.03	First Female
8	PHILIP CLARKE	CASULA NSW	11,26.02	
9	GRAHAME KERRUISH	RIVERWOOD NSW	11,55.18	
10	LARRY SMITH	ORANGEVILLE NSW	12,33.03	
11	DAVID TAYLOR	BERKELEY NSW	40k ....dnf	





## CABOOLTURE MULTI-DAY EVENT 1993

## 48 HOUR

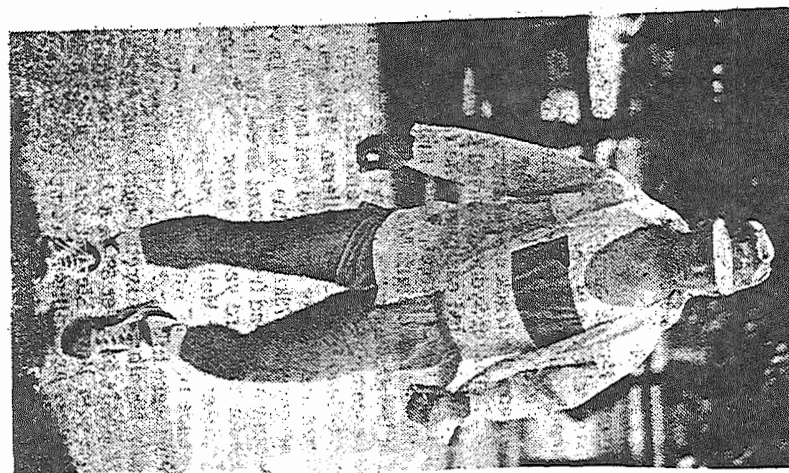
Name	D.O.B.	50 km	50M1	100km	100M1	200km	12Hr	24Hr	36Hr	48Hr
1. LaPIERRE, David	18-9-40	5.32.12	9.36.47	12.14.09	22.03.05	32.15.46	98.141k	174.614	220.000	282.803
2. Grayling, Michael	11-7-56	6.16.59	10.28.30	16.21.09	28.44.20	40.09.58	91.237k	133.758	183.000	241.837
3. Barwick, David	30-12-42	6.31.31	14.45.50	18.06.55	38.25.06	46.29.25	61.673k	123.518	147.873	200.000
4. Case, Valerie (1stF)	25-01-37	7.45.01	15.28.00	20.26.08	39.35.55		68.000k	112.000	151.000	192.000
5. Stockman, John	16-02-50	7.37.44	15.04.29	19.18.28	42.41.08		63.000k	116.000	132.793	176.420

## 24 HOUR

1. MACKAY, Mark	8-04-66	5.13.03	8.36.40	11.04.44	20.46.17		100.000k	173.736		
2. Holleran, David	25-06-56	5.25.08	9.43.20	13.51.31			86.000k	157.000		
3. Street, Carol (1stF)	15-8-41	6.10.09	11.01.05	14.33.20			85.608k	145.000		
4. Hall, Kerri (1st Walk)	25-03-51	7.57.00	14.29.00	18.23.49			67.345k	128.084		
5. Young, Warren	10-06-61	6.32.49	13.55.00	19.19.00			72.000k	117.000		
6. Fleming, Murray	64	6.47.55	14.56.10	21.14.53			75.608k	107.000		
7. Timms, John	30-09-42	5.38.39	10.01.00	16.56.58			93.402k	100.000		
8. Gould, Brett (2nd Walk)	16-06-64	12.10.00	21.48.00				49.449k	88.000		
9. Stewart, Barry (3rd W)	01-01-33						28.994k	43.000		

## RELAYS

1. Toowoomba Road Runners	-12x2hr Run	323kms
2. Q.M.R.R.C	" " "	314kms
3. Caboolture Runners (Black Ducks)	" " "	303kms
4. Brisbane Hash Runners	" " "	288kms
5. Caboolture Runners-Women (Ladybirds)	" " "	229kms
6. OUR Radio	12x2hr Walk	140kms
7. Roaches	24x1hr Walk	125kms



Brisbane's Murray Fleming shows the strain as he forges onward. The event started in wet conditions on Thursday.



# Agony, ecstasy in fitness test

THE Watty! Caboolture Multi Day Event organised by the Queensland Marathon and Road Runners Club's ultra division was held at the Grant Road Sports Complex last weekend.

The event was under the direction of Ian Javes. Organisers reported: THE new venue won favourable comments from all competitors. The event raised money for Camp Quality and consisted of a 48-hour run, a 24-hour run or walk, and a 24-hour relay. A 1km circuit was used.

The 48-hour event started late

Thursday afternoon in wet conditions with five competitors.

David La Pierre was making his fourth visit from Vancouver, Canada, to Caboolture. Hesoon took the lead and never gave it up, although Michael Grayling from Melbourne occasionally appeared as a likely threat.

This was Michael's first 48-hour event. David Barwick, of Sydney, and John Stockman, of Brisbane, were also attempting a 48-hour run for the first time.

To Page 41

## Sole woman clocks more than 190km

From Page 42

The only female competitor, Valerie Case, of Brisbane, clocked 192km.

When the nine 24-hour competitors and seven relays started late Friday the weather had cleared and the track conditions were good.

John Timmis, of Sydney, started fast in the 24-hour event and led easily for the first quarter from local Carol Street, with Brisbane'sners Dave Holleran and Mark Murray together third.

After the first six hours, John Timmis and Carol Street encountered problems and Mark Murray moved to lead from Dave Holleran. Mark led to the finish and despite blistered feet towards the end, he covered 173km in the 24 hours. Dave Holleran was second from Carol Street, the first female for the third year in a row. Fourth was local walker Kerri Hall with 128km.

Brisbane runners Warren Young and Murray Fleming were fifth and sixth, with John Timmis seventh. Eighth was Brett Gould. Brett battled courageously to cover 88km although he was in obvious pain. Barry Stewart, who walks with the aid of sticks and callipers, completed 43km.

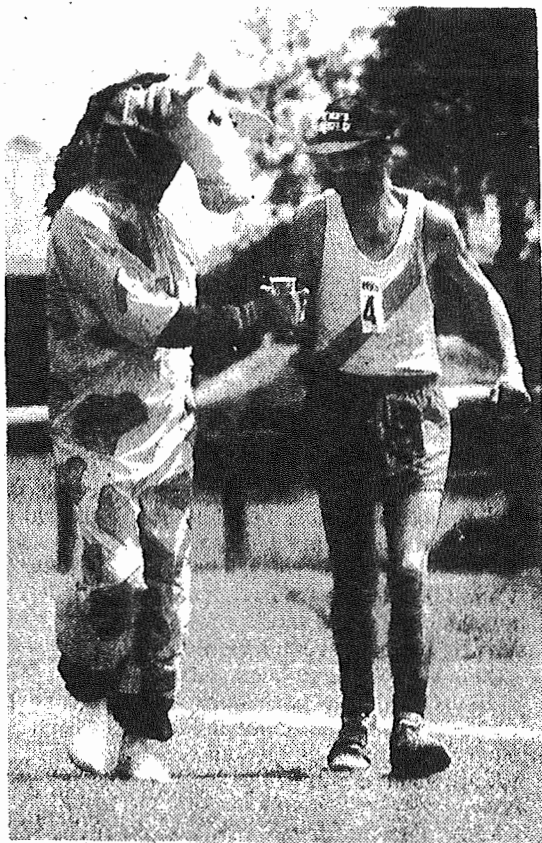
In the 24-hour relay, the Queensland Marathon and Road Runners Club team was given a good start by club president Chris Mead.

The team was passed finally by the Toowoomba team in the 10th hour, but kept second place. Toowoomba won the John Greenland Shield for the second year in a row with 323km. Third place was a battle between teams led by local runners Arthur Cox and Gary Parsons. Arthur had organised a Brisbane Hash Runners team and Gary a Caboolture team, the Black Ducks.

The Ducks came third. Gary also organised a Caboolture women's running team, the Ladybirds, which was fifth.

Sponsor was Watty! Queensland, with trophy donations from Ken Hayward, Michael Lavarch, Tom McLoughlin and Pat Camilleri.

Caboolture Shire Council helped to set up the course and the Grant Road Sports Association gave use of the grounds free.



■ ABOVE: Eddie Roach, as Harold the Life Education giraffe, greets 48 Hour competitor John Stockman.

### RUNNING CABOOLTURE MULTI DAY

Results — 48 Hour: David La Pierre 282.803km 1; Michael Grayling 241.637km 2; David Barwick 200km 3; Valerie Case 192km 4; John Stockman 176.42km 5.  
24 Hour: Mark Mackay 173km 1; David Holleran 157km 2; Caro Street (1st female) 145km 3; Kerri Hall (1st walker) 128km 4; Warren Young 117km 5; Murray Fleming 107km 6; John Timmis 100km 7; Brett Gould (2nd walker) 88km 8; Barry Stewart (3rd walker) 43km 9.  
Relay: Toowoomba Road Runners 323km 1; QMRRC 314km 2; Caboolture Runners, Black Ducks 303km 3; Brisbane Hash Runners 288km 4; Caboolture Runners, Ladybirds 229km 5; Our Radio 140km 6; Roaches 125km 7.

## Caboolture Near North Coast NEWS

Wednesday, September 29th, 1993



■ Race director Ian Javes and lap scorer Anne Medill attend to administrative details during the Watty! Caboolture Multi Day Event.

# ALBANY TO PERTH, WA - 560KM

To all AURA runners,

Get your running shoes out and enter those 24 Hour runs! I lost interest because there was no Sydney to Melbourne. The present longest road race in Australia of 560kms - the Albany to Perth, is far better, but your only problem will be to get into it. It's in West Australia and is to raise money for kids and is organised by Channel 7 TV as part of their Telethon Appeal.

This year in the second event, it was from Albany to Perth via the scenic route. The first half of the run was hilly, but worse than the hills in my opinion, was the camber of the road on some of those hills. The race was handicapped to try to get all runners to finish within a four hour period, where a street party was being held in the night club district of Perth.

The field is by invitation only and is influenced a lot by Ross Parker, who would be known by most Westfield runners. Ross is the originator of the event. In 1992, the run was Geraldton to Perth - 8 runners, 4 from the east and 4 locals, with 5 finishers (4 of them from the west). Bryan Smith was the winner, with Joe Record being first over the line.

This year, 9 runners, 6 from the east and 3 locals resulted in 7 finishers (3 from the west). Bryan Smith was again the winner. First over the line was Georgina McConnell. (They are tough in the west. Did you notice 100% finished!)

Why is this race the best? Well, when were you in a run where you had your van and petrol supplied, plus food, accommodation, and transport to and from the event? There were also rooms at towns we passed through where the runners could have a shower and a bit of sleep. Of course it was first come, first served, and I must thank Georgina for warming the bed up for me. Also, the timing of the event is important. The Telethon is run over the weekend, so they start the runners off so that they will arrive on the Saturday.

So you need one week off and you can do the run and be back at work if you need to by the following Monday. I have done two Westfields and 3 Colac races and can say without a doubt that this is at least as good as event.

So get into those running shoes and prove yourself in the 24 Hour races, or find out if Ross is open to bribes. The weather for the race was great and it was a top run.

Condolences to Maurice Taylor who did his hamstring in during a pre-race group start for television, and Wanda Foley, who was a bit light on training, but nevertheless put up a great effort.

George Audley.

\*\*\*\*\*

The first runner to leave Albany was Wanda Foley, the last Bryan Smith, 31 hours later.... a lot of time to make up in 560km! The course followed the Leewin Way, through the south west, through some of the most scenic country in the south of WA, and more importantly to the runners, the coolest. The big disadvantage was the hills, especially the two between Bridgetown and Donnellybrook, one up, one down, but both have to be seen to be believed. They are enormous.

Maurice Taylor had the misfortune to pull a hamstring before the event. The only other casualty was Wanda Foley, who retired with exhaustion. Bryan Smith had the fastest time as expected, and Georgina McConnell made line honours. She ran very strongly over the last day, her crew having to constantly amend her estimated time of arrival. At the start of the day, they expected her to finish about 10.30pm but she finally made it around 5.30pm! The runners were accompanied by their vans to the Entertainment Centre in Perth. The vans were parked there and runners and crew then ran to Northbridge, the night club area, where Channel 7 had a street party for Telethon. The finish was then televised. Unfortunately, only George Audley and Mark Pritchard made it in for the party. Georgina was too early and the rest were too late!

All press cuttings from the Albany Advertiser by courtesy of George Audley, unless marked otherwise. The Perth press gave very poor coverage to what could become a great race. It was organised by Ross Parker and sponsored by Channel 7 and Hungry Jacks.

Charlie Spare.

## RESULTS - FASTEST TIMES

1. Bryan SMITH	86 hours 17 min.	5. George AUDLEY	99 hours 05 min.
2. Tony COLLINS	93 hours 20 min	6. Mark PRITCHARD	100 hours 50 min.
3. Brickley HEPBURN	94 hours 05 min,	7. Ross PARKER	103 hours 30 min.
4. Georgina McCONNELL	98 hours 27 min.		

## ALBANY TO PERTH ROAD RACE, 1993.

# Distance no hurdle for lively Collins

By DAVE HUGHES

TONY COLLINS will go to almost any length to raise money for sick children.

This week, for instance, he will go 560km in the Albany to Perth ultra-marathon to benefit Telethon.

The race, which starts today, is now Australia's longest and has attracted nine entrants from all over Australia.

By Collins' considerable standards, 560km is a comfortable jog compared to the 1000km he has covered on four occasions between Sydney and Melbourne in the now defunct Westfield race to raise more than \$100,000 for cancer research.

The dental surgeon from Norah Head on the central coast of NSW relied on Australia's 7000 dentists to compensate him for his pain by filling the coffers of the Collins Marathon Fund at Sydney's Alexandria Hospital for Children.

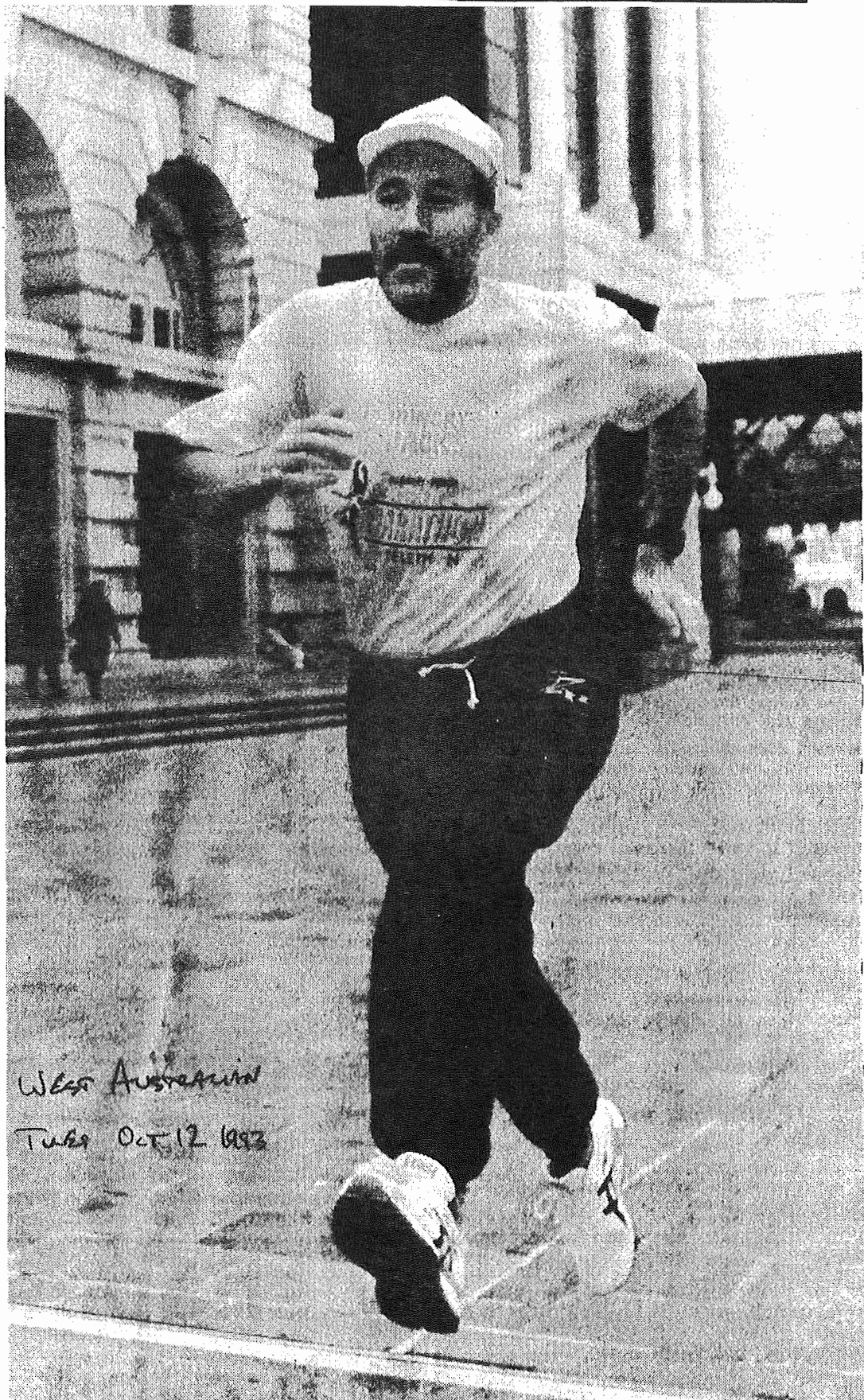
"As long as you can raise money for the kids, you feel like a winner, even if someone else gets to the finish line before you," said Collins, 45.

As one who lists among his dislikes laziness — along with blisters, whingers, wowsers, organised religion, coffee, drugs, tax on wine, crime, violence, injustice and dirty fingernails — Collins enjoys the challenge of pitting body and mind against the sheer distance of the race.

Former league footballer Ross Parker initiated the concept to contribute to Telethon in 1991 by running solo from Geraldton to Perth to raise \$3000. He was among a field of eight which tackled the same route last year, and will be lining up again today.

Victoria's Bryan Smith won last year's race and has returned to WA to try to repeat the feat.

Others to tackle the route which takes in Denmark, Walpole, Manjimup, Bridgetown, Bunbury, Mandurah and Fremantle are Wanda Foley, Mark Pritchard, George Audley, Brickley Hepburn, Georgina McConnell and Maurice Taylor.



**TASK AHEAD:** NSW endurance runner Tony Collins completes preparations for the charity race from Albany to Perth, which starts today. Picture: MICHAEL O'BRIEN



# THE ALBANY TO PERTH WHOPPER ULTRA-MARATHON

OCTOBER 12TH - 16TH, 1993

*Tony Collins*

Ever since the demise of the Westfield Sydney to Melbourne race in 1991, our sport has been in the doldrums (in a hole). Attendances at races have been poor to pathetic, there seems no central focus for our efforts. However, the emergence of the Albany to Perth Whopper Ultra-Marathon may possibly change all that. The 560 kilometre race, run continuously like the old Sydney to Melbourne is now the world's longest continuous race. Held recently, 9 runners tackled the arduous and hilly terrain of some of Australia's most beautiful countryside, with 7 finishing the gruelling event.

After several pleasant days in Perth and Albany, enjoying an abundance of local hospitality, we were all well refreshed and anxious to begin. They told us the first 60 or 70 kilometres were hilly with undulations after that. Well, those hills were as steep as any I have ever run on and you've heard of an Irish country mile, well, in Western Australia they have these things called undulations which look just like damn big hills to me!! endless and countless numbers of them, and at the crest of each one there was no down hill, just another up hill. The race officials explained this by saying that because Perth was north of Albany it had to be up hill - 'but wasn't the scenery lovely.' The two race officials were both called 'Garry Clarke' which avoided any possible confusion, whilst at the same time causing much. However, all the officials associated with the run were faultless; they did a fabulous job keeping us all on the road. Race Doctor, Jimmy Lie was such a happy guy, he managed to drag us out of holes that seemed bottomless with his strange sense of humour, as well as tend to our aching bodles. Rudi Gracias, for whom all things are possible, made sure that all of our needs were pandered to in every conceivable way. He was absolutely fabulous and his efforts were untiring.

The race was sponsored by Hungry Jacks, the large hamburger chain who also generously donated \$1 for every Whopper hamburger sold during the race to the Channel 7 Telethon. This amounted to nearly \$33,000, going to Children's Cancer Research along with over \$1.5 million for associated Children's charities which made running the race all very worth while. The excellent coverage of the race by the television media gave Ultra Running quite a high profile, not just in Western Australia, but the run also filtered into other states as a media event.

The race began on Tuesday, 12th October, at 10am with Wanda Foley starting alone, followed at 2.30pm by Georgina McConnell. At 6pm the Western Australian contingent, Ross Parker, Mark Pritchard and George Audley, set off at a brisk pace, enjoying the cool of the evening, to attempt to catch the women. Brickley Hepburn and I had an early night and set off fresh some 11 hours later, in the rain, just before dawn. This for me was a huge handicap, as I never function well before 11am! Maurie Taylor set off some 6 hours later, nursing a pulled hamstring muscle from the previous day's sightseeing. It was a gutsy effort to do 178kms. before retiring from the race. Last of all to go was Bryan Smith, setting off at 5.30pm, some 31.5 hours after the first starter. Considering the field, Bryan had quite a

job ahead of him. The handicapping was designed by Ross Parker after much soul searching, to get us all into Perth between 6pm and midnight on Saturday 16th; no easy job! As it turned out, Georgina was first across the line on Saturday afternoon at 4.47pm, followed by George at 9.35pm, Mark 11.20pm, Ross at 2am Sunday, myself at 2.20am, Brickley at 3.05am and Bryan at 7.47am (Just in time for church). Wanda soldiered on but withdrew when Bryan officially crossed the finish line.

Unofficial times were:

	Finish Time	Elapsed Time.
Bryan Smith	7.47am Sunday	86.17
Tony Collins	2.20am Sunday	93.20
Brickley Hepburn	3.05am Sunday	94.05
Georgina McConnell	4.57pm Saturday	98.27
George Audley	9.35pm Saturday	99.05
Mark Pritchard	11.20pm Saturday	100.50
Ross Parker	2.00am Sunday	103.30

It was an excellent race in every way. I have never been so well looked after at any race by all concerned. The charity of course was the big winner on the day, and we were all only too happy to participate in such an important event. Thanks Ross and Linda for the invite, thanks Rudi for your fabulous hospitality, thanks Jimmy for being there to laugh with me when I was hurting most, thanks also Garry and Garry, Molly and David and of course Hungry Jacks and Channel 7 without whom there would not have been such a fine event. Hope to see you again next year.

## *The children keep this marathon man running*

By JENNE MANNION

IT'S thinking about Telethon's disabled children that will keep Albany ultra-distance runner George Audley going once the cheering crowds drop off, fatigue sets in and the road from Albany to Perth begins to seem never-ending.

"Anything to help the children helps me get through," 58-year-old George said.

"When I start feeling real low as I do in the middle of the night, I know

thinking about the kids will keep me putting one foot in front of the other until I finish the race."

The same thing kept George going in what was at the time the longest ultra-marathon in Australia — the Hungry Jack's Geraldton to Perth Marathon (434.6km). George came fifth with a time of 3 days, 1 hour and 58 minutes.

"During that race I was told I wouldn't make it to the finish because I was running a bit behind," George explained.

"But that made me push harder.

"I never doubted I could do it and I ended up finishing three hours inside the limit."

And George now boasts an increased fitness level on last year.

"At the moment I'm running 240km a week," he said.

"I'm fitter than I was in the last Hungry Jacks Whopper Marathon.

"I know I won't win, but I will finish."

George has clocked up more than 70,000km of running since he discovered he had a natural ability 12 years ago.

"I don't actually enjoy running though," he said.

"It's just something I've found I can do well, so I do it. That keeps me going."

And keep going is what George intends to do.

"I won't be stopping or cooling down," he said.

"Running is great for my health. I had a lot of health problems prior to taking it up.

He also says he's proud and particularly honoured to be leaving from his home turf on October 12 for Perth.

"I'll be waving the Albany flag given to me by the Albany Mayor.

"Albany got me started by raising sponsorship for my first ever Sydney to Melbourne marathon."

"So now I feel I'm running for Albany and always wave the flag in its honour."

He's particularly proud to be doing so well considering his age.

"The trouble is I don't feel old," George joked.

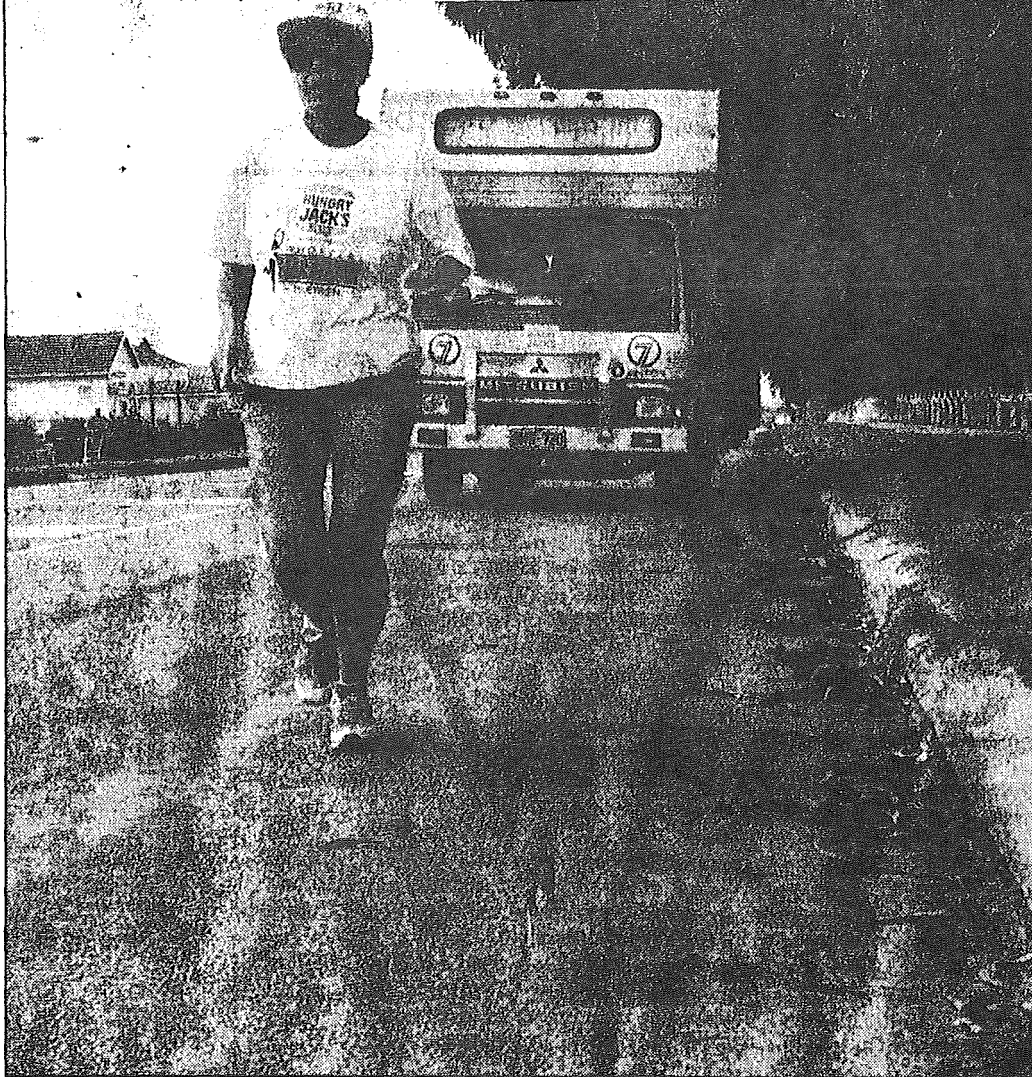
"It's just me against myself.

"I'm my only competitor. W



Page 12 Weekender October 1-3

**LIFEstyle**



**GOTTA RUN NOW:** Queenslander Wanda Foley, seen here running through Lockyer today, was the first runner to leave Albany in the inaugural Albany to Perth ultramarathon.

## Endurance field faces long, tough highway

THE starting gun cracked this morning on the longest foot race in the southern hemisphere.

The nine runners in the inaugural Albany to Perth ultramarathon for Telethon got off to a flying start before many enthusiastic spectators in Lockyer Avenue.

High school band Murphy's Lore, BMX bicycle and in-line skating demonstrations, the town crier and the Mayor Annette Knight, welcoming the runners and their crews to town, provided a carnival atmosphere at the starting line.

But the start was a symbolic one.

Organisers hope the runners will arrive in Perth between 8pm and midnight on Saturday night for a televised finish at a street party in Northbridge.

By IAIN SCOTT

With 560km to run between Albany and Perth, the runners have been handicapped to give them a better chance of arriving simultaneously.

First runner off the mark this morning was diminutive Queenslander Wanda Foley, who admitted to being keyed up.

"I want to get started," she said, shouting to be heard over the excitement at the start line.

"Most runners don't particularly like the hype, but it's good for the public image of the sport and the sponsors."

Foley said she didn't mind that she was starting four and a half hours ahead of the next runner to leave Albany, Georgina McConnell.

"I'm not a highly competitive runner," she said.

"I just like to get there."

The race's inventor, former league footballer Ross Parker, said waiting was the hardest part for many of the runners.

Over 31 hours separate the departure times from Albany of the first runner, Foley, and the last runner, Bryan Smith.

Smith is the hot favourite to win the race after winning last year's gruelling Geraldton to Perth event.

The other runners are Albany's George Audley, Bunbury runner Mark Pritchard, Tony Collins, Georgina McConnell and Maurice Taylor from NSW, and Brickley Hepburn from Victoria.

• More page 50

THE ALBANY TO PERTH WHOPPER ULTRA-MARATHON





**THEY'RE OFF:** Ultramarathon runners Georgina McConnell, Tony Collins, George Audley and Wanda Foley leave the starting line in Lockyer Avenue.

# Ultramarathon field underway

• From page 52

The race is by invitation only, and the nine runners are widely held to be among the best in the country.

The Albany to Perth event will attract considerable attention from endurance runners all over Australia.

Ultramarathons are rare, and since the demise of the Sydney to Melbourne event runners have been looking for a benchmark run to aim for.

According to several runners, Albany isn't too far to travel to compete in a race of this kind.

After leaving Albany, the runners proceed along South Coast Highway to Denmark and Walpole, then up to Manjimup, Bridgetown and Donnybrook, then to Bunbury, Mandurah, Fremantle and finally Perth.

The other runners' departure times are as follows:

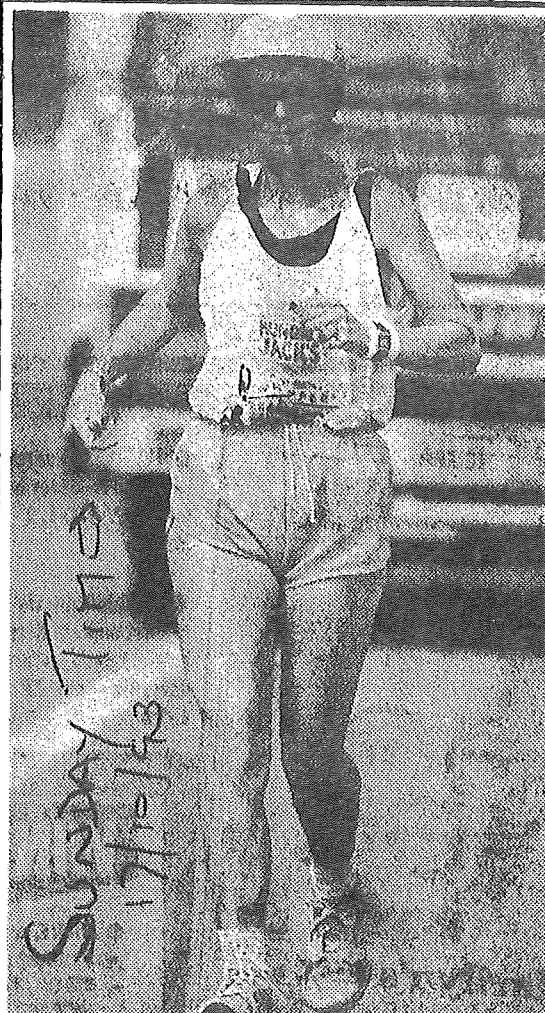
Georgina McConnell 2.30pm today; George Audley, Ross Parker and Mark Pritchard 6.30pm today; Brickley Hepburn and Tony Collins 5am tomorrow; Maurice Taylor 12.30pm tomorrow; Bryan Smith 5.30pm tomorrow.

## Ultramarathon times

**ALBANY to Perth Ultramarathon, final times after handicapping:**

1 Bryan Smith (Vic) 86 hours 17 minutes, 2 Tony Collins (NSW) 93:20, 3 Brickley Hepburn (Vic) 94:05, 4 Georgina McConnell (NSW) 98:27, 5 George Audley (WA) 99:05, 6 Mark Pritchard (WA) 100:50, 7 Ross Parker (WA) 103:30. Wanda Foley (Qld) and Maurice Taylor (NSW) did not finish.

## RESULTS



□ Georgina McConnell leads the field in the final stages of the Albany-to-Perth Whopper Marathon.

## Georgina wins Whopper run

**THINKING** about the Telethon children inspired Georgina McConnell to lead the field home in the Albany-Perth Whopper Marathon which finished in Northbridge last night.

Georgina, 49, from NSW, led the field of seven to finish at 5pm after more than 560 gruelling kilometres.

But with injured shins and a swollen knee, there were serious doubts on Friday night whether she would be able to finish.

"I kept thinking about the children we're trying to help and just had to push on," she smiled.

A small serve of fries at Hungry Jacks in Claremont helped her over the last few kilometres.

McConnell is the Australian ultra-distance champion and holder of 14 Australian records.

Two runners, Wanda Foley and Maurice Taylor, were forced out of the race through injury.

The winner on handicap was being decided late last night.

## \$3m target for Telethon

**THE** race is on to prove WA is still the most generous State with the launch of Telethon last night. The Channel 7 charity phone-in raised a record \$2.7 million last year.

Telethon, now in its 26th year, is on track to pass \$3 million.

By early today the tally was nudging \$250,000.

The numbers to ring this year are: 345 6111, and for country viewers (095) 192 222.

# Sri Chinmoy 24 Hour Race Results 1993 OCT 16<sup>th</sup>/17<sup>th</sup>

	Total km	Marathon	50k	50miles	100k	150k	100m	200k
1. David Standeven	209.218	3:40.54	4:20.10	7:18.25	9:21.51	15:14.57	16:40.05	22:30.12
2. Peter Gray	202.829	3:48.37	4:35.49	7:48.13	10:02.13	16:22.56	17:51.45	23:31.44
3. Sandy Barwick	174.490	4:23.32	5:14.43	8:55.54	11:28.02	18:57.27	20:53.17	
4. Doug Kewley	166.285	4:18.18	5:04.01	8:19.03	10:39.42	19:09.20	21:35.20	
5. Brian Kennedy	162.206	4:11.46	4:57.48	9:22.37	12:10.20	22:02.27	23:41.17	
6. Helen O'Connor	153.887	4:50.43	5:48.27	10:34.40	14:14.23	23:10.30		
7. Michael Slagter	150.193	4:16.15	5:04.56	9:00.54	12:03.18	23:18.10		
8. Cliff Young	148.470	5:13.04	6:33.57	11:02.42	14:08.54			
9. Peter Slagter	143.420	4:36.59	5:29.39	9:50.10	12:56.52			
10. Terry Buxton	133.201	5:10.37	6:24.31	11:08.05	14:34.45			
11. Sue Worley	127.870	6:15.49	7:50.47	13:39.43	18:00.37			
12. Mark Mackay	127.318	3:40.41	4:19.37	7:56.06	16:01.09			
13. Marcus Bruer	120.496	4:58.27	6:04.07	12:30.53	17:38.24			
14. Ankhi Elliott	116.633	5:35.27	6:58.30	13:12.41	18:06.07			
15. Ross Martin	113.278	6:14.31	7:45.07	14:25.37	20:39.40			
16. Warren Green	109.354	5:24.51	7:01.15	14:11.31	20:53.59			
17. Graeme Cox	106.618	7:11.50	8:19.35	19:00.01	22:49.12			
18. Stephen Pascoe	106.029	5:17.39	7:00.05	14:22.51	20:06.05			
19. Dean Brown	105.081	5:47.55	7:07.07	14:28.27	20:30.55			
20. Anyce 'Kip' Melham	99.841	4:04.27	4:53.00	9:29.20	14:50.23			
21. Choi Peng	96.835	7:05.32	9:08.16	19:39.16				
22. David Sill	91.977	4:41.07	5:32.39	11:00.10				
23. Kapila Moses	72.348	8:17.54	11:36.36					
24. Murray Cox	28.467							



Peter Gray, second placegetter, ran well to cover 202.829km.

# ROYAL NATIONAL PARK ULTRA DISTANCE 56KM - 23RD OCTOBER, 1993

by Alan Witt

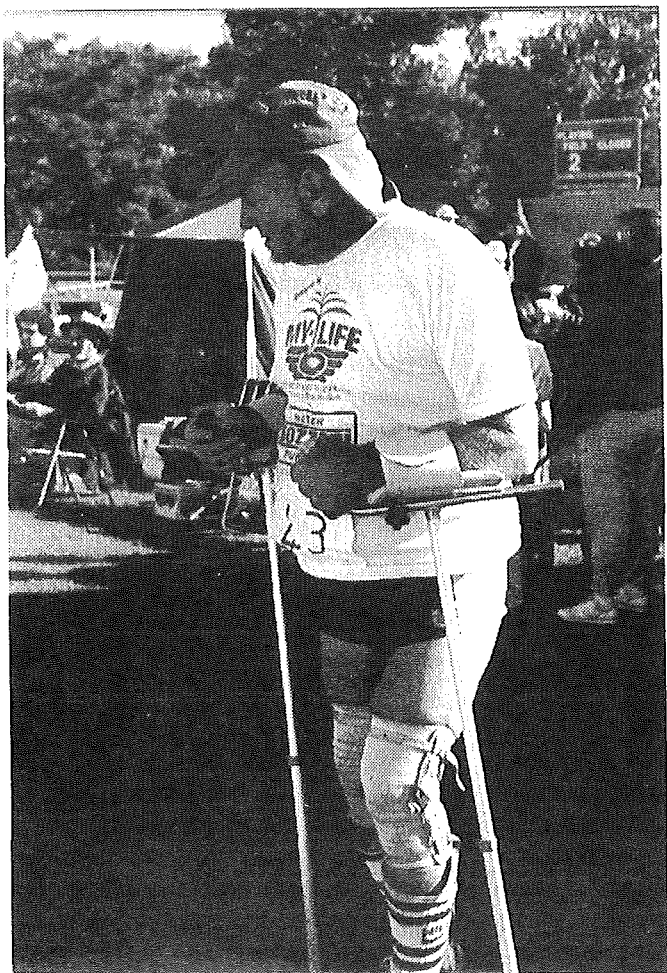
The conditions were just perfect. When Helen and I arrived at the start and finish at Helensburgh, there were people everywhere, standing around and chatting and the atmosphere was full of tension and fun. Before we knew it, it was time to assemble at the start and away we went.

The new course was interesting to say the least, with three separate loops going through the same aid station at Garawarra Farm. This was great as I was aware of where I was and not feeling in previous years, as if I was lost, being a little blind as I am.

Up and down hills we went, and at each aid station, we were clapped and cheered and encouraged to keep moving on. These people at the stations were just sensational as there was no shortage of fresh water, watermelon, jelly beans etc. and thanks to Billy "Bananas" Collis, plenty of green bananas.

The scenery was constantly changing through each section and this park is superb. Well finally, after the last hill up the Oxford Road, and through Helensburgh, we could see the finish. What a great run! What great organisation and what a great party afterwards. Tony Kranske looked after all the finishers by shouting us a large beer and after a shower, the festivities got under way out the back of the local pub. Before, during and after the presentation, Helen and I had a drinking competition and I think I won.

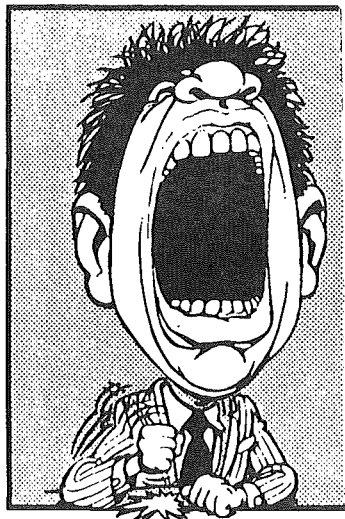
Thanks a lot, Billies' Bushies for all your hospitality and for a marvellous event.



Barry Stewart, disabled AURA member, who is planning a 13 day run from Albury to Melbourne from 24th May to 5th June, 1994. Perhaps some AURA members may be willing to accompany Barry on one or more of the days of his charity run. If so, contact his helper, Jim Young on (060) 431001 and find out where Barry is likely to be on the days which suit you.

## ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



Any articles will be considered.  
Cartoons, photographs, reports or  
thoughts!

Please dispatch to the Editor.

=====

# 1 9 9 3   R O Y A L   N A T I O N A L   P A R K   U L T R A

presented by Billy's Bush Runners Inc.

## R A C E   R E P O R T .

=====

### BACKGROUND:

It's been a difficult year for the organising committee.

The ULTRA had been due for an overhaul, what with the complexity of trails throughout the park placing unreasonable demands on our workforce for the duration of a full-length 50 miler.

We therefore made the decision to reduce the ULTRA to a 50-60 km event and give runners the worry-free bonus of starting and finishing in the same place.

Bundeena was the obvious choice.

We could create either a loop or out-and-back course taking in the magnificent stretch of coastline northwards from Garie - a feature of past ULTRAs.

But this was not to be. The National Parks & Wildlife Service told us we could no longer stage our event along those trails due their poor condition. You may be asking yourself as we did, are 100 pairs of feet going to make much difference ?

This forced us into a corner (the southern portion of the park in fact) and the challenge we now faced was to come up with a good new course or simply let the event die.

Helensburgh was then chosen for our race headquarters and after much discussion a new course was agreed upon.

It was also pleasing to note that about 70 percent of the course would be familiar to our previous ULTRA competitors and we still had a scenic element in the section from Burning Palms Beach to Otford Lookout.

It was still a course to be treated with respect, for nearly all the tough climbs in the old 50 miler had been squeezed into 54 kilometres.

### THE EVENT:

Saturday, 23rd October. Race day dawned cool and sunny.

The pre-race hour was a familiar scene, with runners arriving and settling into their own personal routines in the countdown to the challenge ahead.

By race start the field had swelled to 98 - a little disappointing to fall short of the magic hundred but encouraging just the same.

We had two Six Foot Track stars in Greg Love and Michael Burton, and they were to share the limelight for most of the race.

The gun went and for 1 kilometre a lead car escorted the field through several backstreets to commence the first section of bush track.

Greg and Michael shared the lead through Helensburgh Railway Station at 7.5 kms, Garawarra Farm at 14 kms, and Mike arrived back at the Farm after the 7 km Burning Palms loop with his nose in front.

By this stage runners would have negotiated four sizable climbs and some steep descents, so they knew what to expect from the next 30 km ! The next section featured a downhill road run of 4 kms to Forest Island and it was from here that the competitiveness of both runners started to show. First it was Mike who broke away to a sizable 200 metre lead, but as quickly as the gap had appeared, Greg closed it again.

As they entered the rainforest Mike was starting to look distressed and from here Greg slowly drew away to lead by 1 minute at 30 kms.

38. He pushed it hard up the Wallumarra Track to Black Gin Ridge and returned to Garawarra Farm (39 kms) with a handy 5 minute lead.

Further back, Max Bogenhuber, Andrew Mackenzie-Hicks, Jon Worswick and Kelvin Marshall were staging their own battle for a minor placing. But from here the complexion of the race was about to change.

At the 43 km mark Greg Love took the required left turn off the road and onto the Karingal track but immediately came unstuck when he took another left instead of a right and found himself back on the road and in company with Max who had been running in third position ! Max had been pacing himself well and emerged from the last section of bush track to arrive at Apple Pie aid station (48 kms) in second position.

Greg was now in trouble and sadly, was to slip further behind. But Mike Burton who had been showing signs of fatigue as early as the 27 km mark, showed great courage to tough it out all the way up Otford Hill to finish a worthy winner in a new time of 4 hrs 38 mins. Jon Worswick overhauled Max in the last kilometre to grab second and Andrew Mackenzie-Hicks finished a close fourth to Max. From a small female contingent of seven starters, Toni Mundt was a clear winner in 5 hours 56 minutes.

At the finish, tired runners could cool off in the nearby pool, have a rub down from one of the massage therapists or relax in the beer garden of the hotel across the road. The presentation, held at rear of the hotel was well attended and all finishers were given a cheer when called up by name to accept their commemorative mugs. As well as the usual cash rewards for the top five finishers and first female, trophies went to the first male and female veteran runners.

#### THE AFTERMATH:

The ULTRA seems to have found itself a new home at Helensburgh. Warmly received by runners and officials alike, both the course and it's new start/finish seem destined to remain for next year. At least that's the wish of the committee ! But every year a fresh application to the N.P. & W.S. must be made to stage the event and we are bound by their decision. Time will tell.

#### Major Placegetters.

1ST OUTRIGHT:	Michael Burton.	4 hrs 38 mins 35 secs.
2ND	" : Jon Worswick.	4 hrs 44 mins 40 secs.
3RD	" : Max Bogenhuber.	4 hrs 46 mins 44 secs.
4TH	" : Andrew Mackenzie-Hicks.	4 hrs 46 mins 55 secs.
5TH	" : Peter Goonpan.	4 hrs 51 mins 56 secs.
1ST FEMALE	: Toni Mundt	5 hrs 56 mins 57 secs.
1ST VETERAN MALE	: Max Bogenhuber	4 hrs 46 mins 44 secs.
1ST VETERAN FEMALE:	Barbara Allen	6 hrs 48 mins 00 secs.

MANY THANKS to all the Bushies who helped out on the day in many different ways. Other people and organisations (too many to mention all) providing valuable assistance were:  
SUTHERLAND SHIRE VOLUNTEER BUSHFIRE BRIGADE - gave us a radio communications network around the course to cater for any emergency.  
Dr. NICK BRITTAIN and Sutherland Shire Sports Injury Clinic.  
JIM WALSH and his hard working group of Massage Therapists.  
CENTENNIAL HOTEL, Helensburgh - management and staff.  
F.M. SHAW Printers - provided us with Entry Forms and Chest Numbers.

Roger Hardy, Race Secretary.





# RACE RESULTS.

## 1993 ROYAL NATIONAL PARK ULTRA

Hburgh Pub. 54 kms.				Hburgh Pub. 54 kms.			
1	Michael Burton	32	4:38:35	51	Bill Rannard	39	6:40:00
2	Jon Worswick	30	4:44:40	52	Anthony Bousfield	30	6:43:00
3	Max Bogenhuber	51	4:46:44	53	John Melnyczenilo	45	6:43:00
4	Andrew McKenzie-H	35	4:46:55	54	Philip Clarke	41	6:43:00
5	'Big Goonie'	34	4:51:56	55	Wayne Heffernan	44	6:46:00
6	Kelvin Marshall	29	4:52:24	56	Barbara Allen (F)	43	6:48:00
7	Ian Green	48	4:55:19	57	Robert Simms	43	6:53:00
8	Greg Love	39	4:55:21	58	Scott Grant	30	6:54:00
9	Mark Watson	29	4:56:29	59	Julie Persis (F)	33	6:55:00
10	'Rabbi' Gray	41	4:57:10	60	Dave Partridge	40	6:59:00
11	Philip Hugill	35	4:58:18	61	John Shepherd	51	7:00:00
12	Ray Henry	39	5:15:17	62	Lyn Cribb (F)	38	7:03:00
12	Robert Herd	38	5:15:17	63	Ian Scott	33	7:04:00
14	James Owens	35	5:20:30	64	Patrick Austin	54	7:05:00
15	Geoff Stevens	52	5:27:20	65	Ted Lilliss	51	7:06:00
16	Ludwig Herpich	58	5:28:50	66	Peter Wise	33	7:06:00
17	R. Kimbrey	45	5:29:38	67	John Vandenhame	36	7:07:00
18	Graeme Patterson	37	5:31:48	68	Alan Witt	47	7:07:00
19	Brett Molloy	33	5:32:18	69	Max Powditch	56	7:12:00
20	Graham Latta	37	5:32:30	70	John Brett		7:16:00
21	Paul Every	29	5:33:20	71	Tom Hobbs	55	7:17:00
22	Dave Girvan	62	5:33:33	72	Tristan Abelard	33	7:18:00
23	Mike London	50	5:38:32	73	Geoff McConnell	50	7:19:00
24	Kevin Hardaker	45	5:38:37	74	Gregory Reid	51	7:19:00
25	Alf Field	53	5:41:48	75	John Timms	51	7:19:00
26	Ian Forsyth	39	5:41:56	76	Paul Sutton	29	7:21:00
27	John Smith	51	5:42:25	77	'Mountain Man'	54	7:23:00
28	Craig Goodall	39	5:49:02	78	Peter Allen	46	7:24:02
29	Fred Olovich	38	5:49:26	79	Graham Love	44	7:24:05
30	Roger Croft	51	5:52:47	80	R Samuel		7:24:15
31	Rodney Sturch	33	5:56:31	81	Andrea Cullen (F)	26	7:41:00
32	Toni Mundt (F)	26	5:56:57	82	Cris Ashcroft (F)	27	7:41:00
33	John Bonsing	55	5:57:04	83	Colin Francis	46	7:53:00
34	John Henderson	37	5:58:43	84	Chris Mills	32	7:55:00
35	Robert Williamson	43	5:59:15	85	Danny Beard	62	7:56:00
36	'Hooray' Goymer	54	6:02:19	86	Bob Taylor	47	8:15:00
37	Les Davis	47	6:02:20	87	Ernie Aroney	66	8:16:00
38	Dennis Cuncliffe	54	6:03:16	.....			
39	Mick Kilham	37	6:13:49	88	Fat Wayne Garrard	32	D.N.F.
40	Charles Reis	36	6:23:04	89	John McLeish	45	D.N.F.
41	Allen Hilton	43	6:24:06	90	Ray Clark		D.N.F.
42	Martin Collins	31	6:27:18	91	Stephen Urwin	36	D.N.F.
43	Paul Sturgess	38	6:27:59	92	Alistair Wallace	52	D.N.F.
44	Joan Eisenhuth(F)	35	6:28:41	93	Jeffrey Tooth	28	D.N.F.
45	David Marrett	46	6:28:53	94	Glen Baker	34	D.N.F.
46	Neil Guy	42	6:29:16	95	Brian Millett	41	D.N.F.
47	Anthony Keevers	35	6:31:19	96	Bill Courtney	60	D.N.F.
48	Graham Jones	39	6:32:53	97	John Stone	46	D.N.F.
49	Brian Rensford	48	6:33:49	98	Bruce MacIntyre	34	D.N.F.
50	Ian Morgan	54	6:35:00				

# SIX HOUR TRACK RACE - EAST BURWOOD VIC. SUNDAY 24TH OCTOBER, 1993

by Dot Browne (Race Director)

The weather forecast sounded ominous - "change expected with gale-force winds". Not good. However at 8am as we started setting up, the sky didn't look too bad. Les Clarke had secured his tent for the lap-scorers, and runners and crews were starting to arrive. I was delighted that one third of the field were new faces in the ultra-running scene. They came from as far as Shepparton, Moe and Geelong to compete.

The event started at 9am and Keith Alexander went out fast, covering 14km in the first hour and building up a 2 lap lead. Brian Simmons, who had promised to take it easy after his forced break from running, couldn't help himself and sat in second position. Lavinia Petrie, a competitor who has had the most phenomenal success in everything athletic she has tackled recently, was hot on his heels. Greg Wilson, previous winner of this event, showed his experience and sat back in fourth position.

But by 10am the change had set in. The dark clouds were getting blacker as Sandy Kerr produced hot drinks and sandwiches for the lapscorers, and before long, the pelting rain had started bucketing down, sending spectators and crews scurrying for cover and producing rivers of run-off through the lap-scorers' tent. We had to move the leader-board under cover because the felt marker-pens refused to work on the wet slats. Meanwhile, the runners kept circulating. Round and round ... and round, getting soaked to the skin.

By the third hour, Brian Simmons had caught Keith Alexander. They were on the same lap, and Lavinia was holding on to third placing, with Greg Wilson still in fourth position. Some of the inexperienced ultra-runners, Joe Torre, Steve Duckworth, Dave Rabl and Chris Kellar were surprising us, holding on to minor placings at this stage.

It was about the third hour that the tornado hit. Unbelievable winds and lashing rain ripped guy ropes from the ground, flattened crews' tents, sent the cast iron leader boards toppling, spraying the slats all over the wet track like a handful of thrown cards, and whipping sandy grit from the track into everybody's eyes. Runners coming around the top bend were blown into the third lane, and as they turned into the front straight, copped a full frontal into the teeth of the gale, standing them up and reducing many of them to an angled walk, leaning into the wind. Lane one was now two inches deep in water. Unbelievable conditions. Some runners took turns on Mike Browne's massage table to escape the elements.

Lavinia Petrie, having set herself for the 30 mile national record, busted a gut to achieve it. She came in just 1 minute 13 seconds under the existing record to clock 3:40:44 for 30 miles, an amazing feat considering the appalling conditions. However, the effort took its toll. She pulled out 20 minutes later, exhausted.

Would you believe, an hour later, we had bright sunshine, the track steaming and the helpers out with the brooms, trying to entice the track water into the drains. We got the sausage sizzle going, and the smell wafted all over the track. John Harper couldn't get too many takers amongst the runners though. But the helpers and lap-scorers gave them a fright.

By 4 hours, Keith Alexander was starting to tire, and Brian Simmons had hit the front, two laps in the lead, with Greg Wilson in second position. Joe Torre, from Coburg was an amazing first-timer. He ran consistently throughout the race to stay in either 4th or 5th position and seemed to keep the pace going as everyone else faded in the last couple of hours.

By then, it was pancake time. The cooks cleaned the hot plate and changed the menu. It was delicious pancakes with honey, strawberry jam and ice-cream. And meanwhile, while the helpers and spectators were all having fun, the runners were still going round... and round... and round. We even enticed a few tiring athletes to walk a lap and sample our wares. Got them going again.

The experienced ultra-runner, Greg Wilson, won out in the end. He came through strongly in the final two hours to take out his second 6 Hour Track Race victory. It was 4km less than last year, but in the conditions, an amazing effort. Well done Greg! Brian Simmons, in his first ultra, hung on to second place with 72.199km. Fantastic! And Keith Alexander finished well to place third after a fast start. The rest of the field all gutsed it out to complete the six hours and some great results were achieved. Lawrie Crouch even achieved a personal best distance.

Presentations were held soon after the finish. Greg Wilson, in an emotional winner's speech, expressed his sadness that George Perdon, a local resident, was not present. George had been a regular supporter of our Six Hour Track Race at East Burwood, and we all missed him today. Greg made the comment that "Today's race was a character-building event" and we couldn't agree more. Let's hope the poor conditions were not enough to frighten off our newcomers and that we see them again next year.



Thanks once again to my great team of helpers - Col Browne on computer, my son Michael as masseur, Sandy Kerr on refreshments, John Harper, my right hand man, Cherie Baldwin and many of my Croydon Vets. A.C. friends who came to help and support the runners. Another successful event. Thanks a million!

## RESULTS

Name	marathon	50km	total km	placing	W
(265) Greg Wilson	3:13:58	3:49:20	74.199	1	
(281) Brian Simmons	3:05:13	3:42:32	72.199	2	
(270) Keith Alexander	3:06:15	3:53:07	70.248	3	
(261) Joe Torre	3:27:53	4:11:09	70.064	4	
(276) Lawrie Crouch	3:44:03	4:29:06	65.993	5	
(263) Geoff Duffell	3:43:56	4:28:05	65.936	6	
(273) Steve Duckworth	3:30:26	4:18:11	64.625	7	
(271) Bill Beauchamp	3:41:57	4:30:44	64.249	8	
(266) Ron Campbell	3:33:05	4:32:48	64.126	9	
(277) Chris Kellar	3:39:54	4:37:36	63.681	10	
(282) Mike Grayling	3:46:00	4:38:04	62.941	11	
(267) Peter Gray	3:44:10	4:38:33	61.249	12	
(274) Dave Rabi	3:49:10	4:52:15	58.39	13	
(268) Keith Green	3:46:16	5:07:25	58.152	14	
(264) Adam Hillbrick	4:19:00	5:19:31	55.536	15	
(272) Jim Clarke	4:40:00	5:33:40	53.849	16	
(280) Lavinia Petrie	3:08:54	3:50:14	51.2	17	W1
(269) Godfrey Pollard	4:54:38	5:52:48	50.957	18	
(275) Norm Johnston	5:22:48		46.008	19	
(262) Ken Matchett	5:41:49		43.122	20	

## Local Ultra Winner

"MOUNTAIN VIEWS" 1-11-93

**Yarra Valley UltraMarathon runners took out the major placings in the annual 6 Hour Track Race at Burwood recently.**

Gale force winds and heavy rain followed by humid conditions made the event extremely difficult.

These conditions, when combined with a fast early pace, made it a race of attrition! It was also as exciting as an UltraMarathon can be, with the result in doubt until the final half hour.

In the early stages tearaway leaders set a suicidal pace. They were accompanied by Lavinia Petrie of Wesburn who chose terrible conditions to attempt breaking her own Australian 30 mile and 50 km records.

Greg Wilson (Toolangi) and Brian Simmons (Chum Creek) were some laps behind, even though running at an event record pace!

Greg was first to realize the penalty to be paid later and eased to a safer pace while Brian, in his first UltraMarathon, stuck grimly to his schedule to break 80 kilometres.

With the inside lane of the track flooded, runners were forced wide and the buffeting wind, at times, had them almost running on the spot. The leaders were fading as early as two hours into the race and soon Brian Simmons had



★ Greg Wilson winning Burwood 6 Hour Track Race.

took in the conditions was obvious when she ran onto 50 kms and failed by 42 seconds to break her own record time of 3 hrs 49 min 32 sec.

Lavinia promptly retired from the event but was still awarded First Female prize.

Meanwhile, Brian Simmons was experiencing problems with cramp and was forced to walk, while Greg Wilson cut into his lead. He had built up a 3 lap buffer when he, too, was struck down with leg cramps and forced to walk. A revitalized Brian saw his chance and closed the gap to 1½ laps before Greg could break into a run again.

Keith Alexander, who had held a 5 lap lead in the early stages, was again running fast and looked a threat although 9 laps behind with an hour to run.

In the latter stages, Greg Wilson pulled away again and won by 5 laps from Brian Simmons who, in turn, was 5 laps clear of Keith Alexander.

### Results:

1st: Greg Wilson  
74.199 kilometres  
2nd: Brian Simmons  
72.299 kilometres  
3rd: Keith Alexander  
70.284 kilometres  
1st Female: Lavinia Petrie 51.5 kilometres  
30 mile Australian record  
3 hrs 40 min 44 sec

wrested the lead with Greg Wilson a few laps behind. Lavinia Petrie was fading after her amazing early pace and any records seemed unlikely. However, showing all the courage for

which the 50 year old mother of three is renowned, Lavinia took 1 min 13 sec off the Women's Australian Record for 30 miles, recording 3 hrs 40 min 44 sec. The effort it

# Rainbow Beach Trail Runs - 6<sup>th</sup> Nov 1993

Rainbow Beach is situated 2½ hours north of Brisbane and is accessible by conventional vehicle.

Accommodation is available in all forms from tent sites, self-contained units and motels. The area still maintains its wilderness even though there is a shopping centre and restaurants in the main street.

Registration is at the Surf lifesaving Club on top of a colour sand cliff. This is where all races start and finish. The 50K + 33K start at 5.00am. The first 10km is on the hard sand on the beach, this is soon followed by 3km road until the Caloola Forest is reached. From here the longer event does an extra loop on a 4WD track down to Freshwater Creek and then winds its way through magnificent palm rain forests to join the 33K field again. The 16K commences up the road and does a shorter loop in the palm forests. All races have to endure a steep sand blow.

Close finishes were the order of the day in all 3 races.

## 50km

1. DON WALLACE 3-36.17
2. TONY KLEINER 3-38.31
3. GEOFF BOASE 3-56.55
4. GREG BARTON 4-13.31
5. JOHN LORD 4-24.37
6. CLIFF FRENCH 4-41.20
7. JAMES BAZZA 4-49.05
8. GARY PARSONS 4-55.26
9. JOHN HENDERSON 4-56.47
10. GEOFF WILLIAMS 5-07.37

## 33km

1. GARY HANNAFORD 2-26.39
2. BRUCE COOK 2-28.15
3. MICHAEL SCHULTZ 2-55.02
4. IAN JAVES 3-37.18
5. ROSEMARY CROUCH  
(1st Fem) 3-47.47
6. KERRI HALL  
(2nd Fem) 5-36.37
7. BRETT GOULD 5-49.15

## 16km

1. Rod Mann 1-23.02
2. Susan Cook  
(1st Fem) 1-23.23
3. Ashley Mullins 1-25.14
4. Corrine Sommers  
(2nd Fem) 1-26.35
5. Stephen Ferrier 1-27.34
6. Danny Cause 1-30.00
7. John McIntyre 1-37.07
8. Yvonne Vos 1-42.07
9. Chris Nicolosi  
(3rd Fem) 1-43.22

=14. Fiona Cause 2-45.17  
Kylie Nicolosi

10. Sandra Cox 1-44.52
11. Arthur Cox 1-44.53
- =12. Liz Brown  
Kynette Wong 1-55.01

B.C.

# AUSTRALIAN 6 DAY RACE (COLAC) NOVEMBER 1993 - RESULTS

POSITIONS AT 15:10:53

DAY NO 6

Pos	Name	No		Day1	Day2	Day3	Day4	Day5	Day6
1	J RECORD	7	Laps	506	324	347	318	256	18
total	1936	Klms	774.4	Klms	202.4	129.6	138.8	127.2	74
2	D STANDEVEN	10	Laps	523	338	294	279	220	2
total	1894	Klms	757.6	Klms	209.2	135.2	117.6	111.6	96
3	P GRAY	2	Laps	500	267	280	257	278	2
total	1808	Klms	723.2	Klms	200.0	106.8	112.0	102.8	90
4	M TAYLOR	13	Laps	402	261	294	257	270	2
total	1696	Klms	678.4	Klms	160.8	104.4	117.6	102.8	84
5	R HILL	3	Laps	377	256	259	248	239	2
total	1656	Klms	662.4	Klms	150.8	102.4	103.6	99.2	110
6	B BEAUCHAMP	1	Laps	465	295	295	256	228	8
total	1628	Klms	651.2	Klms	186.0	118.0	118.0	102.4	35
7	C YOUNG	16	Laps	399	263	169	244	234	21
total	1524	Klms	609.6	Klms	159.6	105.2	67.6	97.6	86
8	S SCANLON	9	Laps	373	234	211	241	192	16
total	1418	Klms	567.2	Klms	149.2	93.6	84.4	96.4	66
9	J TIMMS	14	Laps	382	275	225	134	162	16
total	1346	Klms	538.4	Klms	152.8	110.0	90.0	53.6	67
10	D KETTLE	4	Laps	321	230	207	195	179	18
total	1319	Klms	527.6	Klms	128.4	92.0	82.8	78.0	74
11	D TAYLOR	12	Laps	364	253	189	110	134	13
total	1183	Klms	473.2	Klms	145.6	101.2	75.6	44.0	53
12	G P-POLLARD	5	Laps	263	231	147	85	9	3
total	770	Klms	308.0	Klms	105.2	92.4	58.8	34.0	14
13	T RAFFERTY	6	Laps	372	60	0	0	0	
total	432	Klms	172.8	Klms	148.8	24.0	0.0	0.0	0
14	G WILSON	15	Laps	379	0	0	0	0	
total	379	Klms	151.6	Klms	151.6	0.0	0.0	0.0	0
15	C ROWE	8	Laps	307	44	0	0	0	
total	351	Klms	140.4	Klms	122.8	17.6	0.0	0.0	0
16	- --	11	Laps	0	0	0	0	0	
total	0	Klms	0.0	Klms	0.0	0.0	0.0	0.0	0
17	- --	17	Laps	0	0	0	0	0	
total	0	Klms	0.0	Klms	0.0	0.0	0.0	0.0	0
18	- --	18	Laps	0	0	0	0	0	
total	0	Klms	0.0	Klms	0.0	0.0	0.0	0.0	0
19	- --	19	Laps	0	0	0	0	0	
total	0	Klms	0.0	Klms	0.0	0.0	0.0	0.0	0
20	- --	20	Laps	0	0	0	0	0	
total	0	Klms	0.0	Klms	0.0	0.0	0.0	0.0	0

44.

COMPUTER EQUIPMENT SUPPLIED BY CORANGAMITE COMPUTER CENTRE.

90 GELLIBRAND ST COLAC Phone (052) 311743

Program by Ray Arrowsmith.

# AUSTRALIAN 6 DAY RACE\ (COLAC) HANDICAP EVENT RESULTS

PL.	COMPETITOR	FINAL DISTANCE	H'CAP	TOTAL KMS.
1.	Ron HILL	662.400km	300km	962.400km
2.	Bill BEAUCHAMP	651.200km	245km	896.200km
3.	Cliff YOUNG	609.600km	260km	869.600km
4.	Peter GRAY	732.200km	135km	858.200km
5.	Drew KETTLE	527.600km	315km	842.600km
6.	Shaun SCANLON	567.200km	250km	817.200km
7.	David STANDEVEN	757.600km	55km	812.600km
8.	John TIMMS	538.400km	270km	808.400km
9.	Joe RECORD	774.400km	10km	784.400km
10.	Maurice TAYLOR	678.400km	Scratch	678.400km
11.	Dave TAYLOR	473.200km	155km	628.200km
12.	Godfrey POLLARD	308.000km	340km	648.000km

Note from Beryl Thomas, (Sec) of the Australian 6 Day Race (Colac) committee:

Thank you Dot and your committee for all your assistance in setting up the handicaps. This section was named after Ron Dore, a very dedicated committee member who passed away just 3 weeks ago and we know how he would have been very pleased with the outcome and the winners.

Once again, thank you.

Beryl Thomas (Sec.)

\*\*\*\*\*

## BRINDABELLA CLASSIC (No results as yet)

Attached is photo of the Sydney Striders group taken on the mountain top,  
a few minutes before the start of the Brindabella Classic on Sunday 14 / 11 / 93.

The runners are :

L to R (standing) Peter Hammerschmidt, Trevor Jacobs, Mike Ward, Gary Leahey, John Turner,  
Geoff Taylor, Alf Field, Brian Colwell, Wendy Downes, David Sill, Jonathan Worswick,  
Murray Town, (kneeling) Graham Butler, Roger Rigby and Derek Smith.



## COLAC BID UPSTAGED BY ADELAIDE PERFORMANCE

TONY RAFFERTY

writes about his withdrawal from the Australian Six Day Race

The demons of the night, vomiting, diarrhoea and cramping abdominal pain forced me off the track late on the second day of the 1993 Australian Six Day Race at Colac. With stooped shoulders, sunken eyes and a bowed head I trailed my feet like a prisoner in leg irons toward the caravan 20 metres away. A subdued support crew cast their disappointment. "The night is bitter...the wind blows colder...the dreams you dreamed have all gone astray." Judy Garland's words echoed through my mind.

It was my ninth race in 10 years competing at Colac. In the first six days of the 1,000 mile event in 1983 I ran 809kms (503 miles). The race started in Melbourne and proceeded to the Colac track. When I passed the 800kms mark the great Siggy Bauer said, "Tony, you are now a member of an elite group." Joe Record placed his hand on my shoulder and said the performance would earn me a place in the New York six day race. This year I hoped to celebrate the decade with a place in the top six at Colac.

Twenty four hours earlier Julianne and Neil Huppatz met me at Adelaide's Hilton hotel and escorted me to the Thebarton theatre, after an early flight from Melbourne.

One thousand people attended the sell-out business convention where I was key-note speaker. I talked about anxious moments running through Death Valley; the humor and drama of the soul-destroying Sydney to Melbourne races; the agony and the euphoria of 1,000 mile events and six day races here and overseas; the across Australia run and many anecdotes. Amused, surprised and startled, the audience listened in stunned silence when I emphasised the trauma of performance under pressure: how I coped, sometimes against almost impossible odds; how I dealt with intimidation, scurrilous criticism and vicious rumours; why I failed and how I triumphed. They laughed, they learned and they listened.

Forty five minutes later the blinding spotlight faded and the house lights lit up the packed theatre. I raised my arms to recognise their applause, bowed and walked to the wings out of sight. Backstage, Julianne and a group of people rushed toward me. "Tony, fantastic. They're standing. Go back on," she called amid the hand claps and foot stomps. I walked to centre-stage again, waved my right arm and returned behind the curtain with fire in my heart.

The busy lecture circuit takes me to all states in Australia and recently to Kona, Hawaii. Audiences seek motivation and inspiration. I pack my running shoes wherever I go. My body is always fit but this time not fit enough for a six day race. The cramps were a setback but a two hour sleep settled the dilemma. Lack of race fitness concerned me.

High in spirits and after a late flight back to Melbourne and a sleepless night, I arrived in Colac three hours before the start of the race. "I'm tired and under-trained," I said to Darren Brothwell. "Maybe you should cancel your entry," Noel Camp suggested. I told them that I would take the risk and accept the consequences.



Fifteen runners mingled at the start/finish line wearing black armbands in respect for George Perdon who died in June. They stood with bowed heads. Some clasped hands behind their backs. Others stared at the ground. During the one minute's silence and oblivious to the importance of the moment, one runner standing behind me, talked incessantly.

Unlike last year's quagmire, a light breeze in bright sunlight cooled the athletes minutes before the race start at 3pm. The firm grass strip had a soft 10 metre section at two corners which last year contributed to injuries suffered by Ian Javes and David Standeven.

Standeven led the field with a seemingly relaxed 209kms after 24 hours. Joe Record, sporting shoulder-length locks and white headband kept within reach of the leader with 202kms. And Peter Gray's pounding footsteps and self-talk allowed him 200kms.

This year with fit, strong but under-trained legs I fell 2kms short of a conservative 150kms at the end of the first day. My thoughts were far away: next week's Dandenong presentation; a trip to Europe in December. I wasn't focused.

I told the Adelaide audience that there is no disgrace in failure if you examine your mind, find the reason and learn from the experience. The speech was my specific target all week. It seemed I left my motivation at the lecturn in Adelaide. As Browning said my reach exceeded my grasp, in the Colac race.

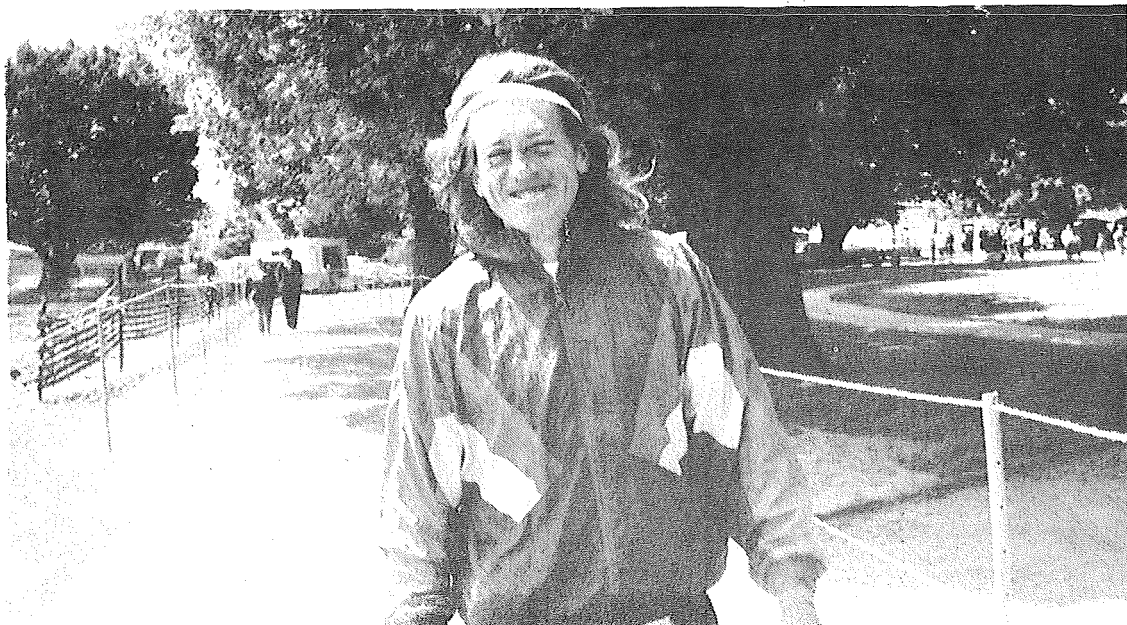
The long shadows of the elm trees stretched across the square when I withdrew at 172 kms after 28 hours. I slept.

The wound, of retreat from the track, and how I cope, is yet another tale for audiences to absorb in their quest for attainment.

Joe Record ran 774kms and won first prize, \$3,500, plus a gold coin watch. \$1,200 was presented to David Standeven with 757kms and Peter Gray took third position, \$800, with 723kms.

During the Christmas break when Coral and I visit Beethoven's birth place in Bonn, drink a Guinness and eat Christmas dinner at Wynn's pub in Dublin, walk past the barricades and burnt-out houses in Fall's road, Belfast and saunter down the Champs-Elyses in Paris, the trauma of withdrawal from the 1993 Australian Six Day Race will fade deep in my psyche like the setting sun.

Joe Record  
winner of the  
1993 Colac  
6 Day Race.  
Joe ran a  
distance of  
774.400km.



# INTERESTED IN TACKLING MORE THAN A MARATHON??

Join the  
AUSTRALIAN ULTRA RUNNERS'  
ASSOCIATION

and find out what's offering!!



\$25 subscription  
gives you  
4 bulky copies of  
"ULTRAMAG" a year.



"ULTRAMAG" CONTAINS:

- \* A calendar of ultra events around Australia
- \* Articles on training & diet for ultra-runners
- \* Race reports and results
- \* Ultra-race entry forms
- \* Letters to the editor
- \* Articles by members
- \* Overseas ultra news
- \* Australian rankings in ultra events

Send: \$25.00 (cheques payable to A.U.R.A.)  
to Dot Browne (Hon. Sec), 4 Victory Street, Mitcham 3132

## ATTENTION RACE DIRECTORS!!

At the suggestion of David Sill, one of our NSW reps, we have printed off this flyer for distribution at ultra events around Australia, and it has a Membership Application on the back. Would you be good enough to hand them out at your events please? The flyer is helping to recruit new members already. We feel it's not too much to ask of you seeing that we print your entry forms for free. Fair enough?

A phone call to Dot will get you copies for distribution - (03)874 2501 or Fax (03)873 3223

 **AIR NEW ZEALAND**  
*the pride of the pacific*

brings you to:

# "THAT DAM RUN"

*the IAU Australasian 100km Championships*



**SUPPORTED BY SMOKEFREE**

*HOSTED BY: The Waitaki District of North Otago, N.Z.*

Join New Zealand's top 100km runners:

Australasian 100km Record holder Russell Prince, New Zealand #2 Russell Hurring, Neville Mercer and the rest of the 1993 NZ 100km World Challenge Team in their effort

to regain the 'Australasian title' against the finest Australian 100km Team to compete in NZ.

-----  
New Zealand leveled the score, beating Australia at this years 100km World Challenge in Belgium.

-----  
Lets do it again!!!

The host venue North Otago, the heart of New Zealand's South Island, offers visitors...

**"A WORLD AWAY".**  
New Zealand, as the world views her - clean, green, uncrowded and *extremely competitive* on the athletic field.

A fantastic New Year's holiday.

**RACE DAY: 31 DECEMBER 1993**

**Prizes for first New Zealand Man & Woman:  
Free ticket to the 1994 IAU 100km World Challenge  
Lake Saroma, Japan  
26 June 1994**

\* This award involves selection to the 1994 New Zealand 100km World Challenge Team competing at Lake Saroma. Confirmation of this award is therefore subject to the athlete's fitness and availability. "THAT DAM RUN", is a selection race for the New Zealand team(s) competing at this event.

*"THAT DAM RUN", is the New Zealand Ultra Championship for 1993*

-----

**"THAT DAM RUN", the IAU Australasian 100km Championships**

*has been selected as 'host venue' for the*

**1999 IAU 100km World Challenge under the patronage of the IAAF**

**31 December 1999**

*(subject to contract & approval by the IAAF)*

*final championship of the year, decade, century, millennium...  
and uniquely placed before Sydney 2000.*

**"THAT DAM RUN",**  
**the IAU Australasian 100km Championship**  
 under the patronage of *Athletics New Zealand*

Date: Friday 31 December 1993 - 6:00am start

Location: Kurow (startline)  
 Oamaru (accommodation)

Entry fee: NZD 50.00

Accommodation: NZD 35.00 per day, meals included  
*All entry/accommodation fees are non refundable. Entry fee includes GST. Send cheque or bank draft - in NZD payable to: Australasian 100km Championships, 14 Marshall Laing Ave., Mt. Roskill, Auckland, N.Z.*

Time limit: 12 hours

Age requirement: 18 years on race day

Deadline: application deadline November 27, 1993 (late entries will be accepted on payment of NZD 5.00 late entry fee, up 4:00pm 30 December 1993)

Course: loop around the Hydro Lakes of the Waitaki River Valley - with a gain of 100m elevation over rolling well paved road during the first 50km, dropping the same elevation during the second half of the race - (clean, green, fast)

Aid Stations: water every 2.5km (after 5km), aid stations with food & special drinks every 5km (after 10km)

Awards: certificates, results, shirts for all participants...spotprizes drawn after the event  
 trophies to race winners (men's, women's), plaques for second and third  
 'Australasian' team championship trophies

Information: Scott J. Leonard (Race Director) "THAT DAM RUN", the Australasian 100km Champs  
 tel: 64-9-626-8874  
 fax: 64-9-623-3512 or 64-9-626-7192

Air New Zealand is the official carrier of the Australasian 100km Championships. It is a condition of entry that all overseas athletes travelling to New Zealand for the purpose of the event must travel on Air New Zealand services. Proof of travel may be required. Please contact your nearest Air New Zealand office for special fares and travel bookings.

**(ENTRY FORM)**

FIRSTNAME \_\_\_\_\_ SURNAME \_\_\_\_\_

POSTAL ADDRESS \_\_\_\_\_

TOWN/CITY \_\_\_\_\_ POSTCODE \_\_\_\_\_ COUNTRY \_\_\_\_\_

PHONE: Hm. \_\_\_\_\_ Bus. \_\_\_\_\_ OCCUPATION \_\_\_\_\_

ATHLETIC CLUB \_\_\_\_\_ REG # \_\_\_\_\_ SEX \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

PREDICTED TIME: \_\_\_\_\_ PREVIOUS BEST: \_\_\_\_\_ MARATHON BEST: \_\_\_\_\_

PAYMENT ENCLOSED: \_\_\_\_\_

shirt size: SM, MED, LG

ACCOMMODATION: no. of nights \_\_\_\_\_ @ NZ \$ 35.00 per nt. = NZ \$ \_\_\_\_\_  
 (meals included)

ENTRY FEE = NZ \$ \_\_\_\_\_

**TOTAL = NZ \$ \_\_\_\_\_**

**RELEASE AND WAIVER:** No entry will be accepted without signature

In consideration of the acceptance of my entry, I for myself, my executors, heirs administrators and assigns, do hereby release and discharge AUSTRALASIAN 100KM CHAMPS, any and all sponsors, any and all volunteer groups or individuals and Athletics New Zealand from all claims for injuries and damage I may suffer caused by the negligence of any of them and arising out of my participation in this event, including pre and post race activities.

I am physically fit and sufficiently trained to participate in this endurance event and assume all risks of such participation.

I accept all rules, conditions, and regulations and will comply with them. Also, I grant my permission to the ROC and its authorised agents to use my name, photographs, videotapes, broadcasts, telecasts, advertising promotion or other account of this event free of charge.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_ / \_\_\_\_\_ / 93

## **\_"THAT DAM RUN" - THE IAU AUSTRALASIAN 100K CHAMPIONSHIP**

The following costs are relevant for your consideration.

Entry fee:

NZD 50.00

Transport: Christchurch to Oamaru on the Southerner train

NZD 33.00

Accommodation: Waitaki Girls Boarding School

NZD 35.00 per day, meals included  
(single & double bed option)

There will be a bus available to transport athletes/handlers, 40 minutes, to the start line at Kurow village. The cost of the ride will be determined by the number of passengers. It will not be excessive. This vehicle will remain available to participants in the post race BBQ and festivities. (Remember, this is New Year's Eve and the function will be back at the accommodations in Oamaru).

Included on the entry form will be the following notation:

\*Air New Zealand is the official carrier of the Australasian 100km Championships. It is a condition of entry for all overseas athletes travelling to New Zealand for the purpose of the event that they must travel on Air New Zealand services. Proof of travel may be required. Please contact your nearest Air New Zealand office for special fares and travel bookings."

Please, do contact me if you desire further information, or assistance with land-based travel, billeting or hotel accommodations.

Yours faithfully,

Scott J. Leonard (Race Director / NZ 100km Team Selector)

\*\*\*\*\*

### **STATE BY STATE BREAKDOWN OF MEMBERS**

(Yes, we're all having breakdowns..... well I am anyway!  
**Just look at the figures! .....** On second thoughts, don't!)



*When I said 'Recruit Mums! I meant  
VICTORIAN mums, not NSW ones!  
Come on you VICS, give your Mum an  
AURA sub. for Christmas! You know  
she's been hangin' out for one. It's the  
least you can do.  
We've gotta cream'em by the next issue!*

New South Wales	132
<b>THE SENSATIONAL VICS.</b>	<b>116</b>
Queensland	44
South Australia	19
West Australia	18
Overseas	19
ACT	12
Tasmania	12
Total membership	<u>372</u>



# AURA ' BOGONG TO HOTHAM' TRAIL RUN

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

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

## ENTRY APPLICATION

NAME: .....

ADDRESS: .....

.....Post Code .....

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

AGE ON DAY OF EVENT: ..... DATE OF BIRTH: .....

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

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

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

**DO YOU INTEND TO RUN ONLY FROM 1/2 WAY TO THE FINISH .....(Yes or No)**

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

.....

.....

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

.....

.....

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

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

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

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

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

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

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

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

Cheques payable to: Geoff Hook

Space restrictions prevent the printing of all the Race Information associated with this demanding mountain trail run. However, all the information was printed in our last issue of ULTRAMAG so check it out if you're interested!

# AURA ' BOGONG TO HOTHAM' TRAIL RUN

carrying on the proud tradition of the Rooftop Runners

**SUNDAY 2ND JANUARY, 1994**

- COST:** \$13.00 ( for AURA current financial members)  
\$16.00 (for non-members)  
\$ 4.00 Surcharge for transport from half-way or the finish back to the start.
- CLOSING DATE:** 24th December
- DISTANCE:** 60km approx, total climb 3,000m. approx.
- START:** 6.15am at Mountain Creek Picnic Ground.
- FINISH:** Mount Hotham summit.
- IMPORTANT NOTES:**
1. Late entries or entries on the day **will not be accepted**. All intending competitors must pre-enter. All entries must be delivered to the organiser by 24th December. If you are concerned your entry may be delayed by Christmas mail, then hand deliver it. No account will be taken of mailed entries not actually delivered by 24th December.

( SPECIAL STAGE BEING OFFERED FROM HALF WAY TO FINISH. START 11AM AT WATCHBED CREEK, FINISH MT. HOTHAM SUMMIT. DISTANCE APPROX. 28KM. )  
(Your chance to do this section if you've had trouble with the cut-off in previous years!)

2. The carrying of a water-proof spray jacket is MANDATORY no matter what the weather conditions. No jacket, no start!

## WARNINGS AND RULES OF THIS EVENT

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

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

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

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

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

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

**Pacing:** Pacing will not be permitted in this event.

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

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

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

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

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

# THE ROTARY CLUB OF TOUKLEY

## 12 HOUR CHARITY RUN



### RACE INFORMATION

Start 9.00PM SATURDAY, 22ND JANUARY, 1994.

Finish 9.00AM SUNDAY 23RD JANUARY, 1994.

VENUE TACOMA OVAL, TUGGERAWONG ROAD, WYONG.

ENTRY DEADLINE A.S.A.P.

Full race instructions available at start - 6PM onwards on  
Saturday, 22nd January.

### FACILITIES

Showers, toilets, and change rooms. Canteen (Fast food - 6 hours). Track lighting.  
Progressive results board. Media coverage. Space is available for support  
crew tents.

### RACE FEE

\$95.00 (includes T-Shirt). Entry fee (either cheque or money order) should  
accompany entry form. Send to:

Toukley Rotary Club 12 hour race,  
C/- Tony Collins,  
36 Bungary Road,  
Norah Head. N.S.W. 2263

### TIME KEEPING

There will be a clock on display at all time.

(043-963281).

### TRACK

400 metres - grass.

### TROPHIES

Awarded to the first and second male and first and second female and oldest to  
finish. Some "special" trophies will also be awarded. Certificates will be awarded  
to all finishers.

SUBSTANTIAL PRIZE MONEY WILL BE GIVEN.

E.G WHITLAM  
RECREATION  
CENTRE

1994  
LIVERPOOL LEADER  
SAUCONY  
24 HOUR TRACK RACE

E.G WHITLAM  
RECREATION  
CENTRE

RACE ORGANISER: DAVE TAYLOR Phone : (042) 263909  
RACE MANAGER : CHRIS STEPHENSON  
VENUE : WHITLAM CENTRE - LIVERPOOL 400 METRE TRACK  
DATES : 29TH & 30TH JANUARY 1994  
TIMES : START : 11AM 29TH JANUARY 1994  
FINISH: 11AM 30TH JANUARY 1994  
TOILETS / SHOWERS : ALL AVAILABLE CLOSE TO TRACK  
CANTEEN : AVAILABLE 24 HOURS , MICROWAVE + HOT WATER  
SWIMMING POOL : NEXT TO TRACK  
TRACK LIGHTING\_

PRIZES\_

" TO BE PRESENTED BY "  
TANI RUCKLE  
OR  
GUY LEECH

1ST, 2ND, 3RD PLACES - MALE & FEMALE TROPHIES AND CERTIFICATES

2 PAIRS SAUCONY SHOES TO BE GIVEN AWAY

- \* All runners receive Medallions & certificates
- \* All runners will receive\_FOUR\_certificates for the crew

1 GRAVE YARD + 1 ENCOURAGEMENT

RULES

1. NO PACING.
2. NO WALKING IN LANE ONE - RUNNERS ONLY.
3. RUNNERS MUST PROVIDE OWN LAP SCORERS, THEY WILL SCORE IN TWO HOUR SHIFTS ( TWO RUNNERS).
4. NO DRUGS OR ALCOHOL.
5. NO VEHICLES ON TRACK, TENTS MAY BE SET UP AROUND TRACK LIMITED POWER.
6. LIMITED TO 35 RUNNERS.
7. RACE MANAGER WILL HAVE FINAL SAY.
8. TRACK IS IN EXCELLENT ORDER.
9. SPONSORS T-SHIRTS TO BE WORN ONE HOUR AT START AND ONE HOUR AT FINISH, IF NOT IT WILL RESULT IN INSTANT DISQUALIFICATION.

ENTRY

FORM

E.G WHITLAM  
CENTRE

1994

LIVERPOOL LEADER

SAUCONY

24 HOUR TRACK RACE

RACE ORGANISER:

DAVE TAYLOR

PH: (042) 263909

RACE MANAGER :

CHRIS STEPHENSON

ENRTY FEE : \$35

START :

11AM SATURDAY 29TH JANUARY 1994

FINISH :

11AM SUNDAY 30TH JANUARY 1994

LIMITED :

35 STARTERS

ENTRIES CLOSE :

15TH JANUARY 1994

SURNAME :

FIRST NAME :

AGE :

ADDRESS :

PHONE NUMBER:

SEX : MALE / FEMALE

BONUS PRIZES : 6 PAIR SAUCONY SHOES

## DETAILS OF BEST PERFORMANCES:

	TIME	PLACE	VENUE
MARATHON			
12 HOUR			
24 HOUR			
50 MILE			
100 KM			
6 DAY			
LONGEST			

## PRIZES

MALE & FEMALE TROPHIES  
1ST , 2ND , 3RD  
PLACINGSALL RUNNERS RECEIVE  
MEDALLIONS & CERTIFICATES  
AND 1 T-SHIRTCERTIFICATES GIVEN FOR  
EACH CREW:

- \* 1 GRAVE YARD
- \* 1 ENCOURAGEMENT

T-SHIRT SIZE :

## WAIVER

I the undersigned in consideration of acceptance into this race, the Liverpool Leader 24 hour Track Race, for myself, my heirs, executors and administrators, hereby waive any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description what so ever, which I might suffer or sustain in the course of or consequent upon my entry or participation in the said event. I will abide by the rules set down by the race organisers. I verify I am physically fit to enter this race. The 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 events and the servants, agents, representatives and officers of any of them.

SIGNED :

DATE :

ENTRY FEE'S PAYABLE TO : DAVE TAYLOR

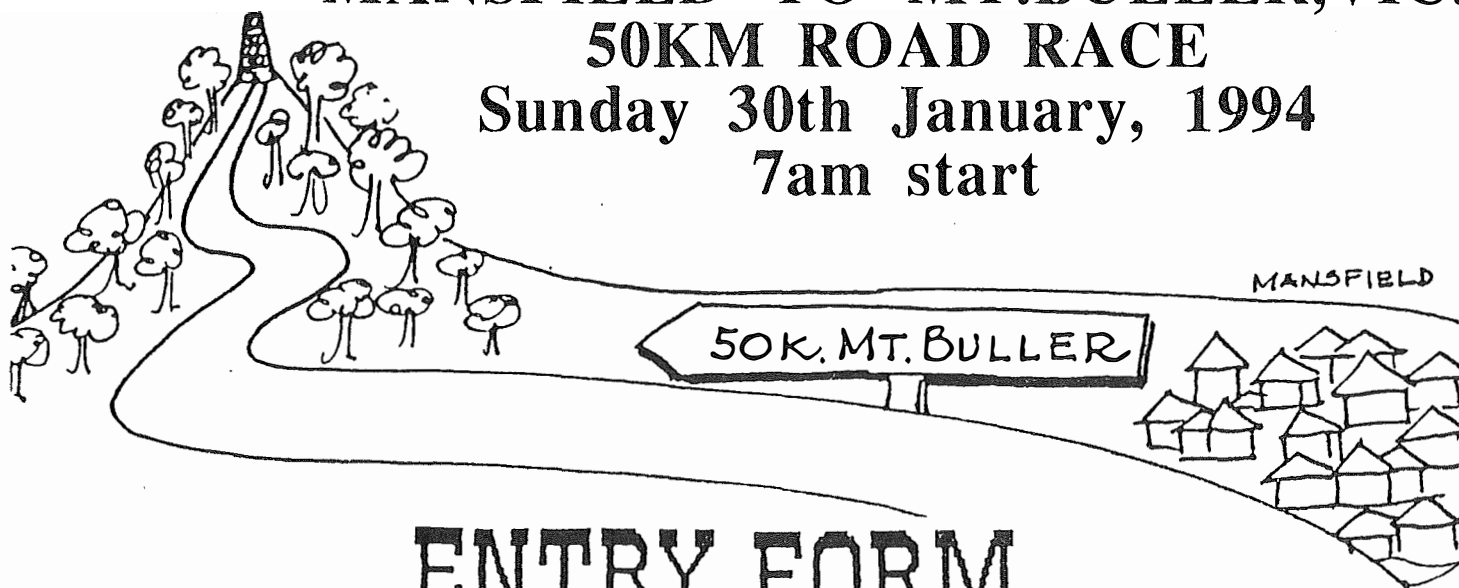
CHEQUE / MONEY ORDER ONLY

13 HERTFORD ST

BERKELEY , NSW, 2506



**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.

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

Person to be notified in case of emergency:

AGE ON RACE DAY

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

### WAIVER

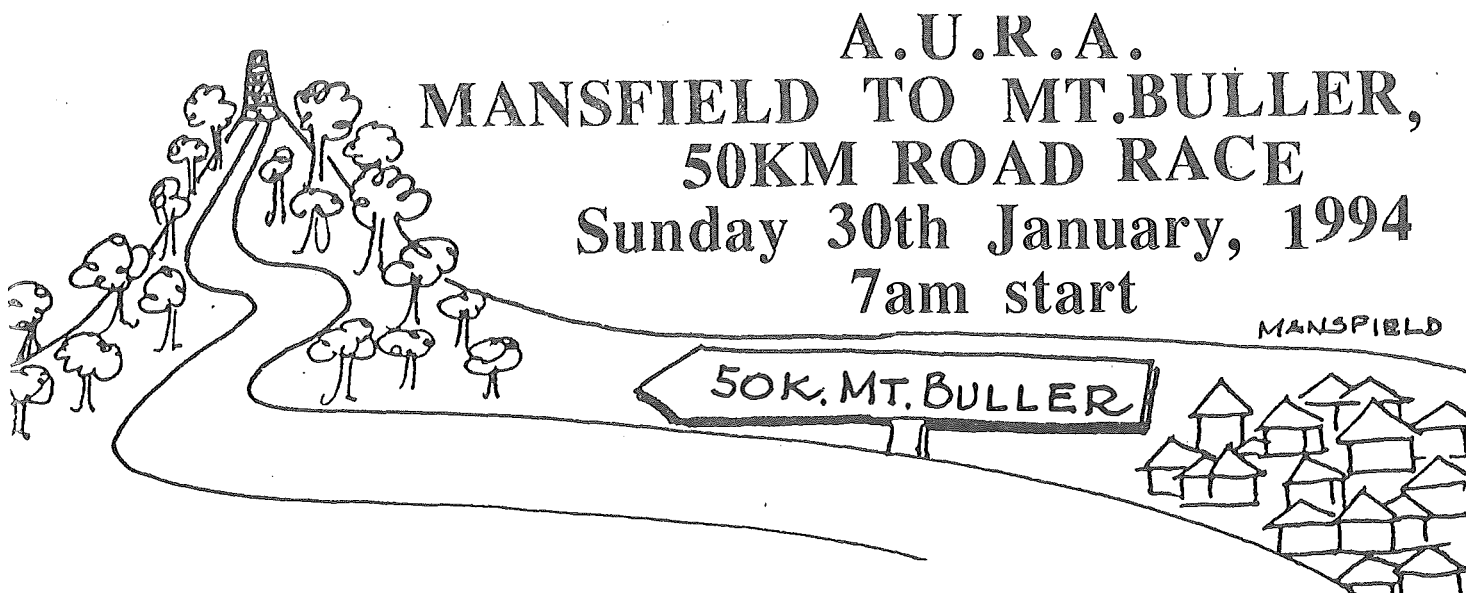
I, the undersigned, in consideration of and as a condition of acceptance of my entry in the MANSFIELD TO MT.BULLER 50 KM ROAD RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of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

57.

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.)



# TAMWORTH

## 24 HOUR

### CHARITY RUN



#### RACE INFORMATION

Start – 10am Saturday 5th March, 1994  
Finish – 10am Sunday 6th March, 1994

#### VENUE

Viaduct Park, Tamworth

#### ENTRY DEADLINE

Tuesday, March 20. Full race instructions available at start – 9.00am onwards on Saturday, March 24.

#### FACILITIES

Showers, toilets, and change rooms. Canteen (Fast food – 24 hours). Track lighting. Massage. Progressive results board. Media coverage. Space is available for support crew tents.

#### RACE FEE

\$35.00 (includes T-Shirt). Entry fee (either cheque or money order) should accompany entry form. Send to: Tamworth 24 Hour Charity Run,  
C/- Dallas Earsman,  
143 Bridge Street, Tamworth 2340

#### TIME KEEPING

There will be a clock on display at all time.

#### TRACK

400 metres – grass.

#### TROPHIES

Awarded to the first and second male and first and second female and oldest to finish. Some "special" trophies will also be awarded. Certificates will be awarded to all finishers.

#### PROMOTION

To assist in promotion, a Celebrity Relay will operate for the 24 Hour period, but participants will not be official entrants in the 24 Hour Race.

## SUMMARY OF RULES AND CONDITIONS FOR THE TAMWORTH 24 HOUR CHARITY RUN

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

### ACCEPTANCE

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

### CATERING

All entrants will provide their own food and drink. Lap scorers will be provided complimentary coffee, tea and biscuits. There will be a 24 hours canteen.

### ELIGIBILITY

The race is open to all long distance runners, casual joggers, etc. Amateur or professional, but the organisers may specify any minimum requirements (medical, personal, athletic etc) which they see fit, and reserve the right to reject any application.

### EXPENSES

Neither the organisers or the sponsors will meet any runners expenses, for travelling, accommodation, crew, food or drinks.

### MEDICATIONS

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

### PACING

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

### REFUNDS

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

### SUPPORT CREW

Entrants should have at least one person to help them for the 24 hours with lap counting and food.

### TRACK RULES

The inside lane will be reserved for runners only. Competitors who are walking must move away from the inside lane. The race will change direction every six hours. Any other track rules will be included in the race instructions package.

### WITHDRAWALS

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

# ENTRY FORM

NAME:.....

ADDRESS:.....

.....POSTCODE.....

AGE:..... (if under 18, you must have your parents consent  
but are still not guaranteed a start)

MALE / FEMALE

PHONE:.....

ENTRY FEE: \$35 by cash or cheque made payable to Tamworth 24 Hour Charity Run

POST ENTRIES TO:

TAMWORTH 24 HOUR CHARITY RUN  
C/- DALLAS EARSMAN  
143 BRIDGE STREET,  
TAMWORTH 2340  
PH. DALLAS EARSMAN 657216 (H) or 653511 (W)  
or MIKE CASHMAN 666671 (H) or 618238 (W)

## LIST INFORMATION BELOW

TYPE	DATE	PLACE	POSITION	TIME	BEST PERFORMANCE
21.1 HALF MARATHON					
42.2 MARATHON					
50 MILES (80 KM)					
100 KM					
24 HR RUNS					
100 MILES (160KM)					
LONGEST RUN (COMP)					
LONGEST SOLO (EG. TRAINING)					

A brief description of your training programme and hobbies.....

.....

.....

## DECLARATION

1. I have read the Information and Summary of Rules and Conditions attached to this entry form, and agree to abide by the Rules and Conditions.
2. My medical condition is satisfactory for the purpose of participating in a 24 hour race, and I have trained fully for the event.
3. I understand that the organisers may reject my entry for any reason, and that my remittance will be returned to me in full if this is the case.
4. I hereby declare that neither I nor my support crew will in any way hold the Organisers or Sponsors or Shire responsible for any injury, illness or accident to my or their persons, or loss of property, or death, resulting from my participating in the race.

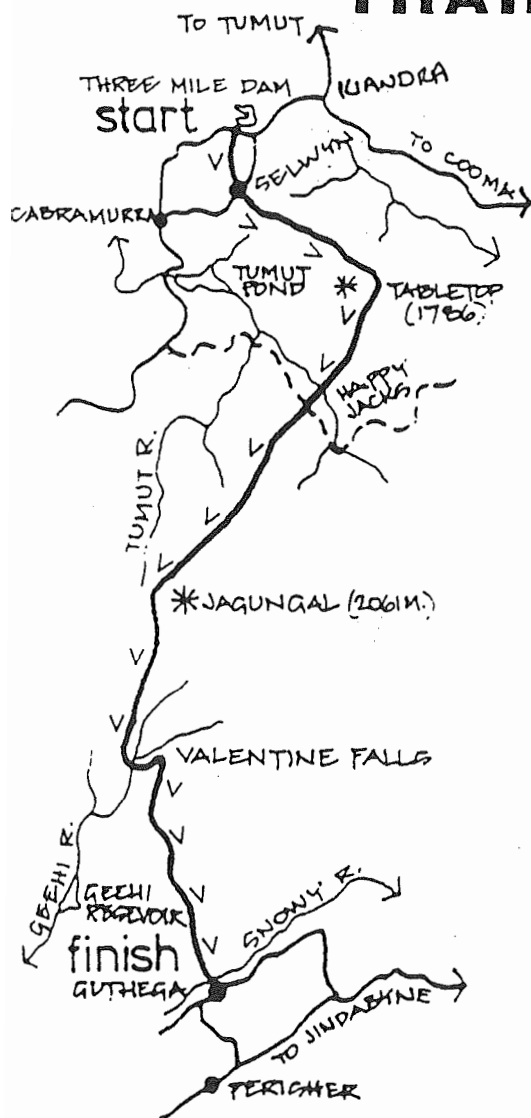
SIGNED:.....DATE:.....

WITNESSED:.....



# JAGUNGAL WILDERNESS

## TRAIL RUN



The name's a mouthful but it aptly describes this 80km high country, trail run thru the middle of Kosciusko National park from near Kiandra to Guthega.

- and the only climb of note is a 190 metre ascent beside the beautiful Valentine Falls.

**WHEN** SATURDAY, 19th MARCH, 1994  
6:30 am START

**ENTRY FEE** \$ 20.00 INCLUDES MAP

### LIMITED & QUALIFIED ENTRY

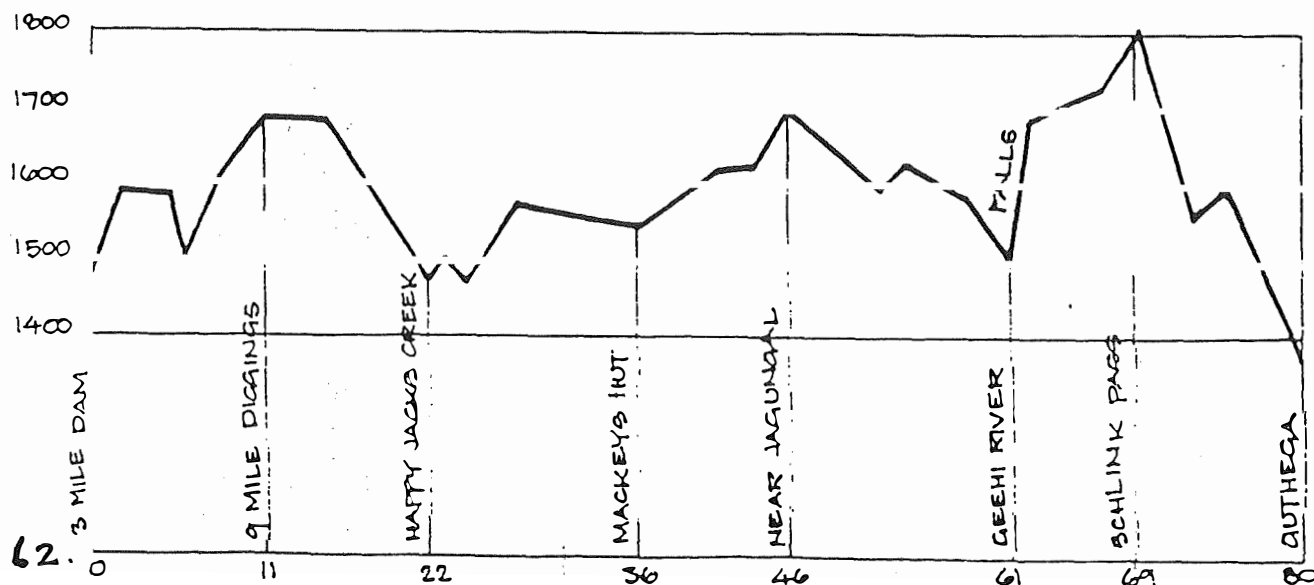
As the middle 40km section is in completely inaccessible country, you will have to demonstrate your ability to complete such an event.

**PRIZES** Limited sponsors prizes for winners & random. Certificates to all.

**AFTER** Economic Lodge booked at Perisher for runners & party, Saturday night.

### ENTRY FORMS

Available from Leigh Privett, (060) 25 4959,  
695 Hodge Street, North Albury 2640



7:30  
8am  
**MAJOR NEW EVENT**

**Vita Health Foods**

**24 Hour Track Championship**

(including a 6 and 12 hour run)

**26/27 March 1994**

(10:00 AM Start)

**Beaton Park - Foleys Road  
Wollongong City**

***First Class Facilities***

☆☆ Olympic Standard Track with Rekortan surface ☆☆

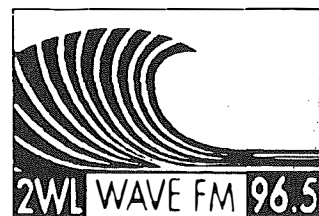
- |                      |                              |
|----------------------|------------------------------|
| ☆☆ Trackside Toilets | ☆☆ Hot and Cold Showers      |
| ☆☆ Canteen           | ☆☆ Olympic Swimming Pool     |
| ☆☆ Masseurs          | ☆☆ Trackside Car Parking     |
| ☆☆ Sauna and Spa     | ☆☆ Full Local Media Coverage |

☆☆ Lap Scorers provided for all interstate runners ☆☆

**Trophies for 1st, 2nd and 3rd Male and Female  
in all races**

(depending on the number of entries in each race)

**Certificates for all runners  
Medals for all 24 hour finishers**



*Supported and encouraged by the Australian Ultra Runners Association (A.U.R.A.)*

# The 1994 Vita Health Foods

## 24 Hour Track Championship

incorporating a 6 and 12 Hour run

Beaton Park, Wollongong

26/27 March 1994 (commencing 10:00 a.m.)

Entry fee \$35\* (includes T-Shirt)

Send ENTRY FORM and Cheque\* to :- Bill Joannou, 2 McKay St, Dundas NSW 2117



### ENTRY FORM

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

SURNAME		FIRST NAME		INITIALS	SEX (M OR F)
ADDRESS : NUMBER AND STREET				DATE OF BIRTH	
SUBURB OR TOWN		POSTCODE	TELEPHONE (HOME)	(WORK)	
Race entered		<input type="checkbox"/> 6 Hour	<input type="checkbox"/> 12 Hour	<input type="checkbox"/> 24 Hour	Age on Race Day
Person to be notified in case of emergency:					
SURNAME		FIRST NAME			
RELATIONSHIP		TELEPHONE (HOME)		(WORK)	

Details of best ultra performances:

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

Other achievements of significance.

#### WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the VITA HEALTH FOODS 6/12/24 HOUR TRACK RUN, 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 that I am physically fit and sufficiently trained for the completion of this event. This waiver, release or discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

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

\* Make cheques payable to Vita Health Foods.



Supported and encouraged by the Australian Ultra Runners Association (A.U.R.A.)

# CANBERRA 50k ULTRA MARATHON

*incorporated with the*

## Mobil Canberra Marathon

**Sunday 10 April 1994**

The ACT Cross Country Club invites all ultra runners to participate in the second annual Canberra 50k ultra marathon. This race is conducted in conjunction with the Mobil Canberra Marathon. Ultra runners run a further 7,805 metres after completing the marathon. In 1993 Trevor Jacobs and Carol Ey set Australian records on this AA Certified Accurate Course.

*For entry forms and full details, send stamped addressed envelope to:*

ACT Cross Country Club, GPO Box 252, Canberra ACT 2601.

**Mobil**

**The  
PAVILION**  
A Rydges Hotel

**LAKE SIDE**  
A Rydges Hotel

**AA**  
CERTIFIED  
ACCURATE  
COURSE

### CHANGE OF DATE

**ADVANCE  
NOTICE  
24 HOUR  
CARNIVAL**

**NOON  
Sat 16 April 1994  
NOON  
Sun 17 April 1994**

#### **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP**

*supported by*  
**VETS 24 HOUR RELAY CHALLENGE**

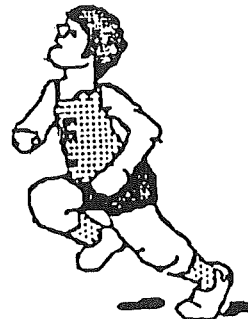
Harold Stevens Athletics Track Coburg  
Home of the Australian 24 Hour Track Record  
Mike Marsh 260.099 Kilometres 1989

Race entry forms available in December 1993.  
Early enquiries to Race Director:  
Gordon Burrowes, 37 Douglas Avenue, St. Albans 3021  
or Coburg Athletic Club, P.O. Box 241, Coburg 3058

**MAXIMUM  
20 INDIVIDUAL  
RACERS**

**MAXIMUM  
10 RELAY  
TEAMS**

**12<sup>TH</sup> ANNUAL**  
**BANANACOAST ELECTRICAL ULTRA MARATHON**  
**Sunday, May 1<sup>ST</sup> 1994**  
**ENTRY FORM**



FROM: Coffs to Grafton via Glenreagh and Coramba (85 kilometres).

START: Coffs Harbour Post Office, 6 A.M.

FINISH: Grafton Post Office.

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

ENTRIES: to Steel Beveridge, 2 Lakeside Drive, North Sapphire. ENQUIRIES: phone: (066) 53 6831.  
2450

**RULES**

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

**WAIVER**

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

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

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

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

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

Parent/Guardian: \_\_\_\_\_

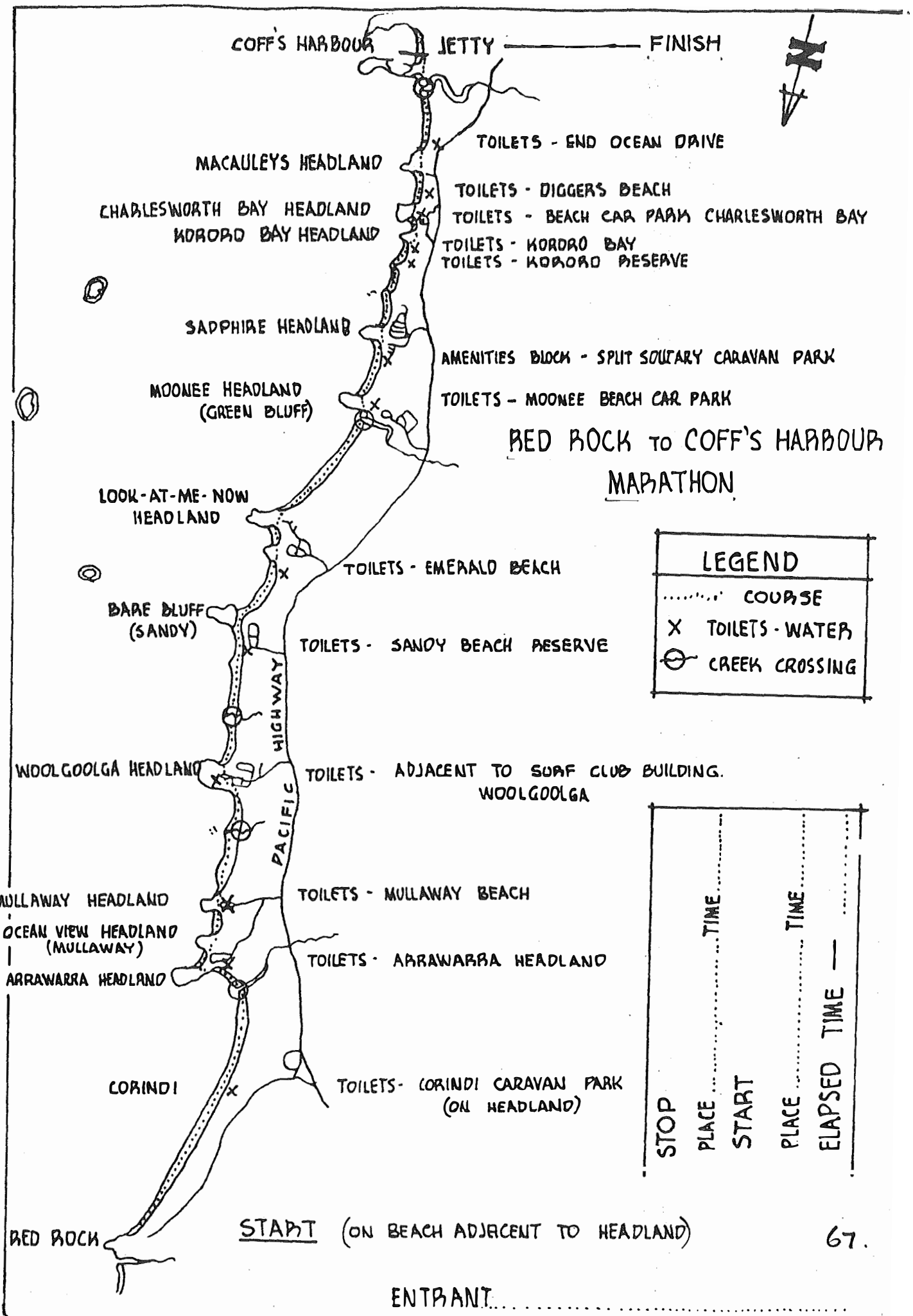
Previous Ultra Marathon experience: \_\_\_\_\_

Best Marathon time: \_\_\_\_\_ Event: \_\_\_\_\_ Year: \_\_\_\_\_

Name: \_\_\_\_\_

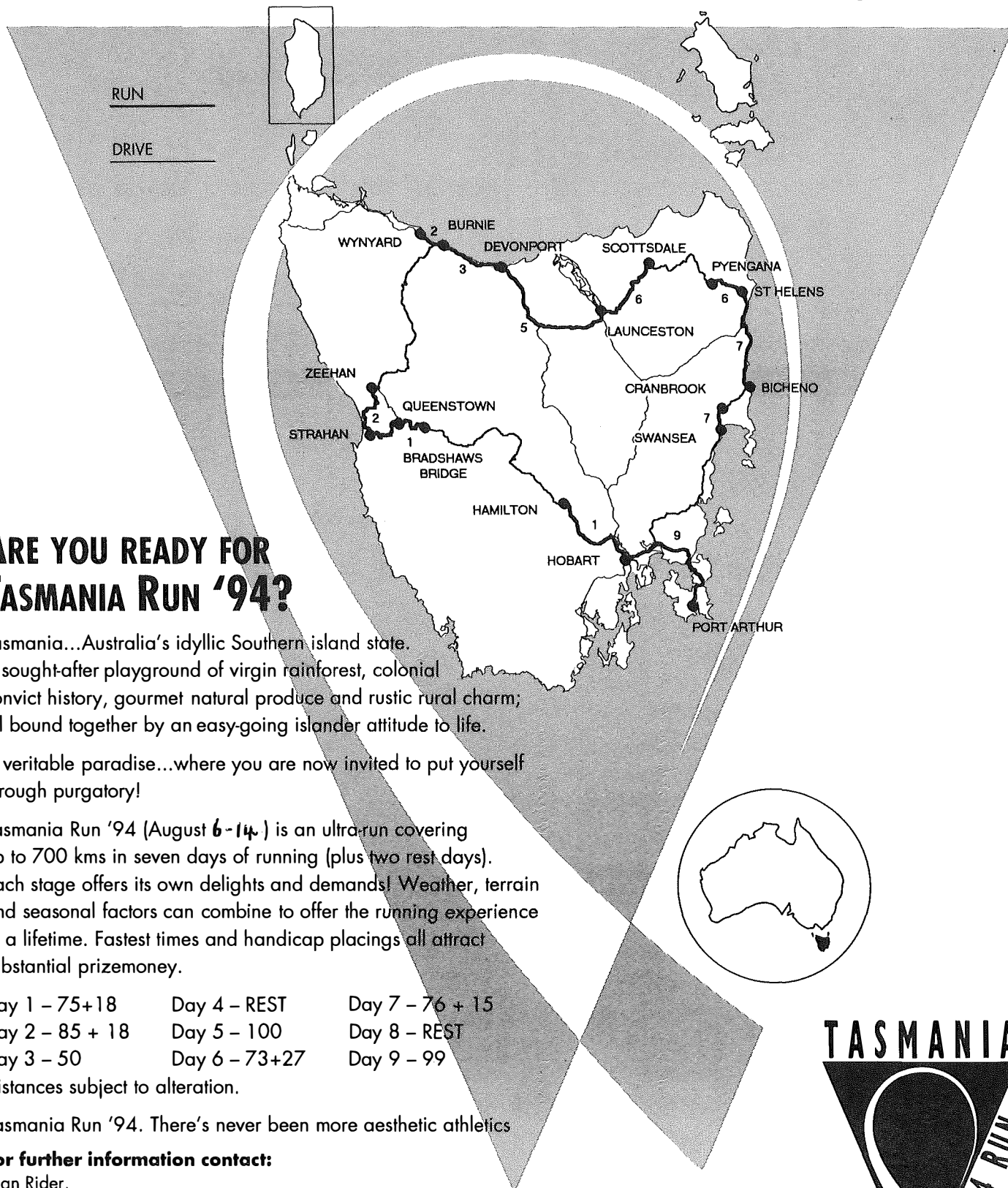
Address: \_\_\_\_\_

Age: \_\_\_\_\_ Sex (Male or Female): \_\_\_\_\_





# THE PLACE IS A BEAUTY. THE RACE IS A BEAST!



## ARE YOU READY FOR TASMANIA RUN '94?

Tasmania...Australia's idyllic Southern island state.  
A sought-after playground of virgin rainforest, colonial  
convict history, gourmet natural produce and rustic rural charm;  
all bound together by an easy-going islander attitude to life.

A veritable paradise...where you are now invited to put yourself  
through purgatory!

Tasmania Run '94 (August 6-14) is an ultra-run covering  
up to 700 kms in seven days of running (plus two rest days).  
Each stage offers its own delights and demands! Weather, terrain  
and seasonal factors can combine to offer the running experience  
of a lifetime. Fastest times and handicap placings all attract  
substantial prizemoney.

Day 1 - 75+18	Day 4 - REST	Day 7 - 76 + 15
Day 2 - 85 + 18	Day 5 - 100	Day 8 - REST
Day 3 - 50	Day 6 - 73+27	Day 9 - 99

Distances subject to alteration.

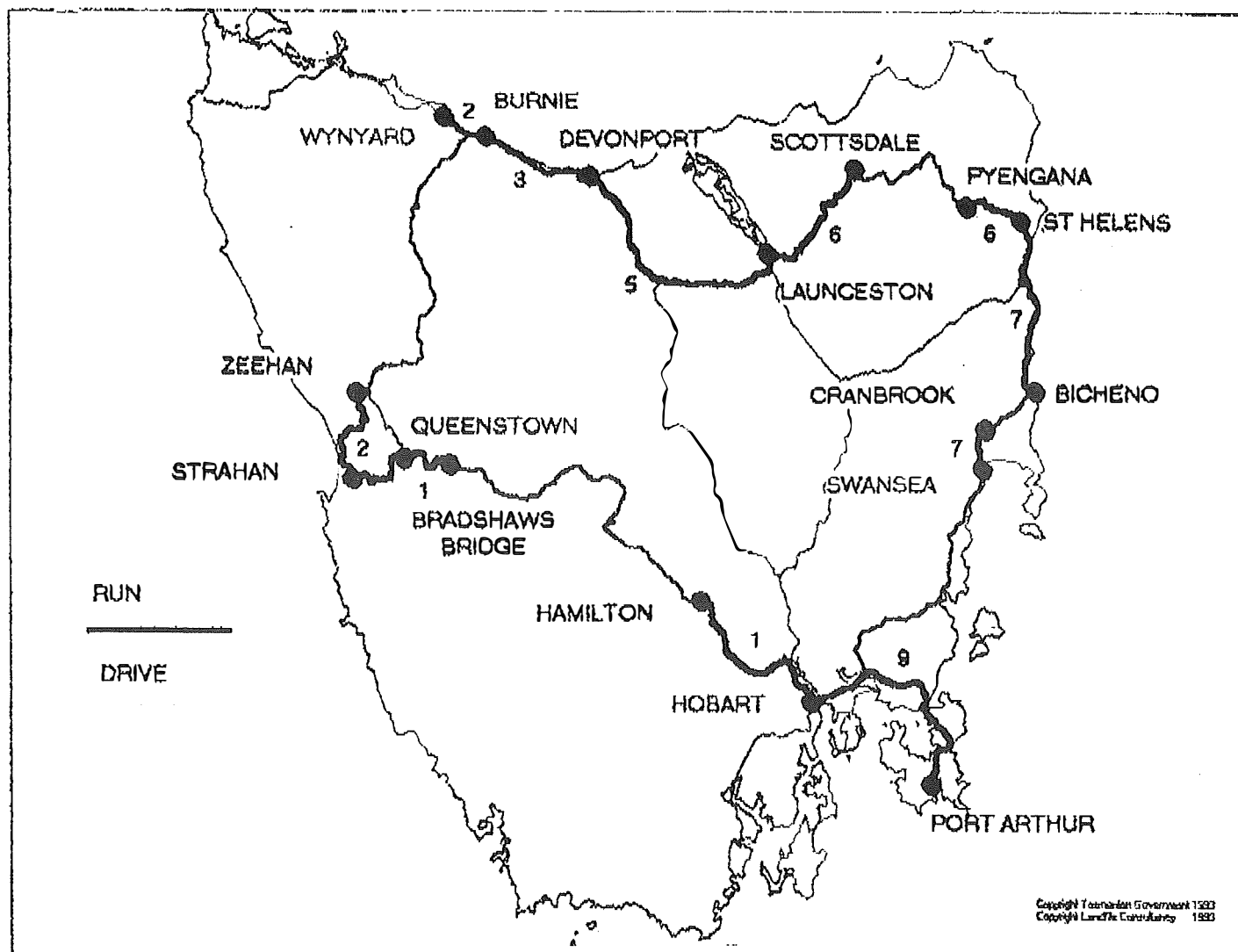
Tasmania Run '94. There's never been more aesthetic athletics

### For further information contact:

Alan Rider,  
Dept of Tourism Sport and Recreation,  
Special Events  
4th Floor Kirksway House,  
Telephone 61 02 30 8142  
GPO Box 501 Hobart Tasmania 7001  
Australia Fax 61 02 23 8936



# TASMANIA RUN 1994



## THE TASMANIA RUN '94

The Tasmania Run organising committee have been in communication with Malcolm Campbell in his capacity as President of the IAU. Malcolm has been extremely helpful and positive about the event we are developing, in particular, with assistance in contacting top quality international competitors. Malcolm recommends Geoff Hook as the appropriate person in AURA with regard to assessing the top ten male and female Australian competitors.

The following information will give you a broad picture of how the event is structured. We have to date strong expressions of interest from Spain, Britain, Canada, Slovenia, New Zealand, Japan, France, Czech Republic, and all states of Australia. Our advert in this issue of ULTRAMAG should stimulate more interest. We are currently formatting sponsorship proposals and the outcome of this process will ultimately determine our budget and how it is allocated.

We have a lot of support all over the island for the event, and with a lot of hard work, our aim is to convert this into, amongst other things, dollars to develop the run into a hallmark event for Tasmania/ Australia/ AURA

We also have plans for another international ultra event, which has been given budgetary allocation for development by Special Events section of the Dept of Tourism, Sport and Recreation.

Regards,  
Alan Rider.

# TASMANIA RUN DRAFT ITINERARY

<b>DAY 1 - SATURDAY AUGUST 20</b>	<b>KMS</b>
Hobart to Hamilton	75
Transport stage - 170 kms to Bradshaw Bridge (new Lake Burbury)	
Bridge to Queenstown	18
<b>Total Day 1</b>	<b>(93)</b>
<b>DAY 2 - SUNDAY AUGUST 21</b>	
Queenstown to Zeehan <del>VIA STAMMAN</del>	85
Transport stage - 150 kms to Wynyard	
Wynyard to Burnie	18
<b>Total Day 2</b>	<b>(103)</b>
<b>DAY 3 - MONDAY AUGUST 22</b>	
Burnie to Devonport	50
<b>Total Day 3</b>	<b>(50)</b>
<b>DAY 4 - TUESDAY AUGUST 23</b>	
Rest day	
<b>DAY 5 - WEDNESDAY AUGUST 24</b>	
Devonport to Launceston	100
<b>Total Day 5</b>	<b>(100)</b>
<b>DAY 6 - THURSDAY AUGUST 25</b>	
Launceston to Scottsdale	73
Transport stage - 72 kms to Pub in the Paddock, St Columba Falls	
Hotel, Pyengana.	
Pyengana to St Helens	27
<b>Total Day 6</b>	<b>(100)</b>
<b>DAY 7 - FRIDAY AUGUST 26</b>	
St Helens to Bicheno	76
Transport stage - 29 kms to Cranbrook	
Cranbrook to Swansea	15
<b>Total day 7</b>	<b>(91)</b>
<b>DAY 8 - SATURDAY AUGUST 27</b>	
Rest day relocate to Port Arthur	
<b>DAY 9 - SUNDAY AUGUST 28</b>	
Port Arthur to Hobart	99
<b>Total day 9</b>	<b>(99)</b>
<b><u>TOTAL</u></b>	<b>636</b>

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

70.

## **TASMANIA RUN - TRANSPORT STAGES**

Due to distances between some of the major population centres the logistics of this event necessitate some transport stages.

To meet media deadlines, in particular television sports news bulletin's, the aim is to have all finishes between 3pm - 4pm. Out of school little athletic activities will be co ordinate to coincide with the finishes.

The restart time for the second stage of the days run would be calculated by adding the allocated transport time to the first stage finish time of each runner.

The conservative driving times allocated will give each competitor ample time to reach the restart destination with at least 20 minutes included for warm up preparations.

An emergency transport and break down vehicle will be part of the event infrastructure.

### **DAY 1 - SATURDAY AUGUST 6**

Transport stage - from Hamilton via Ouse, Wayatinah, Taraleah, past the Bronte Park turn off, through Derwent Bridge, over Mount Arrowsmith, through Victoria Pass to Bradshaw Bridge (Lake Burbury)

**Time allowed 2.5 hours    Distance 170 kms**

### **DAY 2 - SUNDAY AUGUST 7**

Transport stage - from Zeehan, past Renison Bell, through Rosebery, Tullah, Parawee, Hellyer Gorge, Henrietta, Upper Mount Hicks, Lower Mount Hicks to Wynyard

**Time allowed 2.5 hours    Distance 130 kms**

### **DAY 3 - MONDAY AUGUST 8**

Burnie to Devonport    (No transport stage)

### **DAY 4 - TUESDAY AUGUST 9    Rest day**

### **DAY 5 - WEDNESDAY AUGUST 10**

Devonport to Launceston (No transport stage)

### **DAY 6 - THURSDAY AUGUST 11**

Transport stage from Scottsdale via Tonganah, Tulendeena, Branhholm Derby, Weldborough to Pub in the Paddock, St Columba Falls Hotel, Pyengana.

**Time allowed 1.5 hours    Distance 72 kms**

### **DAY 7 - FRIDAY AUGUST 12**

Transport stage from Bicheno past Freycinet National Park/Coles Bay turnoff to Cranbrook

**Time allowed 1 hour    Distance 29 kms**

### **DAY 8 - SATURDAY AUGUST 13    Rest day relocate to Port Arthur**

### **DAY 9 - SUNDAY AUGUST 14**

Port Arthur to Hobart    (No transport stage)

# THE HARRIER 100KM INTERNATIONAL CHALLENGE

As mentioned in the previous issue of our Magazine, the Canadians are putting on a 100km race close to the period in which the Commonwealth Games are to be held. Even though the race is not tied to the Commonwealth Games by way of a demonstration event, it is hoped it creates enough interest to achieve such status at the next Games. For this to be successful, good participation from overseas athletes is essential. If you are thinking of supporting this venture, please contact Geoff Hook, 42 Swayfield Road, Mt. Waverley 3149. Vic.



Bob Reid, Club President  
1251 Tattersall Drive  
Victoria, B.C. Canada  
V8P 1Z2

Dear *Geoff Hook*,

November 1, 1993

I am directing a 100K ultramarathon in Victoria, B.C., Canada on **Wednesday August 31, 1994**. This race is not officially part of the Commonwealth Games and is being staged 3 days after closing ceremonies of the Games. Enclosed please find a draft entry form for the Harriers 100K International 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 100K International 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 some runners up in private homes provided that I have plenty of advance notice. Three to four nominated athletes from each country will be billeted. Everyone is coming to Victoria in 1994!

I have sent invitations to the top six 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. Thank you for your assistance on making this event a high profile endeavour.

Yours truly,

72. *Bob Reid.*  
Bob Reid, Technical Coordinator,  
Association of Canadian Ultramarathoners



Association of Canadian Ultramarathoners

## HARRIERS 100K INTERNATIONAL CHALLENGE

WEDNESDAY AUGUST 31, 1994 6:00 a.m.

Victoria's PRAIRIE INN HARRIERS running club is pleased to present the first ever, and once only, HARRIERS 100K INTERNATIONAL 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 immediately after, as it is not officially part of, the Commonwealth Games being hosted by the City of Victoria from August 18 to August 28, 1994. Many of the top, elite ultrarunners in the world have been sent invitations, literature and entry forms for the challenge event. Already five or six of the very best ultramarathoners such as Erik Seedhouse and Andy Jones have confirmed their interest in the race. Great Britain is the first overseas country planning to send a team and Hong Kong and Botswana have also entered teams.

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 International 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 International Championship. The event gives many long distance runners an opportunity to holiday in Victoria to watch the Commonwealth Games then run an ultra. 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 100K INTERNATIONAL 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, Harriers 100K Challenge, 1251 Tattersall Dr., Victoria, B.C., V8P 1Z2, Canada

ATHLETE'S WAIVER: In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release the Prairie Inn Harriers from any and all rights or claims for damages I may have against them for any and all illnesses, injuries or losses I may sustain as a result of my participation in this event.

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



## RACE DETAILS



DATE: Wednesday August 31, 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 (12.5 laps) - certified.  
COURSE: All paved roads, flat, good footing, excellent condition, pastoral setting.  
START/FINISH: Stelly's Secondary School, 1627 Stelly's X Road, 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 Aug. 1, 1994.  
ENTRY FEE: \$25.00 (No t-shirt) \$35.00 (With t-shirt) - Entry must be received by Aug. 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 Stelly's Secondary School.  
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: An International championship trophy presented to the 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: Up to 6 runners from each country can be designated to a team but names must be assigned prior to the race. The first 3 finishing runners will form a team and the winner will be determined by the lowest score on a combined time system.  
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

## HARRIERS 100K INTERNATIONAL CHALLENGE

WEDNESDAY AUGUST 31, 1994 6:00 a.m.



*Are you planning a trip to U.K. in 1994?*

*Why not plan your trip around this 100km Championship event on 22nd May !*

*We did not receive any entry forms, but the contact person is :*

*JOHN FODEN*

*141 Davies Road,*

*West Bridgford, Nottingham, NG2 5HZ*

*Details are as follows:*

## *John Foden - Race Director*

*141 Davies Road*

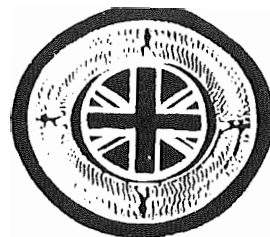
*West Bridgford*

*Nottingham NG2 5HZ*

*Great Britain*

*Telephone (0602) 816892*

*Fax (0602) 455213*



Aura Magazine,  
4 Victory Street,  
Mitcham,  
Victoria, 3132,  
Australia.

23rd October 1993

Dear Sir,

For the 1994 fixture list in your magazine you may wish to know the details of Great Britain's premier ultra distance race. They are :-

### Road Runners Club 100 Kms Championships

Start : 22 May 94. 8 am.

Venue : National Water Sports Centre, Nottingham.

Course : Round regatta lake in country park. Probably fastest course in the world.

Time Limit : 12 hours.

Entries in 1993 : 150.

Fees : £9 / £9.50.

Closing Date : 7 May 94.

Late Entries : Accepted for surcharge of £2.

Cheques : Road Runners Club.

Rewards : Place medals. Certificates for all.

Facilities : Olympic standard changing and refreshments.

Entry to : John Foden,  
141 Davies Road,  
West Bridgford,  
Notts, NG2 5HZ.

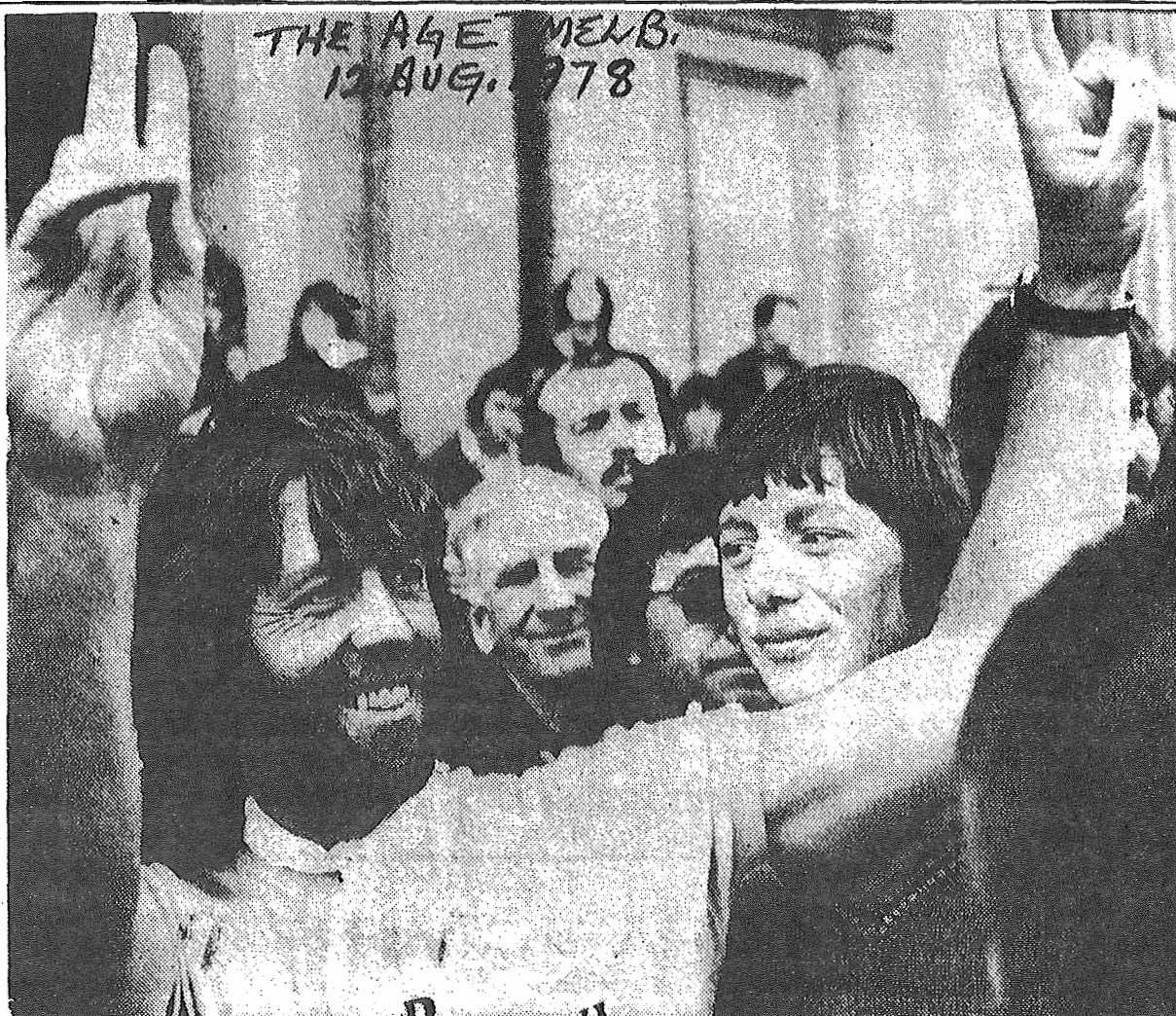
Wishing you a Merry Christmas and Prosperous New Year,

Yours in Sport,

74.

*John Foden*

# MEDIA ARTICLES ON MEMBERS



**A BLAST  
FROM  
THE PAST  
- 1978**  
Rafferty in  
the hippie era!

## Sign of the victorious

Tony Rafferty waves to the crowd at the GPO which cheered his finish of the 1761 kilometres run from Melbourne to Sydney and back.

Rafferty, 39, became the first runner to make the trip when he jogged up the GPO steps yesterday.

He took 18 days, four hours, 30 minutes and he broke two records along the way.

Rafferty broke the record for running 1600 kilometres (1000 miles) by nearly 48 hours. He took 16 days, seven hours, 15 minutes to do it.

He also cut eight hours off the Melbourne to Sydney record, bringing it down to eight days, 17 hours, 34 minutes.

## Snakes kept Parker alert

ROSS PARKER never has been keen on snakes.

The Craigie endurance runner is even less fond of the reptiles after two close encounters during one of the world's most gruelling races in the US.

Competing recently against 12 of the world's best ultramarathon runners, Parker finished third behind Americans Marshall Ulich and Joe Friabank in the annual 220km race across Death Valley.

In temperatures up to 60C, the runners completed the trek from Badwater, 95m below sea level, to Mt Whitney, 2750m above.

Parker finished in 38 hours

By DAVID MARSH

which included a three-hour vehicle breakdown.

"We were 30 kilometres from the next town, which was aptly named Lone Pine, but couldn't get anyone to help us because it was in the middle of the night," he recalled. "We eventually managed to borrow another vehicle."

But it was the near misses with two snakes that will remain Parker's most vivid memory of the run.

"Six to eight hours into the run in the middle of the night my van came alongside to give

me a drink," he said: "On the edge of the light I noticed a big snake curled up in the middle of the road."

"If the van wasn't there I would have run over it."

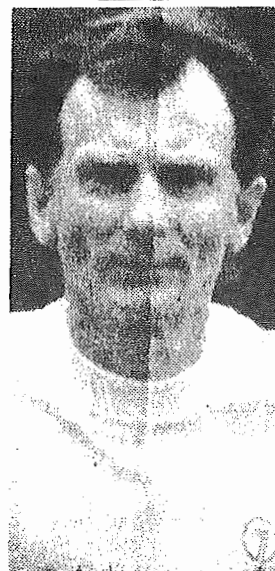
"I don't know what type it was, but from then on I made sure the van was with me all the time."

"Later, I saw a rattlesnake on the side of the road."

"It was so hot out there, it was unbelievable."

Parker was Australia's only representative in the race. Other runners came from the U.S. Germany and England.

His wife Linda was part of his two-member crew.



Ross Parker

# A YEAR IN THE LIFE OF AN ULTRA-MARATHONER

by Greg Wilson

25th Oct. '92: The Six Hour Track Race, Burwood. I conserved myself over the final hour so I didn't fall to pieces like some of the earlier leaders - short walks mixed in with a steady 30 laps and sprinting (1 min.35s.) the final one just to show I wasn't totally stuffed. 78.4km. It was frustrating to be so close to 80km, but the walks had seemed more important at the time. At least I could have a couple of weeks off to recover from the stiff legs and aching knee.

Nov.'92: Hobbled 76km for the month. Left knee still no good so complete rest.

Dec.'92: My old running mate, Glyn Cox arrived from Newcastle, so I ran 56km in one week in spite of the pain.

Jan.'93: Same old story. Half a dozen runs totalling 74km.

Feb.'93: Stopped writing entries in my training diary half-way through but totalled about 80km. Second in the Healesville Fun Run (10km in 35m.21s) More frustrating than pleasing.

Mar.'93: A top month - wow! 113km then nothing after the first week in April.

April'93 - 50km

May'93: Okay, let's get into it! First run 1hr.55s. with Brian and Christine Simmons. 171km for the month, which included 2nd in the 40-44 yrs. in the Vic. Vets 10km Championships. Should be able to really build on that eh?

June'93: Cold, dark, wet, tired. Sore achilles, knee, foot, toe - everything. One race - outsprinted by Ross Martin for first veteran over 10km in 35m.40s. The worst of it was I could hardly jog the warm-up because of bad knee pain.

July'93: 48km in a couple of weeks.

Aug.'93: 22km. This is ridiculous. Will I ever run an ultra again?

Sept.'93: By mid-September, our Toolangi tennis team had won the premiership, Essendon had won the premiership and I had a week off work. If I can't train during a week off, I am a write-off. Enter 6 Hour Track Race. Oh, stuff it, let's make a real fool of myself, enter a 6 DAY race!! Week 1 -6km, week 2 - 20km, week 3 - 58km, week 4 - 102km. Total for the month 204km.

Oct.'93: Back at work and running 100km each week leading up to the 6 Hour Race. Very tired, ignoring the aches and pains. Hilly 30km on a Sunday with Brian Simmons with snow and hail coming down. It reminds me that I need to train frequently with this type of dedication. In the 6 Hour Race, I intend to run 80km or blow up in the process. With the year just past, it should be the latter, so I hope they don't need me in the 6 Day Race on Nov. 14.

I realize that over the past year, I have not managed to run in an ultra. Not fit enough to run up Mt.Buller in January, and distressed that I am among many others who failed to support Dot's 24 Hour in February, leading to its demise. The 50 Mile Championship - love to... but I would have looked a bit silly alongside a fit Dragan and Safet - 5 hours 15 min. indeed!

If this seems a bit of a whinge, it may be, but if I ever start feeling sorry for myself, I remember the man who inspired me to run ultra-marathons.

I last saw George Perdon a year ago at the 6 Hour Track Race where his quiet but sincere vocal support helped me through the last tough hours. I didn't know that he was very ill and that I should have been offering him support. Now the greatest ultra runner I have known is dead.

For this reason, I will run the 6 Hour Track Race in George's home suburb, and if the performance is worthy of it, I dedicate it to you George!

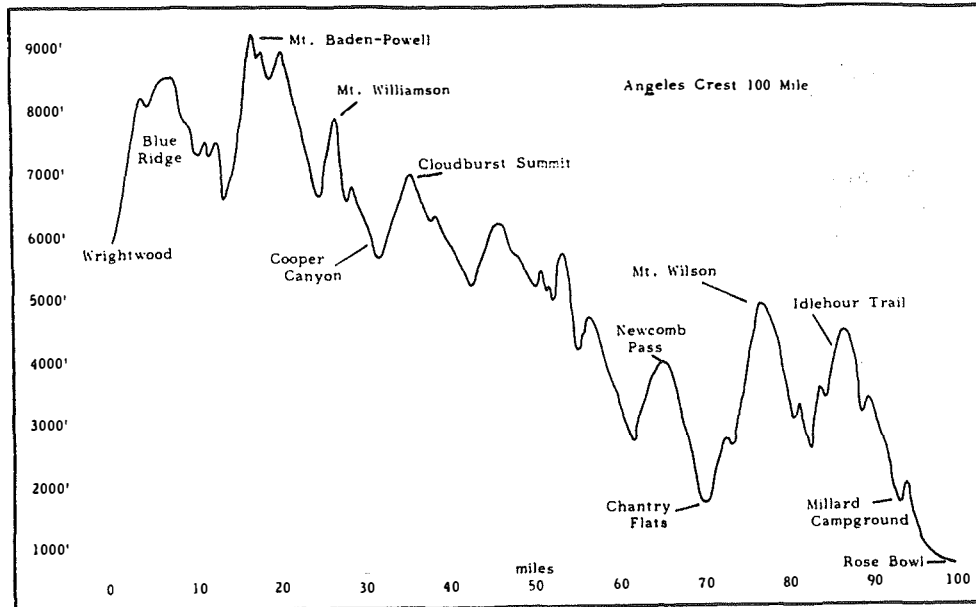


Albury to Perth Road Race competitors 1993

## THE ANGELES CREST 100 MILE ENDURANCE RUN

### WRIGHTWOOD TO PASADENA, CALIFORNIA U.S.A.

by Kevin Cassidy



"Is this your first trip to America?", the officer asks as I check through customs at Los Angeles airport, "Sure is". I reply. "Tell me, what brings you here?" he asks. "I'm here to run in a footrace, actually", I inform him. "Really, is there prize money to be won", he inquires, I tell him that there is and he wishes me good luck. Leaving the airport I realise that here in America the almighty dollar takes precedence over personal ambition and achievement.

As a subscriber to the American Ultra Running magazine, I had known about this run since its inception in 1986 but gave it little thought until I started running trail races myself in 1990, even then it seemed like a dream in the dim and distant future, however by January 1993, having run trail races all over Australia, I decided that my next goal would be the Angeles Crest 100 mile race, so I sent off a letter to the race director informing him of my desire to enter and a brief resumé of my ultra running career. Within weeks I received a reply welcoming me as their first ever Australian entrant, can you imagine my excitement, over the years this race has attracted the best ultra runners in America and Canada as well as a few Europeans.

The Angeles Crest race has a strict cut-off time of 33 hours, as well as 18 cut-off points on route and I am aware that I will need all of those 33 hours, so why 33 hours to run a distance that I could comfortably expect to run in less than half that time on the road or track? Well, this race is no ordinary 100 miler, it is run entirely on mountain tracks, starting at an altitude of 6,000 feet going to 9,300 feet at its peak with a total of 21,600 feet of climbing and 26,700 feet of descending making a total elevation change of 48,300 feet, comparing this to the height of Mount Everest at 29,000 feet puts it all into perspective. There are several other similar type races in America but this one is the most mountainous.

Its time now for 6 months of serious training, I spend a lot of time in the Dandenong Ranges, strengthening my quads with some specialist down hill running on a circuit used by Geoff Hook and Peter Armistead when training for the Western States 100 mile race in Northern California in 1990, the only thing I can't train for in Australia is the altitude, this is the most worrying aspect for me.

So here we are, my wife Margaret and I, driving up the California Highway No. 2 to Wrightwood, the highway snakes its way up the mountains, I am awestruck at there size, as there are no mountains like this in Australia, it makes me more nervous than I previously was.

Friday, October 8 1993 is the pre race meeting, at last I am amongst a large group of runners, the atmosphere is one of friendly anticipation, I go through the compulsory medical check and weight pulse and blood pressure are recorded on a plastic wrist band which must be worn during the race, this is followed by a trail briefing which includes warnings of snakes and mountain lions as well as search and rescue concerns and a briefing by the emergency medical team, it is here that I meet many runners who I have only ever read about in magazines. We all sit patiently as we are told about altitude sickness, the cold on the mountain peaks, the heat in the canyons and the distance which is officially measured at 101.3 miles. Later on I meet the father and son team of John and Mike Marnell, these two guys, along with Margaret, will be my crew and before this run is over they will have broken their backs for me.

Saturday, October 9 1993. Its 4.30am start time is 30 minutes away and I'm nervous as a kitten, just what lies ahead; I wonder! Its cold and still dark when we muster at the start line, cameras are clicking non stop. At last the gun goes off and 117 runners are on their way, there is an awful lot of hootin' and hollerin' as we run carrying our flashlights through the town of Wrightwood before tackling our first climb up to Blue Ridge, a steep switchback trail rising above 8,000 feet and in the dark the lights from outer Los Angeles stare up at us. I have decided to wear a bumbag containing two water bottles and spare batteries and globes for my flashlight. The string of flashlights bobbing up the mountain is an interesting sight, within an hour the sun rises and my gloves, coat and flashlight are all placed in my bumbag. The trail becomes very rocky as we cover a series of ups and downs, I am drinking continuously as I am aware of how quickly you can dehydrate at high altitude, I pass the first 5 miles in 100 minutes and quickly realise exactly how difficult this race is, I push on to the first aid station at Inspiration Point, my crew are waiting and as I arrive there are people everywhere all hootin' and hollerin'. I fill my water bottles, put food in my bumbag and continue on. In the first 50 miles of this race the trail crosses the highway several times making crew access to aid stations very easy. The trail remains rocky all the way down a long drop to Vincent Gap aid station, Mike fills my water bottles and John gives me food, while Margaret says to me, "Brace yourself, looks what ahead", I walk out of Vincent Gap eating a power bar and looking straight up at Mount Baden-Powell, the highest point of the race at 9,300 feet, the climb is a never ending switchback trail, it gets steep and goes up and up and up, everything is going well until I reach about 8,500 feet when the altitude starts to play tricks with me, my hands and wrists swell up and turn red and white and I am forced to loosen my watch band, then my ears start ringing and heart rate accelerates. I push on higher and the trail gets very narrow and dangerous, one false move here and you would not stop rolling down the canyons for quite a while, although I am deep in concentration I still manage to take in the spectacular views, on my left are mountains, huge cliffs and canyons so deep that you can't see the bottom, further left I can see the tops of clouds under which lies the city of Los Angeles, on my right is a view across the California Desert, views from this height are something I have only ever seen from a plane. At last the summit is reached and I

push on down some long and steep down hills and I have a few stumbles on the rough terrain before arriving at Islip Saddle aid station, there are people everywhere, John and Mike refill my waterbottles and food bag while Margaret asks, "Was that a pimple or a hill?", "It's a hill", I reply. This is a major aid station and the medical team subject me to the compulsory weight check and I am surprised that my weight is the same as when I started because with all the food and water I am consuming I thought I might have gained some weight, I must be careful here as a weight loss can have you held back until the medicos feed you up or at worst you can be withdrawn. Islip Saddle also represents the 26 mile mark, the length of a standard marathon and it has taken me 6 hours and 40 minutes (*my sub-3 hour marathon pb looks rather insignificant*).

I leave Islip Saddle and immediately start the long climb up Mount Williamson, the trail surface has degenerated to nothing but sharp edged rocks all the way to the top at 8,000 feet and all the way down the other side, I am sure that this causes the start of some rather nasty blisters that were to develop a little later on. I continue on to the Eagles Roost aid station where my crew are eagerly waiting, they re-stock my food and water and on Johns advice I take a third water bottle in my hand, I have travelled 30 miles and for the first time the altitude will drop below 7,000 feet which makes life much easier, I am aware that the next aid station is about 2 hours away even though it is only 6 miles but it involves a long rough descent into a deep and hot canyon and a climb out the other side, it is on this climb that I develop some unexplained chaffing in the crotch as well as some blisters, which I can feel on my feet. The climb is painfully long and I'm drinking plenty but I am starting to feel very ordinary and by the time I arrive at the Cloudburst Summit aid station I am almost ready to die. I slump into a deck chair and my crew go to work feeding me all sorts of magic potions as well as changing my underwear to try and stop the chaffing. John sees the condition I am in and explains that we are now back at 7,000 feet altitude, I am glad to hear this as it explains my condition and with the next 10 miles all down hill I am hoping the lower altitude will make me feel better, as Cloudburst Summit is only the 38 mile mark I would be distraught to have to pull out at such an early stage.

After a good feed and water refill I leave Cloudburst Summit and commence the long drop down, its rough going and I concentrate hard so as to not trip over any rocks, as the altitude decreases I start to feel quite good again, my blisters and chaffing are hurting me but I realise that I will just have to live with it, other than that I am moving well, down, down, down I go, the field is well spread out by now but there is still the occasional trading of places with other runners and when this happens we exchange the usual pleasantries, everyone seems to want to hear my Australian accent, "Good onya mate" becomes a much used phrase.

The continuous and steep descents are now starting to take their toll on my quad muscles and when a sudden call of nature strikes, I am unable to squat down, so what can I do? Remain standing of course. Down, down, down we go, through Glenwood aid station then a few more miles down to three points aid station where my crew refill my bottles while I stock my bag with food, I have covered 44 miles and it is here that the trail completely disappears from the highway and access for crews is limited to only three more points during the remainder of the race, despite this there are still several more aid stations in isolated areas and I have sent strategically planned drop bags of various supplies to these points.

The journey downwards continues as I bid my crew farewell, the trail is narrow and rough before it bottoms out in the canyon then starts climbing again up a formed road to the Mount Hillyer aid station, suddenly I can hear music in the distance and realise that I am approaching the Mount



Hillyer aid station marking the 50 mile point, within 15 minutes I have arrived. "Half way", I say to myself and it has taken all of 13 hours to get here. The team that operates the Mount Hillyer aid station has nicknamed it the "Twilight Zone" as it is usually near dusk when you get here. People greet you by name which they get from the race program and an "Elvira" look a like gives you a welcoming hug as the public address loudly announces "Welcome to the Twilight Zone, Kevin". They really make you feel special, I refill with water and food and as the hot sun is quickly fading I dive into my drop bag and get a fresh long sleeved top and gloves for the cold night ahead, I also pick up my spare flashlight to carry as a back-up to the flashlight in my bumbag, as I leave the twilight zone my blistered feet are giving me hell but I just have to shut that out of my mind as everything else is going fine. A rough and rocky climb takes me out of the twilight zone and I reflect on what has been an eventful day as the excitement of being in this race slowly fades and the gruelling nature of this race starts to take over. My flashlight is safely strapped to my wrist and in virtually no time the sun has gone, the first thing that strikes you is just how dark it really gets out here in the wilderness, streetlights are a luxury you won't find here, its just you and a tiny beam of light 3 feet in from of you, suddenly the trail drops sharply and progress is agonisingly slow as you try not to fall on the rocks as they appear in the beam of your flashlight. The course continues to drop for several miles before arriving at the Chilao aid station. Upon arrival the medical team put me on the scales, my weight is still unchanged and I'm glad to hear this as I have been monitoring my fluid intake quite closely and I have obviously been doing well. At this point of the race runners are allowed to have a pacer, a pacer is a runner that accompanies you and acts as a security blanket and after having been alone for so long a bit of company can be a real boost. I leave Chilao with John who will pace me to Shortcut Saddle 6½ miles away, on and on we go along the rough and twisting trail, down, down, down, up, up, up, I'm feeling o.k. and pushing the pace a bit, John asks me if I am pushing to hard, "I'm fine" I reply, occasionally a flashlight will appear bobbing through the trees and I overtake a few runners. Suddenly the trail drops steeply and is so rough that it becomes dangerous, the drop continues for about 2 miles to Shortcut Saddle aid station where John will leave me, Mike and Margaret are waiting here and Margaret tells me that I am about midfield and a lot of runners have pulled out as they succumb to the gruelling mountains (less than 50% would finish this race).

After replenishing my supplies I pull my bumbag back on and head off alone into the wilderness, I will not see my crew now until Chantry Flats 16 miles away and it is during this stage that the course starts to take its toll on me, my blisters are killing me and my quads are really starting to suffer, the constant thumping of down, up and down again has turned my running style into what must now look like a survival crawl, it is pure agony and there is still 42 miles to go. For the next 5½ hours I am all alone, no one behind me, no one in front, just me and my flashlight following the fluorescent ribbons that are dotted through the trees marking the course. Dropping deep into the canyon is a 5 mile decent and I try to put my mind on other things, 19 hours into a race is a good time for reflection, "How did I get here?", "Why did I enter?", this race has a very sobering history. I try to think of things I find amusing, an incident last April suddenly springs to mind "When are you coming back to the hills with the real runners?", was a question I answered with a silent smile, the hills these "Real runners" use would not rate a poor apology for a squeezed pimple, I am able to get a laugh out of it to boost my spirits. At last the canyon bottoms out before a painful climb out the other side to Newcombes Saddle aid station. I replenish my supplies and push on, "6.6 miles to Chantry Flats and its all down hill". I am told. I can't believe all these aid station volunteers (all 600 of them) they are so helpful and cheerful, even in the middle of the night. The drop to Chantry Flats is steep, treacherous and dangerous, a fall here would be fatal, to one side is a sheer drop into the darkness, to the other a rocky cliff face. During the next 2 hours I go to hell and back, I wonder

if I will be able to finish. It's 2am and I feel like the last man on earth, my blisters and legs are killing me, suddenly a flashlight heading towards me appears from the darkness, its John, he has run in from Chantry Flats to see how I was and he tells me I'm about 30 minutes from the next aid station (I honestly thought I was much closer), right then my flashlight blows a globe so its lucky I had a spare one. We push on together to Chantry Flats and manage to pass 2 runners on route. I stagger into Chantry Flats and have my weight checked, it's down 3 pounds and the medico's advise me to drink more (god knows how, as I have been drinking non stop), I slump into a chair, I am totally and absolutely destroyed, it's 3.30am and I just want a truck to run me over and put me out of my agony. My crew are working flat out for me filling me with food and drink, I'm too stuffed to talk but I can tell by the look on Margaret's face that she knows I'm in trouble. I spend 15 minutes here refuelling and then decide that I have trained too hard and come too far to pull out so I decide that I will either finish or die in an effort to do so.

There is now 26 miles to go which includes the 2 longest climbs on the entire course and I realise that I am still 9 to 10 hours from finishing. My entire body is aching as I leave Chantry Flats with Mike as my pacer for the remainder of the run, I will not see John or Margaret again until the finish. No one who has ever run this race has not struggled to complete the last 26 miles, as many have said "This is where the race really starts".

Immediately out of Chantry Flats we start climbing the dreaded Mount Wilson 6.2 miles to the top up, up, up this is incredibly steep and dangerously rough, so steep that I almost fall backwards on several occasions, if this was to happen you would roll all the way back to the bottom, I never knew that 6 miles could be so long. Each time I think the summit is near I shine my flashlight up ahead only to see the trail continue up into the darkness. After what seems an eternity we reach the summit and I slump onto a comfortable looking rock. It has taken 3½ hours for the 6 mile climb, I suck on my water bottle as Mike seems to understand and share my suffering (I am told later that most runners take 4 hours up Mount Wilson). There is no time to waste, due to the ever changing nature of the course it is impossible to calculate a minutes per mile pace so I am still unsure about making the 33 hour cut-off. The journey continues steeply down the other side of Mount Wilson, its very rocky and progress is agonisingly slow, down, down.....down, my quads are killing me, this is no longer what I call running, it is just a painful progression forward, we are still descending when the sun rises and it soon gets quite warm, I discard my warm clothing and strip to a t-shirt. As we progress my bum bag and water bottles seem to get heavier, I wish I could let Mike carry them for me but this is against the race rules. We finally reach the Idlehour aid station at the base of Mount Wilson, 85 miles down and 16 to go. I refill with food and drink and Mike and I run out from Idlehour up a steep section for about a mile then a twisting narrow drop for a few more miles to the base of Sam Merrill, I'm pushing the pace pretty hard, although, in reality, it is probably still a hobble and Mike states his surprise "Gee, your moving well now", "It must be the sunshine", I reply. This is the closest thing I have experienced to a miracle when you consider that I was ready to die 5 hours ago at Chantry Flats.

We start to tackle the final mountain climb on the course up Sam Merrill and I tackle it aggressively pushing hard up the long steep switchbacks, eventually we think we have reached the top but it turns out that the short descent is only half-way as we again swing into a long series of switchback climbs, this almost breaks me completely as we keep climbing higher and higher "Where the hell is the top" I scream in frustration. "About ten minutes", Mike assures me and as it turns out he is correct as we soon arrive at the Sam Merrill aid station. "Only 11 miles to go and its all downhill", I am told as I restock my water bottles and consume my umpteenth powerbar, I realise for the first time that I will make the 33 hour cut-off.

It is 6 miles down to the Millard Campground aid station. There is still plenty of suffering to do yet as the uphills are now easier than going down as my quads are shot to pieces, this course has destroyed every part of me except my desire to finish. Down, down, down we go my legs are screaming for relief on the sharp jagged rocks, down, down, down, 1½ hours after leaving Sam Merrill we get sight of the Millard Campground aid station deep below us, "We will be there in a minute", I thought, how wrong I was, for the next 30 minutes Millard Campground stared tantalisingly up at Mike and I as we circled our way around the canyon wall wondering if we would ever get down there and this was very hard mentally, but we finally made it, only 5 miles to go. We stop at Millard to refill our waterbottles and the doctor insisted on checking my condition, it seems that in the excitement of smelling the finishing line I had forgotten to drink enough and had become a little dehydrated, so I spend 5 minutes drinking gatorade which boosts my energy a bit before Mike and I leave for the final 5 miles. The sun is hot as we climb up a 4 wheel drive track for a mile before the trail drops into its final canyon, its steep, narrow and rocky. My whole body is screaming for relief, my blisters are agony and I concentrate hard so as to avoid a fall. I can smell the finish getting closer and closer, the trail is twisting and turning and has many short sharp climbs and drops, numerous creek crossings and several soft sandy embankments, on and on and on, we just keep pushing when suddenly someone appears running towards us, its John, but in my exhausted state I didn't even recognise him. "You've got 2 miles to go and its all flat", he exclaims excitedly. Soon we are on a dirt road for half a mile before turning on to a bitumen road, around the next corner and there it is, Johnson Baseball Field about three quarters of a mile away across a huge parking lot, Mike tries to encourage me to go a little harder but I simply can't respond. "Kevin Cassidy from Australia" is coming across the speakers as I enter the baseball field. This is it. I've done it. I muster some sort of finishing sprint and cross the line. The crowd are hootin' and hollerin' and Margaret is screaming excitedly as race director Hal Winton announces my time, 31 hours and 40 minutes. Never before have I suffered so much for so long, the final 26 miles took 9 hours and 4 minutes, I will never forget those 9 hours if I live to be 100. All this for that one moment of glory, but it was worth it. Behind me was one of the worlds most brutal endurance races, nothing in Australia could compare to The Angeles Crest 100 mile race. In the words of one of this races veterans, "The satisfaction gained is on an equal to the effort expended", and here at Angeles Crest the effort was extreme.

Shortly after finishing I am laying in the medical tent having my battered feet attended to and drifting in and out of the sleep zone, when John and Mike say a quick good-bye as they must head home some 300 miles away. I had only met these guys 2 days ago, they had driven here simply to help me, they were a tower of strength to me throughout the entire run and when it was all over they drove back home. I was very humbled indeed to meet such people.

Something I find amusing is that people still regard a 42 kilometre marathon as the ultimate challenge. No matter how fast they may run them, I can assure you that these runners have not yet lived.

Race Statistics:      \* 117 starters (many miss the cut-offs).  
                             \* 58 finishers.  
                             \* I was in 52nd place.

*Although many of the runners had come from far and wide, most of the better performances were from local runners, which proves the huge advantage that local knowledge provides on a run like this.*

# BODY MAINTENANCE

by Max Bogenhuber

When talking to other runners, inevitably one gets asked about the training milage (you can't really say kilometrage, can you?...it just doesn't sound right) that one runs.

Often when I tell people what I used to run and what I still run now, well past my training peak, the next question is "don't you get injured running all these miles?". And I must admit, compared to most runners that I know, I don't often get injured. I get my niggly aches and pains, but rarely do I get to the point where I have to stop running because of an injury.

So what's the secret, you might ask. As far as I am concerned, there is no secret. Apart from a skeletal imperfection in the running related parts of the body, injury is mostly avoidable by performing standard body maintenance.

In many ways, our bodies are not unlike cars. The better we treat them, the better they will serve us, in terms of performance and reliability. The one big advantage our bodies do have over cars, is that if treated right, they can repair themselves.

Over the 14 years that I have been running, I have developed my own rules of what to do and what not to do, in order to stay relatively injury free.

Let's first look at what I don't do:

- 1) I never have two hard days in a row. If I run a long run one day, I will run a short one the next. If I run hard one day, I will run easy the next.
- 2) I never start a race without first warming up (unless it is a really long race, then I will warm up in the first few kilometers of the race). But I will not run hard before being totally warmed up.
- 3) Although I might run a race not totally fit, I will not race a run without being totally fit.
- 4) I don't do stretching. This goes against the advice of all the "experts", but I think more runners get injured by stretching, than by not stretching, particularly when cold.
- 5) I don't run long runs in shoes that have lost their shape or cushioning.
- 6) When I feel any niggling pains, I will not race until I know what it is and I know that it will not get worse by running hard.
- 7) No "free of anything" fads. I don't follow any "no this and no that" diet.
- 8) I don't run in "cheap" shoes. Sometimes one can get a good buy of brand name shoes, but I stay well clear of anything that is not a known brand.

And this is what I do do:

- 1) I listen to my body. Often, what first appears like an injury is really a message from the body saying "My reserves are running low, I am not going to let you run hard".
- 2) I eat well, and I eat plenty. You name it and I eat it, but I do try to keep it balanced. Some meats, lots of fruit, vegetables mostly raw, lots of carbo rich foods, such as bread, pasta, rice, oats.
- 3) I drink lots when on my training runs and lots in between runs.
- 4) I always own at least three pairs of running shoes, which I rotate, but

always keeping the newest shoes for the long runs.

- 5) After a long, hard race, I take some time off running, then when I start again I go easy until I feel recovered. The old rule of one day off for every mile raced is a good yardstick, but should be used with discretion. The "day off" should probably say "day off racing" not "day off running".
- 6) I run through "injuries". That means, I will adjust my running to fit in with the way I feel. In my opinion, if you can continue running even though you might be carrying a slight injury, you will most likely build up the area in question and will not have to deal with that problem in the future. But if you stop, then the problem will resurface the next next time it comes under pressure. Of course this all has to be within reason. If a pain gets worse while running, I turn around and go home, but most of the time the pain will either lessen or disappear altogether, once the area has warmed up.
- 7) I try and get a regular massage to loosen up.

Without writing a whole book on the subject, the above just about covers the whole spectrum of do's and don't's of running with a minimum of injuries. However, keep in mind that what works for me does not necessarily work for you. We are all different (otherwise what would boys do on Saturday nights, if girls weren't different?) so you will have to make your own observations as to what works for you and what doesn't.

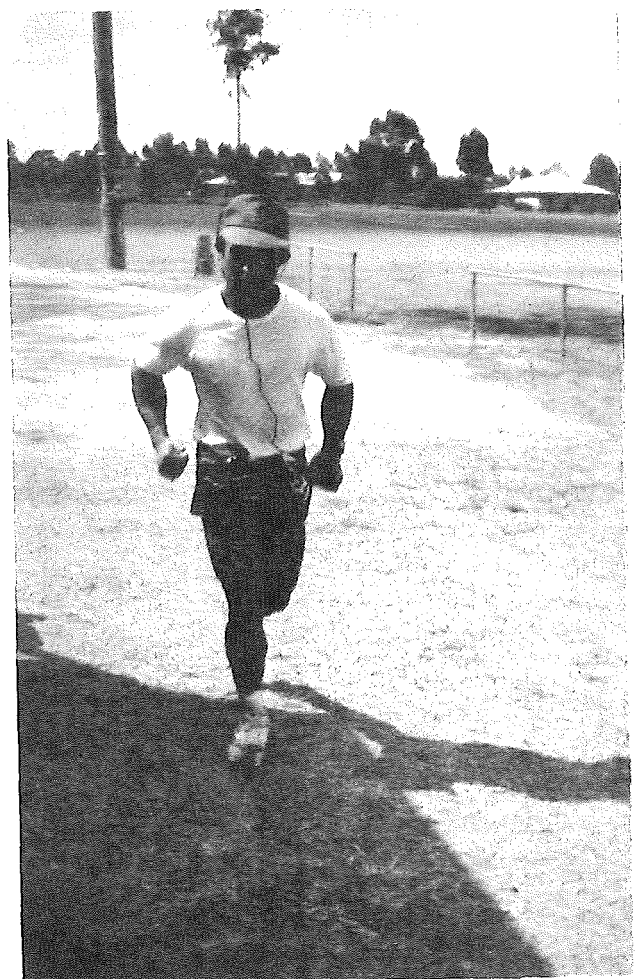
But, when the race is on, the race is on. In a race situation, I generally throw caution to the wind and go for it. But because I have looked after my body in training, it has more of a chance to stand up to the pounding of a race and seldom breaks down on me.

I hope this helps some of the younger ultra runners, but even you older runners, don't forget that body maintenance.



Holder of many of our female ultra records, Lavinia Petrie, from Victoria.

84.



Mark Murray, winner of the 24 Hour Run in the Caboolture Multi Day event.

Sydney  
 Gosford  
 Woyah  
 Newcastle  
 Bulahdelah  
 Taree  
 Port Macquarie  
 South West Rocks  
 Collis Harbour  
 Wollongong  
 Grafton  
 Brunswick Heads  
 Murwillumbah  
 Tweed Heads  
 Coolangubra  
 Brisbane  
 Herong  
 Nambour  
 Gympie  
 Montborough  
 Glen Glin  
 Rockhampton  
 Sarina  
 Mackay  
 Proserpine  
 Bowden  
 Ayr  
 Townsville  
 Ingham  
 Cardwell  
 Tully  
 Innisfail  
 Babinda  
 Edmondston  
 Cairns  
 Mareeba  
 Atherton  
 Ravenshoe  
 Mount Surprise  
 Georgetown  
 Gilbert River  
 Hannanston  
 Burketown  
 Wollagong  
 Baraloola  
 Cape Crawford  
 Daly Waters  
 Larrimah  
 Maroonba  
 Katherine  
 Darwin  
 Adelaide River  
 Katherine  
 Victoria River  
 Kununurra  
 Hall Creek  
 Fitzroy Crossing  
 Broome  
 Port Hedland  
 Roeburne  
 Carnarvon  
 Geraldton  
 Dongara  
 Perth  
 Byland  
 Pinjarra  
 Waroona  
 Harvey  
 Bunbury  
 Dunsborough  
 Bridgetown  
 Mandurah  
 Walpole  
 Denmark  
 Albany  
 Jarraungup  
 Ravensthorpe  
 Esperance  
 Norseman  
 Cragg  
 Cocklebiddy  
 Modura  
 Penang  
 Ceduna  
 Poochera  
 Wudinna  
 Kimba  
 Port Augusta  
 Port Pirie  
 Port Wakefield  
 Adelaide  
 Toilem Bend  
 Mandagie  
 Millicent  
 Mount Gambier  
 Portland  
 Warramboul  
 Terong  
 Colac  
 Geelong  
 Melbourne  
 Warragul  
 Moss  
 Morwell  
 Traralgon  
 Sale  
 Bairnsdale  
 Lakes Entrance  
 Orbost  
 Cann River  
 Eden  
 Merimbula  
 Bega  
 Tobago  
 Narooma  
 Manly  
 Botany Bay  
 Ulladulla  
 Kiama  
 Wollongong  
 Sydney

# NOBBY YOUNG'S GREAT AUSTRALIAN WALK

23 Cowell Street Gladesville NSW 2111 / Telephone 816 2017

## THE "TURN LEFT AT BUNBURY" REPORT

OCTOBER 17, 1993

The most important news first. GWEN is here! Gwen Gould, a lady (and Reliv distributor) who helped us out in the early days in Eastern states has cast aside thousands of other commitments to assist Jim in getting me back to Sydney. If I just do the walking and talking, interchange those two if you will, and Jim and Gwen do the rest, life should be quite pleasant.

What a nerve! To leave Sydney with just one vehicle and one support person was crazy. I look back and shudder. After this Jim could take on anything at all with confidence as it would be easy by comparison. You might not believe this, but I'm not an easy person to look after.

Support. If in the beginning, I tried to set the Walk up the way it needed to be, we probably would not have started at all. The sponsorship funds required would be just too much to raise. I was asking for backing for an theory, a theory that I could not prove to anyone, a theory that I could walk around this country. To all those who supported me, thank you. Somewhere down the track (in my case wallaby trail) I hope to repay you for what was probably not the safest business decision you have ever made.

Change. Many times I have been asked if this Walk will change me when I get home and I have given answers like "I was a pain in the bum when I left and I will be a pain in the bum when I get back." After thousands of hours on my own, without disruption and usually in isolated locations, I know I will forever be changed. My understanding of myself has increased, many incidents from my past have been displayed before me as I walk. At times this has been uncomfortable, embarrassing, depressing and frustrating. At times I have been encouraged to realise that I have been a better person than I have given myself credit for. On balance I'm happy with who I am. I have learnt that I'm not a bad bloke, and that I can accept and live with.

Intention. My initial idea was to make this Walk a one-off concerted effort to achieve something and then coast through the rest of my life. Fat chance! Try receiving support in the form of a smile, laugh, wave, handshake, thumbs-up, hug, letter, hand-clap or a simple "thanks" from a few thousand people and then see if you can turn away from your efforts. If you can you are a stronger person than me.

85 .



Slow learner. It took me several thousand kilometres to work out why this received so much support from people of all ages. The support stories would take many pages to tell. They would also knock your socks off! The reason for the support is that I'm WALKING. Almost everyone has an idea of how far they can walk and can therefor judge what I'm doing. If I was riding a bike or paddling a canoe this would not apply.

Good story. In Port Hedland we met the Klein family. Wilbur (dad) is a man mountain and the principal of one of the primary schools. His funny bones are not restricted to his elbows. Monika (mum) has the gift of being able to make others feel good, and is into breeding. Marie, Katie, Lindsay and Byron are the result of the first two mentioned having met (more than once). Lovely kids that I will keep in touch with. I was a guest speaker at their school with students from three other schools there as well, a highlight of the trip. They gave us a BBQ on the ocean front, their house was ours to use, and Wilbur helped Jim pack up at 3.30am in the morning to get us on our way South. Our first day out of Port Hedland the Klein family and their friends drove 58km to meet up with us again and cooked dinner in two camp ovens on the side of the road. After that they went home again, gone, but never forgotten.

Kindness repaid. The day after the previous incidents I told the listeners to ABC Radio that Wilbur is the size of Arnold Swartznegger and the shape of Danny DeVito.

What a waste. Up North I met a man whose brother-in law had been employed in the mining industry for a long time as a fitter and turner, a highly paid position around those parts. He had become alcoholic and despite several attempts to get off the grog, could not control the addiction. His employment had to be terminated for safety reasons and his income has now dropped back to unemployment level. What a price he has paid for his addiction. He is just 44 years old!

A long time ago. At the beginning of this Walk I was determined to get the use of a lane of the Harbor Bridge in Sydney so the start could be filmed. Two days before I started, after about six weeks of trying, nobody could get permission for us. I let it be known that I was going to use a lane anyway, with my own safety vehicles, and they could arrest me if they wished. Fund raising is about publicity. Imagine the field day the media would have if I set off to walk around Australia and was arrested within the first two km because Sydney authorities could not handle a walker on the bridge at 10.30am on a Sunday morning when traffic is very light. At the time we were telling the world that we could hold an Olympic marathon on the streets of Sydney!

Picture this. Shopper in a supermarket.

"This would be nice but we can't afford it."

"The kids would like that but it's too expensive."

"I would love some of those but I haven't enough money."

Arrives at the check-out. "Anything else?"

86. "Carton of Winfield and a carton of Alpine please."

The lengths I go to. Since Darwin we have had a golf-buggy and camping gear with us for me to use if the vehicle was ever off the road again. The Walk must go on! The vehicle was in dock for most of two days in Carnarvon so it came into use. It was hot, the flies were the worst I have experienced on the trip, there wasn't any tree shelter in the area, and I slept on the side of the road. Most important, I covered over 110km on the two days and the record is safe. Garages! The garage told involved in the last story Jim that they could get the camper back to us in three hours but after being burnt twice before I was not willing to trust their judgment. It took 23 hours to get our vehicle back!

Getting even. Coming into Perth a Reliv distributor came out to walk the last section to the GPO with me. What a nice bloke. He even arranged for a garage to unlock their toilet for me. I was sitting in there writing notes on the palm of my hand for my talk in the city when suddenly he thought I had gone. He locked the door and ran off down the road to catch up to me, leaving me pounding on the door and yelling out trying to escape my confinement. I was a long way from the office, no one could hear me, and the mayor etc were waiting for me in the centre of Perth! In the end I stood on the wash basin, stuck my head out of a very small high window and bellowed at a bloke on a nearby industrial site to unlock the bastard of a door. I can't tell you the name of my helper, its not in my nature to be so cruel.

Helper. A Reliv man from Perth helped me out on my way into the city. HIS name is Theo Leath. REVENGE!!

The West. What is it like here in the West? Bloody good. Everywhere we have been we have been made most welcome. It is true that many of the people are a little crazy, but they are also generous, humorous and helpful. Australia Post and Life Education staff have been so good I could easily settle in here forever. I will avoid mentioning any particular person, but thanks to all those who have made our journey was enjoyable.

The size of the West. In July I went swimming in the North of the state, in mid October I had a scarf wrapped around my face to keep out the cold. You can scratch any thing you like, any time you like, North of Geraldton. You probably have 100 sq km to yourself, no chance of causing offense to anyone.

Stories. This trip has given me so many stories to tell, tales that will bring up so many human emotions, that it is hard to select what to write. Time constraints restrict my writing at this time so I hope to tell and write many of these stories some time in the future.

Finally. I would be remiss not to thank my sponsors for their continuing support. They are not taken for granted, even if at times we can be thousands of kilometres away. A special thanks to Telecom MobileNet as today I clocked up my 228th interview, most made possible by the support Telecom is giving me on my travels.

# NOBBY YOUNG'S GREAT AUSTRALIAN WALK

23 Cowell Street Gladesville NSW 2111 / Telephone 816 2017

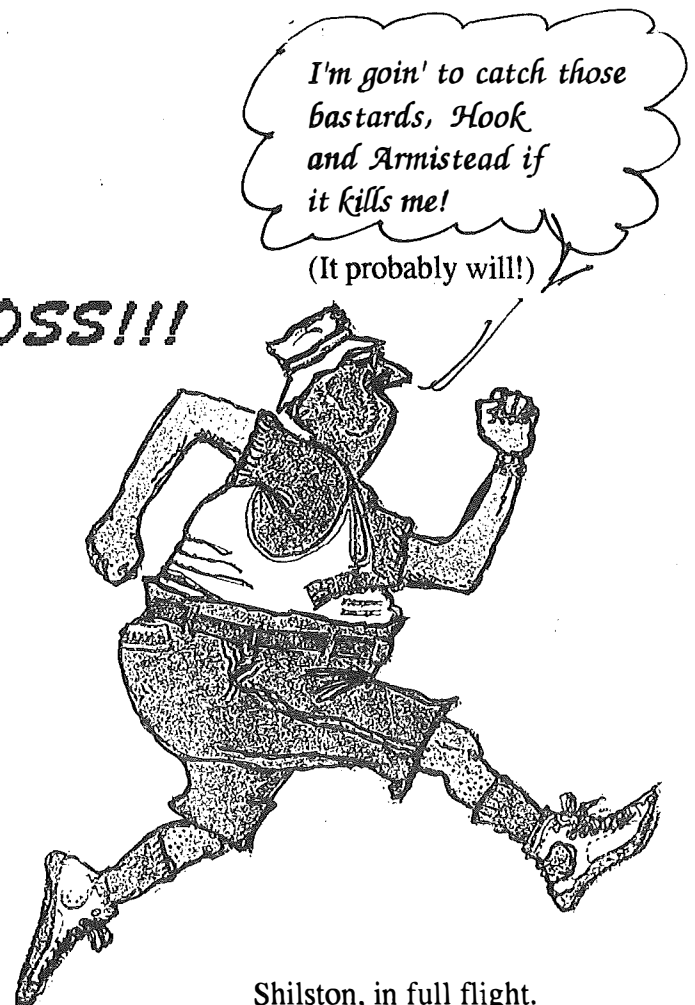
## ITINERARY

### THE LAST BIT OF THE JOURNEY!

Mount Gambier	360	13820	300	Sun	2	Jan
MELBOURNE VIC	470	14290	311	Thu	13	
Sale	211	14501	316	Tue	18	
Cann River	239	14740	322	Mon	24	
Bega NSW	167	14907	326	Fri	28	
Cooma	113	15020	328	Sun	30	
Queanbeyan	109	15129	331	Wed	2	Feb
CANBERRA ACT	14	15143	331	Wed	2	
Yass NSW	57	15200	333	Fri	4	
Boorowa	55	15255	334	Sat	5	
Young	49	15304	336	Mon	7	
Cootamundra	49	15353	337	Tue	8	
Gundagai	60	15413	339	Thu	10	
Tumut	32	15445	339	Thu	10	
Cooma	181	15626	343	Mon	14	
Bega	113	15739	346	Thu	17	
Narooma	80	15819	348	Sat	19	
Batemans Bay	69	15888	350	Mon	21	
Nowra	119	16007	353	Thu	24	
Wollongong	79	16086	355	Sat	26	
SYDNEY	81	16167	357	Mon	28	Feb

## HAPPY BIRTHDAY ROSS!!!

Ross Shilston turned 40 last month. His mother still loves him even if nobody else does. But they tell me he's in full training for Pete Armistead's "Mansfield to Mt. Buller 50km Road Race" in January. Armistead drags him out at 5.am every second Friday to do the odd 10km. training. There's no way he's going to be driving the back-up vehicle THIS time!



Shilston, in full flight.

# AUSTRALIAN 6 DAY TRACK RANKINGS

1 Bryan Smith	V	1002.000Km	Colac	Nov1989
2 Maurice Taylor	41 NSW	894.000Km	"	"
3 Joe Record	46 WA	890.800Km	"	Nov1987
4 David Standeven	36 SA	860.000Km	"	Nov1988
5 George Perdon	60 V	841.600Km	"	26Nov1984
6 Ian Javes	48 Qld	810.709Km	Campbelltown	18Nov1990
7 Peter Gray	27 V	810.000Km	Colac	3Nov1991
8 George Audley	WA	805.200Km	"	16Nov1987
9 Tony Collins	43 NSW	770.104Km	Campbelltown	18Nov1990
10 Brian Bloomer	45 V	763.600Km	Colac	24Feb1986
11 Brickley Hepburn	41 V	756.400Km	"	Nov1992
12 Cliff Young	62 V	749.600Km	"	26Nov1984
13 Tony Rafferty	47 V	747.000Km	La Rochelle	29Sep1986
14 Gerry Riley	57 V	741.200Km	Colac	16Nov1987
15 Patrick Farmer	NSW	739.600Km	"	Nov1988
16 J. Lewis		735.631Km	Campbelltown	18Nov1990
17 Keith Fisher	V	732.400Km	Colao	Nov1988
18 Dave Taylor	38 NSW	731.255Km	Campbelltown	19Nov1989
19 Lindsay Phillips	35 Qld	703.454Km	"	18Nov1990
20 Ralph Bristow	NSW	702.114Km	"	25Nov1989
21 Kevin Mansell	NSW	702.000Km	Colac	Nov1992
22 Terry Cox (S)	54 V	668.000Km	"	3Nov1991
23 James Sheridan	27 SA	662.500Km	Manhattan US	4Jul1983
24 Robert Channells	NSW	656.326Km	Campbelltown	18Nov1990
25 Bob Fickel	37 NSW	643.039Km	"	19Nov1989
26 Graham Firkin	53 NSW	642.318Km	"	18Nov1990
27 Ron Hill	51 V	631.600Km	Colao	Nov1992
28 Eduardo Vega	49 NSW	627.314Km	Campbelltown	19Nov1989
29 Shaun Scanlon	46 NSW	635.407Km	Campbelltown	18Nov1990
30 Brian Colwell	41 NSW	624.793Km	"	18Nov1990
31 John Timms	50	623.600Km	Colac	Nov1992
32 Keith O'Connell	50 NSW	608.656Km	Campbelltown	19Nov1989
33 Geoff Hook	43 V	606.800Km	Colac	16Nov1987
34 Bob Marden	33 NSW	604.800Km	"	24Feb1986
36 Ernie Kettle	V	562.400Km	"	3Nov1991
37 Bruce Donally	Qld	550.636Km	Campbelltown	12Nov1990
38 Terry Cox (J)	26 V	518.400Km	Colac	3Nov1991
39 Godfrey Pollard	61 V	501.600Km	"	Nov1992
40 Ron Grant	47 Qld	501.568Km	Campbelltown	18Nov1990
41 Peter Pfister	46 V	474.400Km	Colac	24Feb1986
42 Simahin Pierce	43 SA	469.928Km	USA	16Sep1991
43 Brad Boyle	30 NSW	406.458Km	Campbelltown	18Nov1990
44 Bob Bruner	47 V	181.856Km	California US	30Mar1985

## WOMEN

1 Georgina McConnell	47 NSW	738.903Km	Campbelltown	18Nov1990
2 Cynthia Herbert	V	738.000Km	Colac	Nov1988
3 Helen Stanger	NSW	691.588Km	Campbelltown	18Nov1990
4 Dawn Parris	39 V	614.800Km	Colao	Nov1992
5 Lucille Gladwell	NSW	571.571Km	Campbelltown	18Nov1990
6 Valerie Warren	56 NSW	571.571Km	"	"

# AUSTRALIAN 6 HOUR TRACK RANKINGS

1. TREVOR JACOBS					21 June 1992
1	Greg Wilson	ACT	83.600Km	Burwood	25Oct 1992
2	Jeffrey Smith	32 V	77.083Km	Burwood	27Oct 1991
3	Tony Dietachmayer	V	76.707Km	Burwood	25Oct 1992
4	Graham Medill	44 Qld	75.458Km	Ipswich 100Km	18Apr 1992
5	Joe Skobalak	39 V	73.562Km	Burwood	27Oct 1991
6	Keith Alexander	V	72.752Km	Coburg	27Feb 1993
7	Bob Curtis		72.563Km	Burwood	25Oct 1992
8	Peter Gray	27 V	72.258Km	Burwood	27Oct 1991
9	Bill Joannou	36 Qld	70.644Km	Coburg	27Feb 1993
10	Kar Won	42 WA	69.811Km	Perth	30May 1992
11	Michael Bohnke	27 NSW	69.770Km	Burwood	27Oct 1991
12	Bryan Smith	50 V	69.066Km	Tootgarook 12Hr	2May 1993
13	Ron Campbell	49 V	68.984Km	Burwood	25Oct 1992
14	Peter Quinn	40 V	68.518Km	Burwood	28Oct 1990
15	John Bell	47 V	68.474Km	Burwood	27Oct 1991
16	Brickley Hepburn	39 V	67.732Km	Burwood	28Oct 1990
17	Sam De Fanis	44	67.671Km	Burwood	25Oct 1992
18	Phil Lear	V	66.400Km	Box Hill 24Hr	4Feb 1984
19	Bill Beauchamp	47 V	66.358Km	Burwood	25Oct 1992
20	Tony Maris	WA	66.348Km	Bunbury WA	29Feb 1992
21	Roger Killner	44 WA	64.954Km	Perth	30May 1992
22	Michael Grayling	35 V	64.602Km	Burwood	27Oct 1991
23	Rudi Lombardi	28 V	63.737Km	Burwood	27Oct 1991
24	Maurice Taylor	44 Qld	63.647Km	Ipswich 100Km	18Apr 1992
25	Geoff Visser	V	63.585Km	Tootgarook 12Hr	2May 1993
26	Lawrie Crouch	51 V	63.448Km	Burwood	27Oct 1991
27	Randall Hughes	68 V	63.354Km	Burwood	25Oct 1992
28	Richard Jenkins	38 V	62.955Km	Burwood	27Oct 1991
29	Darren Moreley	29 Qld	62.880Km	Ipswich 100Km	18Apr 1992
30	Graeme Alford	30 V	62.538Km	Burwood	28Oct 1990
31	Ian McCloskey	40 Qld	62.424Km	Ipswich 100Km	18Apr 1992
32	Peter Woods	26 V	62.049Km	Coburg	27Feb 1993
33	Peter Logan	V	62.000Km	Box Hill 24Hr	4Feb 1984
34	Hans Jensen	43 V	61.807Km	Burwood	28Oct 1990
35	Alan Witt	43 V	61.267Km	Burwood	27Oct 1991
36	John Harper	45 V	61.002Km	Coburg	27Feb 1992
37	Gavin Bazeley	29 Qld	60.567Km	Ipswich 100Km	18Apr 1992
38	Ernest Hartley	41 V	60.490Km	Burwood	27Oct 1991
39	Fred Blackman	V	60.435Km	Burwood	28Oct 1990
40	Bob Burns	48 Qld	60.321Km	Ipswich 100Km	18Apr 1992
41	Graham Light	V	60.000Km	Box Hill 24Hr	4Feb 1984
42	Bill Baxter	53 V	59.692Km	Burwood	27Oct 1991
43	Geoff Hook	V	59.600Km	Box Hill 24Hr	4Feb 1984
44	Robert Channells	51 NSW	59.597Km	Ipswich	10Apr 1993
45	George Cormack		59.535Km	Tootgarook	2May 1993
46	Gary Parsons	44	58.761Km	Ipswich	10Apr 1993
47	Gerry Riley	53 V	58.400Km	Box Hill 24Hr	4Feb 1984
48	Geoff Molloy	V	58.000Km	Box Hill 24Hr	4Feb 1984
49	Colin Green	WA	58.000Km	Bunbury	27Feb 1993
50	Terry Cox (J)	25 V	57.840Km	Bunbury	28Oct 1990
51	Ken Matchett	V	57.753Km	Burwood	25Oct 1992
52	Nigel Bilton	WA	57.548Km	Bunbury	29Feb 1992
53	Terry Pickard	Qld	56.899Km	Ipswich 100Km	18Apr 1992
54	Lawrence Crouch	50	56.869Km	Burwood	28Oct 1990
55	Gerry Hart	V	56.800Km	Box Hill 24Hr	4Feb 1984
56	Tom Donovan	59 V	56.708Km	Burwood	28Oct 1990
57	Norm Johnson	55 V	56.618Km	Burwood	25Oct 1992
58	Brian Kennedy	WA	56.424Km	Bunbury WA	29Feb 1992
59	Graeme Bishop	46 V	56.217Km	Burwood	27Oct 1991
60	Ian Clarke	V	56.008Km	Burwood	25Oct 1992
61	Greg Wishart	52 V	55.732Km	Burwood	28Oct 1990
62	Bob Sayers		55.485Km	Tootgarook	2May 1993

# AUSTRALIAN 6 HOUR TRACK RANKINGS

63	Dennis Sutton	WA	55.322Km	Bunbury	27Feb 1993
64	Don Mason	WA	55.011Km	Bunbury	29Feb 1992
65	Godfrey Pollard	61 V	54.771Km	Burwood	25Oct 1992
66	Tony Power	30 V	54.181Km	Burwood	28Oct 1990
67	Max Harrison	52 V	53.908Km	Burwood	27Oct 1991
68	Brian Evans	51 Qld	53.600Km	Brisbane 24H	Jun 1993
69	Andrew Hallam	26 V	53.068Km	Burwood	28Oct 1990
70	Lester Buchanan	50 V	52.451Km	Burwood	28Oct 1990
71	Philip Soderstrom	43 V	51.907Km	Burwood	28Oct 1990
72	David Yeaman	54 V	51.754Km	Burwood	28Oct 1990
73	Bob Petrie	49 V	51.630Km	Burwood	27Oct 1991
74	Frank Tuchener	63 V	51.073Km	Burwood	28Oct 1990
75	Reg Williams	V	50.800Km	Box Hill 24Hr	4Feb 1984
76	David Holleran	35 Qld	50.764Km	Ipswich 100Km	18Apr 1992
77	Bill Baxter	52	50.176Km	Burwood	28Oct 1990
78	Ernest Hartley	40	50.128Km	Burwood	28Oct 1990
79	Bill Stephenson	V	50.008Km	Burwood	25Oct 1992
80	Adam Hillbrick		49.815Km	Tootgarook	2May 1993
81	Norbert Wichmann	38 V	49.774Km	Burwood	28Oct 1990
82	Barrie Robinson	WA	49.668Km	Bunbury	29Feb 1992
83	Ron Grant	50 Qld	49.600Km	Brisbane 24H	Jun 1993
84	Brad Boyle	33 NSW	49.200Km	Brisbane 24H	Jun 1993
85	Cliff French	50	48.000Km	Brisbane 24H	Jun 1993
86	Charles Cameron	37 V	47.249Km	Burwood	28Oct 1990
87	Lindsay Phillips	28	46.881Km	Ipswich	10Apr 1993
88	Jacqas Gaillard	45 V	46.644Km	Burwood	25Oct 1992
89	Gerard Hocks		46.000Km	Brisbane	Jun 1993
90	John Stockman		45.600Km	Brisbane	Jun 1993
91	Tony Puvirenti	24 V	45.558Km	Burwood	28Oct 1990
92	Graeme Watts		45.200Km	Brisbane 24	Jun 1993
93	Graeme Robertson	45 V	44.540Km	Burwood	28Oct 1990
94	Dennis Sinnott	60 V	43.142Km	Burwood	28Oct 1990
95	Norm Brooks	66 V	43.019Km	Coburg	27Feb 1993
96	John Peterson	75 Qld	41.150Km	Ipswich 100Km	18Apr 1992
97	Carl Hebel	54 Qld	40.400Km	Brisbane 24	Jun 1993

## WOMEN:

1.	Lavinia PETRIE	49 V	75.741Km	Burwood	19 June 1993.
1	Sandra Kerr	47 V	66.338Km	Coburg	27Feb 1993
2	Dawn Parris	39 V	66.115Km	Burwood	25Oct 1992
3	Cherie Baldwin	V	64.642Km	Burwood	25Oct 1992
4	Shirley Young	61 V	63.425Km	Burwood	27Oct 1991
5	Jacqui Robinson	WA	61.355Km	Bunbury	27Feb 1993
6	Dell Grant	40 Qld	60.003Km	Ipswich	10Apr 1993
7	Caroline Vaughan	NSW	60.000Km	Box Hill 24H	4Feb 1984
8	Jacqui Clarke	WA	58.926Km	Bunbury	29Feb 1992
9	Lorrie Bishop	44 V	58.431Km	Burwood	27Oct 1991
10	Sharon Skrobalak	34 V	55.384Km	Burwood	27Oct 1991
11	Corrie De Groot	63 V	54.278Km	Burwood	27Oct 1991
12	Doreen Dow		50.387Km	Bunbury	29Feb 1992
13	Carol Street	52 Qld	48.000Km	Brisbane	24Jun 1993
14	Norma Dickson	29 V	47.680Km	Burwood	27Oct 1991
15	Jacqueline Taylor	V	47.018Km	Burwood	25Oct 1992
16	Jenny Stedmon	WA	45.000Km	Perth	30May 1992
17	Kerrie Hall		40.400Km	Brisbane 24	Jun 1993
18	Grace Smith	72 V	37.702Km	Burwood	28Oct 1990
19	Lavinia Petrie	47 V	34.800Km	Burwood	28Oct 1990
20	Dorothy Hick	49 V	29.551Km	Burwood	28Oct 1990
21	Jan Strong	45 V	28.328Km	Burwood	28Oct 1990

Ages are as on the day of the event.

Corrections and omissions to - Gerry Riley. 12 English Street, Ballarat



# MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I .....  
(Full name of Applicant)

of .....  
(Address)

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

become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

.....  
(Signature of Applicant)

.....  
(Date)

\*\*\*\*\*

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

.....  
(Signature of Proposer)

.....  
(Date)

\*\*\*\*\*

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

.....  
(Signature of Seconder)

.....  
(Date)

\*\*\*\*\*

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

Please circle desired rate	\$ 25	within Australia.		
	NZ	Asia	USA	Europe
Air Mail (up to 1 week delivery)	\$..34	\$..38	\$..41	\$..43

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