

ULTRAMAG

Vol 9, No.1

PART TWO

March, 1994.



Peter Gray & David Standeven in the 1993
Australian Six Day Race at Colac.

AUSTRALIAN 48 HOUR TRACK RANKINGS

1	Brian Smith	V	382.200Km	Colac 6Day	Nov89
2	Graeme Woods	Q	364.238Km	Aberfeldie	23/25Jan88
3	David Standeven	36 SA	350.400Km	Colac 6Day	Nov88
4	Joe Record	46 WA	350.000Km	Colac 6Day	Nov88
5	Bill Beauchamp	43 V	347.147Km	Aberfeldie	23/25Jan88
6	Maurice Taylor	NSW	340.400Km	Colac 6Day	Nov89
7	George Audley	52 WA	335.000Km	Perth	16/18Oct87
8	Ian Javes	48 Q	330.800Km	Campbelltown	18/24Nov90
9	Ron Hill	47 V	327.334Km	Aberfeldie	23/25Jan88
10	Keith Fisher	22 V	324.834Km	Perth	16/18Oct87
11	Bob Burns	49 Q	323.418Km	Brisbane	22/24May92
12	Peter Gray	29 V	321.245Km	Brisbane	4Jun93
13	George Perdon	63 V	318.800Km	Colac 6Day	16/22Nov87
14	Brian Bloomer	45 V	316.400Km	Colac 6Day	24Feb86
15	Barry Brooks	47 V	312.845Km	Aberfeldie	23/25Jan88
16	Graham Medill	41 Q	312.629Km	Queensland	30Jun89
17	Cliff Young	62 V	312.000Km	Colac 6Day	26Nov84
18	Bob Bruner	49 V	311.205Km	Perth	16/18Oct87
19	Tony Rafferty	48 V	301.200Km	Colac 6Day	24Feb86
20	Ross Parker	38 WA	300.950Km	Perth	16/18Oct87
21	Gerry Riley	56 V	295.600Km	Colac 6Day	24Feb86
22	John Breit	30 V	290.766Km	Aberfeldie	23/25Jan88
23	Greg Wishart	49 V	288.183Km	Aberfeldie	23/25Jan88
24	David La Pierre		280.870Km	Brisbane	4Jun93
25	Tony Collins	43 NSW	280.000Km	Campbelltown	18/24Nov90
26	Patrick Farmer	26 NSW	278.800Km	Colac 6Day	Nov88
27	John Champness	46 V	274.834Km	Aberfeldie	23/25Jan88
28	Brian Colwell	41 NSW	274.800Km	Campbelltown	18/24Nov90
29	Garry Clark	WA	273.442Km	Perth	16/18Oct87
30	Alan Croxford	WA	271.735Km	Perth	16/18Oct87
31	John Timms	50 Q	270.245Km	Brisbane	22/24May92
32	Peter Richardson	23 V	265.709Km	Aberfeldie	23/25Jan88
33	Bruce Donnelly	Q	259.200Km	Campbelltown	18/24Nov90
34	Bob Marden	33 NSW	256.000Km	Colac 6Day	24Feb86
35	J Lewis		254.800Km	Campbelltown	18/24Nov90
36	Keith O'Connell	51 NSW	253.200Km	Campbelltown	18/24Nov90
37	Lindsay Phillips	26 Q	252.000Km	Campbelltown	18/24Nov90
38	Geoff Hook	41 V	249.600Km	Colac 6Day	24Feb86
39	Shaun Scanlon	48 NSW	244.222Km	Brisbane	22/24May92
40	Graham Firkin	53 NSW	241.600Km	Campbelltown	18/24Nov90
41	Robert Channells	NSW	240.400Km	Campbelltown	18/24Nov90
42	Stan Miskin	62 V	239.717Km	Aberfeldie	23/25Jan88
43	Ron Grant	47 Q	236.400Km	Campbelltown	18/24Nov90
44	Dave Scott	WA	233.742Km	Perth	16/18Oct87
45	Mike Thompson	WA	231.000Km	Perth	16/18Oct87
46	Stephen Dunn	21 SA	217.612Km	Aberfeldie	23/25Jan88
47	Kevin Mansell	NSW	215.600Km	Colac 6Day	Nov89
48	Greg Hillier	32 SA	215.317Km	Aberfeldie	23/25Jan88
49	Nick Read	38 ACT	213.642Km	Queensland	30Jun89
50	Brad Boyle	30 NSW	213.200Km	Campbelltown	18/24Nov90
51	James Hume	56 V	212.108Km	Aberfeldie	23/25Jan88
52	John Peterson	73 Q	211.227Km	Queensland	30Jun89
53	Peter Pfister	46 V	203.200Km	Colac 6Day	24Feb86

AUSTRALIAN 48 HOUR TRACK RANKINGS

54 Dave Taylor	40 NSW	200.800Km	Campbelltown	18/24Nov90
55 David Holleran	34 Q	182.738Km	Caboolture	22/24Jun90
56 Charlie Wakefield	37 V	170.443Km	Caboolture	22/24Jun90
57 Barry Stewart	59 Q	136.175Km	Brisbane	22/24May92
58 Gavin Bazeley	30 Q	97.200Km	Brisbane	22/24May92

WOMEN

1 Georgina McConnell	50 NSW	302.275Km	Brisbane	4Jun93
2 Helen Stanger		287.200Km	Campbelltown	18/24Nov90
3 Dell Grant	37 Q	268.824Km	Caboolture	22/24Jun90
4 Cynthia Herbert	V	261.200Km	Colac 6Day	Nov88
5 Wanda Foley	45 NSW	243.200Km	Campbelltown	18/24Nov90
6 Eilleen Lush	40 SA	235.824Km	Aberfeldie	23/25Jan88
7 Val Warren		226.400Km	Campbelltown	18/24Nov90
8 Val Case	53 Q	220.143Km	Caboolture	22/24Jun90
9 Lucille Gladwell	NSW	205.600Km	Campbelltown	18/24Nov90
10 Merrilyn Tait	V	187.200Km	Colac 6Day	Nov89

Rankings can only be taken from race results. This includes any splits included in the results. Splits from lap sheets are not accepted if they are not in the results.

Any queries on this matter contact AURA (Geoff Hook)

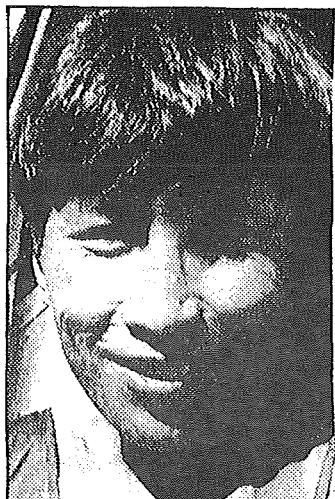
A NOTE REGARDING RANKINGS

Gerry Riley has done a great job looking after our track rankings over the years. We thank Gerry very much for his dedication to a difficult and time consuming job.

We wish to point out that Gerry does not provide ranking lists for members' own use. These lists are only provided to race organisers and the Magazine editors. Also, submissions from individuals relating to split times or distances from their lap sheets cannot be accepted. Only official results produced by race organisers can be accepted for inclusion in our ranking lists. If split times or distances are not being included in the official results, you need to lobby your race organiser.



Kevin Tiller in the London to Brighton in the UK, assisted by his wife.



Marat Jilanbaev

A desert runner's odyssey

ONE pair of feet had every right to be spending Christmas soaking in the ocean at Bondi Beach yesterday.

The feet in question belong to Marat Jilanbaev, a 30-year-old father from the coal-mining town of Ekibastuz in northern Kazakhstan, who likes to run across deserts.

He has just spent 22 days running 1600km across Australia's meanest desert in summer with no more support than a Russian coach with a four-wheel drive and a map.

He had done the Karakum Desert (1200km) and the Sahara Desert (1700km) leading into his attempt on the Great Victoria Desert which stretches between Alice Springs and Kalgoorlie.

"We decided on an Australian desert this time because it is Marat's idea to run around the world next year, but he will only go through Asia, Europe, North America, Japan and China, and we wanted to include Australia in some way," Jilanbaev's coach Fedor Sklokin said in Sydney last week.

They had originally intended to make the odyssey in spring, as they had the successful crossing of the Sahara from north to south, but were delayed by financial difficulties.

But once the finances were available they did not want to wait for cooler temperatures.

"In Karakum and Sahara the typical temperatures were 30 to 35 degrees but here it was 36 degrees at night and 41 degrees during the day in Australia," Sklokin said.

Nevertheless, they set out at 6am on November 24 from Curtin Springs, just east of Uluru (Ayers Rock).

Jilanbaev ran from dawn until lunchtime each day, rested until 4pm and then ran again until dark, averaging a staggering 75km a day. Sklokin served as driver, coach, medic and cook.

Sklokin, a former international ultra-marathon runner, said they considered running at night but the difference in temperature was small and after the first week there was no moon to light the way.

Compared with his misadventures in the Karakum, where he was mauled by dogs on the Afghani border and arrested by guards for carrying a KGB issue map, it was a remarkably smooth journey.

The most notable hitch occurred on the third day when Sklokin became bogged in soft sand after going ahead to set up camp for the night.

"I made a mistake because I wasn't so experienced with the sand but some Aboriginal people helped me out of the hole," he said.

They arrived unheralded in Kalgoorlie on December 15, setting a Guinness Book record for the desert crossing.

— NICOLE JEFFERY

Sunrise is no time to sleep! KELLY MADDEN reports on the 'dawn patrol'

SNUGGLED comfortably under the doona in the hours before dawn, it is hard to imagine any reason to poke your toes out and face the world.

But for many Tasmanians the hours before the sun rises are the most important part of their day.

Early-morning jogger Alan Rider, of Lauderdale, likens the spectacle of the sun rising to an almost spiritual experience.

He says he enjoys the quiet, human time when people are without the technology that clutters their daytime lives.

Rider, who rises between 5am and 5.30am, says he usually reads for about an hour before embarking on his daily run.

"I look up from the pages of the book and the change in the colour of the sky is just incredible," he said.

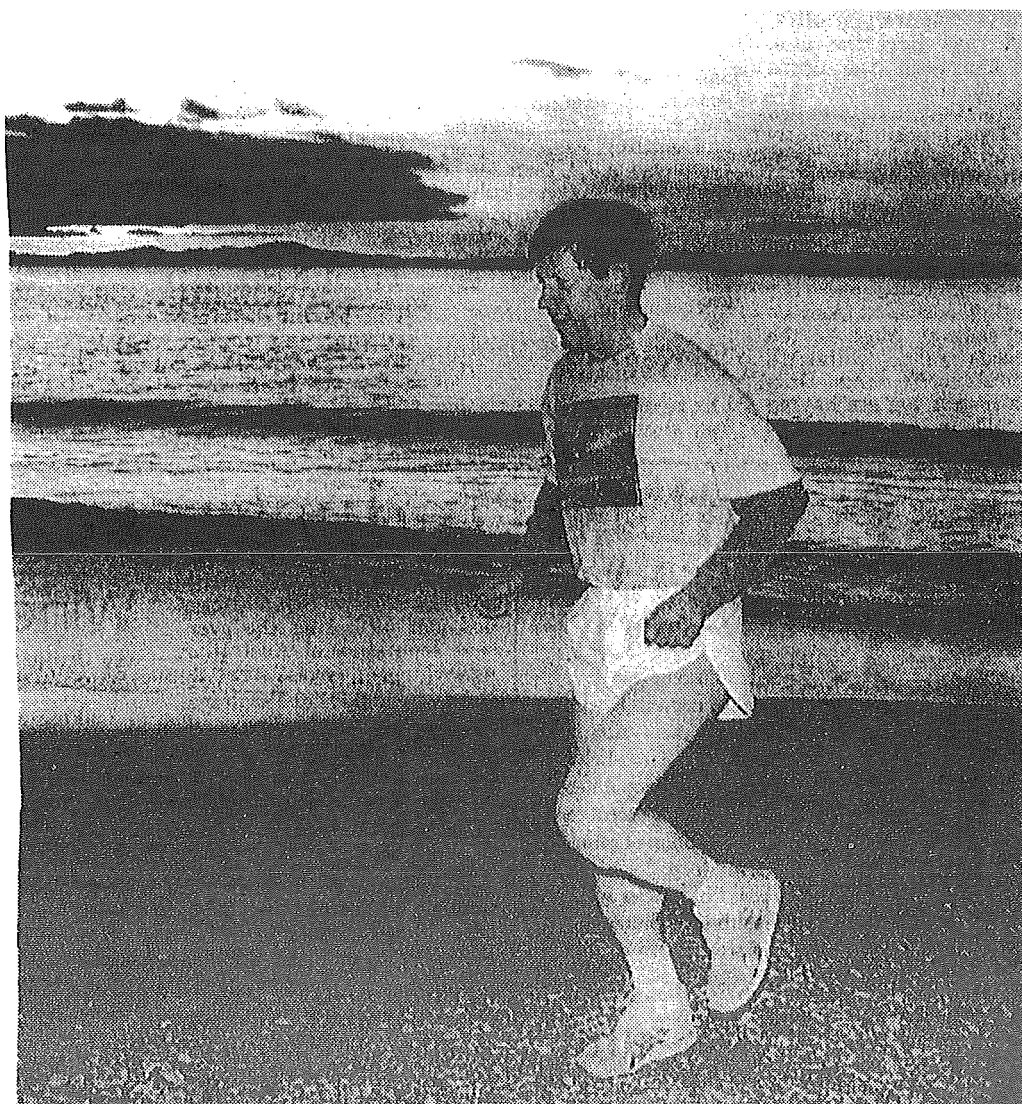
Running along Lauderdale Beach is a social occasion for Rider, and he often meets the same people who are happy to have a quick chat.

But not so friendly are the plovers who swoop down to liven up the morning and give him a bit of sprint training.

THE SUNDAY TASMANIAN

OCTOBER 24, 1993

● BELOW: Jogger Alan Rider likens it to a spiritual experience.



Runner defies snakes, lions and shooters

THE COURIER November 29, 1993

SPORT

THE Angeles Crest 100-mile Endurance Run is regarded as the most mountainous ultra-marathon race in the world — and one of the most formidable.

The event demands that runners carve their way through 165km of wilderness, running without break through day and night, extreme heat and numbing cold.

So mountainous is the course that those runners who make it to the finish line cover climbs and drops the equivalent of scaling Mt Everest and returning to sea level.

It is little wonder then that finishing the race is considered a highly prestigious achievement.

In the seventh annual running of race (held on October 9-10), West Preston runner Kevin Cassidy became the first Australian to take on the Angeles Crest challenge.

Fewer than half the 117 starters completed the course. After 31 hours and 40 minutes of torturous grind, Cassidy was among them.

He spoke to WARWICK GREEN about the Angeles Crest experience.

WHILE sloggng his way along perilous mountain tracks in the early hours of the Los Angeles morning, sombre thoughts drifted out of the inky blackness and into Kevin Cassidy's mind.

"I wondered whether it was going to be my last night on earth," Cassidy said.

It was as black as Hades, and Cassidy's feet, legs and mind were all going through their own private hell.

He was a little more than halfway through the Angeles Crest 100-mile Endurance Run, but the real test of his mettle was just beginning.

Cassidy later recalled: "Blisters were killing me and my quads were really starting to suffer; the constant thumping of down, up and down had turned my running style into what must have looked like a survival crawl."

"It was pure agony and there was still 42 miles to go."

Believe it or not, this was one of the more bearable stages of the race.

ABOUT 19 hours earlier Cassidy had set out. The race began at 5am in Wrightwood, a town 1800 m

(6000 ft) above sea level.

In a pre-race meeting he had been warned about some of the perils of the event, which included rattlesnakes, mountain lions and — being hunting season — deer hunters supposedly willing to take a pot shot at anything that moved.

SPORT
93
STAR

But the most immediate threat to Cassidy's dream was the problems created by high altitude; conquering mountains which peaked as high as 3000 m (9600 ft) and were well above the height of any Australian mountain.

"As far as altitude training goes, there wasn't much I could do to prepare myself for this race short of skipping rope at the top of Mt Kosciuszko — and even that wouldn't have been high enough," Cassidy said.

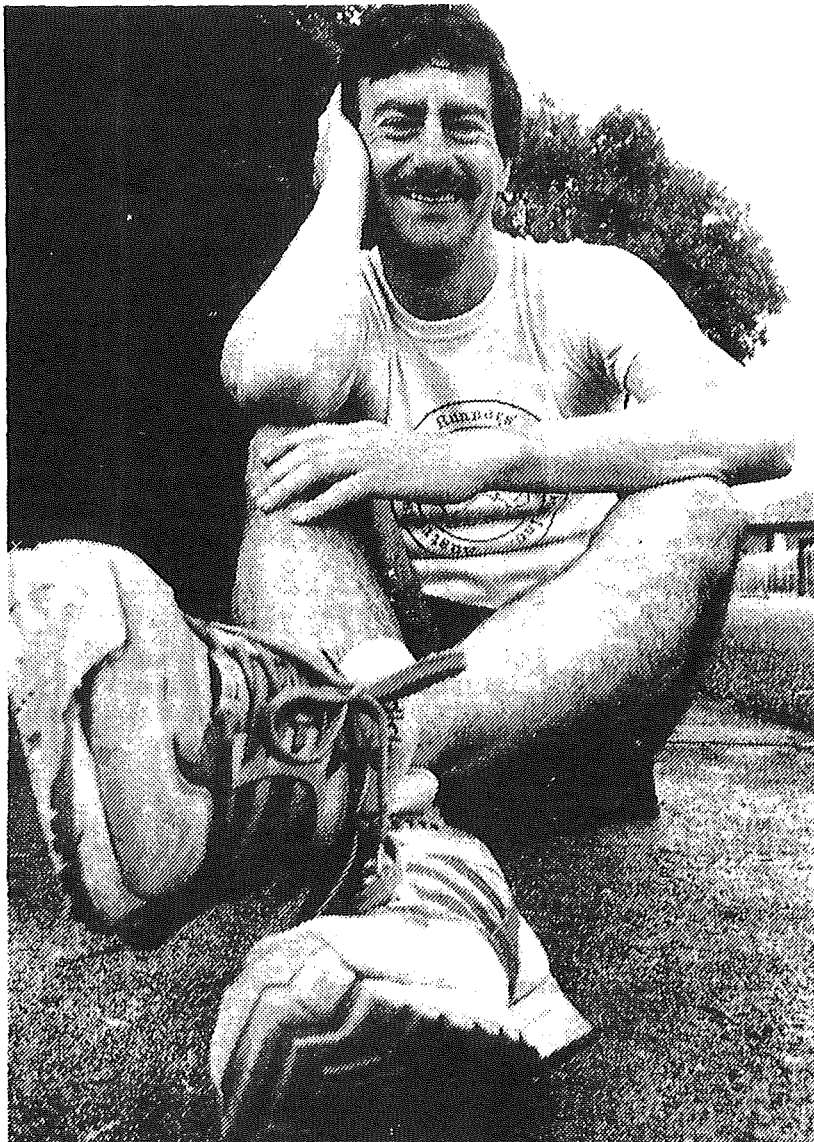
The problems posed by high altitude quickly became apparent in the first 30 miles, which included the three highest mountains of the course.

Cassidy soon learned how rapidly dehydration is accelerated at high altitude, although he managed to keep his body weight up with a constant intake of fluid, fruit and energy bars.

But other effects kicked in.

"My ears started ringing, and I felt a little dizzy. My watch began to get a tight as my hands and wrists swelled up," he said.

As he descended the last of the three mountains, reaching the 38-mile mark, Cassidy felt "almost ready to die". He later identified this as one of two points in the race where his will to



● Sole mates: Kevin Cassidy gives his feet a well-earned rest after the Angeles Crest 100-mile Endurance Run.

321LA665

continue was most severely tested.

This was because, contrary to what the novice runner might think, Cassidy often found scrambling down hill more taxing than climbing up hill.

"The continuous and steep descents down hill take their toll on your quads, and you find that your legs start to buckle under you," he said.

By the 50-mile mark (13 hours into the race) the hot sunlight had begun to fade as Cassidy reached an aid station nicknamed The Twilight Zone. This was because most runners reached this point at or near dusk.

But the race did not stop for nightfall. Cassidy simply donned a long-sleeved top and gloves and strapped a pencil flashlight to his wrist to illuminate what lay ahead.

Running by torchlight might seem perilous enough, but it becomes even more difficult when you are utterly fatigued and there is a sheer and fatal drop to one side of the running path.

Cassidy said the runners were engulfed by absolute darkness, save for a tiny pool of artificial light three feet in front of them.

"It's quite amazing really. Every now and then you'd see a flashlight bobbing up and down in the distance. But the most difficult part is your body just wants to go to sleep," he said.

Cassidy made it through the night and into the dawn of another running day without mishap. But he later conceded that he struck the biggest mental barrier of the race at the 74-mile mark.

"I could have laid down and died. I would've been happy for a truck to come along and run over me," he said.

But he was determined to finish. It was a race he had known about since it began in 1986 and which beckoned to him from the pages of running magazines ever since.

It has become his dream and he was not prepared to let it slip from his grasp now that a finish was only a matter of hours away.

"The course destroyed every part of me apart from the desire to finish," he said.



WANDA Foley — there is no slowing her down on the ultra-marathon trail.

Wanda leads a quiet life except when on the road

By Vince Habermann

FAR from the sleepy surrounds Baffle Creek, Wanda Foley again rose to national prominence with a heroic effort in the recent 1993 Hungry Jack's Whopper Marathon from Albany to Perth.

Foley did not make it to the end of the 550km torture — she wanted to go on but succumbed to a painful ankle injury after completing 416 kms.

But there was no hint of a well-earned rest — it was straight back to the farm (which she operates with her husband Mark) to tend to their orchard of fruit trees and a small herd of cattle while righting her injuries for her test.

Wanda is better known on the endurance running scene than in the local area.

She and Mark settled at Baffle Creek in January after both taking redundancy packages from ABC Radio in Sydney where they had worked in program resources for 14 years.

The pair had been coming to the area for holidays for 11 years and loved the lifestyle and Wanda now thrives on her weekly training routine of around 120km on the hot and dusty district roads.

As the first runner released by the handicapper in the race, she received National television coverage but back home, she said that the locals had taken a while to get used to her.

"When we first moved here, I raised a few eye brows — they had never seen a runner before and people would give me weird looks, then they would stop and offer me a lift — after that they would toot and wave but now they slow down so that I miss the dust," she said.

"Coming back from town, I would get out of the car and run home from Rosedale and the locals thought that we were mad but

Marathon

gradually the word got around that we were okay."

The Foleys are now Queenslanders through and through and Wanda revels in the heat.

"Actually, we did a lot of tourism work during the run," she quipped.

The 47-year-old mother of three is normal in most ways — she enjoys fishing, aerobics, swimming, travelling, reading, going to the movies and vegetable gardening.

So what drove her to ultramarathon running?

Foley first started running eight years ago to keep her weight down but then she stepped it up to her first marathon.

"I completed it in 3¾ hours and wondered just how much further I could go," she said.

"A few friends said that I was too little and couldn't do it, so I had a point to prove.

"I was not fast enough for marathons — it was an endurance thing, speed is not my forte and ultramarathon is a very compact community."

Foley has since contested 25 marathons and 35 ultra marathons with her best effort, completing 702km of a Sydney to Melbourne ultra marathon before an injury enforced withdrawal.

This was the second year that she had been invited to run in the Hungry Jacks event.

"I am pleased to do the run for such a worthy cause — with the Hungry Jacks sponsorship and donations from passers by, we raised \$32,000 which was pleasing — I wanted to keep going as far as possible to raise money but it was like having a red hot poker inserted in my ankle and I was reduced to walking in the end.

Prior to taking up the challeng-

ing sport, Foley was inspired by the deeds of dual Sydney to Melbourne winner Cliff Young.

"He is 71 and slowing a bit but we have run several races together — but he does not like females beating him," she said.

And there is no end in sight for Foley.

"A lady in America is still running at 70 years old and as long as my health stays good, I would like to think that I will be still running then too."

The Sydney to Melbourne event has been put on hold due to a lack of sponsorship, so her next major mission is another crack at next year's Albany to Perth Whopper.

Also on the agenda are a Nanango 50km trial run in December and a Queensland 48 hour titles in Brisbane in June.

Another ambition is getting more women involved in the sport.

"It is a really social sport and it isn't that hard — it is a case of to each his own and you have your mood swings and get down but that passes and you get your second wind and away you go again.

"I would like to get a running group in the area — the council is promoting health and fitness and it would be good to help organise a community event in town to raise money for someone — Rosedale has got a good running track," she said.

Her husband Mark has been her most loyal supporter.

In training, he drives the utility behind her with the cattle dog and the picnic basket.

"During the races, you get faithful support from the crew but without Mark, it would not be possible — Mark is actually faster than me but there are no service stations along the roads where I train, so he follows with the picnic basket, and the dog takes turns running or getting a ride in the car."

Eleven miles from the finish and with only downhill running ahead, Cassidy realised for the first time

that he was definitely going to get to the line before the 33-hour cut off.

Soon he could "smell the finishing line" and not long afterwards he entered the carpark where the agony was scheduled to end.

An amplified voice floated to him announcing "Kevin Cassidy of Australia" and somehow Cassidy mustered an attempt at a finishing spurt.

It had taken almost 32 hours, but the former Coburg Harriers middle-distance runner had achieved his goal.

"It was the hardest race I've been in by a long way," Cassidy said. "I went over there expecting it to be the toughest and it was all that and more.

"For all the pain and all the hurt it was worth it just for that one moment of glory."

WEEKS after the race and back in Australia, Cassidy could finally bring himself to look at his running gear again and contemplate his next challenge.

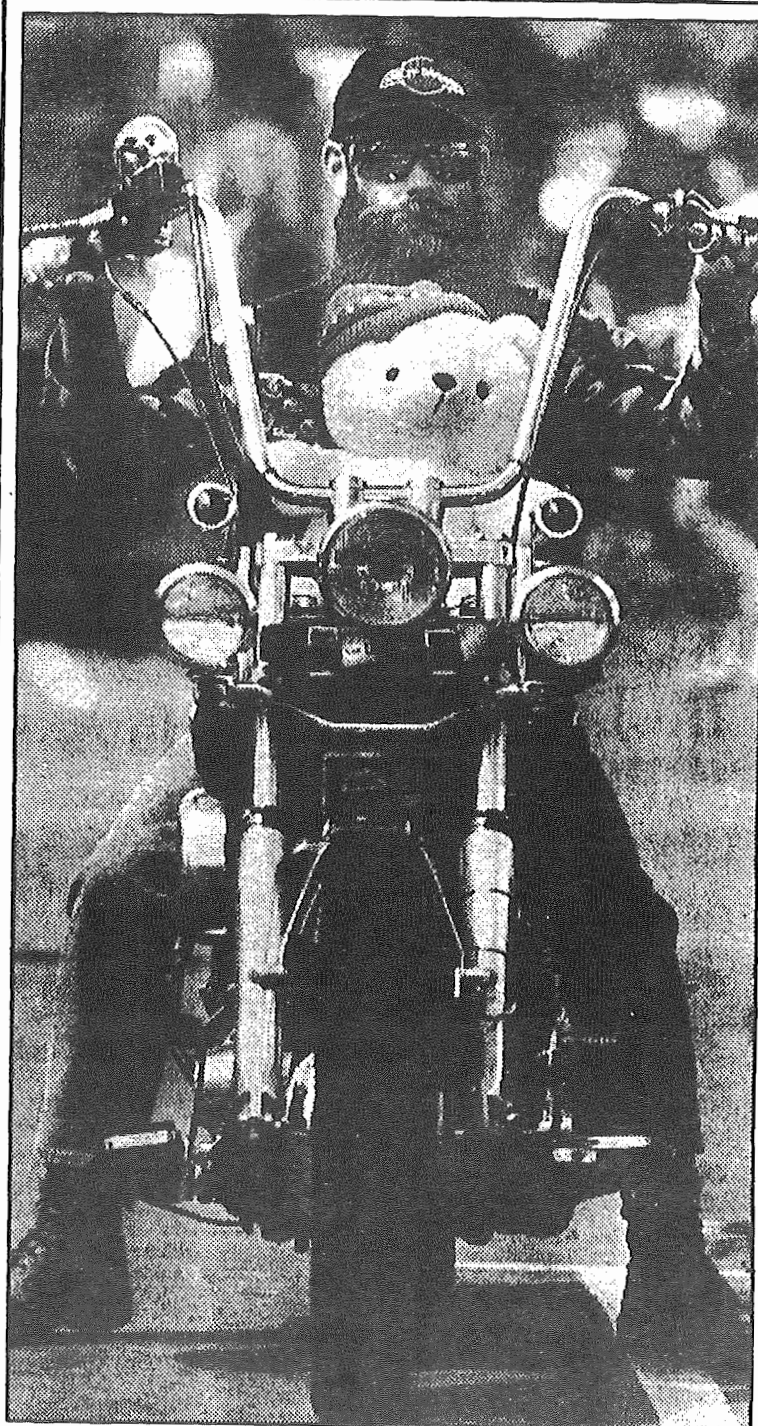
The dead skin from blisters was still hanging off his feet, but still he was considering the possibility of one day running in the Wasatch ultra-marathon in Utah next September — the only event rated more difficult than the Angeles Crest.

There are some other smaller challenges to be found in Australia, such as the Cradle Mountain event in Tasmania and the Bogong to Mt Hotham race in Victoria.

Cassidy has run them before and is usually a top-10 finisher.

But whatever challenge he takes on, one thing is certain — he will need a new pair of running shoes.

The air-bubble sole in his Nike Air Max shoes was deflated by the rigors of the Angeles Crest 100. But Kevin Cassidy's enthusiasm for ultra-distance running was not.



Hittin' the road for the kids

Toy run ... top ultra marathon runner Brickley Hepburn will be in a different type of run next month when he travels around Geelong's major centres with the South Coast Harley Owners to collect toys for underprivileged children.

On Sunday 20 members of the group turned out at a special toy collection day at the Separation St, North Geelong, 7 Eleven store.

And 700 of the 1000 7 Eleven showbags were exchanged for new

toys. The remaining 300 can still be exchanged for a new toy.

Southcoast Harley will run a Christmas party at Deakin University with the Rotary clubs of Geelong for 3000 invited children. The Toy Run will provide toys.

The next run is on December 5 from 11am at Southcoast Harley in Gordon Ave, Geelong West. All bikers are welcome. Further details from Sandy Hallam on 29 1515.

Picture: GLENN FERGUSON

Dave battles agony to set record

"I've never been in so much pain in all my life as I have been in the last four days."

These were the words uttered by ultra marathon runner Dave Holleran, from Lota, after completing the 1100km Mackay to Manly run.

Holleran, 37, beat Ron Grant's record by three hours and 15 minutes on Thursday morning, covering the distance in 12 days, 1hr and 45min.

"We did it comfortably," he said. "Except for the sore feet, I have no muscle soreness, just cracked lips from windburn."

Holleran also beat Grant's 1000km record (11 days, 11hrs) with a time of 11 days, 9hrs and 14 min.

He jokingly said he timed it to finish at Grant's old house at Caboolture "just to rub salt into the wound".

"That was the most satisfying — breaking the 1000km record — then we knew we had it in the bag for the other record," he said.

For Holleran, the run was an adventure in itself and a strong test of mental discipline.

He battled heavy traffic, scorching heat, tropical storms, bushfires and unrelenting terrain.

On a physical level, he endured sleepless nights, dehydration, blistered feet and diarrhoea.

"The conditions were horrific but I had prepared my mind for everything that was going to be there," Holleran said.

When asked if he ever felt like quitting he said: "It never crossed my mind to quit. The only thing that crossed my mind was by how far I could beat Ron's record."

He said he covered an average of 80km a day and had to ice his feet four to six times each day.

After two days his feet swelled up and he had to go from a nine and a half shoe size to an eleven.

He said there were plenty of snakes in the canefields around Mackay and he had a frightening encounter in a crocodile infested area.

"I went for a swim in a waterhole and when I got out I thought I saw a goanna coming out of the water," he said. "It turned out to be a croc which scared the life out of me."

Holleran also had problems with traffic, including getting clipped by a passing car and a shaky experience with a truck.

"A truck overtook another truck and came within a whisker of me," he said.

"It lifted me clean off the road and into a ditch."

Holleran came up against another unexpected hitch just outside of Maryborough where he was pulled up by the police.

"They wanted my ID, this was at 4.30 in the morning, and wanted to know what I was doing.

"I explained it to them but they still took down all my details and never accepted it at face value," he said.

Holleran virtually lived on aspirin during the run and drank nine litres of cordial in six days to maintain his energy level.

On the fourth day he suffered dehydration, causing his feet and fingers to swell.

"The next day I looked like someone from the Planet of the Apes", he said.

Holleran was on the road for 14 hours each day and the most sleep he got in one night was six hours.

He paid a special tribute to his crew of wife Kay and Janelle Hall.

"They were simply wonderful," he said.

"Whenever I was in pain they just pushed me on and kept me going and wouldn't give me an ounce of sympathy.

"We managed to do the run with a minimum of fuss and the media coverage we received along the way was incredible.

"The support was absolutely amazing. I really didn't deserve all the support I got."

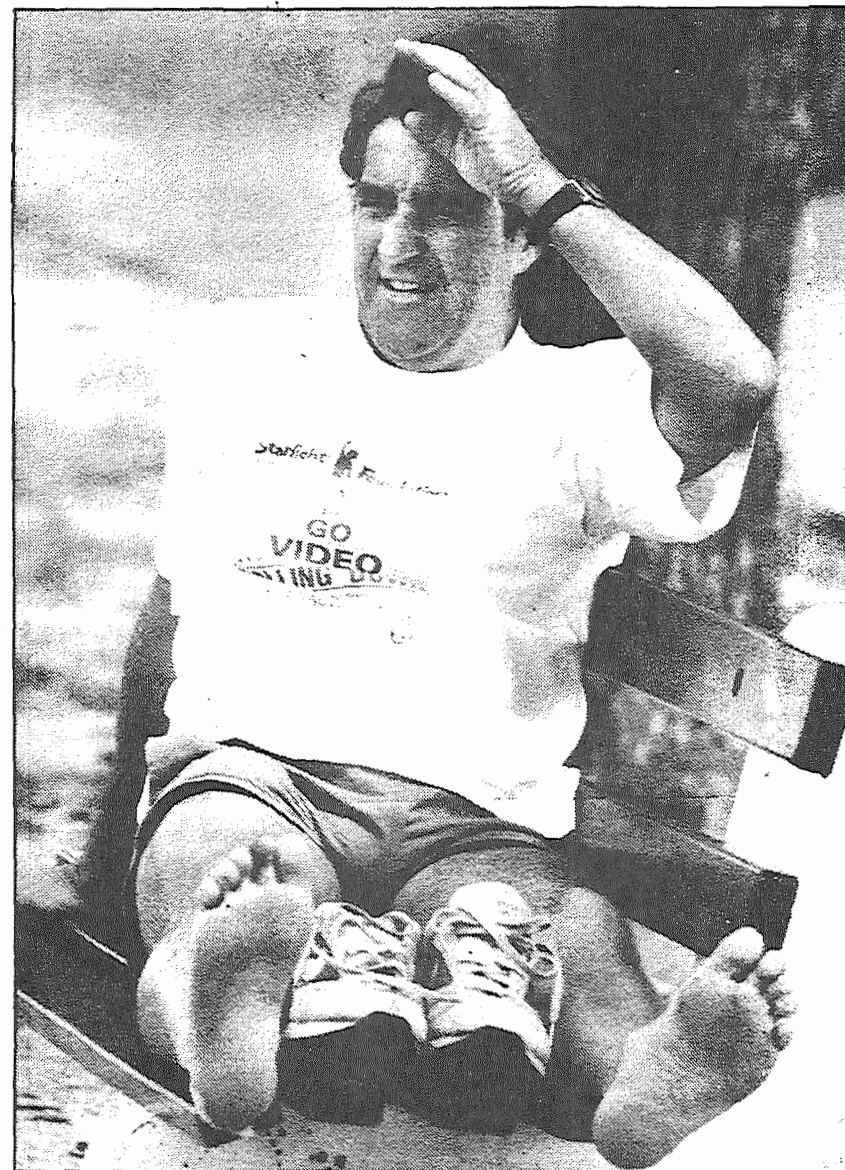
Holleran raised about \$4000 for the Starlight Foundation, a Sydney-based children's charity.

He also topped off the week by winning the Ultra Marathon Race Series for Queensland with 72 points.

"It's been a hell of an experience and it will keep me in good stead for a world record I'm attempting in March," Holleran said.

But he won't talk about this project.

"There is a bit of State rivalry involved and at this stage I don't want the southerners to know about it," he said.



• Ultra marathon runner Dave Holleran takes a breather after completing the 1100km Mackay to Manly run.

Harry a dedicated athlete

Port Macquarie News Part of local living

If application, dedication and perseverance are the prerequisites for an athlete to be successful, then Harry Clements is a shining example for any young person who is aspiring to be competitive.

Transferred to Port Macquarie several months ago as manager of Coca-Cola, Harry has a wealth of experience in organising and competing in ultra-distance races. His background reads like a "been there and done that" novel.

Born and raised in Sydney, Harry showed no particular talent or interest in athletics at school.

This interest developed later from being involved in social running clubs.

From that unusual beginning, a formidable and impressive list of achievements has emerged.

These include:

- * City to Surf competitor 14 times.

- * Competed in the 1988 Sydney to Wollongong 80km road race.

- * Was a representative in the Westfield Sydney to Melbourne run of 1991, covering the creditable distance of 874kms.

- * Competed in numerous 12 and 24-hour track runs.

As well as competing, Harry has been prepared to put in to the administration side wherever he has been stationed with his job.

He has organised 12-

hour races in Griffith and other areas of the state, and been involved with local running clubs in each town that he has resided in.

Currently he is a member of the Australian Ultra Runner Association covering Australian and overseas events. This association keeps Harry's enthusiasm high, as his cur-

rent plans are to run around Tasmania next August in an event that will try out the most dedicated runner.

This will necessitate training in the order of 200 to 250kms a week to provide the endurance required to stay with the pack.

Another immediate aim is to organise ultra-marathons for the

Hastings. Harry has embraced the concept of Coca-Cola's involvement at the Port Gift by discussing a novel and interesting running event that will have spectators involved.

Come January 15 at the Port Gift at Oxley Oval, Harry's input is sure to be a 100 per cent effort.



[] Harry Clements shows a clean pair of heels to Kevin Portch.

Libs pick Werriwa candidate

Sydney Morning Herald - Sat. Jan. 1st. 1994

By BERNARD LAGAN
in Canberra

The Liberal Party is expected to name a Campbelltown businessman, Mr Charles Lynn, today as its candidate for the January 29 by-election in the Federal seat of Werriwa.

The Leader of the Opposition, Dr Hewson, who announced this week that the Liberals had reversed an earlier decision not to contest the by-election, is expected to make the announcement in Campbelltown this morning.

Mr Lynn, the chairman of the Campbelltown Chamber of Commerce, stood unsuccessfully as the Liberal candidate for Campbelltown in the 1991 State election and later resigned from the party. He also stood, again unsuccessfully, as an Independent in the Campbelltown City Council elections.

Mr Lynn is understood to have rejoined the Liberal Party two months ago. He is a former Army officer and has organised marathon races and adventure tours. He had no comment yesterday.

There has been a week of uncertainty and speculation surrounding the Liberals' candidate for the by-election, caused by the retirement of Labor's Mr John Kerin.

The Liberal Party would require a swing of at least 15 per cent to win the seat, which is considered safe for the ALP. The Labor candidate is the Mayor of Liverpool, Mr Mark Latham.

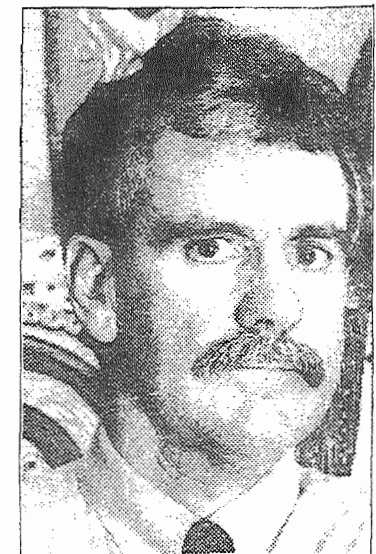
The Liberal Party's NSW branch decided on December 6 that no candidate would be run in the seat, but after Federal MPs and Dr Hewson intervened, the decision was reversed last weekend.

Senior Federal Liberal MPs,

including Mr John Howard, argued that the Liberals could expect a strong swing against the Government in the by-election and should run a candidate.

Mr Lynn did not face a normal preselection meeting but was selected by the NSW Liberal Party's management committee because of the short time set by the Government for the holding of the by-election, the first of three it faces as a result of retirements from Parliament.

Senator Bronwyn Bishop is favoured to win the NSW seat of Mackellar, after the expected retirement on January 14 of the Liberal incumbent, Mr Jim Carlton. But Labor is expected to hold the South Australian seat of Bonython later this year in a by-election caused by the retirement of a former Hawke Government minister, Dr Neal Blewett.



Mr Lynn ... expected to be named as candidate today.

The 1993 London to Brighton Road Race

(by Kevin Tiller)

Me and my lovely wife, Dawn, were planning a trip to the UK to visit relatives and friends - our first trip back since coming out to Oz almost 4 years ago. We picked September for no particular reason and booked our plane tickets. I then thought that as we were over there we might as well look for a race to run. I'd vaguely remembered the London to Brighton being on at vaguely that time of year. Some investigations turned up with the date of 3rd October. Our tickets out were for the 2nd but this was easily changed till the 4th. "Contacts" managed to get an entry form to me, which was sent back to the UK before the deadline and I was in !

1993 saw me running just about as much distance as I my body could stand, whilst still keeping some speed work in there. I ran 6 standard marathons or ultras in the months preceding the race as well as short stuff including a 10Km pb of 36:06, a 1:21 half marathon and a 2:49 marathon in late August just before my departure. I was well impressed with this form and knew that I was in shit-hot shape. My training of at least 100Km a week, but most often 120-130 Km with a high of about 160Km since the previous December had paid off handsomely.

After my 2:49 I caught a bad cold, moved house and went to UK and spent 4 weeks dashing up and down the country with heaps of late nights. My steady routine had been decimated and in the 4 weeks prior to the race I ran about 5 or 6 times, mostly with my coming-back-from-injured wife. My longest run was for 2 hours the Monday before the race !

The morning of the race dawned dark and cold (as it was England). I picked up my race number and bought a T-shirt in a small backstreet around the corner from Big Ben. I had a poo in a corner of a car park (that's for Dale Thompson but the rest of you won't be interested). Most of the runners looked like 50 or 60 year old poms who wouldn't even make a standard 42Km marathon, let alone double that. Walked around the corner and up the road a bit. At 6:59am some mounties stopped the traffic and close to 150 runners jumped the barricades and prepared for the off.

We started on the 7:00am chimes from Big Ben and I had trouble running slowly (as usual) - I ran with the lead group through the first few miles before easing off slightly to make 10 miles (16Km), around Croydon, in 11th place in 1:07:47. I was running with a few fast South Africans and a couple of Botswanans. They had flew in on the Friday to run on the Sunday and fly home again on the Monday ! Alf Field, President of the Striders appeared briefly by the roadside to take a photo and then buggered off quickly. (Was I hallucinating ?). I continued, anyway, and slowed down a bit and made 20 miles (32Km) at Redhill in 17th place in 2:23:44.

By now the sun was up. I'd been in England 4 weeks and it had literally rained every day but one. Today was a stinker. Just my luck. My support crew would have been a big disaster, had not my wife

been there and knew exactly how to look after me. My father drove and thought initially all he had to do was drive to Brighton to pick me up. I said that he had to stop and give me drink and bananas and cheer me on. He thought every 10 miles would be OK until I said that every 2 was more to the point ! My mother-in-law came along to watch this peculiar form of self-destruction occur before her eyes and as it turned out she probably came away the most satisfied...

I estimate the marathon mark flashed by in about 3hrs 10mins, and 30 miles in 3:48:06. I had now slipped back to 25th place. There was a reason for this - my legs had seized up and I could barely stand up let alone run. My Dad shouted out "Hey Kev, have you passed anyone yet ? They all seem to be going past you !". I answered truthfully "Yep, there was a Botswanan lying back there on the kerb. He's a goner". Anyway, it turned out he was the only one I passed all day. All the old codgers came past just like there was no tomorrow.

It felt lonely out there, but I could always see a few other runners ahead and there were more than enough running by, and they were a friendly bunch although no-one got much more than a grunt from me. The support vehicles yelled out their support as we leap-frogged each other. Hell, it was actually quite a nice day and we went through quite a few sleepy English villages. Although the roads weren't closed to traffic, cars were never a problem.

Being a Strider, I continued to try my hardest and slog it out but I must confess to gross failure - I walked before I'd even dropped dead, just around the 40 mile mark in 5:29:40, a distant 34th which was a long way from the front of the pack by now. This bodily breakdown was probably due to my enthusiastic starting pace and I was now running exactly how Dawn had predicted about 15 miles back ! I scanned every horizon for each and every 5 mile mark. Five miles is a long way to run for a cup of water and a slice of orange but at least I could convince myself I was that bit closer to THE END.

The last half of the course is surprisingly hilly. Even the race director had said "hilly" knowing he could not get away with that old trick-word "undulating". The worst was yet to come, the 50 mile mark being on top of a hill, the highest point in the race. It was called Ditchling Beacon (part of the poorly-named South Downs). We'd been warned of this prior to the start, for it was a mother and it went up, up and UP ! There were quite a few supporters here, as the view was good, and you could be guaranteed to see some real basket-cases coming up the road. I made the top in 7:27:45 for 41st spot and was told the other classic lie which I didn't ever believe, not even for one minute : "It's all downhill from here, mate". I looked up, said nothing and shuffled off. Down the road I nearly wept. "If that's true then why can't I see the sea yet ? Why is there another valley and WHY DOES THIS ROAD GO OVER THAT F'ING HILL OVER THERE !!!"

Years and years of Sunday morning 30Ks came into their own as by now my brain was so fried by the sun and the rest of my body was so wretched and torn that I did the only thing I knew how: I huffed and I puffed and I shuffled and staggered all the way to the top of the next hill. From here, I could see the sea and it was a lovely blue and I could see the road and it was down all the way and I shuffled as fast as my little legs could damn well carry me.

I screeched down the road into Brighton and headed towards the sea as if nothing could stop me; everyone yelling out "Good on Ya", "Come on Aussie" and then I turned the corner to hear "Kevin Tiller..Sydney Striders" and then I stopped and I didn't even care about the time anymore or my position because it was all over and I had finished. I could stop running. I couldn't sit down because my legs were all done in but at least I could stop.

Male Results:

1.	Stephem Moore	Hertford AC (UK)	6:07:22
2.	Russel Crawford	Germiston (South Africa)	6:11:49
3.	Stewart Peacock	Rand AC (South Africa)	6:17:39
42.	Kevin Tiller	Sydney Striders (Aus)	8:20:25

Female Results:

- | | | | | |
|----|---------------------|---------------------|----------|--------------|
| 1. | Carolyn Hunter-Rowe | Pudsey AC (UK) | 6:34:10 | |
| 2. | Hilary Walker | Serpentine RC (UK) | 7:23:36 | |
| 3. | Patricia Bonner | Finch Coasters (UK) | 10:04:53 | (unofficial) |

Notes:

1. Total race distance is 55 miles (88Km).
2. Carolyn Hunter-Rowe had recently won the World 100Km championship in Belgium and Hilary Walker had just set the course record of running from Lhasa to Kathmandu (approx 14 days). I was well impressed by this.
3. Hilary hosted an overseas runners' get-together the Friday evening before the race at her house just a stone's throw from Harrods. South Africans outnumbered all other nationalities put together.
4. The official time limit is 9hrs 30mins but you can unofficially finish after this as long as you don't complain if you get run over. You can't complain if this happens before 9hrs 30mins either. Official finishers in 1993 numbered 79.
5. Entry forms are available from John Legge, 21 Station Road, Digswell, Welwyn, Herts, AL6 0DU, England. Telephone (043) 871 6508.
Race date is 1st Sunday in October (approx), closing date is likely to be around 1st week of September and it costs £15.



Kevin Tiller of Berowa, NSW, finishing the London to Brighton Road Race in U.K., 1993.

Nobby Young's Great Australian Walk

In Support of Life Education Centres

Proudly Sponsored by



Associate Sponsors



Nobby Young's Great Australian Walk

In Support of
Life Education
Centres



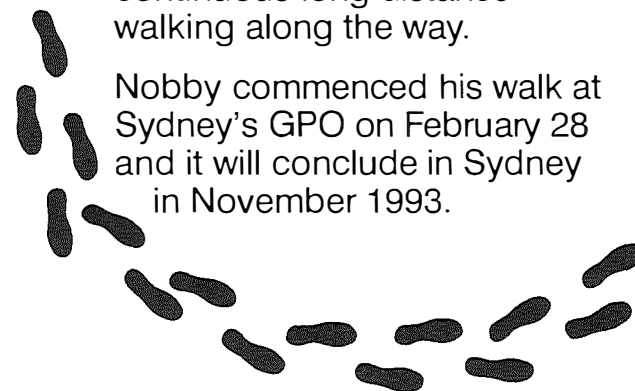
from anywhere to everywhere

Nobby Young's Challenge

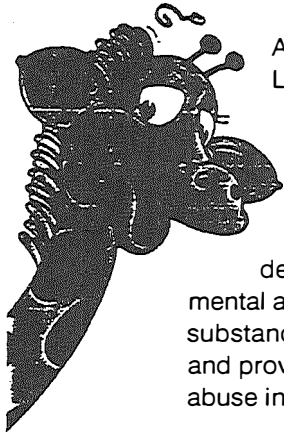
Nobby Young is challenging Australia's enormous size and often daunting landscapes on foot, walking right around the world's biggest island.

Nobby, an Australia Post employee, plans to walk 15,000 kilometres around Australia in just nine months to raise money for Life Education Centres, and to set a new world record for continuous long distance walking along the way.

Nobby commenced his walk at Sydney's GPO on February 28 and it will conclude in Sydney in November 1993.



106 For the Children A Great Walk



At 111 Centres across Australia, Life Education gives children, in the formative years from 5 to 12, an awareness of the human body and how it functions. This approach, pioneered by Life Education, demonstrates the physical, mental and emotional effects of substance abuse on the human body and provides a way to prevent drug abuse in later life.

Life Education will reach some 1 million children in 1993 with its programs.

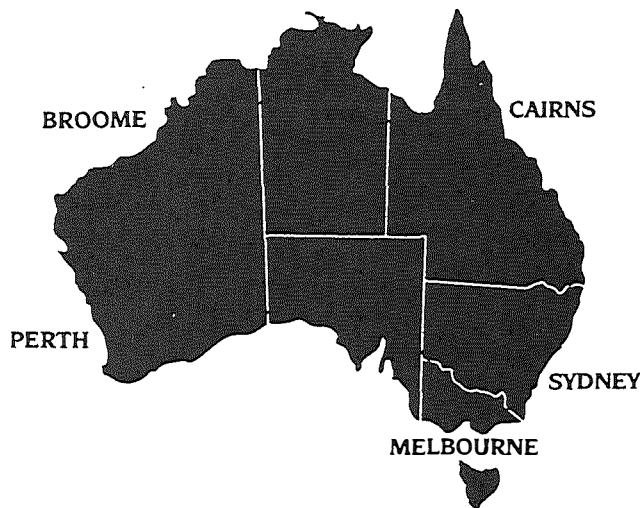
Nobby, an Australia Post employee for the last 21 years, believes prevention of drug abuse is a responsibility of the community as a whole. Australia Post has a long history of community involvement and in this spirit joins his efforts.

Through its sponsorship of Nobby Young's Great Australian Walk, Australia Post wants to help the drug education messages of Life Education Centres reach as many children as possible.

Nobby, a Postal Delivery Controller at Sydney's Gladesville Post Office, is testing his ability by attempting to walk an average of 55 kilometres a day for 274 consecutive days, completing 15,000 kilometres in nine months.

Nobby's route heads north from Sydney and up the coast of Queensland all the way to Cairns. From there, the route is west through the Northern Territory to Broome in Western Australia.

Nobby's journey continues south through to Perth. Next it turns east, through South Australia and Victoria, finishing back in Sydney in November.



The Support Network

Nobby's fund-raising trek is taking him through many cities and towns, visiting hundreds of the post offices and agencies that help make up Australia Post's national network of some 4,300 postal outlets.

The extensive network, through which Australia Post provides all Australians with a universal postal service at a low uniform price of 45 cents, is the heart-beat of the walk.

At each postal outlet, Nobby is meeting members of local communities and generating donations for Life Education Centres. If you would like to help, donations can easily be made at all post offices and agencies across the country.

Every dollar you give will go directly to supporting Life Education Centres throughout Australia.



"For 17 of the last 20 years I have walked the streets of Sydney as a postie. In my spare time I have run thousands of kilometres as an ultra marathon runner. Now, thanks to Australia Post, I can use my training to help make Australia a better place for children to grow up."

Nobby Young



Australia Post is proud to be the major sponsor of Nobby Young's Great Australian Walk, supporting a long-standing employee and an important community charity.



Help Nobby make it!

ON HIS SECOND LAP

To join Nobby Young and Australia Post in their support of Life Education Centres you can make your donation in person at your nearest postal outlet. Or simply fill out the coupon below and mail your contribution.

Donations over \$2 are tax deductible and 100 per cent of your contribution will be used to support Life Education Centres throughout Australia.

Every donation will make a difference to Australia's children.

Add your message of support and we will deliver it to Nobby during his walk.

NOBBY YOUNG'S GREAT AUSTRALIAN WALK

I want to support Life Education Centres.

Please accept my donation of \$ _____

Mr/Mrs/Ms _____

Address _____

Post Code _____

Cheque or money order payable to Life Education Centres is enclosed.

Or charge my

☐ Bankcard ☐ Mastercard ☐ Visa

Account Number _____ Expiry Date _____

Signature _____

Please address your envelope as follows and mail coupon to: **Nobby Young's Great Australian Walk**
Life Education Centres
PO Box 1571
POTTS POINT NSW 2011



What an amazing effort by our AURA mate and Sydney Striders member, Nobby Young. Read about his entertaining phone-call to Steve Cornelius in the current Striders Blister Magazine (at 4am in the morning)

Sydney
 Gosford
 Wyong
 Newcastle
 Bullahdelah
 Torrey
 Port Macquarie
 W. West Rocks
 Collis Harbour
 Woolgoolga
 Grafton
 Urumbidgee
 Murrumbidgee
 Tweed Heads
 Coolangubra
 Brisbane
 Nerang
 Nambour
 Gympie
 Montebello
 Gin Gin
 Rockhampton
 Sarina
 Mackay
 Proserpine
 Bowden
 Ayr
 Townsville
 Ingham
 Cardwell
 Tully
 Innisfail
 Babinda
 Emerald
 Cairns
 Mareeba
 Atherton
 Ravenshoe
 Mount Surprise
 Georgetown
 Gilbert River
 Normanton
 Burketown
 Wallagorang
 Baraloola
 Cape Crawford
 Daly Waters
 Lantimah
 Malabar
 Katherine
 Darwin
 Adelaide River
 Katherine
 Victoria River
 Kununurra
 Halls Creek
 Eriy Crossing
 Broome
 Port Hedland
 Roebourne
 Carnarvon
 Geraldton
 Dargara
 Perth
 Byford
 Pinjarra
 Waroona
 Harvey
 Bunbury
 Dunsborough
 Bridgetown
 Manjimup
 Walpole
 Denmark
 Albany
 Jerramungup
 Ravensthorpe
 Esperance
 Norseman
 Colunga
 Cocklebyddy
 Madura
 Penang
 Ceduna
 Poochera
 Wudinna
 Kimba
 Port Augusta
 Port Pirie
 Port Wakefield
 Adelaide
 Toilem Bend
 Meningie
 Millicent
 Mount Gambier
 Portland
 Warrnambool
 Terang
 Colac
 Geelong
 Melbourne
 Warragul
 Moa
 Morwell
 Traralgon
 Sale
 Bairnsdale
 Lakes Entrance
 Orbost
 Cann River
 Eden
 Merimbula
 Bega
 Alcoburga
 Narooma
 Manra
 Boreman's Bay
 Ulladulla
 Kiama
 Wallongong
 Sydney

NOBBY YOUNG'S GREAT AUSTRALIAN WALK

23 Cowell Street Gladesville NSW 2111 / Telephone

018.296787

ON THE WALLABY IN PORT AUGUSTA

DEC 15, 1993

We have an Australian map with us with the completed section of the Walk highlighted. It sure is starting to look good now with 13,000km in the bag and only 3,000km to go. On the map it only looks like a week or two of travel left but it is a little deceiving as the Top End and the West look so big. Feb 28, 1993 at 10am we will be at the Sydney GPO in Martin Place.

I have a bath robe here that I sometimes use before having a shower. One day I used it before getting a massage from Jim and Gwen, with just a pair of jocks under it. Forgot completely what I was doing and stripped right off as if for a shower. Gwen was OK but Jim looked embarrassed, probably for Gwen's sake.

Gwen said, "why get upset about a little thing like that?" If I was sure I knew what she meant I might have been upset!

Dangerous country! Gwen went for a short walk on the Nullarbor one evening and managed to get lost. Despite the best efforts of Jim and myself, we could not find her, but she managed to find her way back by 10.50pm. I can't remember ever feeling so relieved to see anyone. Distances and landmarks can be very deceiving on the Nullarbor so now all walking is along the white lines, even if we do have to share with the road trains.

On the bright side Gwen is teaching Jim a lot about vegetarian cooking and we all enjoy the food. When this is over I will have to do some cooking training so that I can catch up with Jim's skills. Just try and keep him out of the kitchen when he gets home.

The mercury went up to 44 one day on the Nullarbor, then a couple of days later I was wearing winter clothing. By and large I have been very lucky with the climate on this walk, but it is just so changeable down here in the South. Almost all the way travelling East I have had a head wind to contend with, but at least it keeps my hair out of my eyes.

Where have all the tourists (terrorists) gone? Since Norseman there have been very few caravans etc, the truckies almost have the road to themselves. A few times tourists have explained to me how hard it is to drive across to WA from the Eastern states, and then they realised that they were talking to someone who was going to walk it.

108.

In the North and the West many of the travellers we met many times and they became part of our extended team. They were such good company and although the buggers held me up a lot, I wouldn't have missed it for anything. For those who get this newsletter, thanks, its good to know you. To Allan Faulds, this even means you.

Now that I have softened him up, I can tell you an Allan Faulds story. In van parks everyone watches the new arrivals trying to back their vans into parking spaces, and hope that they will make a mess of it. Allan one day made a great display of parking and then proceeded to give a further display of skill in the perfect way in which he erected the awning from the side of his caravan. Allan was highly impressive until, mission completed, he went to walk into the van and tripped on the concrete slab and went down on his face. Oh, how I wish I had it on video!

A bloke pulled up near Minnipa, cigarette in hand and carrying a lot of extra weight, to tell me that he had often thought of walking around Australia. This is just a hunch, but I don't think that he will get to do it.

The smaller the population the higher the percentage of smokers. In road houses it is almost impossible to find someone not addicted to the fags.

Many people congratulate me on talking to the school kids (I have spoken to several thousand) about the dangers of drug addiction, not realising that my major target is the smokes that they have in their pocket. The results will never be known, but I feel I might have convinced some kids not to take up smoking. When I get real cocky I will go for a miracle, try and get a smoker to give up the habit.

It is a real thrill to talk to and motivate primary school children, but one school I went to, Gairdner in WA, I was the one that got motivated. The kids had planned, organized and carried out a three day, 106km bike/camp ride on unsealed roads in their local area. I asked them all to write me a letter about it, and they did. Gairdner school kids, their teachers and supporters, something special!

The ultimate road trial. When I left Cocklebidy I was well shod in a new pair of Teva sandals and will continue to wear the one pair until they wear out. Port Augusta, 1,242km later, they are just starting to look a little tired and 15,000 could

pull them up. How long would they last you normal people?

My last blister was over 6000km back, so I now class myself as a qualified footologist. There isn't much that I don't know about foot care. Most credit must go to Teva sandals and Thursday Plantation Tea Tree Oil. My feet have a daily massage with the oil, something that they will miss badly come March 1994.

Walked 70km in one day a while back. The reason? Simple, so that I could honestly say to the media that I walk up to 70km a day, sounds a lot more than 64 or 66!

I broke the Australian record for continuous walking back at Penong (look it up on the map). The old record was 12,000km. Now I'm after the world record, and I just might have a few drinks in Bega on Feb 17.

Sydney Striders Road Running Club send me post cards and also make donations to Life Education. The cards usually have offensive but witty comments on them, but the joke is usually on the sender as most of the time the signature is so obscure I don't know who they are. I thought of making a list of the participants but decided to record the non-involved instead, they are the ones who can't think of any clever remarks to make. Steve Cornelius came up with the idea, the bloke who so severely damaged the club in his one year as president that I had to take the job for five years to clean up the mess. Steve; just a joke. The rest of you; its true, you know!

In the last newsletter I mentioned being held up going into Perth because a Reliv distributor accidentally locked me in a toilet. My main concern was that Reg Withers is the Mayor of Perth and he was waiting for me at the GPO. Would you keep a bloke waiting who is known as The Toe Cutter?

This is Gwens contribution.

THE NULLARBOR

Trucks and flies, wind and sun
Earth and sky, moon and stars
Vastness, space eternity.
Dark skies, bright moon, twinkling stars
Black clouds streaked with sun rays
Time upon endless time.

Page 4

We received a lot of media and public support for Life Education in the South of Western Australia where LEC is not operating at this time. One night we were without the camper-van and a hotel gave us free accommodation as support for our efforts. I explained to a bloke in the bar (I still love a good beer) about the LEC program for school kids. He said it was a great idea, handed me \$50 and went home for dinner. In the same bar a lady, a real character, gave me \$35 in five dollar notes that she had put aside to give me when I came into town. More time spent in pubs will be beneficial to LEC so I suppose so I will just have to do it!

A couple of weeks ago I came across a brown coloured medium sized snake coiled up on the road. He just hissed at me when I told him he would be very flat shortly if he stayed there, so I just went on my way, very pleased that it was not four in the morning when I walk in the dark.

The sponsors of the Walk have continued to give us excellent support in so many ways. Without them we could not be here, something that we never loose sight of. Thanks to Australia Post, Endeavour Credit Union, Reliv Australia, Zurich Insurance, Sanitarium Health Foods, Goodyear Tyres, Big 4 Van Parks, Telecom MobileNet, Mt Franklin Mineral Water, Coles Supermarkets and ABC Radio.

There is always plenty of thinking time when I'm on the road, so one day I worked out how far extra I have travelled by crossing to the other side to avoid oncoming traffic when it is practical to do so. It worked out to be 190km, or the same as Sydney to Nowra plus another 30km.

Mechanical problems still crop up, this time the Nomad blew a head gasket at Cocklebidy, requiring a 550km trip on a road train for Gwen and the vehicle to get to Nundroo and a garage. Gwen then had to get another lift about 150km to Ceduna to get parts that had been sent from Adelaide, and then another lift back to Nundroo. This is very much a shortened version of the whole story. There is a beautiful element to this saga. Gwen asked drivers at garages for assistance with lifts and one of them was very puzzled why Gwen had selected him as he was a very large, dark aboriginal. Her reply was "sorry, I didn't notice that you were black, you just look like a nice human being."

What a good finishing point.

Nobby

III .

[illegible]

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DEC 15, 1993

LOCATION		<u>DIST</u>	<u>PROG.KM</u>	<u>DAY</u>	DATE	MONTH
Port Augusta		472	13038	282	Wed	15
ADELAIDE		323	13361	290	Thu	23
Tailem Bend		99	13460	293	Sun	26
Mount Gambier		360	13820	300	Sun	2
MELBOURNE	VIC	470	14290	311	Thu	13
						Jan
Sale		211	14501	316	Tue	18
Cann River		239	14740	322	Mon	24
Bega	NSW	167	14907	326	Fri	28
Cooma		113	15020	328	Sun	30
Queanbeyan		109	15129	331	Wed	2
CANBERRA	ACT	14	15143	331	Wed	2
						Feb
Yass	NSW	57	15200	333	Fri	4
Boorowa		55	15255	334	Sat	5
Young		49	15304	336	Mon	7
Cootamundra		49	15353	337	Tue	8
Gundagai		60	15413	339	Thu	10
Tumut		32	15445	339	Thu	10
Cooma		181	15626	343	Mon	14
Bega		113	15739	346	Thu	17
Narooma		80	15819	348	Sat	19
Batemans Bay		69	15888	350	Mon	21
Nowra		119	16007	353	Thu	24
Wollongong		79	16086	355	Sat	26
SYDNEY		81	16167	357	Mon	28
						Feb

As this page is getting shorter, I can give you another story.

For the last six months Jim has been on a self imposed fitness program, mainly involving running each day in some of the most isolated parts of the country. He has become so fit that I think we will see him lacing on the gloves again (he was a pro boxer in his younger days) and staging a comeback. He did four two minute rounds of shadow boxing on the Nullarbor and won them all easily, with the shadow of the salt-bush an absolute mess at the finish.

In the next newsletter I will tell you of the comments we receive on the CB and UHF radio's, all made in good spirit and with great use of the English language. These will be posted out in plain envelopes without any mention of Australia Post, Life Education Centres or the Great Australian Walk, three august bodies with their reputations to consider.

MERRY CHRISTMAS, HAPPY NEW YEAR, MAY GOD BLESS YOU ALL.

NOBBY YOUNG'S GREAT AUSTRALIAN WALK

23 Cowell Street Gladesville NSW 2111 / Telephone 816 2017

THINGS WILL SOON BE NORMAL AGAIN.

WHAT THE HELL IS NORMAL?

ORBOST, JAN 22, 1994.

Thirty seven days and 1500km to go and I'm not at all sure how I'm going to handle life when the Walk is all over. A while ago when out on the road I had an overwhelming feeling of not belonging anywhere, just being part of everything. Maybe a few days rest is needed.

The crew, Jim and Gwen, are still going well but I think they will both be pleased to be home again. One thing for sure, it has been an experience that they will never forget, I told a radio station a while back that it took me 1½ years to set up the Walk, one year to do it, and it will take another 1½ years to get over it. It sounded like a good line.

In the North it was so hot that I didn't use socks, jocks or locks (hair). Down in the South in mid summer I was back into the socks, considered the jocks but couldn't do a damn thing about the locks!

In the last newsletter I mentioned the road trial I was doing on the Teva sports sandals. After passing the 1000km mark I thought that I would push on and see if I could make it from Cocklebidy to the GPO in Adelaide. Missed by 40k. The total distance covered was 1514k. Makes me feel tired to think about it!

Adelaide, what a welcome. Australia Post were really on the ball and there wasn't any doubt that the public knew that they were supporting Life Education. What pleased me most was a very high profile escort into the GPO with plenty of media coverage, we (AP) need the public to know that we are involved in community affairs.

A radio story. I said that Ponong in South Australia was famous for two reasons last year. I broke the Australian walk record there and it was the only place that Bronwyn Bishop didn't visit.

Would you like to know how I got into this crazy business? Many years ago a runner by the name of Steve Cornelius wrote an item for the Sydney Striders Running Club about the great fun he had running in a road race from Sydney to Wollongong. I didn't know at the time that absolutely nothing he writes

Page 2

should ever be believed, and I took the article seriously. Several times I ran the 84k between the two cities, finding it to be very hard work and no fun at all. At that time I concluded that the distance must be a bit short for me to get to the "fun" bit so I kept taking on longer distances. Made it to 204k (in 24 hours) and I'm bloody sure that fun was never an accurate description of the experiences. So here I am, 16,167km and I must admit that there has been some. In fact lots of it. There has also been lots of just about everything thing else there is to experience. When I catch up to Steve again I'm not sure if I should kiss him or knee him in the groin, so I will just follow my impulses and do what feels right at the time. Would you like to be around next time we meet?

Media interviews are up to about 330 at the moment but who's counting? Bryce Courtenay can get that in a month, but then again he is a runner who can also tell a bloody good story. He beat me in the Canberra marathon back in about 1984, up until that time I really liked the little bugger.

The above mentioned marathon was the official trial for the Los Angeles Olympics, used for selection of the Australian team. Neither Bryce nor I made the team, we were just not good enough.....on the day.

All Seasons hotels have treated me to their special kind of hospitality on this venture, at the Atrium in Darwin, the Freeway in Perth and the Swanston and Welcome in Melbourne. Here is my ultimate compliment, I would love to work in any of them as they have a really warm, friendly atmosphere that makes you feel good. To all the staff that I met at All Seasons, my thanks and gratitude, it has been my pleasure to meet you.

If you want good roads around your area, don't live where one side of politics can't loose the seat and the other side can't win it. Marginal seats get all the promises in an effort to swing a few voters. Go to Northern NSW to test out my theory.

At Colac we met up with Cliff Young and Drew Kettle, a couple of real characters of the endurance running world. They walked into town with me and it was a pleasure to see the reaction to them from the public. I slowed them up a bit but they are in a lot better shape than me.

I almost always carry toilet paper in my left pocket. In some parts I have walked for a week without seeing a building, let alone a toilet, so it has become a habit. Ever found that the

Page 3

roll has run out when it is too late to do anything about it?
My left pocket has saved me twice.

Oh how we rely on the phone. If it wasn't for Telecom MobileNet I think I would have lost what is left of my sanity. Out here we have to rely on others to look after us so much that the phone has become critically important.

Manager Jim related to a group of people one night at dinner in Geelong about his experiences as an alcoholic and his way of controlling his addiction. He has not had a drink in years but he is aware that the danger will always be there. When Jim talks on the subject he has the power to rivet the attention of all to what he has to say. There is so much to learn from one who has been down where he has been, and one can but admire his courage in bearing his soul so that others might avoid the pitfalls that he has so bravely faced.

Melbourne gave us the use of a lane of the Westgate Bridge for an entry into their city. I was joined by Olympians Kathy Freeman and Rob Woodhouse, plus escort vehicles, police and other walkers. There were so many Australia Post people about I'm sure it must have effected the mail deliveries. Rob and Kathy both had a bit of trouble with the walking, Rob was like a fish out of water and Kathy had a bruised bum from driving go-carts or something the night before. The bruises sounded like a tall story but I didn't check the facts.

Before I left Sydney I spent a day at a "media school" so that I wouldn't make a goat of myself in front of a camera. The summary at the end of the day was that I was doing most things wrongly, there wasn't enough time to change my habits and it was best to leave me alone as what I did for some reason just "worked."

The three of us out here have become experts on tourist parks having stayed in so many of them. The standard varies greatly and I think that we must have experienced both ends of the scale. We have been sponsored by the Big 4 Tourist Park group and have really enjoyed their support and hospitality. Many travellers target the Big 4's as they are assured of the high standards required to be part of the group.

Memories. About three years ago I went to a grass running track in Lane Cove and started running at 5am with a torch until it became light. Each hour for the next twelve hours I completed 25 laps, 10km an hour for a total of 120km. There was a very

Page 4

good reason for it. I wanted to run 200km in a 24 hour track race later that year and knew that if I was strong enough physically and mentally to do the 120km in twelve hours, I would make the 200km 24 hours. See, I bet you didn't think I had a good reason!

This one written by Gwen some time ago and its too good to miss.

Jim asked me to close the door of the van last night as I trundled off to bed. I was in bed reading and could hear a great commotion from the campervan. Then Jim's voice "Good one Gwen!" I went through my mind, what could I have done. Oops yes! I had put the latch across the outside of the door, locking them in. Nobby needed a pee before bed so Jim squeezed through to the cabin and tried to get out the driver's door, becoming ungraciously stuck in the washing line jamming the drivers door halfway. meanwhile "desperate Nobby" unhooked the latch with a knife. There was Jim washing line in hand, Nobby with a relieved grin and me safely tucked up in bed chuckling away. "Bloody Gwen!"

Did you think of us on Christmas day? While you were taking it easy, we were up at 3.30am, I was on the road by 3.50 and knocked over more than 50km for the day. Just another day except for the cooks doing something special for dinner. Next year MUST be a little different. On New Years Day Gwen walked a marathon, part of the time with Westfield runner Kevin Mansell in tow. Strange way to start the year.

Back in the West I mentioned to someone that all the people we meet are friendly, sociable, generous, cheerful and have the interests of Australia at heart. I told him that I wondered where all the bums are who are mucking the country up. He worked it out in a flash, he said tat they are all in politics. I'm (almost) sure that he was only joking.

The most often asked question on this walk is "how are the feet." Every morning now I get out of bed and have a good look at them in preparation for the inevitable inquiry. The only difference I find is that each day they get a little closer to my eye-balls.

There will be one more newsletter before the finish of the walk and then a wrap-up when it has all become part of history.

Regards to you all, wherever you happen to be.

Nobby
116.

ITINERARY

JAN 22 ,1994

LOCATION		<u>DIST</u>	PROG.KM	<u>DAY</u>	DATE	MONTH
Cann River		239	14740	322	Mon	24
Bega	NSW	167	14907	326	Fri	28
Cooma		113	15020	328	Sun	30
Queanbeyan		109	15129	331	Wed	2 Feb
CANBERRA	ACT	14	15143	331	Wed	2
Yass	NSW	57	15200	333	Fri	4
Boorowa		55	15255	334	Sat	5
Young		49	15304	336	Mon	7
Cootamundra		49	15353	337	Tue	8
Gundagai		60	15413	339	Thu	10
Tumut		32	15445	339	Thu	10
Cooma		181	15626	343	Mon	14
Bega		113	15739	346	Thu	17
Narooma		80	15819	348	Sat	19
Batemans Bay		69	15888	350	Mon	21
Nowra		119	16007	353	Thu	24
Wollongong		79	16086	355	Sat	26
SYDNEY		81	16167	357	Mon	28 Feb

Any event of this nature starts out with a major problem. Funds to cover the costs involved are far from easy to find. Corporations and companies took a risk in backing me to complete this walk as I had no way of proving that I could do something that had never been achieved before. The support afforded me was sufficient to enable all funds raised to go directly to the Life Education Centres. I thank all those listed below for their faith in me and their support for the LEC.

Australia Post. The major sponsor who have supported me to the hilt, both at headquarters in Melbourne and right around the country. It has been a pleasure for us to meet so many AP staff on our travels. The support of Terry Hearity from Corporate Communications in Melbourne has been invaluable, especially when I have found it very difficult to organize this event while being tied to the highway every day.

Reliv Australia. This is a well worn 47 year old body carting me around the land, using an average of about 14 hours to cover the days duties. Without their dietary supplement NOW I'm firmly convinced that this would be much harder for me to carry on, seven days a week.

Page 6

Endeavour Credit Union. For over twenty years they have been looking after my financial interests and are continuing to do so while I'm away. If you are not with Endeavour you must either live a long way away or you are not aware of the advantages they offer their members.

ABC Radio. I doubt that I have missed any ABC station since this started and there hasn't been one that I haven't enjoyed

Coles Supermarkets. The further I walk the more I enjoy my food. We really noticed the difference when we were in area's without a Coles Supermarket.

Mt Franklin. Safe water was a major concern for me at the outset, but Mt Franklin have kept me supplied with great mineral water for the entire trip.

Telecom MobileNet. Try being isolated for a few months and you will realise just how important communications are to us. I can't imagine being out here for a year without the phone.

Big 4 Tourist Parks. Covered already in this newsletter. A really nice lot of people to know.

Goodyear Tyres. Jim has had to park on the side of the road many hundreds of times, irrespective of the conditions and sometimes they have been very rough, and we have only had one puncture on the journey.

Sanitarium Health Foods. Their efforts in support could not be surpassed, their staff are wonderful and we rely so much on their products.

Zurich Insurance. If they knew about those 50 metre road trains they might have had second thoughts about their offer. They gave us the security that we obviously needed.

Also All Season Hotels, Thursday Plantation Tea Tree Products and Teva Sports Sandals.

What a team we have. No wonder the world record was always a formality!

My thanks to all of them.

NOBBY YOUNG'S GREAT AUSTRALIAN WALK

23 Cowell Street Gladesville NSW 2111 / Telephone 816 2017

IT'S NOT FAR FROM SYDNEY TO BEGA.

I JUST WENT THE WRONG WAY!

BEGA, FEB 17, 1994.

The record for the worlds longest continuous walk, the challenge that originally enticed me to take to the road, is once again held here in Australia. At this point I have covered 15,739km since leaving Sydney almost a year ago. The first 472km must be discounted as I had to take a break 88km South of Coffs Harbour with a foot injury, so that leaves me with 15,267km and the record to my credit, with the bit to Sydney left to go.

All that is left now is to whip up the Princes Highway to Sydney. It looks so short to us, I think that Western Australia has changed our perception of distances for ever.

Itinerary for the final section.

Narooma	10am	Sat	19	Feb
Moruya	11am	Sun	20	"
Batemans Bay	10am	Mon	21	"
Ulladulla	11am	Wed	23	"
Nowra	10am	Thu	24	"
Berry	4pm	Thu	24	"
Kiama	3pm	Fri	25	"
Wollongong	10am	Sat	26	"
Sydney	10am	Mon	28	"

I will time the final section of the Walk to arrive at the State Headquarters of Australia Post, 219-241 Cleveland St, Strawberry Hills at 8.30am on Monday, February 28, 1994. To this point I will use the Princes Highway, City Road and Cleveland St. A procession will then leave Headquarters, using Chalmers St and Elizabeth St, timed to arrive at Martin Place at 10am.

It seems so long ago that Jim English and I left Sydney, not really knowing what lay ahead of us on such a long journey. Even Perth and the bolstering of the support team by the recruiting of Gwen Gould seems like distant history. I'm pleased that I decided to only walk one lap of the island!

So many times I have been asked by the media if I think it will be hard to settle down when I get home. I don't really think that it will be hard, I think it will be damn near impossible.

119.

Jim and Gwen are both heading out of town to have a quiet time for a while and somehow I believe that they just might have the right idea.

Gwen decided to empty her little rubbish basket into one of those large drums that they mount on a couple of posts in such a way as to allow the container to be swung upside down. Horror, a pair of her knickers were in the bottom of the basket so Gwen had to dive into the drum after them. You guessed it, the drum swiveled with most of her inside it, leaving just her legs sticking out. What a sight!

Every few years in Orbost I meet up with a bloke called Ginger. This time I informed him, with a lot of his friends about at a BBQ, that he gets better looking every time I see him. The smile almost joined up at the back of his head until I added that he started a long way behind everyone else. How I hate myself sometimes, but the feeling passes.

It's nice to recall some of the people we have met. Here are two of the more memorable. The first is a bloke in Northern NSW who developed his farm as an adventure camp for kids and charges them a dollar each to stay. Its a great place, the kids love it and each year the owner loses a bit more financially. No worries, that is what he intended to do.

The second is a lady in Southern WA who thought that the churches were not caring enough about people and decided to deal direct with God. The result is that she runs 'open house' on the property that she owns with her husband for people who need respite from the pressures of living. No charge, just stay awhile and make yourself at home.

Ever notice how the bums, the scoundrels, the crooks and the rip off merchants get a disproportionate amount of media coverage?

As I'm writing this Jim just asked "how is it going?" I said it was fine, thinking he meant the 'rum and So₇Good' but I had it wrong. Please don't tell Sanitarium, we thrive on So-Good and they have been great supporters, but don't think they intended it to be used this way.

Bob, who runs the van park in Nimmitabel, turned up to make a donation to LEC. I asked if he could use Gwen as an off-sider as Jim and I will be OK from here on, and he agreed but she

would have to get in the back of the truck as he had stuff on the front seat.

There is absolutely no limit to the amount of this stuff that I could write, but I sure will have to learn to touch-type. Before you knock me, you are the one who is wasting time reading it!

We went through Boorowa where I told a story at the local club about how one of their locals, Eddie Corcoran, blind without his glasses, played rugby by smell alone for many years. He knew the smell of every Boorowa footballer and by sleeping with a football for 20 years, could always find his team mates and the leather on the field. He just followed the smell of the football and if it wasn't a Boorowa smell with it.....WHAM. Could have played in the gold and green if they had a handicapped team!

We then went on to Young where a very distant relation of mine, sorry Jeannette, had to introduce me to the local high school where she teaches. For 20 years we have fought (I have won about twice) but Jeannette felt obliged to use the word 'inspirational' in her introduction. Cleaned her teeth ten times that night, one up for Nobby.

Same town, good spot, met up with Frank and Di Lincoln. About 27 years ago Frank gave me my first job in Australia after a church minister rescued me from a tool shed at the back of the church where I was camping. (On \$2 a day you don't get a motel) I will tell you the full story when you next catch up with me. To get back to the point, please don't distract me, Frank holds an Australian record for playing 1st five eighth (how should one write that?) for longer than anyone else. He also holds a world record for wearing the largest pair of shorts in that position in the history of rugby union. Young, you should be proud.

Di, I had forgotten about your weird sense of humour, I'm coming back to have a yarn sometime.

Each time I write these newsletters I intend to use my copious supply of notes but somehow it never happens. By the time I get past the memory stuff it seems to be getting a bit long.

To a more serious note, a week or so ago we went across the 'roof top of Australia' from Tumut to Cooma. Is there any sort

Page 4

of terrain that we have not had the pleasure of traversing? I must admit that at the time I didn't always see it as a pleasure but it always looks better with hindsight.

Many times I have wished that I had a camera with me to capture a particular view that I have had the thrill of seeing. Now I'm pleased that I didn't as what we have around us can not be recorded on film, or anything else for that matter. It is a view, a smell, a feeling, a sound and an atmosphere that can not be experienced in any other way than being there.

Met up with Harvey Blue down in Victoria. He is a member of that pack of deviates, the Sydney Striders. I wrote a terrible story in a magazine a few years ago about Harvey ramming his head up the tail end of Harry M Millars horse in Centennial Park early one morning before light. John Turner, another deviate, delayed his training just long enough to extract Harvey from his precarious position. It was a gallant effort when you consider that John was training to ride his old Malvin Star around the United States at the time, and at his age needed all the training he could get. Harvey has forgiven me for the story, Harry's horse has not forgiven Harvey, nor is it ever likely to. It is the only horse in Sydney fitted with a rear vision mirror.

On very few occasions I have not been able to resist the temptation of 'sending Gwen up' but she has now developed the ultimate defense. If I get out of line she licks me! Ever had your face licked by a revengful female? We could end wars if this foul tactic was adopted but it is just too horrible to contemplate.

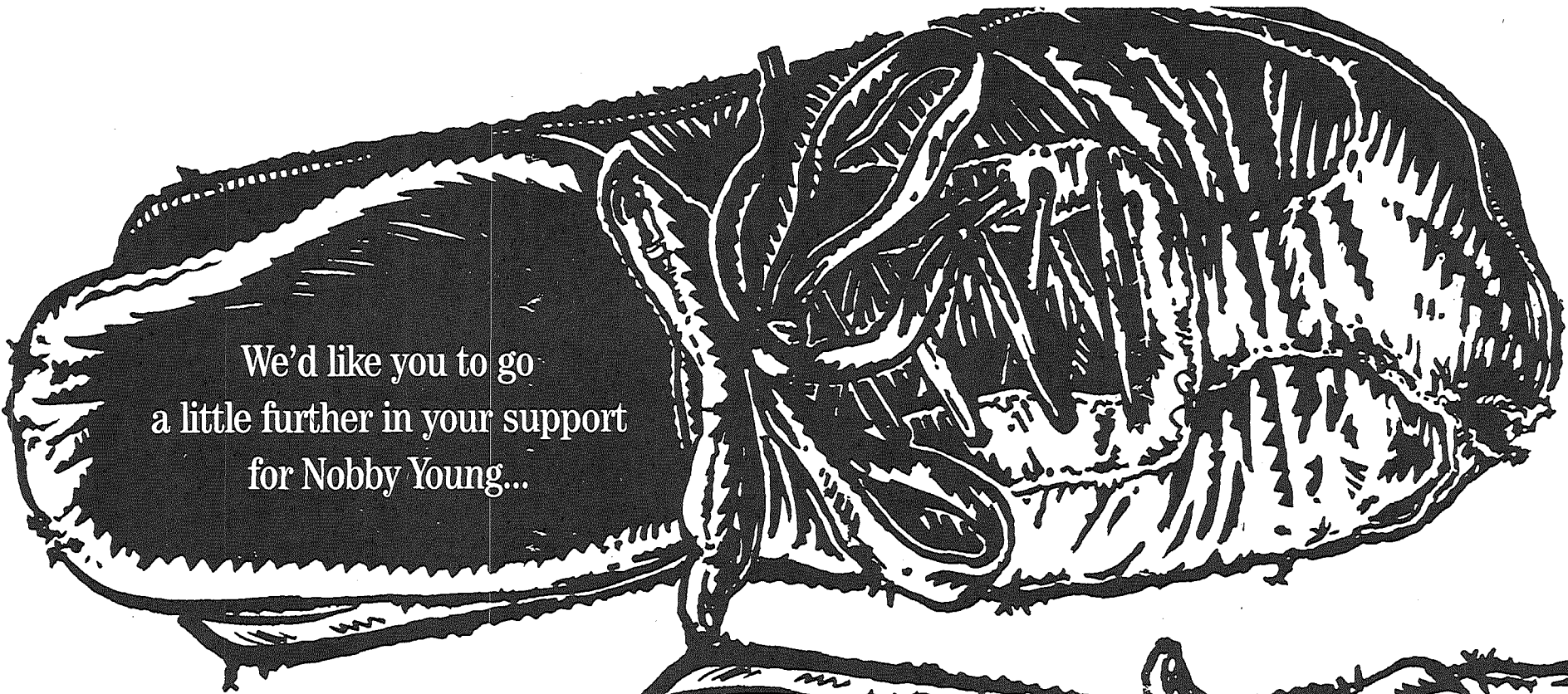
I thought that I would end this letter with words of wisdom or at least a serious statement of some kind. But then again, why bugger up a good bit of entertainment?

We have a white-board in the camper. The crew have written on it that I am a 'multi media legendary elite endurance athlete' for common usage, but for their own use they have added that I am a 'wimpy scumbag.' How far could I go with a real 'support' crew?

The next newsletter will be a wrap up when this Walk becomes just a part of history, a small part at that. Meanwhile, wherever we have crossed paths, for you to be on my mailing list it has been good to know you.

KINOS RECARDS;

Nobby



We'd like you to go
a little further in your support
for Nobby Young...

*"Welcome Home Nobby Young"
on Monday February 28, 1994*

*at Australia Post State Head Office
219 - 241 Cleveland Street Strawberry Hills*

Time 9.45am

*Special Guest, Mrs Hazel Hawke,
National Patron, Life Education Centres
and Maurice Williams,
Chairman Australian Postal Corporation*

*(Nobby will be walking past Martin Place at 9.00am with
a police escort and supporters along Elizabeth Street to the
Australia Post State Head Office at Strawberry Hills)*



...To Strawberry Hills



Proudly Sponsored by
Australia Post

FOR THE RECORD HE'S A RUNNING NOMAD

After the Australian Six Day Race in Colac TONY RAFFERTY invited Joe Record home. The meeting inspired TONY to write this conversation piece.

Cliff Young is no mug; the Colac race is dull as ditchwater and the ultra-marathon has reached the end of an historic cycle. So said Joe Record when he visited me after winning the Australian Six Day Race last November. For just a moment I wondered if it were him as he drove up the driveway: he failed to contact me after a similar arrangement a year before. Then a letter arrived:

"My mates kept me in the pub for almost three days ... I fell asleep on four chairs and emerged unscathed two hours before the plane quit Melbourne."

Joe Record was born in Northalerton, near Darlington, Yorkshire. He was an English and physical education teacher. These days he is a self-educated student of philosophy, psychology and medicine. His eclectic reading interests include the works of Huxley.

"I went overboard on Huxley in my early 20s. I often go back to his stuff. I read widely. I've got a large selection of books like you have," he said.

It seems we have more in common than books and running: we pause in the hallway on the way to the study and discuss my abstract paintings inspired over many years by experiences on ultra-marathons. It seems he felt the need to express his thoughts and feelings on canvas in a similar way.

"I've done 20 works and sold one for \$500," he said in a soft-spoken voice. "They're just abstract expressionist things."

He described an experience during a Geraldton to Perth race that motivated him to express on canvas the sensation of his body awareness:

"It was misty - car headlights behind us. I was spun out from the physiological affects of constant endeavour. There were huge trees hung up there in the darkness and mist. They seemed like sculptures out of some German art museum ... And the weirdest looking plants on the side of the road."

He said he dabbed on the canvas big blotches of colour and stuck in pieces of mirror.

"I called it 'Not Another Alien Abduction', he said with a wry smile.

"You like art and reading, what are your tastes in music," I asked.

"I find it harder to listen to classical music these days. I've a lot of time for Bach's cello suites. I have the taste for avante-garde serious music. I like John Cage."

Aged 17, Joe Record long-jumped 18ft 6ins and at 20 years ran 100yds in 10.8 seconds. At a muscular 77 kilograms he bench pressed 200lbs and squatted 300lbs.

"When I played rugby I was built like a brick-built shithouse," he said. In East Sussex in the late 60s he lived for a year in a field.

"I was on a brown rice diet. I felt very light. Very energetic."

Most days he ran six kilometres on bare feet on a golf course. He lived in an old army tent.

"I lived a fairly generalised psychedelic type of lifestyle. The weather was magic. Thick frost. A sleeping bag. A couple of oil drums. A door on the top for a table."

To earn money as a casual worker he pruned apple trees and picked potatoes.

He wandered the hills of Scotland and survived on muesli and rice. His rudimentary life continued in Land's End:

"Then I did long, severe depletion runs and carbo-loaded. I went from 11st 7lbs to 12st 4lbs in two days."

He smoked tobacco for eight years and gave up the habit in 1973. He arrived in Perth, Australia, in 1974.

"I got a job as a deckhand on a cray boat, then with a road gang on a railroad. I bought a car and travelled for a year. I ran everywhere but there were no competitions."

A photograph on my bookshelf of Percy Cerutti distracted him. We talked about the coach and his interest in art and music and his controversial training methods. And I reminisced about some of my times with him when we first met in 1969.

In 1983 Record stayed with Cliff Young at his Beech Forest home. They trained together for the first Sydney to Melbourne race. Sponsorship was arranged with Colac Mazda. They agreed to split the \$10,000 first prize if they placed first and second.

"What are your lasting thoughts of that famous race," I asked.

"I drove across the Nullarbor in this really shonky car. I took my time. Cliff was a very easy bloke to live with. Just no hassle. I worked out a schedule for us. We did 20 miles (daily) the first week, 30 miles (daily) the next and then 50 miles (daily) - 30 in the morning and then 20 later in the day."

"How did Cliff handle your intensive training program?"

"He quickly assimilated the training. But he wasn't a mug. He realised that going up the hills was hard work so quite slyly he said, 'You go ahead'. He kept his own pace. I knew what a strong runner he was."

A year earlier Young had broken Record's Australian 100 mile time in Sydney, but Joe was confident he would be first across the finish line in the Sydney to Melbourne event.

"It was a remarkable race," he said. "A big drag at the start listening to the dignitaries speak. You remember. It was quite frustrating. I got guts-ache."

Thousands of spectators lined the road in bright sunshine. Cliff Young and Joe Record sprinted off with a small group of fast runners. A bunch of us kept at a moderate pace behind them for the first half hour until John Hughes, George Perdon and Siggie Bauer stepped up the pace.

"Late at night Siggie caught me," Joe said with a nostalgic zest. "He was going fast. Clackity clack - clackity clack. I ran him down later."

His eyes peered toward the window in a mystic gaze.

"It was a beautiful enchanting run. Cattle strewn across the road. I ran with them. I felt like I was going back in time. I got Cliffy in Albury. Then shin splints scotched it. I ran too hard down the hills. Later he got 18k in front. He was going like the clappers."

"I had an awful time from Wodonga to Wangaratta. A totally hellish run. Then I'd a big duel with George Perdon. I think it lasted 40k. I couldn't let him go. It gave me the shits. I'd come up and f----- sprint. He'd come up. And I'd go again. Then I couldn't even walk down the hills and I said 'stuff it'. I didn't want to arrive as the walking dead. I stopped. I had granny's ankles."

(About 20,000 people greeted Cliff Young when he crossed the finish line at Doncaster. He was followed by George Perdon, Siggie Bauer, John Hughes, myself and Bob Bruner. The rest failed to finish.)

I spoke to Joe Record for the first time early in January 1981 when he telephoned me from Perth. We talked about the need to get a six day track race started in Australia. Two weeks later in a letter he suggested that as the race progressed other forms of entertainment should take place "...trampolines, clowns, activities for people to play and learn."

"Good food at non rip-off prices. Fireworks, kites. Le Grand Festival Des Sports - where?

"Acrobats, tumblers, people on stilts, fire-eaters, weight-lifting, Life Be In It ... 20 nutters gradually mutating. To entertain and delight. To turn on and involve - provide learning situations."

In October 1983 Record won 'Les 6 Jours De La Rochelle' championship. At that time his 867 kilometres was the second highest total in modern times. I asked him to recall memories of that event.

"I was full of bite and spite when I got to La Rochelle. This was the time I thought, to sink (Ramon) Zabalo. I said to Colin Dixon, 'I'll go out hard in advance. You come up, snatch him from behind and we'll have a dogfight on the last day.'"

And that's how it eventuated. Record took the lead early on the first day and covered 201 kilometres in the first 24 hours. Then severe leg and lower back pain forced him off the track.

"It hurt so much I couldn't run. I moaned and moaned. I couldn't sleep," he said. "I piled it on again and got 221 mile (355k) in 48 hours."

At the end of the third day he totalled 512 kilometres.

Joe ran his hands through his shoulder-length hair and recalled that evening:

"A huge bright light shone in the centre. The group did Stone's numbers. It was like being in a cave on the dawn of history. I was jumping, running and screaming round the track." His face beamed. "The runners couldn't stand it. But I loved it. It was a low mileage day I think."

"Describe day six when thousands of people packed the stadium."

"Somebody woke me up and said that Zabalo was only four laps behind. We challenged and duelled. We were maxing out - going harder and harder and harder. Neck to neck. I wouldn't let him go by me. I wound it up a little more. And it went on and on. Then Zabalo left the track. But guess what? It wasn't four laps." He laughed heartily. "I was four kilometres ahead."

At the end of the race the French crowd chanted "Joe-ee, Joe-ee" and stamped their feet. The whole stadium vibrated.

"I could have stood for mayor that day."

For more than an hour he was jostled by autograph hunters. Then a man abused him.

"I'd had enough. It was time to go and I hadn't signed his piece of paper. He screamed at me and I screamed at him. Then I said 'f--- it' and went to my billet at the side of the track. I got Siggy to sign my name for the fans. He thought it was great fun."

"Joe, the six day race at Colac has appeared on the calendar every year except one since 1984," I said. "The high standard of the mid 80s, when the high ranked runners competed, has dropped. What are your views on this event?"

"Colac must up their game. The race has gone down the drain the last three or four years. No women competitors this year. There's a neat interest in Drew (Kettle) and Cliff (Young). Two in their 70s. A unique feature. Two competitors walked most of the race. Why were they there? I'm elitist about these races. The best should compete."

"When it rained in previous years the grass track turned into a quagmire. What's your answer to this problem?"

"We need something independent of the weather. Drew has an idea of cinders and sawdust packed down. They made excellent tracks out of that material in the 1880s."

He said that the ideal would be a two metre wide bitumen path coloured green.

"It would be a permanent track for public use and it would blend in to the surrounding environment."

Record believes that the Colac Six Day Race Committee has had 10 years

to stage the best event of its kind in the world and has failed.

I said that they were the only group in the world to stage a regular six day event during the decade.

"They have six days to turn it on and all we get is the same old bloody bullshit," he said. "I'm very uncharitable towards them ... they have never got passed Wellington boot throwing competitions and that crap. And to run well for a few days and then to face a quagmire is just unfair. You need to psyche up - have a bash. A bit of a thrill. It's an ordeal."

"How can they attract the crowds again?"

"Build up the prize money to lure the top runners. Have youngsters handle the music. Different selections. Have it as an art festival at the same time. Aboriginal drawings, didgeridoo playing, drumming. They could have anything they want. They need to be inspired: what about bodybuilding competitions, hairdressing shows, chess, table tennis, Western Districts weight-lifting contests. That would be magic."

"What does the future hold for the ultra-marathon?"

"I think we have come to the end of an historical cycle where we've recapitulated the 1880s. It seems to be getting down to an ebb. On the other hand the 100k seems to be picking up. The problem is the sport has never been marketed properly.

"It isn't innately attractive but it is complex. The physiology is complex. The emotional range is complex."

"What sports are attractive to you?"

"Only highboard diving and gymnastics are innately interesting. But decent treatment on television opens up the scale of complexity. As soon as you're an enthusiast you donate meaning to it."

"What is Joe Record's general advice to runners hoping to compete in ultra-marathons."

"Get a good marathon base. Do 50k, 50 mile. Get a good sustained speed over a 100k and go for a 24 hour," he said. "Be adventurous. Have a go. It's all in ratio to what your basic speed is. Don't be scared of the distance."

Success in ultra-marathons is partially an inborn ability to metabolise fats. Some people have readier access to the enzymes that burn fatty acids he said.

He believes that the mental aspect is over-rated.

"The whole thing is so hard I don't think you have any resolve in advance. Maybe it's a different quality of mind that does it," he said.

"The mental attitude is more like a slow-burning thing - like peat fires in Ireland. They persist.

"Ultra-distance is applied physiology and experimental psychosis. And it's how well you run when you f-----well can't. Even Kourou has patches."

There's a time to stop after you've bashed your head against the wall but if you knock out a few bricks - it's feasible, he said.

"After the first two days of pain I remember why I don't want to run but I always enjoy the rest of the race," he said.

In a gruelling sport where prize money is low and most times non-existent how does Record afford to travel widely and compete in many races?

"I don't have a lot of bills to pay that's how I get by being a bum. Much of my time is spent sitting around with a flagon of sherry and having a few laughs," he told Malcolm Moran of the New York Times in July 1984. When he needs the money there are always houses to paint he said.

In his company I always expect the unexpected. In a whim he will surprise and even shock you. One time when I took him to dinner he ate two entrees, two main courses and one serve of sweets. Then with a bottle under his arm he visited every table and offered each person a glass of his sherry. The waiter at first a little edgy soon relaxed and had a smile for the rest of the evening, the diners were entertained and the owner gratefully received our cheque.

A mutual friend, Eva Zselenyi, said he accepts his sherry poured to the brim in a beer glass.

Joe Record is a man wild and kind, outspoken and creative; a nomad who attracts people from every sidewalk. He leaves a profound impression; he looms and booms and beams; he entertains and delights.

Two hours after an Australian Six Day Race he danced the night away in a Colac restaurant. People laughed, cheered and thumped their tables as Joe leaped, stretched and spun to to beat of the Rolling Stones and the Beatles.

When he stepped into his van I suggested he visit 'Vincent', an exhibition at the National Gallery of Victoria of Van Gogh's paintings.

"Yes I will," he said.

He switched on the engine and he vanished in a cloud of purple smoke.

TONY RAFFERTY. FEBRUARY 1994.

Race winner, Joe Record at Tony Rafferty's place
a week after the Australian 6 Day Race at Colac



Joe Record (left) and Tony Rafferty at Tony's home
before going out for dinner



KAMCHATKA CAPER

Where? Kamchatka, that long peninsula sticking out from Eastern Siberia into the Pacific Ocean towards Japan.

I, (Leigh Privett Aura member) recently had the opportunity of running a 240 km mountain ultra over 8 days, and thought readers may be interested to hear about it. So here goes;

- to Hong Kong, Japan, across Japan by Bullet Train and whilst waiting for the Russian plane my first 'cold shiver' - speaking with a very vocal Japanese-Eskimo cross- "Where are you going" "Kamchatka" and his hand came slicing across his throat.

Next to Kharbarovsk arriving late at night and two local conmen locked me up in their 'flat' for the night and charged me \$US100. So I didnt know what to expect landing at Kamchatka capital Petropavlovsk. However on arrival I was greeted by the organisers with silver platter of Vodka and red caviar - and it all started there - my wonderful 2 weeks in that beautiful mountainous, volcanic rich green part of Russia.

The first 2 days were spent accommodated at a 'Sanitorium' - wooden holiday 'dachas' built in the bush around natural hot spring baths (the cosmonauts apparently relaxed there) and days spent sightseeing and preparing. Petropavovsk is a huge military and naval port 250,000 population, 5 TV stations on a majestic bay with two snow covered volcanoes as a backdrop.

'Ruskis' typically live in 4 storey blocks of flats, earn \$40 a month, drive beat up cars (some) and in this part of the country generally enjoy themselves.

The run: They were expecting a couple more overseas arrivals but alas- airline problems and I was the only one, 7 Ruskis and I. The night before the start we had a banquet and briefing & I met them all - and started to get an idea of what I was up against. 3 in Russian XC ski team, 3 elite orienteers, 4th best triathlete in Russia and a local champion runner.

The next day we were off - 46km along 'bushy' tracks, river beds, rocky boulder slopes, over snow, a 1200m mountain pass climb, through swamp and some good track. They were all about the same in an amazing 3hr. 35, me in 5:30 - good I thought for the conditions.

By the way the temperatures were typically our autumn i.e. about 20-23 degrees daily.

And at the briefing we had been 'warned' about big brown bears. "If you meet one on the track don't look scared, circle it without eye contact, if it looks like trouble climb a tree". Well, the bears are 2.0m high and run at 70 kmh and I noticed the paperbark type trees have no branches for the bottom 2.4m. God help if I met one!

The end of the 1st day brought us to a permanent wilderness camp with hot springs where we relaxed after and then like most other days picked and ate beautiful native fruit and relaxed. The crew consisted of 3 cooks, 3 handlers (drink stations, carrying clothes), a tech. officer and tourist officer.

The 2nd day was 12K out, a rest and lunch & excursion to waterfalls and geysers (and a distant meeting with 6 brown bears) and then return 12km run. On the way back having 'sussed' it out earlier and in pretty rugged conditions they did it in 40 mins. flat- me 56 mins.

The 3rd day was an easy 12K to another outcamp and hot springs. The 4th day was 16K climb to the flank of a volcano, an excursion together into the cone and then a 28K 'downhill' run back to Camp 1 (last again).

The 5th day was reverse of day 1, with the same results. The 6th day we rested mainly because the great Russian 6 x 6 army truck we had commandeered (our supply truck) was stuck somewhere and didn't arrive, so we had a Russian Sauna - steam shoots out a pipe at you. Later that day we transported to a mountain camp below 2 great volcanoes by driving up a river bed for 24K in a 4 WD bus. There above us was KORIACHI Volcano (3456m) which is a snow & ice climbing mountaineers exercise and AVACHA at 2741m was our destination the next day. The country here had changed from the thick lush bush to fine lava rock and ash country with little vegetation (Avacha is active).

Off we went next morning 6 km and rising 1300m to a hut on the snow line. It took me 1 hr 34 and then 1 hr 09 and the higher we got the colder & windier it got. The wind was so strong near the top I could hardly breathe - it acted like a venturi sucking air out of your mouth. It was too cold and risky to go on so we donned clothes (viz our handlers) and excursed back down.

The next day was intended to be a run out the 24K along the riverbed but I wasn't going to leave without conquering and experiencing this 'volcan' which is able "as they say. So along with the 3 other non locals (Moscovites) we set off again next morning on excursion and by 'risking' the 35degree icy approach slopes to the top - and finally by rope assistance reached the volcano rim in a white-out of steam, snow, fumes and cloud. Inside the cone the black lava was shining and warm and the air acrid with H2S fumes. We arrived back at mountain base camp now abandoned at 3 p.m. and left at 5 p.m. for the 24K run out along the river bed to the finish and guess what, I beat 2 of them in 1hr 32.

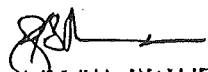
I then spent 4 more days relaxing and partying with my new friends and others, and 'had' to join them in a 14K 'fun run' the next Saturday - after over sampling their favourite Checkoslovak liquer (and there was always plenty 'Vodka') before I bid them a sad farewell and winged out on the big Russian Jet.

A few interesting facts:-

- this peninsula is a 'rich' part of Russia. The lush natural environment rubs off onto the citizens - it is a sought after holiday destination internally and soon internationally, for fishing (there are more 700mm long salmon than water), hunting, mountaineering, tramping, skiing, rafting and now running.

- it is 9000K from Moscow and 9 hr. time change
- it costs a Ruski \$100 return by direct 9 hr. flight to Moscow and a non national about \$800
- most of the Russian ski team come from here.
- it was a closed town even to Russian tourists until about 2 years ago because of its military installations
- they eat plenty of NZ apples there and now they like vegemite
- Capt. Cook visited there and after his demise in the Sandwich Is. his 2 I.C. Capt. Clerke died there as did another explorer La Perouse (you Sydneysiders would know)
- watch out for 3 Russians around the events here next March/April

An experience I'll always treasure.


LEIGH PRIVETT

REFLECTION OF MY FIRST 24 HOUR (THE DAY AFTER)

BY. MURRAY FLEMING.

Firstly, just a little about myself. I am 29 years old and work as the Manager of the Wynnum Police Citizens Youth Club. Well take heart all would be or think about it type runners, yes, you can do this. The only running type events I have ever entered in the past has been two 5km fun runs. Last November I had the opportunity to travel 35km or the final two laps of the Nanango Forest Run with well respected and accomplished runner David HOLLERAN. Due to an injury to Dave at the time no world records were set, but I was pleased that I had actually taken my body 35km by far a personal best. Who knows maybe the seed was planted then when I felt personally that I could have completed the 52km course, definitely no cracking pace or record but finished. In this and through regular contact with Dave and chats on his runs I learnt what I believe a valuable lesson - this type of event is not necessarily about first, second and third, but finishing.

After a season of rugby league this year, I of course started contemplating the off season. No fun runs this year, no monumental mileages under my belt and definitely no thought of entering a 24hr event. It had been two weeks since my grand final (Yes we won) I had enjoyed absolutely no training except one game of social squash and enter Dave HOLLERAN. Through a normal every day regular type chat with Dave, something strange happened, something inside clicked. Dave told me he was doing a 24 hours at Caboolture on the weekend and the usual questions followed, start times, race plan etc. but with no football commitments, the weekend off and the thought and challenge of wondering how far can I take my body in 24 hours really excited me. Although this was obvious a reasonable challenge physically for me personally I wanted to know more, I wanted to know what goes through your mind. How do you keep going, therefore on this occasion anyway, I wanted to experience that hardship, am I up to it, can I push myself etc. So I went home and told my wife Sue what I was thinking and there was no "You're mad", "You've got to be crazy", "You haven't trained", "You can't do it", instead it was total support, and was to be our 8 month old baby daughters first camping experience.

Next it was another chat to Dave this time saying "I'm really thinking about doing this run with you on the weekend", and with that Kay (Daves wife) immediately offered that she and Janelle would crew for me as well as Dave. Well it didn't look like I had any excuses now, nowhere to run (Sorry) as I had some major things in my favour, such as

- A. Total support from my wife
- B. A very experienced crew
- C. My desire to challenge myself physically and mentally

With these things in my favour my lack of training seemed to me to be just a little irrelevant. At this time I must say the most significant book I have read in the last twelve months has been Ron Grants book on his run around Australia. Sure I haven't at all stuck to Rons plan of building up to this type of event but on this occasion I was hoping to draw on inner strength and mental toughness to get me through or at least find out if I have any because I realised through talking with Dave, Kay and Rons book that to do this type of running takes more than physical ability but mental ability as well, I certainly don't know if one is more important than the other but you certainly need a degree of both. Of course on this occasion, however, I think my desire to want to experience such as event and all that goes with it was much stronger, probably much much stronger than any running ability and mental ability that I may or probably may not have, but it didn't matter. So it was definitely yes, I am to compete, well enter in my first (only?) 24 hr event.

My race plan was simply to have some fun, challenging myself and enjoy the experience. The rest of the week my training consisted or one more game of social squash (very social) as I didn't want to risk any niggling injury from a road run like shin splints etc., probably paranoid but as I haven't done anything for two weeks one run around the park now wasn't going to help me.

Due to my lack of race plan and no expectations (not this time any way) I still must have had some nerves due to a restless sleep on Thursday night. Friday saw a normal work day planning to get away with enough time (just enough) to go home pick up the family and travel to Caboolture in time for the starters gun.

Well that all happened although maybe a little too close to starting gun with devoted wife and crew left to set up camp.

The gun sounds and I'm off, I'm actually doing it and of course the beginning is easy well the first two laps anyway, when I said to Dave the arches of my feet were feeling sore and the advice was to give it 45 minutes, so of course I did. And of course Daves advice was spot on the situation corrected itself at least for the first two hours when it was time to change shoes and have extra arch supports placed in the pair I started in . The replacement pair used to fill in time may have attributed to further damage to my arches in both feet. A quick inspection of these shoes revealed that there was little or no support and Kay was quick to tell my wife these are definitely not for running. Well that's OK only a little niggle really, and I was there to learn.

Very early in the race I learn't and experienced the tremendous value of a good crew with regular lap advice on when to drink water, cordial, staminade etc. Also when it was time to eat, for I certainly had no idea and although not hungry or thought I wasn't hungry, my body in fact was so of course more good advice

The first hour saw 9km completed and although maybe a little quicker than I would have thought to go myself, I coped comfortably. This time also was generally also relaxing as good conversation had with Dave and new friend Mark. With the first couple hours down, I then had set my goal of a marathon or 42km in six hours, thus achieving three things:-

1. A personal best - previous being 35km
2. First Marathon
3. Good start for 24 hr event.

Well with my feet feeling OK I achieved 48km and was quite happy. Well a mental mistake was made, right here - what can I do in 24 hours and more good advice from the crew when Kay explained fatigue and not setting goals too high.

Well a bit of a break and I'm off again and feeling OK. (What a false sense of security that was) with my feet aching and severe chaffing of the upper leg and groin area, I was struggling at 9 hours. Time for a break and Kay attending to my feet with some manipulation and pressure massage or whatever it was it worked just fine. A dose of trusty vaseline and off I went.

Nine to eleven hours were enjoyable as the relief in my feet was substantial. Hours eleven to twelve definitely not so hot and struggling again. Feet aching with every step, and legs apart with the chaffing indicating absolutely no running style or technique whatsoever. On top of this I was more tired than I thought, getting' just the occasional wobble. Sprung by the ever watcher crew, it was time for a one hour rest and a sleep in no time.

I must also mention that I think it was at the six o'clock rest I learn't what happens when after being warm running on a cool night your body temperature drops quite quickly when you stop one minute feeling OK and the next shivering. Although all of a sudden feeling extremely cold not having had that experience before this time, I found quite amusing but not so amusing later on. I realised later also that the crew need you to advise them of whats going on, you see, my shirt was extremely damp and as I was moving slowly, I needed to keep warm and dry. Kay suggested I try tracksuit pants , which brought a negative response from me - silly me for questioning the crew and of course the introduction of tracksuit pants was a winner. As I was getting cold again, I was advised to get moving and the crew would meet me with some warm clothes and wasn't I glad to see them as trying to move forward when your body is shaking like a banana in a blender isn't easy, but a lightning mid field clothing change brought instant relief.

With 77km completed in twelve hours, severe arch and feet soreness, razor blades in my backside, the final hours needed to be reassessed. Helped to my feet by the crew and back on the track my new goal 100 km. With pain being a little ridiculous and not knowing which was worse, the feet or the groin, I knew I was in for a tough walk. The sun was now up so it

was sunscreen, and hat time. Once again modifications needed to be made, an old work shirt needed some ventilation, and Kay had no problem attacking the shirt with the same scissors she had used on two of my best pairs of socks because the elastic was too restricted.

Well it was definitely time to start digging deep. This is what I came for, well I wasn't disappointed. It is getting tough, every step aches, I can't even walk normally because of the chaffing and when my feet hit the ground it feels as if there is no shoe or skin under my feet and exposed nerve endings pounding every single time and I mean every single time I take a step. Another remedy or experience was waiting for me in my hours of pain - the first of two ice baths for my feet - nothing like having ridiculously sore feet in a bucket of icy cold water and rubbed with ice. Somehow it seems a little odd to treat pain with pain, but quite effective the first time. In amongst this pain I was experiencing something absolutely tremendous, not just did I have a great wife and crew supporting me, the other runners were in there with me also. This was truly amazing as even though, yes it is a race, there is a tremendous respect for each individual just for being there something I now understand having completed one. The help, advice and support from them was great, the little things, a few words here and there - like - keep it going, good on ya mate, whats wrong, and they only ask whats wrong because they have probably experienced or at least seen it before and want to help.

Advice on the run or walk was appreciated greatly, as was the occasional general chat, anything for temporary relief was bliss:

well 76km to 90km was an absolute struggle, but with over four hours to go nothing was going to stop me reach three figures. I wanted 100km and any more would be a bonus. Time for a break and a shoe change. The trusty scissors out again on an old pair of faithfuls that should have been thrown out months ago. With room and air for my toes, I was helped to my feet and with more reassurance. I knew two things -

1. I was going to make 100km
2. I was not going to enjoy it

Off I went, my body not so good, but I could see the finish line.

I struggled to complete a lap without stopping several times, a couple deep breaths and move on, all the time my crew saying the same thing, at least your moving forward - only just, but true. Achieving 91km was great, as it was the start of not just myself and crew counting down the final ten, but lap scorer Ann, who had been tremendous and supportive the whole time.

Well those ten laps were slow and extremely tough, sweetened only by the thought of the 100km and the 24th hour. With my wife helping me through my 100th lap, the crew with camera and Ann sitting with other lap scorers and runners giving me a round of applause, was truly a special moment. I knew then, that very moment, that it was most definitely worth while. Well I continued on back for a sit down and plan the next two plus hours. As my previous longest effort was 35 km, I figured to be able to travel three times that (105km) would be great. I soldiered on again with the help of my crew and managed 7 more kilometres to give me a total of 107km.

I don't know if it was in fact mental strength, pride, fear of failure, being labelled a quitter, not wanting to let the crew down for helping me so much (and the other runners advice and support on the go) that kept me going, but at least with a combination of these things - "I finished". I had entered in my first ultra marathon, a 24hr and travelled three times further than my previous best, yeah you beauty. I finished, for all those that helped we finished. In a sport for the individual a good team is needed.

What a challenge it was the single most toughest event I have ever entered. Having played many sports at various levels, not any came close to the experience of my first 24 hour event.

Yes here I am the next day, still in pain, still have trouble walking and probably still have trouble tomorrow, but very glad I participated and absolutely no regrets, but maybe a little training/preparation next time.

CHARITY RUN FOR THE QUEENSLAND CANCER FUND

An account of a run to assist the Queensland Cancer Fund. Terry Douglas is a retired soldier and journalist- photographer with the Western Times newspaper in Charleville, Queensland. His inspiring story was sent to us by Ron Grant.

With the presentation of a cheque for \$1800 to the Queensland Cancer Fund's SWQ coordinator Mr Max Land recently, I finalised a fund raising venture I embarked upon five months ago.

I will go back in time slightly to provide background on myself.

On 7 January, 1990 I was 121 kilograms and better than a \$200 per week drinker. I was managing some sessions with in excess of 70, ten ounce, heavy beers and then sometimes only stopping because I had either ran out of drinking partners or money to spend.

I was having problems with very unpredictable mood swings and sought advice from the doctor. Results of the tests he conducted would take about six weeks to return and he said I may have had a form of epilepsy and the medication he would prescribe would not work if I was drinking at all.

His advice was to cut back to a maximum of four 10's a day till the results returned and then possibly a visit to the "de-tox tank" at the hospital. I said I would stop drinking altogether if he told me to and so he did.

Since that moment I have not had a desire to drink and probably won't again. I am not a reformed drinker but a non drinker now - I have just grown out of the habit of drinking the same way I grew out of wearing nylon jocks. I keep beer in the fridge for visitors but have no desire at all to drink any of it.

At 43 years old and feeling rather healthy earlier this year I visited a different doctor just to see how my body was functioning. Everything was great except my weight did not match my height. At 186 cms and 96kgs the doctor said I was 12-15 kgs overweight - no consideration for the fact that I am rather broad and solid.

The "overweight" bit really annoyed me so I began running for the first time since I had left a sedentary job in the army in 1986. I decided to run from Augathella to Charleville, a distance of 85kms, four months from the day I commenced training.

The Queensland Cancer Fund heard I was going to do the run and I agreed to do it as a fund raiser for them.

Initially I could not run 5kms in one go and anything over 1km hurt my legs and lungs. After a month I was up to six days a week doing 7.5km runs with comparative ease and within two months I did a 20km run without stopping.

In the fourth month I was doing three or four 20km runs a week and one or two smaller runs. Nothing of any distance though.

With three weeks to go I contacted Ron Grant and asked for advice on many aspects of long distance running. His advice was invaluable and his assurance that if I was determined enough I would do the run.

Two pieces of advice I thought were particularly good were "to keep enough energy to run into town" and "to tell my wife that under no circumstances was she to let me back into the vehicle".

I purchased a wide range of sweets and fruit which I thought I could consume during the run but to no avail. I couldn't swallow food at all. I drank large quantities of fluid with glucose and repalyte added but did not eat at all.

After 50kms I suffered a severe case of the "trots" and was in and out of the scrub more often than the local roos. After 60kms my visits to the scrub were worse because my calf muscles would not jack me up again after I had squatted. Pride would not let me call my wife or either of my two children to help so I shuffled along like a white back spider to a tree and used it to stand again. After that I kept a tree very close.

Altogether over an hour was spent in the scrub.

Cramps in the lower leg also posed a big problem in the latter stages of the run. Ron's idea of running for 20 minutes and walking for 5 right from the start probably held the cramps off for quite a distance but obvious lack of miles in my legs and not enough chemicals getting through eventually told.

Altogether I ran about 70kms and walked the rest. Many people from the town visited me along the road and encouraged me and some rode their bikes for the last 15 while I walked along at about 7kms per hour.

I ran the last 1km and was greeted by a mob of about 8000 on reaching the outskirts. That is 8000 sheep which were travelling through on the stock route.

The shire chairman and about 20 other people were on hand to greet me when I ran into town and seeing them there put a lot more energy into my body.

Money is very tight in the west at the moment and the \$1800 generously donated by the people of the Charleville area shows a special kind of spirit.

Immediately after finishing the run I reverted to my role as the local journalist/photographer and visited the races for photographs of the feature race. I was a sorry sight shuffling along like a very old man.

On the day I lost 13 pounds but have since put half that back on again. I am now more than 30kgs lighter than I was when I stopped drinking and feel absolutely wonderful.

Next year I plan to fund raise for the Lions Club's international project, "Sight First". I will be riding a tandem around Australia with a blind person on the rear seat and hope to raise a substantial sum.

I now run about 40kms a week and ride about 100kms preparing myself for whatever lies in the future.

At 43 I still have a lot of miles in me, whether it be running, riding or just living, and the thing which really annoys me is younger people thinking that people older than them are "past it".

Now that I am reasonably financially comfortable with my wife being the major bread winner, and my children not far off all being grown up, I can do the things I only ever dreamt of when I was one of those younger people.

The difference is though, that I was never guilty of writing anyone off when they got older, only proud to see them out there having a go.

I anticipate retiring from the permanent workforce in December and am in the process of organising a fund raiser of slightly bigger proportions. International Lions Clubs have a worldwide project called "Sight First" with which they hope to raise several million dollars in the next few years. My plan is to ride a tandem around Australia with a blind person helping pedal as a fund raiser.

So far I have secured one person and his vehicle for a backup and the first of my blind co-riders. I have been given assurance of many more blind riders willing to take over at centres around the country when others have to quit for reasons of work commitment or whatever else.

The logistics of planning the sponsorship of tandem, back up vehicles, fuel and food plus other expenses is currently out of my depth, especially as I have to do it from this backwater. Nevertheless, I will manage it somehow.

We leave in late April, hopefully, and head south. This way we can miss the worst of the cold and still come around the top without suffering the wet season.

Headway to put best foot forward in bid for funds

HEADWAY Tasmania is putting its best foot forward in an effort to raise funds for an electric wheelchair.

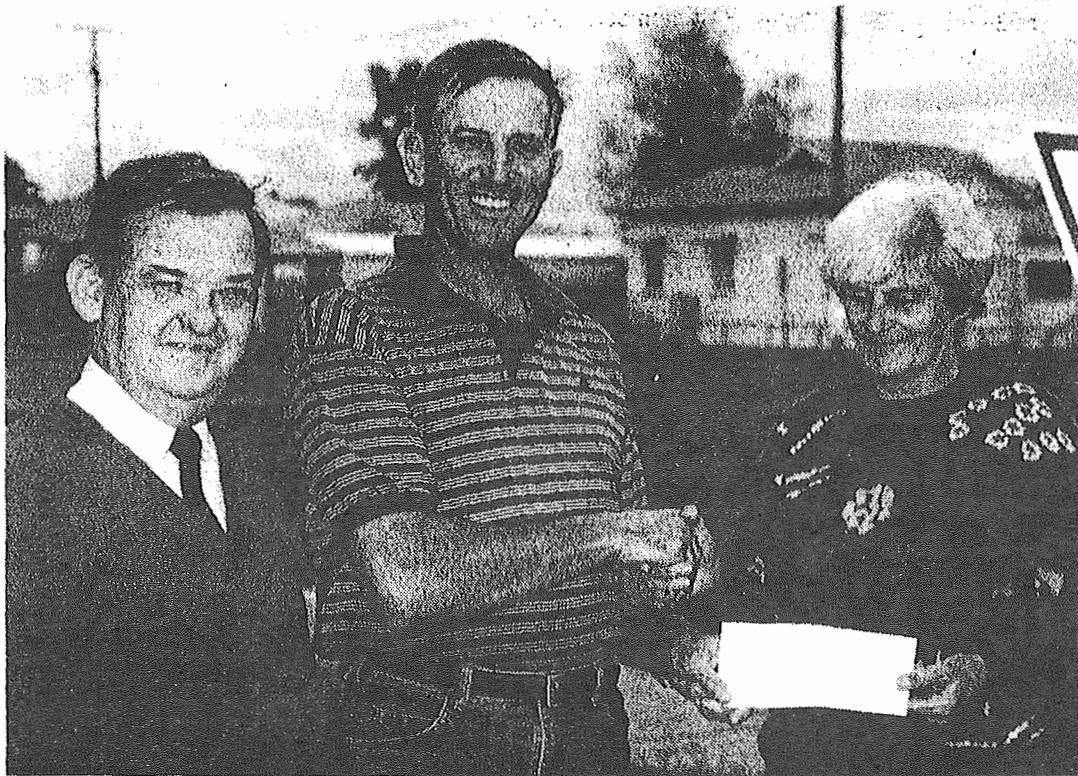
Headway member Therese March will walk the 65km length of Bruny Island as an entrant in the Bruny Island Run on Saturday, December 4.

Sponsors are being sought for the walk in a bid to raise the \$6,500 needed to buy an electric wheelchair.

Walk for Mobility organisers hope to enlist at least 1,000 sponsors at a rate of 10 cents a kilometre for the walk from

Dennes Point to the Bruny Island lighthouse.

Sponsorship forms are available from Headway, Alkoomi, St John's Park, New Town 7008, or by phoning 28 8296.



South West development officer for Queensland Cancer Fund, Mr Max Land (left) watches Mr Terry Douglas present an \$1800 cheque to Charleville Cancer Support Group treasurer Mrs Wendy Rundle.

"I was hopping in and out of the trees more frequently than the kangaroos and wallabies along that stretch of road," he said.

"A good massage and rub down by John O'Brien near Collaroy helped ease a leg cramp and had me back on the road for the final shuffle into Charleville."

Throughout the second half of the run many people from Charleville drove out along the road to greet Douglas and encourage him.

"This and the arrival of three Crabs members on their bikes to accompany me over the final 15km gave a much needed boost."

Charleville Neighbourhood Centre was right behind the run and provided a support vehicle with two way radio.

"Without their help the run may not have been as successful and I was very grateful to George Donohue and his staff.

Terry gets a run for his money

A lot of very generous people go to extraordinary lengths to assist the Queensland Cancer Fund (QCF) in a variety of ways, particularly in fund raising.

QCF development officer, Mr Max Land, said a wonderful example of this dedication and generosity was Charleville man, Mr Terry Douglas, who recently completed an 85km run from Augathella to Charleville to raise funds for the fund.

"Terry's effort was generously supported by the people of both Charleville and Augathella and districts who contributed \$1800 in

recognition of Terry's 12 hour run. As an incentive for people to support Terry, a Gold Coast resort donated a weekend for two, and McCafferty's Coaches donated the return coach travel from Charleville to the Gold Coast.

The winner of this prize is Angelique Vetter, Charleville.

While officially thanking Mr Douglas, Mr Land said the money raised, along with considerably more, would be spent assisting cancer patients and families in the South West region of the State.

Each year, the fund

spends in excess of \$2 million throughout Queensland, providing care and accommodation in Brisbane for country patients undergoing chemotherapy or radiotherapy treatment and their families. It also provides practical and financial assistance for cancer patients who wish to be treated at home.

Mr Land also said all monies raised in community fund raising events, such as the run, actually goes to helping the people of Queensland and not into administration costs. These costs are met by proceeds of a trust fund and not by fund raising events.

Fun run!

In near perfect conditions last Saturday, Terry Douglas of Charleville ran from Augathella to Charleville, to raise funds for cancer research, covering the 85 kilometres in just over 12 hours.

Douglas left Augathella at about 3.20am and arrived at Charleville

post office shortly after 3.30pm.

His strategy worked out with the help of long distance runner Ron Grant, of running for twenty minutes and walking for five minutes paid off during the first 50 kilometres.

Douglas developed cramps and gastritis during the second half of the run.

"It is anticipated that cancer research will benefit to the extent of about \$1500 when all sponsorship money is to hand.

"Girl guides canvassed donations in Wills Street on Saturday and over \$300 was handed to me.

"I am grateful to everyone who helped, it was a tremendous boost when my system was reaching its limit to have so many friendly faces on hand to encourage me along.

"The reception in Charleville pleased me immensely.

"Considering how rough a time people in Charleville and the South West have had for the last few years their generosity certainly shows through when a worthy cause comes along."

All-Time Ultra Bests

Below are some all-time lists for the most common ultra events. **Marks set in 1993 are listed in italics.** In order to make the lists as informative as possible, we have combined road and track performances, as well as certified and uncertified performances. The intent is to recognize the best ultra performances, recognizing that in many cases they will not satisfy all the criteria for ratification as records. This is especially true for marks set many years ago.

We include among the bests for North America any performances by North American residents, even if they are not citizens of the region. In such cases, there is an apostrophe after the name.

For a list of U.S. records as ratified by USATF, see the May, 1993, issue. This list will be updated and reprinted in a future issue.

If you know of any corrections or additions to these lists, please let us know.

Thanks to Andy Milroy, Trishul Cherns, and Dan Brannen for continually providing invaluable data.

Legend

= current ratified U.S. record
R = road in otherwise track list
i = indoor
T = track in otherwise road list
s = split in longer event
* = uncertified road course or no lap times taken
^ = incomplete lap recording (only to minute)
- = resident alien
? = questionable mark (e.g., no documentation, drug-aided)

1,000 Miles

Men	
Yiannis Kourous,GR	10+10:30:35
Stu Mittleman,US	11+20:36:50
Al Howe,46,GB	12+01:42:52
Siggy Bauer,41,NZ	12+12:36:20
Isruan Sopas,HUN	12+22:52:37
John Ball,SA	13+01:00
Marty Sprengelmeyer,45,US	13+07:19:41
Trishul Cherns,CAN	13+07:50:45
Tom Possert,US	13+14:02:52
Stefan Schlett,GER	13+16:11:06
Ian Javes,47,AU	13+18:35:50
Michel Careau,47,CAN	13+21:31:53
Alan Fairbrother,49,GB	13+22:48:08
Georg Jernolajevs,49,UKR	13+23:25:18T*
John Wallis,52,US	14+09:45:04
Dan Coffey,54,GB	14+10:44:50
Tony Rafferty,47,AU	14+11:59:04
Ronnie Wong,44,US	14+12:48:25
Charlie Eidel,44,US	14+16:52:41
Pat Farmer,AU	14+18:27:47
Alexander Chulakov,41,MOL	14+18:29:45

Women	
Sandy Barwick,NZ,42	12+14:38:40
Antana Locs,CAN	13+23:18:32
Suprabha Beckford,US	14+12:22:28
Dipali Cunningham,AUS	15+12:52:02
Ch. Vollmerhausen,57,GER	16+01:59:40
Renate Nierkens,GER,47	16+11:19:54
Eleanor Adams,GB	16+22:51

6 Days

All-time, men	
Jean-G. Boussiquet,48,FR	640 21 i
Yiannis Kourous,GR	639
Gilbert Mainix,57,FR	626 164 i
George Littlewood,GB,1888	623 1320
James Zarei,46,GB	622 435
Bryan Smith,45,AU	621 1320
James Cathcart,US,1888	610
Patrick Fitzgerald,US,1884	605
Daniel Herty,US,1888	602
Charles Rowell,GB,1884	600
George Hazael,GB,1882	600 220 i

Uncertified additions	
Yiannis Kourous,GR	658 1144 R*
David Standeven,AU	628 352 R*

Kevin Mansell,AU	628 352 R*
Richard Tout,NZ	589 1199 Rs
World track record	
Yiannis Kourous,GR	635 1385
Modern, men	
Jean-G. Boussiquet,48,FR	640 21 i
Yiannis Kourous,GR	639
Gilbert Mainix,57,FR	626 164 i
James Zarei,46,GB	622 508
Bryan Smith,45,AU	622 435
Ramon Zabalo,FR	593 64
Patrick Macke,GB	579 207 i
Stu Mittleman,US	577 1100 i
Tom O'Reilly,GB	576 675
Dusan Mravljic,YUG	568 319
Siegfried Bauer,42,NZ	563 1245
Maurice Taylor,41,AU	555 890
George Gardiner,40,US	554 72 #

Modern, men, North America	
Stu Mittleman	577 1100 i
George Gardiner,40	554 72 #
Brian Purcell	543
Michel Careau,53,CAN	539 1689 i
Trishul Cherns,CAN	538 189 i
Marty Sprengelmeyer,41	516 960Rs*
Al Howe,46	514
Don Choi	511 596
Robert Perez	501 893
Al Prawda	500 1233 i

U.S. all-comers record	
Yiannis Kourous,GR	639
Age groups, world	
40-44 J.-G. Boussiquet,FR	605 1691 i
45-49 J.-G. Boussiquet,FR	640 21 i
50-54 Gilbert Mainix,FR	609 775
55-59 Gilbert Mainix,FR	626 164
60-64 Cliff Young,AU	536
65-69 George Perdon,AU	522 1664
70-74 Cliff Young,AU	416 998
75-79 John Petersen,AU	406 225
80-84 John Petersen,AU	258 303 R

Age groups, U.S.	
40-44 George Gardiner	554 72
45-49 Cahit Yeter	468 417
50-54 Michael Allen	473 440
55-59 Clarence Richey	438 880
60-64 Richard Cozart	387
65-69 Willie Rios	382 1454
70-74 Willie Rios	298

All-time, women	
Sandra Barwick,NZ	548 558
Eleanor Adams,GB	538 582
Donna Hudson,US	487 1585
Edith Couhé,41,FR	479 968 i
Suprabha Schecter,US	459
Georgina McConnell,AU	458 1119
Renate Nierkens,GER	458 1056
Cynthia Cameron,AU	458 1006
Lorna Richey,US	457 345 #
Madame Du Pree,US,1882	456
Antana Locs,CAN	452
Pippa Davis,41,US/GB	450
Silvia Andonie,MEX	450

Uncertified additions	
Mary Hanudel,US	486 1056Rs*

Women, North America	
Donna Hudson	487 1585
Mary Hanudel	486 1056Rs*
Suprabha Schecter	459
Lorna Richey	457 345 #
Madame Du Pree,1882	456
Antana Locs,CAN	452
Pippa Davis,41	450
Silvia Andonie,35,MEX	450
Sue Medaglia,49	411 1623
Barbara McLeod,55,CAN	404
Kanna Nequin	400 220 i

Age groups, world	
40-44 Sandra Barwick,NZ	548 558
45-49 Renate Nierkens,GER	458 1056
50-54 Hilde Schmidh r,GER	420
55-59 Ch. Vollmerh n,GER	431
60-64 Francoise Lamothe,FR	402 1582
65-69 Helen Klein,US	354 1584
70-74 Helen Klein,US	373

Age groups U.S.	
40-44 Lahory Brummel	365
45-49 Sue Medaglia	411 1623
50-54 Janet Johnson	405 440
55-59 Myra Linden	340 440
60-64 Samara Minoli	310
65-69 Helen Klein	354 1584
70-74 Helen Klein	373

48 Hours

All-time, men	
Yiannis Kourous,GR	281 48
Valeri Goubau,SU	265 1187
Gilbert Mainix,57,FR	264 282
J.-G. Boussiquet,47,FR	263 597
Ramon Zabalo,FR	260 1717
Charles Rowell,GB,1882	258 220
Richard Tout,NZ	253 914Rs*
John Hughes,US,1882	251
Richard Brown,GB	249 526
Anatoli Kruglov,RUS	248 632

Alain Mallereau,FR	245 945
Bryan Smith,AU,46	240 172
Brian Purcell,US	240
All-time, North America	
John Hughes,1882	251
Brian Purcell	240
James A. Cathcart,1888	238
Frank Hart,1882	232
Scott Demaree	230 704
Jack Christian	227 584
Don Choi	227
Patrick Fitzgerald,1883	226
Rav Krolewicz	224 1731
Al Prawda	224 1177
Dan Brannen	223 135
Doyle Carpenter,48	219 1689
Richard Lacouse,1881	218 352
Edward Weston,40,1879	218
Dan Herty,1882	217 660
Charles Harrman,1883	216
Stu Mittleman	215 1540
John Sullivan,1882	215
Ephraim Clow,1881	215
George Gardiner,40	213
Jeff Hagen	213 1320
Jim Drake,52	213
Rae Clark	212 176
Peter Panchot,1883	212
Robert Vint,1883	211

U.S. all-comers record	
Yiannis Kourous,GR	266 578
Age groups, world	
40-44 Valeri Goubau,SU	265 1187
45-49 J.-G. Boussiquet,FR	263 597
50-54 Gilbert Mainix,FR	259 427
55-59 Gilbert Mainix,FR	264 282
60-64 George Perdon,AU	198 164
65-69 Phil Latulippe,CAN	150 1689
70-74 Matt Miller,US	142 1617

Age groups, North America, modern	
40-44 Al Prawda	224 1177
45-49 Doyle Carpenter	219 1689
50-54 Jim Drake	213
55-59 Ed Williams	179 357
60-64 Dictino Mendez	179 1350
65-69 Phil Latulippe,CAN	150 1689
70-74 Matt Miller	142 1617

All-time, women	
Hilary Walker,GB	227 1302
Sue Ellen Trapp,47,US	223 1340
Arlette Touchard,44,FR	215 1543
Angela Mertens,BEL	214 1196
Marianne Savage,GB	213 1092
Eleanor Adams,GB	207 988
Susan Olsen,US	207 462
Sandra Barwick,NZ	202 1589
Silvia Andonie,MEX	195 1760
Edith Couhé,40,FR	195 167
Ch. Vollmerhausen,55,GER	193 1563
Bev Williams,CAN	191 1470
Suprabha Beckford,US	191
Sandra Brown,GB	190 1380
Francoise Lamothe,62,FR	190 48

All-time, North America, women	
Sue Ellen Trapp,47	223 1340
Susan Olsen	207 462
Silvia Andonie,MEX	195 1760
Bev Williams,CAN	191 1470
Suprabha Beckford	191
Donna Hudson	189 693
Marcy Schwam	187 1406
Eileen Eliot,45	180 1584
Antana Locs,CAN	180
Barbara McLeod,52,CAN	177 137
Essie Garrett,41	170

Age groups, World	
40-44 Arlette Touchard,FR	215 1543
45-49 Sue Ellen Trapp,US	223 1340
50-54 Arlette Touchard,FR	198 1620
55-59 Ch. Vollmerh n,GER	193 1563
60-64 Francoise Lamothe,FR	190 48
65-69 Francoise Lamothe,FR	169 890

Age groups, North America	
40-44 Essie Garrett	170
45-49 Sue Ellen Trapp	223 1340
50-54 Barbara McLeod,CAN	177 137
55-59 Mary Ann Miller	145 1531
60-64 Jan Richards	127 880
65-69 Helen Klein	130 858

24 Hours

All-time, men	
Yiannis Kourous,GR	178
Wolfgang Schwert,GER	171 1106
Nikolai Safin,RUS	171 413
Bernard Gaudin,FR	170 1231
David Dowdle,GB	170 974
Hans Erdmann,GER	170 580
Jean-G. Boussiquet,FR	169 705
Anatoli Kruglov,RUS	166 1573
Don Ritchie,47,GB	166 1203
A. Komissarenko,SU	165 500 R*
Rae Clark,US	165 427
Paul Beckers,BEL	164 342
Mark Pickard,GB	163 1249
Valeri Goubau,SU	163 510
Rune Larsson,SWE	163 346
Richard Tout,NZ	163 286
Ron Teunisse,HOL	162 832

Jean-Pierre Guyomarch,FR	162 632
Park Barner,US	162 537
James Zarei,42,GB	162 454
Peter Samulski,GER	162 343
Helmut Schieke,GER	162 198
Konstantin Santalov,RUS	162 39
Valery Christenok,SU	161 1176
Mike March,AU	161 1087
Ron Bentley,42,GB	161 545
Helmut Dreyer,GER	161 175
Victor Suborn,US	160 1476
Kevin Setnes,US	160 749 R#
Peter Mann,GER	160 670
Marcel Foucat,FR	160 555
Milan Tuhovcak,CZ	160 513

World track record	
Yiannis Kourous,GR	176 388

All-time, North America	
Rae Clark	165 427
Park Barner	162 537
Kevin Setnes	160 749 R#
Tom Possert	158 565
Bernad Heinrich,43	156 1367
Cahit Yeter,46	155 1182
Roy Prung,41	154 313
Peter Holubar,CAN	150 1659
Al Howe,46	150 354
John Hughes,1882	150
Brian Purcell	146 1584
Nick Marshall	146 528Rs*
Don Jewell,46	145 1115
Robert Van Deusen	145 408

U.S. all-comers record	
Yiannis Kourous,GR	178

Age groups, world	
40-44 Hans Erdmann,GER	170 580
45-49 Don Ritchie,GB	166 1203
50-54 Peter Samulski,GER	162 343
55-59 Dave Cooper,GB	155 676
60-64 Max Courtillon,62,FR	149 91
65-69 Cy McLaughlin,NZ	130 999
70-74 Ernie Warwick,GB	109 171
75-79 Ernie Warwick,GB	103 651

Age groups, U.S.	
40-44 Bernd Heinrich	156 1367
45-49 Cahit Yeter	155 1182
50-54 John Metz	144
55-59 Richard Rozier	139 429
60-64 Carlton Mendell	125 1044
65-69 Ray Pua	121
70-74 Edson Sower	107 655
75-79 Edson Sower	79 1214

All-time, women	
Sigrid Lomsky,51,GER	151 706
Eleanor Adams,41,GB	149 411
Hilary Walker,GB	146 1629
Sue Ellen Trapp,47,US	145 506 R#
Angela Mertens,BEL	144 395
Ann Trason,US	143 152
Marianne Savage,GB	141 1306
Monika Kuno,GER	141 132
Helga Backhaus,GER	139 508
Randi Bromka,40,US	138 510
Tamara Merslikina,SU	137 1684
Sandra Barwick,NZ	137 21
Susan Olsen,US	134 1695
Rosalyn Paul,GB	134 1089
Wu Wing-Yee,HK	133 1747
Waltraud Reisert,GER	133 1486
Sandra Brown,GB	133 1110
Anna Dyck,GER	133 1044
Lynn Fitzgerald,GB	133 939
Mary Hanudel,US	132 1299
Edith Couhé,41,FR	131 1614
Maria Nardin Bini,IT	131 279
Zofia Turasz,47,POL	130 1416
Lorna Richey,US	130 973

World indoor record	
Eleanor Adams,42,GB	147 1408

All-time, North America	
Sue Ellen Trapp,47	145 506 R#
Ann Trason	143 152
Randi Bromka,40	138 510
Susan Olsen	134 1695
Mary Hanudel	132 1299

60-64 Françoise Lamothe,FR	114	760	R
65-69 Helen Klein,US	109	880	
70-74 Helen Klein,US	102	1300	R

Age groups, North America			
40-44 Randi Bromka	138	510	R
45-49 Sue Ellen Trapp	145	505	R
50-54 Barbara McLeod,CAN	113	1126	
55-59 Ruth Anderson	110	439	
60-64 Helen Klein	105	1294	
65-69 Helen Klein	109	880	
70-74 Helen Klein	102	1300	R

200 Km

All-time, men			
Yiannis Kourou,GR	15:11:10	s	
Don Ritchie,GB	16:19:16	s	
Wolfgang Schwerk,GER	16:20:51	Rs	
Martin Daykin,GB	16:20:46	s	
Jean-Marc Bellocq,FR	16:26:00	Rs	

All-time, North America			
Rae Clark	16:55:13	s#	
Cahit Yeter,46	17:44:27	s	
Kevin Setnes	18:02:30	Rs	
Roy Pirrung,43	18:05:35	s	
Peter Holubar,CAN	18:28:58	s	
Bernd Heinrich,43	18:30:11	s	
Tom Possert	18:40:07	Rs	
Robert Emmons	18:50:40	Rs	

Age groups, world			
40-44 Ron Bentley,GB	16:53:00	s	
45-49 Don Ritchie,GB	16:19:16	s	
50-54 Helmut Schieke,GER	18:16:15	Rs	
55-59 Dave Cooper,GB	19:16:16	Rs	
60-64 Max Courtillon,FR	19:42:13	Rs	
65-69 Cy McLaughlin,NZ	22:41:00	s	

All-time, women			
Eleanor Adams,42,GB	19:00:31	Rs	
Sigrid Lomsky,GER	19:08:21	Rs	
Ann Trason,US	19:22:05	Rs	
Hilary Walker,GB	20:05:50	Rs	
Sue Ellen Trapp,47,US	20:14:06	Rs	
Marianne Savage,40,GB	20:26:53	Rs	
Angela Mertens,BEL	20:39:05	Rs	
Monika Kuno,GER	20:43:42	s	

All-time, North America			
Ann Trason	19:22:05	Rs	
Sue Ellen Trapp,47	20:14:06	Rs	
Sue Ellen Trapp,45	21:08:47	s#	
Randi Bromka	22:41:00	s	
Lorna Richey	23:01:57	s	
Sue Medaglia,47	23:36:42	s	
Toni Bealustegui,40	23:42:37	s	

12 Hours

Men			
Yiannis Kourou,GR	101	Rs	
Don Ritchie,GB	100	727	Ts
Derek Kay,SA	100		
Cavin Woodward,GB	100		

All-time, North America			
Rae Clark	98	Rs#	
Bernd Heinrich,44	95	1216	Ts#

Women			
Ann Trason,US	91	1258	T
Angela Mertens,BEL	87	831	R
Hilary Walker,GB	83	682	Ts
Eleanor Adams,GB	83	555	R

All-time, North America			
Ann Trason	91	1258	T#
Ann Trason	90	ORs#	
Christiane Avin,40	79	1658	R
Marcy Schwam	79	942	T
Sandra Kiddy	79	696	R

100 Miles

All-time, men			
Don Ritchie,GB	11:30:51	T	
Cavin Woodward,GB	11:38:54	T	
Yiannis Kourou,GR	11:46:38	s	
Derek Kay,40,SA	11:56:56	T	
Tom O'Reilly,GB	12:02:32	T	
Rae Clark,US	12:12:19	#	
Dave Box,41,SA	12:15:09	T	
Martin Daykin,GB	12:16:46	s	
David Dowdle,GB	12:17:09	s	
Ron Hopcroft,40,GB	12:18:16	s	
Wally Hayward,45,SA	12:20:08	s	
George Perdon,AU	12:25:09	T#	
Bernd Heinrich,44,US	12:27:01	T#	

All-time, North America			
Rae Clark	12:12:19	#	
Bernd Heinrich,44	12:27:01	T#	
Alfonso Anzaldo Meneses,MX	12:46:20	s	
José Cortez	12:54:31	s	
Stuart Mittleman	12:56:34	s	
Roy Pirrung	13:15:50	s	
Ray Scannell	13:16:02	s	
Terry Martin,CAN	13:18:25	s	
Lion Caldwell	13:19:12	s	
George Gardiner	13:22:10	T	
Ted Corbitt,49	13:35:06	T	
Cahit Yeter,51	13:35:21	s	
Don Marvel	13:36:35	s	
Kevin Eagleton	13:40:28	s	

Age groups, world			
40-44 Derek Kay,SA	11:56:56	T	
45-49 Wally Hayward,SA	12:20:08	T	
George Perdon,AU	12:25:09	T#	
Don Ritchie,GB	12:44:29	Ts	
50-54 Cahit Yeter,US	13:35:21	T	
Peter Samulski,GER	14:28:07	Rs	
55-59 David Cooper,GB	15:14:35	Ts	
60-64 Cliff Young,AU	14:37:54	T	
65-69 Cy McLaughlin,NZ	17:37:16	Ts	
70-74 Ernie Warwick,GB	21:35:27	Ts	
75-79 Ernie Warwick,GB	23:05:30	Ts	

Age groups, U.S.			
40-44 Bernd Heinrich	12:27:01	T	
45-49 Ted Corbitt	13:33:06	T	
50-54 Cahit Yeter	13:35:21	T	
Gard Leighton	14:56:19	Ts	
55-59 Gard Leighton	16:05:30	T	
60-64 Carlton Mendell	17:35:27	Ts	
65-69 Ray Piva	18:33:36	s	
70-74 Larry O'Neill	21:55:23	T#	
Edson Sower	21:57:44	Ts	

All-time, women			
Ann Trason,US	13:47:42	R#	
Eleanor Adams,42,GB	14:43:40	si	
Hilary Walker,GB	14:49:34	si	
Sigrid Lomsky,51,GER	15:02:30	Rs	
Sue Ellen Trapp,44,US	15:05:51	s	
Christine Barrett,GB	15:07:45	s	
Sandra Kiddy,49,US	15:12:54	s	
Monika Kuno,GER	15:27:46	Ts	
Donna Hudson,US	15:31:57	s	
Marianne Savage,GB	15:42:36	si	
Lynn Fitzgerald,GB	15:44:21	Ts	
Marcy Schwam,US	15:44:28	Ts	
Randi Bromka,US	15:45:52	Rs	
Wu Wing-Yee,HK	15:54:57	s	
Sue Medaglia,48,US	15:55:17	s	
Sue Olsen,US	15:55:24	Ts	

All-time, North America			
Ann Trason	13:47:42	R#	
Ann Trason	14:29:44	T#	
Sue Ellen Trapp,44	15:05:51	s	
Sandra Kiddy,49	15:12:54	s	
Donna Hudson	15:31:57	s	
Marcy Schwam	15:44:28	Ts	
Randi Bromka	15:45:52	Rs	
Sue Medaglia,48	15:55:17	s	
Sue Olsen	15:55:24	Ts	
Natalie Cullimore	16:11:00	s	
Christine Gibbons	16:41:26	Ts	
Ruth Anderson,48	16:50:47	T#	
Kay Moore,44	16:54:01	s	
Linda Elam,43	16:58:45	Ts	
Lynn O'Malley,41	17:11:53	Ts	
Sue Summerhays-King	17:52:39	T	

Age groups, world			
40-44 Eleanor Adams,GB	14:43:40	si	
45-49 Sandra Kiddy,US	15:12:54	s	
50-54 Sigrid Lomsky,GER	15:02:30	Rs	
55-59 Gerda Schröder,GER	19:39:20	Ts	
60-64 Françoise Lamothe,FR	20:47:35	s	
65-69 Helen Klein,US	21:03:01	Ts	
70-74 Helen Klein,US	23:29:34	Rs	

Age groups, U.S.			
40-44 Sue Ellen Trapp	15:05:51	s	
45-49 Sandra Kiddy	15:12:54	s	
50-54 Marty Maricle	19:26:04	T	
55-59 Ruth Anderson	20:54:24	Ts	
60-64 Helen Klein	22:15:26	Ts	
65-69 Helen Klein	21:03:01	Ts	
70-74 Helen Klein	23:29:34	Rs	

100 Km

All-time, men, certified			
Don Ritchie,GB	6:10:20	T	
Jean-Paul Praet,BEL	6:16:41	s	
Aleksander Masargin,RUS	6:20:59	s	
Konstantin Santalov,RUS	6:22:28	s	
Bruce Fordyce,SA	6:25:07	s	
Cavin Woodward,GB	6:25:28	Ts	
Jean-Marc Bellocq,FR	6:26:13	s	
Valmir Nunes,BRA	6:27:20	s	
Andrzej Magier,POL	6:27:29	s	
Karl-Heinz Doll,GER	6:29:34	s	
Roland Vuilleminot,FR	6:30:35	s	
Domingo Catalan,SP	6:30:37	s	
Deon Holthausen,SA	6:31:14	s	
Valery Mikhaylovsky,RUS	6:31:41	s	
Eric Seedhouse,CAN/GB	6:33:03	s	
Jerzy Wroblewicz,POL	6:33:11	s	
Lucien Taelman,FRA	6:33:38	s	
Jan Szumiec,POL	6:33:40	s	
Bernard Curton,FRA	6:33:47	s	
Jaroslav Janicki,POL	6:33:53	s	
Andy Jones,CAN	6:33:57	s	
Peter Hermanns,BEL	6:34:21	s	
Farid Zartpov,RUS	6:34:21	s	
Przemyslaw Jamont,POL	6:34:39	s	
Werner Dorrenbacher,GER	6:34:45	s	

Uncertified additions			
Konstantin Santalov,RUS	6:15:17	s	
Vaclav Kamenik,CZ	6:17:56	s	
Jan Szumiec,POL	6:17:57	s	
Domingo Catalan,SP	6:19:35	s	
Erno Kis-Kiraly,HUN	6:24:38	s	
Yiannis Kourou,GR	6:25:06	s	

All-time, North America, certified			
Andy Jones,CAN	6:33:57	s	
Richard Chouinard,CAN	6:36:57	s	

Bernd Heinrich,41	6:38:21	#	
Stefan Fekner,CAN	6:41:05	s	
Charles Trayer	6:41:47	s	
Sean Crom	6:45:35	s	
Tom Zimmermann	6:45:46	s	
Barney Klecker	6:50:43	s	
Frank Bozauch	6:51:20	s	
Alfonso Anzaldo Meneses,MEX	6:51:52	T	
Rae Clark	6:56:38	s	
Bryan Hacker	6:59:44	s	

Uncertified North American additions			
Allan Kirik	6:37:54	s	
Bill DeVoe	6:54:56	s	
Stuart Mittleman	6:57:49	s	
John Coffey	6:58:54	s	
Ray Scannell	6:59:25	s	
Max White	6:59:45	s	

U.S. track record			
Bernd Heinrich,45	7:00:12	T#	

Age groups, world			
40-44 Domingo Catalan,SP	6:30:37	s	
45-49 Roland Vuilleminot,FR	6:30:35	s	
50-54 Hans Reich,GER	7:03:14	s	
55-59 Kurt Engländer,GER	7:10:51	s	
60-64 Peter Köhn,GER	8:03:52	s	
65-69 Max Courtillon,FRA	8:43:37	s	
70-74 Konrad Voelkening,GER	9:53:08	s	
75-79 Julius Hannappel,GER	12:03:25	s	
80-84 Michael Selb,SW	16:40:13	s	
85-89 Adolf Weidman,GER	21:32	s	
40+ track: Don Ritchie,GER	6:46:10	T	

Age groups, U.S.			
40-44 Bernd Heinrich	6:38:21	s	
45-49 Bernd Heinrich	7:00:12	T	
50-54 John Sullivan	7:38:43	s	
55-59 Gardner Leighton	8:34:53	T	
60-64 Ray Piva	8:58:04	s	
65-69 Ray Piva	9:30:31	Ts	
70-74 Carlton Mendell	11:27:10	s	
75-79 Edson Sower	19:37:09	s	

All-time, women, certified			
Ann Trason,US	7:09:44	#	
Birgit Lennartz,GER	7:18:57	s	
Carolyn Hunter-Rowe,GB	7:27:19	s	
Valentina Schafajeva,RUS	7:27:39	s	
Valentina Liachova,RUS	7:31:25	s	
Inna Petrova,18,RUS	7:34:05	s	
Marta Vass,HUN	7:37:05	s	
Elena Maskina,RUS	7:44:29	s	
Nurzia Bagmanova,RUS	7:44:37	s	
Nadezda Gumerova,RUS	7:46:44	s	
Marcy Schwam,US	7:47:29	s	
Eleanor Adams,GB	7:48:33	s	
Sandra Kiddy,47,US	7:49:17	s	
Hilary Walker,GB	7:50:09	s	
Sybil Mollensiep,GER	7:50:40	s	
Ina Reuter,GER	7:56:20	s	
Agnes Eberle,SW	7:56:40	s	
Hanni Zehender,GER	7:58:54	s	
Viviane Vanderhaeghen,BEL	7:59:19	s	

Uncertified additions			
Chantal Langlact,FR	7:26:01	s	
Christa Vahlensieck,GER	7:50:37	s	

All-time, North America, certified		
Ann Trason,US	7:09:44	#
Marcy Schwam	7:47:29	
Sandra Kiddy,47	7:49:17	
Sue Clark-Sines	8:01:50	
Sue Ellen Trapp	8:05:26	
Kathy D'Onofrio-Wood	8:08:43	
Ellen McCurtin	8:16:53	
Lorraine Gersitz	8:20:09	
Danielle Cherniak	8:29:19	
Sue Kaimuialaina,CAN	8:29:44	
Chrissy Duryea	8:31:18	
Lorraine Lees-McGough,CAN	8:32:23	
Theresa Daus-Weber	8:34:49	
Debbie Peebles	8:35:26	→
Jackie Davis	8:39:02	
Randi Bromka	8:40:07	
Susan Olsen	8:40:48	

Barney Klecker	2:51:53	Ann Franklin,GB	3:36:58 Ts	Ephraim Clow,1881	215	si	100 km. women			
Bill Seobey	2:52:24			Michel Careau,53	210	105 si	Sue Kainulainen	8:29:44		
Tom Fleming	2:52:30	All-time. North America		Peter Holubar,47	210	R	Lorraine Lees-McGeough	8:32:23		
Andrew Jones	2:53:20	Janis Klecker	3:13:51	David LaPierre,52	205	152	Antana Locs	9:22:38 s		
Carl Swift	2:53:54	Linda Edgar	3:21:27	Trishul Cherns	200	R	Beverly Williams	9:45:07		
Richard Holloway	2:55:54	Mary Bange	3:23:31	George Guyon,1879	200	is	Joan Wells	10:23:45		
John Cederholm	2:56:43	Jan Arenz	3:26:47				Barbara McLeod	10:31:35		
Kaj Johansen	2:57:00	Ann Trason	3:27:48 Rs	48 hours. women						
Carlos Talbott	2:58:09	Sandra Kiddy,47	3:32:24	Bev Williams	191	1470	50 miles. men			
Fritz Mueller, 42	2:58:20	Gail Volk	3:37:06	Antana Locs	180	Rs	Andy Jones	4:54:59		
Bill McDermott	2:58:35	Chrsune Gibbons	3:37:13	Barbara McLeod,52	177	137	Erik Seedhouse	5:04:18 s		
Ken Moffitt	2:58:46	Chns Iwahashi	3:37:48				Stefan Fekner	5:10:09		
Bruce Mortensen, 44	2:59:36			24 hours. men			Al Howie	5:35:12		
Jeff Wall	3:00:00	U.S. track record		Arthur Newton	152	540	Graeme Magor	5:36:20		
		Ann Trason	3:35:31 T#	Peter Holubar	150	1659	Steve King	5:36:23		
U.S. track record				Al Howie	150	352	Steve Barr	5:39:44		
Barney Klecker	2:52:48	Age groups. world		Esmond Mah	136	1299	Dominik Machek	5:41:48		
		40-44 Jan Kreuz,US	3:34:31	Ron Gehl	136	445	Terry Martin,40	5:46:56		
Age groups. world		45-49 Sandra Kiddy,US	3:32:34	David LaPierre,45	134	522				
40-44 Jeff Norman,GB	2:53:21	50-54 Vera Voget,GER	4:13:12 T				50 miles. women			
Tim Johnston,GB	2:55:07 T	55-59 Sandra Kiddy,US	3:56:55	24 hours. women			Andy Jones	6:45:50 s		
45-49 Stephen Moore,GB	3:06:00 Ts	60-62 Shirley Young,AL	4:28:44 Ts	Beverly Williams	120	649	Lorraine Lees-McGeough	6:48:36		
50-54 Fred Kiddy, US/GB	3:15:39	65-69 Josephine Hess, US	5:11:50	Suzanne Gagnon	116	1257	Nola Petterson	6:55:29		
55-59 Otho Perkins,US	3:17:26 T	70-74 Helen Klein,US	5:44:04 Rs	Barbara McLeod,51	113	1126 Ti	Mary Jane Henning	6:58:03		
60-64 Alex Ratelle,US	3:45:55			100 miles. men			Tess Porter	7:10:20		
65-69 Ray Piva,US	3:50:02	Age groups. U.S.		Terry Martin,43	13:18:25		Betty-Ann Schipper	7:15:53		
70-74 Ed Benham,US	4:34:51	40-44 Jan Kreuz	3:34:31	Peter Holubar	14:03:23 Ts		50 km. men			
75-79 Ed Benham,US	5:03:38	45-49 Sandra Kiddy	3:32:34	Al Howie	14:06:18 T		Andy Jones	2:53:20 s		
80-84 Charles Benovoy,CAN	9:55:55 Ts	50-54 Matilee Christman	4:15:12	Mike McNamara	14:09:45 i		Erik Seedhouse	2:56:55 T		
		55-59 Sandra Kiddy	3:56:55	Norm Patenaude	15:07:23		Stefan Fekner	3:03:34 s		
		60-64 Myra Rhodes	4:39:46				Graeme Magor	3:12:57		
		65-69 Josephine Hess	5:11:50	100 miles. women			Al Howie	3:13:49		
		70-74 Helen Klein	5:44:04 Rs	Antana Locs	18:27:07		Steve King	3:17:01		
				Beverley Williams	19:08:18 Ts		50 km. women			
				Barbara McLeod,50	19:10:50		Wanda Cousineau	3:54:46		
				Suzanne Gagnon	20:28:43 Ts		Tess Porter	3:58:26		
				Kanchan Stott	21:50:10 Ts					
Age groups. U.S.		6 days. men		12 hours. men			Nationality abbreviations:			
40-44 Fritz Mueller	2:58:20	David Bennett,1891	540 1320 i	Terry Martin,43	92	447 s	AU	Australia	IT	Italy
Bruce Mortensen	2:59:36	Michel Careau,53	539 1689 i	Peter Holubar	87	1735 Ts	BEL	Belgium	MOL	Moldavia
45-49 Mel Williams	3:10:15	Trishul Cherns	538 189 i				BRA	Brazil	MX	Mexico
50-54 Fred Kiddy	3:15:39	Al Howie	514 Rs	12 hours. women			CAN	Canada	NZ	New Zealand
John Sullivan	3:19:33	Ephraim Clow,1881	502 i	Beverley Williams	75	612 T	CZ	Czechoslovakia	POL	Poland
55-59 Otho Perkins	3:17:26 T	Richard Lacouse,1881	501 275 i	Antana Locs	74	1618	CAN	Canada	RUS	Russia
60-64 Alex Ratelle	3:45:55			Sue Kainulainen	74	64 T	FIN	Finland	SW	Switzerland
65-69 Ray Piva	3:50:02	6 days. women		100 km. men			FR	France	SA	South Africa
70-74 Ed Benham	4:34:51	Antana Locs	452 Rs	Eric Seedhouse	6:33:03		GB	Great Britain	SP	Spain
75-79 Ed Benham	5:03:38	Barbara McLeod,55,CAN	404 Rs	Andy Jones	6:33:57		GR	Greece	SU	Soviet Union
		Maggie Rowell,1879	387 i	Richard Chouinard	6:36:57		HK	Hong Kong	US	United States
		Mary Ann Trusz	373 Rs	Stefan Fekner	6:41:05		HUN	Hungary	UKR	Ukraine
		Neli Lozej	370 Rs	Terry Martin,40	7:26:59		IR	Ireland		
All-time. women		48 hours. men								
Fritih van der Merwe,SA	3:08:39 s	Richard Lacouse,1881	218 352 si							
Janis Klecker,US	3:13:51									
Linda Edgar,US	3:21:27									
Mary Bange,US	3:23:31									
Lorraine Moller,NZ	3:23:57									
Carolyn Hunter-Rowe,GB	3:26:44 Ts									
Jan Arenz,US	3:26:47									
Laura Xaba,SA	3:27:27 R									
Ann Trason,US	3:27:48 Rs									
Sandra Kiddy,47,US	3:32:24									
Inna Petrova,RUS	3:33:39 s									

the AUSTRALIAN 6 Day RACE START



1993 International Summary: Women Make Great Progress

Reprinted from Ultrarunning, March 1994

by Andy Milroy

1992 had been a watershed for the sport in many ways; 1993 continued trends made so apparent the previous year. The 100-km, as the flagship of ultrarunning, developed further internationally, with increasing strength in depth, particularly among the women. The other major strand in the sport, the 24-hour, is progressively emulating the 100-km's development in terms of high profile events and status.

Each year the IAU World Challenge 100 Km under the patronage of the IAAF grows in stature. Palamos, Spain, in 1992 had been remarkable. Torhout, Belgium, in 1993 eclipsed it in many ways. There had been 12 national federation teams in Spain; at Torhout, there were 22 national men's and ten women's teams!

The strength in depth was the greatest yet seen — 21 men under 7:00 and five women under 8:00. The winner, Konstantin Santalov (RUS) retained his title with a fine 6:26:26, and after a long tussle Carolyn Hunter-Rowe (GBR) held off Valentina Shatyeva (RUS) by 20 seconds to win the women's race in 7:27:19.

Although the World Challenge was the pinnacle of the 100-km season, there were many other notable performances during the year. Aleksander Masarigin (RUS) dominated the early part of the season, running 6:20:59 in January, and then 6:22:19 in April. Santalov had dropped out of both races, and there seemed to be a question mark over his fitness.

In Moscow in May those questions were answered when he ran 6:15:17 (the course, a short loop, seems to have been measured by steel tape). However in May he also finished second to Valmir Nunes (BRA) in Madrid, and in June he dropped out of the Night of Flanders 100 Km with chest pains, Jean-Paul Praet (BEL) winning with 6:28:12.

The first major event after the World Challenge was the European 100 Km Championships under the patronage of the EAA at Winschoten, Holland. Crowds of 40,000 watched Santalov retain his crown in 6:25:52, and Marta Vass (HUN) at last claiming an international title with 7:43:06. The following weekend Santalov lined up for another 100-km, this time at Amiens, France. He again proved too strong for the opposition, producing a phenomenal 6:23:15 to win!

If one wished to rank the top male 100-km runners, it would be difficult this year because they seldom met head-to-head when fully fit. Nunes finished ahead of Santalov in two of his four 100-km outings, and Praet also beat his Russian rival once. Masarigin was outstanding early in the year, Santalov retiring in both races. Although Santalov has a mixed season, in the major championships, he came out on top. He also produced what may be the best performance of the year. So my ranking would be Santalov one, Masarigin two, Praet three, and Nunes four. A record five men ran under 6:30 in 1993.

In 1993 there were at least 112 male performances under 7:00 by some 72 runners, 19 of those from Russia, so their strength in depth shows no sign of weakening.

However, it was the women's performances that were to make the greatest impact on 100-km running in 1993. Valentina Lyachova (RUS) ran 7:44:43 in April, then in May Carolyn Hunter-Rowe ran 7:34:54 to establish herself as the leading contender for the world title. (Previously, in March, she had set new world track bests for 30 miles, 50 km, and 40 miles.)

At Torhout she confirmed her status as favorite with a very controlled win. Unfortunately the leading American, Ann Trason, was absent. She made one of her rare forays into European 100-km running at Amiens in September apparently hoping to break 7:30. She did so with a vengeance — 7:09:44, a new world road best. Lyachova ran 7:31:25 behind her.

Ranking the top women is also problematical. Hunter-Rowe produced two fine performances, winning the World Challenge convincingly. Trason ran some 17 minutes faster than anyone else in the world. Lyachova and Shatyeva were consistent, both having three performances under 7:45, and Vass won the European title, as well as beating Shatyeva at the Night of Flanders. Hunter-Rowe's success in the competitive heat of Torhout clinches her number one status for me just ahead of Trason, with Shatyeva third, and Lyachova and Vass fourth and fifth respectively.

Comparatively, the women's improvement in terms of strength in depth was again greater than the men's although they were starting from a much lower base level. Thirteen women ran under 8:00, 35 under 8:30 (10 and 29 in '92).

For the 24-hour event the year started with a bang. In February Nicolai Safin (RUS) produced the best performance yet seen indoors with 171m 413y, with Valery Goubar in second with 161.7 miles.

The strongest 24-hour event of the year was the IAU European Challenge at Basel in Switzerland. The race saw the greatest

strength in depth ever with 39 runners over 200 km (124 mi)!

The race was won by Safin with 164.4 miles from Helmut Dreyer of Germany, 161.1 miles, with Milan Tuhovcak (CZE) third with 160.2 miles. Unfortunately the men's race was marred by a first in ultrarunning. The winner was subsequently disqualified for failing the doping controls, apparently for using steroids.

The women's race promised to be the greatest ever 24-hour event, and de-

spite the fact that a number of notable performers were not at their best, there were some excellent performances. Sigrid Lomsky, the 51-year-old German runner, produced one of the performances of the year with a new absolute world best of 151m 706y. Behind her it was a clean

sweep for the Germans: Helga Backhaus ran 138.9 miles with Anna Dyck third with 133.5 miles. Three weeks later Backhaus and Dyck produced even better marks at Apeldoorn, Holland, 140.6 miles and 134.1 miles respectively!

The French 24 Hour Championship was held at Fleurbaix in August. Jean-Pierre Guyomarch continued to dominate the event in France with 161.5 miles. The U.S. Championships were held in September, and Kevin Setnes, a U.S. team member at the Torhout 100 Km, produced a new U.S. 24-hour road best of 160m 749y, with Tom Possert close behind with 158.3 miles. Another U.S. 100-km team member, Sue Ellen Trapp, won the women's event and also set a new U.S. road best, 145.2 miles. Trapp, now 47, had been inspired by Sigrid Lomsky's performance at Basel. (Trapp herself set a world best for the 24-hour event way back in 1980!)

The U.S. event offered prize money, as did a number of 24-hour events for the first time in 1993. The Madrid 24 Hours in October was one of these, and it attracted Konstantin Santalov. Running a very controlled race, he won easily with a personal best of 162 miles. A month later the oldest of the road 24-hour races, Niort, took place. In one of the most intriguing results of the season the Japanese runner, Seigi Arita, won with 158.9 miles, a new Japanese record.

Without a World Challenge 24 Hour event, choosing a world number one for 1993 is difficult. A shadow must be cast over Safin's 171 miles indoors by his subsequent disqualification as a result of a doping test.

Arguably the best performer, simply in terms of distance, is Santalov. His controlled performance at Madrid, only doing as much as he needed to win, reminiscent of Kouros, indicates there is more to come. Undoubtedly he is the best ultrarunner in the world at the moment. There can be no dispute over the world's top female performer for 1993 — Sigrid Lomsky.

For 48 hours, Surgères in France once again saw the top men's mark of the year. Gilbert Mainix surpassed Boussiquet's French best with 263.1 miles for third place on the all-time list. The top women's mark came at the end of the year in California. Sue Ellen Trapp, going from strength to strength, produced a new world road 48-hour best of 233.7 miles. Only Hilary Walker, on the track, has ever run further. Jean-Gilles Boussiquet (FRA) set the best six-day mark of the year at the indoor race at La Rochelle, 599.1 miles. Interestingly Santalov visited the race and expressed interest in taking part next year. (Some people may remember that he won a 400-km road race last year.)

For those seeking a still longer race, there were 1,000-mile and 1,300-mile races at Ward's Island, New York from September 15 onwards. Istvan Sipos (HUN) won the longer race, setting a new world best for 2,000 kilometers en route and covering the 1,000 miles in 12:22:52:37. The only other finishers were women — Antana Locs (CAN) and Suprabha Beckford (USA). But for those keen on serious "distance" running there was the Trans-America Race. The winner was Ray Bell (USA) 48h 41:08, some 16 hours ahead of Pat Farmer (AUS) in second, with Lorna Michael (USA), the first woman, in third.

The classic events continue to attract their devotees. The London to Brighton was a repeat of last year when Stephen Moore (UK) and Russell Crawford (RSA) battled it out for much of the race. Again Moore proved the stronger, winning in 6:07:22, some four minutes ahead of his South African rival, with another South African, Stewart Peacock in third. The women's event was totally dominated by the 100-km Challenge winner, Carolyn Hunter-Rowe, who produced the best time ever for the race of 6:34:10 — this despite the fact that the current race is on the longest course yet used — 55 miles.

This year's Comrades was awaited with considerable interest since it would be the first time that the race had been open to foreign runners for some time. An International team was entered, organized by the IAU. In this team was Charly Doll (GER) and he was to confound the South African pundits by winning the race from the front in 5:39:41, ahead of Theopolous Rafiri, and Mahlala Mahololi. The first woman was Tilda Tearle in 6:54:34.

The longest of the classics, the Spartathlon, was won by Rune Larsson (SWE) who seems to save his best performances for the event. His time of 26:57:12, placed him 45 minutes ahead of Marcel Foucat of France, with Milan Furin (SLO) an hour further back. Sigrid Lomsky (GER) was the first woman in 32:34:32 ahead of Marie Bertrand (FRA).

As far as the development of the international scene was concerned, 1993 was a year of consolidation. The Torhout World 100 Km Challenge saw a huge expansion in the number of national federation teams, a situation mirrored in the European 100 Km Championships and 24 Hour Challenge. February also saw the first IAU North American 100 Km Championships, which incidentally was won by the Brazilian, Valmir Nunes.

Perhaps the most fascinating result of the year occurred in the Leadville 100 Mile trail race held in August, in the United States. The race was won by a Tarahumara Indian, Victoriano Churro, with another second, Cerrillo Chacarito.

The Far East continues to be a growth area. The Japanese 100-km community is of course getting geared up for the World Challenge event to be held at Lake Saroma in June, when they expect at least 2,000 competitors. This year we also saw a Japanese woman win an overseas 100-km for the first time.

The success of Seigi Arita at the Niort 24 Hours, which is always highly competitive, opened a new chapter in Japanese ultrarunning. (They have always been fascinated by the Spartathlon, but Arita is the

first to produce a world class performance in the standard 24-hour event.)

New Chinese and Japanese 24-hour track marks were set in the Hong Kong 24 Hours, and a major 24-hour track event is planned for Guangzhou, the capital of Guangdong Province, China in April, 1994. Another Japanese, Tomoya Takaishi took on the longest event of the year, the Trans-Am, and finished fifth.

The Torhout World Challenge saw the first head-on clash between arguably the two greatest ultrarunning nations in the world, the Russians and the South Africans. The South African's preoccupation with the Comrades proved their undoing, and despite some excellent early packing, the Russian team proved the stronger in the end. Running the Comrades (90 km) was insufficient experience for contesting major international 100-km events, which are generally held on far flatter terrain.

For me the notable feature of the 1993 ultra year was the performances of the women. Headed by the likes of Sigrid Lomsky, Carolyn Hunter-Rowe, Ann Trason, and Sue Ellen Trapp, standards are rising steadily both in terms of quality and numbers. In a sport that, in world terms, has been dominated until recently by men, we will see women playing a far greater role in the years to come.

As far as 1994 is concerned, the Japanese are bound to be strong on home territory in the Lake Saroma World Challenge. The Russians, and the now more experienced South Africans, will obviously come into the picture, as will the improving British and U.S. teams. In the 24-hour event, the continuing growth of championships and prize money, allied to its expansion into new areas of the world, will mean an increasingly higher profile for the event.

Ultrarunning, October 1993

International Update

I have more details from the IAU European 24 Hour Challenge, held May 1-2 under the patronage of the European Athletic Association. The major performance of the race was by 51-year-old Sigrid Lomsky of Germany. Reaching the marathon in 3:50:50, she continued to churn out ten-minute miles through 100 km (9:06:26) and 100 miles (15:02:30 — which is a world age-group best). Then things started to get interesting. She reached 200 km in a reported 19:02:00 (I do not yet have confirmation that a stopped time was taken at that point, but her lapsheets support such a clocking). If confirmed, it is the best time ever recorded for the distance. Her slow-down was controlled and it wasn't until she reached 140 miles that it began to show. Once she had surpassed Eleanor Robinson's world absolute best of 149 miles 411 yards, she did start to walk. She finished with 151 miles 706 yards — this figure is the minimum she achieved and is subject to one further check.

The men's race itself was remarkable. Don Ritchie and Nikolai Safin lead to the marathon (3:14:50). Ritchie led at 100 km (7:51:11 to Safin's 7:59:18), but the cold

affected Don eventually, and Nikolai Safin had a clear lead at 100 miles (13:42:10), with Milan Tuhovcak (14:17:15), Helmut Dreyer (14:19:48), and five more runners under 15 hours. Safin reached 200 km in 17:33:51, Tuhovcak in 18:05:06 and Dreyer in 18:14:40, with Gennady Groshev in 18:41:12 and Mick Francis steady at 18:53:10. The finishing distances showed the strength in depth in Europe. Safin finished with 164 miles 859 yards, with Dreyer second (161/175), Tuhovcak third (160/513), and Groshev fourth (154/66). Mick Francis was fifth with 152/134, just ahead (literally) of Valery Klement with 152/133 — nearly a photo-finish at the end of a 24-hour event! The depth of the race was unparalleled — 27 over 130 miles and 75 over 100 miles!

Behind Sigrid Lomsky, the women's marks were strong. Helga Backhaus ran 138.9 miles, Anna Dyck 133/1024, and Gisela Fricke 127.5 miles. Of the 75 runners over 100 miles, 13 were women.

That is the good news about the race.

Now the bad news. As at most major championships, there were doping controls. Nikolai Safin proved positive on both the A and B samples for steroids and has received a four-year suspension. This is the first case of steroid use in ultrarunning that I know. (The other cases of suspensions for doping were through the inadvertent use of over-the-counter cold remedies and the like which contained prohibited substances.) A very sad first for the sport.

Keeping ultra records can be a time-consuming and sometimes laborious process. It often takes time for the necessary documentation to arrive, and then it takes time to assess it and to decide what areas need further information. However, such care and attention to detail is essential. Records must not only be remarkable performances, they must be completely provable. I'm pleased to announce that we now have a 100-km world road best that fulfills all the requirements. Jean-Paul Praet's 6:16:41 set at Winschoten in the Netherlands last September is now the officially recognized world best. The course was validated by an IAAF measurer recently.

There were many productive meetings held at Torhout prior to the 100 Km World Challenge. At one of them I was shown a copy of the *Ultra Marathon Race Handbook* in Greek! That makes the 11th language!

Andy Milroy

Hi-Tec Badwater 146

Death Valley to Mt. Whitney, Calif.
135 miles to Whitney Portals July 14, 1993
(with time to summit (146 miles))

- | | |
|-------------------------------|----------|
| 1. Marshall Ulrich, 42, CO | 28:53:00 |
| (93:25) | |
| 2. Joseph Franiak, 31 (41:08) | 30:48:11 |
| 3. Ross Parker, AUST | 38:01:00 |
| 4. Bob Givens, 49, TX (70:04) | 40:28:29 |
| 5. Mark Macy, 39, CO (51:20) | 43:40:54 |
| 6. Robert Lambert, 37, ENG | |
| (67:24) | 47:34:00 |
| 7. Ben Jones, 60 (90:30) | 50:14:32 |
| 8. Jack Denness, 58, ENG | 50:25:00 |
| 9. Keith Pippin, 53, AZ | 55:40:00 |
| 10. John Shehady, 54 (78:55) | 58:41:00 |
| 12 starters | |

Robin Smit, 56 (55:39)* 41:20
* started July 15 at 6:00 a.m.; round-trip time of 114:54

USA

TRANS AMERICAN RACE

The event which started on June 19th 1993 from Huntington Beach, California finished at Columbus Circle, New York City on August 21st. Ray Bell (USA) had established a commanding lead early in the race although the Australian, Pat Farmer, was always going to be dangerous should problems occur. These two pulled steadily ahead of the others during the journey of nearly 3000 miles (actual distance not available at the time of writing).

Toshihiko Okada, President, of Moonbat Company of Tokyo and sponsor of Tomoya Takaishi ran the final stage into New York. Later the organisers announced that Moonbat had offered an expenses paid trip to Bell and Farmer enabling them to take part in the IAU 100km World Challenge at Lake Saroma on June 26th 1994.

There were six finishers and the provisional results are:

Ray Bell	USA	486	hours	41	mins	08	secs
Pat Farmer	AUS	502		30		23	
Lorna Michael	USA (Lady)	586		15		07	
Ed Kelly	USA	608		03		10	
Tomoya Takaishi	JPN	636		10		46	
Rudigar Dittman	GER	690		31		03	

LA ROCHELLE (FRANCE) 6 DAY RACE START ON 3RD NOVEMBER 1993 AT 9PM - 200 METRES TRACK RESULTS

Situation le 03.Nov à 21 heures
Temps écoulé : 144 heures

		NAME	LAPS	KMS.	RATE/KM	FINAL
Class		Nom(s)	Tours	Kms	Moy	Extrapol sur 6 jours
S I M P L E S	1	Jean-Gil BOUSSIQUE	4821	964.2	6.696	964.2
	2	James ZAREI	4655	931.0	6.465	931.0
	3	Michel CAREAU	4344	868.8	6.033	868.8
	4	Daniel OLLIVAUX	4253	850.6	5.907	850.6
	5	Fred PIRON	4075	815.0	5.660	815.0
	6	Trishul CHERNS	3889	777.8	5.401	777.8
	7	Otto SEITL	3434	686.8	4.769	686.8
	8	Guy MALLEREAU	3363	672.6	4.671	672.6
	9	Gunther TEICHMANN	3309	661.8	4.596	661.8
	10	Horst PREISLER	3306	661.2	4.592	661.2
	11	Valeiy KHRISTENOK	3258	651.6	4.525	651.6
	12	Martina HAUSMANN	3134	626.8	4.353	626.8
	13	Bernd ALBRECHT	2810	562.0	3.903	562.0
	14	Pierre RUSSIAS	2627	525.4	3.649	525.4
	15	William VERDONCK	AE 1149	229.8	1.596	229.8
	16	Jochen SIEPER	AE 506	101.2	0.703	101.2

Trans-Am, Part II: A Game With New Rules

Reprinted from *Ultrarunning*, October 1993

by Jesse Dale Riley

In organizing the Trans-America Footrace for the first time last year, Michael Kenney and I thought we had seen it all. The athletes and crew who came along for the ride were tossed straightaway into a maelstrom of conflict and deprivation that only a few were prepared for. We learned the hard way that enthusiasm and confidence run out long before you reach any physical limit, and that personality problems, money problems, and lack of leadership can undermine and eventually destroy the purely competitive aspects of the race. So we were a little surprised when the second edition sought out a far happier destiny, and our underlying fear of dangers ahead never materialized. There were plenty of times when we stood by, apologetic and brain-dead, while runners and crews doctored each other's injuries, unloaded the truck, called the media, brought us food, and offered helpful advice on organizing the daily stages. It was the only thing we were totally unprepared for.

June 19 (Day 1): It's always strange to look back on the first day once you know how the race turned out. Ed Kelley won in 8:27:37 for 52.05 miles, his fastest stage of the whole event and the only one where he finished higher than third. He had acquired a sponsoring charity (Children's Aid International), a motorhome, and a therapist to crew for him from a bicycle because he felt, as did many of last year's runners, that lack of support had held him back. It went for nothing, however, as he faded badly from lack of training and persistent blisters. He ran an hour a day slower than last year for the whole event. Second in 9:21 was Jay Birmingham, who continued in second the next two days, finished third the following three days, and withdrew on the seventh day with an Achilles problem while standing second overall. It was just too fast a start.

Running together for that first day were Mike Sandlin and Ray Bell, who had become good friends while rooming together at Dave Covey's house in Orange County before the start. These two runners of similar ability would take widely divergent paths, however, in the days to come. For Mike this would be his best stage; for Ray, it would be his third slowest. Dick Rozier, at 63 the oldest of our starters, finished just in front of Pat Farmer both this day and the next, but a muscular imbalance that caused him to lean badly to one side was already quite noticeable by the third day, and he withdrew because of it on Day 10. Pat Farmer, in sixth, hardly looked a world-beater. Like most of the runners that day, he complained of stomach problems and looked very ill at ease: the

first-day blues.

Tomoya "Tommy" Takaiski, the Japanese musician, was Mr. Rhythm — he rarely showed signs of pain or stress, in keeping with his deeply-held belief in the power of relaxation and a positive attitude. Rudiger Dittman in eighth was an enigma. A triathlete with plenty of speed but little experience (his longest run was the 78.6 miles he had run in two Triple Ironman events), we thought he would make a move to the front once he felt comfortable, but it never happened. Lorna Michael (formerly Richey) in ninth would run with the leaders late in the race, but for now she accepted the conservative strategy of her handler, Alan Firth. The final four finishers that first day would eventually withdraw, although Gutdayzke and Serge Girard of France stayed long

running stages if they had to withdraw from the coast-to-coast event. A major windstorm blew down all the tents of those who chose to sleep outside on the lawn rather than indoors at the gymnasium we had organized. High winds dogged us at the finish line of almost every stage this year.

A Two-Man Race

June 22 (Day 4): Ray sprinted away from a tired Pat Farmer in the last 100 yards to take his third straight stage in 8:16:55 for 51.75 miles, the first of what would soon be a daily battle between them. From this point forward it was a two-man race, with the others fighting for the remaining places or just to survive.

June 23 (Day 5): I made the mistake of telling the runners this would be a relatively easy stage, only 28.4 miles and a lot of downhill, but the descent into the brutally hot valley at Amboy proved quite difficult. Ray took 26 minutes from Patrick with a shockingly fast 3:54:23, then helped unload the baggage in the shimmering heat.

June 24 (Day 6): One of the toughest

Jesse Dale Riley



Ray Bell crossing the dry lake bed into Nevada, somewhat dwarfed by the wide-open spaces.

enough to make a lasting impression on the six who finished the race in New York.

Instead of last year's 11th-hour diversion to the Veteran's Hall in Rancho Cucamonga, we finished at the Best Western Heritage Inn, where we had donated rooms, so already things were looking up as we bailed gratefully into our beds and tried not to think much of the next 63 days.

June 20 (Day 2): Ray broke away at 4,200-foot Cajon Pass and gained 28 minutes on Jay Birmingham with a 7:31:53 for 44.25 miles. Ed Kelley, already working very hard, barely retained the overall lead with an 8:38. Just as happened last year, only one runner (Ray) ran Day 2 faster than Day 1.

June 21 (Day 3): All 13 starters completed the first three stages, which under the new rules this year allowed them to continue

days of the race. Heat-induced stomach problems affected most of the runners. Paul Soyka made 20 pit stops in just the first three miles. In the month since Michael Kenney had last scouted the course, the road over Granite Pass had been paved, and today an accident on I-15 diverted a lot of the traffic onto our usually isolated (and shoulderless) road. Plus it was hotter than last year. For those who made it into the railroad stop of Kelso, California, there were still problems. We had to move the finish line away from the only shady spot in town and the abandoned railroad depot where we camped last year was being renovated.

For Serge Girard and Paul Soyka, stomach problems and the difficult conditions persuaded them to withdraw during the stage. Paul, who finished the first 11 stages last year, seemed less fit than before and

was disappointed by the change in rules that required all the athletes to stay in similar accommodations, since he had planned on taking motels each night. Serge continued as crew for a while, built up to running parts of many stages, then returned to the race full-time at Denver and finished all the stages to New York.

June 25 (Day 7): Jay Birmingham and Diane Dakan withdrew during the 48 miles into the Primadonna Casino/Hotel at Stateline, Nevada. It was a sad scene when Diane met Lorna at the finish. It had been their dream to be the first women to finish a Trans-America event (the Bunion Derbies in 1928 and 1929 hadn't allowed women), but now Lorna would carry the torch alone. It was a much different feeling this year when runners withdrew, because they were all good, well-prepared athletes who very much supported the event. Lorna, by the way, stood eighth of the nine remaining runners at this time, but she had a lot left and would overtake everyone but Ray and Patrick by New York.

June 26 (Day 8): Ray, running alone as he would for every succeeding Saturday of this race, blitzed the first time trial (5:38:06 for 33.55 mi) and picked up over a minute per mile on Patrick on another sweltering day. Once again we had rooms donated by Hank Nolte at the Vacation Village Resort on the near (western) edge of Las Vegas, so that we could run through the city at 5:00 a.m. the next morning.

June 27 (Day 9): Ray and Patrick were together at 60 km when Ray took off and left Patrick, suddenly sick and dizzy, far behind, taking 84 minutes from him with a 10:22:54 for 55.6 miles. When no one else had come in for a long time after Ray finished, we drove back out on the course and found a very beat-up Patrick with a towel over his head, sitting on the bumper of a crew vehicle. Pat said, "You're not getting rid of me that easy. Every dog has his day." I was very impressed that Patrick never seemed to give up, even under the worst conditions.

Continuing back along the course we found the other seven within sight of one another about five miles behind Patrick. This was the longest of the desert stages and they all looked pretty rough except for Lorna, who'd had plenty of time to pick wildflowers for her hair and seemed unaffected by the heat. As tough as it was, though, our hosts at the Moose Lodge in Moapa, Nevada, commented, as did everyone who'd seen the race both years, about how much more relaxed this year's athletes were. And in fact six runners last year took longer to complete this stage than the last runner into Moapa this year.

June 28 (Day 10): Dick Rozier withdrew midway through today's stage, and he and his wife Gaynor immediately took on the job of handling Ray, who like Patrick came without support. Again Patrick was sick and Ray took another 82-minute advantage to lead by more than ten hours. Ray



Patrick Farmer from Sydney, Australia; he had a terrific run, but Ray Bell was a little better.

also passed the splits of last year's leaders on this day and never looked back.

Into the Hills

June 29 (Day 11): Patrick's one advantage over Ray was that he was an excellent climber — he always hammered the uphill. Pat went out hard on the long climb up Utah Hill, across the extreme northwest corner of Arizona, and made some room for himself by the top, but Ray caught him easily on the descent and put another 21 minutes on Pat by St. George, Utah. Ray was breathing hard at that pace and we were sure his front-running ways were leading to imminent disaster, but he was crazy like a fox and didn't back down.

June 30 (Day 12): After a record ten straight stage wins by Ray, Patrick pulled

back a single second on Ray's slowest stage of the race, a 52.15-mile climber into the high country of Utah that Pat did in 10:22:22. Just like last year, only two runners quit the race once it left the desert for the final 2,500 miles of mountains, plains, and eastern cities.

July 1 (Day 13): Ray took over two hours from Pat with a 9:12:43 for the 54.8 miles into Beaver, Utah, then went wandering around town on foot to buy things.

July 2 (Day 14): Pat set the pace and Ray dogged him for 50 miles, the third straight 50-miler at altitude. The Roziers were crewing for them both, and Dick was worried that they would injure themselves by trying to beat one another. When he met them at the last aid station at 48 miles he offered a bit of grandfatherly advice: "OK,

fellas. there's a really tough hill coming up. You've been running together all day, no one's going to gain any time today. Just call it even, run in together, and don't hurt yourselves."

Patrick drained a cup of soda and hit the gas with Ray in tow. "I just want to see what he's got," said Ray.

"You know, that's exactly what he says about you," I told him.

"Yeah, but I'm not 12 hours behind."

Pat gained ground on the uphill, but Ray reeled him in going down and tried to pass before Patrick blitzed the last mile in under seven minutes to win by 61 seconds.

Meanwhile our unlikely sponsor, President Okada of Moonbat Company of Japan, had flown into Salt Lake City from Tokyo and was driving into tiny, mountain-ringed Monroe, Utah, to check up on his friend, Tomoya Takaishi, and volunteer for a week for our once orphaned event. We hardly knew what to expect from the man who had called one day in May and offered to make a donation to our race, after Tommy had declined a similar offer because he felt that the race needed the support more than he. It was hard for us to believe our good fortune, especially when he blended in so well with our meager caravan as it was about to head into the most isolated part of the route.

I can tell you, if Mr. Okada is typical, then all the good things you've heard about Japanese business are true. This executive in a women's apparel company and a part-time ultrarunner, who for sure had never camped out before, seemed to enjoy the pioneer life and wasn't afraid to carry his own bags, sleep on hard floors, and pick up all the leftover aid stations for us after the runners had cleared the course. He thanked us for the experience and complimented our organizational ability, though we hardly deserved it. The shocking thing was, he was really no different than the rest of the group — they were determined to make the most of the race and enjoy it when they could. Michael and I were out there waiting for Ray to explode, waiting for a mutiny, waiting for something, anything to go wrong, but it just didn't happen.

July 3 (Day 15): Another Saturday time trial, another great solo run by Ray. Pat, starting with the group an hour after Ray, came sprinting in with a 4:32 for 28.55 miles, confident he had buried his rival. So he was pretty pissed off to find that Ray had run 3:55:16, finishing his day's work before 9:00 a.m., and was having a rest after taking over half an hour from Pat.

July 4 (Day 16): Only Ray could make six miles an hour on this 33-mile climber to an I-70

rest area at 8,000 feet. Mike Sandlin wore a tie and carried a flag for Independence Day, and at the finish the others trotted out their national flags and hung them on their tents. The Japanese fixed dinner for everyone, fresh broccoli and beef over rice, something we never dreamed of having last year, although they had difficulty with the special rice they had shipped all the way from home — water boils at about 140° at this altitude.

July 5 (Day 17): Ray scored another 31-minute advantage with a 4:26:12 for 29.55 miles into the I-70 rest area at Eagle Canyon. The view from the finish line is one of the best in the entire 3,000 miles and we took a lot of mountaineer-style photos standing on the rocks overlooking the incredible canyons below. This stop has no facilities except two tiny latrines, but we had lots of water and food, a generator and lights, and many of the runners slept more soundly here than at any other time.

July 6 (Day 18): "That's a good idea," Patrick was telling me, "having the runners always carry \$10 in case we have to buy something. I think I'll pop into this rest area and get an ice block (Popsicle)." He was making fun of the seemingly endless wasteland — rest areas were the closest thing to civilization we'd seen in three days. "You know, you've got all these nuclear weapons here, just in case the Russians try to take over." He spread his arms around. For 360° there was nothing but the starkly beautiful canyons. "I say, let 'em have it!" Here, too, the Japanese understood why the cellular phones wouldn't work; there was no place in their homeland that was this deserted.

Ray ended a spectacular series of stages with a 6:41:47 for 44.7 miles to take another

half-hour from Pat. He showed some signs of burnout during the next week with some relatively slow stages, but he got better by Denver without losing much time. Patrick was still rounding into condition himself and couldn't take advantage. After the mountains they were both very fit, and the duel continued on more even terms at a faster pace.

July 7 (Day 19): "Cisco, Utah, changed my life," Mike Sandlin was saying, a couple of days after we had left this stopover at the abandoned gas station of another dying town, bypassed by the interstate.

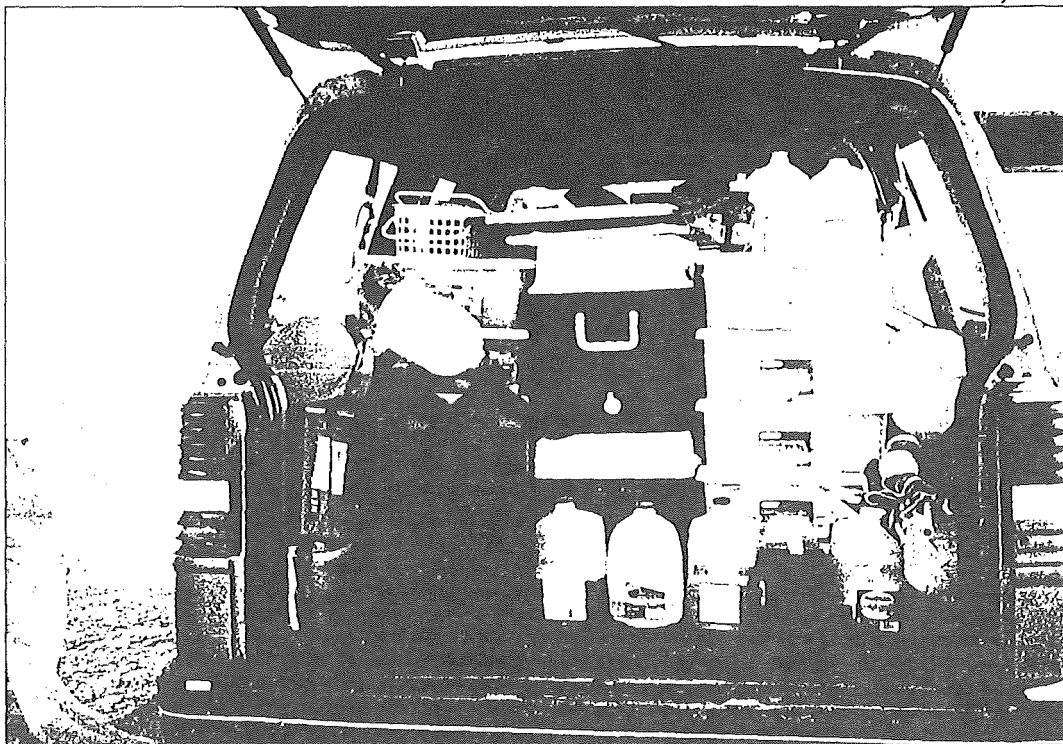
"Never again will I complain about television commercials," Ray chimed in, "I'm going to tape all the commercials when I get home, so I can see the ones I missed." At the meeting that night, Cisco was officially voted "The Worst Stopover of the Race" by a three-to-two margin over Kelso, California.

Back to Civilization

July 8 (Day 20): We made our much-anticipated return to civilization today at Fruita, Colorado, a suburb of Grand Junction. Australian TV came out to film Patrick, footage that made quite a name for him back home. Ray had won 16 of the last 18 stages since Ed Kelley's victory on Day 1, but Pat now started a string of 37 wins in the final 45 stages, with what proved to be a typical three-second margin into Fruita.

July 9 (Day 21): Ed Kelley crashed Ray and Patrick's party, running with them while the Aussie cameramen filmed it all in the pre-dawn darkness. This was the one stage Ed won last year and he was yelling and swearing all the things he was going to do.

Bobby Porter



Making it across the USA required an organized crew — Tommy Takaishi's van at the end of the day.

The two leaders, who didn't much like each other, but at least let their feet do all the boasting, really resented Ed's presence. Ed was already 42 hours out of first place (he had only lost 23 hours to Dave Warady in the whole event last year), and Ray and Pat didn't feel he belonged, but it was 26 miles before they were able to dump him and concentrate on their own battle. Mike Sandlin, whose insides were all chewed up from a steady diet of ibuprofen pills, drank half a gallon of milk to coat his stomach and then puked and retched all the rest of the way into Parachute, Colorado.

July 10 (Day 22): Ray won another time trial while his good friend Mike was withdrawing from the race, his stomach still kaput. Like almost every other entrant in this event without multi-day experience, Mike had a great fear of injuries and was never able to concentrate or relax during the long hours on the road.

Mike's exit left Lorna Michael suddenly in fourth, within range of Ed Kelley in third. She had passed Tommy, who like Dick Rozier before him was hesitant to let her get in front, on Day 16, and Rudi on Day 21. Rudi also had no multi-day experience and had faded badly once his girlfriend Miriam, who had crewed for him for the first 13 days had to go back to work. Now we waited for Lorna to go after Ed Kelley, but that wouldn't happen for another two weeks.

July 11 (Day 23): This year the bike path alongside the supermodern freeway in Glenwood Canyon was nearly complete, and we took the direct route to Eagle along the Colorado River, saving seven miles and the hardest hills of last year's race.

July 12 (Day 24): Patrick sprinted away from the line and past the 1,000-mile mark just two miles into the stage, intent on losing Ray on the 45-mile slow climb to Vail Pass. Ray never mounted a challenge and Pat won by 35 minutes, while all the others beat the cut-off on this 57-mile by at least two and one-half hours.

July 13 (Day 25): Once again Pat took off, sure he could lose his rival by the top of Loveland Pass (11,992 ft) at 20 miles. The altitude makes this a dangerous place to force the pace, but Pat broke free before the climb and pressed hard. The eight miles of serious uphill seemed to take forever, and by all accounts both men were devastated by it. Patrick was badly winded, fighting back the tears, and said his legs felt like jelly for miles after the summit. Ray was reportedly dizzy and wandering back and forth across the road. Neither managed to make time on the mostly downhill finish into Idaho Springs because of the energy they'd spent climbing, but Pat took another 32 minutes off Ray. Up until now the trend was clear: Ray's vast superiority at the start had been gradually eroded and then reversed by Patrick, but there were no more mountain passes left, and Ray proved a master of every other condition.

July 14 (Day 26): After last year's

Now It's Sub-27

Yobes Ondieki of Kenya became the first runner to push the world 10,000 metres record below 27 minutes when he ran 26:58.38 in Oslo NOR on JULY 10. In an historic run, he cut more than nine seconds off the previous mark of 27:07.91, set JULY 5 by fellow Kenyan Richard Chelimo. Following is the evolution of the world record since the first sub-30 time was run 44 years ago.

29:28.20	Emil Zatopek	11 JUN 1949	28:15.60	Ron Clarke	18 DEC 1963
29:27.20	Viljo Heino	01 SEP 1949	27:39.40	Ron Clarke	14 JULY 1965
29:21.20	Emil Zatopek	22 OCT 1949	27:38.40	Lasse Viren	03 SEP 1972
29:02.60	Emil Zatopek	04 AUG 1950	27:30.80	David Bedford	13 JULY 1973
29:01.60	Emil Zatopek	01 NOV 1953	27:22.50	Henry Rono	11 JULY 1978
28:54.20	Emil Zatopek	01 JUN 1954	27:13.81	Fernando Mamede	2 JULY 1984
28:42:80	Sandor Iharos	15 JULY 1956	27:08.23	Arturo Barrios	18 AUG 1989
28:30.40	Vladimir Kuts	11 SEP 1956	27:07.91	Richard Chelimo	5 JULY 1993
28:18.80	P. Bolotnikov	15 OCT 1960	26:58.38	Yobes Ondieki	10 JULY 1993
28:18.20	P. Bolotnikov	11 AUG 1962			

traffic hassles, we took a motel on the near side of Denver so we could run through the city at 5:00 a.m., making this the shortest stage of the race so far, 27.65 miles.

A Force of Two

After Denver the scenery didn't change much, and neither did the standings. Ray and Pat, often a dozen miles in front of third place, went about the business of breaking one another, but the only thing that got broken were all the records set last year. By Denver, Ray was nine hours ahead of Dave's pace in 1992, Pat six hours behind, and they both had a lot left. On the notoriously fast, gently downhill 31-miler into Joes, Colorado, a time trial where Ray and Pat ran separately, both men broke eight minutes per mile, the only time in either Trans-Am this happened. Ray won by three minutes in 4:03:14, 23 seconds per mile better than the fastest stage of 1992.

They ran so close that every pit stop had to be timed to avoid giving an opening, and often they couldn't eat much for 20 or 30 miles at a stretch if the pace was really fast and it was hot. Pepsi, hard candy, water, and a couple of pretzels had to last them until they caught their breath. On Day 31 into Atwood, Kansas, Patrick lagged after a pit stop, feeling Ray couldn't break away with 12 miles to go, and Ray made him pay with a few six- and seven-minute miles, taking 20 minutes from him. Patrick went quickly from shock to anger, vowing to bury Ray by hours the next day, but despite starting at eight minutes a mile he couldn't lose his rival, and they jogged in together, their only tie of the race, after 61 hilly miles into Norton, Kansas.

The Flood

Days 31-36 we had hard rainstorms all but one day as we neared the flooded areas of the Missouri and Mississippi Rivers, but the rest of the stages were pretty dry. Floods cut 12 miles from the course at each river and forced 175-mile drives to the nearest bridges. It drove the crews to distraction having to make six-hour caravans on Days 38 and 43, but the runners didn't mind — they got to spend the time sleeping instead

of running. Day 40 was a split stage. A bridge near Chillicothe, Missouri, opened up after we had arranged to drive around it, but the runners ran extra hard thinking they would have a break in the middle of the day and so we stopped for two hours.

Change Partners and Dance

Pat wouldn't let Ray pass him, but he couldn't always force the pace himself, so the stage was set for the other four survivors to realize the two leaders were vulnerable. Gutdayzke left the race on Day 34 with back problems, but the rest seemed fit enough to challenge. Lorna, 16 hours behind Ed but in excellent condition, moved forward on the first day in Missouri and won the stage, taking over half an hour from Ed to the cheers of everyone. The next day on the split stage the whole group stayed together at the start of each half, and Ray and Pat realized belatedly that they enjoyed the aura of invincibility that they'd cultivated, and so they picked up the pace again to lose the others.

Lorna could use the boys to pace her through hard stages and get ahead of Ed, whose blisters were rapidly deteriorating (he insisted on cutting off all the blistered skin, leaving the tender skin underneath open to infection), so she continued to run with them much of the time. Like Ed Kelley before her, though, Ray and Pat didn't accept her presence up front and worked hard to avoid being shown up.

Maximum Overdrive

For Pat and Ray the fatigue was deep-seated now. Days 44-55 were the longest of the race and Pat was determined to break away again. They warmed up on Day 42 with 7:11 for 49.45 miles into Hannibal, Missouri, then 8:16 for 55.9 miles into Decatur, Illinois, on Day 43, and a string of sub-ten-minute-miles, day after day. On Day 44, Ray had passed under a ten-minute average for the whole race, a pace 1992's leaders could hold only until Las Vegas, and despite that had enough left to take another 32 minutes from Pat on the seventh time trial (Day 50). Through it all, Ray dogged Pat, giving him the stages but precious little time, until on Day 54 Pat could no longer hold the

pace. Only twice in the final 11 days was Pat able to lead the field through sub-ten-minute-splits. The scales had finally fallen from Pat's eyes and he could see that Ray was the better man; only a freak accident could reverse Ray's magnificent title run.

That last week and a half, Ray had no interest in forcing the pace — it was easier to follow Pat — so Pat continued to pile on the stage wins with Ray and Lorna nearby. Lorna passed Ed Kelley on Day 52 and was taking two hours a day from him, so soon she had few worries about her own standing and began to eye another stage win as a nice way to finish the race.

"Nothing's changed," Pat said one day after I related a similar situation in the 1929 Bunion Derby. Back then, Pete Gavuzzi, an Englishman, and Johnny Salo, an American, duelled it out for 2,000 miles into Los Angeles. In third was Italian Giusto Umek, a master of the long stage but no competitive threat to the two leaders. During a series of long stages Umek made the other two look bad, as they saw it, by leaving them far behind. Gavuzzi in the lead had too much to lose and was willing to let Umek go, but Salo was proud and regarded Umek as an amateur. Gavuzzi couldn't afford to let Salo go, so they agreed to save their strength by beating Umek on alternate days. Salo passed Umek early the next day, cranked it up and put miles and miles on the Italian while

Gavuzzi laid back in third. The following day Gavuzzi trounced Umek while Salo lay back. Umek got the message and declined to challenge the leaders after that.

Likewise Lorna and Pat were no longer on speaking terms by the time we reached Pennsylvania. Pat wanted all the remaining stages but Lorna felt he was too tired to challenge her on her best days. When Dave Obelkevich, a longtime friend of Lorna's, showed up in New Oxford, Pennsylvania, and encouraged her to go for the win on Day 60 into Lancaster the following morning, the stage was set.

Last Tango in Lancaster

Lorna sprinted out of New Oxford in the darkness the way Ray and Pat used to do, a couple of thousand miles earlier. Dave, entered as a stage runner, followed and coached from a discreet distance. They started out at 8:10 per mile for the 41.45 miles into Lancaster and were soon clear. I only saw Patrick once early on, when I laid wheat flour arrows to mark the way around a traffic circle. He and Ray were already three minutes behind and he was fuming. "It's a set-up," he said, referring to Dave's presence, "but that's OK. That just means I'll kick 'em *both* in the ass."

Lorna rolled into York with a 12-minute lead and Dave couldn't even stay near her anymore at that pace. He eventually finished 90 minutes behind. "I'm going to have to earn it," Lorna would say every once in a while as she settled into nine-minute miles. When a train threatened to cut her off at a railroad crossing, she sprinted to beat it. The railman switched the gate to let her across without breaking stride and I followed on my mountain bike, missing the slow-moving locomotive by about three feet. Great stuff!

I stopped to talk to Michael Kenney beyond the halfway point and noticed for the first time that Pat and Ray were pulling Lorna back. Ray didn't want to get beat by Lorna, either, but he wasn't going to say anything. Patrick, on the other hand, sang out with laughter. "Almost like a real race," he said with a smile.

Lorna smiled a lot during this race and rarely looked tired, but she was starting to work now. Every two-mile split at the aid stations brought bad news and the possibility that the boys might catch sight of her on a straightaway for the first time in five hours. Now it was clear that Lorna would have to speed up to avoid being caught.

The pace curve showed that Ray and Pat would catch up with five miles left. Pat really cranked it up once he finally saw Lorna, but Ray held the pace and waited a little longer. Pat passed and gained half a mile, then sat on the lead. Lorna ran hard to stay ahead of Ray, but he also passed in the last mile and a half and then reeled Pat in to finish 39 seconds behind him in 6:10:06. Lorna conceded and backed off to finish six minutes later. Pat and Ray ran virtually the same pace start to finish.

A Challenge, Sort Of

Mr. Okada, our sponsor from Tokyo, had been with us for a week in Utah and had completed one of the stages before returning home. He rejoined us in Ohio for the last two weeks, finished two more stages, and always offered enthusiastic support to the hardened survivors. The day he joined us, Serge Girard, who had completed all the stages since Denver, had a toothache and was ready to give up. He was being handled by the Villa family of Southern California, who had originally come to handle Diane Dakan, and they made some inquiries about dentists.

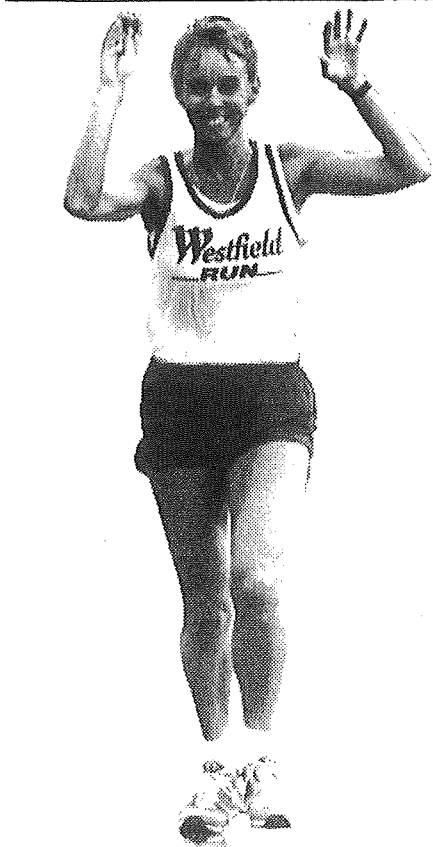
It was Sunday in Springfield, Ohio, and no dentists were working, but they found a veterinarian who could see that Serge had a hole in his tooth down to the nerve and the nerve would have to be cut: a root canal. He gave Serge some pain pills that got him to the finish in South Vienna and gave the Villas some numbers to call. After Serge made it in, the Villas called around and found a dentist who agreed to see Serge right away.

To hear Serge tell it, if your brother was a dentist back in France there was still no way he'd work on you on a Sunday in August (when everybody takes vacation), but the guy fixed Serge up and wouldn't take any money for it. A few more phone calls and they found a druggist who opened up his store to fill their prescription for more pain pills. Only in America.

Anyway, this caught Mr. Okada's attention. He could see that Serge really wanted to finish the remaining stages and eventually, after a meeting on Day 61, it was agreed that Serge would receive official recognition for completing the final 1,800 miles of the course. As if to justify this vote of confidence, Serge went out in the lead pack the next day and didn't miss a beat when Pat broke away for the final four miles into Washington, New Jersey. Ray and Lorna let them go and Pat kept notching the pace higher, only he couldn't lose Serge. Like Rudi, Serge was a good marathoner whose only fast running in this race had been Day 39, when Rudi stopped for a long time, ready to quit, then blitzed the final 30 miles with Serge right behind, vowing to withdraw as soon as he reached Hamilton, Missouri. All of a sudden now, Pat was racing the fresh. 2:52 marathoner we thought had signed up for this race. They were doing six-minute pace and then sub-five as they sprinted flat out down the long driveway of Warren Hills High School. Finally Patrick put his head down, used his last gear, and beat Serge by half a step. Lorna followed five minutes later and Ray six minutes after her.

The Finish

Fortunately not much happened after that. We hoped for a smooth finish in New York and we weren't disappointed. Fred Lebow was there again, as was Harry Abrams, the last man still living from the



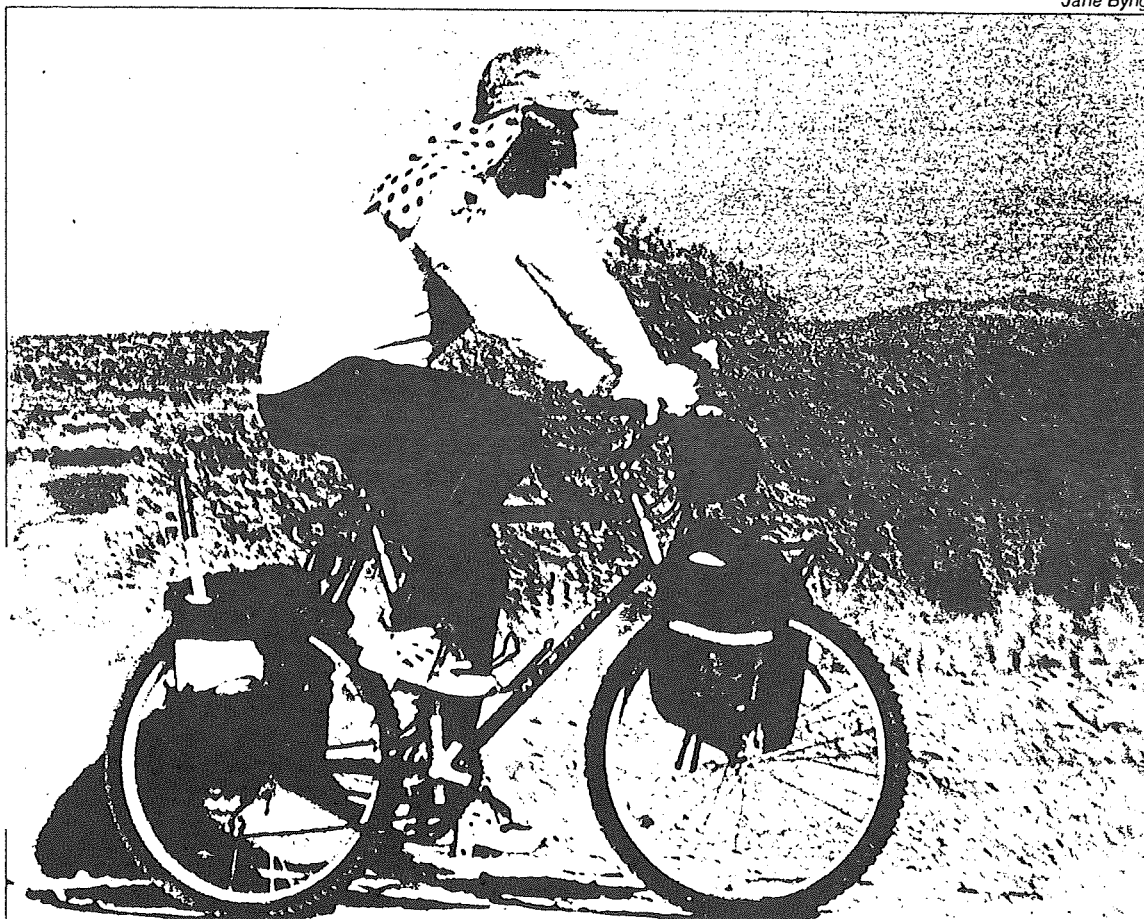
old Bunion Derbies (11th place in 1928, ninth in 1929). There was more international media than last year and a bigger crowd (200-300 people), but less U.S. media. The trophies were large, laser-cut wooden plaques and all the coast-to-coast crews got plaques as well. Almost everyone was booked into the Grand Hyatt for the weekend, so there were no hurried goodbyes like last year. The runners were bone-tired, the crew people all sleep-deprived, but there were many tears of joy that day at Columbus Circle. We had silenced for a little while the voices inside us that said we couldn't do it, and that's the reward we were really searching for.

Our Far-Flung Empire

A lot of people came out of the woodwork to help us. Keith Pippin, John Marnell, Joe Oakes, and Bobby and Thelma Porter showed up in the desert when we needed them the most. Thelma, who has a lot of connections in New York, also organized the finish for us. Dave Warady, last year's champion, came out to both coasts with his wife Kelly Babiak. Dave tried hard to look enthusiastic after Ray and Pat kicked his course record all over America, beating it by 31 and 16 hours respectively, allowing for the difference in distance.

Tommy Takaiski introduced us to a great bunch of his friends from Japan, something that totally changed the fortunes of the race. Kenji "Ken" Seki, Tommy's ninja handler, amazed us by waiting on Tommy hand and foot, then helping out everyone else. "Kuro" (Mr. Kurozumi), one of the organizers of next year's 100-km world championship in Japan, extended special invitations (airfare and hotel accommodations for a week) to Ray and Pat for the race, a wonderful prize. Bob and Tammy Julich saved us seven miles on Day 23. Sometimes I think you two, and the other race directors out there, are the only ones who really see the point of this race.

We had a staff of two this year and they did us proud. Michelle "Red" Stearns, a student at San Diego State University, was our head driver. She could take the runners' cranky attitudes and she could throw it back at them if she had to. Some of the runners,



Co-Race Director Jesse Dale Riley on patrol; he put a lot of miles on his trail bike over the summer.

Pat Farmer for instance, who had never been civil to their handlers before, learned good manners from Michelle. Louise Walker, our head cook and caterer, was our champion. If you had a problem with animals crossing the road, all you had to do was send her out there in the Grand Am and she'd clear them out.

A Game With New Rules

So here's what we learned:

1. It's a race of speed. Once again our winner was a specialist at shorter distances whose only previous multi-day (just like Dave Warady's) was a disappointment. Ray didn't train mega miles, though, like Dave had; instead he relied on his speed to build up and hold a big lead.

2. We recommend handlers for everyone entering the race, but Ray and Pat showed that good runners beat good crews, if the runners are ready for the obstacles they face.

3. It's a lot longer race if you run it slow. Most runners, if they survive the first three weeks, are capable of running much faster later on. Staying at the back, afraid of injury, and doing four miles an hour, gets pretty depressing after a couple of thousand miles.

4. Attitude does matter. Ray and Pat, never worried about saving energy or avoiding injury. They were clearly a lot more tired than the other four finishers, but Ray

still jogged at 4:30 to warm up for the day's run, and Patrick still did interviews over the phone for an hour in the evenings. If you're being sensible there's no need to be a prisoner of your bed, unless you just enjoy lying down. Trying to make the race easy or painless isn't possible, but you can accept the hardships and get past them.

5. I know other race directors are going to have difficulty believing this, but with one exception, all of our runners actually read and took to heart the pre-race instructions we sent them. They benefitted greatly from what the 1992 entrants went through.

6. Rudi Dittman sounded a note of warning to next year's runners. He was only a week from New York, headed through the mountains of Pennsylvania one day, up and down, up and down. Rudi hated mountains, but he didn't like to complain. Still a man has to speak his mind sometimes. "Jesse and Michael," he said, "are crazy."

Trans-America Footrace

Huntington Beach, Calif. to New York, N.Y.
2,912.35 miles June 19 - Aug. 21, 1993

1. Ray Bell.46.FL	486:41:08
2. Pat Farmer.31.AUS	+15:49:15
3. Lorna Michael.34.WI	+99:33:59
4. Ed Kelley.35.CA	+121:22:02
5. Tomoya Takaiski.51.JAP	+149:29:38
6. Rudi Dittman.32.GER	+203:49:55
13 starters	

HIMALAYAN RUN & TREK™

Oct. 24 - 31, 1994
From Darjeeling, India

\$1100.

Beginning in 1995 start last Monday in Oct. & end following Monday. Oct. 30 - Nov. 6, '95. Annually.

SEE

- Mt. Everest & Kanchenjunga
- Hill resort of Darjeeling
- Ancient Monasteries
- Famous runners



RUNNERS

"The *Himalayan 100 Mile Stage Race* is the most unique running event in the world!" said a past winner. Regardless of your level of ability - whether a 10K, marathon, or ultramarathon runner - you can run at your own pace. Daily stages are designed for middle distance runners. Alternating running and walking, you can easily take in mountain views, catch a glimpse of wildlife like the Red Panda, and chat with villagers at fully stocked aid stations every few miles. Optionally, join hundreds of Sikkimese men and women for the Gangtok International Marathon or sightsee in Delhi and visit the world famous Taj Mahal. Space is limited.

DO

- 5 day Stage Run or Non-running Trek
- Gangtok Marathon or Taj Mahal options

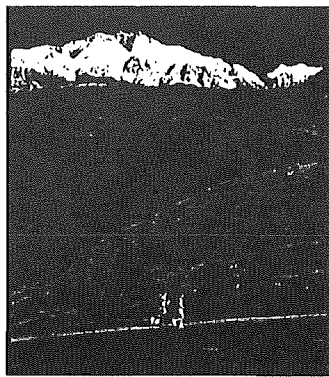


WALKERS

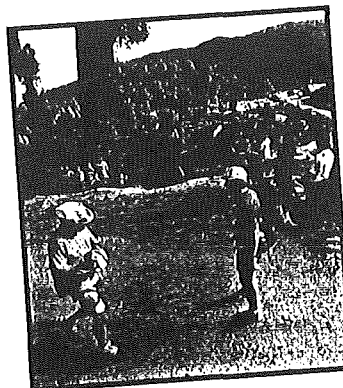
Following a similar route as the runners, you can walk at your own pace and enjoy the views of peaks rising from Nepal, India, Tibet, and Bhutan such as Mount Everest and Kanchenjunga, first and third highest mountains in the world. Jeeps support the running aid stations so there is always a chance of getting a lift. You have time to stop in hill villages and monasteries along the way, yet have dinner and overnight with the runners. Enjoy the cultural diversity of Hindu and Buddhist religions, Colonial charm of Darjeeling, Himalayan Mountaineering Museum, and excitement of an international multi-day running event. All abilities welcome.



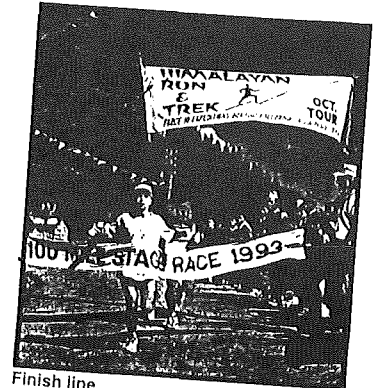
Start of Stage Run



Views of Mt. Everest

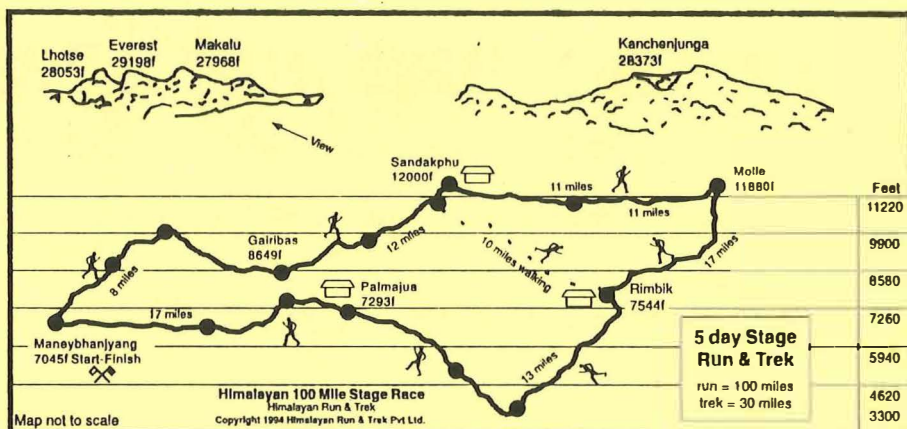


Aid station



Finish line

FOR FURTHER INFORMATION CALL 1-800-922-1491 OR FAX (619) 728-4561



\$1100.

OCT. 24-31, 1994

From Darjeeling, India

Beginning annually in 1995
start last Monday in Oct.
and end following Monday,
eg, Oct. 30 - Nov. 6, 1995

HIMALAYAN RUN & TREK™

Sun. Travel	Mon. Day 1	Tues. Day 2	Wed. Day 3	Thu. Day 4	Fri. Day 5	Sat. Day 6	Sun. Day 7	Mon. Day 8	Tue. Option	Wed. Option	Thu. Travel
ARRIVE DELHI. AIR INDIA Group Flight from New York. Airport transfers & hotel is \$100. extra. IT#3A11037	DARJEELING Group flight from Delhi to Bagdogra airport (Darjeeling). Trip starts on arrival in Bagdogra with transfer to Chancellor Hotel, Darjeeling. All meals included until trip ends at Bagdogra.	DARJEELING (7000 ft). Morning race briefing; afternoon tour to monastery, Himalayan Museum, and markets. Chancellor Hotel.	SANDAKPHU (12,000 ft) Start 100 Mile Race in stages of 20, 22, 28, 13, 17, miles. Aid stations & jeep support 20 miles to Sandakphu. Nonrunners walk 10 miles with guide. Bungalows. Records: 4:00 Male 5:05 Female	SANDAKPHU (12,000 ft) Views of Everest and Kanchenjunga all day during Stage Race of 22 miles. Non runners optionally walk 5 scenic miles. Bungalows. Records: 2:37 Male 3:15 Female	RIMBIK (7,500 ft) Views of Everest and Kanchenjunga retracing scenic parts of Day 4 passing through Molle and Siri Khola villages to Rimbik. 28 miles. Nonrunners 10 miles. Lodge. Records: 2:48 Male 3:21 Female	PALMUJUA (7,300 ft) Follow rural road 13 miles. Non-runners walk 5 - 13 miles. Bungalows and tents. Records: 1:25 Male 1:51 Female	DARJEELING (7,000 ft) Rural scenic road 17 miles to Race finish. Awards ceremony. Nonrunners walk 5 to 10 miles. Bus to Chancellor Hotel. Records: 2:15 Male 2:42 Female 100 miles: 13:36 Male 16:14 Female	TRIP ENDS Drive to Bagdogra airport for group flight to Delhi. Hotel & transfers \$100. extra. -OR- OPTION 1: Taj Mahal. Hotels incl. \$400. Extra. -OR- OPTION 2: Gangtok Marathon and other events. Norkhill Hotel.	DEPART INDIA -OR- OPTION 1: Taj Mahal & Red Fort tour in Agra by bus. Delhi hotel. -OR- OPTION 2: Gangtok Marathon and other events. Norkhill Hotel.	OPTION 1: Delhi sightseeing tour by bus. Delhi hotel. -OR- OPTION 2: Drive to Bagdogra airport and fly to Delhi. Delhi hotel.	DEPART INDIA. AIR INDIA Group Flight to New York. Arrive home.

1994 Price & Dates: \$1,100., Oct 24 - 31, 1994 from/to Bagdogra airport. 8 days 7 nights. Price includes: Chancellor Hotel (sharing) or similar in Darjeeling, bungalows or tents at Sandakphu and Palmujua, lodge at Rimbik, all meals, transportation, aid stations, guides, porters, and full Race support.

Future Price & Dates: \$1,200, Oct. 30 - Nov. 6, 1995. Beginning annually in 1995 start last Monday in Oct. & end the following Monday.

Optional Extensions: **Option 1 - Taj Mahal and Delhi sightseeing.** \$400, Oct. 31 - Nov. 3, 1994 (Nov. 6 - 9, 1995). 4 days, 3 nights. Price Includes: Bus to Agra, sightseeing at Taj Mahal and Red Fort, guided sightseeing tour in Delhi, Surya Best Western 5 star hotel or similar for 3 nights sharing. No meals.

Option 2 - Gangtok Marathon, Sikkim, India. \$400, Oct. 31 - Nov. 3, 1994 (Nov. 6 - 9, 1995). 4 days, 3 nights. Price Includes: Bus to Gangtok, sightseeing, Gangtok Marathon events (full marathon, half marathon, 10 km race), Norkhill Hotel for 2 nights, meals in Gangtok, transfer to Bagdogra, Delhi hotel 1 night (sharing).

Delhi arrival and departure: Group airport transfers to/from Surya Best Western hotel or similar and 1 night accommodation is \$100 per night. Allow \$400 for prepayment of arrival and departure nights at the time of booking. Options 1 & 2 include departure night in Delhi.

Group flights: Air India departs JFK, NY, Saturday evening, returns Tuesday or Thursday afternoon. International flight reservations should include Indian Airlines segment Delhi-Bagdogra-Delhi. No air tickets are included with HRT or options in India.

FOR FURTHER INFORMATION CALL 1-800-922-1491 OR FAX 1-619-728-4561

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

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

become a member of the AUSTRALAIN ULTRA RUNNERS' ASSOCIATION INCORPORATED
In the event of my admission as a member, I agree to be bound by the rules of the Association for the time being in force.

.....
(Signature of Applicant) (Date)

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

.....
(Signature of Proposer) (Date)

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

.....
(Signature of Secoder) (Date)

Current membership fees for 1994 (in Australian dollars) are as follows: Cheques payable to AURA Inc.

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

Send application and money to: AURA Inc c/- Dot Browne, 4 Victory St, Mitcham 3132 Australia.
152 .