

ULTRAMAG

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 **A.U.R.A.**
MAGAZINE



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

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*** IMPORTANT !!
*** IMPORTANT !!
*** Please look at the mailing label on the envelope this came in.
*** If it has a letter U in the bottom corner, you are UNFINANCIAL!

EDITORIAL

Dear Members,

We are now in our ninth year and still going strong. From very small beginnings in August, 1986, with only about a dozen interested people, we are now 300-400 strong and have achieved a lot over the past eight years. Three major milestones stand out for special mention. They were:

- (a) getting incorporated under law
- (b) becoming recognised by major bodies such as Athletics Australia and the International Association of Ultrarunners, and finally
- (c) producing such a fine magazine

However, we are only as strong as the effort that you, the members, are willing to put in by way of interest and support.

Nobby Young finally finished his epic walk around Australia. We salute you, Nobby for a FANTASTIC EFFORT!! How does someone walk an average of 55kms a day for 274 consecutive days and stop on the 275th day? I'm sure for a long time to come, Nobby will get up each night and go off sleepwalking as the most natural thing to do. Despite Nobby being "a silly old bugger", his grand effort has produced a lot of money donated to Life Education Centres from which all children of Australia will benefit. Congratulations on a 15,000km journey Nobby!

Some interesting Aussie performances in big overseas races. Ross Parker from W.A. came third in the difficult Hi-Tec Badwater 146 Death Valley to Mt. Whitney race. This race started at the lowest point on continental USA in 50 degrees C + heat and finished on the highest point in snow. Pat Farmer came second in the tough Trans-Am race in a time of 502 hours 30min 23s. for the nearly 3,000 miles. Congratulations to you both! Don Wallace also deserves our congratulations for his fine win (second year in a row) in the second 100km Australasia Championship ("That Dam Run") Don's time of 6:44:14 was only 5 minutes slower than his winning time of last year, but was still world class and far better than anything the Kiwis can throw up at the moment. It's a great pity we couldn't get any teams or women over to New Zealand to compete in the championship.

The Run Tasmania race is shaping up to be a popular event with quite a lot of interest being shown by mainland runners as well as from some international runners. I can't think of a better way of seeing Tasmania than on foot, so if you are contemplating a visit to the Apple Isle, why not combine it with a scenic run? Information and details in this issue.

Just a brief note about a couple of our events listed in the Calendar. The Brisbane Waters race is on this year by popular demand, after attempting to have this year off. Jagungal Trail Race is a new one which promises to be both exciting and scenic. Details of both these events are in the Race Advertisements section of this issue.

On a personal note, James Evans in his first ultra race, had an easy victory in this year's tough Bogong to Hotham Trail Race. James' brother represented Australia in cross-country skiing at the recent Winter Olympics. There surely is a lot of talent in the Evans family. Kevin Cassidy, after surviving the tough 100 mile trail run Angeles Crest in America last year, is to tackle the much tougher Wasatch Front 100 Mile Trail Run this year. Good luck Kev! Two Russians easily beat the rest of the field in this year's Cradle Mountain Run. The winner stayed in sight of other runners early on to help with his unfamiliarity with the track, later went off by himself and got a little lost, but still managed to be only a few minutes outside the race record. These Russians must be super humans. Boy, wouldn't it be great to be able to run like them?

If you haven't already renewed your membership, please do so immediately. We need your membership fee to keep this organisation running.

Interest is beginning to grow for the international races this year. If you haven't registered your interest for the Japan (in June) or Canada (in August) 100km races yet, please do so quickly to Trevor Jacobs. Ph. (06) 279 0134 (W) or (06) 254 7177 (H).

Best wishes,



1994-95 ULTRA CALENDAR

- Mar 5 **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**, 46km mountain trail run, 9am start from Katoomba to Jenolan Caves, \$35 entry. Time limit 7 hours. Contact Race Committee, Six Foot Track Marathon, P.O. Box 252, Lidcombe 2141 NSW
- Mar 5/6 **6 OR 12 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA**, Bunbury, organised by the Bunbury Runners' Club, certified grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact : Brian Kennedy, 64 Knight Street, Bunbury 6230, Ph. (097) 959546
- 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 **JAGUNGAL 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!!**
- 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. Block of chocolate for every finisher! 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 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 23 **BRISBANE WATERS BUSH BASH , NSW**, 47km trail run. start at 6am at Gosford Olympic Pool, finish Gosford Sailing Club, Time limit 9 hours, \$30 entry, Entries to Robert Carleton, 51 The Rampart, Umina 2257, Ph. (043) 418712

1994-95 ULTRA CALENDAR

- April **LAUNCESTON TO HOBART 200KM ROAD RACE, TAS.** Contact Kerri Law , 67 Gormanston Road, Moonah 7009 Phone (002) 345522 (W) or (002)72 5170 (H) or Alan Rider, 102 Balook Street, Lauderdale 7021 Tas
- May 1 **AURA 12 HOUR TRACK RACE, KNOX, VIC.** (formerly at Tootgarook) new 400m track, \$25 entry, Percy Cerutty Memorial Race, 7am start, Race Director: Dot Browne. 4 Victory Street Mitcham 3132, phone (03) 874 2501 (H) or FAX (03)873-3223 for entry form.
- May **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
- 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 18 **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)
- Aug **ROSS TO RICHMOND ROAD RACE, TAS.** 95km, between the two oldest bridges in Australia, 7am start, Need support vehicle and helper, contact Tallays Running Shop, phone (002) 34 9566 or Kerri Law, (002) 72-5170 (H)
- Aug **100KM ROAD RUN & 10 X 10KM RELAY , Q'ld,** Contact B. Cook, 18 Water Street, Deception Bay 4508. Q'ld Ph. (07) 203 2177
- Aug **PERTH TO BUNBURY ROAD RACE, WA.** 187km, 10am Saturday start, 30 hour cutoff at 4pm Sunday. Contact Tony Tripp "Lakeview" Davies Road, Claremont Perth 6010 Ph. (09) 384-603
- Aug **GRIFFITH 12 HOUR CHARITY TRACK RACE, NSW,** cancelled, replaced by the Port Macquarie 12 & 24 Hour Charity Track Race.

1994-95 ULTRA CALENDAR

- 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 : Trevor Jacobs, 7 Dovey Place, Latham 2615 ACT, Phone (06)279 0134 (W) or (06) 254 7177 (H)
- Sep 5-9 **FIVE DAY STAGED FOOT RACE, Q'LD** (Start & finish at Nanango, South Burnett, 180km north of Brisbane), approx. 330km with an average daily distance of 66km per day, handicap start. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld. Ph (071) 63-1645
- Sept 17 **100KM ROAD RACE, NSW.** Bathurst, 6am start at the Courthouse, Russell Street, Bathurst, time limit 11 hours. Contact Big Chris Stephenson, GPO Box 1041, Sydney, 2001, phone (02) 259 3981 (W)
- Sept **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.
- Oct 16 **SPEPPARTON RUNNERS' CLUB 50KM ROAD RACE,** start & finish at Violet Town, new event, good road surface, every km marked, shady course, and little traffic, 7am start, contact Russell Weavers, 2 Tassone Court, Shepparton 3630, ph. (058)21 1490
- 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 and application form.
- Oct **ALBANY TO PERTH 560KM ROAD RACE, WA.** Contact Ross Parker, 33 Burradine Way, Craigie 6025 W.A., ph. (09)401 7797 to apply for invitation to run.

1994-95 ULTRA CALENDAR

- Oct 23 or 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 advised.
- 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 13-19 **AUSTRALIAN 6 DAY RACE**, COLAC, VIC. Memorial Park, 8pm start, handicap section also. Enquiries and entry forms to: P.O. Box 163, Colac 3250. Vic. or phone President (052)315805, Secretary (052)314473 or Treasurer (052) 321406
- Dec 3 **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE**, TAS. 64km (Australia's or the world' (?) southernmost ultra race). Course takes in the length of Bruny Island. Support vehicle and helper required. Contact Mike Maddock (002)720632 (W) or (002) 722887 (H), Alan Rider, (002)349945 (W) or (002)486229 (H) or Kerri Law (002) 72 5170 (H) for entry form
- Dec 4 **NANANGO FOREST FOOTRACE**, Q'LD 52km , an out and back trail run through State Forest (3 times) on formed roads. Estimated own time event; finisher who finishes closest to noon wins! Graduated start. Meal & social evening the night before. BBQ afterwards. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld for entry forms. Ph. (071) 63 1645
- 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".
- 1995**
- Jan 8 **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 23rd Dec, 1993. No entries on the day.
- Jan **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 **AURA MANSFIELD TO MT. BULLER - 50 KM ROAD RACE**, VIC. \$15 entry, 7am start. Closing date: 14th January, 1995. 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 **LIVERPOOL LEADER SAUCONY 24 HOUR TRACK RACE** , NSW, at the Whitlam Centre, Liverpool, 400m. track, start time 11am , entry fee \$35.00, closing date 15/1/95. Entries to: 13 Hertford Street, Berkeley 2506 NSW, ph. (042) 263909.

1994-95 ULTRA CALENDAR

- Feb **50 MILE ROAD CHAMPIONSHIP & 8 HOUR FUN RUN, QLD.**
Toowoomba, 1.2km circuit. Organiser: G.Medill, QMRRC event, Contact G.Medill, 13 Ramsey Street, Toowoomba 4350 Qld., phone (076)382023
- Feb **RED ROCK TO COFF'S JETTY, NSW.** Starts at 6.30 am daylight savings time 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.
- Feb 5 **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)

Veteran ultra-star, Shirley Young (left) and Dot Browne, AURA Secretary, in the women's race at National Running Week at Thredbo, January, 1994.



That gorgeous ultra-runner, Paul Every (second from the right), saddling up for the Women's Race at National Running Week at Thredbo in January 1994. He's a worry!



AURA CLOTHING & BADGES

We have four items of clothing available - a T-shirt, a singlet, a long-sleeved T-shirt and a fleecy long-sleeved windcheater with a crew neck - all excellent quality, solid colours and reasonable prices. The size of the logo on the gear is a 20cm diameter circle.

We also have printed cloth badges and car windscreen stickers.

Race organisers please note!! AURA gear would make great spot prizes for ultra races and the cloth badges or car windscreen stickers are cheap enough for each competitor to be supplied with one!

Committee member, Kevin Cassidy is handling our orders, so please send this Order Form and cheque directly to him. (Cheque payable to AURA please!) Don't forget to add the indicated postage costs if you want your gear posted directly to you. Kevin has most sizes currently in stock, but a 3-4 week delay on items not in stock.

Order form below. Send to: **Kevin Cassidy, 4 Grandview Road, Preston 3072 Vic.**
Telephone: (03) 478 3687 (H)

AURA CLOTHING ORDERS

COSTS:	T-shirt	\$8.00	Postage	\$1.40
	L/S T-shirt	\$12.00	Postage	\$1.40
	Singlet	\$ 8.00	Postage	\$1.40
	Fleecy wind-cheater	\$18.00	Postage	\$2.80

COLOURS RED WHITE GOLD AQUA GREY NAVY

SIZES: 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES Black AURA logo on bright green background overlapped, circular, standard 3" size suitable for sewing on track suits or windcheaters.

COST: \$2.50 each, no extra for postage required.

CAR WINDSCREEN STICKERS vinyl, black AURA logo on white background, approx. 10cm (4") in diameter, long-lasting.

COST: \$3.00 each, no extra postage required.

.....
Kindly fill in details in BLOCK LETTERS:

NAME:

ADDRESS:

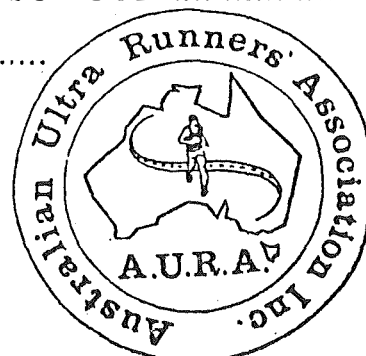
.....POST CODE:.....

TYPE:

SIZE: COLOUR:

CHEQUE FOR ENCLOSED
(Please include postage. Make cheque payable to AURA)

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



AURA MEMBERSHIP RENEWAL FOR 1994

Membership fees for 1994 were due on 1/1/94. If you haven't already renewed your membership, please do so as soon as possible.

The commercial cost of producing ULTRAMAG, the AURA magazine, including postage, is quite high. Around 80% of your membership fee is consumed by this alone. The rest of your fee goes towards general running costs of the Association and record plaques. We have been able to hold the membership fee for this year at the same level as last year. However, of great assistance are the donations some kind members include with their membership renewal. We really appreciate these. Thank you! All donations will be acknowledged in ULTRAMAG unless we are specifically instructed otherwise.

Membership fees for 1994 are \$25.00 within Australia.

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

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

All 1993 financial members will receive the first 1994 issue of ULTRAMAG. If you don't pay your 1994 membership fee, you will not receive further issues of the magazine.

DONATIONS ACKNOWLEDGEMENT

We thank the following members most sincerely for their generous donations, paid with their membership renewals since February 1993 and up until 15th February, 1994. Their extra financial help has played a large part in helping our organisation to survive and keep subs. at a reasonable level. Thank you again.

1993:

Bill Keats \$5, Australian 6 Day Committee \$50, Mark Steinberg \$25, John Henderson \$15, Ernest Hartley \$25, Kaven Dedman \$10, Bob Fickel \$15, Alan Thurlow \$5, Max Powditch \$5, Dennis Clark \$5, Bryan Smith \$10, Simon Hughes \$5, Rob Taylor \$5, Bill Johnston \$15, Roger Hardy \$15, Graeme Russell \$5, Les Davis \$10, G. Wallace \$5, Matthew Eggins \$10, Mike Ward \$5, David Standeven \$5, Bill Clingan \$5, Greg Reid \$5, Mark Hunter \$5, Shirley Young \$10, Trevor Jacobs \$59, Geoff Boase \$10, Glynn Cox \$10, Robert Simms \$5, Pete Armistead \$5, David Sommers \$15, Dave Taylor \$5, Brian Colwell \$5, Peter Vernon \$15, John Champness \$10, Jim Clarke \$10, Mike Grayling \$10, John Dean \$5, Spiro Moraitis \$5, Nigel Bilton \$5, Brian & Helen Bloomer \$100, Bob Burns \$5, Michael Ferdinand \$15, Michael Cook \$10, Greg Wishart \$5, Ian McClosky \$5, Mark Pritchard \$10, Leigh Privett \$20, Godfrey Pollard \$20, Stephen Grant \$5, John Carrigan \$15, Derek Bambrick \$5, Ron Grant \$5, Alf Field \$25, Max Powditch \$15, Ollie Williams \$5, Steel Beveridge \$25, Peter Quinn \$5, Geoff Hain \$5, Kev Cassidy \$10, Wanda Foley \$5, Julius Horvath \$15, John Dean \$5, Greg Wilson \$10, Barry Coates \$5, Michael Hodgson \$5.

1994:

Sandy Kerr \$5, Peter Nelson \$20, Glyn Cox \$5, Jim Clarke \$5, Robert Channells \$5, Nobby Young \$15, John Champness \$10, Mark Hunter \$5, Dick Crotty \$5, Brian Kennedy \$10, Cliff Young \$5, Keith Jackson \$5, Brad Boyle \$5, Ian Forsyth \$5, Rudi Kinshofer \$5, Phillipa Bolt \$5, Steve Nordish \$5, Shane Talbot \$10, Brickley Hepburn \$5, Greg Love \$10, Bob Fickel \$15, John Henderson \$15, Godfrey Pollard \$5, Charlie Spare \$5, Jean-Claude Morre \$5, Kevin Tiller \$5, A. Farnham \$10, David Barwick \$5, Max Sherleitner \$5, George Cormack \$5, David Holleran \$5, Don Wallace \$15, James Cronk \$5, Warren Costello \$5, Bill Rannard \$20, Greg Reid \$5, Andrew Law \$5, Dennis Clark \$5, Max Bogenhuber \$9, Jim Clarke \$5, Alan Rider \$15, Ross Shilston \$15, Alan Staples \$10, Michael Cook \$10, Peter Armistead \$5, Bill Beauchamp \$10, Jeff Visser \$25, Ron Wigger \$10, Barry Stewart \$5, Shaun Scanlon \$10, Harry Clements \$5, Nigel Bilton \$5, Philip Clarke \$10, Kaven Dedman \$5, Marty Grogan \$5, John Fotakis \$5, Bryan Smith \$5, Robert Simms \$5, John Carrigan \$10, Stephen Dunn \$5, Australian 6 Day Race Committee \$50, Lavinie & Rob Petrie \$5, Keith Green \$5, Tony Rafferty \$25

10.

FORTHCOMING 1994 A.G.M.

CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 8th Annual General Meeting in June, at which a new Committee of Management must be elected.

Nominations for elected Committee positions will close in May, 1994. Positions open for nomination and election by ALL members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistant Secretary, Treasurer.. For the sake of reasonable management of committee meetings, filling these positions are open only to members living in or near Melbourne, except the position of President. The position of President is open to all AURA members; however, the person so nominated must undertake to personally guarantee to attend all Committee and General Meetings of the Association (sickness or illness excepted) at no cost to the Association, otherwise the nomination is invalid. All meetings will be held in Melbourne.

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

Ordinary members (representatives) from other states or territories are appointed by the incoming committee. However, any member may nominate himself/herself for consideration. If more than the entitlement nominate, a separate ballot within the state or territory can be held.

Positions available are:

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

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

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the Secretary by the 14th May, 1994.

In summary then, if you are interested, we require from you by the 14th May, 1994, the following:

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

Example of Form of Nomination;

I nominatebeing a member of AURA
for the position of
to be decided at the Annual General Meeting of the Association to be held in 1994.

Name of Proposer:SignatureDate

Name of SeconderSignature.....Date

Nominee's acceptance signature Date _____

AURA 1993/94 COMMITTEE

<u>PRESIDENT:</u>	GEOFF HOOK, 42 Swayfield Road, Mount Waverley 3149 Vic. (03) 808 9739 (H), (03) 826 8022 (W) FAX (03) 827 7513
<u>VICE. PRES.</u>	TONY RAFFERTY, G.P.O. Box 163, Box Hill 3128 Vic. or 30 Nash Road, Box Hill South 3128 (03) 808 3360 (H)
<u>HON SEC.</u>	DOT BROWNE, 4 Victory Street, Mitcham 3132 Vic. (03) 874 2501 (H), or FAX (03)873 3223
<u>ASSIS. HON SEC</u>	SANDRA KERR, 1 Olympus Drive, Croydon, 3136 Vic. (03) 725 8346 (H)
<u>HON TREAS:</u>	JOHN HARPER, 21 Lancelot Cresc, Glen Waverley 3150 (03)803 7560 (H)
<u>ORDINARY MEMBER (VIC)</u>	KEVIN CASSIDY, 4 Grandview Road, Preston 3072 Vic (03) 478 3687 (H)
<u>ORDINARY MEMBER (VIC)</u>	MICHAEL GRAYLING, 14 Banksia Court, Heathmont 3125 (03) 720 1962 (H) or (03)429 1299 (W)
<u>ORDINARY MEMBER (NSW)</u>	DAVID SILL, 2 Barnardo Close, Wahroonga 2076 NSW (02) 247 8997 (W), (02)489 6463 (H) Fax (02)251 7590 (W)
<u>ORDINARY MEMBER (NSW)</u>	BARBARA FIRKIN, 208 Carlisle Avenue, Dharruk 2770 NSW (02) 625 0750 (H)
<u>ORDINARY MEMBER (ACT)</u>	TREVOR JACOBS, 7 Dovey Place, Latham 2615 ACT (06) 279 0134 (W), (06) 254 7177 (H)
<u>ORDINARY MEMBER (ACT)</u>	IAN JOHNSON, 137 Kalgoorlie Cres, Fisher 2611 ACT (06) 275 5941 (W) (06) 288 4986 (H)
<u>ORDINARY MEMBER (TAS)</u>	THERESE MARCH, 125 Summerleas Road, Ferntree 7054 Tas. (002) 391432
<u>ORDINARY MEMBER TAS)</u>	ALAN RIDER, 102 Balook Street, Lauderdale 7021 Tas (002) 308142 (W) OR (002)486220 (H) Fax 61 02 23 8936
<u>ORDINARY MEMBER (SA)</u>	RUDI KINSHOFER, 6 Falcon Court, Hallett Cove 5158 SA. (08) 381 2819 (H)
<u>ORDINARY MEMBER (SA)</u>	Position vacant
<u>ORDINARY MEMBER (WA)</u>	CHARLIE SPARE, 9 Rinaldo Cres, Coolbellup 6163 WAust.
<u>ORDINARY MEMBER (WA)</u>	Position vacant
<u>ORDINARY MEMBER (QLD)</u>	Position vacant
<u>ORDINARY MEMBER (QLD)</u>	RAY CHATTERTON, P.O. Box 589, Toowong 4066 Qld (07) 271 8597 (W) (07) 870 9590 (H)

OFFICIAL NON-COMMITTEE POSITIONS

IAU EXECUTIVE
C'TEE MEMBER

TONY RAFFERTY (see above)

STATISTICIAN

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

MAGAZINE
EDITORS:

GEOFF HOOK (see above)
DOT BROWNE (see above)

ASSIS.TREASURER:

DOT BROWNE (see above)

MEMBERSHIP - STATE BY STATE

New South Wales

134

THE SENSATIONAL VICS.

117

Queensland

46

South Australia

20

West Australia

19

Overseas

20

ACT

12

Tasmania

13

Total current membership is

381

Below is a picture of some of the fitter NSW members which our diligent NSW AURA interstate representative, David Sill has so kindly signed up since we last went to print. THANK YOU David!!!



Dear Dot,

I would like to thank the Six Day Race Committee at Colac for the way they looked after me for the time I was in Colac for the race. Down there, I felt like I was being treated like royalty. A reporter from the Colac Herald wanted to interview me during the race and kids were asking us runners for autographs during the whole six days. Amongst the spectators, a few of those young girls were as attractive as Dot Browne's daughter, which was really something.

I would also like to congratulate those competitors for taking part in the race. Also the crew members, lapscorers, committee, sponsors. Without them we wouldn't have a race. Thank you very much also to the people from Colac and the rest of the crowd for supporting me and all the others for our time in Colac.

See you all next time,
Bill Beauchamp, Brunswick, Vic.

Ed's note: We're glad you enjoyed the Colac experience Bill. Congratulations from all of us on coming second in the handicap event, behind Ron Hill. You had to run well to gain such a place. Well done!

Hi Dot!

I hope you and all the AURA members had a good Christmas and a happy New Year. I hate to trouble and confuse you and everybody else like this, but the Brisbane Water Bush Bash WILL BE ON in '94! The committee that have come together are so enthusiastic that they assure me we can get it together for Saturday 23rd April, 6am start.

I know this is late information, but I have written to all of last year's participants to inform them of our developments. More than likely, we won't get so many runners this year (my fault again) but we anticipate that we can kick this run off again and make it an annual event.

Anyone wishing for more information or any assistance about the run, don't hesitate to ring me or write to me. Once again, sorry about all the confusion.

Stay fit,

Greg Love Phone: (043) 419101

Dear Dot,

Congratulations on A TOP mag. I thoroughly enjoy reading it. And a big congratulations to Kevin Cassidy completing the Angeles Crest 100 Mile Endurance Run. A real credit to you Kev. Loved your article in the last issue. I met Kevin at Rainbow Beach Trail Run and it was great reading of his adventures in trail running. Keep it up.

Regards,

Phillipa Bolt

Dear Dot & Geoff,

Running ultras must be a lot easier than writing letters - my last correspondence having been in '92. A knee operation and an enforced 13 month lay-off from running is also partly to blame. However, it felt great to be back on "track" in the Toukley 12 Hour Race.

Tony Collins and the Rotary Club did a fantastic job in organising the event, evidenced by the great field of runners attracted to the race - 29 in all.

The location of the oval between lake and river was ideal, with the sunrise over the water uplifting everyone when we were really feeling the "crunch". Running at night, although humid, kept us out of the heat for most of the race. We were even provided with the luxury of music on the track, just in case anyone tried to catch a few winks while still on their feet. As an added bonus, Tony very generously donated prize money based on the distances run - \$6 per km for first outright, \$3 for second, \$1 for third and \$1 for first

14.

female. Thanks Tony. A portion of my \$118 went straight into an entry for a 24 Hour "pain" experience in March.

Before closing, I would like to thank all the runners for their company on track and my crew from "Billy's Bush Runners" who are the best support team a runner could ask for. Thank you also to Jan Smith for the magic anti-nausea tablet that brought a halt to my vomiting episode earlier.

Congratulations to Bryan Smith, Greg Wilson and Bob Channells, who all ran great races. An apology to Peter Gray for passing him in the last 15 minutes. I'm sure you'll get me next time Pete!

I hope you will be able to organise this one again next year, Tony. It was a "top" race.

Yours in running,
Helen Stanger.

Ed's note: Thanks for your report on the 12 Hour, Helen. It's great that you are running again. We missed your "star quality" when you were injured. We also thought Tony's idea of prizemoney based on distance covered was a fantastic idea. Well done!

Dear Colin & Dot,

I wish to list two more road events - a 6 Day Mountain Endurance Road Run and a King of the Mountain Run and a 10km and a 5km Fun Run to be part of a multi-event meeting from 21st to 26th June, 1994. Although I'm having minor problems with these events, I expect to have everything in place by April at the latest. Well cheerio for now,

Yours in running,
"Bazz" Stewart (Kingaroy)

Ed's note: You haven't told us where these events are to be held Barry. Let us have more details please!

Dear Dot,

The 1994 Australian 6 Day Race Colac Inc. is being planned for the 13th - 19th November, 1994. It would be appreciated if you could make it known through AURA that all members requiring entry forms are to apply to P.O. Box 163 Colac 3250 or any of the phone numbers listed below.

The handicap section will again be run and consideration is being given to a Novice section. That is persons never having run a 6 Day event before; and if interest is shown, a number of places would be allocated to this section.

Thanking you in anticipation and wishing you a succesful year.

Sincerely yours
John Featherston (Secretary)

Phone: (052) 315805 President
(052) 314473 Secretary
(052) 321406 Treasurer

Dear Dot,

I WOULD LIKE TO CONGRATULATE DAVE TAYLOR AND CRAIG ROWE
ON THEIR INCREDIBLE EFFORTS DURING DAVES SYDNEY, MELBOURNE,
SYDNEY RUN (BAD LUCK TONY, GREAT EFFORT) AND CRAIGS 1000 HOUR
RUN. BOTH DAVE AND CRAIG MUST GO DOWN IN ULTRA RUNNING HISTORY
AS 2 OF THE TOUGHEST AND MOST DETERMINED RUNNERS I'VE MET
OF THE YOUNGER BRIGADE. THEY WILL DOUBTLESSLY FIND OTHER
ADVENTURE RUNS TO CHALLENGE THIER MINDS AND BODIES.

HOPE TO SEE YOU BOTH SOON FELLAS.


DAVE HOLLERAN.

Dear Dot,

I do appreciate, along with many others, the excellence of your magazine ULTRAMAG. Most magazines are two-thirds full of ads. but yours is information from cover to cover.

It was a privilege for Cliff Young and myself and "Laddie" to walk into Colac with Nobby Young as he journeyed around Australia on foot. I have done enough of this type of travel to appreciate the effort and dedication which is his.

It is my intention to walk-shuffle from Port Lincoln, SA to Burketown in the Gulf of Capentaria commencing in the middle of May. The walk will be in aid of the RFDS and I hope to be accompanied by Murray Weston and his camel as well as Pam Pam McIntire, the artist, her husband, Evan and Ossie Mibis from Portland as my support. We have done a number of outback trips together. It will be approximately 2500kms. and should take 62 days with a couple of days stop at Birdsville. "Laddie" is really looking forward to it!

I would love to do the Tasmania Run if accepted. In 1987, I walked around Tassie, raising funds for research into sugar diabetes. It is the most beautiful area I have walked in and the people are tremendous. I am sure that the run will be a great success.

In Colac, we are working towards the next Six Day Run in November. The highlight of last year's run was Ron Hill winning the handicap section. He really put everything into it and was thrilled to receive first place. Big Bill Beauchamp, in coming second, also was a credit to ultrarunning. Some of us, for various reasons, did not perform up to expectations, and that is life (and the reason for the big difference in total kms.)

It is sad that we have lost Ron Dane and George Slater as officials over the years to the Colac Run. Runners get the credit, but it's really fellows like Ron and George who give their time and expertise, who keep the sport going.

Regards
Drew Kettle

Dear Dot,

What's all this I read about the NSW membership outdoing the mighty Vics? This might be an interesting point for you southerners to haggle over, but you are all missing a most important point. Nanango is the ultra-distance capital of Australia! Now don't laugh. It's a true fact. Nanango is 200km from Brisbane and is a small country town of 3,000 in the township and another 3,000 population in the surrounding area, but facts will prove that, per ratio of head of population to numbers in events and ultra-runners who live in Nanango or its surrounds, we can make the claim with total justification.

At our last event, the Nanango Forest Foot-race over 52km of hills, hills and more hills, in stinking heat, we had 32 entrants of which 25 completed the race. Thirty-two entrants for any event in 1993 is something to skate about, but the number of locals makes us boast even more. Local residents to complete the event were Graham Black, Cliff French, Ian Walker, Graeme Watts, Darryll Fleming, Cathy Caton and Angela Clarke. Ralph Tennant, another local didn't quite make it to the finish line, and of course, Ron and I were busy being the race organisers so couldn't enter.

Also of interest is Gary and Sharon Parsons and family who are Nanango Athletic Club members, as Sharon was a local for many years. Cliff Young has some claim to being a local now also, as he owns a block of land here, as do Dave and Kay Holleran.

We also organise our Five Day event here to take in all points of interest in the South Burnett - a sort of five day fun tourist trip. It's just unfortunate that some of the party have to run the distance! Just to make ultra-running more interesting still in Nanango this year, Ron is organising an attempt on the 1,000 Mile World Track Record, commencing on 8th March. Six Queensland runners have been invited and all have accepted. These are: Bob Burns, Dave Holleran, Gary Parsons, Graeme Watts, Ian Cornelius and Mark Mackay. Ron feels confident that we shall see Tony Rafferty's record broken in March.

So what is it about this Nanango place that is so popular with ultra-runners, I hear you say. Well, you had better come and have a look for yourself.

Yours faithfully,

Dell Grant.

Ed's note: Yes, I must admit (with a bit of arm-twisting), that you lot are doing a great job up there. You obviously live in a beautiful environment and have been smart enough to tune into the more recent trend of ultra-runners preferring to do their running on scenic trails rather than in boring 'round'n round' track races. I feel more Aussies generally are appreciating the magnificent natural environment we have in this country and the development of trail running is a direct result of this.

Dear Dot & Geoff,

I feel I need to write a few more lines to be fair to Andrew Law. His tremendous effort to qualify for the 100km event in Belgium must be respected and like the majority of the Australian team, it was self-funded. To compete at that level under those conditions can put a strain on your life and family.

I dare to say that any Australian team, as minor the sport might be, should have a nice set of uniforms to compete in. I'm sure we, the ultra-running community are happy for those who make it to those events, and hope that Geoff Hook will change his mind and get involved for Japan.

Yours faithfully,

Rudi Kinshofer

P.S. ULTRAMAG was again very entertaining. I found Max Bogenhuber's article on Body Maintenance very helpful.

Dear Editor,

Please find enclosed some photographs from the Liverpool 24 Hour event on 29th January, 1994 which may be of use to you. I was part of Bob Fickel's crew at this race.

Very hot conditions applied for the first 6 hours of the event. Bob, who eventually placed 2nd to Bryan Smith, held 8th after 2 hours, 5th after 4 hours, 3rd after 6 hours and, profiting from his conservative pace early, moved to 2nd place in the 7th hour.

Georgina McConnell, who placed 3rd, made some headway towards 2nd place in the 13th and 14th hours, looking strong, but then faded.

I have learnt from this event, from Bob, and also from observation of Bryan Smith and his crew, so I'm looking forward to the south coast 24 Hour at Wollongong next month, though not without caution. A lot of stress and even distress was borne by the competitors at Liverpool.

Yours,

James Rooney.

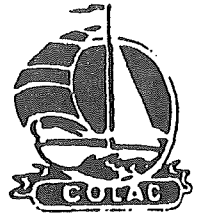


↑ Bob Fickel with top assistant, Helen Stanger.

← George McCormack & winner, Bryan Smith at the Liverpool 24 Hour Track Race on 29th January '94.



AUSTRALIAN 6 DAY RACE COLAC INC.



Dear AURA,

Our 1994 Race is being planned for the 13th to 19th November, 1994. It would be appreciated if you could make it known through AURA that all persons requiring entry forms are to apply to : P.O. Box 163, Colac 3250 or any of the following phone numbers : President (052) 315805, Secretary (052) 314473, or Treasurer (052) 321406.

The handicap section will again be run and consideration is being given to a Novice Section. That is, persons never having run a 6 Day race before. And if interest is shown, a number of places (e.g. 5 or 6) would be allocated to this section.

Could you please provide an up to date list of prospective runners also.

Thanking you in anticipation and wishing you a successful year.

Sincerely yours,

John Featherston (Secretary)

Dear Dot,

Thanks for providing a fantastic ULTRAMAG in '93. I find it impossible to read it from cover to cover as it is so full of ultra-news. Keep up the great work. It's good to see such a healthy interest in ultra-running and a lot of credit must go to you and the AURA committee.
All the best to AURA members and ULTRAMAG for 1994. Hopefully, I may catch up with you one day.

Long may you run,

Don Wallace.

Dear Dot & Geoff,

(In answer to Andrew Law's letter of Sept. 3rd re. Safet Badic.)

Andrew tackled the incident like he does with all his races. I can understand his distress and embarrassment caused by Safet's actions, and even more so for the management of the Australian team.

I've spent some time thinking about the incident and asked a few friends for advice. They too thought along Andrew's lines. However, I do think we should excuse Safet for what he did.

What did he do and why? Surely not for money and certainly not to hurt his Australian team-mates. I don't know the reason but there are not that many possibilities.

There is a war going on in Yugoslavia. It's nasty, bloody, unfair and ugly, as wars are - one of more than 40 wars in the world, far removed from us or as close as the TV set. How close do you think it is to Safet's heart? How many people that he knew have died or are in danger of doing so? I don't think that he had a choice when the opportunity came up to do something for them on the world stage at the 100km World Challenge. So he took part in a peaceful demonstration in the form of joining the Bosnians and running in their colours.

In the race, he gave more than he had and burnt out under the tremendous pressure he placed on himself. He gave absolutely all and one can only hope that his friends will recognise that. Safet got caught up out of the goodness of his heart. If he wants to run for Australia next time, he should get a second chance. I'm sure that is the sentiment of the majority.

Yours in running,

Dot Browne
Honorary Secretary
Australian Ultra Runners' Association
4 Victory Street
Mitcham VIC 3132

90 Wybalena Grove
Cook ACT 2614
Friday 18 February 1994

Dear Dot,

I am planning to run this year's Comrades Marathon from Durban to Pietermaritzburg in South Africa on 31 May. I have been in touch with a fellow in South Africa who has offered to arrange free accommodation with local runners for up to 18-20 Australians who wish to do the run. I thought that you may wish to mention this in the March *Ultramag*, with the following extracts from the letter:

All you have to do is give me the details of your travel plans and I'll arrange accommodation for you in Pietermaritzburg for the immediate pre- and post-Comrades period.

I have a number of friends (all runners) who have offered free accommodation for some 18 to 20 Australians who wish to run the '94 Comrades. I'm sure they will be prepared to meet you on arrival at Durban airport. Most of them are Comrades runners so transport to the start on the morning of the race will also not be a problem.

Depending on the number of visiting Australians, I will probably arrange a communal pasta supper on the eve of the race.

If you know of any other Australians who plan to run, please ask them to contact me. I'll need to know their telephone numbers, addresses and age so that I can arrange accommodation with people of similar age group (where possible). Everything will, I am sure you will realise, have to be on a first come, first served basis.

If you never run Comrades, believe me, you will have lost out on one of life's most memorable experiences. It's magic.

My details are as follows

Brian Swart
8 Goodwin Avenue
Blackridge
Pietermaritzburg 3201 Natal
SOUTH AFRICA

Phone 27-331-442 230 home
27-331-458 310 office
Fax 27-331-450 040 office

Thanks again, Dot.

Yours faithfully,
Bob Harlow



To all AURA members,

I would like to briefly clear up some misconceptions about my role as "Race Director" of the Coburg 24 Hour Track Race on April 16/17, 1994.

The event is being conducted by the Coburg Veterans' Athletic Club, a club with which I have virtually no involvement. (Runners in last year's event would remember this club as the relay runners with whom they shared the track.)

Some 9 months ago, this club decided to hold a 24 Hour Relay and individual race on March 13/14, 1994, and as I live nearby, I was asked to manage the individual section of the race. I had numerous doubts about the conduct of this race, but agreed to be there on the day to help out should there be any individual runners, as the proposed date did not clash with my shift work.

Can you imagine my surprise when I discovered via the "bush telegraph" that entry forms had been sent out listing me as Race Director at a P.O. Box address with which I was unfamiliar. (I have since discovered that this address belongs to the Coburg Veterans' Athletic Club) This entry form also states that I will be present on the day and will ensure that a well-conducted race takes place. It also included a date change to April 16/17, 1994. At no stage was I consulted or informed about any of this, merely finding out via the trusty "bush telegraph" again. This new date DOES clash with my shift work, and as a result, I will be present only for the first few hours and possibly the finish.

I can assure you that if I was race directing a 24 hour race in the true sense of the term, it would be held at a more suitable track.

I would like to stress the following points to any intending runners:

* All pre-race and post-race administration and organisation is in the hands of the Coburg Veterans Athletic Club and any entries or enquiries should be directed to them at the address on the entry form. It is pointless directing them to me.

* I will only be present for a brief time during the run, so I am assuming that the Coburg Veterans Athletic Club will appoint a person or persons to manage the race for the majority of the time.

* I have informed the Coburg Veterans' Athletic Club of the above mentioned points as they appear to have misunderstood my agreed involvement.

Kevin Cassidy

CRADLE MOUNTAIN RUN

Dear Editor,

Due to problems predicting the number of runners that intend to run in this event from year to year and to gauge whether to stage the event for the 14th year in 1995 I am requesting all runners that would like to run in 1995 to register their interest by June 30 1994.

The run is something of a minor classic, being a one day transit of the Overland Track through the Cradle MT Lake St Clair National Park. Fastest time is by Tin Sloan of Western Australia in dry conditions. As a rule of thumb wet conditions add at least a hour to the time.

Unless I get sufficient interest the event will go into abeyance for a while. To register their interest runners are required to do no more than send their name and address and a 45 c stamp to the above address. I will then send entry forms if enough interest is expressed.

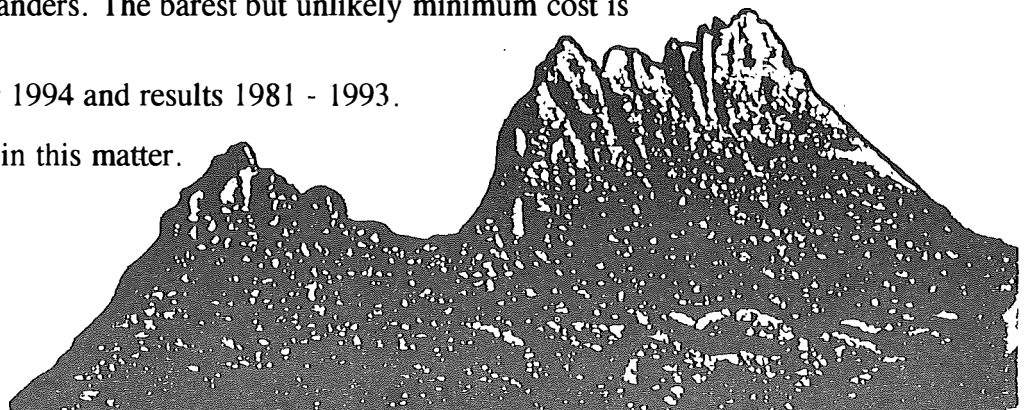
There is no fee to the run but the costs of transport, accomodation on park fee etc can total \$150 for the Tasmanian leg. Fares to Tasmania must be added for mainlanders. The barest but unlikely minimum cost is approximately \$20.

Attached is the guide for 1994 and results 1981 - 1993.

I hope you will help me in this matter.

Yours

Richard Pickup



Dear Dot,

I write on behalf of the two Russian ultra-runners, Igor Streltsov and Gennady Grovshev, who have arrived and are staying with me in Australia. They will be here February through to early April. They had one hour awake after their arrival at my house before I carted them off to Cradle Mountain where they blitzed the field even though partially lost.

They then enjoyed 5 days in Tasmania thanks to many runners but particularly Andrew & Kerrie Law, Therese March, Alan Rider in Hobart and Nigel Davies in Launceston.

They will be competing in many runs in their time here and have enjoyed themselves immensely since their arrival.

On their behalf, I say that they will be publicising some ultra-runs on in Russia, particularly "Hell Over the Clouds" in eastern Siberia-Kamchatka whilst here. If any fellow runners should have the opportunity of assisting me in runs, showing them about or inviting them on any activities whilst they are here, it would be appreciated.

They are very nice fellows and have been well received (in fact I was inundated with hospitality for them whilst in Tasmania. Thanks!)

Please make them welcome if you come upon them. I have arranged a busy itinerary for them but they are keen as mustard to run and get around.

regards,

Leigh Privett Ph: (060)254959

Editor's note:

Leigh Privett has posted us a CALENDAR OF RUSSIAN ULTRA-RUNNING EVENTS for 1994, together with an invitation and description of the event which Leigh has already described to us in his glossy brochure included with the last issue, "Hell Over the Clouds", a 200km trail run around Kamchatka, Russia, which is scheduled for 3-8th August, 1994.

He has also included details of a 50km "RUN ON SAND" in Ukraine on 28th May, 1994, which starts at the town of Skadovski, in the Herson region. The course runs along the south sea coast of Jarylgach Island, washed by the Black Sea. Closing date for entries is 1st May, 1994.


If any AURA members would be interested in further details of the Russian Ultra-Running Calendar for 1994, the details of the "Hell Over the Clouds" 200km event or the 50km "Run on the Sand" in Ukraine, please phone Leigh Privett, on (060) 254959.

The editors apologise for not being able to print the extensive material which Leigh has sent us, but we feel, with limited space, the Aussie material is more important for our readers than Russian events.

DEAR DOT,

ONCE AGAIN RON AND DELL GRANT HAVE SUCCEEDED IN ORGANISING THE BEST RACE I'VE EVER BEEN IN. THE NANANGO PIONEER FOOTRACE (350KM) HAS EVERYTHING FOR THE ATHLETE WITH MASACHISTIC TENDANCIES. HILLS, HILLS AND MORE BLOODY HILLS AND MOUNTAINS, GREAT SCENERY, GREAT SOCIAL GET TOGETHERS, GREAT PEOPLE. CONGRATULATIONS TO MAURIE WITH AN INSPIRING RUN, ROB CHANNELS A GUTSY 2nd, NOVICE GRAHAM WATTS A GREAT EFFORT FOR 3rd, LUCILLE GLADWELL SHOWED REAL GUTS TO BE 1st LADY AND VAL WARRENS P.B. YOU BEAUTY.

SEE YOU THERE NEXT YEAR.


DAVE HOLLERAN,

Dear Dot,

I was surprised to note that I had been "deleted" from the Womens' Six Day Rankings in the last issue, especially as I was in there when they were last published (Vol 7, No.3, August 1992) with my 659.595kms. at Campbelltown. I'll drop Gerry Riley a line asking to be restored!

Hope all goes well for you in '94 and all those Vic. events are a success. There's certainly a lively ultra- scene up here in Queensland. There's almost no need to move south of the border!

Anyway, thanks for your efforts.

Best wishes.

Wanda Foley

Ed's note: Sorry about the deletion Wanda. Obviously an oversight. We'll also check it out.

To dear Dot,

Hello there to you. I hope that my letter finds you well. My best wishes and kindest regards to your family and loved friends. Best of good wishes to you all in 1994. Thank you very much for your good letter. I really appreciated the mag. you sent. At present I am in Pentridge Prison. A few years to go and I will be free again. When I am able, I will send you a subscription and donation also. Dot and Colin, I do care about you both. You're worth caring about. Lots too! Thanking you once again for your reply. Thinking of you often my dear friends. May God bless you.

Yours in Christ,

(AURA is a top star magazine with Victoria's best secretary)

Mark Jewell
Endeavour Unit,
Coburg , Vic.

Ed's note: Well there you go! AURA's got members absolutely EVERYWHERE!



Starters for the 24 Hour Run and relay, Q'ld.

National Patron: Sir William Refshauge
National President: Dr Fred Better, OAM, FASMF
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Australian Sports Medicine Federation Ltd A.C.N. 002 794 998

COMMITTEES

Children in Sport

Women in Sport

Veterans Sport

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Accreditation

Education

ASMF/RACGP
Advanced Course

Sports Trainers

Sporting Event
Medical Coverage

Sports Nutrition

11th February 1994

The Editor
AURA Magazine
Australian Ultra Runners' Association
4 Victory St
MITCHAM VIC 3132

Dear Editor,

PUBLICATIONS

Australian Journal
of Science and
Medicine in Sport

Sport Health

Sports Trainers Digest

In 1994 the International Conference of Science and Medicine in Sport (Incorporating the National Annual Scientific Conference in Sports Medicine) will be held in Brisbane Australia, from 5 - 8 October. This is a multi discipline gathering of Sports Medicine Professionals and is the biggest conference of its kind in the Southern Hemisphere.

The Conference theme - "Sports Medicine for Lifetime Activity" encompasses sports research for the young, active and the aging and this conference acts as a forum for the exchange of ideas and knowledge both within and between, the various professions involved in sports medicine and science.

AFFILIATED WITH

International Federation
of Sports Medicine

Australian Olympic
Committee

Confederation of
Australian Sport

Australian Fitness
Accreditation Council

Australian Resuscitation
Council

Australian Medical
Association

Australian Alliance for
Physical Activity and
Lifestyle

If possible, we would appreciate you promoting our conference in the next edition of your journal/newsletter. The enclosed brochure contains information such as background information on the conference, an outline of topics to be covered, dates and the address of the Conference Secretariat. If you have any further enquires on the conference please contact myself or Christine Dobson on (06) 251 6944.

Thank you for your co-operation and support of the Australian Sports Medicine Federation.

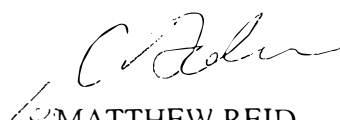
Yours sincerely,

MAJOR SPONSORS

Australian Sports
Commission

Syntex Australia

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MATTHEW REID
CONFERENCE MANAGER

24 Trade Displays

The 1994 Trade Exhibition promises to be the biggest and most extensive assembled in the southern hemisphere, featuring the newest Australian and International innovations, in sports science and medicine. Products range from shoes, to pharmaceuticals, to fitness technology.

Conference
Secretariat

Australian Sports
Medicine Federation
PO Box 897
Belconnen ACT 2616

Phone: (06) 251 6944
Fax: (06) 253 1489

Social Programme

Come and visit the ultimate in Science and Social extravaganzas. Brisbane's entertainment attractions will provide the perfect compliment to the scientific programme, creating a kaleidoscope of science and social activity at the 1994 Conference of Science and Medicine in Sport.

You'll experience sights and sounds that will thrill you to unexpected heights in one of the Gold Coast's amazing theme parks ... and ... treat your taste buds to fine wine and fine food at one of Brisbane's delightful restaurants.

And of course we haven't forgotten those athletic enthusiasts - join us in a "fun triathlon"

at Brisbane's Southbank Parklands followed by a scrumptious breakfast beside the beautiful Brisbane river.

As if the Conference and assorted social activities were not enough you have the added attraction of the *World Masters Games* and the *'Warana Festival'*.

The Warana Festival is a 2 week long festival of indigenous and modern cultural activities is held. It comprises displays, processions, side shows and variety acts encompassing the many cultures which together comprise Australia and the city of Brisbane.

Sounds great doesn't it?

Its a social occasion not to be missed so we'll see you in Brisbane in '94 for the best time you've ever had.

World Masters Games

26 September - 8 October 1994

For further information call the World Masters Games Hotline

(07) 405 0999



International Conference of Science and Medicine in Sport

Sports Physicians • Sports Physiotherapists • Sports Podiatrists • Sport Psychologists • Exercise and Sports Scientists • Sports Nutritionists • Sports Trainers



Sports Medicine for Lifetime Activity

3 - 8 October 1994

Brisbane
Australia



Scientific Programme

The Conference theme - "Sports Medicine for Lifetime Activity" typifies the essence of the 1994 International Conference of Science and Medicine in Sport, and is a distinctive feature of modern sports medicine, encapsulating sports research and science for the young, the active and the ageing.

The International Conference of Science and Medicine in Sport will be a premium quality, multi-disciplinary conference, geared to the discussion of contemporary issues and the dissemination of "cutting edge" research in sports medicine and sports science. The Conference will provide a forum for the exchange of ideas and knowledge both within and between the various professions involved in sports medicine and science.

The scientific programme will facilitate interaction between the specialist groups by highlighting common areas of interest as conference sub-themes. These sub-themes include:

Sub-Themes

- ✓ Genetic Determinants of Sports Performance
- ✓ Activity and the Ageing Process
- ✓ Adherence in Sport and Rehabilitation
- ✓ Endurance Performance
- ✓ Chronic and Overuse Injuries
- ✓ Exercise in Harsh Environments

The Conference will be launched with an opening symposium discussing the positive and negative effects of exercise on health, featuring a number of internationally renowned exercise and medical scientists.

This will be followed by a keynote address on physical activity and ageing. Subsequent concurrent sessions will be devoted to the specific interests of the various professions.

The final two days of the Conference will feature free papers and inter-disciplinary sessions, specifically designed to transverse the depth and breadth of knowledge and expertise of the various professional groups.

Free Papers

Sessions have been reserved throughout the Conference for free paper presentations. You may choose to present a paper, a poster or just join in the discussions during the sessions. Abstracts will be called for from December 1993. The closing date for receipt of abstracts is 31 May 1994.

Prizes and Awards

Presenters of free paper may be eligible for two research awards at the 1994 Conference.

1. The Young Investigator Award (is for investigators under 35 years of age presenting clinical or scientific research).
2. The Best Conference Paper (clinical or basic science).



Official Airline and Travel Agent

Airfares

Qantas - The Australian Airline are the official carriers of the 1994 Conference.

Qantas offers all delegates a conference airfare of 40% discount off full economy rate without restrictions or the best fare of the day with normal restrictions.

For all your travel and accommodation bookings contact Qantas toll free on:

**008 020 047 or
(06) 250 8299**

Accommodation

Qantas is also the official travel agent, co-ordinating the conference accommodation bookings. Various accommodation choices are available.

Regardless of your flight bookings, Qantas will book your accommodation and endeavour to make your trip hassle free.

	Monday 3 October	Tuesday 4 October	Wednesday 5 October	Thursday 6 October	Friday 7 October	Saturday 8 October
9 - 10:30 am		ACSP Conference A.M.	Conference Opening Session	ASMF Fellows Session	Plenary Session	Free Papers
11 am - 12:30 pm	Conference		Combined Session	Concurrent Discipline Session/Free Papers	Concurrent Session	Combined Session
2 - 3:30 pm			Concurrent Discipline Session	Concurrent Discipline Session/Free Papers	Free Papers	Concurrent Free Papers
4 - 5:30 pm			Concurrent Discipline Session	Free Papers	Concurrent Session/Free Papers	Combined Session and Close





World Masters Games

26 September -
8 October 1994

In 1994, Brisbane is also hosting the World Masters Games, one of the most exciting, mature age, multi-sport events ever to be held.

Thousands of sportsmen and women, aged 30 years and over, will travel from all over the world to participate in the World Masters Games and show the world that age does not dampen the enthusiasm nor the determination. Social competitors, past and present champions - they will all participate in this exciting international event.

Competition at the World Masters Games will be in 30 sports:

- archery
- athletics
- badminton
- baseball
- basketball
- canoeing
- cycling
- diving
- field hockey
- football
- golf
- indoor cricket
- judo
- lawn bowls
- netball
- orienteering
- rowing
- rugby union
- shooting
- softball
- surf life saving
- squash
- swimming
- tenpin bowling
- tennis
- touch rugby
- triathlon
- volleyball
- water polo
- weightlifting

For further information call the
World Masters Games Hotline
(07) 405 0999

"In addition to the scientific programme, a series of exciting social activities are planned, with a distinctly Australian flavour."

I would like more information on:

- ☐ 1994 Annual Scientific Conference in Sports Medicine
- ☐ 1994 World Masters Games
- ☐ Pre/Post Conference Tours

Name

Address

Qualifications

Occupation

Special Interests

**Please complete the following:
(please tick)**

Are you a member of the ASMF?

- ☐ Yes ☐ No

Are you a member of any of the following organisations?

- ☐ Australian College of Sports Physicians
- ☐ APA-National Sports Physiotherapy Group
- ☐ Australian Association for Exercise and Sports Science
- ☐ Australian Academy of Podiatric Sports Medicine
- ☐ Australian Board of Sport Psychologists

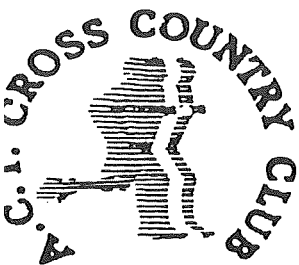
How did you hear about the Conference?

Please return to:

Conference Secretariat
PO Box 897
BELCONNEN ACT 2616
AUSTRALIA

The start of
Dot's 6/12/24
Hour Track
Race at Coburg
in February '93





THE BRINDABELLA CLASSIC

"Australia's Toughest Downhill Mountain Race"



RACE RESULTS

Dear competitor,

Thanks for patiently waiting for the results - I hope that the time I have taken in producing some extra statistics on the race will be of interest, however.

A full list of race results is attached, together with a print-out of split times between aid stations and an "all-time" list of race times for all 7 Classics (53 km runners only). It would be appreciated if you could inform me of any errors, such as wrong times or number of races. Plots of split times between the aid stations are also enclosed, so that you can highlight your particular race pace against others, if you wish. I would like to say a special thank you to all of the interstate entrants, particularly from Sydney (Sydney Striders, Western Districts Joggers and Harriers and Billy's Bushies athletic clubs) whose continued support over the years has ensured the survival of the Classic.

There was significant growth this year in the number of entrants, with even an interstate relay team being entered for the first time (from Sydney). The number of Canberrans also grew noticeably to retain a 25% proportion of entrants. With this growth it was possible to provide improved facilities to the runners, with the aim of attracting you back again, hopefully bringing some mates! I have plans to further improve next year's race, and would appreciate any comments that you may have to better fulfil this objective. For example, I know that the arrangements at the finish area can be improved.

Congratulations to all the finishers - both the individuals and the relay teams. It was a real achievement to reach the finish line. Luckily, I achieved my aim of winning the individual section for the fifth time, albeit in a slower time than last year, letting through two relay teams for the first time (perhaps I'd better start believing those that keep telling me that I'm getting too old). For the win I received the Jack Maxwell Perpetual Trophy. The second individual runner was John Jacoby from Shepparton VIC, who was a late entrant. John is a champion canoeist as well as runner, and he will soon be contesting a gruelling combined running and canoeing event across New Zealand. He used the Classic as a training run! Good luck John in NZ. My training partner John Muir held on to third position ahead of a fast finishing Peter Johnson; watch out for Peter in the future I reckon.

Bronwyn Hanns fulfilled her pre-race plans of winning the women's individual section, and received for her efforts the Miles Franklin Perpetual Trophy. Bronwyn recorded the third fastest time ever, only slightly slower than Randi Bromka's (from USA) 1991 time. Bronwyn was only the third woman to dip under the 5 hour barrier. Last year's winner, Jenny Kiss, ran a faster time this year to take out second position in just over 5 hours. She was closely followed home by fellow Sydney-sider Wendy Downes. Linda Thompson's time set in 1988 is looking more and more remarkable as new winning times are posted. The times set this year by John Jacoby, John Muir, Peter Johnson, Bronwyn Hanns, Jenny Kiss and Wendy Downes placed them in the all-time top 10 finishers list - well done!

The Husband and Wife category (each running 53 km) went to Barbara and Peter Allen from Sydney. They ran a very well paced race (together) - congratulations. The 2 person relay team was won by Bob Harlow and Peter Clarke. Bob ran the first half and then went on to see if he could complete the full distance, but lack of training unfortunately prevented this - perhaps next year Bob.

South Canberra Tuggeranong finally achieved their aim of beating me, despite team member Geoff Monro unwittingly spurring me on with a range of comments en-route like "Gordon, you've got to catch that ..@*&%@#!.." Although I got to the 3rd relay change point ahead of the teams, Rick Fitch ran a fast last leg to finish only one second outside their race record set last year. But take note you sods that you still haven't bettered my time of last year!! And next year I'll be fitter too. They received the Mike March Perpetual Trophy for the win. Up to Bull's Head I had visions of the team from my workplace being the first home. They then faded a little, however, and the Bush Porkers (who is responsible for that name?) barrelled past them to snap up second spot. The first women's team was the Brindabella Brumbies, captained by Jo Cullen. They received the Wanda Foley Perpetual Trophy. After running the first leg, Jo decided that she hadn't done enough for the day, and ran back to the summit of Mt Ginini!

The first ever mixed relay team of 2 was entered by the Hash House Harriers, composed of Colin and Tricia Smith. Similarly, the Runners Shop Women was the first ever women's team of two, consisting of Fiona Jorgensen and Amanda Carey. Fiona and Amanda are renowned mountain runners, and their near 4 hour result was well ahead of the first 4 woman relay team. Their time will be very difficult to better in the future. Also entered for the first time was a 3 person relay team - The Tuggie Three team. It finished only slightly adrift of the first 2 person relay team. Well done to all the teams. It certainly is a great way to enjoy the spectacular Brindabella Ranges, as well as to observe first hand the progress of other runners and to get a feel for what they are going through. I believe that the additional people at the relay change stations improves race atmosphere. So thank you teams for your support. The number of teams also improved significantly this year.

Unfortunately, several individual entrants were forced to withdraw from the race as a result of the quite difficult conditions that developed over the day. Conditions early in the race seemed reasonably comfortable, apart from the hills; cool and nice and shady.

However, in the second half of the race they became pretty hot and humid, making the going very tough (particularly for us poor old Canberrans who generally train and live in ice-box conditions - deserving of a community aarh!!). To those who withdrew, I would like to thank you for willingly doing so (despite this being a very difficult personal decision) because everyone involved becomes very concerned. Besides, there is little point in pushing on and risking unnecessary injury.

Three runners qualified for their pottery carafe this year (supplied by Brindabella Pottery) by completing 6 Classics; namely Chris Stephenson, William Rannard and myself. Last year there were 8 runners who made it a perfect 6 out of 6 runs. Of these, 5 made it 7 from 7 runs this year; namely Mike Ward, Brian Colwell, John Shepherd, Grahame Kerruish and Ted Lilliss - well done fellas!! Mark Foley, now living in Queensland, and Derek Quinto, now living on the south coast, didn't return for their 7th Classic, and Bill Keats unfortunately had to withdraw this year. We plan to provide those finishing their 10th Classic with a pottery tray on which to place their goblets and carafe, and who knows what thereafter, so keep on going to find out.

The bus problems experienced last year were largely eliminated as promised. Lever Coachlines from Queanbeyan did a great job in getting the runners to the top of Mt Ginini, with some entertainment along the way. The higher and more luxurious second bus had difficulty on occasions avoiding overhanging branches, and at one stage collected a large dead branch on its roof. I contacted the bus line after the race, and they reported minimal damage. The brief enigmatic messages transmitted between the drivers were another source of amusement. It was a fun time on the bus - the air of anticipation and excitement was very enjoyable.

Support from the main race sponsors, FM104.7, Win TV and Computer Sciences of Australia, is gratefully acknowledged. A tremendous race committee consisting of 10 experienced organisers must also be thanked, as the race is not easy to stage. Particular thanks must also go to the Wireless Institute of Australia for their continued support with communications, without which there would be no event. The assistance of St Johns is essential too, and as usual a donation will be made in recognition of this as well as to support their good work in general. There were numerous other volunteers on the day, and their assistance was greatly appreciated.

"Best" Aid Station Award

The individual runners voted overwhelmingly for aid station number 6 organised by Sri Chinmoy, and in particular Trishita McHugh and Helen Jacobs. They were the proud recipients of the \$ 200 first prize kindly donated by Computer Sciences of Australia. The ACT Cross Country Club provided a further \$ 100 and \$ 50 for the second and third ranked stations. There was a draw between stations 7 and 9 for second prize, and consequently each received \$ 75. The standard of service provided to the runners improved this year as a result of this competition. It was certainly much easier this year for me to rustle up aid station attendants. So many thanks go to the huge efforts put in by the aid station attendants, and thanks to the runners for taking the time to vote to support this process.

T-Shirts

T-shirts sold out on the day, so if you would still like one, please let Geoff Large know before 7 December by writing to him at GPO Box 2338, CANBERRA, ACT 2601; or by telephoning him on h 06 254 1761, or w 06 271 4445. The cost including postage is \$ 14.00. Please make your cheque or money order payable to the ACT Cross Country Club. Also indicate to Geoff the size required (note, however, that all the sizes are on the large side).

Finisher Certificates

I had plenty of certificates left over after the race, so if you missed out and would still like one, just let me know (telephone 06 279 0134 w, or 06 2547177 h) and I'll send one. (or more for teams).

Green Race Numbers

As mentioned in the pre-race information, a permanent green number is awarded to runners who have completed 10 events or won 3 times. The former category will first become available in 1996, and the latter category became a reality for me this year. Again, this initiative is designed to create additional incentive for competitors to run again, as well as to help create an atmosphere of tradition by supplementing the awarding of carafes and plates etc for the achievement of special milestones.

Team results

I have included a ranking list for teams. Please scan them and let me **know** whether there are any errors, as our records of who ran which leg are incomplete.

Donations to Charity

Your very generous support of this idea is appreciated. The ACT and Region Disabled Sport and Recreation Association received \$ 600.00 - a terrific result. A receipt for taxation purposes has been enclosed for those that made a donation.

To summarise, I sincerely trust that you had an enjoyable run, and that we will meet again in 1994. As I mentioned before, it would be appreciated if you could assist with the development of the race by encouraging others to participate, and maybe by writing an article in your local running magazine etc to raise the level of interest. Thanks again for your support, and I look forward to organising a bigger and better event next year for your benefit.



Trevor Jacobs,
Race Director
26 November 1993

*Maurice Taylor reckons
"It's good stuff!"*

ENERGISE

Energise gives you the taste for competition!

Energise is a new Sports Drink sold in Australia. It's formulation is based on a high proportion of glucose polymers. Glucose polymers are large carbohydrate molecules which provide the athlete high energy yield, with a short response time following ingestion.

Energise can be consumed during training and competition at the recommended concentration of 8.4% without the flavour becoming overpowering. When drinking Energise the athlete's throat doesn't dry out, as it can do when using other sports drinks because of their sweet (sugary) aftertaste.

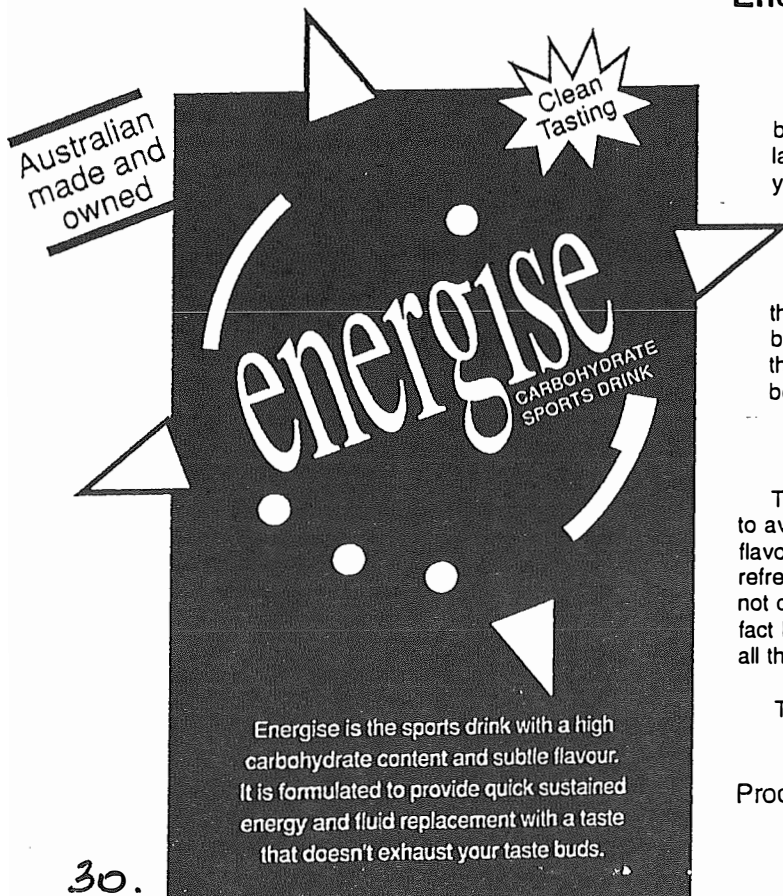
The flavour of Energise has been deliberately made light so as to avoid the problems associated with ingestion of strongly flavoured sports drinks during competition. Energise has a clean refreshing taste which helps to quench thirst. The light flavour does not compromise the amount of energy provided by each serve. In fact Energise provides more energy per unit volume of drink than all the major sport drinks sold in Australia.

Try Energise -it gives you the taste for competition!

Produced by **Sport-Test**, Canberra

Price : \$10.00 per kg
(1kg makes 12 litres)

Ph / Fax (06) 2885841



Individuals

BRINDABELLA CLASSIC 1993

Place	Name	State	Time
1	TREVOR JACOBS	ACT	3:41:40
2	JOHN JACOBY	VIC	3:57:14
3	JOHN MUIR	ACT	4:00:22
4	PETER JOHNSON	ACT	4:00:56
5	MAX BOGENHUBER	NSW	4:12:09
6	RICHARD LANE	VIC	4:12:39
7	KELVIN MARSHALL	NSW	4:15:30
8	JONATHAN WORSWICK	NSW	4:20:02
9	IAN GREEN	NSW	4:37:56
10	KEVIN HARDAKER	NSW	4:41:26
11	FRANK LEONARDI	ACT	4:44:18
12	BRONWYN HANNS	ACT	4:45:21
13	CHARLES AITKEN	NSW	4:46:06
14	DAVID SILL	NSW	4:49:55
15	GEOFF TAYLOR	NSW	4:50:31
16	MURRAY TOWN	NSW	4:53:19
17	MIKE WARD	NSW	4:53:52
18	LUDWIG HERPICH	NSW	4:56:59
19	ROB SIMMONS	NSW	4:58:21
20	JAMES ROONEY	NSW	5:02:32
21	BILL BROUGHTON	NSW	5:03:03
22	ROBIN BUCKLEY	ACT	5:03:51
23	JOHN TURNER	NSW	5:05:15
24	JENNY KISS	NSW	5:09:00
25	ROB KIMBREY	NSW	5:09:01
26	ALF FIELD	NSW	5:09:13
27	MARK O'NEILL	ACT	5:10:50
28	MARK DEVENISH	ACT	5:12:50
29	WENDY DOWNES	NSW	5:12:54
30	TERRY BALLANTYNE	ACT	5:13:52
31	PETER HAMMERSCHMIDT	NSW	5:14:12
32	BRUCE BURLING	NSW	5:15:54
33	DEREK SMITH	NSW	5:15:54
34	PHILIP CLARKE	NSW	5:18:11
35	PETER JANOVSKY	NSW	5:18:12
36	BRIAN COLWELL	NSW	5:21:46
37	IAN FORSYTH	ACT	5:23:43
38	TED HARRISON	ACT	5:24:48
39	BILL NAGY	ACT	5:24:50
40	PETER SINFIELD	ACT	5:28:28
41	STEPHEN BEAUMONT	ACT	5:28:28
42	VIC ANDERSON	NSW	5:29:53
43	COL JERRAM	NSW	5:30:02
44	BOB HUNTER	ACT	5:31:26
45	GRAHAM BUTLER	NSW	5:33:23
46	GEOFF STANTON	NSW	5:35:28
47	GREG PHILLIPS	NSW	5:35:35
48	ROGER RIGBY	NSW	5:37:03
49	STEVE CARR	ACT	5:37:15
50	MAL MCGREGOR	ACT	5:37:15
51	CHRIS STEPHENSON	NSW	5:38:20

BRINDABELLA CLASSIC 1993

Place	Name		State	Time
52	MICK	KILHAM	NSW	5:38:20
53	MAX	SCHERLEITNER	NSW	5:40:36
54	ALAN	DUUS	ACT	5:43:52
55	DENNIS	CUNNIFFE	NSW	5:45:57
56	RICK	MARTIN	NSW	5:47:28
57	RICK	FOSTER	NSW	5:49:05
58	ROBERT	SIMMS	NSW	5:49:23
59	LEZ	FREEMAN	NSW	5:51:48
60	JAMES	GRIFFITHS	ACT	5:53:56
61	CRAIG	ABBOTT	ACT	5:55:03
62	SCOTT	GRANT	NSW	5:55:29
63	JUDD	BOEKER	ACT	5:56:51
64	TERRY	THRELFALL	NSW	5:57:30
65	NEIL	LIPSCOMBE	NSW	5:58:40
66	PAUL	GODDEN	ACT	6:03:36
67	CHRIS	GAMBLE	ACT	6:06:09
68	JOHN	SHEPHERD	NSW	6:07:34
69	PATRICK	AUSTIN	NSW	6:14:11
70	JOHN	BRETT	NSW	6:16:05
71	RON	AVERY	NSW	6:22:56
72	GRAHAME	KERRUISH	NSW	6:26:27
73	GREGORY	REID	NSW	6:30:34
74	GARY	LEAHEY	NSW	6:36:29
75	BARBARA	ALLEN	NSW	6:43:10
76	PETER	ALLEN	NSW	6:43:10
77	JOHN	FLANAGAN	NSW	6:44:35
78	TED	LILLISS	NSW	6:54:15
79	WILLIAM	RANNARD	NSW	7:19:02

Race rankings:

1.	Trevor Jacobs	3.33.33	1992	Linda Thompson	4.11.00	1988
2.	Geoff Large	3.36.14	1990	Randi Bromka	4.35.02	1991
3.	Prachar Stegemann	3.50.14	1991	Bronwyn Hanns	4.45.21	1993
4.	Martin Thompson	3.51.00	1988	Helen Stanger	5.04.23	1989
5.	Eamonn Walsh	3.53.26	1991	Jenny Kiss	5.09.00	1993
6.	Bruce Cook	3.55.00	1989	Wendy Downes	5.12.54	1993
7.	John Jacoby	3.57.14	1993	Victoria Tanner	5.13.15	1991
8.	John Muir	4.00.22	1993	Sue Dreverman	5.17.14	1989
9.	Bruce Inglis	4.00.31	1989	Carol Harding	5.19.32	1989
10.	Peter Johnson	4.00.56	1993	Maryann Busteed	5.22.27	1992

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

Four-way tussle in Six-Day

by Steven Colquhoun

FOUR runners have run themselves into an excellent chance of winning the Colac Six-Day Race, according to race chairman Graham Thornton.

At 5pm yesterday, after 50 hours' running, South Australian David Standeven had completed 351.6km, or 879 laps, of Colac's Memorial Square and was holding a slender 5km lead over West Australian Joe Record.

Melburnian Bill Beauchamp was involved in an engrossing battle for third place with Geelong's Peter Gray. Beauchamp (317.2km) was just four laps in front of Gray (315.6km).

Sentimental favorite Cliff Young was labelled by Mr Thornton as "the surprise packet so far". Last night he was sixth, but was only 4.4km behind fifth-placed New South Welshman Maurice Taylor.

The race has already suffered a high attrition rate, with three of the 15 runners retiring.

The first retirement came less than 24 hours into the race, at midday on Monday, when Greg Wilson (Vic) withdrew due to fatigue. At 9pm on Monday Tony Rafferty (Vic) was forced to retire due to a severe stomach upset and Craig Rowe (NSW) was forced off the track at 11.35pm with shin soreness and muscular problems.

Mr Thornton described the condition

of the track as "A1", with no rainfall since the race began at 3pm on Sunday.

And although he said David Standeven was progressing well — "he looks as though he's just started the race" — Mr Thornton believed the lead was still up for grabs.

"All David's got to do is go off the track for three hours and he could find himself back in fourth position," he said.

"There's been a lot of discussion here about who's going to win and no one is prepared to lay a claim — it's too close at this stage."

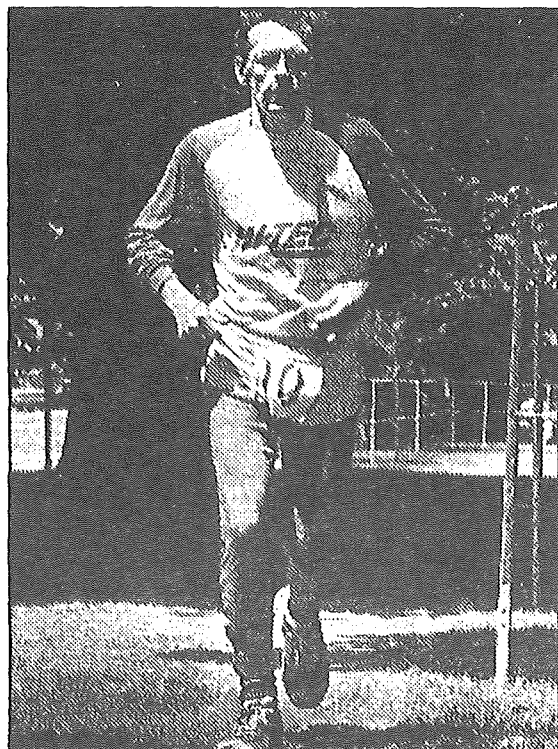
Of the local runners, Thornton said both Gray and Young looked strong and controlled, while Geelong's Godfrey Pollard was "travelling well and being his usual cheerful self".

Colac's Drew Kettle started well but had slowed considerably with ankle soreness.

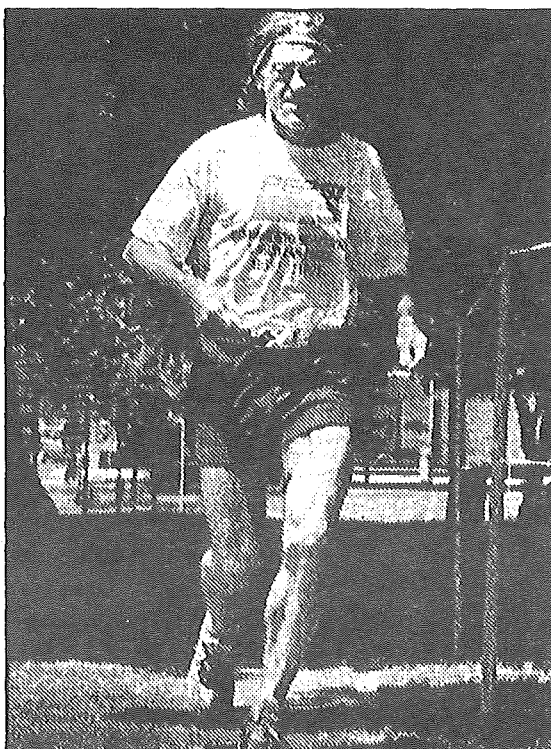
The race is ends at 3pm on Saturday.

Results at 5pm Tuesday:

1st David Standeven (879 laps, 351.6km); 2nd Joe Record (865, 346.0); 3rd Bill Beauchamp (793, 317.2); 4th Peter Gray (789, 315.6); 5th Maurice Taylor (696, 278.4); 6th Cliff Young (685, 274.0); 7th John Timms (671, 268.4); 8th Ron Hill (648, 259.2); 9th Shawn Scanton (631, 252.4); 10th David Taylor (621, 248.4); 11th Drew Kettle (572, 228.8); 12th Godfrey Pollard (513, 205.2); 13th Tony Rafferty (432, 172.8, ret.); 14th Greg Wilson (379, 151.6, ret.); 15th Craig Rowe (351, 140.4, ret.).



Winning . . . David Standeven leads the field.



Chasing . . . Joe Record is pursuing relentlessly.

A Record winner



Record unbroken . . . Joe Record nears the finish.

by Paul Forman and Steven Colquhoun

WEST Australian Joe Record overcame a determined effort from South Australian David Standeven to win the Colac Six-Day Running Race on Saturday.

Standeven, who led the race for the first three days, finished only 17 kms behind Record after trailing by up to 36km early on the fifth day.

Geelong's Peter Gray accumulated 723 kms to finish third, well ahead of Maurice Taylor and Ron Hill who overtook a slowing Bill Beauchamp to claim fourth and fifth places respectively.

Cliff Young broke a world record in the 71-75 year age group with 609 km to claim seventh place.

Cliff took the record from fellow Colac identity

and good mate Drew Kettle, who finished 10th this year and covered 527km.

Ultra marathoning has a small but dedicated following, its history dating back to at least the last century.

During the late 1800's match races were set up in England for wagers, with runners competing indoors in a 200m smoke-filled arena in their leather hob-nailed boots.

If blisters got too severe bare feet were the only option. A man named "Rowell" was the six-day hero who reportedly travelled up to 680 miles under these torturous conditions.

Six-day running was resurrected in 1980 in San Francisco where a tiny postman named Don Choi shocked the running world not only because he won the race by running

more than 500 miles — he also refused to sleep for the six days and nights.

Geelong's Peter Gray, at the relatively young age of 28 years of age, is a dedicated multi-day runner who never misses an Australian event.

In this year's Colac race he knocked over his first 200km in just under 24 hours. Peter aims for one hour of sleep in every 24 but admits to three other rest times, each of a half-hour duration.

Joe Record said of his run: "After the first two days of pain I remember why I don't want to run but I almost enjoy the rest of the race."

Drew Kettle, 73, trundles by with his trademark cheeriness still intact: "Giddy mate, how are ya going?" — just in case you feel like a short conversation as he jogs by.

Cliff Young at 71 looks as fit as he did 10 years ago when he took on the world and won.

The diminutive David Standeven scoots around the Colac Square as if he is late for work — no one would expect him to keep the pace up, but he does.

It is the characters of the race that hold the crowd's imaginations and interest.

The agonies, the jubiliations, the loneliness, the close friendships, soul searching and shared experiences are all reasons these incredible endurance athletes give for pushing their bodies and minds to such limits.



Crowd favorite . . . Cliff Young is congratulated by well-wishers.

COLAC SIX DAY RACE - NOVEMBER 1993

by John Timms

15 starters, 12 finishers. First lap, I'm in front. After 24 hours, I'm stuffed..... Sleep. Tony Rafferty pulls out. Craig Rowe - genuinely stuffed legs. Greg Wilson found that he needed more training but put in a good performance. The best performance of all was by Bill Beauchamp. But for injury, he would have bolted it in, even though he had doubts about his ability to finish. Great run Bill!! The best dressed runner, well at one stage in order to get a faster lap in, wore my shoes and hat but forgot the rest of my gear Bloody cold streaking at Colac at night! Another gutsy performance was that of Godfrey Pollard in finishing the race. Drew Kettle and Cliff, great runs!. The winner, Joe Record. Good on you!. David (Standeven) had lots of problems with the legs but ran a game second.

The handicap section went to Ron Hill who battled on till the end. The two Taylor boys - "Brown-eye" and "Foxy Lady" ran very conservative races. There was no doubt they enjoyed the run. Especially Dave, as he wanted to show Tony a clean pair of heels with TWO fractured ankles. Ouch! They don't come tougher.

A great event and thanks to all who made this run possible, especially the lap-counters, crews and of course, those great masseurs - Ray Carroll's crew & Cliff's. They did a great job and had a lot of fun with it.

SOUTHERN CROSS TIGERHEAD BRUNY ISLAND ULTRA RACE- 65KM SATURDAY 4TH DECEMBER, 1993

by Therese March

What started off as a niggling idea - to raise money for an electric wheelchair by walking 65km and getting sponsorship for each kilometre - has proved to be quite successful. For those interested, a brief description of the walk follows.

Friday 3rd December: Get ready - pack spare pair of shoes, my food for on the walk and drinks. A phone call from Peter Tomlin at Headway at 2.30pm. Rosetta High School had raised a magnificent \$1,200 towards the wheelchair fund. What a morale boost! I was picked up by my support crew at 4pm, and we were on the ferry at 5am, heading for the island. Quick trip to the Hotel Bruny at Alonnah where some more money was donated, then we headed for our accommodation for the night, had a quick dinner and settled down for some sleep.

Saturday 4th December: Woke at 2am and roused a reluctant Rebecca who muttered evil things about her mother's ideas of an enjoyable little walk. Chris Beadle, who was to drive my car as support vehicle for the walk, was soon ready, and at 2.45am, we left Adventure Bay en route for Dennes Point. Careful driving was necessary with small furry bodies hopping and scuttling across the road plus fairy penguins at The Neck. We picked up my companion for the walk, Deborah Sullivan at 3am, and by 3.30am, we had arrived at Dennes Point, the northern-most tip of the island. There were quick last minute preparations, and at 3.40am, the official stop-watch was started and Deborah and I set off.

A steep hill out of Dennes Point was thankfully behind us, a waning moon providing sufficient light to walk by, necessitating only the occasional use of the torch. Rustles in the road-side bushes indicated the presence of night life. A glimmer of daylight soon appeared to the east as we walked past a paddock redolent of hay. Streaks of sunlight appeared, and as we walked on, startled sheep sprang from their night-time shelter against the fenceline, and bolted away from these early morning intruders. Our support vehicle obligingly stopped every couple of kilometres to supply us with food or drinks as required. This had the usual effect, and soon we were also looking for a bush.

With Great Bay on our right, we slowed momentarily, Deborah for a slightly more substantial bite to eat, and myself to change into a slightly larger pair of shoes. The weather was still fair and cool with the occasional gust of wind as we approached the airstrip heading for The Neck. Cars carrying other solo runners and team competitors in the Bruny Island Run were starting to drive past and slowed to offer words of encouragement. Deborah was slowing, and keeping in mind that I needed to get to the lighthouse by 3.30pm at the latest, it was agreed that I go ahead and she would continue at a slower pace., with the support car alternating between us.

Around 9am, I passed the turnoff to Adventure Bay and within the next few kilometres, the weather started to deteriorate. Four kilometres short of Alonnah saw me plodding doggedly on into the teeth of a SW gale, muttering imprecations at the gods. Fifteen minutes later, the rain and sleet cleared but the strong wind persisted. Fortunately, my support crew had my spray jacket to hand and wearing that plus a large beach towel, I continued on to Alonnah. Here my planned to use the toilet facilities were foiled - the hotel wasn't open for business yet. So much for a "comfort" stop. The next suitable location amongst the prickly bushes had to suffice.

By this stage, I had acquired a second support vehicle - my next-door neighbour whose parents had provided our overnight accommodation - and as Deborah had decided to pull out at the half-way point, my needs for food, drink and dry clothing were more than adequately met. With the distance covered nearing 45 kilometres, tiredness and blisters were becoming a possibility. More squalls from the south west. Yuk! I tried to follow the little words of advice I had read somewhere "Build up a rhythm and let your mind escape to other things", and a strode along with renewed vigour. The scenery was definitely worth looking at.. Then there were more nibbles from the tucker-box in my support car - slices of quiche made by the Friday group, and cakes and biscuits bought from the cake stall on Thursday. All nice healthy energy food! Deborah was starting to feel energetic again and occasionally walked beside me, along with next-door-neighbour, Phil.

Quite a few of the runners had already passed me, solo and team entrants, but I was maintaining a respectable pace. I was past Cloudy Bay Lagoon and into the area where the Christmas bells grow, beautiful clusters of drooping red edged with gold. On my left were magnificent cliffs and white-capped seas - the wind just hadn't relented.

The last few kilometres were a constant yoyo trail over gravel road. No sooner was one hill conquered and the downhill appreciated than another uphill stretch appeared. Finally the lighthouse appeared - the size of a candlestick away in the distance. A last few hills to get over and I had made it to the foot of the lighthouse steps. This last test of endurance was tackled in "slow" gear - my legs did not fancy a fast sprint to the finish. The official finish line is the big black door of the lighthouse, and this was thankfully touched 10 hours 22 mins and 32 secs. after my start at 3.40am.

Euphoria provided an instant revitalization and I felt I could quite happily walk back - well to the hotel at Alonnah anyway. Fortunately, my support crews dissuaded me and I was chauffeured back to enjoy the post run food and drinks along with the runners and their support crews.

My efficient support crew driver also worked out my times/distance per hour etc., indicating that I managed a nice steady average of 9mins.35secs. per kilometre. He also confirmed my belief that the distance is actually 65km from Dennes Point to the Lighthouse.

Funds towards an electric wheelchair now total over \$5,000, which is much more than I ever hoped to raise, and is very much due to the generosity of a large group of people. We hope to do it all again this year in December and involve more walkers to help "Wrap up a wheelchair for Christmas".

My thanks to everyone for their help. To date, we have over \$4,000 in the special fund and I hope to have a final figure by the end of January. May you all have a happy and safe Christmas and New Year.

Therese March, Fern Tree, Tasmania.

Ed's note: Congratulations Therese on your magnificent money-raising effort for such a worthy cause. We really loved your account of the event, especially the early morning moonlit walking scene. You captured the atmosphere so well. Well done!

RESULTS:

COMPETITOR	ACTUAL TIMES	H'CAP	H'CAP PLACE & TIME
1. Andrew LAW	4:33:53	Scratch	2nd 4:33:53
2. Philip MURRELL	5:02:23	0.20min	4th 4:42:23
3. David ROSS	5:10:10	0.25min	6th 4:45:10
4. Barry DIKE	5:29:27	1:40min	1st 3:49:27
5. Steve DAVISON	5:33:07	0:50min	5th 4:43:07
6. Ken DEVINE	5:52:22	1:10min	3rd 4:42:22
7. Peter HOSKINSON	5:52:23	1 hour	7th 4:52:23
8. Therese MARCH	10:22:32	5 hours	8th 5:22:32

Favourite untroubled in Bruny marathon

PRE-RACE favourite and titleholder Andrew Law easily won the individual race in the 63-kilometre Bruny Island Ultra Marathon last Saturday.

Second of the individual runners was Phillip Murrell, followed by David Ross and Barry Dike, who also won the handicap event.

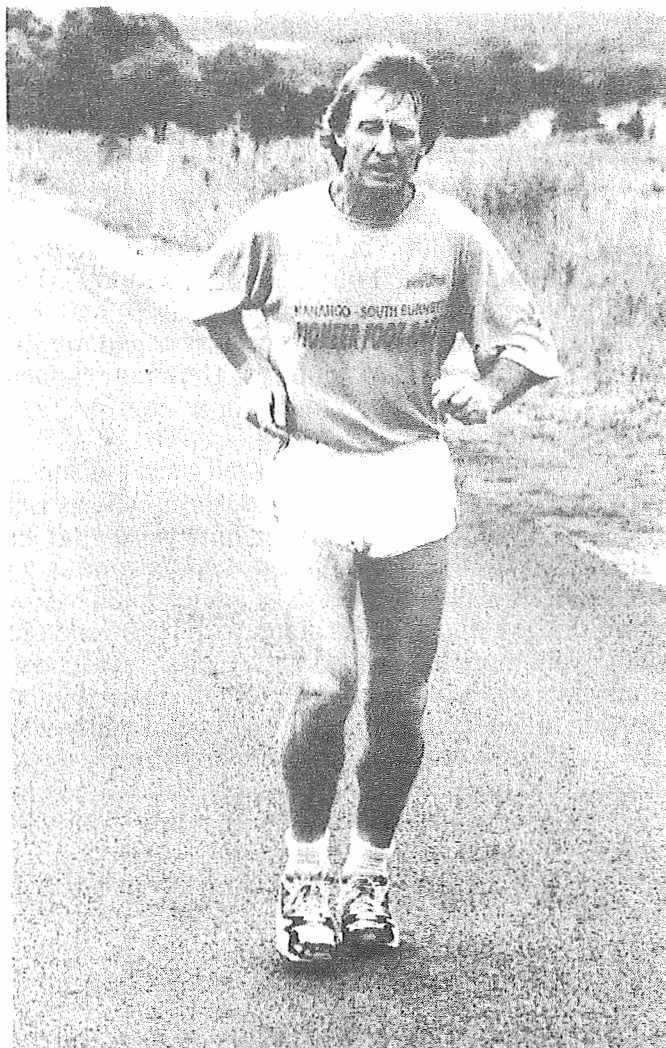
Eight solo runners and 19 teams completed the gruelling race in rough and windy conditions.

The first relay team to cross the line was Cascade Slam in a time of three hours 28 minutes seven seconds with Northern Suburbs No 1 second.

Sandy Bay Football Club set a new standard for non-athletics clubs with an overall third-place finish in a time of 3h48m24s.

Results - Solo - 1, Andrew Law; 2, Phillip Murrell; 3, David Ross; 4, Barry Dike; 5, Steve Davison; 6, Ken Devine; 7, Peter Hoskinson; 8, Therese March.

Relay: 1, Cascade Slam Team; 2, Northern Suburbs No 1; 3, Sandy Bay Football Club; 4, TFL Boundary Umpires; 5, Northern Suburbs No 2; 6, Hash House Harriers; 7, Half Mad; 8, Oliver's Twisters; 9, Hazell's Workshop; 10, University Rugby Club; 11, Barnes Bay Bombers; 12, St Mary's District High School No 2; 13, Four on the Floor; 14, St Mary's District High School No 1; 15, Hazell's Heroes; 16, Southern Cross Network; 17, Cairns-Weldon; 18, One Wog, One Kiwi, One Old Dog; 19, Local Girls on the Run.



RON & DELL GRANT
96 BRISBANE ST
NANANGO QLD 4615
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52 KILOMETRE NANANGO FOREST FOOTRACE

RON & DELL GRANT
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Sunday December 5th

An event to suit all runners was a comment made by many on the day. The race is handicap time started with competitors choosing their own start time with the aim of finishing at noon. Many first time competitors turned out with some having raced no more than 21 kilometres in the past, but the lure of being able to take their time, and having all competitors out on the course in the closing stages provided a big incentive to 'give an ultra a go'. Thirty - two hopefuls lined up with starting times ranging from 4am to 8am, going off in half hour batches. Amongst the entrants was 77 years old John Petersen and Don Wallace Australiasian 100 kilometre champion. Competitors travelled from as far as Morree in NSW and Bundaberg to the Nanango State Forest in the South Burnett to enjoy the companionship of their fellow ultra runners and the challenge of the hilly course and hot conditions.

The race of the day developed between Don Wallace and local Graham Black, with Tony Kleiner in contention until overcome by injury. Don complimented Graham on serving up some tough competition for him at the presentation ceremony, by stating Graham never gave an inch the whole way, and only managed to make a break on him in the last 2 kilometres which are uphill. Graham should also be pleased with his performance as he improved by 24 minutes on his time of last year. Organiser, Ron Grant, echoed these comments, and was impressed with the number of South Burnett entrants who completed the race - a total of seven, with four of them being first time ultra runners. Ron also commented that this is the biggest ultra event in Queensland this year, and second in size in Queensland history. He is now wondering if Nanango (a country town 200 kilometres from Brisbane) can claim to be the ultra running capital of Australia.

Impressive performances of the day were put in by Lyn Gordon the ladies winner, being her first ultra. With too fast a start she refused to give in on the last lap and toughed it out in the hot conditions. An impressive performance was also put in by first timer Cathy Caton of Nanango who also took out the handicap first place by arriving at the finish line two minutes before noon. Cathy was also awarded best and fairest touchfootballer in the area on Friday so had a most rewarding weekend. Most improved runner of the day was Ray Chatterton, who hasn't really had much success this year in events, but not only improved his time, but handled the difficult course well.

The 'Ron Grant Trophy' for dedication, performance, commitment and sportsmanship throughout the year was presented to Carol Street from Caboolture, a lady much appreciated by many competitors. The weekend wasn't all running - the evening before competitors, and supporters came together for a pre Christmas meal, and

52 Kilometre - Nanango Forest Footrace

Sunday 5th December 1993

Handicap Winners (closest to noon finishers)

1. Cathy Caton Finish time - 11.58 am
2. Darryll Fleming " " 11.56 am
3. Dave Holleran " " 11.53 am

Fastest Time Placings

Place	Name	Start Time	End Lap 1	End Lap 2	Finish Time	Elapsed Time
1	Don Wallace	8am	9.13	10.27	11.46	3 hr 46 min
2	Graham Black	8am	9.13	10.27	11.48	3 hr 48 min
3	Cliff French	7.30am	8.58	10.38	12.38	5 hr 08 min
4	Albert Vanderwyk	7am	8.32	10.15	12.26	5 hr 26 min
5	Lyn Gordon (1st F)	7am	8.34	10.21	12.33	5 hr 33 min
6	John Lord	7.30am	8.55	10.28	1.09	5 hr 39 min
7	Gary Parsons	5.30am	7.20	9.10	11.11	5 hr 41 min
8	Ian Walker	6.30am	8.07	10.08	12.30	6 hr 00 min
9	Ian Cornelius	6.30am	8.17	10.11	12.34	6 hr 04 min
10	Graeme Watts	7am	8.44	10.37	1.08	6 hr 08 min
11	John Henderson	6.30am	8.22	10.19	12.41	6 hr 11 min
12	Bob Burns	5am	7.11	9.10	11.13	6 hr 13 min
13	Frank Heath	6am	7.43	9.43	12.31	6 hr 31 min
14	John Carrigan	5am	7.08	9.15	11.32	6 hr 32 min
15	Geoff Williams	6.30am	8.02	10.07	1.09	6 hr 39 min
16	Dave Holleran	5am	7.15	9.31	11.53	6 hr 53 min
17	Mark Foley	5.30am	7.20	9.32	12.25	6 hr 55 min
18	Darryll Fleming	5am	6.58	9.10	11.56	6 hr 56 min
19	Ray Chatterton	4am	6.15	8.29	10.56	6 hr 56 min
20	Cathy Caton (2nd F)	5am	7.15	9.31	11.58	6 hr 58 min
21	Danny Cause	4am	6.02	8.25	11.30	7 hr 30 min
22	Jan Collins (3rd F)	5am	7.15	9.39	12.39	7 hr 39 min
23	Lindsay Phillips	5am	7.02	9.39	1.05	8 hr 05 min
24	Angela Clarke (F)	4am	6.15	8.43	12.09	8 hr 09 min
25	John Petersen (77 years)	4am	6.39	10.17	(2 laps)	6 hr 17 min
	Tony Kleiner	8am	9.13	10.50	----	
	Nick Corby	7am	8.42	11.12	----	
	Ian Javes	6am	7.43	9.53	----	
	Wanda Foley (F)	5.15am	7.34	10.33	----	
	Ralph Tennant	5am	7.08	9.15	----	
	Kay Holleran (F)	4am	6.39	----	----	
	Yvonne Voss (F)	4am	6.18	----	----	

Out of 32 entrants 25 finished

South Burnett residents to finish - Graham Black, Cliff French, Ian Walker, Graeme Watts, Darryll Fleming, Cathy Caton, Angela Clarke.

Course consisted of 3 laps of an out and back course - hilly terrain well formed roads, hot conditions, high humidity.

This is a handicap start time event with runners submitting their own start time aiming to finish at noon. No watches allowed but times are given at each turnaround.

38. The event for next year will be held on Sunday 4th December with the same handicapping system.

Wallace wins 52km 'ultra' Black just defeated

by Lorraine Page

Nanango runner Graham Black was robbed of another victory in this year's 52 kilometre Forest Footrace by Australasian 100 kilometre road champion Don Wallace who set a new course record.

Although Black shaved an impressive 24 minutes off last year's time, he was beaten by a mere two minutes by the Brisbane runner who finished effortlessly in 3 hours 46 minutes.

However, race organiser and ultra runner Ron Grant saw Black's efforts as the "performance of the day."

"Graham could have been psyched out by somebody who has a title, but in the last leg he even passed him," Grant said.

"It was a very classy race."

In all, 32 runners gathered en masse in the East Nanango State Forest on Sunday to slog their way around a steep course in scorching weather conditions.

Wallace 32, said he had used the race as a training run in preparation to defend his title in New Zealand's South Island at the end of this month.

He said he had competed in most other trail runs and had won this year's 55 kilometre Glasshouse Mountains run.

He has competed in Queensland cross country teams over the past few years and runs in the national titles section of the Gold Coast Marathon.



Winners of this year's annual 52 Kilometre Forest Footrace (from left) Jan Collins (3rd female), Don Wallace (1st overall), Lyn Gordon (1st female), Graham Black (2nd male), Cathy Caton (2nd female and handicap winner) and Cliff French (3rd male).

South Burnett Times, Tuesday, 7 December, 1993

Wallace said he had never been beaten in an event, but had once tied with training partner, Tony Kleiner, also from Brisbane.

Kleiner was one of eight runners who succumbed to exhaustion and pulled out of Sunday's event.

Third placegetter in the men's, Nanango runner Cliff French, found the pace hard to match and finished considerably later on 5 hours 8 minutes.

Fastest female, and mother of five, was slightly built Wamuran mountain racer, Lyn Gordon.

It was Gordon's first ultra but she managed to finish in a time of 5 hours 33 minutes and outstrip her closest female rival, Nanango runner Cathy Caton, by an uncatchable 1 hour 25 minutes.

Caton was awarded handicap honours as she completed the designated course closest to the required noon finishing time.

Gordon is record holder of the 12 kilometre Gordonvale Pyramid Race and has won the Pomona Mountain Race, near Noosa, three years running.

She said she had entered the forest run because she liked to run "anything not flat."

Caboolture runner, Jan Collins, widened the gap even further by finishing third in a time of 7 hours 39 minutes.

Oldest female entrant was Angela Clark 54, of Gordonbrook, who pushed herself to finish in

fourth place in 8 hours 9 minutes.

Grant, together with race co-organiser and wife Dell, presented the runners with achievement sashes.

Grant told them they had competed in the largest ultra event for the year and the second largest ultra event ever held in Queensland.

"Nanango has become the running capital of Australia," he said.

"When you have an event this hard and attract 32 runners, it's marvellous."

Line honours went to Brisbane runner Ray Chatterton.

"THAT DAM RUN"

by Don Wallace

For the second year New Zealand played host to the IAU Australasian 100km Championship. Race organiser Scott Leonard has developed an event of international standard, on one of the most scenic 100km courses in the world.

IAU president Malcolm Campbell, who attended the race on December 31, 1993, praised the efforts of the New Zealanders in hosting a world class race. Malcolm Campbell also expressed his enthusiasm for the road race in the Waitaki Valley as the venue for the IAU World Challenge 100km on December 31, 1999. The 1999 event will be a unique experience as runners will be competing in the final championship race of the century.

The 1993 race attracted 22 competitors from 8 countries. Starting in the cool, overcast conditions at Kurow, at 6am, the course initially ran out and back on a flat 30km section. This was heading east on the northern side of the Waitaki River toward Waimate. The conditions remained overcast, warming a few degrees, and humid. Still, very good conditions for a 100km race though an early breeze blowing from the east up the valley was to strengthen, proving a hinderance to runners later in the race.

After returning to Kurow at 30kms the runners head up the Waitaki Valley over rolling hills to 55km at Otematata. The course is generally climbing along this section. Mountains line both sides of the valley with the Waitaki and Avimore dams creating picturesque lakes. The course is flat for 8kms near Otematata before climbing the steepest hill to the top of the Benmore Dam wall at 63kms. Here the view is spectacular. With Benmore Dam the largest hydro-dam in New Zealand being held back by a 70m high rock and earth dam to the left. To the right a panoramic view way down the Waitaki Valley, across the Avimore Dam.

The runners descend from the dam returning via the opposite shoreline of Avimore Dam. After the downhill from the dam the course is fairly flat. It crosses the Avimore Dam at 87km to return to Kurow via the main road. This includes some rolling hills but this time it is downhill overall. At 98km it is recommended runners look a bit lively, passing the cemetery. The last couple of kilometres to Kurow are flat.

From the start a pack of four stayed together for the first 15km. This included Russell Hurring (NZ), second in 1992, four time winner of the 67km Kepler Challenge, Damon Rodwell (GBR) and another Kiwi marathoner Murray Cairns. Thomas Rusik, a 45 year old Czech who has competed in thirty-seven 100km races followed. Hans-Werner Janicke, the German 100km coach and his wife Katharina Janicke (who has run 8hrs22 this year) were also in the field. The womens race also included Japan's Yukiko Mizuno, New Zealand runners Margaret Hazelwood and Winnie Cosgrove.

By 20km, in 1hr:20:14 Hurring and myself had pulled away from Rodwell and Cairns. I increased the pace very slightly to about 3.52per km which I maintained for the next 30kms. By 25km Russell Hurring was slowly dropping and I slowly pulled away from him as we climbed over the rolling hills up the Waitaki Valley. I reach 50kms in 3:16:51, with a two minutes lead. I was running very comfortably at 50kms and was only 20 seconds behind my '92 pace. Shortly after 60km I climb the steepest hill up to the top of the Benmore Dam. I felt stong on the climb however my quads felt sore with the steep downhill off the dam. The dam slowed my pace for the next 10km to 41:07, giving 70kms in 4:37:36. My lead on Hurring was over three minutes and I felt confident he would not gain on me. In '92 I pushed the pace from 50 to 80kms (1:57 for 30kms). I held a steady 4 min/km pace, to 80km in 5:17:51. Since turning back at Benmore Dam I was running into a head wind that was strengthening. At

86km as I ran across the Avimore Dam wall the wind was blowing across me from behind and really assisting. But that was only for 500 metres until I reached the main highway returning to Kurow and turned directly into the wind. I was slowing in the final 15 km and the wind dampened my enthusiasm to push harder. I knew I had a good lead. The traffic on the road was more hazardous. I resigned to maintaining a slower but steady pace and ran 44:31 over the last 10kms to finish in 6:44:14. I was pleased with my effort.

During the race Alan Rider did a great job of seconding for me. I had drunk water to 15kms, then about an 8-10% solution of Endura for the remainder of the race. I also consumed about 8 or 9 Leppin squeezy's, 3 in the first half and then more frequently over the final 50km.

Russell Hurring was unable to sustain the early pace we set out at, though still ran well to record his best at 6:59:13. Thomas Rusik was first veteran and third overall in 7:25:30, closely followed by Stuart McDonald NZ, 7:27:32. Hans-Werner Janicke ran a good 7:47 for fifth, and Dayle Steele ran a pb of 8:02, for sixth. Neville Mercer NZ (7:22 in Belgium) retired at 30km due to effects of a recent flu, and Damon Rodwell GBR also retired at the marathon mark. Other male finishers were Murray Cairns NZ, Ian Sussex NZ and Christophe Rochette FRA.

In the womans race Katharina, who had started with a fracture of a small toe retired at 30km. Japanese runner Yukiko Mizuno had arrived the evening before the race. She had the lead by the Benmore Dam, running on to win in a good time of 8:43:14. She remained a few for a short while after the race before leaving to return to Japan. Margaret Hazelwood NZ also ran a goob pb of 8:50:32 to finish second, with Winnie Cosgrove NZ a third in her first 100km in 9:38:45. Caroline Andrews NZ, also in her first 100km was the fourth woman and final finisher in the race.

New Zealand won the Trans Tasman teams trophy with Russell Hurring, Stuart MacDonald and Dayle Steele in the mens race and Margaret Hazelwood, Winnie Cosgrove and Caroline Andrew in the womens. Australia did not have a team.

At the finish at Kurow a marque was set up to provide a BBQ and refreshment for runners, helpers, officials and guests. Two local massuers also did a very thorough job to relieve tender muscles.

A dinner and presentation was later held at the Brydone Hotel, in Oamaru which was providing accommodation for the runners and officals. For the second year large Maori wooden carvings were presented to the individual winners, and carved wooden treasure bowls to the winning team. A small amount of prize money was also presented, and the first New Zealand male Russell Hurring and female Margaret Hazelwood were giving air tickets from Air NZ to attend the 1994 IAU World Challenge 100km in Japan. Major sponsor Lynx donated several pairs of shoes and other goods were also distributed as ramdom draws.

Scott Leonard with the assistance of Dick and Ruth Tout, David Rush and the local athletic club, and the Kurow and Oamaru communities did a great job of staging "That Dam Run" in 1993. After two years I believe "That Dam Run" is certainly here to stay and will become an important event on the international calender. The race is an ideal opportunity for Kiwis and Aussies to run a 100km road race, though the organisers need to make better arrangements to attract more Aussies to attend. I beleive we will we see fast times recorded by many runners on this course. Who knows maybe that elusive Australasian 100km road record.

Repeat road race win

Timaru Herald, Saturday January 1, 1994

Record time eludes Queenslander

Queenslander Don Wallace retained the Australasian 100k road race title at Kurow yesterday but well outside the race record.

A field of 22 tackled the course from Kurow, around the lakes and back.

A fast time was anticipated in the cool conditions, but although Wallace started on target for a race record he soon settled for being first home.

Wallace, 35, drew clear of Otago's Russell Hurring who was also second last year.

Wallace ran 6:44.13 compared to his record 6:39.26 set last year, while Hurring took 6:59.13.

Wallace, a truck driver from Brisbane, was taking part in his

second 100k race of 1993, the third of his career.

In August he withdrew from the world championship in Belgium after 65k with with torn stomach muscles.

"I felt I was the quickest marathon runner in the field," he said. "I wanted to run about 6:40 which is about four minutes a kilometer."

Although he finished outside the target Wallace was happy.

"There are probably only 15 to 20 guys in the world who run 6:40 each year," he said. "I felt pretty comfortable for 75k but had to work from there."

After two months rest Wallace will prepare for a trip to South

Africa.

"The next world 100k championships are in Japan ~~in May~~" he said. "My next race is the comrades marathon in South Africa in May."

Wallace has run 13 or 14 marathons with a best time of 2:20.

He will not commit himself for the race next year but will be back in 1999 when the event is also the world championship.

"That will be unique," he said. "The last race of the century."

A four time Keppler Challenge winner, Hurring set out to sustain a four minute kilo rate but found the task too tough.

"It was too fast for me," he said. "The Keppler is not an ideal

preparation for this, it's a bit too close."

British representative Damon Rodwell didn't compete while New Zealander Neville Mercer withdrew early.

German women's champion Katharina Janicke, who started with a stress fracture of a little toe, was forced to retire after 30k.

Results: Men, Don Wallace (Australia) 6:44.13, Russell Hurring (NZ) 6:59.13, Tomas Rusek (Czech Rep) 7:25.30, Stuart MacDonald (NZ) 7:27.32, Hans-Werner Janicke (Germany) 7:47.

Women: Yukiko Mizuno (Japan) 8:43.14, Margaret Hazelwood (NZ) 8:50.32, Wynnie Cosgrove (NZ) 9:38.45.

Wallace makes it two in a row

By David Bruce

Oamaru. — Australian Don Wallace made it two in a row when he won the Australasian Lynx 100km road race in the Waitaki Valley on Friday.

Wallace (32) found it the race, known as "That Dam Run", tougher than last year, the Brisbane-based ultra distance athlete having to cope with cool and, at times, damp conditions.

But he had enough pace to beat Russell Hurring (Otago) home by 15 minutes, completing the 100km course in 6hr 44min 14sec.

While well under the seven hours standard time, Wallace was outside his time of last year — 6hr 39min 26sec.

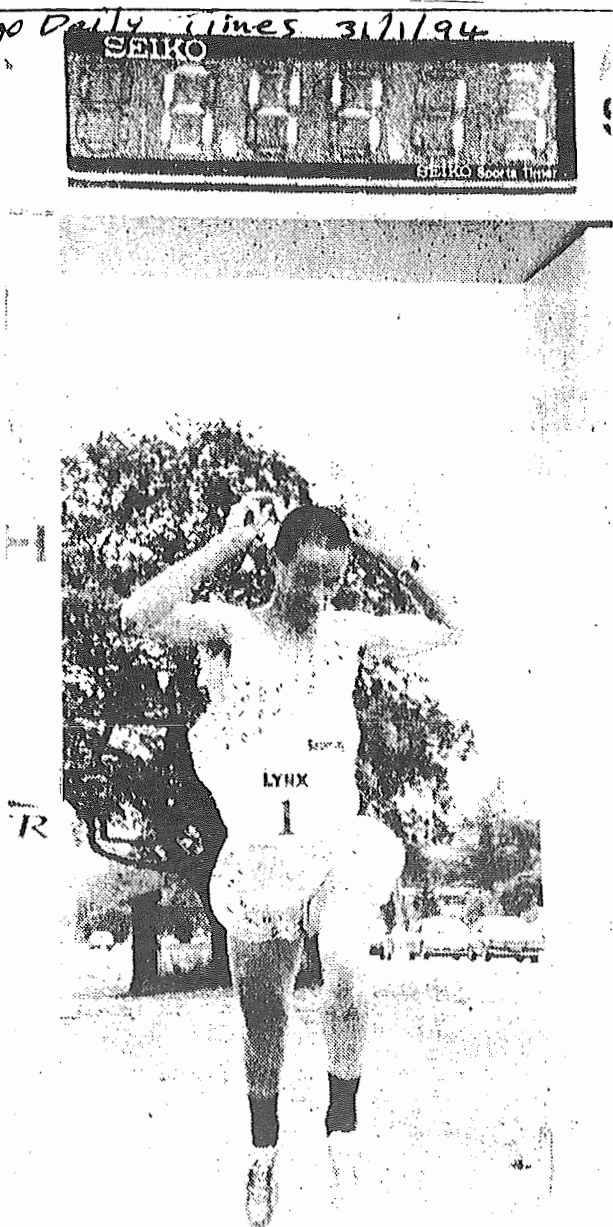
The course was changed this year, the field starting in Kurow then going down State Highway 82 and back for 30km before running up the Waitaki Valley, over the Benmore and Avemore dams to the finish in Kurow.

At the halfway stage Hurring was two and a-half minutes behind Wallace.

But Wallace applied the pressure on the climb to the top of the Benmore Dam and extended his lead to 4min 26sec.

Wallace continued to improve on the run around the north side of Lake Avemore, and by the Avemore Dam led by 12 minutes, a margin he extended to the finish.

The women's event was won by Yukiko Mizuno (Japan) in 8hr 43min 14sec with New Zealander Margaret Hazelwood second (8hr 50min 32sec).



Don Wallace, of Australia, raises his arms in victory as he crosses the finish line of the Australasian Lynx 100km race in the Waitaki Valley on Friday.

Wallace in winning form

OAMARU, New Zealand: Australian Don Wallace is shaping up as the man to beat in the Australasian 100km road race championship, starting at Kurow, North Otago, this morning.

Wallace will face top New Zealanders Russell Hurring of Otago and Auckland Neville Mercer among a field which looks stronger than last year.

Wallace was in devastating form in last year's inaugural race, winning in a fast time of 6hr 39mins and 26secs, just 39 seconds outside the Australasian record held by Russell Prince, of Christchurch.

The wiry Queenslander has been in top form both on the track and in road races this season, giving him an excellent lead-up to today's event.

"I have won the Rainbow 50km road race and the Nanago State Forest 52km race since November and have been training pretty well," Wallace said. "The way I've been racing and training indicates I'm probably in similar shape to last year."

However, Wallace admitted he faces a stronger field than the one he blitzed in 1992. The Kiwi contingent is led by Hurring and Mercer who both performed creditably in the world 100km championships in Belgium last August.

Race organiser Scott Leonard rates Hurring as New Zealand's best chance after he finished second to Wallace last year.

Hurring is in peak condition having won the Keppler Challenge for the fourth time three weeks ago.

Mercer was the second New Zealander to finish in the world championships in Belgium.

— NZPA

AURA "BOGONG TO HOTHAM" TRAIL RUN

The 9th edition of this event produced a fine result from a young athlete in his first ultra event. James Evans, 25 from Hawthorn, Victoria, ran a very fast second half to record a fine 7:22:34. Well done James and I hope to see you back running this event in the near future.

At daybreak, there was a stiff breeze across the high plains and broken cloud cover was above Mt. Bogong. Compared with the snow and rain leading up to the event, the weather looked fine. However, by race start, the weather had closed-in and light rain was falling. This meant some of Mt. Bogong was under cloud so the runners missed out on the spectacular views to be seen from the summit. The wind became very strong and later in the day it was recorded gusting to 55 km/hr on Mt. Hotham. It can be assumed that stronger gusts were present on Mt. Bogong when the competitors went across. Some runners said they had to stop now and again, when above the tree line, to adjust their balance against the wind before continuing on. The main effect of the wind is to slow times for the event so James's winning time is all the more remarkable.

The runners soon spread out going up the tough staircase spur of Mt. Bogong. Of the 12 runners intending to complete the full distance, only 5 made the cut-off at Watchbed Creek with Jim Grellis just missing out by a few minutes. It is interesting to note that all 5 reached Watchbed Creek before any of the 6 runners intending the first half only. Apparently Barbara Allen twisted her ankle and she and Peter were reduced to walking large sections of the first half which accounted for their almost 9 hour journey. Ross Shilston and Kevin Cassidy complained of time lost due to a snake crossing the path between them when going up Duane Spur. What a lame claim!

Four runners commenced the second half only, at 11 a.m. after 2 of the full distance competitors had already passed through Watchbed Creek. Julie and Jimmy Gogos were attending the Aqueduct Junction checkpoint and again giving their assessment of the runners (see following report). Peter Armistead ran the first half well (considering he's been out of form for a long time) but faded badly in the second half as his lack of endurance caught up with him. He said he got sick of falling over and swearing so often that he sat on a tuft of grass and started talking to the cows. Now I know cows are stupid animals but I didn't think they would be stupid enough to listen, but Peter relates they walked over to do just that. Apparently Peter was crass enough to say to them "I'll be back next year, will you be? Or will you be on a dinner plate." Pete, you'll just have to take a good hard look at yourself!!

More complaints - Kevin Cassidy complained he paid \$4 for transport and found he had to drive himself back to his accommodation (last year his wife was reimbursed for driving Kevin, and other runners, back to the start, in his own car!) You must be a born loser in the car transport stakes, Kev!

Finally, the honour roll of the large band of helpers who generously gave a lot of time, effort and expense to assist you runners in the tough Bogong to Hotham event. Without the helpers, there would be no event - thank you one and all.

	WICEN Radio Operator,	Helper(s)
Mountain Creek	Ross Morgan (VK3KAM)	Geoff Hook/Peter Calverley
Cleve Cole Hut	Ian Dyson (VK3MDG)	Richard ?
Madison Hut Site		Gerry Van Der Ploeg
Roper Hut	Jack Bramham (VK3WWW)	Kitty Penfold/Jan Garrard
Watchbed Creek	Alan Bengtsson (VK3ABB)	Peter Logan/Geoff Hook
Cope Turn off		Clive Davies
Aqueduct Junction		Julie & Jim Gogos
Pole 333	Col Finnie (VK3VCF)	Reg Splatt
Pole 267		Garry & Olga Meyland
Dibbens Hut	Roy Veith (VK3TMJ)	Tony Mandile

Derrick Hut
Lock Car Park
Mt. Hotham Summit

(
(
(

Grant (VK3KGM)
Murry Toogood (VK3THJ)
Alan Burgess (VK3QL)
Gavin Hobbs (VK3TLN)
Bob Tait

Angus Swan

Pat Pelly
George Christodoulou
Geoff Hook

Roving (in car)

Clever Duey (VK2MUA)

Geoff Hook

Bus Driver

John Algar

As you can see, runners were well out numbered by helpers. The radio coverage was very good this year and getting better. As with last year, I'm expecting to make a reasonable donation to WICEN from race proceeds to assist in their equipment purchases. Ian Dyson had the toughest job carrying all his gear to Cleve Cole - well done for a stirring effort Ian! Thank you once again to all radio operators and helpers.

Next year's event is scheduled for the 8th January 1995, so mark it in your diaries now.



GEOFF HOOK
Event Organiser

AQUEDUCT JUNCTION CHECKPOINT

by Julie and Jim Gogos

Firstly, I'd like to point out that one of the infamous faces at this checkpoint was missing - Yes, Robin Anderson was elsewhere involved but we carried on regardless.

No doubt, you are all sitting on the edge of your seats, anxiously awaiting the final points score tally of the Bogong to Hotham Competitors' evaluation for manners and caring shown towards the officials at the Aqueduct Junction.

Everyone scored at least one point for friendliness, but not everyone kindly asked how we, as the officials, were surviving this gruelling race. It must be pointed out that two people scored extremely well. No. 53, Graeme Robertson, rated highly for not only thanking us profusely for our keen support, but also shook our hands and wished us a "very Happy New Year". such a fine display of manners put Graeme, understandably, in close contention for first place but the drum role please our first place contender for 1994 was PETER ARMISTEAD who firstly announced, after running for nearly six hours, how pleased he was to see us. Then he brought out a half-munched muesli bar, lollies and even two jelly babies for our baby (expected in August). Talk about considerate. He even pointed out we were worth our weight in cat doings hmmm! He was made to eat his words as he was redirected after heading off in the wrong direction. Well done, Pete!

1.	Peter ARMISTEAD	7 points	= 6.	James EVANS	1 point
2.	Graeme ROBERTSON	5 points	= 6.	David PINDER	1 point
3.	Kevin TILLER	3 points	= 6.	Bob SAYERS	1 point
= 4.	Jonathon WORSWICK	2 points	= 6.	Peter NELSON	1 point
= 4.	Maurice TAYLOR	2 points			

A.U.R.A. BOGONG TO HOTHAM RUN 1994

RESULTS - BOGONG TO HOTHAM

1	James EVANS, 25, VIC	7:22:34
2	Jonathan WORSWICK, 30, NSW	8:26:23
3	Kevin TILLER, 27, NSW	8:31:10
4	Peter ARMISTEAD, 47, VIC	9:35:08
5	Maurice TAYLOR, 45, NSW	9:43:36

MOUNTAIN CREEK - WATCHBED CREEK

1	James EVANS, 25, VIC,	4:03:10
2	Kevin TILLER, 27, NSW	4:30:15
3.	Peter ARMISTEAD, 47, VIC	4:37:33
4	Jonathan WORSWICK, 30, NSW	4:37:35
5	Maurice TAYLOR, 45, NSW	5:00:40
6	Jim GRELLIS, 42, VIC	5:04:00
7	Ross SHILSTON, 40, VIC	5:06:22
7	Kevin CASSIDY, 33, VIC	5:06:22
9	Max SCHLERLEITNER, 63 NSW	5:18:20
10	Andrew STENHOUSE, 38, NSW	5:28:30
11	Alan STOW, 39, N.Z.	5:29:48
12	LEN BUDGE, 42, VIC	5:32:52
13	Rob KIMBREY, 45, NSW	5:44:48
14	Bill RANNARD, 40, NSW	5:53:44
15	Phillip RUMPF, 39, VIC	6:08:46
16	David SILL, 46, NSW	7:04:32
17	Peter ALLEN, 46, NSW	8:48
17	Barbara ALLEN, 43, NSW	8:48

WATCHBED CREEK - MT. HOTHAM

1	Bob SAYERS, 51, VIC	4:01:26
2	David PINDER, 33, NSW	4:05:24
3	Peter NELSON, 53, VIC	4:09:54
4	Graeme ROBERTSON, 49, VIC	5:17:17

Order of Second Half

James EVANS	3:19:24
Jonathan WORSWICK	3:48:48
Kevin TILLER	4:00:55
Bob SAYERS	4:01:26
David PINDER	4:05:24
Peter NELSON	4:09:54
Maurice TAYLOR	4:42:56
Peter ARMISTEAD	4:57:35
Graeme ROBERTSON	5:17:17

***** BOGONG TO HOTHAM - 60KM MOUNTAIN TRAIL RUN SUNDAY 2ND JANUARY, 1994 by Peter Armistead

The clouds filled the sky and light rain started as our noble president started the ninth running of the Bogong to Hotham Classic. This run is no ordinary challenge. In my opinion, it is by far the toughest one day ultra in Australia.

From Mountain Creek we started the first of the tough unrelenting climbs. I gained a few metres on Ross Shilston and Jonathan Worswick by running through a couple of water crossings, although the resulting discomfort wasn't worth the gain. Everyone soon settled into their own private battle with the Bogong Staircase. Approaching the summit, which was covered in cloud, the wind was howling across the mountain making the next couple of km. a battle against the forces of nature. I fell a couple of times, an art I'd perfected by the end of the day.

After the climb from Madisons' Hut, the section along the next spur, it is difficult to find the trail in parts and hopefully will be better marked next year. The drop down to the Big River crossing is a steep quad. tester followed by a tough climb up Duane's Spur. Approaching the top, I caught Jonathan Worswick and we kept each other going until after Watchbed Creek. Jonathan put in a great second half and picked up 7 minutes on Kevin Tiller to finish second in 8hrs.26min - a top first-up effort. My 4hrs.57min for the 30km second half from Watchbed Creek to the finiah shows what a struggle this stretch was. It's hard to believe I could take so long for that distance. 45.

At one stage, I had a sit-down and chat with half a dozen mountain cattle. What magnificent animals. I agreed with them that this run is a bit on the silly side.

At Pole 333, Reg Splatt, a veteran of the event himself, convinced me to carry on the last 13km, even though a few of his lines were not quite the truth. Thanks Reg.

After the tough climb from Dibbens' Hut to Hotham, it is a joy to finally see the Hotham Village. At the summit, it is always a great pleasure to meet Pat Pelly, who, along with the other helpers, make this event to me, a special day.

James Evans was first to finish in 7hrs.22 min, a top first-up effort. Who knows, in years to come, he may challenge Neil Hooper's course record!

George Christodoulous's wife's cookies were greatly appreciated by all at the summit.

Thanks to Geoff Hook, whose great work has kept Russell Bulman's (and the Roof-top Runners) great event going. Also to all the helpers and radio operators, whose efforts made the event possible, thanks. Hope to see you all again next year!

Ed's note: You're a bit of a worry, Pete, chattin' up the cows! But anyway, good one for finishing!

A TRUTHFUL ACCOUNT THE BOGONG TO HOTHAM WEEKEND 2ND JANUARY, 1994. by Kevin Cassidy

It was the intention of Ross Shilston and I to have an enjoyable training run over the first half of this course, but as I outline below, we were thwarted by several incidents.

- * How can we label our bags when our trusted race director hands us a pen that won't write?
- * How do we stick these labels on with a stapler that doesn't staple?
- * What do you think of a Race Director who warns us of the dangers of alpine weather, insists we carry all types of gear and then lets the rain ruin his paperwork because he forgot his umbrella?
- * A black snake frightened hell out of us going up Duane Spur, but when we informed our race director, he refused to adjust our times. This was a grossly unjust decision as the snake incident cost us at least an hour in lost time, possibly more.
- * Upon arrival at Watchbed Creek, our Race Director forgot to give us our times as he rushed off to the finish at Mt. Hotham.
- * After having paid \$4.00 each for transport, we were left to drive ourselves back to Falls Creek.
- * Poor Ross let our Race Director borrow his car to transport some runners, and he received it back covered in mud. Just not good enough! The car hasn't looked the same since.
- * Our Race Director insisted that Ross and I were in equal seventh place, but as Ross pointed out, the six runners ahead of us all intended to run through to Mt. Hotham, so therefore we were actually EQUAL FIRST in the Bogong to Watchbed Creek event, and as joint 1994 champions, we deserve some recognition. At the very least, we expect to receive large trophies and free trips to next year's Western States 100 miler in the USA.

So just who was our Race Director? Well he also happens to be our AURA President (suck! suck!) - the incomparable Hookie. You should remember him for his effort in smashing his car into a rock at this race three years ago. Enough said.

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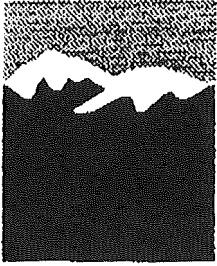
Ed's note: Kev, your indignation with this incompetence is quite justified. A disgraceful effort ! If I were you I'd spit the dummy on competing and take over the Race Diorector's job - Show him how it should be done!!Dot.

AURA BOGONG TO HOTHAM 2/1/94
CHECK POINT TIMES

Full Distance
Second Half

Start Time = 6:27 am
Start Time = 11:00 am

RACE NO.	COMPETITOR	CLEVE COLE HUT	ROPER HUT	WATCHBED CREEK		COPE TURN OFF	AQUE DUCT JUNCTION	POLE 333	DIBBENS HUT	DERRICK HUT	LOCH CAR PARK	MT. HOTHAM SUMMIT
				IN	OUT							
3	Kevin TILLER	1:53	3:36	4:30:15	4:32:10	5:14	5:36	6:14	6:59	7:50	8:21	8:31:10
4	Jonathan WORSWICK	1:54	3:42	4:37:35	4:39:21	5:23	5:44	6:20	6:56	7:38	8:15	8:26:23
5	Maurice TAYLOR	2:07	4:01	5:00:40	5:03:08	5:50	6:20	7:03	7:58	8:54	9:33	9:43:36
9	Peter ARMISTEAD	1:57	3:42	4:37:33	4:38:33	5:24	5:51	6:46	1:49	8:44	9:23	9:35:08
17	Alan STOW	2:14	4:21	5:29:48								
22	Jim GRELIS	2:03	3:59	5:04:00								
23	James EVANS	1:42	3:14	4:03:10	4:03:10	4:40	4:58	5:28	6:08	6:48	7:13	7:22:34
26	Rob KIMBREY	2:15	4:41	5:44:48								
29	Max SCHLERLEITNER	2:12	4:07	5:18:20								
30	Peter ALLEN	3:43	?	8:48								
31	Barbara ALLEN	3:43	?	8:48								
32	David SILL	2:15	4:04	7:04:32								
40	Andrew STENHOUSE	2:12	4:13	5:28:30								
41	Phillip RUMPF	2:15	4:44	6:08:46								
42	Ross SHILSTON	2:07	4:01	5:06:22								
46	Kevin CASSIDY	2:07	4:01	5:06:22								
44	Len BUDGE	2:12	4:13	5:32:52								
45	Bill RANNARD	2:19	4:36	5:53:44								
50	David PINDER				-	0:43	1:03	1:36	2:20	3:12	3:51	4:05:24
51	Bob SAYERS				-	0:43	1:03	1:38	2:20	3:14	3:49	4:01:26
52	Peter NELSON				-	0:45	1:05	1:44	2:27	3:16	3:56	4:09:54
53	Graeme ROBERTSON				-	0:45	1:04	1:49	3:01	4:14	5:04	5:17:17



ROOF TOP RUN - JANUARY '94

I had been looking forward to this event for quite some time, so with eldest daughter in tow we left Melbourne on New Year's Eve headed for Falls Creek. Upon arriving there we decided to head out onto the high plains hoping to escape the new years eve revellers. This plan seemed to work OK as there were a few family groups at Langsford's Gap West caravan park who had decided that 2130 was close enough to celebrate the new year.

Saturday, 1 January, Temperature 2.5C.

The weather was looking fine for our 8km hike from Watchbed Creek to Roper's Hut. We were to join up with two other hikers but by 1230 they had not arrived so we decided to head off. This is where the hard work started, with Erica complaining that her pack was rubbing I relieved her of it and strapped it to the top of mine. With this problem out of the way we continued on and after many rests finally arrived at Ropers Hut around 1600. Both of us were totally exhausted and it took me about thirty minutes to recover sufficiently and get on with the job of setting up antennas.

Bob VK3UI had told me that this location was a bad one to get a signal out of so I had brought in a 4 element Yagi, a 6m mast, a small 2m linear, two 6.5ah gel cells, a 1.2ah gel cell, a dual band HT and a 2m HT plus plenty of patch leads, power cables, tools, etc.. I was determined to open up either VK3RNE or VK3RHO. While setting up the mast I had left my 2m HT monitoring VK3RNE, but not expecting to hear anything, I was surprised to hear Bob come on. Did this mean that I didn't need all the extra equipment? A quick call to Bob confirmed that I was readable into the repeater on 5watts using a rubber ducky antenna. Didn't Murphy say something like "if you don't have it you will be sure to need it". I proved that the reverse is also true "if you take it you won't need it".

Sunday, 2 January.

At 0545 the VK3AWI operator stirred us into action with a wake up call. Weather conditions were not good. With gale force winds on the summit of Bogong and also Mt Hotham the runners were in for a torrid time, light rain had been falling since about 0430.

The race started at 0623 but the first runner was not due to reach our checkpoint until about 0915 so there was plenty of time to have breakfast and prepare ourselves. Our checkpoint was manned by myself, my daughter and two ladies who had an interest in the race but also wanted to experience some of Victoria's beautiful high country.

We could hardly believe that the first runner to reach us had just run from Mountain Creek at the base of Mt Bogong, up the staircase to the summit, along to Maddisons hut, down across the Big River and up Duane Spur following the Alpine walking track to our checkpoint. He looked as though he had just started 200 metres down the track. Most of the runners were in a similar state but this fellow continued in this vein throughout the entire event. Even after he had run the 60km from the start to the finish at the summit of Mt Hotham he still had enough energy to run from the summit down to where his car was parked, get a pullover and then run back up to the top again in time to watch the next competitor arrive.

At 1330 the last bunch of runners arrived at our check point. After strapping up one slightly sprained ankle and feeding them with fruit, lollies and chocolate we filled their water bottles and they were on their way again. Our job was over and we could pack up our gear for the walk out. The return trek was a bit easier for me as I had by this time managed to offload about 14Kg of gear onto the back of a friendly hiker. Back at the car I quickly stowed everything away and headed off for the "Cosy Kangaroo" in Bright where it was good to eat some real food and chat to some of the other operators and also a few of the runners.

Monday, 3 January 0045.

Back home again after a very enjoyable experience but for the life of me I can't work out who is crazier, the runners or us. Later in the afternoon before putting everything away I weighed my pack as it would have been when we started out and it came to 43Kg excluding the water bottle and food. Be assured, next year the contents will be severely pruned. On second thoughts perhaps I should just enter the race instead. Hi! Hi! Thanks to Bob and the boys for a very well organised event.

ONE WEEK IN JANUARY

A Report on the Tacoma 12 Hour
(Like the runs, it seemed like a good idea at the time)
by Greg Wilson

Frid 21st Jan'94 - 2pm

It's great to get Friday afternoon off after a hard week at the sawmill. Feet up. Relax! Maybe a training run or two later in the weekend, if I feel like it.

Oops! There goes the phone.

"Tony who?"

"Tony Collins, Norah Heads.....Will you be coming to the 12 Hour Track Race?"

"No!!! It starts tomorrow and it's a 14 hour drive".

"What sort of prizemoney did you say?"

"Ah, dunno. If I get there I'll be there. Bye".

Shortly after.....

"Kimberley, I'm off to Sydney for a run. When Sandy and Danny get back from watching the Australian Open Tennis, let them know I'll be back on Monday" Good daughter that she is, helped me pack and even tried to clean my old work car, which was about to attempt the epic journey.

Left at 4pm and drove to Gundagai, where I slept in the back of the car by the dog and its tuckbox. On to Sydney for a couple of hours break at McMurdos. Bob offered to come up and assist me, particularly with the return drive from Wyong.

Into McDonalds at Wyong and then followed the signs to Tacoma for the 7pm start mentioned by Tony. "Ah! This looks like the place. Cricket match and footballers' relay, but it looks a bit light on for ultra runners and officials.

Tony Collins' daughter was sick so he was at the hospital and Bryan Smith had the race paper work. I felt tired and flat, so lay on my sleeping bag to await developments while a few more runners arrived. As the clock got around towards 9pm and after a few false alarms regarding the start, about 30 runners gathered on the line. The field had a lot of depth - Bryan Smith, Cliffy, Peter Gray, Helen Stanger, Pat Farmer and Robert Channells and many others I had met or read about in ULTRAMAG.

Tacoma Oval was a delightful spot, nestled between a river and lake. With dusk settling, off we went for 12 hours of running. The very fast pace set by Pat Farmer and Peter Gray had me shaking my head and asking Bryan if we were running at a sensible pace. Last year's winner, Paul Every was with us, but eased back into the field, while Pat made every post a winner. Thirty laps in the first hour was about what I thought sensible and achieved.

In the first couple of hours, Pat and Peter gained a few laps, but I just kept lapping at the same pace and they came back by midnight. Bryan Smith hit the lead but then had stomach problems and was off the track often enough to leave me in front at hour four. Pat, Peter, Rob Channells and Helen Stanger were not far behind.

Being in front at this stage was not included in my plans, so I just plugged away, and in the wee small hours, had plodded back to second as Bryan had recovered and was running strong. Pat Farmer was walking often and seemed to be gone. Peter Gray battled on in his usual determined style, but I felt the main challenge would come from Bob Channells, Helen Stanger and Paul Every, who had all been cautious early, Helen in particular. I have great respect for her. In her first run back from injury, she was also having some stomach problems but kept hammering away.

With about eight hours down, the sun came up, and with it, my speed. For a couple of hours, I ran solidly and, with Bryan Smith, broke away from the field. Shortly after nine hours, I was sitting comfortably on Bryan's shoulder. I felt so good I was confident I could stay there through to the end. This would, no doubt have pleased Bryan, as he would win by the three laps he was in front of me.

I decided that second place was secure barring a complete "blow up" and I would have a go at winning the event. Running faster than I have gone in any ultramarathon, I charged off, and within five laps, I was up with Bryan again. Instead of sitting, I went past and momentum carried me half a lap in front. I settled back to a sustainable pace, and within 2 hours to go, Bryan was back in touch.

This time, when he went past, he kept the pace solid and I knew I wouldn't be taking any more laps. Instead of trying to cling on, tiredness and lack of will-power saw me lapping slowly and walking for the first time. Bryan just powered on and took five laps out of me. The race was over.

During the final hour, I ran solidly, covering 28 laps and getting a bit closer to Bryan. He did what was necessary to stay in front and the first prize, as it often does, went to the champion, Bryan Smith.

Rob Channels kept going, as I am sure he always does. Paul Every challenged him but then faded, as Peter Gray came past for fourth. Helen Stanger had other ideas and passed Peter by a few metres in the final lap. Tony Collins ran a good race, and organised it well too. His unique incentive scheme of dollars per kilometre for the placegetters ensured an exciting race with the pace on right to the end. Tony and Peter Gray won a lucky draw of \$1.00 per kilometre.

RESULTS:	1st Bryan Smith	131.111km
	2nd Greg Wilson	128.8km
	3rd Robert Channells	120.946km
	4th Helen Stanger	117.813km (1st Female)
	5th Peter Gray	117.000km

11am - 23rd January, 1994:

Bob McMurdo had been awake all night supporting me and really earned his pay (none), driving me back to Sydney. Bryan Smith and a few of the Sydney runners were backing up in Liverpool 24 Hour a week later. When it was mentioned to me, I looked at them as if they were mad. They were either fitter than me, didn't try so hard or were in fact mad! Is the leg repair ward open??

Bob kept me awake by drifting off a few times (and almost off the road). Then he offered me a large sleeping pill (watching cricket) and a night's sleep at his place. We ultra runners are determined though. I was due at work tomorrow. On the freeway south, all I managed in the early stages was half an hour driving/10 minutes resting etc. Just like another ultra! After another night on the road-side, I made it home and had a day off.

Tuesday 25th January'94.:

First things first. Rang Dot to let her know I wouldn't be at the Mansfield to Mt.Buller 50km Road Race the following Sunday. A bloke can't go doing things like that. I'd get a reputation like those 24 Hour crazies in Sydney.

Friday 28th Jan:

Slow and careful 4km in 22 min 30s, and the hill felt like Mt.Buller. Definitely made the right decision, although surprised at my recovery, It would be different if I tried to race again. I would really pay for it.

5am Sun 30th January'94

What can I say? Into the car with hastily packed supplies and Sandy and off to Mansfield. Arrived one minute before the start. Sandy obeys the road rules! I still say you can do 80 kph. through Bonnie Doon. I didn't even get a chance to comb my hair for the photo (I put sunscreen on it instead!)

Peter Gray was there as I knew HE would be. I didn't see anybody else as the field headed off. In the early stages, I ran with the Peters - Gray and Armistead. Perhaps this was not the soundest of tactics, but it had worked in 1992. I hadn't met Kelvin Marshall, but took off, and a bit later, Keith Alexander decided to keep him in sight.

I was through 10km in 45 minutes and although not feeling fresh and keel, I thought I had better stay nearer the front. The next 10km passed in a solid 39 mins. and the two Peters decided I was antisocial and dropped off the pace. I had got up to Keith Alexander and found that Ian Clarke had come through with me.

My times are approximate as it was getting hot, I was getting tired and the incline was getting steeper.. The 25km drink station was passed in 1hr.44m27s. Perhaps Ian and Keith stopped for a drink. Whatever the reason, they were no longer with me, so I set my sights on being close to Kelvin Marshall by the time we reached Mirimbah and "the hill". During a "leak" break, I noticed that Ian was about the same distance behind me, as I was behind Kelvin. Shortly before Mirimbah (about 30km), I had made up the deficit, but Kelvin raced me for a couple of kms. to the drink station. That I didn't need!

Again I had water on the run, while Kelvin visited the refreshment station. Time to take stock. I had got through to the bottom of the mountain in the same time as my 1992 victory. BUT - it was hot, I was tired and had I recovered from the Tacoma 12 Hour? This was going to be difficult!

The toughest thing about Mt.Buller is that the further you go and more tired you get, the steeper it becomes. I settled straight into a survival shuffle, caring whether I was passed, but doubting my ability to respond. Sandy no doubt felt I needed inspiring and told me not to worry, Ian Clarke was at least 150m behind. I looked down at the next "switchback" and there he was.

How to respond? I knew I should lift the pace, which would immediately break the contact (and his heart). So I broke into a walk instead! All I could do was intermittent walking and running and I am not sure which was slower. Where was Ian? Who cares! Just keep plodding up towards the village. Sandy said, "You are still running well". I replied "I bloody should be; I just started" (after my latest walk).

I ran past the Ahlberg Hotel, knowing it was still 2km to the mountain top cairn, and then back down. Walked and ran - HAD to run past some tourists but couldn't maintain it. Up the steep grass track and a relieved scramble over the rocks, pleased to be the first to the top. I had scrambled back down to the grass before my nearest pursuer passed on the way up. I hadn't seen him before! Bob Harlow from Canberra had run easily early and then scorched the field to get second. Next was Ian Clarke, who was gasping for breath and seemed completely gone. He "gutsed" it out to hold third in front of early leader, Kelvin Marshall. It was a relaxed flow down to the finish in 4hr.07min., with sympathy for those still climbing.

I was very pleased to have pulled up in one piece and somewhat surprised to have won. I could have so easily ended up with those fine runners, Peter Gray and Keith Alexander, somewhere around an hour back. When you hit the wall on this mountain, you stay hit. There is no recovery on such a climb.

So .

MANSFIELD TO MT.BULLER 50KM ROAD RACE

SUNDAY 30TH JANUARY, 1994

by Dot Browne (Race Director) - Peter Armistead (Race Organiser)

The air was cool and foggy at 7am as the runners assembled just out of the town of Mansfield. This event was being held for the fourth time, and was originally initiated by Peter Armistead. We had 20 starters, all looking keen and a little nervous. There were 4 interstate runners, and 2 from Shepparton Running Club.

The Mansfield Police rolled up just before the gun went, and nearly skittled a cat as they accelerated off. It flew out at an angle from under the wheels giving a howl of protest. The cat had previously made itself very much at home by investigating runners' cars where the doors had been left open. A real sticky-beak. It was lucky it didn't get an unplanned ride to Mt. Buller (or to heaven!)

The mountain ranges in the distance looked beautiful, blue and misty, with Mt. Buller rising dauntingly behind them. As the race started, the greyhound, Kelvin Marshall took off fast leaving the rest of the field strung out behind him along the undulating road, with the cows from the neighbouring paddocks hanging over the wire fences and staring interestedly at the runners as they passed by in the cool air.

Robin Anderson drove the lead car, Laurie Black was the sweeper, and Ross Shilston and Dot, Col and Mike Browne bunny-hopped the course to provide 5km drink and food stops along the way. I reckon Laurie's driving must have been a bit suspect, as he was breathalysed by the police during the event! Fortunately he had not totally written himself off at the Mansfield pub the night before, so he survived unscathed. Some of the runners had their own support crews as well, so they helped at drink stops while the team recorded split times. Peter Nelson had his own miracle mixture in cream bottles on the tables. We wondered what the hell it was. It was baby Farex. It worked. He started off at the back of the field and picked up a few places in the second half. Peter and Becky Feldman gave everyone plenty of encouragement along the way, riding 40km of the course on the tandem bike. A top effort.

We had stipulated a 3hrs.15min cut-off at the 30km mark, to save us having to stay the night on the mountain. We were happy to record that every one of the starters made it through, with Peter and Barbara Allen going through right on the 3.15.

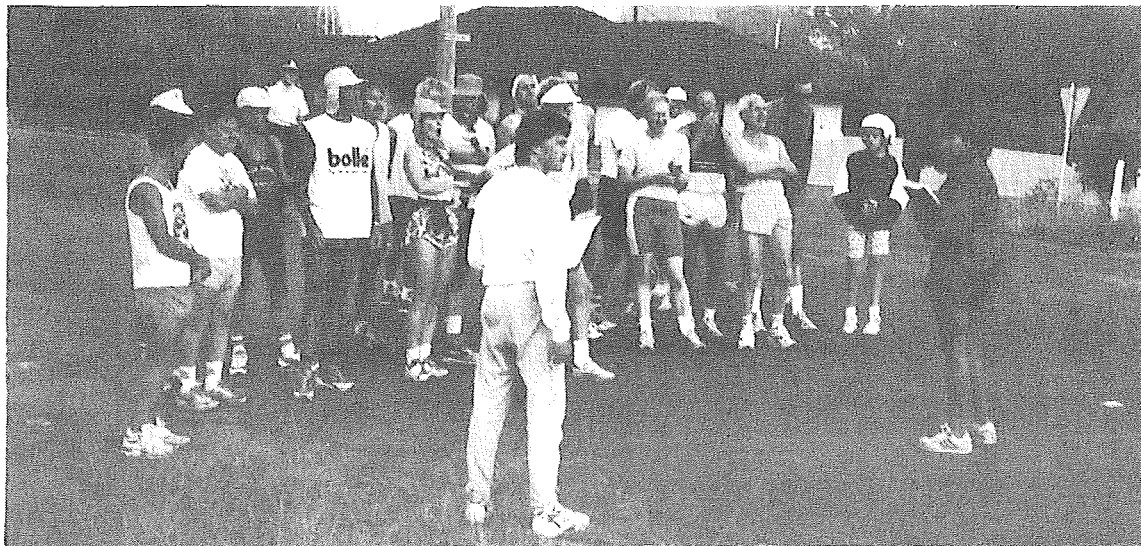
Kelvin Marshall led the field until 30km, when the eventual winner, Greg Wilson caught him and led for the rest of the race. As the mist cleared, the temperature rose and resulted in a clear hot day, around 30 degrees - typical Mansfield weather. Support crews waiting around for runners after the 30km point noticed the bitumen starting to melt and were driven mad by man-eating march flies.

Runners all struggled on the final 16km up the mountain to the summit. It's a long winding section, at times shaded by snow-gums but very steep in parts - a real gut-buster. Around 40km, a few of the runners took a slight diversion to cool themselves under a gushing waterfall off the side of the road. The last 400m is the worst. Runners had to clamber over huge angled rocks to touch the stone cairn right at the summit. Just what they needed after nearly 50km of torture.

Bob Harlow from Canberra ran a fantastic first ultra. He paced himself really well to run conservatively on the flat but pushed it up the mountain to pass several runners and place second. An amazing effort. Geoff Hook and Pete Armistead, coming back from periods of non-running and feeling their lack of miles, were happy to finish. Liz Feldman, in her first ultra, amazed herself by surviving the 50km very well and winning the women's race. Pete reckons 50km is definitely her distance. Ken Matchett, at the ripe old age of 72 years again survived the distance. An amazing man.

At the presentations in the pub near the finish, trophies and certificates were distributed and Greg Wilson was lucky enough to collect a large punching bag and gloves, donated by Peninsula Martial Arts. An unusual gift.. It was the second time that he'd won the event. Another 7 competitors won AURA tee-shirts as spot prizes as a result of Robin Anderson's sponsorship and everyone went home happy.

Thanks to my great crew who helped organise the race on the day, to my old mate Pete Armistead for initiating this popular event, and to his long-suffering brother Wayne and his wife Marilyn who accommodated us all over the weekend in Mansfield.



Early morning start of the 50km Road Race from Mansfield to Mt. Buller in Vic. Rob Anderson, lead car driver & Race Director, Dot Browne give final race rules before the gun fires.

MANSFIELD TO MT.BULLER 50KM ROAD RACE

SUNDAY 30TH JANUARY, 1994

RESULTS

PL.	COMPETITOR	10km	15km	25km	30km	35km	46km	50km
1.	Greg WILSON	45.00	1:03:00	1:49:48	2:10:30	2:34:00	3:45.45	4:07:37
2.	Bob HARLOW	46.00	1:06:00	1:54:56	2:17:00	2:41.00	3:50:00	4:13:20
3.	Ian CLARK	45.00	1:05:00	1:50:07	2:11:22	2:36:00	3:49:10	4:16:05
4.	Kel. MARSHALL	42.30	1:02:00	1:49:00	2:10:30	2:36:00	3:52:00	4:20:38
5.	Graham McPHAIL	45:29	1:06:51	1:54:56	2:18:00	2:46:00	4:08:50	4:37:41
6.	Peter ARMISTEAD	45.00	1:04:00	1:50:10	2:13:23	2:44:00	4:22:00	4:53:05
7.	Brian GAWNE	47.30	1:08:00	1:57:12	2:21:18	2:51:00	4:25:30	4:54:16
8.	Keith ALEXANDER	44.15	1:03:00	1:51:07	2:18:00	2:55:00	4:37:35	5:17:10
9.	Peter GRAY	45.00	1:07:00	2:04:30	2:35:00	3:10:00	4:47:30	5:17:24
10.	Roger WEINSTEIN	50.22	1:14:00	2:12:09	2:40:00	3:21:00	5:09:30	5:51:57
11.	Geoff HOOK	55.00	1:21:00	2:23:40	2:56:00	3:32:00	5:23:10	5:58:11
12.	Bill BEAUCHAMP	50:22	1:14:00	2:12:09	2:40:00	3:19:00	5:27:50	6:07:44
13.	Liz FELDMAN (1st F)	55.00	1:21:00	2:23:40	2:54:00	3:35:00	5:30:05	6:09:58
14.	Graeme ROBERTSON	50.22	1:14:00	2:13:39	2:47:00	3:33:00	5:35:10	6:11:21
15.	Peter NELSON	64:00	1:33:00	2:41:13	3:13:00	3:55:00	5:40:30	6:13:24
16.	Barbara ALLEN (2nd F)	60.32	1:29:00	2:39.46	3:15.00	3:56.00	5:43:10	6:16:42
17.	Peter ALLEN	60.32	1:29:00	2:39.46	3:15.00	3:56.00	5:44:30	6:22.27
18.	Kevin BROWNE	57.00	1:23:00	2:41:13	3:01:17	3:44:00	5:46:26	6:30:14
19.	Jim CLARKE	64.00	1:33:00	2:40:58	3:13:00	3:53:00	5:56:40	6:45:14
20.	Ken MATCHETT	60.32	1:28.00	2:33.06	3:06:00	3:52:00	6:00:50	6:48:52
DNF	George WILSON	57.00	1:23:00	2:26:07	3:06:00

Weather conditions: At 7am start - cool and foggy; later - a clear, hot day - around 30 degrees.

Race Organiser: Peter Armistead
 Race Director: Dot Browne.

This was an AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. (AURA) event.
 Thank you for your participation.

MANSFIELD TO MT BULLER 50KM ROAD RACE, SUNDAY 30 JANUARY 1993

by Bob Harlow M45

I have heard many stories over the years about the 90km Comrades Marathon in South Africa. But fellow Canberran Trevor Jacobs was the first person I knew who flew to South Africa last year solely to do the run, and his stories of the run inspired me to give it a go. Last November I decided to try to get in some longer races in the hope of doing this year's Comrades. At Trevor's suggestion I joined AURA.

In the December issue of *Ultramag* there was an entry form and description of the Mansfield to Mount Buller race. Although I did not know of any Canberrans who have competed in it, the distance and date suited my training program.

My wife, Carolyne, and I drove to Mansfield the day before the race, with me constantly nibbling on rice salad and fruit. Mansfield is near Lake Eildon, an hour and a half north east of Melbourne and 6 and half hours drive from Canberra. We stayed at a motel built around a former convent and designed to cater primarily for skiers in winter. Thankfully we booked a room with a kitchenette and took our own pasta and sauces: Mansfield's culinary offerings are very limited. After checking out the starting point for the race on the edge of town we had an early night, noting that the forecast for the next day was for a maximum of 30 degrees.

Sunday morning dawned fine, clear, still and foggy. I had eaten so much on Saturday that I could fit in no more food, contenting myself with plenty of water. The pre-race instructions advised that we had to be at the start at 6.30am, half an hour before the race. We arrived there a minute or two early to find it deserted and deathly quiet in the fog. Just as I was starting to wonder whether the race had been cancelled a cavalcade of 6 or 8 cars arrived. The race director, Dot Browne, completed the pre-race formalities, which comprised marking off runners names - there were no chest numbers. A police car to lead the race for the first few kilometres arrived right on 7am, Dot took a photograph and called out "Go!": we were off.

The road was straight and flat, running between dairy farms. The air was cool and, shrouded in fog, the first half hour was pleasant, easy running. My race plan was to start very conservatively, as I knew that the last few kilometres climbed up the 1809 metre Mount Buller. A pack of runners disappeared into the fog in front, with a single figure leading.

I chatted to a bloke who had run the race a couple of times. He described the difficult terrain towards the end which further encouraged me to run carefully in the early stages. His pace was a little slow for me, so when I required an on-road toilet break I moved well ahead. The sun broke through the fog, directly over the road in front. The ghostly runners ahead in the fog were a marvellous sight.

As I went through the 10km drink station, in 46 minutes, the fog was lifting. There were a few trees along the road, but with the sun directly ahead, there was no shade. The road was now gently undulating.

I could see another runner 100 metres ahead and decided to catch and run with him. He was Russel Weavers, one of several runners from Shepparton. We chatted constantly as we ran together to the 25km drink station. He planned to run only to the bottom of Mount Buller, 32km, to see how the race was organised. Russel is the inaugural organiser of a 50km race near Shepparton in October this year. Because of the lack of shade and the low hills over which we were running he compared it unfavourably with the Shepparton Runners course. I took the opportunity of telling him about forthcoming events in Canberra.

There were drink stations every 5 kilometres, with extra unmanned stations on the climb up the mountain. In addition to the water available, Carolynne gave me premixed drinks from the 15km station. These were made from Energise, a sports drink available in Canberra. The result was high in rapidly absorbed carbohydrates which gave me a quick and long-lasting lift and was not too sweet.

At the 25km station Russel dropped back to talk to another Shepparton runner whom we had caught up to. From there I ran by myself. The road now ran over a series of low timbered hills with Mount Buller standing out menacingly in the distance. We passed the village of Merrijig and Timbertop School. It was becoming increasingly hot and still with no shade. I overtook a couple of runners who quickly dropped behind.

I passed the gates at the entrance to the Alpine National Park and the climb up Mount Buller began. At an average grade of about 1 in 10 it was not especially steep, but it was unrelenting. A kilometre or two from the gates I overtook curly-haired race organiser, Peter Armistead. The shade from the heavily timbered countryside was welcome and the views soon became stunning. I called to Carolynne to give me drinks every 3-4 kilometres but still did not feel dehydrated or particularly tired. I tried to maintain a steady pace and Carolynne told me that I was fourth with the lead runner less than 7 minutes ahead. As I went through one of the many hairpin bends I could see the next runner on the road above me.

My goal now was to come in the first three and I was confident I could do it. We turned a sharp corner and there above me were the ski slopes and the mountain top. As I approached the village I overtook Kelvin Marshall. He encouraged me to catch those in front as they were being given frequent drinks from supporters while he was doing it unaided. I was a little embarrassed when, as he finished speaking, Carolynne arrived to give me the last premixed drink.

Into the village I struck a T intersection with no direction sign. After a moment's panic I turned right, towards what appeared to be a higher rising road. After 100 metres I looked around to find that the alternative road was definitely lower than the one I was on.

There were now tourists on the road, appearing to be walking to the summit. I passed the 46km station which was also the finish line. Ian Clarke was ahead, going slowly up the hill and turning frequently to look behind him. The road became gravel. I was only 50

metres behind Ian as the road flattened for the first time on the mountain. Ian picked up his pace. The road ended in a small parking area and we continued up a very steep track to the rocks at the peak. As Ian walked up the track I kept jogging slowly and overtook him. At the top of the track I looked back to see that he was already 50 metres behind.

I took the liberty of walking a few metres before jogging to the rocky outcrop at the top. As Greg Wilson passed me on the way down he yelled to me to continue to the summit. The rocks were extremely difficult to climb after such a long run. Then I saw the cairn marking the summit, with a race official and his list of names to cross off.

With a sense of relief I touched the cairn, yelled out my name and started back down. My calf muscles started to cramp almost immediately, but loosened up as I jogged slowly down the steep track. Ian groaned in pain as I passed. While rolling down the hill to the finish I indulged myself by looking at the magnificent views over the mountain country to the east and north.

The welcome at the finish line was warm if small in numbers: there was Carolynne, a race official, Greg Wilson and his wife. The finish was at the entrance to a hotel. After resting a few minutes and tucking into the ample fresh fruit provided I asked at the hotel if I could have a shower. Unfortunately the management had not been warned and no showers were available. As we cheered in runners we satisfied ourselves with cups of coffee before facing the long return drive to Canberra. Carolynne and I were sorry to leave before the presentation and the opportunity to thank the organisers and helpers for a great race.

Both my time and my position were better than I had expected, probably due to the frequent drinks of Energise and my conservative race plan. I was also delighted that my legs recovered sufficiently for me to race 10,000m on the track 4 days later. I hope to run the race again.

Dear Dot,

I thought I would drop you a quick note to thank you again for organising and directing yesterday's Mansfield to Mount Buller run.

It was a terrific course and the drink stations and other runner support were comprehensive. The weather seemed hot to me, but it is rather inevitable at this time of year, and I understand it was not nearly as hot as last year. As must have been obvious to you I was delighted with my first ultra run. I have little leg speed and must rely on either outlasting other runners or maintaining a better pace on the climbs.

I also wish to apologise for not staying around for the formal presentation. Although Carolynne and I left Mount Buller at about 1pm it was not until 8.30pm that we arrived home in Canberra. Next time we will arrange to take the Monday morning off from work to allow us to stay on and enjoy the post-run camaraderie.

Thanks again for organising the run.

Yours faithfully,



Bob Harlow

MANSFIELD - MT. BULLER, 1994.

It was just as tough as everyone had told me and the last 10 kilometres were much worse than I had expected. Nevertheless it was something different and a fun day spent with a terrific group of people. Around 20 starters lined up across the main road just outside Mansfield, where the approaching police car almost squashed a cat that had come to see the action. Mt. Buller was covered by an early morning haze and away we went on our journey to find it. Kelvin Marshall sped off ahead and the following group of four or five watched him go, chatting merrily and running at a steady pace.

The leader was caught around the 32km. mark, Greg Wilson took off past him and I proceeded to tag onto Kelvin until I overtook him at about km. 38 when he stopped to drink. I was going well at this stage, being well looked after by my wife Insa in our V.W. Kombi. I was within 60-100 metres of Greg at one stage (it was difficult to judge on the very windy roads), and was extremely pleased with my concentration during this phase. I continued to go well until I ran into difficulty on the section just through the village. I suspect I hadn't quite got the liquids right and was suffering from dehydration and fairly severe calf cramps. It was here that Rob Harlow overtook me and I then had to really battle to reach the summit, where I was extremely grateful to be able to gulp down two cups of water, which seemed to make me feel much better. I worked my way carefully back down the rocky section and was then able to jog a little more easily down to the finish.

Despite the cramps I was able to recover fairly quickly, and after recovering from the initial shock of there not being any showers, enjoyed the socializing, occasionally going out to see the finishers as they came in. I would like to thank Dot and her crew of helpers for making the run such a pleasurable (??) experience and congratulate everyone who took part.

Ian Clarke.



LIVERPOOL CITY SAUCONY 24 HOUR RUN 29TH-30TH JANUARY, 1994 RESULTS

1.	Bryan Smith	217.1km	11.	Elvira Janosi (F2)	129.2km
2.	Bob Fickel	185.0km	12.	John Timms	126.6km
3.	Georgina McConnell (F1)	168.1km	13.	Eddie Vega	118.8km
4.	Chilla Naismith	163.7km	14.	Larry Smith	111.33km
5.	George McCormack	150.4km	15.	Isobel Buckland (F 3)	111.2km
6.	Cliff Young	147.0km	16.	Chris Varle	106.3km
7.	Shaun Scanlon	143.0km	17.	Marcia Leahy (F4)	104.1km
8.	Paul Every	142.8km	18.	Jason Smith	103.2km
9.	Tony Franham	139.6km	19.	Bruce Donnelly	91.6km
10.	Bill Joannou	129.6km			

DNF	Craig Rowe	54.0km
DNF	Andy McGrath	64.6km
DNF	Jim Holmes	
DNF	Dallas Earsman	

Encouragement Award Winner
Graveyard Trophy
Most Outstanding Award winner

George McCormack
Bryan Smith
Jason Smith

Jason's big day

by PASCAL ADOLPHE

A FUTURE ultra-marathon star has emerged from last weekend's inaugural staging of the Liverpool City 24-hour track race.

In his first attempt at a 24-hour race Orangeville teenager Jason Smith completed the event and became a world record holder.

Race organiser Dave Taylor said the 15-year-old was the youngest man to contest a 24-hour race and "finish it".

He ran a total of 104km, which was deemed the most outstanding achievement of the race.

It was a phenomenal effort considering that his father Larry, a veteran of three previous 24-hour races, only just beat Jason, Taylor said.

The outright winner, as expected, was Victorian Brian Smith, Australia's leading



Jason Smith (second from right) . . . spray of water from back-up crew member

ultra-marathon runner, who covered 217.1km. But Lurnea runner Bob Fickel flew the local flag high in finishing second and covering 185km.

In the women's division it was Georgina McConnell first and daylight second.

She also beat many of the men home in running 168.1km and finishing third outright.

Her nearest woman rival was Yugoslavian Elvira Janosi who completed 129.2km.

On Saturday night the resurrected John Edmondson VC Memorial Gift was a triumph for Ingleburn runners Matthew Prior and Troy Courtney, who finished first and second respectively.

Watched by Dean Capobianco, Prior won the 90m final in 9.37sec.

THE CRADLE MOUNTAIN RUN

by Max Scherleitner

"This is Waldheim, where there is no time, and nothing matters". These words were engraved by Gustav Weindorfer, the founder of the Cradle Mountain-Lake St. Clair National Park, on a board in front of this famous hut in Tasmania.

This place also marked the start of the Overland Track Trail Run, (or perhaps better described as the "Tasmanian Devils' Run!")

On Saturday, February 5th, 30 runners assembled at the starting line at 6 a.m. Among them were three runners from the recent eight day trail race in Kamchatka (Eastern Siberia), known as "The Hell Over The Clouds", two Russians, Igor Streltsov from Moscow, and Gennardy Groshev from the Ural Mountains, and our own national representative, Leigh Privett.

Thick fog veiled the mountain peaks as we climbed up past Crater Lake to Marions Lookout and Kitchen Hut. For awhile I was uncertain of the right track, so I slowed down until a runner caught up. The track remained very rocky and as we were still in fog, there was no view of Barn Bluff. However, the track winding down to Waterfall Valley began to improve and offer good views and plentiful water.

At Windemere Hut, campers enjoying their breakfast looked a bit stunned, but recovered to cheer the runners on. Out on the pine forest moor, only a few patches of mud remained and the ground was more or less dry. The mountains ahead, which had looked so distant, began to take on a closer appearance. Oh, what a feeling! I was actually making progress!

The terrain changed again, it was down into the forest where there were roots, and more roots, to stride across. Then, as I approached Pelion Hut, clouds closed in, thunder rolled and lightning flashed. A white wall of rain swept across the eastern rockfaces. However, a few more paces, and I was in the hut where the friendly control man gave me good advice of things to come. So while I waited for the rain to ease, I tucked into my supplies of rye bread and sausage, and thought how this place reminded me of a verse from a Tyrolean mountain song which says:

Na sitz i da drinn in der Hütten,
Und prasselt das Feuer in Herd,
Den dampfen den Tee in der Mitten,
Und an Speck und Brot wie sich's giherd.

(2)

Gradually, the rain eased and I was off again, but only managed 200 m. when down it came in buckets again. However, I used this opportunity to refill my water bottle before the clear water became muddy, and soon made it to Pelion Gap. To the right was mighty Mt. Óssa, darkened in clouds, rain and thunder and lightning everywhere.

Then, at last, a beautiful boarded track stretched out ahead of me. It almost looked like the Yellow Brick Road.

Kia-Ora Hut soon appeared, and a band of bushwalkers sheltering from the rain, clapped and cheered me on as I passed, soaked to the skin. Shortly after I passed Du Cane Hut, but had to back-track, as the Overland Track turns sharply left down. Just before Du Cane Gap, a boarded section started again, but this time it contained enormous steps, (the bloke who built it must have had enormously long legs!) The rain stopped before Windy Ridge Hut and then it was mostly downward toward Narcissus Hut. After a welcome cup of tea and biscuits from the friendly control lady, I was on my way to Cynthia Bay. I had finished! What a relief! What an experience! What magnificent country to travel through! Well done everyone! Well done Igor and Gennardy! (Ogi Karascho!)

□ 4E46 XOPOLIO
(VERY GOOD)

SNEAKY FOOTNOTE.

The above correspondent is now the oldest to have completed the C.M.R. but having finished the run (in good shape) and celebrated immediately with 'vodki' and caviar he was not too complimentary about the run on the way to our 'runners overnight lodging' with some 'almost' European swearwords.

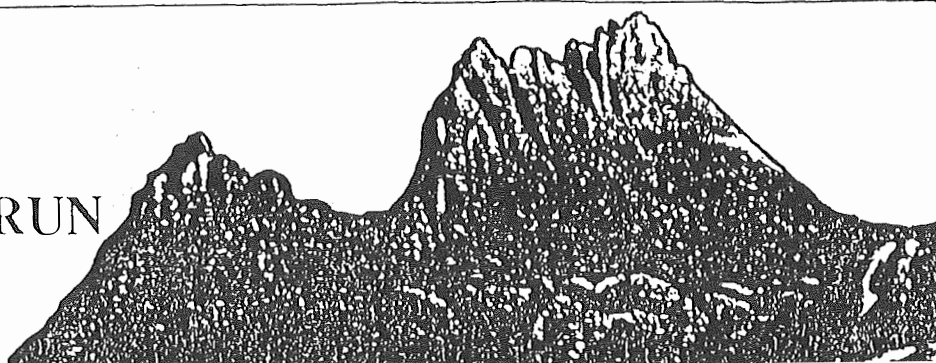
What with the "rock & treeroots & mudholes & fog & sudden downpours & 'gushing stream tracks' and 3 snakes", it was compared very unfavourably to his beloved Mountain Creek to Hotham Run (you know - the run that Hookie won't let him start 15-30 mins. early so he can make the $\frac{1}{2}$ way cut-off).

But next morning it was all different - no stiff legs and memory of ever-changing interesting scenery & track & a very sociable evening after, and he wants an entry form for next year.

Well done Richard, in your inimitable cool way another CMR successfully completed.

ANON

CRADLE MOUNTAIN RUN



P.O. Box 946, Launceston, Tasmania, 7250

Results of the Cradle Mt Lake St Clair Overland Track Run held
Saturday, 5 February 1994.

Date	Time	Runner	Age		
1994	8.26	Gennardy Groshev	35	(Russia)	RUS
	9.10	Igor Streltsov	27	(Russia)	RUS
	9.39	Ross Bill	43	Mosman	NSW
	9.59	Darryl Smith	36	Bellerive	TAS
	10.21	Bernard Walker	32	Mt Stuart	TAS
	10.29	Jonathan Worswick	30	Camperdown	NSW Sydney Strider
	10.33	Leigh Privett	48	Albury	NSW
	10.45	David Doyle	30	Sandy Bay	TAS
	10.52	John Whittington	30	Battery Point	TAS
	10.52	John Brock	49	Launceston	TAS
	11.21	Roger Stephens	42	Lindfield	NSW
	11.21	Graeme Hammond	30	Kingston	TAS
	11.38	Kevin Cassidy	31	Preston	VIC
	11.38	Doug Strohfield	35	Launceston	Tas
	11.50	Robert Simpson	44	Oatlands	TAS
	12.04	Ron Avery	29	Lidcombe	NSW
	12.04	Dennis Nation	56	Sandy Bay	TAS
	12.07	Kevin Tiller	27	Berowra	NSW Sydney Strider
	12.33	John Crook	57	Paratah	TAS
	12.38	Jeanette Collin	47	South Hobart	TAS
	13.02	Robert Williamson	43	Point Claire Gosford	NSW
	13.31	Gary Leahey	41	Annadale	NSW Sydney Strider
	13.39	Murray Town	48	Wahroonga	NSW Sydney Strider
	13.39	Charles Lester	23	Triabunna	TAS
	13.49	Max Scherleltner	63	Lavington	NSW
	14.21	Graeme Fennell	55	Mt Nelson	TAS
	14.21	Alan Scott	49	Launceston	TAS

Start: Dry, fine warm. Rain and wet track after 11:30 am Lighting and
thunder with very heavy rain.

Runners : 27 Average: 11:43

The record of 8:22 by Tim Sloan 1994

I would like to thank all the people that made the Run a success:
Peter Robinson at Pelion, Sue Drake at Narcissus, Bruce Longmore, Ian
Montgomery and Bob Whittle as sweepers at the southern end,

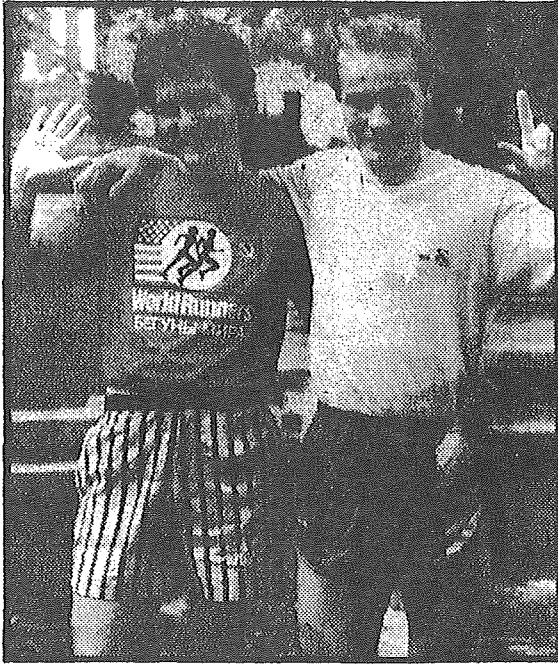
Richard Dax who ran the boat especially late for us to collect our
southern party and casualties,

Denis and Robin Wiss and staff for their never failing hospitality
despite having to cater for such a wayward mob.

Thanks the others: who helped at the finish, the drivers, arrangers of
transport. My thanks to all the runners for their good humour!

The next run will be held on the first Saturday in February 1995,
that is February 1995. Get your expressions of interest in early.
Next year it will be bigger and better than ever. Entry forms will be
available in October.

60. Details such as rankings over the 14 runs, and an alphabetic listing
of runners' times is available from me on request.



Russian runners Gennady Grotshev (right) and Igor Streltsov (left) after their one-two finish in the Cradle Mountain Overland run.

Russians blitz mountain field

By YVETTE PULLEN

FINDING your way through Cradle Mountain without a map is normally a struggle, but for two Russian ultramarathon runners with no English it was a breeze.

The runners, Igor Streltsov and Gennady Grotshev were competing in the 14th annual Cradle Mountain Overland Run at the weekend and despite losing their map and speaking no English they finished first and second in blistering times.

The race covers 85 kilometres from Cradle Mountain to Cynthia Bay at the southern end of Lake St Clair.

Streltsov 27, and Grotshev 35, blitzed the field of 31 runners, including 17 from New South Wales.

Grotshev crossed first

in a time of 8hr 26min, only four minutes outside the race record despite getting lost.

Streltsov (9:10) finished second and Sydney runner Ross Bill (9:37) was third.

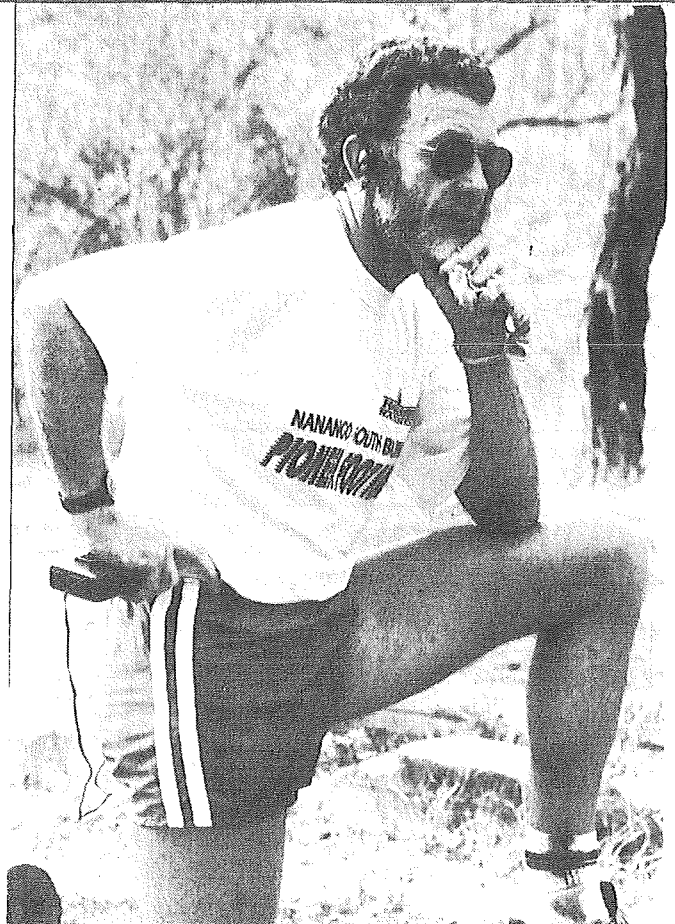
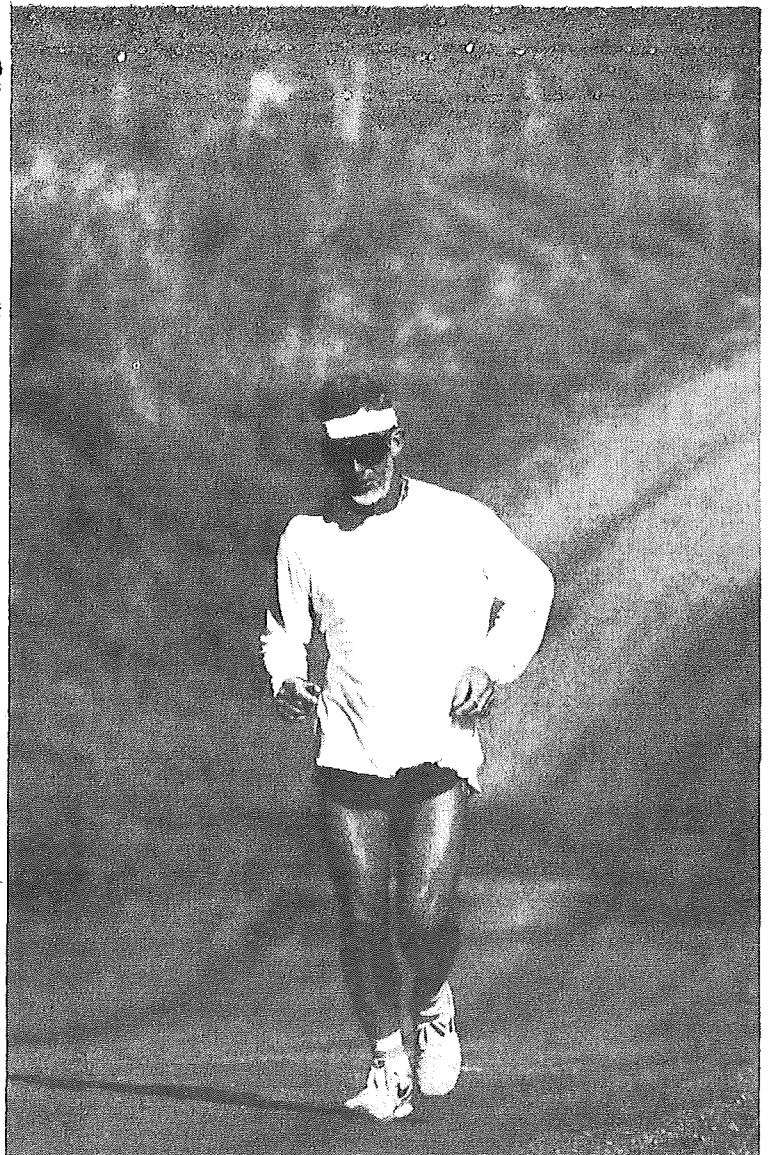
The pair are in Australia for two months to compete in several different distance events.

They are both hoping to come back to the state in August to compete in Tasmania Run 94, which will send runners around the state over nine gruelling days.

Streltsov, from Moscow, is the president of the Russian ultramarathon association and said he was impressed with the organisation of the Tasmanian event.

"It was all very good," he said through an interpreter yesterday.

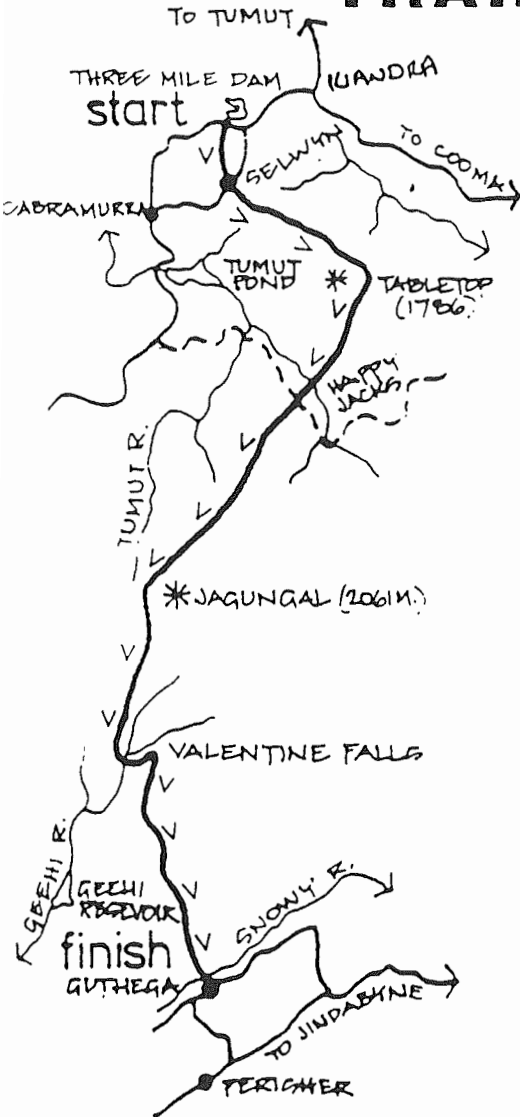
"It was similar to the races we have at home except warmer."



AURA members Robert Channells (above right) from Bowraville NSW and Maurice Taylor (bottom right) from Kirrawee, NSW.

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

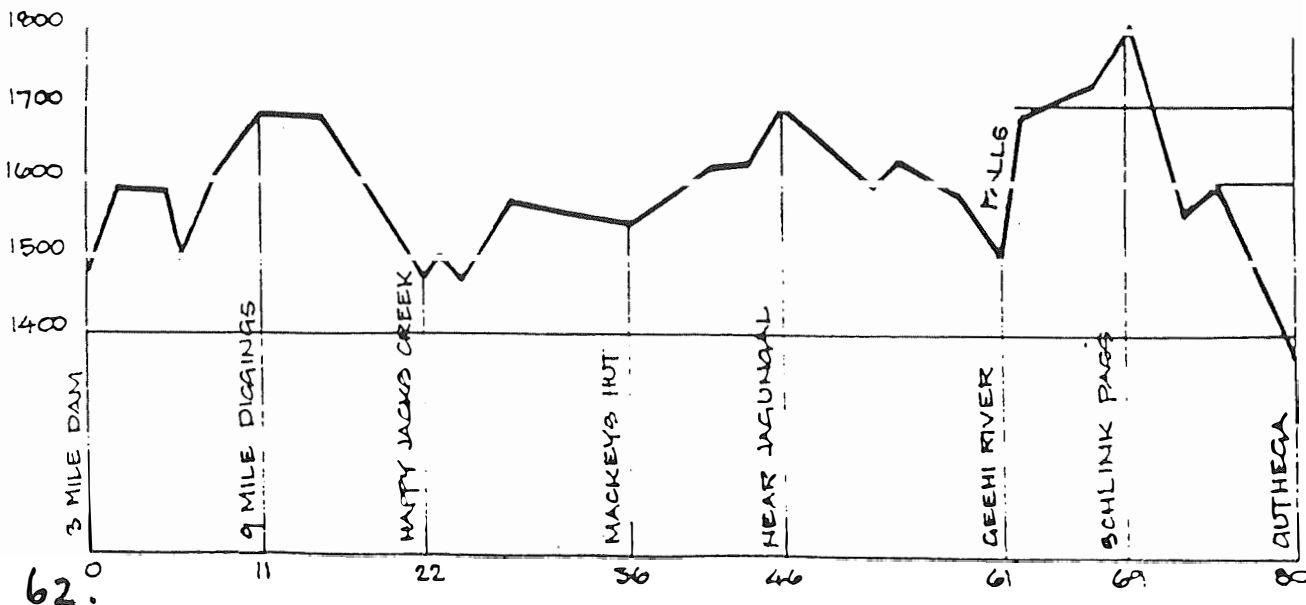
As the middle 40km section is in completely inaccessible country, you will have to demonstrate your ability to complete such an event.

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



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 MILERS (80 KM)					
100 KM					
24 HR RUNS					
100 MILERS (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:.....

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 ☆☆

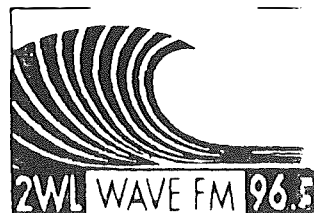
- | | |
|---------------------|-----------------------------|
| ☆ Trackside Toilets | ☆ Hot and Cold Showers |
| ☆ Canteen | ☆ Olympic Swimming Pool |
| ☆ Masseurs | ☆ Trackside Car Parking |
| ☆ Sauna and Spa | ☆ Full Local Media Coverage |

☆☆ 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



64 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 6 Hour 12 Hour 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.)

Race Records

Open	Gerard Barreth	ACT	2:15:07	1988
	Lisa Martin	SA	2:35:05	1984
Resident	Gerard Barreth	ACT	2:15:07	1988
	Annette McNeill	ACT	2:48:18	1988
Debut	Gerard Ryan	ACT	2:24:05	1989
	Annette Perkins	ACT	2:51:08	1983
M40	Garry Hand	ACT	2:19:00	1987
M45	Bill Raimond	NSW	2:29:07	1982
M50	Tony Larkum	NSW	2:36:30	1991
M55	John Gilmour	WA	2:40:56	1978
M60	Gordon McKeown	VIC	2:57:49	1984
M65	George McGrath	NSW	3:01:17	1987
M70	Norm Gulbransen	QLD	3:24:06	1987
W35	Mora Main	NSW	2:41:25	1984
W40	Dot Browne	VIC	2:47:47	1984
W45	Bev Lucas	SA	2:48:39	1992
W50	Marie O'Donovan	NSW	3:26:30	1985
W55	Marie O'Donovan	NSW	3:18:50	1988
W60	Marie O'Donovan	NSW	3:30:28	1993
W/Chr	Paul Bowes	QLD	1:47:21	1991
	Paul Wiggins	WA	1:47:21	1991
	Ingrid Lauridsen	DEN	2:05:55	1990
Quad	Alan Duffy	QLD	2:10:55	1990
50k	Trevor Jacobs	ACT	3:05:06	1993
	Carol Ey	ACT	3:54:25	1993

Official Race Hotels

The Lakeside ... a legend in its own lifetime. Situated on the shores of Lake Burley Griffin and a short walk from the city centre the Lakeside offers unparalleled views from all rooms.

It's also home to Bobby McGees Conglomeration with its fabulous Entertainment Lounge for a night of fun and surprises. As a proud sponsor of the Canberra Marathon, the Lakeside is offering competitors and spectators a special rate of \$95.00 per room per night. For bookings phone Toll Free (008) 026 169

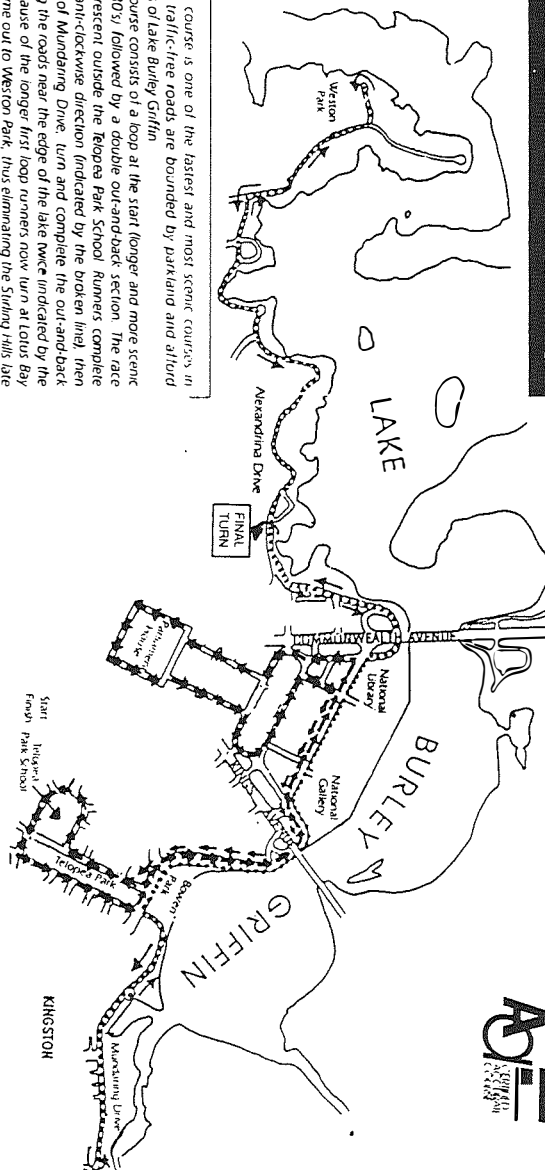
The Pavilion, Canberra's luxury boutique style hotel, will serve as the other official race hotel. It is situated less than 200 metres from the marathon start/finish line. The Pavilion is offering a special marathon rate of \$105 per room per night on a limited number of rooms, subject to availability. Phone (06) 295 3144 to take advantage of this offer.

The Pavilion ... there's no better place to stay in Canberra.



• The Canberra course is one of the fastest and most scenic courses in Australia. The traffic-free roads are bounded by parkland and afford panoramic views of Lake Burley Griffin.

• Basically the course consists of a loop at the start (longer and more scenic than in the 1980s), followed by a double out-and-back section. The race starts in NSW Crescent outside the Ropes Park School. Runners complete the loop in an anti-clockwise direction (indicated by the broken line), then run to the end of Mundaring Drive, turn and complete the out-and-back section following the roads near the edge of the lake (now indicated by the dotted line). Because of the longer first loop runners now turn at Lotus Bay on the second time out to Western Park, thus eliminating the sliding hills late in the race. Runners turn right at Bowen Park only on the second time back from Western Park and run to the finish in NSW Crescent.



Marathon Course Map

The ACT Cross
Country Club Inc.
presents the

Mobil

Canberra Marathon

Your No.1 Marathon

Incorporating the

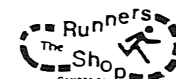
- Australian Veterans Marathon Championships
- ACT Marathon Championships
- ACT Veterans Marathon Championships
- ACT Wheelchair Marathon Championships
- Canberra 50k Ultra Marathon

7AM SUNDAY 10 APRIL 1994

SUPPORTING SPONSORS



GOLD COAST
INTERNATIONAL
MARATHON



Instant Colour Press



AA PERMIT No. 1CC/94

CANBERRA



THE NATURAL CAPITAL

Invitation

On behalf of the ACT Cross Country Club and our race sponsors, I invite all runners to participate in our 1994 marathon weekend activities

Some of the features of the 19th Annual Canberra Marathon include:

- the official Australian and ACT Veterans Marathon Championships;
- the official ACT Marathon Championships;
- the official ACT Wheelchair Marathon Championships;
- special commemorative medallions to all finishers;
- the Canberra 50k Ultra Marathon;
- traffic-free AA Certified Accurate Course designed for maximum spectator participation;
- excellent on-course service to all runners from the fast to the slow;
- scholarship money for the winners, including bonus money for open, resident, debut, veteran and wheelchair records;
- team categories for families and groups and incentive awards for the improvers;
- celebration of the 10th anniversary of the Olympic Trial;
- associated events and activities, including Runners Expo and Pasta Party;
- complimentary souvenir race programme, featuring full list of entrants in seeded order and event history;
- complimentary post-race refreshments and massage facilities in recovery area; and
- certificates, photo proofs and results books mailed to all finishers promptly after the race

In addition to the marathon, the popular Marathon Eve 10k fun run will again be conducted on Saturday 9 April and, for the first time, a 5k fun run will also be conducted. Separate entry forms are available for these events

Canberra residents extend a warm welcome to all visiting runners, their families and friends. Plan now to spend a few days exploring 'The Natural Capital' while taking part in our marathon weekend activities. We look forward to your participation.

DAVE CUNDY, Race Director

Information

RUNNERS EXPO

- Where: Race headquarters - Telopea Park School, NSW Crescent, Barton
- When: 2.00-6.00pm Saturday 9 April
- What: Race number and programme distribution, *The Runners*

Shop with discounted shoes and clothing; sale of official race merchandise, books and magazines; athletic club displays; and screening of marathon videos

MARATHON

- Where: See course map overleaf.
- When: 7.00am Sunday 10 April
- Eligibility: Open to all runners over 18. All financial members of a Veteran Athletic Club will be eligible for the Australian Veterans Championship. All financial members of the ACT Veterans Athletic Club will be eligible for the ACT Veterans Championship. All first claim ACT registered athletes will be eligible for the ACT Championships. No roller skates, roller skis, pets, etc.
- Entry dates: Entries must be postmarked no later than 21 March. Entries postmarked after 21 March or made in person on race weekend will be subject to a late entry penalty. On race weekend late entries will be accepted at the Expo or after 6.00 on race morning. Late entrants will be eligible for all services and awards.
- Entry fees: \$30 if ACTCCC member; \$35 non-members; \$45 for all late entrants. Entry fees are non-refundable.
- Time limit: Road closures, aid stations, etc. are geared for a 4½ hour time limit. Competitors remaining on the course after the progressive opening of roads do so at their own risk. Regardless of the time limit, all finishers will be timed, recorded and receive a medallion and certificate
- Aid stations: There will be drink or sponge stations at approximately every 3 kilometres. Water and a sports drink will be available at each drink station. Provision will be made for special drinks - details will be available with ID cards.
- Time splits: Will be called or displayed at 1k, halfway and every 5k. Each kilometre will be signposted
- Race number distribution: ID cards will be mailed to all entrants during the first week of April. This card should be produced to collect your race number, which will be available at the Expo or after 6.00 on race morning. Race numbers are not transferable
- Weather: Canberra's average temperature at 7.00am during April is 9° rising to an average of 14° at 10.00am.
- Team categories: Teams may enter the following categories

- A Open men
- B Veteran men (over 40)
- C Open Women
- D Husband and Wife

In categories A, B and C, no limit on number of entrants per team, first 3 to count. Winners determined on aggregate times.

SOUVENIR MERCHANDISE

- A collection of souvenir race merchandise will be available for sale at the Runners Expo. You may pre-order short and long sleeve T-shirts and long sleeve sweatshirts on the attached entry form. Orders must be collected on race weekend

PASTA PARTY

A traditional carbohydrate loading party will be held at The Pavilion Hotel on Saturday 9 April from 7.00-9.00pm.

It will feature a selection of pasta and sauces, fresh garden salads, continental breads followed by a selection of fresh fruit. Orange juice and mineral water is included in the cost of \$22 per head.

Space is limited so order your tickets early by completing the appropriate item on the attached entry form.

CANBERRA 50k ULTRA MARATHON

After completing the 42.195k marathon and being recorded as a marathon finisher, all marathoners will be eligible to continue and complete the Canberra 50k Ultra Marathon. This additional feature was first held in 1993 with the first male and female setting Australian records on the AA Certified Accurate Course. Please indicate in the appropriate box on the entry form if you intend taking this option

Awards

An awards ceremony will commence at 11.30am at race headquarters. Major awards include:

- Scholarship money to first five male and female finishers, plus bonus money for race records in open, resident, debut, veteran and wheelchair categories. Full details from Race Director.
- Airfares and accommodation for the first Australian male and female finishers to compete in the Australian Marathon Championship at the Gold Coast in July 1994, courtesy of the Gold Coast Marathon
- Awards to top 10 males and females; first 3 male and female wheelchairs, fastest male and female debuts; first male and female in each veteran category from M40 and W35; scoring members of winning teams, winners of incentive awards (awarded to fastest finishers who break 2.30, 2.40, 2.50, 3.00, 3.15, 3.30 and 4.00 for the first time), and first 3 males and females in 50k.
- AAVAC medallions to first 3 eligible males and females in each category from M30 and W30.
- ACT Veterans medallions to first 3 eligible males and females in each category from M30 and W30
- ACT Athletics medallions to first 3 ACT registered male and female athletes and athletic club teams
- "International Teams Challenge" shields for male open, female open, veteran male and veteran female.
- Special commemorative medallions to all finishers
- Special prizes to celebrate 10th anniversary of the Olympic Trial, eq. closest to 1984 time, best comeback, etc

Organised for the ACT Cross Country Club Inc.
by Cundy Sports Marketing, 33 Lawrence Cres, Kambah ACT 2902
Telephone/Fax 06 231 8422

Chest No.:

ENTRIES CLOSE 21 MARCH 1994

Please read the whole form carefully, fill in relevant details (both sides) and mail, with appropriate remittance, to: Race Secretary, GPO Box 252, Canberra ACT 2601. **Entry form must be signed – see overleaf.**

Preferred first name:

Surname:

Initials:

Postal address:

Suburb/Town:

State/Country:

Postcode:

TELEPHONE

(home)

(business)

SEX: M or F AGE on Race Day Team Cat. A,B,C,D TEAM NAME:

FIRST MARATHON PREVIOUS BEST MARATHON ESTIMATED RACE TIME If you ran the 1984 Olympic Trial, your time

YES ☐ NO ☐

HOUR MIN SECS YEAR Hour Min Hour Min

50k entrant: ☐ YES ☐ NO

Are you a financial member of a Veterans Athletic Club? ☐ YES ☐ NO Name of Veterans Club: Wheelchair entrant: ☐ YES ☐ NO

REMITTANCE DETAILS

- **ENTRY FEE**

- ☐ \$35 if postmarked before 22 March \$.....
- ☐ \$30 if ACTCCC member \$.....
- ☐ \$45 for all late entries \$.....

- **MERCHANDISE ORDER**

- ☐ Short Sleeve T-shirts @ \$15 (Size:.....) \$.....
☐ Long Sleeve T-shirts @ \$18 (Size:.....) \$.....
☐ Long Sleeve Sweat-shirts @ \$25 (Size:.....) \$.....

- PASTA PARTY ☐ @ \$22

TOTAL REMITTANCE \$_____

- Payment by: Cash/ Cheque/ Money Order/ Bankcard/ Mastercard/ Visa
(circle type of payment)
- Please make cheques, etc payable to ACT Cross Country Club
- If payment by Bankcard, Mastercard or Visa, please complete the following:

Cardholder's Name:

Cardholder's Signature:

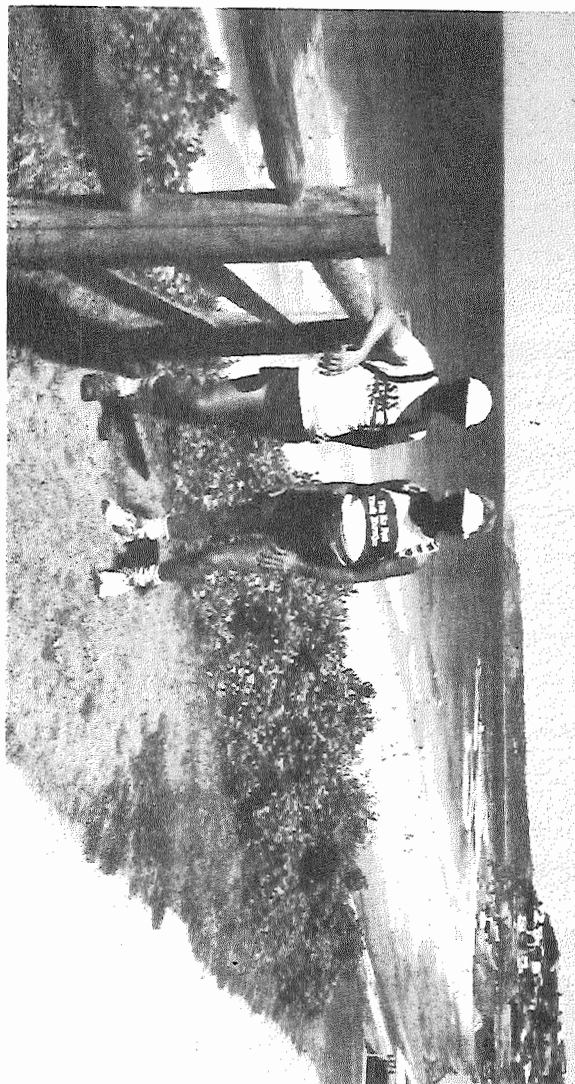
Card No. | | | | | | | | | | | | | | | | Expires

DECLARATION

Please note: Entry form must be signed below.

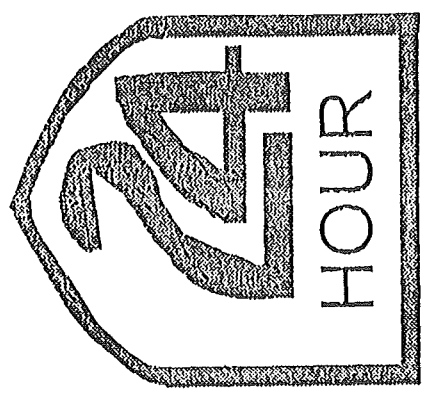
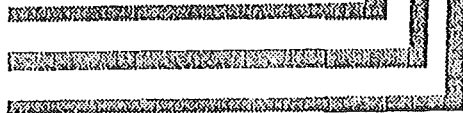
1. I, the undersigned, in consideration of and as a condition of my entry in this event for myself, my heirs, executors and administrators, hereby waive all and any claim, sight or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in this event.
2. This waiver release or discharge shall be and operate in favour of Cundy Sports Marketing, the A.C.T. Cross Country Club Inc., any other organising club or clubs, all officers, members and employees of the Australian Federal Police and all race sponsors and shall so operate whether the damage or cause is due to any act or neglect of any of them.

Signed _____ Date / /



Greg Love and
Dave Girvan at
Merewether
Beach, NSW,
October 1993.

COBURG

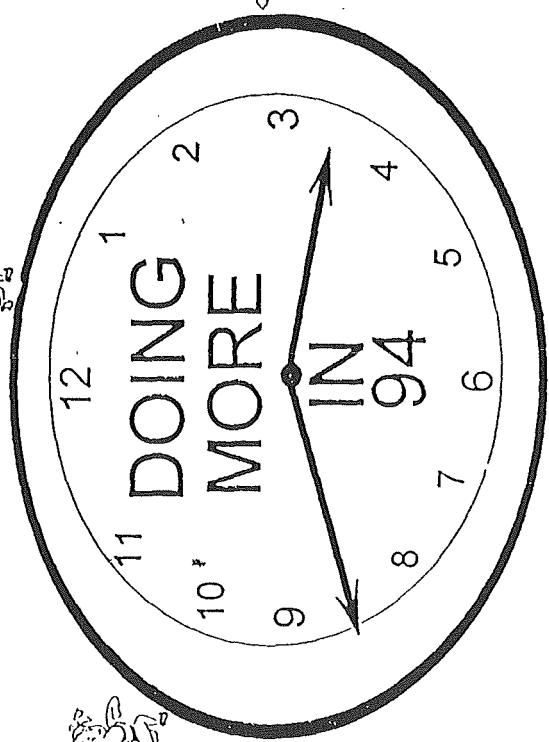
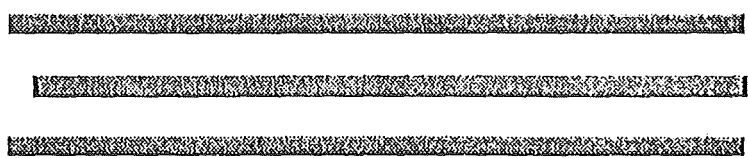


CARNIVAL



April 94

COBURG



VETERANS

24HR RELAY

CHALLENGE

SATURDAY 16 APRIL 1994 to SUNDAY 17 APRIL 1994

HAROLD STEVENS' ATHLETICS' TRACK OUTLOOK DRIVE COBURG MELWAYS 18 A9
IN SUPPORT OF THE VICTORIAN 24HR TRACK RACE CHAMPIONSHIP

LIMITED TO TEN TEAMS

Ten persons per team.
At least two of each sex.
At least four vets age groups represented.
A maximum of four pre-vets.
Veteran ages as defined by VVAC.

THIRTY MINUTE LEGS

Competition on a 400 metre track.
48 x 30 minute legs to be covered by team members
running in a nominated team sequence.

NOON SATURDAY to NOON SUNDAY

Cost \$10 per team member.
Memento to each runner. Trophy to winning team.

FACILITIES AVAILABLE

Toilets. Showers. Change rooms.
Massage. Medical
Large kitchen with modern heating & cooking facilities.
Plentiful supply of hot water.
24hr canteen will sell hot & cold snacks & drinks
A special "Pentridge Breakfast" will be on sale, Sunday AM.

EACH TEAM TO SUPPLY

An official Recorder (not a runner).
Own sleeping accommodation (caravan/tent)
Food for runners & supporters. Cooking facilities available.

OFFICIAL RECORDING

Team results will be collated & posted every hour.

**THE CHALLENGE "DO MORE IN 94"**

March 1993 a 12 person COBURG team (minimum age 40)
completed 302 Kils in 24 hours under similar conditions.
A TOTAL OF 380 KILOMETRES IS THE NEW AIM.

WE ACCEPT THE CHALLENGE

Reserve a place for a team of 10 runners from

..... VETERANS' VENUE

.....
Signed by team representative.

Post entry to : Gordon Burrowes
Relay Co-ordinator
37 Douglas Avenue
St Albans Vic 3021
Telephone enquiries (03) 366 0326

BRISBANE WATER BUSH BASH

47 KM TRAIL RUN

SATURDAY 23RD APRIL 1994

DETAILS:

START:	OLYMPIC MOTEL GOSFORD
TIME :	6.00 AM
CHECK IN:	5.00 TO 5.45AM
TIME LIMIT:	9 HOURS
FINISH:	GOSFORD SAILING CLUB
ENTRY FEE:	\$30 PAYABLE TO BRISBANE WATER BUSH BASH

EARLY ENTRIES RECEIVE MEDAL ON DAY
LATE ENTRIES MEDAL WILL BE POSTED

POST ENTRIES: ROBERT CARLETON
51 THE RAMPART
UMINA 2257
043 418712

NAME:.....AGE.....SEX.....

ADDRESS:.....

PHONE:.....

MINIMUM AGE 18 YEARS OF AGE.

I the undersigned, in consideration and as a condition of acceptance of my entry in the Brisbane Water Bush Bash for myself, executors and administrators hereby waive all or 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.

SIGNED.....DATE.....



Mike Grayling
collects his trophy
in one of the
Queensland events.

Hi Runners,

All the best for the New Year, stay fit and well.

Ignore all previous information, this is the latest update on the Brisbane Water Bush Bash. Until today, I didn't have a committee to organise this run & I was going to postpone it till 1995, however the people we have put together, (to help you as runners) are so enthusiastic that they assure me that we will be able to get it all together by APRIL 1994.

I know that I have told many of you that 1995 will be our next run and that you have probably planned the early part of 1994 in regards as that but we will push ahead with the run (hopefully getting a good number of runners). I am truly sorry for this confusion but I didn't anticipate for the enthusiasm for our run.

Whether you decide to do our run or participate in another I wish you well, though it looks like we'll be a regular event and we hope to see you eventually.

Anyone thinking of doing the 94 event it will be on Saturday 23rd April, 1994 starting at 6AM GOSFORD OLYMPIC POOL.

Thanks

Greg Love

GENERAL INFORMATION

NEARBY ACCOMODATION

Reeces Olympic Motel - 48 Masons Parade, Gosford
043 247377

Galaxy Motel Gosford RSL - 26 Pacific Highway, West Gosford
043 231711
(Cheapest Beer On Coast)

FOOD STATIONS

There will be three (3) food stops on the course.
Approximately every 15 kilometres

DRINK STATIONS

Water will be provided as often as practical (depending on access),

SPECIAL DRINKS

You will be able to have your drinks taken out onto the course, though only to the food stations.

FACILITIES

Showers, barbeque, tea, coffee, beer, fruit and cakes provided for all runners and officials.

PRESENTATIONS

Medals and certificates to all finishers. Awards for 1st 2nd & 3rd plus 1st Lady at midday.



PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE Information

- LOCATION:** Knox Park Athletic Track, off Rushdale Road, Scoresby, Vic.
(Melways Ref. Map 73 D7, near Burwood Highway)
This event was formerly held at Tootgarook on the Mornington Peninsula.
However the move has been made to Knox because of the improved track .
and lighting facilities.
- TYPE OF TRACK:** 400m. new synthetic track, excellent surface, 8 lanes.
- RACE DATE:** Sunday 1st May, 1994.
- TIME:** 7am to 7pm. (track floodlit)
- REPORT IN:** 6.30am sharp
- ENTRY FEE:** \$25.00. Cheques payable to Dot Browne (Race Director)
- SENT TO:** 4 Victory Street, Mitcham 3132.
- CLOSING DATE:** Friday 15th April, 1994
- FACILITIES:**
1. Clean modern changing rooms adjacent to the track, which include toilets, massage rooms, hot showers, hall for presentations and well equipped kitchen with microwave oven and urn (for the use of runners' crews and lapscxorers)
 2. Light refreshments provided for lap-scorers.
 3. Leader board updated every hour to show placings & distances.
 4. Masseur available for the runners before, during & after the event.
 5. Results and photographs posted to competitors within a week of the event.

PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE



**Knox Park Athletic Track
off Rushdale Road, Scoresby Vic.
Sunday 1st May, 1994
7am - 7pm**

ENTRY FORM

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

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

Age on race day

Person to be notified in case of emergency:

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

Details of best track ultra performances:

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

WAIVER

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

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

74. Signed.....Date.....

15TH 50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT - GENERAL INFORMATION

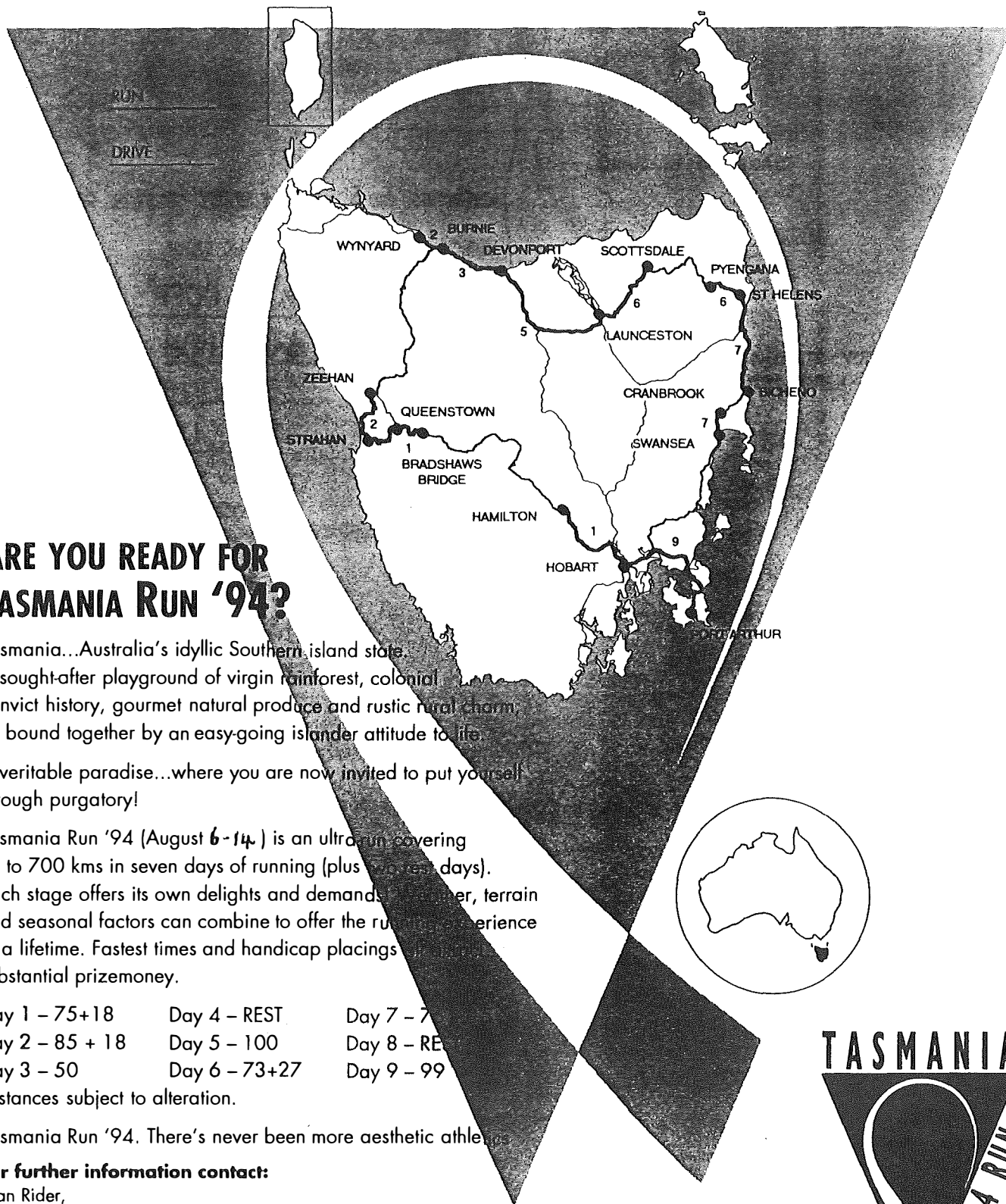
- CONDUCTED BY: AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
- DATE: Saturday 18th June, 1994
- PLACE: Bill Sewart Athletic Track, Burwood Highway, East Burwood 3151 (Melway 62C8)
- TIME: 8.00 a.m. Race Start
- REPORT IN AT: 7.00 a.m. sharp
- RACE NUMBERS: Will be issued at the venue at 7.00 a.m.
- LAP COUNTERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.
- FACILITIES:
1. Changing rooms, showers and toilets adjacent to the track.
 2. Canteen for the purchase of refreshments, may be open.
 3. Chairs and (if possible) a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Personal tents are permitted on the lawn areas beyond the outer edge of the track (none are permitted inside the track). Covered clubrooms are located close to the track.
 4. Facilities for heating water.
 5. A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each hour.
- PARKING: Car park close to the track. (Vehicles are not permitted beside track)
- TROPHIES & AWARDS: 1st: Neil Coutts Memorial Trophy 2nd: Perpetual Trophy
Other prizes may also be presented. Medallions and certificates will be presented to all finishers within the cut-off time. The presentation ceremony will be held at 3.30 p.m. approximately.
- | | | | | |
|-----------------------|-------------------|----------------|-------------------|----------------|
| VMC RR EVENT RECORDS: | D. Isailovic | 5:15:00 - 1993 | Lavinia Petrie | 6:44:40 - 1992 |
| AUSTRALIAN RECORDS: | D. Isailovic | 5:15:00 - 1993 | Lavinia Petrie | 6:44:40 - 1992 |
| AUSTRALASIAN RECORDS: | D. Isailovic | 5:15:00 - 1993 | Lavinia Petrie | 6:44:40 - 1992 |
| WORLD RECORDS: | Don Ritchie (Eng) | 4:51:49 - 1983 | Monika Kuno (Ger) | 6:17:30 - 1983 |
- ENTRY FEE: \$25.00 for AURA financial members Make cheques payable to:
\$29.00 for non-members G.L. Hook
\$10.00 extra for tee-shirt Mail or deliver entry & fee to:
(optional) Geoff Hook,
42 Swayfield Rd, Mount Waverley, 3149.
(Telephone: 808 9739)
- CLOSING DATE: All entries shall be delivered by 1st June, 1994
Entries received after 1st June, 1994 may not be considered.
- FURTHER QUERIES TO: Geoff Hook, Tel. 808 9739 (H) or 826 8022 (W)

RACE RULES

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

Good running and enjoy this event.

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 ultrarun 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 attract substantial prizemoney.

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

Distances subject to alteration.

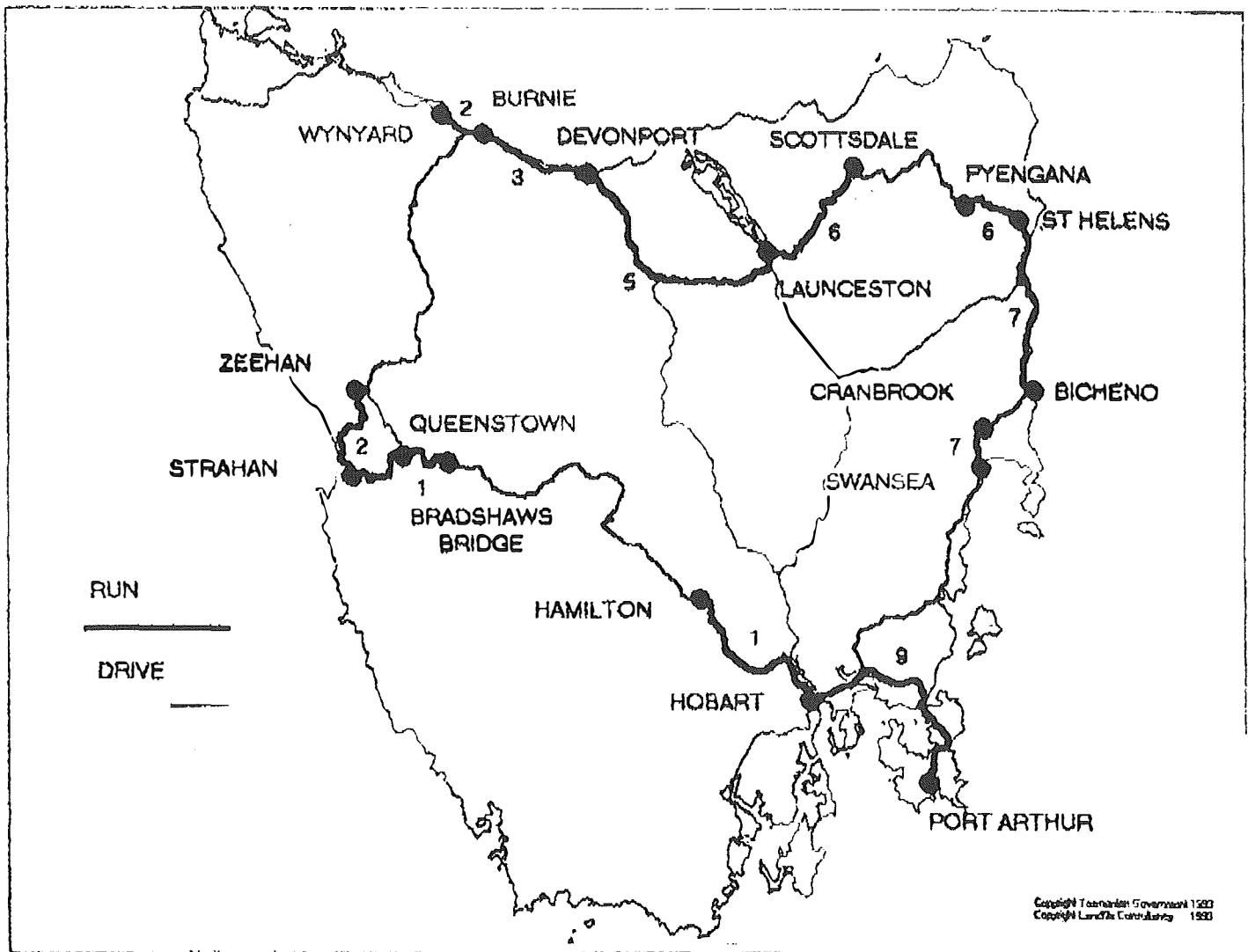
Tasmania Run '94. There's never been more aesthetic athletics.

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

DAY 1 - SATURDAY AUGUST 6	KMS
Hobart to Hamilton	75
Transport stage - 170 kms to Bradshaw Bridge (new Lake Burbury)	
Bridge to Queenstown	18
Total Day 1	(93)
DAY 2 - SUNDAY AUGUST 7	
Queenstown to Zeehan VIA STRAHAN	85
Transport stage - 150 kms to Wynyard	
Wynyard to Burnie	18
Total Day 2	(103)
DAY 3 - MONDAY AUGUST 8	
Burnie to Devonport	50
Total Day 3	(50)
DAY 4 - TUESDAY AUGUST 9	
Rest day	
DAY 5 - WEDNESDAY AUGUST 10	
Devonport to Launceston	100
Total Day 5	(100)
DAY 6 - THURSDAY AUGUST 11	
Launceston to Scottsdale	73
Transport stage - 72 kms to Pub in the Paddock, St Columba Falls	
Hotel, Pyengana.	
Pyengana to St Helens	27
Total Day 6	(100)
DAY 7 - FRIDAY AUGUST 12	
St Helens to Bicheno	76
Transport stage - 29 kms to Cranbrook	
Cranbrook to Swansea	15
Total day 7	(91)
DAY 8 - SATURDAY AUGUST 13	
Rest day relocate to Port Arthur	
DAY 9 - SUNDAY AUGUST 14	
Port Arthur to Hobart	99
Total day 9	(99)
<u>TOTAL</u>	<u>636</u>

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

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 150 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, Branxholm 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

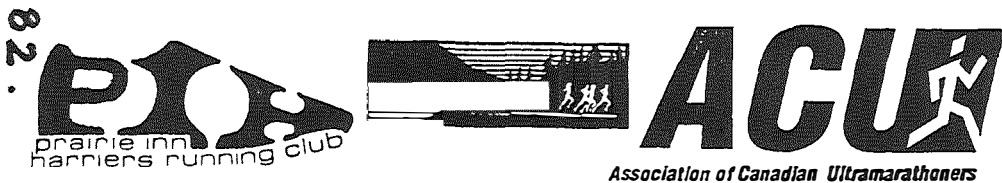
Transport stage from Bicheno past Freycinet National Park/Coles Bay turnoff to Cranbrook

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)**



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



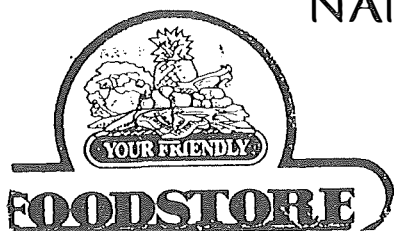
DATE: Wednesday August 31, 1994
STARTING TIME: 6:00 a.m. sharp
CUT-OFF TIME: 6:00 p.m. - All runners must finish in 12 hours.
DISTANCE: 100 Kilometres - accurately measured (12.5 laps) - certified
COURSE: All paved roads, flat, good footing, excellent condition, pastoral setting
START/FINISH: Stelly's 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. Fruit and cookies supplied, bring your own personal drinks and energy food.
AID: 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.
MEDICAL: Trophies for top male and female overall.
AWARDS: 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



HARRIERS 100K INTERNATIONAL CHALLENGE

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

NANANGO - SOUTH BURNETT



PIONEER FOOTRACE



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

Ron & Dell Grant

96 Brisbane St
NANANGO Qld 4615
071 63 1645

ENTRY APPLICATION

SURNAME CHRISTIAN NAMES

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

POSTAL ADDRESS..... POSTCODE

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

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

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

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

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

Good Quality SURF SHIRTS - BRIGHT COLOURS

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

RUNNERS ARE PROVIDED WITH ONE SHIRT

Free of charge !!!

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

SIZE	NUMBER
S
M
LG
XLG



EXTRA SHIRTS
\$.....
\$.....
\$.....
\$.....

[PAYMENT
ENCLOSED]

MEALS:

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

NUMBER OF CREW

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

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

CLOSING DATE FOR ENTRY — FRIDAY 19th AUGUST

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

\$120.00

T-SHIRT FOR CREW

MEALS FOR CREW

TOTAL

\$

MAKE CHEQUE PAYABLE TO : —

RON GRANT

SEND ENTRIES TO : —

96 BRISBANE STREET NANANGO 4615

** MOTIVATION SPOT** ISAIAH 40 31

CONDITIONS OF ENTRY

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

WAIVER

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

Signed..... DATE

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

NANANGO - SOUTH BURNETT

PIONEER FOOTRACE

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

Ron & Dell Grant

96 Brisbane St NANANGO Q 4615
071 63-1645

OVERVIEW OF THE EVENT

NANANGO, fourth oldest town in Queensland was Founded in 1848 and is 2½ Hrs drive from Brisbane or 1½ Hrs from Toowoomba. The Pioneer Footrace starts and finishes in Nanango and totals 330 Kms. This will be a five day event with stages of between 57Kms and 75Kms per day. It will also be handicapped. This event causes quite a great deal of excitement. All competitors are looked upon as stars even if you just complete the event. People in the area are friendly and many will want to meet you or wave and cheer as you run past. If you are from the city, enjoy the celebrity status while you have got it!!

VEHICLES AND EQUIPMENT

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

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

THE PATRON'S PLATE

Reg McCallum, the Shire Chairman wishes to include in the event the Patron's Plate. This will be a trophy plate presented to the person who runs the fastest time for that section of the race on Day 4 from the grid at 41.6 kilometres to the camp grounds on top of the Bunya Mountains at 57.2 kilometres. The Patron's Plate leg of Day 4 is very steep uphill for most of the way.

HANDICAPPING

Each day will be handicapped with the aim of getting each Runner into camp by 4pm, except on the last day which is a 2.30pm finish. The Runner must give the Timekeeper the number of hours and minutes he/she estimates it will take to complete the next day's journey.

Each evening, commencing on the Sunday before the event starts, ~~4th September~~ Runners will be given the Instruction Sheet for the next day's running. The estimated time (hours and Minutes) for the next day must be given to the Timekeeper as soon as possible that evening, so start times can be announced while everybody is gathered together.

Day 1 will differ in that all Runners will start together at 8am, from Nanango. So the handicap estimate will be adjusted at the end of Day 1 for that day.

It is each Runner's responsibility to supply their own estimate for each day. The handicap winner for each day will be that person who runs closest to their estimate. For example: You aim for a 4pm finish. The Handicap Winner is that person finishing closest in time on either side of 4pm, and subsequent places worked out according to ever increasing number of minutes each side of 4pm. It is hoped that all runners will put in an 'honest' effort each day.

You will not be penalized in any way for running slower than your estimate, but the aim is to be in camp by 4pm on Days 2,3,& 4; and 2.30pm on the last day.

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

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

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

RACE PATRON

Reg McCallum, Shire Chairman of Nanango, has worked tirelessly for this event. He and his wife, Edna, are entirely responsible for the route and the enthusiastic response of the other Shire Chairmen. Reg has kindly accepted the honour of being the Race Patron and will once again be accompanying the Runners for the five days. Reg is a Terrific Ambassador for the area and has many fire-side tales to relate. If you are interested in early settlement history and local anecdotes, just get Reg talking about the South Burnett (and that isn't hard at all).

RACE DAY EVE

SUNDAY 4th SEPTEMBER Before DAY 1

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

Rooms are available at the FITZROY MOTEL ph 071 63 1100. Double room \$42.00 plus \$10.00 each extra person.

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

Your Instruction Sheets for the 5 days will be given to you at the Restaurant. The Timekeeper needs your estimated time ASAP that evening for Day 1.

Any problems with handicapping and other queries should be cleared up on Sunday evening, not as the race proceeds.

DAY 1

MONDAY 5th SEPTEMBER

75.0Kms

NANANGO to KINBOMBI FALLS

Start at 8am at the Statue at the Nanango Council Chambers. All set your watches to 1071 Radio. Gather at 7.30am prior to the Official send off, as the start will be definitely on time! Proceed as a group, with fastest (seeded) Runners in the lead, and all vehicles following to the corner of FITZROY and ELK Streets. Once in GOOMERI Road all set off in a racing manner. No townships after Nanango today.

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

At Kinbombi Falls camp ground there are no showers, petrol or food. There will be BBQ plates, fires already lit, and wood supplied. Toilets provided. Scenic views and a swimming hole if you are a good abseiler. Limited good quality water.

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

DAY 2

TUESDAY 6th SEPTEMBER

67.1Kms

KINBOMBI FALLS TO WONDAI

Undulating to Hilly

Commence running at each Handicap Time start, as calculated by the Runner and given to the Timekeeper. Crews remember to fill in all the time on the Instruction Sheet next to the Speedo Readings daily.

Today the course goes over Boat Mountain which has a steep uphill section.

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

DAY 3

WEDNESDAY 7th SEPTEMBER

66.5Kms

WONDAI TO OASIS MOTEL, KINGAROY
Flat to undulating. No camping Fees.

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

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

The OASIS MOTEL can accommodate you for both Camping and Motel rooms. Camping area is at the far end of the buildings. Rob and Jenny Duncan, proprietors of the Motel have donated a room for campers to use for Showering and Toilet facilities. If you prefer, rooms are available for \$40.00 a Double plus \$6.00 for each extra person. Some rooms accommodate up to 7 people. The Smørgasbord meal, commencing at 6.30pm, will be in the Dining Room of the Oasis Motel. Rob suggests that if you would like to book a room, do so early. The Phone number is 071 62-2399.

Camping is free of charge.

DAY 4

THURSDAY 8th SEPTEMBER

57.2Kms

OASIS MOTEL to BUNYA MOUNTAINS CAMPING GROUND
Undulating, then steep uphill.

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

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

DAY 5

FRIDAY 9th SEPTEMBER

65.6Kms

BUNYA MOUNTAINS TO COUNCIL CHAMBERS NANANGO
Steep downhill then undulating.

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

Aim to arrive at OFFICIAL FINISH at 63.1Km at 2.30pm. Arrive in Nanango at 3.30pm. Proceed to the RSL Club, which is 100 meters from the Finish Line, for drinks and socializing. Afternoon Tea for Runners and Crews, free of charge; presentation at 4pm.

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

THE SHEPPARTON RUNNERS CLUB PRESENTS

OUR FIRST 50 KM RUN

OUT & BACK FROM VIOLET TOWN TO NALLINGA RETURN

STARTING AT 7 AM SUNDAY 16TH OCTOBER 1994

START & FINISH AT VIOLET TOWN FOOTBALL GROUND

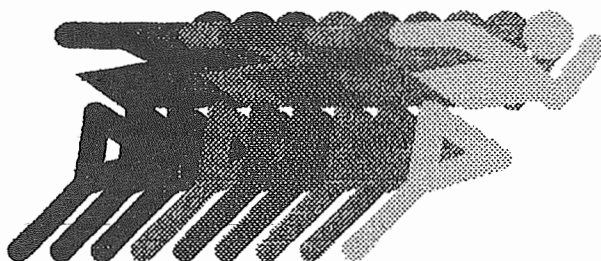
- * **GOOD BITUMEN ROAD**
- * **WELL SHADED BY TREES ALL THE WAY**
- * **SIGN POSTED EVERY 5 KM WITH 1 KM MARKINGS**
- * **VERY LITTLE TRAFFIC (4 CARS EACH HOUR)**
- * **PLEASANTLY UNDULATING**
- * **FIRST & LAST 10 KM VERY FLAT**
- * **COOL WEATHER RISING TO APROX 20 C BY MIDDAY**
- * **DRINK STOPS EVERY 5 KM**
- * **REFRESHMENTS AFTER THE RUN**
- * **ALL WELCOME**
- * **\$15.00 ENTRY FEE**

CONTACT: RUSSEL WEAVERS (058) 211490
2 TASSONE CRT, SHEPPARTON 3630

OR

BRIAN GAWNE (058) 211693

THE SHEPPARTON RUNNERS CLUB IS A MEMBER OF AURA





AUSTRALIAN 6 DAY RACE COLAC INC.



Phone 052 315805 President
052 314473 Secretray
052 321406 Treasurer

P.O. Box 163
Colac 3250
Victoria

1994 APPLICATION FORM RACE DATES 13.11.94 to 19.11.94

NAME:.....

ADDRESS:.....

PHONE: HOME.....BUSINESS.....

AGE:.....NATIONALITY.....

DATE OF BIRTH:.....

PERFORMANCES OVER PAST TWO YEARS:.....

ENTRIES CLOSE 31st MAY 1994 TO THE ABOVE ADDRESS

PLEASE NOTE THIS IS AN APPLICATION ONLY. FINAL FIELD WILL BE NOTIFIED AFTER APPLICATIONS CLOSE.

ENCLOSED IS \$60 APPLICATION FEE.

PLEASE NOTE: Re: AUSTRALIAN 6 DAY RACE COLAC INC.

No fares or expenses, as applied in 1994 will again prevail.

It will be YOUR responsibility to get yourself to the start of the race if selected.

The entry fee of \$60.00 is payable with the application form.

Prize money for this year has not yet been arranged.

While we will endeavour to obtain crew people, NO guarantee can be made that they will be available.

1994
**AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIPS
AND
QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS**

DATE: 48 HOUR - THURSDAY 2 JUNE TO SATURDAY 4 JUNE.
24 HOUR - FRIDAY 3 JUNE TO SATURDAY 4 JUNE.

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

TIME: 3PM START FOR BOTH EVENTS.

PLACE: LOTA PARK
THE ESPLANADE
LOTA - BRISBANF

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

TRACK: 400 METRES, GRASS.

FACILITIES: CLEAN TOILETS, 240V POWER OUTLETS, FLOOD LIGHTING,
LEADER BOARD. KITCHEN FACILITIES & HOT SHOWERS 200 METRES FROM
TRACK.

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

NAME:

ADDRESS:

DATE OF BIRTH: / /

SEX: _____

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

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

NEXT OF KIN - NAME AND PHONE NUMBER:

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

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

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

91.

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

[1] NO PACING ALLOWED

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

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

[4] INSIDE LANE IS FOR RUNNERS ONLY.

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

DECLARATION

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

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

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

SIGN

DATE

PRINT NAME

PLEASE NOTE

(1) There are limited facilities at the track, toilets and cold showers. Limited number of 240v outlets.

(2) Kitchen facilities, hot showers and a quiet warm spot for your sleeping bag are available at the Police Youth Club, 200 metres from the track.

(3) The park is not a sports field and the track is set out through some small groups of trees.

(4) This will probably be the most picturesque track you have competed on. One side is within two metres of the sea with sweeping views across Moreton Bay.

(5) Accommodation is recommended at the Waterloo Bay Hotel, phone number is on the enclosed map.

(6) No camping is allowed on the ground the night before the event. Tents may be set up throughout the event.