

# ULTRAMAG

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Top Russian athletes, Gennardy Groshev and Igor Streltsov, at the finish of the Wollongong 24 Hour Track Race in March 1994. Both were great ambassadors for their country and they made many friends with their outgoing personalities and friendly dispositions.

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



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# EDITORIAL

Hi folks!

Many of you would have had some contact with the two young Russians, Igor Streltsov (27yrs) and Gennardy Groshev (35yrs) who have taken our ultra runs by storm in the last 4 months. They were introduced and accommodated by Leigh Privett, who ran the Kamchatka event last year and received overwhelming hospitality over there, and has obviously returned the favour. These boys were totally charming, with their bright smiles, outgoing but modest personalities and incredible talent. They creamed our runners in every event they entered. And they ran so many, about one a fortnight for 4 months! Thanks Leigh for making the Russian connection.

I've had quite a dramatic response from many members to Joe Record's comments on the Colac 6 Day Race in Tony Rafferty's profile on Joe in our last issue, and on re-reading the article, I can understand why. I must admit, I find it incredible that a bloke can sponge food, drinks, accommodation and massages from the organisers for 6 days, win the event, carry off the winner's trophy and a swag of prize money and then have the gall to criticize the organisers who have supported him solidly throughout the event. He stated their race had "failed". What a cheek! And this from a person who has NEVER had a go at race directing, never written an article or contributed to ultra running organisation in Australia in any way what-so-ever. He has no idea of the work involved in organising an event, especially one that goes for 6 days! So he should keep his mouth shut! I reckon that's one race he needn't bother applying for again. If they've got any sense, they'll tell him where to go. And as for our sport not being marketed properly, that's true, but unlike you, Joe, we're all still holding down our day jobs and we're not too flush with time.

You will notice that we have produced the first of the Australian Ultra Road Records in this issue. Thank you to Geoff Hook for producing these. I know it took him many hours to research them. Thank you. It's good to see a few different names amongst the record holders in this list. Check them out.

A big congratulations to Nobby Young from all of us on completing his historic, entertaining and well-documented Walk Around Australia. Every time I've visited the local post office in recent months, I've encountered a full-frontal of Nobby on an Australia Post poster. I've said "G'day" on every occasion Nobby! Are you back to normal sleeps yet mate?

I must comment on some incredible female ultra runners who have come out of the woodwork in recent months to join the big names of Helen Stanger, Lavinia Petrie, Georgina McConnell, Nicole Carroll etc. on the record lists. Two of them are: Mary Morgan, who re-wrote the women's records in a 12 Hour WA Track Championship, organised by Brian Kennedy in March, when she covered 131km, and young Linda Meadows, who ran in the Percy Cerutti 12 Hour Track Race a month later and did the 100km in 8:24:10, only 8 seconds behind Mary's new record track time. Congratulations to both Mary & Linda! If only we could get them both into an Australian team to compete overseas together with our other female stars!

I am sad to relate that one of my best AURA running mates has died suddenly of a heart attack in the last month. His name was Norm Brooke, and he has travelled with our wild Victorian contingent to the Six Foot Track for several years in a row, singing with us all the way and cracking wet jokes. Norm wasn't all that fast. We used to worry about him until he appeared down the zig-zag path above Caves House at around 7 hours or so, but he was great company, always cheerful and a reliable lap-scorer for Hookie on many occasions. We'll miss you mate!

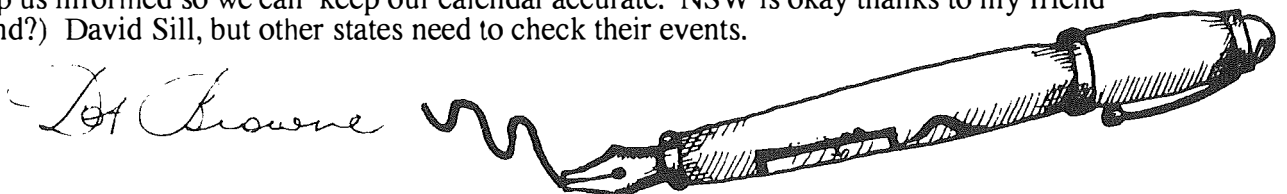
Any way to conclude, remember that a magazine such as ULTRAMAG, catering for a specialized audience, is only as good as the participation by its members, through their contribution of articles and exchange of opinions and ideas. So don't just talk about it, WRITE it down and then send it to us!

Incidentally, I hear on the grape-vine that David Sill, our AURA interstate rep. is "Bazza" Stewart's new manager! Go for it, David!

We need some of our interstate reps. to check out race dates and confirm whether an event is still on. We roll the calendar over and unless we're told in writing that an event is out, we still keep printing it, so PLEASE keep us informed so we can keep our calendar accurate. NSW is okay thanks to my friend (err....ex-friend?) David Sill, but other states need to check their events.

Regards

Dot Browne.



# 1994 -1995 ULTRA CALENDAR

- June **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS, QLD.** 440m grass track, University of Queensland. Contact Ray Chatterton, P.O. Box 589, Toowong 4066 Qld. Phone (07) 376 2548 (H)
- June **50KM ROAD RACE, TAS.** Lauderdale, \$20 entry, Free nosh-up at the Lauderdale Tavern after the race. Contact Talay's Running Shop, phone (002)34-9945.
- June 18 **AURA 50 MILE TRACK RACE, VIC.** (Australian Championship) at East Burwood (Bill Sewart Athletic Track, Burwood Highway, East Burwood, 400m track, 8am start, contact Geoff Hook, 42 Swayfield Road, Mt.Waverley, 3149 or phone (03) 808-9739.
- June 19 **GLASSHOUSE TRAIL RUN, QLD** (10km,20km, 35km,55km, 80km\* - minimum 10 starters) Caboolture, Q'ld, Start and finish at the lookout. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld 4510 . Ph. (074) 95-4334.
- July 9/10 **PORT MACQUARIE 12 & 24 HOUR CHARITY TRACK RACE, NSW,** Race Director, Harry Clements, 16 Perks Parade, Port Macquarie 2444, Ph. (065) 83 3132 (H) or (065)81 1488 (W) *(Postponed until further notice)*
- Aug **ROSS TO RICHMOND ROAD RACE, TAS.** 95km, between the two oldest bridges in Australia, 7am start, Need support vehicle and helper, contact Tallays Running Shop, phone (002) 34 9566 or Kerri Law, (002) 72-5170 (H)
- Aug 14 **100 KM ROAD RACE, WA, C.C. Classic,** no details given.
- Aug 21 **MUNDARING TO YORK ROAD RACE, WA.** 64.36km (40 miles), start at Mundaring Shire Offices, conducted by the WA. Marathon Club, Phone Jeff Joyce (09) 447-8545.
- Aug **GRIFFITH 12 HOUR CHARITY TRACK RACE, NSW,** cancelled, replaced by the Port Macquarie 12 & 24 Hour Charity Track Race.
- Aug 6-14 **TASMANIA RUN - STAGED ROAD RACE - 700KM IN 7 DAYS** (with 2 rest days built in!) Fastest times and handicap placings all attract substantial prize money. For further information, contact Alan Rider, Dept of Tourism Sport & Recreation, G.P.O. Box 501, Hobart 7001 , Ph. (61) 02 30 8142 or Fax (61) 02 23 8936
- Aug 31 **THE HARRIER 100KM INTERNATIONAL CHALLENGE;** Victoria Canada Accurate course, road race to be staged 3 days after the closing ceremonies of the Commonwealth Games. An Open international race. 6am start, For further information, contact : Trevor Jacobs, 7 Dovey Place, Latham 2615 ACT, Phone (06)279 0134 (W) or (06) 254 7177 (H)
- Sep 5-9 **FIVE DAY STAGED FOOT RACE, Q'LD** (Start & finish at Nanango, South Burnett, 180km north of Brisbane), approx. 330km with an average daily distance of 66km per day, handicap start. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld. Ph (071) 63-1645
- Sept 17 **100KM ROAD RACE, NSW.** Bathurst, 6am start at the Courthouse, Russell Street, Bathurst, time limit 11 hours. Contact Big Chris Stephenson, GPO Box 1041, Sydney, 2001, phone (02) 259 3981 (W)

# 1994-95 ULTRA CALENDAR

- Sept 22-24 **CABOOLTURE MULTI-DAY (12 HOUR, 24 Hour, \*48 Hour + 24 HOUR RELAY) Q'LD**, Must be at least 5 starters in each event . 1km circuit, Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld, phone (074)95 4334 or A. Cox, P.O. Box 479, Caboolture, Qld 4510, Ph. (074) 953540 (\* minimum of 10 starters)
- Oct 1 - 2 **LIVERPOOL CITY COUNCIL / SAUCONY 24 HOUR TRACK RACE** , NSW, at the Whitlam Centre, Liverpool, 400m. track, start time 11am , entry fee \$25.00, To apply for entry form, phone (042)74 0576
- Oct **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE**, SA, 6am start, Adelaide Town Hall,, finish Advance Recreation, Victor Harbour, \$20 entry contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood. SA 5034
- Oct **ROYAL NATIONAL PARK ULTRA TRAIL RACE**, NSW, 55km, NSW, Cancelled this year due to bushfire damage. Should be on in 1995.
- Oct 16 **SPEPPARTON RUNNERS' CLUB 50KM ROAD RACE**, start & finish at Violet Town, new event, good road surface, every km marked, shady course, and little traffic, 7am start, contact Russell Weavers, 2 Tassone Court, Shepparton 3630, ph. (058)21 1490
- Oct **TASMANIAN 12 HOUR TRACK CHAMPIONSHIP**, Hobart, Tasmania, 8am start Athletic Domain Centre, (rekortan surface) Contact Kerri Law, 67 Gormanston Road, Moonah, Tas. 7009, phone (002) 72 5170 (H)
- Oct **SRI CHINMOY 24 HOUR TRACK RACE**, SA.(Australian Championship) Starts 8am on Saturday 24th at Adelaide Harriers Track, \$75 entry, Contact Sipra Lloyd, Sri Chinmoy 24 Hour Track Race, P.O. Box 554, North Adelaide, 5006, phone (08) 239-069 (AH) or (08) 267 1675 (AH) Send a large stamped self-addressed envelope with cheque and application form.
- Oct **ALBANY TO PERTH 560KM ROAD RACE**, WA. Contact Ross Parker, 33 Burradine Way, Craigie 6025 W.A., ph. (09)401 7797 to apply for invitation to run.
- Oct 30 **AURA GEORGE PERDON MEMORIAL SIX HOUR TRACK RACE**, VIC., Knox Athletic Track, Vic., new 400m track, 9am start, \$20 entry, entry forms - Dot Browne, 4 Victory Street, Mitcham 3132 phone (03)874 2501 (H) or FAX (030)873-3223 for entry form. Date to be advised.
- Nov 5 **RAINBOW BEACH TRAIL RUN, Q'LD** (beach and forest trails) 10,33,50km Rainbow Beach, near Gympie, QMRRC event, contact races organiser Dennis Parton, c/- P.O. Rainbow Beach 4581, phone (074) 86 3217 or Ian Javes, 25 Fortune Esp, Caboolture, Queensland 4510 Ph. (074) 95 4334
- Nov 13 **BRINDABELLA CLASSIC, ACT** organised by the ACT Cross Country Club, 53km trail run over the Brindabella mountains, just south of Canberra. Contact Trevor Jacobs on (06) 254 7177 (H) or (06) 279 0134 (W). or ACT C.C. Club, GPO Box 252, Canberra 2601
- Nov 13-19 **AUSTRALIAN 6 DAY RACE, COLAC, VIC.** Memorial Park, 3pm start, handicap section also.Enquiries and entry forms to: P.O. Box 163, Colac 3250. Vic. or phone President (052)315805, Secretary (052)314473 or Treasurer (052) 321406

# 1994 - 1995 ULTRA RACE CALENDAR

- Dec 3      **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE, TAS.** 64km (Australia's or the world' (?) southernmost ultra race). Course takes in the length of Bruny Island. Support vehicle and helper required. Contact Mike Maddock (002)720632 (W) or (002) 722887 (H), Alan Rider, (002)349945 (W) or (002)486229 (H) or Kerri Law (002) 72 5170 (H) for entry form
- Dec 4      **NANANGO FOREST FOOTRACE, Q'LD** 52km , an out and back trail run through State Forest (3 times) on formed roads. Estimated own time event; finisher who finishes closest to noon wins! Graduated start. Meal & social evening the night before. BBQ afterwards. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld for entry forms. Ph. (071) 63 1645
- Dec 31      **AUSTRALASIAN 100KM ROAD CHAMPIONSHIPS**, Waitaki District of North Otago, New Zealand, 6.00am start, 12 hours time limit, Closing date Nov. 27, Entry fee NZ\$50.00, Contact: Scott Leonard, (Race Director), 14 Marshall Laing Avenue, Mt.Roskill, Auckland, New Zealand. Ph. 64-9-627-8874 "That Dam Run".
- 1995**
- Jan 8      **AURA BOGONG TO HOTHAM, VIC.** 60km mountain trail run, 6.15am start at Mountain Creek Picnic Ground. 3,000m climb! Phone Geoff Hook, (03)808 9739, entries close 23rd Dec, 1993. No entries on the day.
- Jan      **TOUKLEY ROTARY 12 HOUR TRACK RACE, NSW**, starts Tacoma Oval, Tuggerawong Road, Wyong, NSW, 9pm Saturday start, \$36 entry (includes T-shirt), 400m grass track, Entries to : Race Director: Tony Collins, 36 Bungary Road, Norah Head 2263 Ph. (043) 963281.
- Jan      **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$15 entry, 7am start. Closing date: 14th January, 1995. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 781 -4305 or Dot Browne, 4 Victory Street, Mitcham 3132 (03)874-2501 (H) or FAX (03)873-3223
- Jan      **LIVERPOOL 12 HOUR TRACK RACE**, \$25 entry Enquiries phone (042) 74 0576, 25 maximum field
- Feb      **50 MILE ROAD RUN & 8 HOUR RUN with RELAY, QLD.** Toowoomba, 1.2km circuit, Organiser: G.Medill, QMRRC event, Contact G.Medill, 13 Ramsey Street, Toowoomba 4350 Qld., phone (076)38 2023
- Feb      **RED ROCK TO COFF'S JETTY, NSW.** Starts at 6.30 am daylight savings time at Red Rock Beach Contact Steel Beveridge on (066) 53 6831 in advance to survey course on the day before. Or by post, 2 Lakeside Drive, North Sapphire, 2450, NSW.
- Feb 4      **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, phone (003)95-4294
- Feb      **HOBART TO CYGNET ROAD RACE, TAS.** 54km, 7am start from Talay's, The Running Shop, Liverpool Street, Need support vehicle and helper. Contact Talays, The Running Shop, phone (002) 34 9566 or Kerri Law (002) 72 5170 (H)

# 1995 ULTRA CALENDAR

- Mar **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**, 46km mountain trail run, 9am start from Katoomba to Jenolan Caves, \$35 entry. Time limit 7 hours. Contact Race Committee, Six Foot Track Marathon, P.O. Box 252, Lidcombe 2141 NSW
- Mar **4, 6 OR 12 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA**, Bunbury, organised by the Bunbury Runners' Club, 8am start, certified grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact : Brian Kennedy, 64 Knight Street, Bunbury 6230, Ph. (097) 959546
- Mar **TAMWORTH 24 HOUR CHARITY RUN, NSW**, Viaduct Park, Tamworth, 10am start. \$35 entry, 10am start on Saturday, Closing date March 20th, Contact Dallas Earsman, 143 Bridge Street. Tamworth 2340, Ph. 657216 (H) or 653511 (W)
- Mar **50KM ROAD CHAMPIONSHIP & 6 HOUR FUN RUN, QLD. & 6 HOUR RELAY** (6 runners x 1 hour each) Toowoomba. QMRRC event on a 1.2km circuit, Race organiser, G. Medill, 13 Ramsey St, Toowoomba 4350 Qld. Phone (076) 382023 .
- Mar **JAGUNGAL WILDERNESS TRAIN RUN, NSW** - 80km from 3 Mile Dam near Kiandra, NSW to Guthega, along firetrails and foot-tracks through Kosciusko National Park. 6.30am start \$20 entry includes map. The course averages 1600m elevation with 900m only of rises. Limited and qualified entry. Application forms, send SAE to Leigh Privett, 695 Hodge Street, North Albury 2640 or Ph. (060) 25 4959.
- Mar **6/12/ 24 HOUR TRACK CHAMPIONSHIP, NSW**, at Beaton Park, Foleys Road, Wollongong City, 10am start, Entry fee \$35, Entry forms to Bill Joannou, 2 McKay Street, Dundas NSW 2117. **A NEW EVENT!!**
- April **AUSTRALIAN 100KM TRACK CHAMPIONSHIP & QUEENSLAND 100K TRACK CHAMPIONSHIP, QLD.** Ipswich. 400m grass track, Bill Paterson Oval Limestone Park, Cnr. Salisbury Rd & Lion St, Ipswich 4305, a QMRRC event, Race organiser: Stephen Lewis, 46 Chernside Road, Ipswich, 4305, phone (07)281 -9533.
- April **FRANKSTON TO PORTSEA ROAD RACE, VIC**, 34 miler, contact Kon Butko, 6 Allison Road, Mt. Eliza, 3930, phone (03) 787-1309, 7am start, cnr. Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed.
- April **50KM ROAD RACE, ACT**, as part of the Canberra Marathon, AA Certified course. Upon completion of the normal marathon course (& being an official marathon finisher), immediately follow and out and back course along Telopea Park and the cycle path along Lake Burley Griffin to Commonwealth Avenue bridge, 7am start. For more details, contact Trevor Jacobs on (06) 2547177 (H) or (06) 2790134(W) or Dave Cundy (marathon organiser) on (06) 231 8422 (H) or (05) 275 1207(W)
- April **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, VIC.** supported by Vets. 24 Hour Relay Challenge. Harold Stevens Athletic Track, Coburg, Maximum of 10 relay teams with maximum of 20 individual racers per team. Starts 12 noon on Saturday. Entry forms available from: Gordon Burrowes, 37 Douglas Avenue, St. Albans 3021 or Coburg Athletic Club, P.O. Box 241, Coburg 3058
- April **BRISBANE WATERS BUSH BASH** , NSW, 47km trail run. start at 6am at Gosford Olympic Pool, finish Gosford Sailing Club, Time limit 9 hours, \$30 entry, Entries to Robert Carleton, 51 The Rampart, Umina 2257, Ph. (043) 418712

# 1994-95 ULTRA CALENDAR

- April **LAUNCESTON TO HOBART 200KM ROAD RACE, TAS.** Contact Kerri Law, 67 Gormanston Road, Moonah 7009 Phone (002) 345522 (W) or (002)72 5170 (H) or Alan Rider, 102 Balook Street, Lauderdale 7021 Tas
- May **AURA 12 HOUR TRACK RACE, KNOX, VIC.** (formerly at Tootgarook) new 400m track, \$25 entry, Percy Cerutti Memorial Race, 7am start, Race Director: Dot Browne. 4 Victory Street Mitcham 3132, phone (03) 874 2501 (H) or FAX (03)873-3223 for entry form.
- May **SYDNEY STRIDERS 100KM ROAD FOOTRACE** to be held in Sydney, location and date to be advised. Contact David Sill, (02) 489 6463 (H) or Sydney Striders Road Runners Club, P.O. Box N119 Grosvenor Street, Sydney NSW 2000.
- May **DUSK TO DAWN CABOOLTURE 12 HOUR ULTRA, Q'LD** for runners, walkers or power walkers plus 12 Hour Relay for a 10 person team. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, 4510 Ph, (074) 95 4334.
- May 1 **BANANA COAST ULTRA MARATHON, NSW.** 85km. Coff's Harbour to Grafton, 6am start at western or highway end of Coff's Harbour, city mall start, Entry fee \$5, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, NSW, phone (066) 536831
- May **24 HOUR TRACK RACE, WA,** Perth, 1 km grass track, McGillvray Oval, contact Graeme Prosser, c/- "Lakeview", Davies Road, Claremont, 6010, WA, phone (09)384 6036 or Ross Parker (09) 401 7797 (Cancelled until further notice - possible October 1995.)



JUNE 26	8.30 am Coopers Knob Classic, approximately 40 km trails on Port Hills Contact: Secretary NZUA, 30 Bretts Road, Christchurch
OCTOBER 23	50 mile and 50 km road race, Christchurch Contact: Robert Dickison, 180 Huxley St, Christchurch Tel: 03 332-2465
DECEMBER 10	6.00 am Comalco Kepler Challenge 67 km Mountain run over Kepler Track Contact: Kepler Challenge Committee, Box 11, Te Anau.
DECEMBER 31	Australasian 100 km Championship (That Dam Run) Kurow, North Otago Contact: Scott Leonard, 14 Marshall Laing Avenue, Mt Roskill, Auckland.

## VALE

**NORM BROOKE 19/6/1926 - 4/4/1994**

I'm going to miss dear old Normie Brooke. He would often ring up to see how I was going (running-wise, that is) and offer assistance for my next race. Norm was great value in that he actually didn't mind lapscoreing - that most monotonous and boring of jobs that has to be done at track ultra races. Apart from a few short breaks, Norm singlehandedly scored for me on one of my most memorable races - the one in which I achieved 200km in 24 hours. Norm's lapscoreing marathon effort surely helped in my achievement.

On another occasion, Norm was even generous enough to travel to Bathurst with me to drive my car around the 100km road course in support.

But Norm wasn't just a good assistant at races, he was helpful in so many other ways. His happy disposition and impish mind will be missed by many people who shared his company on so many occasions.

Geoff Hook.

\*\*\*\*\*

I would like to briefly add my remembrances of Norm.

The main thing about Norm was that he was unfailingly cheerful, sociable and positive and was always making a joke about something, or taking the Mickey out of someone. I remember him talking non-stop in the mini-bus when our Vic. mob travelled up to the Six Foot Track Run a couple of years ago. We had to tell him, "For Christ's sake, shut-up Norm! We're sick of your jokes" at times, and he never took offence. I remember we waited for hours for him at Caves House, and were all very relieved to see him appear at the top of the zig-zag track after 7 hours or so.

One other thing about Norm was his hand-writing. He had the most incredible copper-plate style and the lap-score sheets he did for Hookie were a work of art.

He was involved in the meat trade and he presented a few of us with a present that we all treasure when we spent a weekend at Wilson's Prom. with him last year. It was an amazing black-handled knife which was so bloody sharp you wouldn't believe. And it never lost its edge. I've still got mine.

We used to meet him often when we did the old 10 miler around Park Orchard near where he lived. He always had his dog and he was always good for a chat.

Good on you Norm. I'm going to miss you heaps!

(Incidentally, it was Norm's surviving wife Pauline who, designed our AURA logo of the running figure on the map of OZ)

*Dot*

# NORM BROOKE

19th June 1926 - 4th April, 1994

*Norm was a unique man with a multitude of talents and abilities. He could have been many things but chose to be what he was. Everything he did, he did well. He was many things to many people, most of all, he was Norm Brooke to everybody.*

*Norm's needs were simple, a piece of meat (he did not care much for some vegetables, especially "trees" as he called Boroccoli), a wood fire, a drink, his family and friends to help him enjoy his hospitality and cooking until about nine in the evening. You could stay and continue to enjoy yourself after that time, but Norm would go to bed to rest in preparation for the next day's activities.*

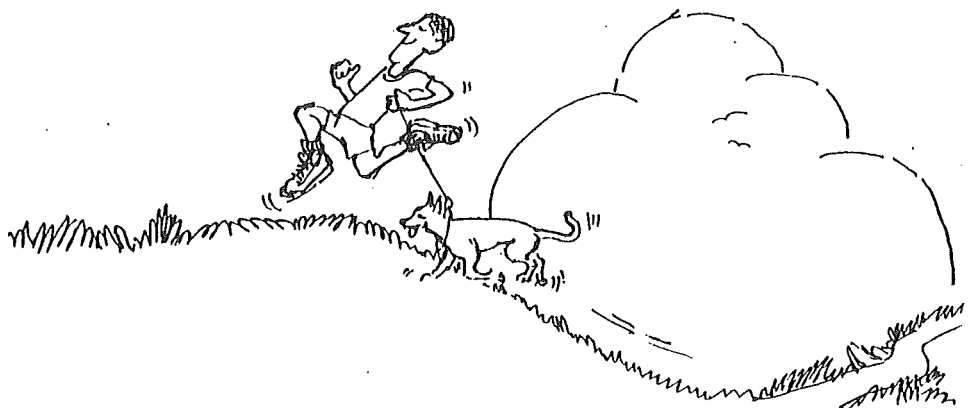
*Norm's ability to share the good with the bad was a distinction appreciated by many. Everybody knew if they needed help or advice, a visit or phone call to the Brooke house would invariably see them with the problem solved. Norm's abilities as an amateur counsellor/volunteer have been enhanced by the assistance of Pauline. I am sure this tradition will be continued.*

*Norm could be recognised by a number of characteristics;- his nose (I mean this in the nicest possible way), punctuality, reliability, willingness, friendliness, dedication and the most sincere handshake it has ever been my pleasure to be half of. Nobody has ever forgotten Norm Brooke. He was that kind of man. His approach to everything he undertook set him apart and left a lasting impression of professionalism.*

*Norm became known affectionately by family and friends as "Ab". This was as a result of his continued service to those seeking his assistance. Ab is short for abnormal, certainly a fitting description for Norm's friendship and his application to helping others.*

*We are the lucky ones. We all knew Norman Edmondson Brooke as a friend. A little bit of Norm has rubbed off on us all. We will cherish our memories of a real gentleman.*

Neil Kingswood —



# NORM BROOKE

## AN UNSUNG WARRIOR

BY

TONY RAFFERTY

Silhouetted against a blanket of blue sky Norm Brooke stood ankle-deep on top of a sand dune claspings a water bottle. Fifty metres to his right a camel, majestic, curious, sniffed the air and scampered off. 'Come on Rafferty, Death Valley was hotter than this,' he called, as I puffed and sweated up the mound to quench my thirst.

During hazardous moments, under stressful circumstances, from him you could predict a whimsical quip and always a smile. Norm acted as one of my support crew during a mid-summer, 380 kilometre race with Ron Grant from Alker Seltzer bore across the Simpson Desert to the outback town of Birdsville.

Travel sickness caused by a rugged ride up and down 1,162 sand ridges in cramped quarters in a four wheel drive, and heat exhaustion in 52 degrees celsius later in the race caused Brooke physical anguish. Weeks later I learned about his ailment. "My job was to see to the needs of the runner. Nothing else mattered," he said. Norm Brooke never complained.

I first met him when he joined Eastland Fitness Centre in Ringwood in the early 80's. With discipline he worked out three times a week. He lost excess weight, gained strength and developed a muscular physique. One Sunday morning I lured him to the local athletic track. A short time later the running bug had bitten.

Fun runs replaced weight training. He read fitness magazines. And he joined AURA.

When I invited the great Siggy Bauer to the track Norm was the first to greet him. As we jogged a few laps he listened intently as Siggy talked about training procedure and mental attitude.

Some time later for a five dollar bet Norm challenged me to a 400 metre power walk. His determination was fierce. We strained neck and neck round the rubber bitumen track. His red cheeks ballooned like Gordon Pirie's. Shoulder to shoulder we crossed the line. A dead heat. "I'll get you next time," he said with a hearty laugh.

At three in the morning near Gundagai during a Sydney to Melbourne race it was minus two degree celsius. Rugged up like an Arctic explorer I ran along about nine kilometres an hour. For two hours the two support vehicles had been missing. I was alone and thirsty. I hadn't slept for a day and a night. Half a kilometre away at the bottom of a hill a light flickered from side to side. Now and again a semi-trailer's headlights picked up a lean figure running toward me stumbling here and there in the dark...Norm took a second to get his breath. He blew hot air into his shivering hands. 'Sorry. One of the vehicles has a flat battery and the other, gearbox trouble.' He said he had hitched a lift with a truck driver. "The guy went so fast he couldn't stop on this hill. He let me out three k's up the road. Here. You'll need this." He handed me a flask of hot soup. "I'll stay with you until they get back."

For 16 kilometres, carrying a drink bottle, a flask, a towel and a torch in one bag and medical supplies in another he ran beside me uphill, downhill, along the potholed roadside with the focus of a concert pianist. A complaint from a competitor to the race director next day said that a runner had paced me through the night!

Norm's close friend, Neil Kingswood, said: "His approach to everything he undertook set him apart and left a lasting impression of professionalism."

The searing sands of the Simpson; screaming engines of speeding trucks on the Hume; pelting rain; sub-zero temperatures and deprived sleep never fazed him.

Scrambling over broken gibber stone which captured the sunlight and dazzled inflamed eyes on the last 20 kilometre stretch of the Simpson Norm panted alongside and handed me a scribbled ink-blotched note:

REMEMBER WHAT CERUTTY TOLD YOU  
STRIVE FOR THE IMPOSSIBLE

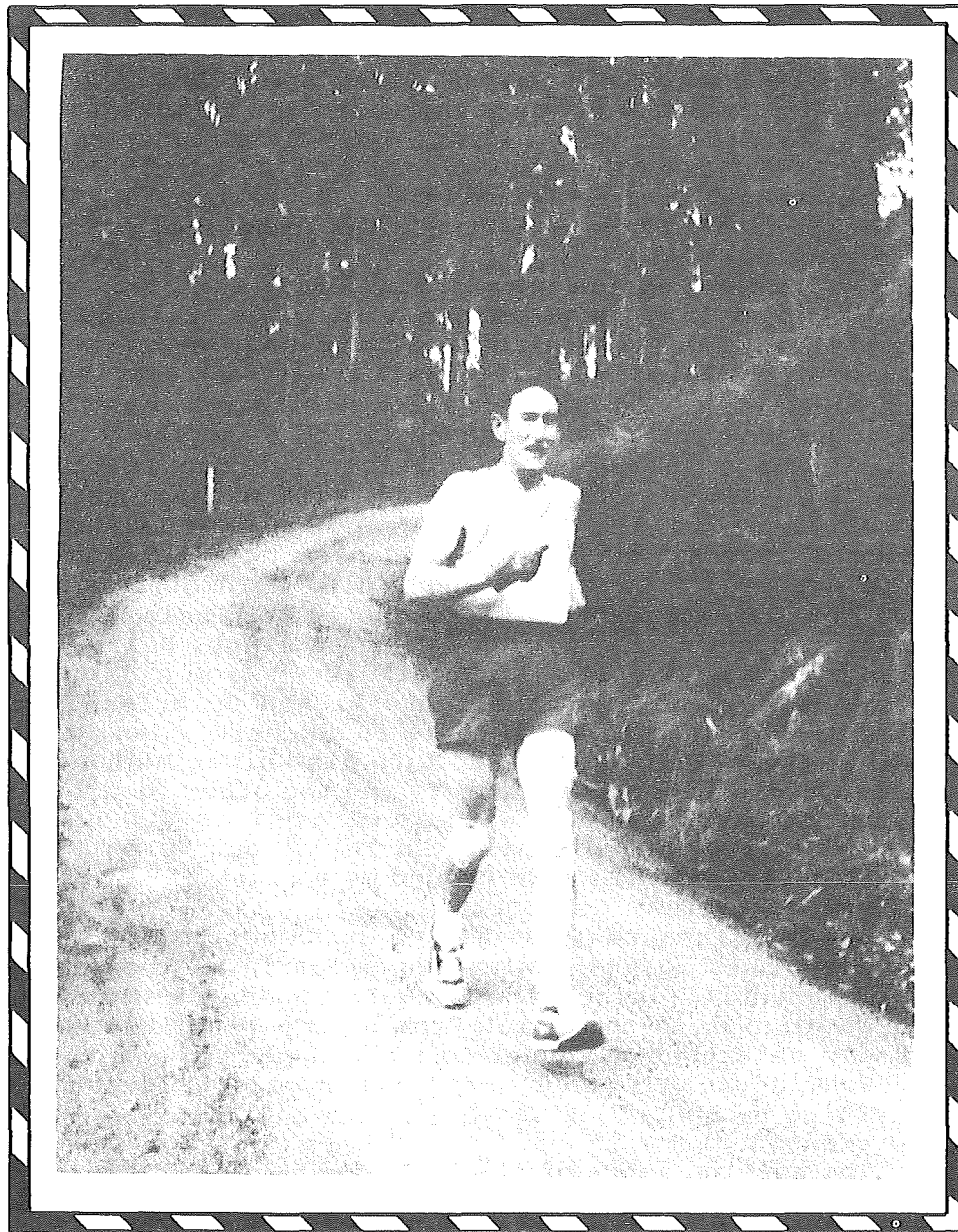
Norm Brooke thought of everything.

He finished yet another marathon a few weeks before 4 April 1994 when at 67 years, he died.

Two weeks later I met his running mate, Bernie Brennan, who told me the sad news as we trained along Station Street, Box Hill. Immediately I was struck by a thought: After all these years, why hadn't I contacted him?

Norman Edmondson Brooke was an unsung warrior.

TONY RAFFERTY. APRIL 1994.



# NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Australian Ultra Runners' Association Incorporated will be held at the clubrooms of the Bill Sewart Athletic Track, Burwood Highway, East Burwood, on Saturday 18th June, 1994 at 6pm.

Business to be transacted at this meeting comprises:

- (a) to confirm the Minutes of the previous AGM held on 19th June, 1993.
- (b) to receive from the Committee reports upon transactions of the Association since the previous AGM.
- (c) to receive and consider the statement to be submitted by the Association in accordance with Section 30(3) of the Associations' Incorporation Act.  
Statement by Committee:  
In the opinion of the Committee -
  - (1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association as at 31st December, 1993.
  - (2) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
  - (3) the accounts have been compiled by a simple Income and Expenditure format.
- (d) to elect officers of the Association and the Ordinary Members of the Committee.
- (e) Appointment of Auditor.
- (g) General Business

Only items listed here may be voted on by means of resolution at the AGM.  
Other items not requiring resolutions may be discussed.

- (i) Motion: that the membership fee, effective 1995, be increased from \$25 to \$28 if deemed necessary at the end of this year, when the nature of our financial position for the year becomes clear.

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

Regards,



GEOFF HOOK (President)

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## DONATIONS ACKNOWLEDGEMENT

Many thanks once again to those members who have included a donation with their subs. since our last issue. Your generosity is most appreciated and certainly enables us to keep our subscriptions to a reasonable level. Thank you !

Geoff Boase \$10, Val Case \$, John Harper \$25, Isobel Buckland \$5, Leigh Privett \$15, Ernest Hartley \$25, Alastair Wallace \$6, Ian Walker \$5, Ross Parker \$5, Ian Javes \$15, Randall Hughes \$5, Jeff Smith \$10, Dawn Parris \$5, Bob Sayers \$5, Peter Janovsky \$5, Ian McClosky \$5, Brian Mills \$5, Graham Kerruish \$5, Roger Hardy \$5, Mark Steinberg \$25, David Standeven \$5, Barry Coates \$10, Alan Trevenen \$5, Gary Parsons \$5, Bill Keats \$15, Joe Skrobalak \$5, Tony Kleiner \$5, Max Carson \$5, Trevor Jacobs \$30

## FORM OF APPOINTMENT OF PROXY

I ..... of .....

being a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

hereby appoint .....of .....

being a member of that Incorporated Association, as my proxy to vote for me on my behalf at the Annual General Meeting of the Association to be held on the 18th June, 1994 and at any adjournment of the meeting. If my proxy fails to attend the meeting, I appoint the Chairman of the Meeting to be my proxy.

My proxy is authorised to vote for the resolution as follows:

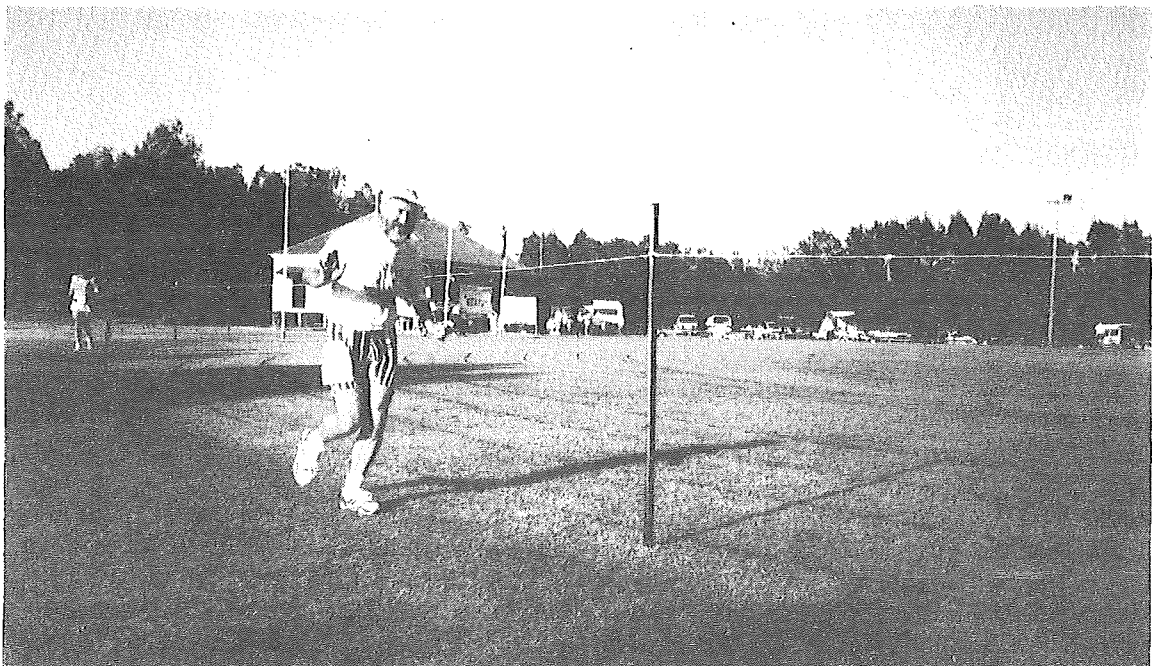
	FOR	AGAINST	AT DISCRETION OF PROXY
Motion (1) as listed in Notice of Meeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Signed .....

Date: ...../...../1994

This form must be sent to the Secretary of the Australian Ultra Runners' Association Incorporated, to be received by 17th June, 1994.

- Notes
1. If you do know of a person who will be attending the meeting, you may appoint the "Chairman of the Meeting" in which case, as address is not required.
  2. If you fail to specify your intentions clearly, the proxy vote will be informal.
  3. Only members who are not unfinancial are entitled to vote. (A member becomes unfinancial if his annual subscription is unpaid after a period of 12 months has elapsed from its due date.



Tony Collins at Tacoma 12 Hour on 23 January, 1994

# PROBLEMS IN ULTRA RACES

Recently a few problems have arisen in Australia, which are associated with the conduct of ultra races. The following discussion is aimed primarily at race organisers, but will be of interest to competitors as well.

AURA has adopted the IAU Ultra Marathon Race Handbook of rules governing the conduct of, and competition in, ultra races. All race organisers should purchase a copy of the handbook and read it thoroughly to assist them in the conduct of their event.

Regarding rule 3.1.1:-

## 3.1.1. Competition

- (a) A race must be held in fair (bona fide) competition. It is forbidden for any competitor to receive an unfair advantage.
- (b) There should be a minimum of five competitors.
- (c) Mixed Competition: Women and men may compete together in all ultra marathon events. Women's and men's performances in mixed competition will be eligible for consideration as records.

Regarding rule 3.1.8:-

## 3.1.8. Entry

- (a) Conditions of entry. Organisers should impose and publish suitable conditions of entry. All entries meeting these conditions should be accepted until the maximum number of entrants has been reached.
- (b) Entry restriction: Entries restricted by qualifying performance or a maximum number of competitors must be clearly stated and treated appropriately. Unfair restrictions discriminating against certain potential competitors must not be used.

Both of these rules are very important to the fair conduct of competition and all of us, committee of management, race organisers and competitors should strive to ensure adherence at all times.

Geoff Hook  
President.

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## ITEMS OF INTEREST FROM RECENT COMMITTEE MEETING

1. Safet Badic was given the opportunity to defend himself against allegations concerning his conduct during the IAU 100km World Championships in Belgium in 1993. His ban from representing Australia was reduced to one year from Thursday 21st April, 1994.
2. Closer links are being forged between AURA and the Distance Running Commission arm of Athletics Australia.
3. A policy was adopted which inserts a condition into AURA races that the minimum age for competition is 18 years and that persons under this age should be discouraged from participating in non-AURA ultra distance events.
4. The committee disapproved of any form of restriction of entry into ultra-distance races by means of discrimination.
5. Sufficient interest has been shown by male athletes in the 1994 international races: IAU 100km World Championship in Japan; Harriers 100km event in Canada (quasi association with the Commonwealth Games) and the Tasmanian Staged Road Run. No female interest has been shown except for one for the Canadian event.

# AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

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

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

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

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## AURA CLOTHING ORDERS

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

COLOURS:    RED    WHITE    GOLD    AQUA    GREY    NAVY

SIZES:        12        14        16        18        20        22        24

## AURA ADVERTISING MATERIAL

### PRINTED CLOTH BADGES

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

### COST:

\$2.50 each, no extra for postage required.

\*\*\*\*\*

### CAR WINDSCREEN STICKERS

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

### COST:

\$3.00 each, no extra postage required.

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

NAME: .....

ADDRESS: .....

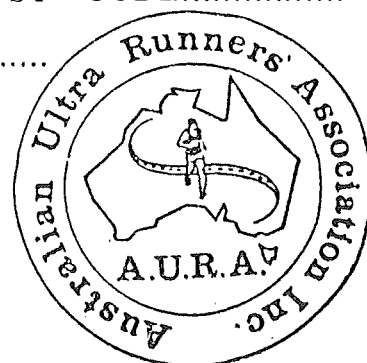
.....POST CODE:.....

TYPE: .....

SIZE: ..... COLOUR: .....

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

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



# LETTERS TO THE EDITOR

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Dear Dot,

Let's put Joe Record straight where Tony Rafferty fails. This verbal diarrhoea is negative and belongs in the trash can. Like a girl who has fallen in the mud, most of it will stick to him. I disagree that in the last 4 years at Colac Six Day Race, they have had second rate runners as Joe Record suggests, or that, as Tony Rafferty suggests, the event has gone down hill. Don't they realize that in the last 4 years, many records have been set, none by themselves ?:

Bryan Smith , over 1000km  
Georgina McConnell's several Australian records in a row  
Drew Kettle's world age record  
Cliff Young's world age record

In regard to people walking the race, who cares? They are achievers having a go. So come on Joe and Tony. Why not put on a Six Day Race yourselves and see what you can do. The people of Colac in the 2 years that I've been there have given from the heart. I've personally gone down there a week early and seen what happens in preparation. They raise somewhere between \$25,000 - \$40,000 to put the race on, all from little people and businesses which are battling to survive in tough times, and I have nothing but admiration for their wonderful effort. So if you want a challenge, run Colac Six Day Race. They will look after you like brothers and sisters. So Tony and Joe, I'll wait with baited breath for contributions in organising a Six Day Race with all your suggestions. In the mean time, like most ultra runners, we will have fun running. See you ALL at Colac this year. They have some great ideas for a novice section - people who would like to try their first six day race.

Incidentally, I hear there are two Russians and some Japanese runners interested in running this year. The Russians are quick from what I saw them do in Sydney - 140km in 12 hours, 230+km in 24 hours in the pouring rain.

Anyway, have a good year.

John Timms.

\*\*\*\*\*

Dear Joe Record,

Without your so-called "inferior runners", how many races would survive? I say, give every runner a chance to compete. They, like you, have to start somewhere to build up, just like a marathon. Everyone is welcome to start, regardless of their standard. How come some people think we should be any different in Australia? Being Australians, let all have a go mate. That's the Aussie way, or am I sadly mistaken? Let's have some responses, even criticisms to my comments!

John Timms.

\*\*\*\*\*

Dear Dot,

After over 3 years around these races, I would like to congratulate the people who have put on races and copped flack, criticism etc, finished up out of pocket even. John Shaw from Sydney got a lot into running races, also Dave Taylor, Tony Collins, Dallas Earsman, Harry Clements, Bill Joannou and many more. In Queensland, Ian Javes has put on terrific races with sometimes limited support. Graham Medill, Ray Chatterton and Ron Grant also contributing in their state. Victoria has Dot Browne and Geoff Hook organising events, plus Colac Six Day committee. I don't know too much about other states because I haven't been able to afford to travel to WA, SA or Tassie. But I realize that there are people giving their time and money to us. Let's support these people by running, walking, crawling, limping, but above all, have fun with it.

John Timms.

Dear Dot,

I really want to thank you for running such a great event last Saturday (Percy Cerutti 12 Hour Track Race). In particular for putting it on despite the low numbers. As a result, it gave me the opportunity to participate in my first ultramarathon and, as you are aware, come very close to creating a new Australian women's record. Though it was thought that I had, in fact broken the record, it now looks as if a still-to-be-considered time by Mary Morgan in WA will be the new record.

I'd really like to say that though I was naturally disappointed at finding out that I had missed out by such a small margin, I do appreciate that it must be very hard for volunteer officials like yourselves, to keep totally up to date with times made all over the country. I see this now as a learning experience so that I will do a little more homework prior to the start of future races, and so find out, as far as possible, current and pending race records.

Also, thank you for organising such a good lap-scorer and helping with advice on what to expect when entering my first ultra. Finally, thanks for helping with the information I requested for my sponsors.

I do look forward to a long association with ultras, so expect we will have a lot to do with each other in the future.

Yours sincerely,

Linda Meadows.

Ed's note: *Thanks Linda. It's exciting for us as organisers to see some real female talent coming into the Australian ultra scene. I found your run at the 12 Hour inspirational. You have a great future ahead of you in ultra running. Keep up the training and go for it!*

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Dot,

Thanks for a great day at the Percy Cerutti 12 Hour at Frankston. I can be a bad judge of pace as you noticed - 24 kms in 2 hours to start, but it was a good hit out and I will back up next year. And like I said, if you want to make it interesting in next year's event, I'm prepared to put up \$500 towards an overseas fare for the women's race if you can get some one to contribute equally to the men's race.

Track racing is booming in Sydney because they are offering incentives to run. And the races don't cost the runners a lot of money.

Anyway, thanks for everything,

John Timms.

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## DEBATE THIS ONE

I reckon that....

- \* The best all round ultra runners are: Bryan Smith, Peter Gray and David Standeven.
- \* The fastest ultra runners to 100km are: Don Wallace, David Standeven and a woman named Linda Meadows. It wouldn't surprise me to see her beat all the men.
- \* Best lady ultra runner over multi-day events: Georgina McConnell.
- \* Best 24 Hour runners: Helen Stanger, Georgina McConnell, Dell Grant, Carol Street.
- \* The happiest runners I've met: Cliff Young, Georgina McConnell and Dawn Parris.

(This is sure to stir people up, but that's what this magazine is all about... putting pen to paper and contributing thoughts and opinions.)

Got to run along, as any more "Dear Dots" and she'll think I'm making an ultra run for her.

All the best,  
John Timms.

Ed's note: What about two of our female record holders - Mary Morgan & Lavinia Petrie, also Nicole Carroll John???

Dear Dot,

I noticed recently a tendency for some races to be "Invitation only". Do they want to kill off the few of us that run regularly and just have the exclusive dozen, be it men or women? I have, on my day, beaten some of the exclusive ones, along with many other ultra runners. We are such a small group of runners - under 400 all up. It is stupid to support or tolerate restricted races when we should be encouraging new comers, slow marathon runners. (Let's face it, not one of our best could break 2.30). But we need to grow and have races open to all comers with a view to continuing, otherwise we will all fade away. And that includes the road run in WA and the race in Tassie. Wake up and think what's going to be our future! Support your local runs. You can treat some as training runs and race some. I do. Let's have some more comments on this!

Love you all,

John Timms.

\*\*\*\*\*

Dear Dot,

I am very concerned that the women ultrarunners are starting to beat all our top men runners in Queensland, NSW, WA and Victoria.... and they deserve to. They simply try harder. So, come on fellas, get moving. Percy Cerutti's Memorial 12 Hour Track Race was a typical example, where a first time ultra runner, yes, a woman, worried the life out of poor David Standeven, who is back to his best form. Check out the results. This lady flies! I'll let somebody else write the story, but I reckon Linda Meadows is the greatest !

John Timms.

\*\*\*\*\*

Dear Dot,

Have been running all over Australia with moderate success personally. However, I've achieved several important things. I've cured asthma, a hernia, bad temper and cigarettes (and put on a stone and a half in weight! ). This is the best I've ever felt in my life, at 52 years of age. I have more energy than I can remember, and attract positive people around me, and I guess it's the reason I'll keep running ultras. I've clocked up 4,600km in events in 3 and a half years, and while I may never win a race, I have a lot of fun trying. That's what ultra running means to me - challenges of the spirit and comradeship with the best competitors, young and old; closing the age gap, giving inspiration, encouragement, enjoyment and health to all.

John Timms.

Ed's note: Go for it John! Let's hope you can inspire other people to be as positive as yourself.

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Dear Dot & Geoff,

Last weekend, I went down to Wollongong to help out at the 6/12/24 Hour Track Championship. What class for spectators to watch! Five finishers over 200km! You have probably seen the results. Congratulations for Helen. I wish I could get motivated and compete next year. It is an excellent track and good time of the year, despite the rain. Any track ultra runner should consider this event.

Marilyn Kinchin.

\*\*\*\*\*

Dear Dot, Geoff and members,

Firstly, I would like to thank Ron and Dell Grant and the Shire of Nanango and its people for the great effort needed to put on the 1000 mile event. Runners and crews were treated wonderfully, which enabled them to get on with the job of running the event and leave the organising to the very capable hands of Ron and Dell and the Nanango Shire, including the Mayor of Nanango, Mr. Reg Macallum. By knowing that Ron and Dell went through all the right channels to stage this race, double checking rules and regulations with Andy Milroy in the U.K., all I had to do was run the race with confidence.

Ron was never far away during the race, always ready with verbal support for myself and the other 5 runners. Tony Rafferty showed himself to be a great sportsman by writing me an eight page letter before the race, giving me an insight into how he prepares himself for a big race. I will always remember how he gave me his time and knowledge.

I could not have achieved my goals if it had not been for my wife and training partner, Sharon and my 4 wonderful children and their partners, who all took their turns crewing their hearts out for me. A read Rolls Royce effort kids! To Mark, Ian, Graeme, Dave and Bob, a great effort boys, and I am sure we will all meet again, lined up to compete. Keep up the training!

Thank you also to all my good friends who travelled to Nanango to give me their support. Without people like Don Wallace, Nicole Carroll, Mark and Graham Black (especially Mark, who turned up nearly every night after work with fresh cows' milk. That went down really well with coffee and honey!), and all my running mates from Caboolture, who kept a steady flow of support. Thanks, too to the schools that allowed the school children to come down and cheer us on. I hope the children that have potential in sporting events may have got a little bit motivated during this event.

Receiving all the phone calls of congratulations and letters and cards from so many people, including many long distance runners (Most of them were AURA mates), it is only starting to sink in what I have done. I hope this run helps to motivate other everyday runners like myself to achieve their goals.

I kept this following extract from Tony Rafferty's letter above the caravan door, so that as I walked out to face another stint on the oval, this helped me to get my mind in the right frame. I would like to share it with you. I intend to write again at a later date on all the details of this race.

*"The world record for (1000 Mile) track (14 days 11 hours 59 min 4s) will only be broken by a person who has an unyielding mental attitude; the person who has the ability to concentrate on a specific target, day after day. One who is focused on daily goals, a person who will endure continuously sore and sometimes red raw feet, aching back and throbbing limbs. A person, who, after three or four days will seriously examine his mind and ask why he is putting his body through this torture, and a person, nevertheless, who will continue to put one foot in front of the other, to the end, like it were the only thing that mattered....."*

Gary Parsons  
7 Waterview Cres, Caboolture, Q'ld.

Ed's note: Thank you for your great letter Gary, and for including the extract from Tony. These inspirational words could easily have made the difference between your success and failure. But you still had to go through the agony yourself and test your mental and physical toughness to the limit. And what tremendous support you had from so many facets of the community! Heartiest congratulations on breaking the World 1000 Mile Track Record from all AURA members. You're an inspiration yourself. A fantastic effort!

\*\*\*\*\*  
Dear Dot,

Enclosed please find my renewal sub. It has been approximately 5 years since my membership ceased. Now due to a new environment and wife who will put up with my training regime, I can at last start to get fair dinkum with some of your events.

Also, speaking to Geoff Hook recently, it seems my membership will push NSW ahead in the numbers and justly so. (Yes, unfortunately!)

Excuse my scribble but my hand is shaking with our first taste of winter (1 degree) today and I am not looking forward to joining Pat Farmer on part of his run to raise money for the Children's Hospital at Camperdown. I hope Pat remembered his winter woolies.

I look forward to receiving and reading copies of ULTRAMAG and eventually getting to meet many more members.

Regards,  
Bill Ranse.

20 (Ed's note: Bill I can see you've got your priorities right. If your wife won't put up with you running, change the wife! Don't bother influencing any other desperate NSW runners to change their wives though!

'The Rock'  
PINGARING WA 6357

Dear Dot & Geoff

Just a quick note, firstly to congratulate you on yet another great edition of the Aura Mag - the most enjoyable and inspiring piece of reading I ever find in my mail box.

Secondly, if you hand out medals for the No. 1 Race Director of the year, WA wins with gold going to Brian Kennedy.

I can only imagine how much work goes into preparing these events, but Brian had an enormous job on his hands. Apart from the usual work of finding runners, sponsors etc, he had 5 days to turn a very spongy, kikuyu grass, cricket oval into a top running track. The track was measured, marked, shaped and surveyed before this, but no actual preparation of the track could start, as the cricketers had their grand finals on the oval the weekend prior to our race, and no blade of grass could be touched prior to this. Brian had a contractor to do the initial cuts of the track, but this wasn't good enough. He spent the night wondering how he could improve.... 'What if I let the tyres down...?... How can I do it...?...?' By the morning he had it with only 9 hours to get the track perfect and mark it out!

Now put your imagination to work, and picture Brian ploughing across the cricket oval with a very ancient Victor mower (he spent the first part of the morning resurrecting the old heap!). He pushed it backwards and forwards. He got deeper and deeper producing an enormous windrow of old grass and roots. He kept at it for hours, and then backwards and forwards and round and round with an old roller. Then out with the tiger tape, hats, every distance marker imaginable and fluoro lights. It was done...! A superb track!

Of course he also worked tirelessly through the night measuring, calculating, adjusting the lights everytime we changed direction. As well as this of course, he was encouraging runners and helping those who wanted a second look at their pre race meals and wonder where they had gone wrong.

Later on in the day, there was Brian again, preparing the BBQ and making sure everyone had sufficient fluid replacement. Then onto next years calendar, making the most of having us all at his fingertips.

I haven't seen or heard from Brian this week, and so I hope he reappears refreshed!!

Yes.... he is a wonderful man and THE success of ultra running in WA. What do we do to get him onto the Aura Committee? He is the only person I know of, deserving such a position over here.

Some of us hope to come east later in the year for a 24 hour run. We hope to catch up with some of you then.

With best wishes.

  
Mary Morgan

14 April 1994

\*\*\*\*\*  
Dear Dot,

For those readers of ULTRAMAG who may be interested in coming to our Pioneer Footrace this year, there have been a few small changes. The entry form and information about the event was printed in the last issue of the magazine. The course is still the same, and the slight changes are regarding some meals and accommodation only. For an update, please write to me or phone (071)631645 for a new information sheet and entry form. It looks like record numbers for the event at this stage.

Sincerely

Ron Grant.

Bill Keats  
50 Yarran Rd  
OATLEY NSW  
2223 (02-570 8979)

Dear Dame Dot,

I beg forgiveness for the tardiness of my membership renewal.

For years now I have intended to contribute to Ultra Mag (wonderful name B.B.) This feeling is heightened when my subscription is due. Hence the late arrival of funds. I hope you find the self imposed fine a help.

I have been dawdling Ultras for over seven years. I have never finished in the top half of a field. Start looking for me from the two third mark and onwards. These days, my name has been even easier to locate. I have had a few of the dreaded DNF's. I wasn't too keen on myself when I fell into this club. My last run was a DNF and is a big story in itself. I became locationally embarrassed in the first 22K of the inaugural Jagungal Wilderness run. Story coming (if you wish). Just a class act, I guess.

I find a bed time read of AURA is always inspirational. I get a boost reading of tough times on tough courses. I am particularly fond of bush events. Race reports which include topographical descriptions along with insights into the writers psyche really pump me.

I am particularly pleased to read of the triumphs of kindred spirits who are lucky to make it in before the speeches. There are a tonne of characters back here in our events that should get more exposure. Perhaps a "Slow Old Buggers" column would encourage more articles from my colleagues. Something like a personal profile, where they train and comments such as how 3K's a week left them overtrained on the day. Surely the fast bucks and does can handle a SOB story now and again.

While I've got my pen working, I'd like to "put one in" for two of AURA's many great athletes. They are extra special to me, 'cause what they do encourages very different sections of the community to get there gear on and knock off a K or two irrespective of the time it takes.

Every time I read of Barry Stewarts planed run from Albury to Melbourne I get misty eyed and want to thump a wall. "Yes, Yes, Yes, go for it Barry". Good fortune pal. I reckon you'll be resting and very self satisfied by the time you read this. If Albury were closer I would have harrassed you for a kilometer or two. Congratulations whatever the outcome. I hope you feel the collective soul and aura of every runner with you out there on the road. None of us really run alone do we.

Then there's Mr.Young junior. Funny how this name "Young" keeps popping up. I refer to the Nobby version and his world record breaking feat.

As I understand it, arthritic hips stopped Nobby ultra running. So for exercise he eased off the pace and increased the distance. He got together a small and dedicated crew then devised a way in which his achievement could benefit others. We know he got there from his very entertaining writings (and broadcasts). Nobby, the world record is commendable in itself. On top of that you made yourself available twenty four hours a day to promote your cause. A superb effort of mind and body. I repeat that great quote of yours which says so much about you. "If all this saves one kids life then its been worthwhile". It's a bit tough on the tear ducts though mate.

Through the whole process Nobby retained his sense of humour and a pleasant touch of humility. I'm sure Barry has the same approach to life. These fundamental human traits are becoming scarce in this competitave world. It's worth spending some time to think about why these great qualities are evident in so many ultra ultra champions.

I produce a champion radio program on the ABC's Radio National Network. Its called "Saturday National" and is on from 0610 till 0730 on every Saturday morning. Yep. Thats about the time of the week when most AURA readers would be on the road. Get some headphones. We try and cover a bit of everything. Its a sort of current affairs/magazine style program. My workmate, Jackie Bowmer works on it full time and I get all Friday and usually some other days to work on it. Its reach is Australia wide. We had Nobby on twice. We are interested in any human interest stories. I can't promote ultra running all the time but I do get some exercise stories in and we'll always go for a good character. Perhaps you have an interesting occupation you'd like to plug or you've been or run somewhere unusual. Please feel free to "Run" any ideas it past me. There's an answer machine there if we're not about. I will get back to you. Alternatively you could ring me at home. (See above)

Sat. Nats. number is ..0 2 - 3 3 3 - 2 1 9 9.

I also work with the sporting bods (ironic that none run) and all our state and national news people. Point being, if you have a story that you think may interest them, please give me a call. I cant give out News or Sports direct lines without clearing it with the beaurocracy. The Sydney ABC Radio number is 02-333 1500. You could ask the switch to put you through to someone in News or Sport, or see if I'm about. Sport are always interested in events that would draw the public in. The 'Round Tassie Run would be a good example.

A year or two back my lunch time training partners, workmates and AURA members, Max and Wendy, moved up Bundaberg way. Wendy had her pic. in the last Ultra Mag. I really miss you two. I'm sure you miss my training tips. With Big Boy banking his trust elsewhere there's only the very fleet footed Chris Farmer left. Shift work lets us get out once or twice a month. As in your day, I still give young Chris a few pointers. Close family those Farmers. Since we've been running Chris's brother Pat, another ultra champion and philanthropist, has really come on. Its good to know I'm helping someone isn't it.

I train with a bloke who thinks he's a bit of an athelete. He's forty five-ish, about five foot nine, and he's got a pot belly. His chunky upper body makes his bandy legs look like they're under a lot of strain. When he runs his glasses fog and his face goes beetroot red, which in a kind of fashion complements his thinning grey hair. He does talk loudly to himself but as yet has caused no harm to human nor beast. He often runs over the (SYD) harbour bridge weekdays between 1200 and 1400. He could be lost anytime of the week, anywhere between the city and Oatley in the St. George district. He frequents Oatley Park (day or night) in a slow moving fashion. If any of you see this bloke please say hello. Perhaps a "Your a Slow Old Bugger", or "Bill finished anything latley?" or something to that effect.

Now before I sign off, another tissue please.

I run and exercise to feel fit and get more life in my life. Ultra Running has taken me to new ground physically and mentally. Along the way, my life has has been imeasurably enriched by the people I have met through the sport. I wouldn't trade one memory. Not even the downers.

Life is a big ultra. If you catch up with me towards the end, you'll see more than just dribble on my chin. The grin will give away whats happening behind the distant eyes. I'll be pushing myself through the snow on top of Ginini, or crossing The Big River holding onto the chain, or be shuffling along the Black Range Ridge with the eucalypts glistening in the slight chill of the first south westerly of the season, or even be staring into a camp fire, stars twinkling on a moonless night telling blokes who's names I can't remember, killer duck stories before we share a sleeping bag together. None of 'em would have happened without AURA.

If life is one huge ultra, I might settle for another DNF.

Talk to you all out there somewhere,

Bill Keats

Dot & Geoff,

I have rounded up as many road race results for Queensland events as I could find in my files. They may help you in compiling road rankings for some ultra events.

There is also an entry form for the Glasshouse Trail Run which I would like to be published in ULTRAMAG. A Calendar of Q.M.R.R.C. ultra events for 1994 is also included. The club decided not to include track events in the Q.M.R.R.C. ultra series this year. As the name implies, the club is a road running club, thus Stephen Lewis and Ray Chatterton will need to supply you with any details of their track events if they are going ahead.

Regards,

Ian Javes.

\*\*\*\*\*

Dot & Geoff,

I have included an entry form for the Caboolture Multi-Day Event for publication in ULTRAMAG. There are a few matters I would like to comment on. Firstly, there appears to be a disturbing trend towards "invitation only" and "challenge" races in Australia that needs addressing. The latest of these is the 1,000 Mile run conducted at Nanango. These types of events contravene Rule 3.1.8. of the IAU Rules and Recommendations, and thus it is my opinion that no credit should be given to performances in such events. My approach towards organising events is to ensure as good conditions as possible for the runner and to encourage new runners into the sport, and not to emphasize "records" and "publicity".

Ultrarunning needs to broaden its base if it is going to become widely accepted as a proper athletic endeavour. Ultra events on road and trails and longer circuits are the best way of obtaining maximum numbers in an event. Events on 400m tracks for the pursuit of "records" limit the number of participants. I have decided that in future, I will not welcome entries into ultra events where I am Race Director from those individuals who persist in organising and competing in "invitation only" and "challenge" events.

Secondly, I have observed that many ultra runners are simply not aware of the IAU Rules and Recommendations. Runners who wish to set records should ensure they are aware of the IAU Rules and Recommendations and not just pass the buck to the Race Directors. To help in this regard, might I suggest that the pages 1 - 15 of IAU Rules and Recommendations be published in ULTRAMAG. After all, the last issue devoted as many pages to an account of a person walking around Australia, and to my way of thinking, the IAU Rules and Recommendations are of greater significance.

Regards,

Ian Javes.

Ed's note: Thanks for your letter Ian. Firstly, the AURA committee agrees, "Invitation only" events are unacceptable. They often exclude people who would like to run and they generate ill-feeling and resentment amongst members, the last thing we want to do. Secondly, you will be pleased to note that we have included road rankings for the first time in this issue, and not just track rankings as we have in the past. Thirdly, if we can fit those pages of IAU Rules into this issue we will. If not, we'll fit them in as soon as we can. It's a good idea. Thank you for your suggestions.

Dear Dot,

It was nice to meet you at Coburg 24 Hour. Enclosed is a letter the two Russians would like published in ULTRAMAG along with the photos. They leave here today after a farewell party last night. They made many friends and it was a 'stirring' occasion. They are off to Sydney for a get together with the Sydney Striders on Sunday morning before flying out on Sunday evening. Striders have collected 40 pairs of used runners for distribution to Russian runners back there.

Regards,

Leigh Privett.

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# ВСЕРОССИЙСКАЯ ФЕДЕРАЦИЯ ЛЕГКОЙ АТЛЕТИКИ

## ALL RUSSIA ATHLETIC FEDERATION

Address: Luzhnetskaya nab., 8  
Moscow, 119871, Russia

Tel: (7-095) 201-0150  
Telex: 411287 PRIZ SU

Fax: (7-095) 248-0814  
(7-095) 248-2966

### Committee for Ultra Running Development in Russia

#### TO ALL OUR FRIEND IN AUSTRALIA

We have been staying in Australia for more than 2 months following the invitation of our friend Mr. Leigh Privett who we met while participating in Kamchatka Race (8/1993) along volcanoes and picturesque Kamchatka peninsula. Leigh made a hard effort to arrange our participation in Australian runs. We are also grateful to his family and numerous friends who assisted us in Australia. Thank you very much.

We were happy to meet eminent Australian runners Yiannis Kourou (Melb), Helen Stanger (Syd), Andrew Law (Hob.), Brian Smith (Melb), Pat Farmer (Sydney), and were very impressed by the results of veterans Cliff Young, Max Scherleitner (Albury), Godfrey Pollard.

During our stay we enjoyed hospitality of many Australian families: Andrew & Kerry Law (Hob.), David Doyle (Hob.), Therese & Rebecca March (Hob.), Nigel & Helen Davies (Launceston), Ross Bill (Sydney), Tony, John & Carmel Smibert (Deloraine), Roger & Gwyneth Stephens (Sydney), Max & Margaret Scherleitner (Albury), Pat & Lyn Gneary (Wodonga), Greg Wilson (Melb), Tony Perrott & Liz Wood (Wodonga), Charlie & Marie Aitken (Albury) and Geoff & Maree Dynan (Albury). Thank you very much!

We were very grateful to them for their kind attitude so valuable in such a remote country. We do want to make mention of the very good organization skills of Alan Rider (Hob.), Peter Harper & Leigh Privett (Albury), Dot Browne, Geoff Hook, Gordon Burrowes (all of Melbourne) - 6 ft. track, Canberra Marathon & Jagungal Wilderness Trail.

During spare time we had a chance to learn more about such unusual sports for us - Aussie rules football, cricket, bowls, windsurfing and squash. We enjoyed participating in Albury sports activities: Triathlon on the Hume Lake, Orienteering, Ports to Peaks on Lake Hume during two days. We spent long hours of training going running with Albury runners.

We had admiration of nature which we saw on the Cradle Mountain Run, 6 ft. Track, Jagungal Wilderness Trail Run.

We are very busy from first when arrive Australia. For example ; Arrive Sydney Airport 7am from Moscow-19 hrs. Met by Ross Bill and Roger -9am running 14K next to beach-after run go swim and stay beach-4pm go bus to Albury-arrive 1am- sleep-12 middle day go Melbourne and Tasmania by big boat.

Before leaving for Russia we are to meet with very big club "Sydney Striders" and wish to thank in advance Sydney Striders for their present of second hand footwear for Russian Runners.

We participated in the following starts:

5/2 90km Chadle Mt. Run Tas.- Gennardy 1st Igor 2nd  
19 & 20/2 Ports to Peaks Albury - 2 day mt. run & sailing.  
Gennardy 1st Igor 2nd  
5/3 46 km- 6 Ft. Track, Katoomba. Gennard 1st Igor 3rd  
19/3 85km Jagungal Wilderness Run Igor & Gennardy 1st  
25 & 26/3 24/12 hr. Championships Wollongong.  
Igor 12 hr. 1st, Gennardy 24hr. 1st  
10/4 50 km Canberra- Gennardy 2nd Igor 5th  
16/4 24 hr. Coburg Igor 1st Gennardy-rest

We wish to address the heads of companies, organisations and shops, who would like to collaborate with us. Russian runners could advertise only your firm. We also wish to address the directors of sports clubs. We could represent only your club in championships.

We are very glad to meet Australian runners on the Russian Runs and on the wonderful Kamchatka Run. We shall offer you Russian hospitality. Welcome to Russia.

Our address:

Igor Streltsov,  
Box 65 Michurina Str,  
Kaliningrad 6,  
Moscow Region,  
141070 Russia.  
Fax/Tel (095) 328 99 38 (Mrs. Alla Duka)

Gennadij Groshev,  
52-3 Rabochaya Str,  
Kolyshlej,  
Penza Region,  
442830 Russia

Our contacts in Australia:

Leigh Privett,  
1/695 Hodge St.  
Albury, NSW. 2640  
Fax/Tel (060) 254959

Ross Bill,  
23 Ben Boyd Rd,  
Neutral Bay,  
Sydney, NSW 2089.  
TEL (02)954 5645 FAX (02) 929 7096

Thank you again all "Aussie" friends and sportman for your friendship and help



Igor and Gennardy

Dear Dot,

Some time back, I rang and spoke to you about walking ultra events now that my running days are over (due to extensive knee surgery). At this stage, I have entered in 2 events as a walker. The first was the Toukley Rotary 12 Hour Track Race, in which I did not do so well. The second event was the Vita Health Foods 24 Hour Track Championship at Wollongong, in which I walked 75.23kms in the 12 hour section.

As you anticipated, race directors have been more than co-operative with having a walker, and their attitude has really encouraged me. I cannot find any state or national standards for ultra walking, so as I do these events, I will claim the records until someone does better. Gerry Riley (AURA statistician) says that he is happy to record my participation in ultra events as a walker.

If you know or come across any books or ideas on ultra walking, could you let me know.

Thank you kindly,

John Cusack, 5 Fuchsia Place,  
Bossley Park 2176 NSW.

Ed's note: Good on you John. Go for it!

Dear Dot,

I thought that the enclosed photocopy from the Bright Alpine Observer of March the 22nd could be of interest to you. (refer Media Articles on Members section). Max Scherleitner of course is an institution in running circles in the north-east. He has completed every leg of the Bright Four Peaks Climb since its inception some sixteen years ago. He and Reg Splatt are the only two to achieve this and Max goes further in that he has also run down every mountain, never using the car shuttle available on all mountains except Feathertop. Both these boys have completed the Roof Top Run and Max is still an annual starter though having problems meeting the director's time schedules.

Regards,

Pat Pelly.

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

New South Wales	137
THE STUNNING, SENSATIONAL VICS.	118
Queensland	46
South Australia	20
West Australia	19
Overseas	20
ACT	12
Tasmania	13
<u>TOTAL CURRENT MEMBERSHIP</u>	<u>385</u>

Hon. Sec. Dot Browne has her own special way of  
acknowledging subs. from new NSW members!



# RACE RESULTS AND REPORTS

## CRADLE MOUNTAIN TRAIL RUN - TASMANIA

5th February, 1994

by Kevin Cassidy

It was good to be back for the Cradle Mountain Race (my last visit being 1991). Nothing has changed in this rugged and beautiful world heritage area, and with the rare prospect of a dry track, things were looking good for some fast times.

For the first 5 hours, a dry track was what we got. The suddenly, a thunder storm blew in and the track quickly became a bog (as is the norm. for this race) My projected finish time was adjusted as a result. The highlight of the race was the presence of two visiting Russians who gave us all a lesson on running.

The Cradle Mountain Race is approximately 80-85km long and there are not a great deal of ups and downs. A course profile would probably make this race look relatively easy, but nothing could be further from the truth. The track consists of rocks, tree roots, fallen logs, creek crossings and plenty of opportunities to have some rather nasty falls. You are constantly looking for a place to put your feet amongst this treacherous terrain. All these things combine to make this one of the toughest races in the country.



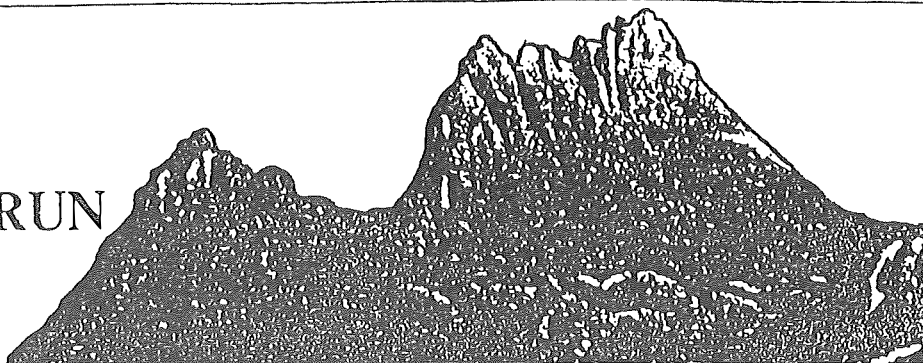
At the presentations of the Coburg 24 Hour Track Race, April 1994.

(Left to right) - Male & female winners, Igor Streltzov and Sandy Kerr with former race organiser, Dot Browne, who presented the trophies.

Coburg 24 Hour Track Race, April 1994 presentations. Dot Browne presents trophy to female winner, Sandy Kerr with Russian athlete Igor Streltzov looking on. Gordon Burrowes, race organiser on the right.



# CRADLE MOUNTAIN RUN



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

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

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

*Sydney Strider*

*Sydney Stride*

*Sydney Stride*

*Sydney Stride*

Start: Dry, fine warm. Rain and wet track after 11:30 am Lighting and  
thunder with very heavy rain.  
Runners : 27 Average: 11:43

The record of 8:22 by Tim Sloan 1994

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

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

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

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

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

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

# RED ROCK TO COFF'S HARBOUR JETTY - NSW FEBRUARY 20, 1994

by Steel Beveridge

A small but cosmopolitan field of six runners set out from the headland at Red Rock for the fourth annual beach and headland run to Coff's Jetty..... or as far in that direction as their enthusiasm carried them. The first challenge, but the most enduring, was a fairly stiff southerly breeze!, which definitely slowed everyone's progress. The second challenge, albeit temporary, was the relatively high tide on Red Rock beach, which, combined with a 45 degree slope, made the early going very slow indeed.

Those of us proceeding at a more sedate pace than run leaders, Jim Bennington and 13 year old Greg Hubbard, used a bit of local knowledge for much of the journey to Corindi Beach, in the form of a primitive 4-wheel drive track running atop the dunes for most of that stretch.. By the time John Henderson, Geoff Hain and myself descended onto the beach at Corindi, the tide had improved significantly, but the bird (in the guise of Jim Bennington) had flown. The race was all but over at that point.

Jim went on to record his third victory for this event in the awesome time of 3 hours 44 min, given the conditions and the absolute lack of pressure from competitors. His only minor worry occurred when Gordon Abbott joined in the event at Sandy Beach. Gordon's plan was to trail Jim for a while at a pace which he hoped would enable the rest of us to catch him and give him some company. Alas, we were not going that fast. He had a lonely 2:35:00 run to the jetty.

In the meantime, back up the beach, Greg Hubbard had wisely called a halt where he had planned - at Woolgoolga, but only after posting his longest ever continuous effort, giving the rest of us someone to chase as well. John Henderson, from Moree, had decided that if I knew the course, then I was the one to stick with, This he did all the way, only dropping time at Kororo Bay when he stopped to get the sand out of his shoes.

Geoff Hain, from Lennox Head, as is his normal 'modus operandi', plotted a solo course, not far behind John and me. His wife, Annette appeared frequently to offer encouragement and confirm directions along the way. Geoff was always going to make it, come what may, but 69 year old Bill Karskens of Sandy Beach was just there to see where he could get to. This time, it was Look-At-Me-Now Headland. A great effort in adverse conditions nonetheless. Next time, Bill, with a better tide and a fairer breeze, who knows?

Both Bill and Greg joined those who had finished at the Jetty for some post-run refreshments and the other obligatory post-run post mortems. Torrential rain the day before had made even rudimentary marking of the course difficult, and Geoff Hain did manage a little extra distance on one of the headlands which we had not checked out the day before.

There is no doubt that negotiating the course is easier the second year (Not necessarily faster though). So if we can get time and tide together again next year, I hope that some of those who have done the distance once will be back for another crack at it.

Some natural time barriers are suggesting themselves now. For the fleet of foot, 4 hours is a handy target with Jim's record of 3:40:00 from 1993 still the benchmark. For the more scenic tour minded, there is 5 hours. Believe me, you will still know you've accomplished something!

## RESULTS:

### Red Rock to Coff's Jetty:

1.	Jim Bennington from Nana Glen, 42 years	3.44.00
2.	Steel Beveridge from North Sapphire, 43 years	5:06:36
3.	John Henderson from Moree	5:07:14
4.	Geoff Hain from Lennox Head	5.20.31

### Red Rock to Woolgoolga:

Greg Hubbard, from Sandy Beach, 13 years	1:39:37
--	---------

### Sandy Beach to the Jetty:

Gordon Abbott from Sandy Beach	2:35:00
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### Red Rock to Look-At-Me-Now Headland:

Bill Karskens	3:35:00
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Ed's note: Thank Steel for another detailed report. It's great that you acknowledge everyone's effort, no matter how far they decide to go. It's obviously a scenic course, a casual approach and a run worth doing! Perhaps estimated distances for the various runs might have made results more interesting for the reader

## SIX FOOT TRACK MARATHON: SATURDAY 5 MARCH 1994

by Bob Harlow

The Six Foot Track Marathon has grown in popularity since the inaugural race in 1984 when only 7 runners competed. For the each of the last 3 years from 270 to 290 have completed the tough course. It starts at the Explorers Tree, on the Great Western Highway a few kilometres west of Katoomba, and finishes 46 km later at the Caves House, Jenolan Caves, following the six foot wide path originally cut in 1884.

The race is organised and conducted by the Blue Mountains Bush Fire Service, which takes the proceeds from the \$35 entry fee. The pre-race pamphlet stated that great care would be taken of the finances, under the control of a new committee, leaving the impression that some problems with finances may have been experienced in the past. An obvious omission from the pre-race information was any suggestion of the undulations in the race, and if any race should include such detail, this is one.

My wife, Carolyne, and I spent the night before the race at the Youth Hostel in Katoomba, an inexpensive and comfortable former guest house a block from the main street. The 9am start allowed runners from Sydney to travel up for the day and allowed me an unusual sleep-in before a long race.

The weather was ideal: clear, still and a forecast maximum of about 23°C. Buses took runners from Katoomba to the start, but we drove, joining the throng walking from the highway a couple of hundred metres to the start. The atmosphere was exciting, although the distribution of race numbers was agonisingly slow. Most runners carried water bottles strapped to their waists and some carried bum bags of food. I felt particularly strong and rested. Fellow Canberrans Glen Patterson ("Do you know if there are any good runners here? I'm just doing it as a training run."), John Dimitriou (anxious to complete the race under the cut-off time of 7h 30m) and Jill Reich (hoping to do well in the women's section).

The starter announced that already \$7,000 profit had been passed to the Bush Fire Service and he requested that runners walk carefully for the first couple of hundred metres because of the very rough, steep and stony track, before the descent from the top of the escarpment to the valley floor. Ignoring the request the leaders shot off from the gun, with me struggling to maintain balance and control. The descent was down log steps and very steep, muddy slopes. I missed a sharp turn and careered down a particularly slippery section, with several runners following me, before a call from someone who knew the track for us to climb back up.

Towards the valley floor the slope of the track eased and we were able to run. I was able to pass others and by the time we were on level ground the track was wide with a comfortable dirt surface. We soon came to the first of innumerable stiles comprising three or four upright poles on each side of a wire fence. I caught up to Max Bogenhuber, a top M50 Sydney runner, and ran and chatted to him for a few minutes. He told me that he was the only person who had run all eleven Six Foot Track marathons.

The pre-race information stated that there would be drink stations every 5km. Although that was true for the first few stations, they became more and more frequent through the race. Those manning the stations were welcoming and yelled encouragement but they did not appear to have been briefed: several stations had no drinks ready when I arrived. Nor did they point out the direction to run and I once went a couple of hundred metres along the wrong track before being called back. At two of the stations with Coke (starting about two-thirds of the way through the race) I

had to ask for it and was given freshly poured Coke from a newly popped can, bubbles and all! I was careful to take two cups of water at every station, plus Coke when available.

At about 8-9km the course started undulating over a series of low hills before it met up with and followed Cox's River. This was the prettiest part of the course, but it was certainly the most difficult underfoot. The track ran backwards and forwards through dozens of gullies and over rocky rises. It was narrow along this segment and steep in places. I felt frustrated that I could not stretch out properly, nor could I fully enjoy the scenery.

As I was gingerly clambering down a rough section at about 15km Glen Patterson overtook me. In reply to my query as to how he was going he told me that while leading the race he had taken a wrong turn and run a long way into some bush, before getting back onto the right track about 25 places behind. At 16km we forded Cox's River, hanging onto a thick rope. From there we climbed up a steep, wide gravel road for about 3½km, giving me the opportunity to pass about 5 runners, including regular Sydney ultra runner Kelvin Marshall. This stretch was largely exposed to the sun and I found it hot for the first time. Near the top I walked for a short distance. The descent down the other side was shaded and we crossed Little River at about 25km. By this stage my quads were complaining and I wrongly thought we had finished descents.

From the river we started climbing immediately, at times very steeply, to the top of Pluviometer (the peculiar name of the steep escarpment at this side of the valley). I walked quite a bit towards the top, but still managed to pass a couple of runners. The worst of the climbing was over, and we now had about 9km of gentle climbing through heavily wooded country with frequent muddy puddles crossing the track. We passed an increasing number of cyclists and runners who had come in from Caves Road to watch the race. For some time aid station helpers had been calling out my position and I knew that I had come from about 30th at the bottom of the escarpment to 7th place. During this comfortable section I passed a young runner who looked exhausted.

I came out of the forest as several trail bike riders roared along a cross road. Groups of spectators were in sight, and there was Carlyne with a squeeze bottle. She called out that I was about 4½ mins behind the 5th runner. A couple of hundred metres further and I was onto Caves Road, the sealed, undulating road leading to Jenolan Caves. Although my quads were now sore I felt good and pushed hard. After about 5km we turned off onto a track which wound through forest to Jenolan Caves. Carlyne called encouragement as she gave me another drink. Coming to the turn-off I could see the next runner ahead and was confident I would catch him.

I was within about 40 metres of him when the track started descending steeply. My legs were so sore I had no choice but to ease back and he soon disappeared from view. The track narrowed and started winding down into a beautiful valley. The surface was rough and stony (the woman who was coming second to Jill Reich at this point fell and needed more than 20 stitches in her leg). I asked a Bush Fire Service helper how far to go: he answered "About 1km". A few hundred metres further I asked the same question of another helper and the answer was "About 2km"! As my legs felt rapidly worse the track crossed a small saddle and there was Caves House below on my left. Down a flight of concrete steps, a sharp left turn and 50 metres to the finish.

There was plenty of fruit available and we were able to use showers in Caves House. A large crowd cheered in runners. By the time I arrived the two Russian runners who dominated ultras during March and April, Gennardy Groshev and Igor Streltson, had set up a stall selling Russian dolls and icons. Glen Patterson had caught Igor but not Gennardy. Jill Reich won the women's section and John Dimitriou was delighted to

achieve his target with a time of 7h 15m. This is an excellent if tough run and I would encourage others to give it a go.

#### Abbreviated Results:

##### Men

1. Gennardy Groshev	3h 28m 24s	6. Bob Harlow	3h 56m 4s
2. Glen Patterson	3h 40m 40s	7. Kelvin Marshall	4h 7m 45s
3. Igor Streltson	3h 41m 7s	8. Peter Goonpan	4h 9m 8s
4. Novak Thompson	3h 52m 39s	9. Kevin Tiller	4h 11m 5s
5. Peter Malinowski	3h 53m 53s	10. Simon Fretton	4h 11m 39s

##### Women

1. Jill Reich	4h 59m 51s	3. Melanie Coles	5h 31m 11s
2. Jenny Kiss	5h 22m 33s		

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## SIX FOOT TRACK MARATHON - NSW

5th March, 1994

by Kevin Cassidy

With the financial rip-offs now in the past, Big Chris and several others are to be congratulated for staging this event and winning back numerous disgruntled runners, including myself.

A crack team of 4 Victorian Superstar athletes (*Well naturally, Kev, seeing they were from Victoria*) headed north for this race, the 4 being: Cassidy, Shilston, Hook and Witt, and what a team of hacks we were. Alan Witt was suffering a lack of fitness and a nagging calf injury, whilst Ross and Hookie were slowly returning to fitness after long periods of inactivity, and as for me, well, aggravating a groin injury a few days prior did not help me one little bit. However, despite all our woes, we still made the trip. The plane flight was interesting with The Hook sitting beside an elderly lady who took quite a fancy to him. She arranged an extra meal for him and, upon arrival in Sydney, she followed him all around the terminal like a love-sick teenager. The Hook responded by carrying her bags and when she finally climbed into a taxi, she left, blowing him a kiss. Soon after, Big Helen arrived and we piled into the car for the trip to Katoomba.

Saturday morning, and the race is on. It may only be 46km, but it is a very tough course. I ran well for about 18km, when my groin gives out and Ross goes powering past, looking good. I continue walking, when the Hook goes past. Rather than risk further injury, I walk all the way to the finish in an embarrassing 6 hours plus. Big Al is still behind me and it turns out he has suffered the same fate as me when his calf gave out on him, and he finishes in about 7 hours.

Ross and Hookie have finished ahead of me and I am trying to find them. Finally, I come across them in the first-aid room. Poor Ross looks deathly grey and has a drip in his arm. It turns out, he had a vomiting attack after drinking some warm coke on the trail, and became severely dehydrated, but managed to stagger to the finish before collapsing.

Meanwhile, Hookie is having a large bandage applied to his arm. He managed to finish in a respectable sub-5 hours, but, in doing so, had taken a nasty fall and impaled his arm on a wayward gum-tree branch. Rumour has it that he had to rip the tree out of the ground and carry it all the way to the finish before having it surgically removed, but I suspect the real story is that he was speared by a native during a Mabo dispute. Never the less, he was advised to have his arm treated by a doctor without delay. So after the presentation, and when Ross was looking a bit healthier, we piled back into Big Helen's car and headed for the Katoomba Hospital. You should have seen the look on poor Hookie's face when Helen delivered him to the Maternity Ward.

Two days later, we are back at Sydney airport. The place was full of some rather suspect characters who were returning home from the weekend's "Gay and Lesbian Mardi Gras". The flight home was interesting to say the least, with the two seated in front of me referring to each other as "Big Warren" and "Big Derek". You can guess the rest!

# **6 & 12 HOUR TRACK RACE (449.520m certified grass track) 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP BUNBURY, WESTERN AUSTRALIA**

by Brian Kennedy (Race Director)

The 6 or 12 hour field of 12 (4 in 12 hour & 8 in 6 hour) started their race at 6pm with the temperature ideal and no threat of rain. The pace was set by South Australian, Stephen Dunn with 34 laps in the first hour, closely followed by the experienced Alan Doak-Smith on 33 laps and first time ultra runner, Simon Leonard on 32. All three 6 Hour runners seemed set on destroying all the records (or themselves).

After the first hour for the 12 hour runners, Mary Morgan had run 30 laps and was looking strong and relaxed and on target for a big distance. Dennis Sutton and Mark Pritchard were one lap apart on 25 & 26 laps respectively and as the race developed, these two were to create a lot of interest in their respective camps.

The track firmed up after 3 hours and so all competitors were in a good frame of mind & looking strong. Support crews were all doing their best to encourage their runners to "keep it up". Alan Doak-Smith was first through the marathon at 3:04:03 and was looking very strong and on target for a very high Australian 6 Hour ranking. Next through was the tall and very fit Simon Leonard in 3:08:00, followed by Mary Morgan in 3:09:16. Crows supporter Stephen Dunn at 3:29:32 was in trouble as Bunbury's Doug Wright had maintained a steady pace and was starting to press the early pace setters. Wright's 3:22:53 showed experience.

The change of direction at 3 hours did not stop the fast pace set by all runners, although the first timers were starting to feel and learn about their new experience. We have all been there. What am I doing to myself?? The next distance of 50km was the first Championship distance and only those entered in the 6 hour were eligible to win. Alan Doak-Smith was first through at 3:45:15, which showed he had prepared the mind and body for this event. Simon Leonard was next through at 4:03:07 but was in trouble and on the verge of stopping. Third in the 50km title was Doug Wright followed by Stephen Dunn and Brendan Gaynor (1st Ultra). Sixty-four years young Cecil Walkley was next then Lyle James.

In the 12 hour field, Mary Morgan covered the 50km in 3.45.20, followed by Dennis Sutton 4:45:47, Mark Pritchard 4:55:38 and Geraldton's Tom Clarke in 5:50:30.

And so to the last hour of the 6 Hour event. The early pace setters, Doak-Smith, Leonard and Dunn all experienced some sort of difficulties and Wright had a smell of the lead. It was now time for him to push hard, and with a lot of encouragement from his wife Sharon, he gave it his best shot. The results show that his effort was good enough to cover the very good distance of 68.301km.

Stephen Dunn showed what ultrarunning is all about, not giving in when all seemed lost. A great effort of 62.619km. Simon Leonard was talked into continuing after he had said, "No more. Here is my lap-sheet". Race Director, Brian Kennedy said, "You are still in the race until the gun goes. You may as well have a spell and then start walking". It did the trick. Simon covered 20 laps in the last hour to finish 3rd with 62.431km.

To the other 6 Hour runners, it was good to see inexperienced people overcoming difficulties and doing their best. Brendan Gaynor, who had not raced further than a half-marathon 7 days before this event, put in an outstanding effort to cover 61.303km and did not do a Charlie Spare. "Never again" Brendan has already indicated he will be involved in 1995.

Cecil Walkley, "The Doc" enjoyed his first ultra in preparation for his run in the "Up Comrades" in May in South Africa. I believe he may be hooked on ultras!! Lyle James can only be admired for his effort. He has a handicap but he never gave in. Well done Lyle.

I hope Alan Doak-Smith returns for the 1995 event. Every effort will be made to assist him to achieve his goal in ultrarunning. He is young and strong and fast. (124km in 12 hours) Allan Staines was talked into running while helping the race director to prepare the track on Saturday morning, just 6 hours before the race! Congratulations on your first effort in covering 37.759km.

While the 6 Hour runners were recovering, eating & sleeping, the 4 x 12 Hour people were doing battle with their inner souls. Tom Clarke was mixing running and walking and looked to be having a great time. The very experienced Mark Pritchard was lapping at a regular and even pace and showed why he won a 24 Hour event in Perth, and has been invited two years in a row to run the Telethon Race. Dennis Sutton was in the groove and looked strong ready to go well beyond the 100km mark.

Mary Morgan had most people at the track encouraging her efforts. She got into trouble after 5 hours but showed what determination and single-mindedness can do. She fought her way out of a hole to go through 74.921km in 6 hours, 6.37.01 for 50 miles and 8:24:02 for 100km. There was more trouble for her in hours 10 and 11, but once again she overcame them to finish the last hour with 23 laps to take out the 12 Hour event and also win the 100km Championship. At the finish, it was Morgan on 131.285, Sutton on 112.538km, Pritchard 106.352km and Clarke on 92.779km.

It was my extreme pleasure to witness these runners, supporters and lap-scorers becoming involved in such an exciting event that will be held again in 1995. Maybe, just maybe, some eastern staters may want to spend a week in Bunbury and sample some of the best running places in Australia. And maybe some of you blokes might want to try to cover more than 131.285km in 12 hours. Mary Morgan did!

#### The Highlights:

Mary Morgan's consistent 12 Hour performance. Several records will be applied for. Mary has been selected to represent Australia in Canada in August and would welcome any support from AURA members.

Dennis Sutton: 1991 - 93.942km, 1992 - 89.413km, 1994 - 112.538km. I take my hat off to Dennis. He has not (and never will) quit! A lesson we can all learn from. Living in Albany, a good support crew seems to be the right ingredient for Dennis.

Doug Wright showed how strong the mind is, by not giving in and going on to record a very good win in the 6 Hour event.

Alan Doak-Smith - His 50km State Track Title win should be a big boost for this very talented and fit athlete. He can go further and faster than he did in 1994.

First timers, Brendan Gaynor, Cecil Walkley, Simon Leonard and Lyle James proved to themselves and many others that if they can do it, every one should try to run one ultra.

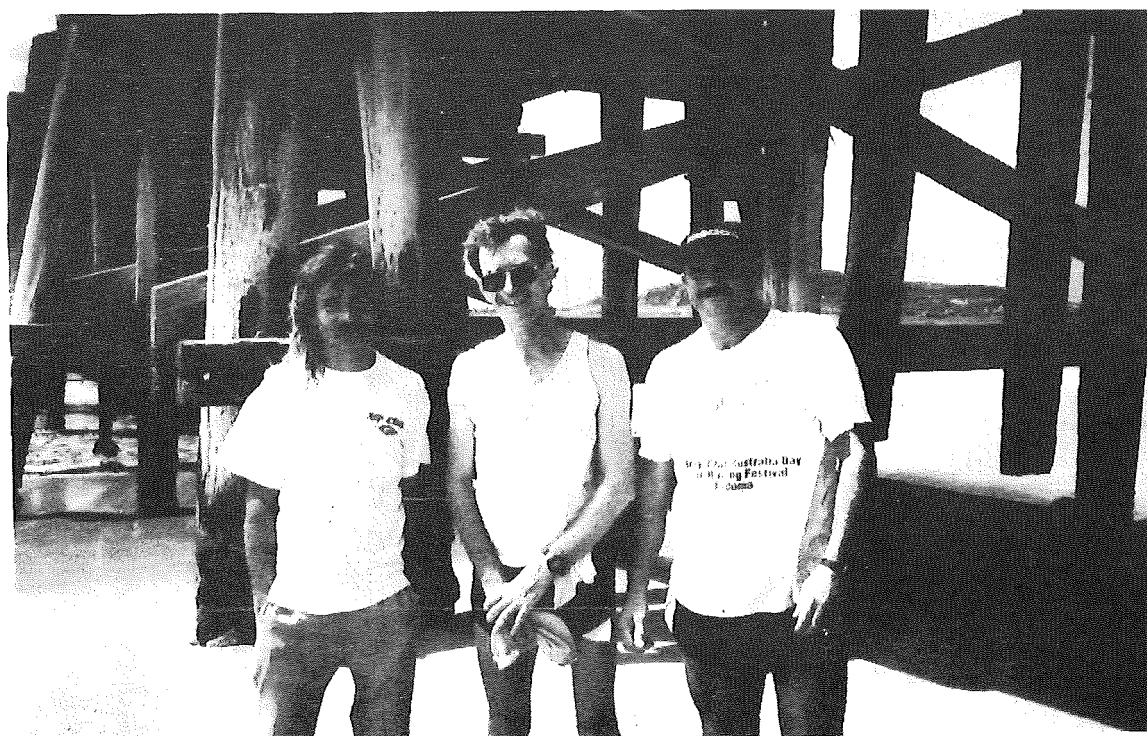
I look forward to helping run the 1995 Applebees Citizens 6 or 12 Hour.

Brian Kennedy (Race Director)

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Ed's note: Thank you for your great enthusiastic report Brian, and congratulations on what was obviously a marvellous event! We're all amazed at the brilliant performances of Mary Morgan. She's re-written the record books! It's great to see some top performers coming out of the female ranks!

\*\*\*\*\*



Left to right:  
At the Coff's  
Harbour jetty.  
Jim Bennington,  
Steel Beveridge,  
and John  
Henderson at  
the finish of the  
Red Rock to  
Coff's Harbour  
Road Race'94



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CITIZEN



## 6 OR 12 HOUR ULTRA MARATHON

INCORPORATING STATE 50K AND 100K CHAMPIONSHIP MARCH 5<sup>th</sup> & 6<sup>th</sup>

### 12 HOUR

Name	Total Laps	Km	+ metres last lap	Total Kms	Marathon	30 Miles	50km	40 Miles	50 Miles	100 Km	6 hr Distance
Mary Morgan - Bunbury	292	136.259	25.79	131.285	3.09.16	3.37.19	3.45.20	4.59.19	6.37.01	8.24.02	74.921
Dennis Sutton - Albany	250	112.380	158.00	112.538	3.53.14	4.37.46	4.45.47	6.12.37	7.58.11	10.24.20	62.483
Mark Pritchard - Bunbury	236	106.086	296.69	106.382	4.00.35	4.45.01	4.55.38	6.38.53	8.42.22	11.12.39	62.033
Tom Clarke - Geraldton	206	92.601	178.00	92.779	4.53.10	5.38.07	5.50.30	7.52.56	10.40.15		51.694
6 HOUR											
	Total Laps	Km	+ metres last lap	Total Km	Marathon	50km	Approx Aust Rank 6 hrs	Approx Aust Rank 50 Km			

Doug Wright - Bunbury	151	67.877	423.73	68.301	3.22.53	4.11.30	16				
Stephen Dunn - South Aust	139	62.483	136.42	62.619	3.29.38	4.21.57	30				
Simon Leonard - Perth	138	62.033	397.52	62.431	3.08.00	4.03.07	30	74			
Brendan Gagnon - Bunbury	136	61.134	168.31	61.303	3.45.04	4.43.13	35				
Cecil Walkley - Perth	119	53.492	344.68	53.837	4.15.50	5.25.51	68				
Lyle James - Bunbury	118	53.043	296.28	53.339	4.42.42	5.37.54	68				
Alan Doak Smith - Perth	115	51.697	—	51.697	3.04.03	3.45.15	72	45			
Allan Stames - Bunbury	84	37.759	—	37.759	—	—					



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Bunbury  
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CITIZEN



## 6 OR 12 HOUR ULTRA MARATHON INCORPORATING STATE 50K AND 100K CHAMPIONSHIP

### Points of Interest.

Year	Starters 6hr	12hr	Winner 6hr	Distance	Winner 12hr	Distance.
1990	4	9	Dave Hedley (By)	62.048	Ross Parker	116.738
91	4	8	George Garland (By)	69.044	John Pressley	131.386
92	8	3	Tony Marks (Ph)	66.398	John Pressley	130.208
93	3	4	Jacqui Robinson (Ph)	61.	Mary Morgan	124.
94.	8	4	Doug Wright (By)	68.301	Mary Morgan	131.285

### Consider - Womens All time World 12hr Track Records.

Top 4		miles	Km
Ann Trason	USA	91.1258	146.648
Angela Mentens	Bel	87.831	141.346
Hilary Walker	GB	83.682	134.669
Eleanor Adams	GB	83.555	134.465
Pts 3	Hilary Walker		134.669
	Mary Morgan Bunbury 243/4/94		131.285
	Dif. =		3.384 Km

$\therefore 3.384 \div 12\text{hrs} = 282 \text{ m/hr}$  to equal 3<sup>rd</sup> place  
All Time

To gain 3<sup>rd</sup> Place ranking

$135.000 \text{ Km} \div 12\text{hrs} = 11.250 \text{ Km/hr}$

Take 10.940 Km/hr Bunbury

Only 310 m/h faster.

Appelbee's The Jewellers of Centrepoint Shopping Centre & Citizens have sponsored all 5. 6 & 12 hour races

2 Firsts in the 1994 event

1. The first time in WA for a 50 & 100 Track Championships

2 The first time on a certified track to meet AURA & AA specifications in Western Australia

After competing in 24hr runs on both a 1Km track & a 400m track I believe that the shorter track is by far the best for more than two or three reasons.

# Morgan falls just short of record

WORLD class ultra marathon runner Mary Morgan fell a tantalising 100m short of the Applebees and Citizens 12 hour race record in Bunbury on Saturday night.

The Pingaring farmer clocked a personal best of 131.2km around a specially prepared Bunbury Recreation Ground track but was still slightly disappointed afterwards that she didn't go faster.

Morgan also played a leading role in producing the winner of the six hour event.

She convinced Bunbury Runners Club stalwart Doug Wright to contest the shorter event and he triumphed in his first attempt at the six-hour.

Morgan's prime objective was to reach the eight-hour mark in less than eight hours.

She just failed to achieve that, falling 5km short after struggling through the third and fourth hour in particular.

"I had two schedules and one of them was to start off at the pace I did," she said of her 13.5kph for the first two hours.

"After 50km I started to get stomach aches and pains and fell in a huge crater.

"I pulled out of it after seven hours but that happens in ultra marathon running."

Despite that, her first six hours were on record pace.

She completed 75.07km — just 5km off the women's world record — and was 7km faster than the runners who completed the six-hour event.

The longest distance completed in the five year history of the 12-hour race was 131.368km by Perth runner John Pressley in 1990.

Race organiser Brian Kennedy said Morgan's run would place her near the top 10 in the world because grass tracks are slower than synthetic surfaces.

"Most of the world times are recorded on synthetic athletic tracks so hers was a brilliant run," he said.

"Completing 11km in the last hour was huge — the bulk of the runners in the surf-to-surf fun run only run just under that."

Albany runner Dennis Sutton finished almost 20km behind Morgan in second place with a distance of 112.5km.

Bunbury's Mark Pritchard was next on 106.3km, with Geraldton's Tom Clark fourth with 92.8km.

Morgan paid tribute to the Bunbury support crew and Kennedy's work with the track, which she said was the best in Australia but could easily have been the worst.

Wright's win in the six-hour was meritorious considering the company he was in.

Pre-race favourite Alan Doak-Smith went out at express pace to try and grab the number one national ranking, clocking 14.8km for the first hour.

But he hit the wall after two hours and eventually pulled out after having claimed the State 50km title, having completed 51.7km in four hours.

South Australian champion Stephen Dunn went out even faster in 15.3km and battled through severe sickness to finish second with 62.6km.

Wright set an even pace throughout and triumphed with a distance of 68km in six hours.

SOUTH WESTERN TIMES, Tuesday, April 5, 1994



**SUPERWOMAN:** Mary Morgan treads a well worn path around the Recreation Ground on the way to the State 100km championship.

## Plans in place for 1995

THE Bunbury Runners Club will move ahead with plans to attract Eastern States runners to next year's six and 12 hour race, which incorporates the WA 50km and 100km titles.

"We will most definitely approach people from the East after the success of this year's event," said race director Brian Kennedy.

Kennedy said the race could be incorporated in the Aqua Spectacular in 1995 to stop the clash with Easter.

A total of 12 runners participated this year with large support crews helping out.

Meanwhile, 1994 12-hour winner Mary Morgan has been selected for Australia in an international 100km race in Canada three days after the Commonwealth Games.

"If I can put in a full preparation and I'm free of injury I can't see why I can't go well," Morgan said.

"I really enjoyed the Collie-to-Capel road race and this should be even better — the added thing is that I will be running for my country and not self satisfaction."

# AUSTRALIAN RECORD TUMBLES

Queensland's Nicole Carroll gave her competitors a lesson in running, smashing the Australian 50km Road Racing record by a massive 14 minutes. This places Nicole in the top 15 in the world, with a time of 3:38:03.

Toowoomba Road Runner, Inara Strungs came second with a personal best time of 4:31:35, taking 7 minutes off her previous time, while third placed Cathy Caton ran a time of 5:13:02. The Australian Champions, Don Wallace gave the men a lesson in running, just missing the Queensland record set by Toowoomba Road Runner Ron Peters in 1993. Don's winning time was 3:16:42. Second place was Tony Kleiner, current Queensland 50 Mile Champion, with a time of 3:17:50, while Toowoomba Road Runner Graham Medill came third in a personal best time of 3:25:59, taking 4:19 off his previous time.

The Six Hour Fun Run was won by Greg Barton with a distance of 77.69km, second John Henderson with a distance of 62.68km, while third place was John Carrigan with a distance of 59.32km.

Kerrie Hall, in winning the women's section walked 40.56km in the six hours.

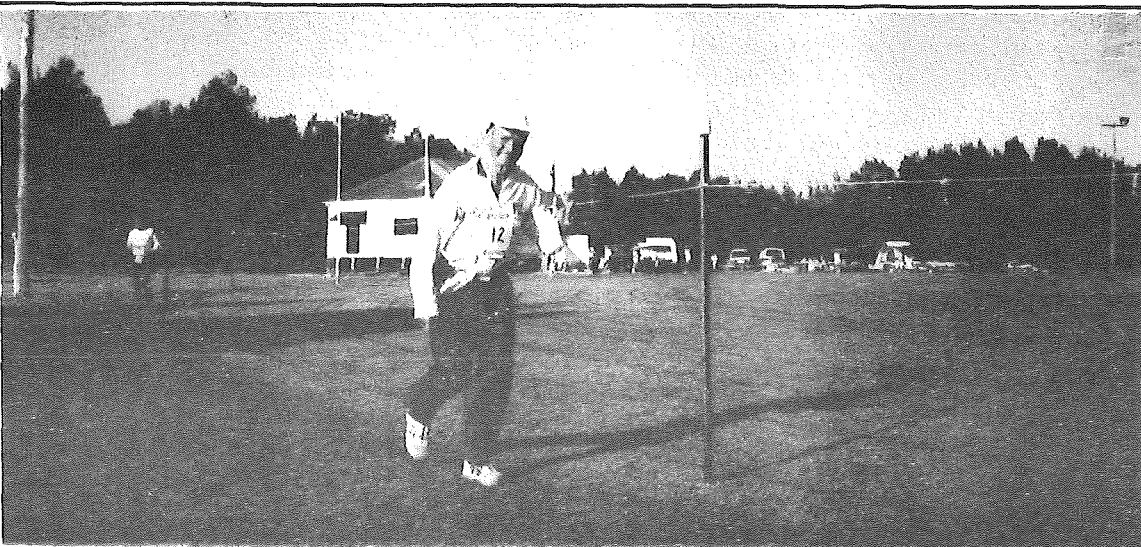
The members of the winning men's relay team who ran 91.32km were: Col McLeod, Roger Guard, Mark Rowland, Glenn Benecke, Ron Peters and Tony Skinner. The members of the winning women's relay team who ran 75.43km were: Karen McFadzean, Kath Ross, Tressa Lindenberg, Maureen Mackay, Kerry Van Der Wyk and Madeline Minns.

13<sup>th</sup> March 1994

Final Place	Competitor	Date of Birth	50 Km	6 Hr
1	Don Wallace	19-7-61	3:16:42	
2	Tony Kleiner	3-7-64	3:17:50	
3	Graham Medill	28-3-48	3:25:59	
4	Asim Mesalic	4-1-57	3:31:23	
5	Nicole Carroll (F)	14-1-72	3:38:03	
6	Inara Strungs (F)	29-11-55	4:31:35	
7	Cathy Caton (F)	24-6-63	5:13:02	
8	Angela Clarke (F)	14-9-39	5:19:50	
9	Jan Collins (F)	29-12-38	5:20:24	
10	John Rauwendaal	20-11-44	5:28:29	
11	Ron Clissold	23-4-45	D.N.F.	

### Six Hour Placings

1	Greg Barton	21-9-67	3:37:05	77.69 Km
2	John Henderson	13-11-55	4:50:00	62.68 Km
3	John Carrigan	30-6-52	4:57:40	59.32 Km
4	Kerrie Hall (F)	25-3-61		40.56 Km



Cliff Young, as popular as ever, at Tacoma 12 Hour, January, 1994.

## JAGUNGAL WILDERNESS TRAIL RUN 1994

It's now 10 days since the JWT Run and my system seems recovered ie. I no longer fall asleep at 9.00pm and I've had a few runs. JWT was a top event - magnificent country, frosty start, cool headwind, plenty of refreshing water, some welcome cloud in the afternoon, and good helpers.

Soon after the start I teamed up with Geoff, Ross, and Kevin and we ran as a foursome most of the way to CP 22 at Happy Jacks. It seemed longer than 22km and our 2hr 40m to CP 22 seemed slower than our running pace. With the benefit of hindsight the map reference to Arsenic Ridge foot track coming after the turnoff at 15km is a little misleading as it leads one to expect a ridge, whereas the actual ridge is a further 4km along the foot track.

The food at CP 22 and the extra burden of the backpack left us walking the kilometre to Grey Mare fire trail. After that we had a few good runs and tripped along happily past the snake(s) to our detour to Mackeys Hut (35.5km). After exiting through the "back door", while the Melbourne boys left by the front door, I was on my own. That wasn't so bad as there's never much chatter at that stage of a run and I had the comfort of knowing that I was being followed by three top runners. There was marvellous country, the run down to Doubtful River and the view of Jagungal at the Met Station being really memorable.

At 50km I signed the safety papers (only an hour behind the next runner) and set off at a good pace on the flat / downhill of Tooma River where I met two elderly ladies hiking (from and to I knew not where). The easy running didn't last long before the track climbed to an undulating ridge and by that stage I was running only the downhills.

Geoff Dynan looked relieved to see another runner when I finally arrived at Grey Mare Hut. Again with hindsight, he gave reasonable warning about what lay ahead at Valentine Falls while still being very encouraging. On the way to the Falls I almost literally bumped into Charlie and Marie Aitken, my concentration focusing on the narrow track and my tiring legs. At the base of the falls I missed the tapes at the marked crossing and proceeded up the jungle that is the left bank. Eventually, when further progress was close to impossible, I made a hairy crossing between two large waterfalls and scrambled up the cliff onto the "track" on the right bank. The journey through to Valentine Hut and the "Hard Rock Cafe" might have been more scenic on a fresher pair of legs.

More refreshment (Isostar drink and a Power'N'Energy bar) and, having declined the kind offer of a lilo and a nap, I thrudged along the ups and downs towards Schlink Pass which very slowly drew closer. At this stage I was in shorts and thermal top and the wind at the pass (1,800m. and 5.30pm) was quite cold - something for the helpers at Valentines to look out for next year. The downhill was made difficult by pains in my right knee which had resulted from me going easy on a suspect left calf muscle over the early stages. Dissapointment Spur was always going to be a joy! Meeting Peter Harper as the sun set was all the encouragement I needed to shuffle down the last 3km and finish before dark. Thankyou for being there Val!

A great day, marvellous idea Leigh, and well worth doing! My thanks.

Rob Simmons ( 6th finisher in a touch under half a day. )

# JAGUNGAL WILDERNESS TRAIL RUN

RESULTS - 1994

	H Jack Road <u>22km</u>	Round Mt Turnoff <u>50km</u>	Grey Mare <u>57km</u>	Valentine Hut <u>62km</u>	Finish <u>80km</u>
1) IGOR STRELTSOV (RUSSIA)	2.11	5.11	6.01	7.00	8.58
1) GENNARDY GROSHEV (RUSSIA)	2.11	5.11	6.01	7.00	8.58
3) BOB HARLOW (CANBERRA)	2.27	5.52	6.50	7.53	9.51
4) JIM WHARTON (COOMA)	2.27	5.52	6.50	7.55	10.05
5) MARTIN THOMPSON (SYDNEY)	2.13	5.45	6.43	7.50	10.22
6) ROB SIMMONS (ALBURY)	2.44	6.48	7.48	9.11	11.48
7) KEVIN CASSIDY (MELBOURNE)	2.44	7.05	8.28	9.53	12.57
7) GEOFF HOOK (MELBOURNE)	2.44	7.05	8.28	9.53	12.57
7) ROSS SHILSTON (MELBOURNE)	2.44	7.05	8.28	9.53	12.57
BILL KEATS (SYDNEY)	DNF				

TEN RUNNERS.

FINE WEATHER.

DRY TRACK.

## *What happened to Bill!!!!*

...Going down Arsenic Ridge he 'wandered off' to the right (you see Jagungal on the right) and became lost. Bill could see Tabletop and eventually made his way back towards it onto the track and between the two posts where a track crosses(Refer Map).

He again 'wandered off' to the right and about 3pm came upon some bushwalkers who were also lost. He spent the night with them and next morning made his way southerly to H.J. Road and easterly along H.J. Road to our CP22. Walking easterly he soon got a ride out along that road to Eucumbene Cove(Dam Wall).

In looking for Bill, we just missed him four times:-

- 1) My son Rowen backtracked up Arsenic Ridge in the afternoon.
- 2) I ran it Saturday evening -(with Police assistance).
- 3) I drove H.J. Road twice on Saturday near view of him.
- 4) He just left the area before the helicopter came along.



Left to right;  
Igor Streltsov  
Leigh Privett

Gennardy Groshev  
Greg Wilson  
Geoff Hook

# THE 1000 MILE RECORD ATTEMPT

## Nanango, Queensland - March 1994

A light drizzle was falling at half past five on day thirteen of Gary Parson's bid to gain the World Record for 1000 Miles at Nanango Qld. It was fortunate the rain was falling, as the tears in the eyes of the crew, spectators and runners were glistening in the floodlights as Gary finished at 13d:17Hrs.37mins:21secs. This broke the record, held since September 1989 by Tony Rafferty, by 18 hours and 22 mins. An hour earlier, a crowd of around a hundred people started to filter into the Oval with much cheering and clapping as each competitor passed the timing mark. Commentary was given from the official lap-scoring area to inform of the magic last lap and TV crew were on hand to capture the moment. Gary had joined the elite band of runners who have completed 1000 Miles on the track - and he was Numero Uno.

Five months earlier during a noisy parade of the 1993 Nanango Pioneer Festival, Ron Grant was among the crowd in a contemplative mood, a man with a hidden agenda. He had the germ of an idea to stage a 1000 Mile World Record attempt in March 1994.

Ahead was the organising of the 52Km Forest Footrace at Christmas, a good excuse for runners to have a beer and BBQ at the festive season. At the post-race BBQ the names of the six competitors was made public: Graeme Watts, Nanango; Dave Holleran, Wynnum; Ian Cornelius, Gold Coast; Bob Burns, Brisbane; Gary Parsons, Caboolture; Mark Mackay, Brisbane. Queenslanders all, each having achieved success in Ultra-Distance running. Their target, to beat 14 Days 11 Hours 59 minutes for 1000 Miles set by Tony Rafferty in Parramatta Sydney, in August 1989.

Early in Ron's 1000 Mile race planning, Tony Rafferty was most helpful. Nothing was too much trouble for him - even to the extent of an eight page letter of encouragement to Gary, and a letter and phone calls to Ron. Andy Millroy of the UK was often requested about, and then kept abreast of, race proceedings. As Ron says, "Andy was contacted often and at least three times during the event by phone to ensure that all and any Records were correct." One of Andy's dry comments was, "track is so much harder than Road." A few here would agree with that!

The event was organised both as an attempt on the World Record, and of sixteen days duration to allow those that did not break the record to set Personal Best Distance/Time marks. Thus allowing those who didn't gain the record to have pride in having their achievements recorded on a ranking system.

Good fortune smiled as the local floodlit Rugby League Oval became available, then Nanango Shire Council offered their Engineer to survey and certify a 440 yard track. Time keepers were provide by the Joint Telecommunications School of the Armed Forces based at nearby Toowoomba. There was much telephoning among the competitors. How many miles a week was each one training? A fair amount of tongue-in-cheek one-upmanship was delivered during those tense times. All too soon, it was race day. No more lonely runs. Centre stage please, gentlemen.

A profusion of caravans and Army tents. Advertising banners flapping in the breeze keeping rhythm with the runners' pulse-rate. Noon! Crowds, cameras, TV News, fame and fortune! The start! Shire Chairman Cr. Reg McCallum, cracked his trusty whip - yes the one that starts the Five Day Staged race, and they were off!

Bob Burns anxious to place his mighty footprint on the direction of the race, put 300 laps of 440 yards on the leader board before turning in at four the next morning, while the others, running to pre-race plans had finished around midnight.

As the race leader was getting some morning shut-eye the track was coming alive with the other warriors. Mark Mackay, looking like a contender for a Middle-Weight boxing bout took it to them, charging up the leader board to finish Day 2 at the top.

Over the next two days, as Mark and Bob slept in turn, the leadership changed between them. Meanwhile Gary Parsons was biding his time. Tight-lipped he stuck to his match plan as he and Dave Holleran motored along.

At that stage Gary Parsons had a look of such determination that one wondered if this was the same larrikin practical joker familiar to all. This man surely meant business.

During the night and the day of the third day, heavy rain drenched the track causing sand to be hurriedly placed at strategic points. Bob Burns suffered a setback with a swollen and painful shin, thanks to a mosquito bite, and Mark was struggling with shin splints.

He had brought with him a crew of lovely ladies. Being Army Medical personnel, they worked feverously to keep him going but to no avail. Having had professional advice, Mark sadly withdrew at 180.50 miles. With maturity this man is going to be a champion in his own right. His cheery smile through the obvious pain he silently endured, was testimony enough to his formidable strength.

Ripper Rita! A sausage sizzle put on by the affable Army lap-scorers lifted spirits after the rain cleared. Runners, crew and eager bystanders were astonished at the amount of good, filling, tucker provided by the Army, Navy and Air Force.

With Bob Burns still trying to control the colour and size of the mosquito tucker he likes to call his leg, Gary Parsons reached out with a grip of iron to take the lead and control of the race. At that stage, the man was unstoppable, unbeatable and maybe his thoughts were unprintable. He was like a Juggernaut, 18 laps per hour, 72 Miles per day; rain, shine or mosquito bites. If ever there was a man in the right place at the right time - this was him.

Aided and abetted by his likeable crew - and his bloody dog, he had Winner written all over him.

Ian Cornelius, having covered 342.25 Miles was the next casualty on Day 6 with medically-unpronounceable toe problems, but stayed close to the action as a great encourager. The field was down to four.

Steadily the runners passed 900Kms; 600 miles; 1000Kms, with Gary gaining Queensland records at each mark.

March 17th was a glorious day for Ireland and Australians. Television was trumpeting the new Breast-stroke World Swimming Record set at Queensland's Chandler Swimming Complex by Rebecca Brown during the National Swim Titles. Further inland, there was as much joy watching Gary Parsons set a new World Record for 1100Kms. No television here, just the bright floodlights of a Football Oval shining on a band of local supporters and crew. Far more emotion was shown by that crowd than that generated by the impartial television. This was man against time and distance in the most unforgiving theatre of sport. Records are vital, but Rebecca finished at the end of the pool, Gary knew he had hundreds of miles to cover before he would finish. A might of difference!

How did he react? A wan smile, a wave of the hand, and he was gone into the dark night fighting his personal devils of ache, hunger and fatigue. Eight hours later, from being almost an hour early for the previous mark, Gary missed a second World Record by just sixteen minutes at the next mark of 700 miles. Unperturbed, he trudged on toward a higher goal.

Further back in the field Bob Burns, with Dave Holleran, were having a battle royal for second place. As one would succumb to blessed sleep the other would rise, sleepily, aching, to start again the 440 yard grind. By now the competitors looked like battle weary warriors; knee braces and tape holding ligaments and joints in place to be continually pounded. Local chemists clapped their hands as the supply of pain-killers and Dencorub disappeared from their shelves. Brisbane was supplying a 24 hour service of medical supplies for the many ailments.

"Nurse" Kay Holleran was much in demand as the Mistress Blister Buster with Jan Collins cheerfully rubbing her hands raw, massaging tired bodies to life. Without these ladies' support this writer is sure that many would have done a hard race, even harder.

Desperate men take desperate measures, but these competitors were showing old fashioned courtesy; a real concern for their fellow man. Many times a word of encouragement could be heard floating in the night; advice offered through lips clenched against the never-ending pain.

From the crowd murmurs rose with unsporting words of, Insanity! - Madness! Brother, I can say with conviction, they were not insane. They were probably the most sane people present, they knew exactly what they were

doing. There was a mountain 1000 miles high and they were going to painfully climb every inch of the way!

As each competitor pushed through a notable Mile or Kilometre mark, the stirring strains of The Proclaimers singing "Walk 500 Miles" would welcome them to the timing clock alerting the onlookers to witness Personal Best efforts. Then a hush would spread as spectators calculated distances from Brisbane in relation to what they had witnessed. Insanity? - No! Calculated human endeavour. Initiative at its supreme best would be a better description.

Visitors, Ray Chatterton with wife Lorraine, lifted spirits as did Carol Street with much needed medical supplies. All sorts of compression pads were pressed into service to alleviate the continual pain in the ball of the foot. Ian and Jackie Cornelius had stayed to support "Ron's Ragged Runners" as they became known. The track became a village within a village as many regular spectators cheered on their particular hero.

Still Gary was clocking 72 miles each 24 hours and Bob and Dave were battling out second place. Graeme overcame earlier difficulties to come with a late charge intent on setting Personal Best distances.

On Saturday 19th March the field had settled to the pecking order they were to finish in, with Gary at 813 Miles; Dave 691 Miles; Bob 665.5 Miles; Graeme 614.25 Miles.

At three in the afternoon of Monday 21st March, Gary, having had a noon sleep, was left with a tantalising 51 Miles to finish. The crowd was abuzz with thoughts of, "Will he sleep between now and a 1000 Miles, or will he run on adrenalin and finish it?"

At that time Dave Holleran had 213 Miles; Bob Burns 281.5 Miles and Graeme Watts 316.25 Miles to finish. To keep the tempo going, Graeme joined a very exclusive membership just after 3pm by passing the 1100 Kms mark. By then both Bob and Dave had joined Gary in the "700 Mile Club", with Dave also in the "1200 Kms Club". Earlier Dave had moved further into the big league by posting 800 Miles and later that evening, 1300 Kms.

At these distances an exclusive number of really great runners can be found: Malcolm Campbell UK; Tony Rafferty; Pat Farmer; Dave Taylor; and Gary Parsons.

Soon to join them would be Bob Burns. Mosquito bitten; battered and blistered, hanging in there, carrying on regardless of incessant pain.

Is there room in that man's chest for lungs? I doubt it, he is all heart! In the morning, the Finish - for one at least.

The warmth of the crowd offset the chill of early morning; Walk 500 Miles drowned out scattered conversation; into the loom of TV lights came Gary and into the waiting arms of Sharon, his wife and chief cook and bottle-washer. This was a real happening! For Gary I don't know which was worse, the 1000 mile run or the much back-slapping at the finish.

To satisfy the world ruling body, in the case of lap-scoring discrepancies, Gary ran a further three Miles at the completion of 1000 Miles.

Through the mass of well-wishers came Dave Holleran stopping to do an impromptu handstand for his many fans. The grimace of pain after the athletic display was testimony to the torture each runner was enduring. Bob, with feet of raw meat, was his amiable self shuffling through the crowds of children.

Says Gary, "Without my wife Sharon, and Danny, Kylie, Julian, and Fiona as crew I would have not had as good service from coming off the track, to getting down to sleep. It took just 21 minutes to massage my feet and have a feed until I was sleeping. That counts for much time saved when it is done many times."

During the festivities of awarding Gary the deserved winner's laurels and the many thank you speeches, it was refreshing to have Dave Holleran present the many plaques and notes of thanks to all who either organised, contributed or lap-scored. A very intimate and personal show of gratitude that was echoed by the other competitors. Dave has a secure future with ToastMasters after his epic speech!

Media attention during the race and at the finish was the best ever seen at Ultra-distance events. Three differing TV News channels were on hand to bring home the news, as it were, and the event received national coverage on the TODAY morning show. Graeme Watt's feet on TV in the living

room at 7.20am would put anyone off their Cornflakes for life! On day fourteen, it was through determination of will power that the remaining runners got themselves sufficiently motivated to keep going toward their targeted distance. Resembling the walking wounded, they continued to traverse the track lap after lap with their goal firmly in place. Neither stress fractures nor shin splint injuries, high wind or low spirits could stop them. For mine, each one was a World Champion to continue, "after the fat lady had sung."

Day fifteen saw Dave Holleran heading for a Personal Best of 1400Kms; Bob Burns toward 800 Miles; and Graeme Watts wanted 750 Miles.

The finish of these three held some amazing scenes. Dave and Graeme had achieved their separate targets and looked on with Gary, as Bob Burns moved toward 800 Miles. At that time many children were attending their weekly Rugby League training schedule on the oval inside the marked track.

Suddenly, as Bob had a lap to finish, fifty children scampered over to him making him look like the Pied Piper of Hamelin leading them around to finish with his instant Fan Club.

Many well-wishers were again at the finish to congratulate the place-getters with Dave, Bob and Graeme signing their autograph on many and varied pieces of clothing, school caps and exercise books for the children. At one stage, a chair had to be placed on the oval for Dave and Bob to sign autographs in turn.

During the speeches that followed, Dell Grant thanked the Nanango Foodstore for their help and for sponsoring the event; Nanango Shire Council for the venue and their invaluable assistance with the track, and the Armed Forces for the services provided by the Joint Telecommunications School.

Ron Grant added, "These three runners can hold their heads high in the World Track Ranking of this Sport. Presently Dave Holleran is ranked sixth in both 1100Kms and 700 Miles; fifth at 1200Kms, 1300Kms and 1400Kms; Bob Burns is ranked seventh at 1100 Kms and 700 Miles; sixth at 1200Kms and 800 Miles; Graeme Watts is ranked eighth at 1100 Kms and 700 Miles; seventh at 1200 Kms."

Among the unique records gained during this event, one worth considering is that Dave Holleran is the only Queenslander to have run 1000Kms on road and track.

Personally I thank John and Noni of the JTS for the happy spirits they showed in the dark hours of each early morning, and I wish I had been invited to run, just to have had Noni's magical massage. Thank you all.

Peter H Davies

#### Personal Best

Gary Parsons (QLD)		TIME	VENUE	DATE
QLD Track Record	900 Kms	7d:18.28:59	Nanango QLD	MARCH 1994
QLD Track Record	600 Miles	8d:05.38:14	Nanango QLD	MARCH 1994
QLD Track Record	1000 Kms	8d:11.05:09	Nanango QLD	MARCH 1994
WORLD Track Record	1100 Kms	9d:09.02:59	Nanango QLD	MARCH 1994
QLD Track Record	700 Miles	9d:17.52:20	Nanango QLD	MARCH 1994
WORLD Track Record	1200 Kms	10d:06.15:07	Nanango QLD	MARCH 1994
WORLD Track Record	800 Miles	10d:23.48:50	Nanango QLD	MARCH 1994
WORLD Track Record	1300 Kms	11d:03.37:50	Nanango QLD	MARCH 1994
WORLD Track Record	1400 Kms	12d:01.30:34	Nanango QLD	MARCH 1994
WORLD Track Record	900 Miles	12d:09.34:06	Nanango QLD	MARCH 1994
WORLD Track Record	1500 Kms	12d:21.06:43	Nanango QLD	MARCH 1994
WORLD Track Record	1600 Kms	13d:16.15:40	Nanango QLD	MARCH 1994
WORLD Track Record	1000 Miles	13d:16.15:40	Nanango QLD	MARCH 1994

Dave Holleran (QLD)		8d:18.31:52	Nanango QLD	MARCH 1994
	600 Miles	9d:09.17:34	Nanango QLD	MARCH 1994
	1000 Kms	9d:21.01:40	Nanango QLD	MARCH 1994
	1100 Kms	11d:00.35:16	Nanango QLD	MARCH 1994
	700 Miles	11d:09.01:15	Nanango QLD	MARCH 1994
	1200 Kms	12d:05.55:17	Nanango QLD	MARCH 1994
	800 Miles	13d:07.26:31	Nanango QLD	MARCH 1994
	1300 Kms	13d:11.07:23	Nanango QLD	MARCH 1994
	1400 Kms	15d:02.04:45	Nanango QLD	MARCH 1994

World Track Ranking	1100 Kms	Sixth
	700 Miles	Sixth
	1200 Kms	Fifth
	1300 Kms	Fifth
	1400 Kms	Fifth

Bob Burns	(QLD)	900 Kms	8d:18.24:38	Nanango QLD	MARCH 1994
		600 Miles	9d:08.43:51	Nanango QLD	MARCH 1994
		1000 Kms	9d:15.32:04	Nanango QLD	MARCH 1994
		1100 Kms	12d:05.35:35	Nanango QLD	MARCH 1994
		700 Miles	12d:12.24:55	Nanango QLD	MARCH 1994
		1200 Kms	13d:19.14:05	Nanango QLD	MARCH 1994
		800 Miles	15d:04.59:38	Nanango QLD	MARCH 1994

World Track Ranking	1100 Kms	Seventh
	700 Miles	Seventh
	1200 Kms	Sixth
	800 Miles	Sixth

Graeme Watts	(QLD)	500 Miles	9d:17.?:?	Nanango QLD	MARCH 1994
		900 Kms	10d:07.28:53	Nanango QLD	MARCH 1994
		600 Miles	10d:23.37:51	Nanango QLD	MARCH 1994
		1000 Kms	11d:08.40:34	Nanango QLD	MARCH 1994
		1100 Kms	13d:03.07:30	Nanango QLD	MARCH 1994
		700 Miles	13d:09.14:39	Nanango QLD	MARCH 1994
		1200 Kms	15d:02.14:35	Nanango QLD	MARCH 1994

World Track Ranking	1100 Kms	Eighth
	700 Miles	Eighth
	1200 Kms	Seventh

Ian Cornelius	(QLD)	342.25 Miles	6d:01.?:?	Nanango QLD	MARCH 1994
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Mark Mackay	(QLD)	180.50 Miles	3d:?:?:?	Nanango QLD	MARCH 1994
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Starters in the Percy Cerutti Memorial 12 Hour Track Race held at Frankston, Victoria on 30th April, 1994.

# Caboolture builder defies medical advice to smash world record

NORTHERN TIMES 25/3/94

# Running on high

By Chris Lawson

A weary Gary Parsons stepped from the frothing bubbles after a long soak in a spa pool, still bewildered by what he had just done.

"They told me I'd probably never run again ... no way!" he cried.

The 43-year-old Caboolture builder is still on a high since becoming the world's new 1000 mile track champion on Tuesday.

Surviving on less than four hours' sleep a day, Parsons strode across the finish line at Nanango, north-west of Brisbane, clocking 13 days and 17.37 hours to shatter Victorian Tony Rafferty's three-year record of 14½ days.

Running 4000 laps of the same circuit, Parsons set nine other world records along the way as the fastest man ever to run distances of 1100km to 1600km.

Averaging 72 miles a day, the light-footed runner became only the fourth man in the world to complete 1000 miles on a track surface.

The historic feat marks the culmination of an extraordinary career. Eight years ago, the endurance runner was struck by a car 5km from the finish of Redcliffe's Moreton Bay marathon.

Battling to survive blood clots in his lungs and severe leg injuries, Parsons was out of action for 14 months. Doctors warned he would probably need to give away marathons for ever.

In a further twist to the saga, Parsons continued to walk for seven years, unaware he nursed a fractured ankle, with splinters from his shin embedded in his lower leg.

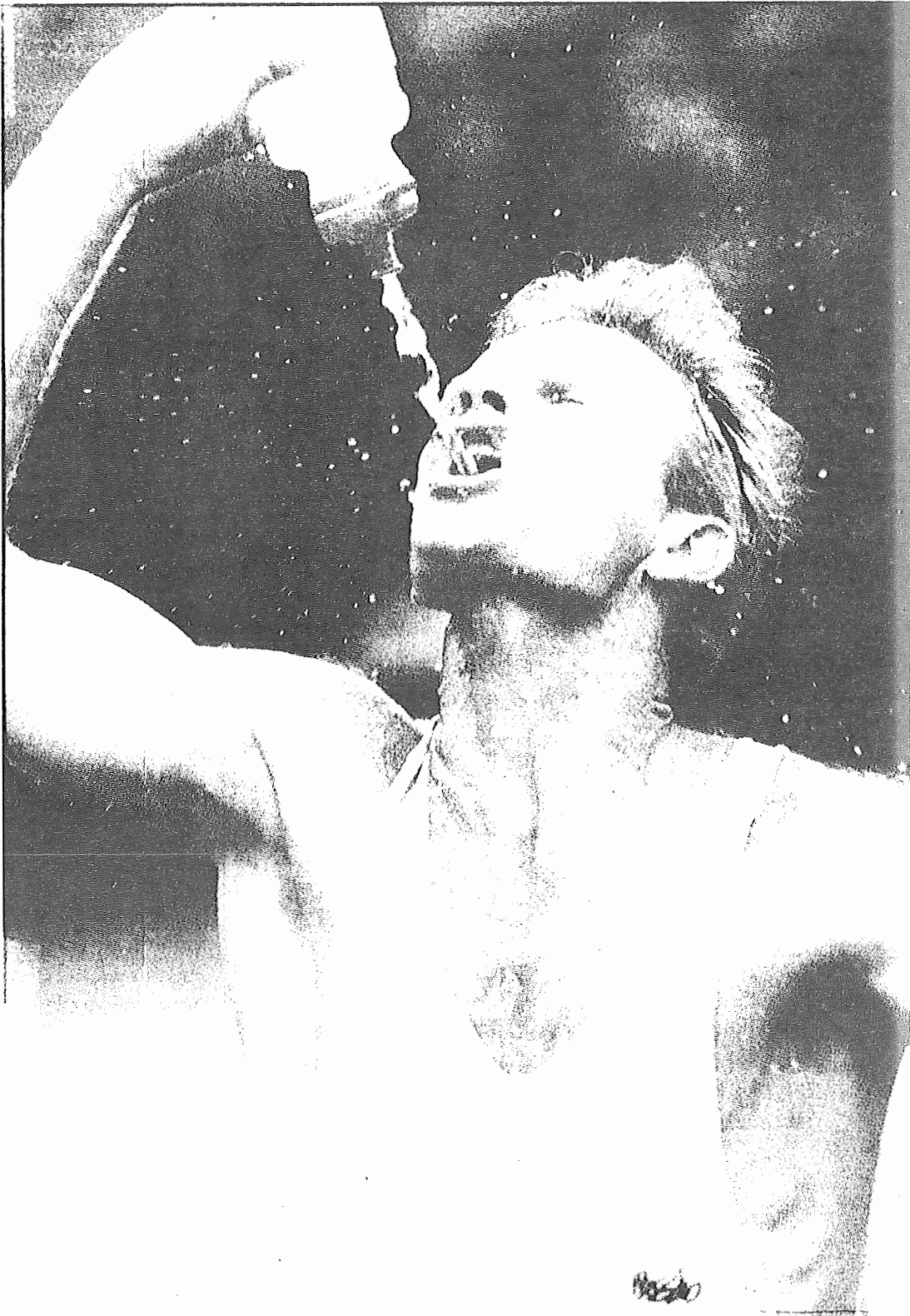
Nine months ago a team of Brisbane sports medicine experts worked to repair the damage.

There were some heart-breaking setbacks. But at 5.37am on Tuesday, a jubilant Parsons left the past well behind, relishing the accolades as the world's greatest 1000 mile track runner.

"I was overtaken with this incredible will to succeed," he said.

"I've never felt like that before."

Claiming the race for his training



Agony and ecstasy ... world champ Gary Parsons after his herculean run. Photo: Ross Marsden

partner and wife Sharon, he said, "I owe her a cruise for what she's done in supporting me along the way. I could not have made it without her."

"It was the toughest race ever, but the hardest part came with 12 compulsory laps at the end of the

race."

The extra miles are run in case a mistake has been made in the recording tent.

Suffering pain, exhaustion and cramps, Parsons admits his new found fame could lead to major advertising contracts.

"There's been none yet, but you know I'll give 110 per cent to everything."

Veteran runner and race convener Ron Grant said Parsons' achievement was inspirational.

"Running 1000 miles on a track is

## Caboolture builder claims world record

an enormous mental challenge.

"Before the race got under way a minister read a passage from the Bible, saying: 'if you believe you can move mountains it will happen.'

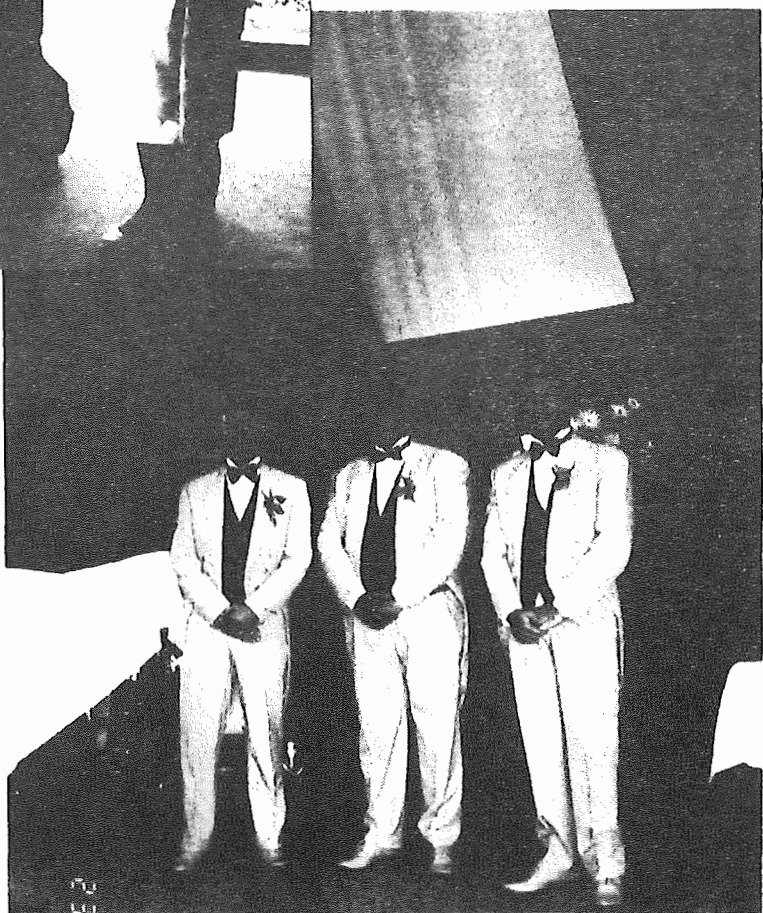
"Gary Parsons put faith in his ability, and Gary moved his mountain."

Parsons was one of six Queenslanders to attempt the 1000 mile world record.



Bryan & Janet Smith have sent us these shots of ultra runner and AURA member, Kevin Mansell getting married recently. Do you recognise him all done up in his tux and top hat, and not running gear? Very smart, with his new wife Gwenda. Jan says, "Tony Collins, Bryan & I were invited and had a lovely time at Mt. Gambier, SA for their wedding. Now we know why Kevin hasn't been running the past 18 months. He promises he's going to get back into racing with Gwenda as crew member. We're looking forward to seeing them at races. Hope you enjoy the photos."

Regards,  
Jan Smith.



Congratulations Kev! We're all delighted for you and wish you and Gwenda every happiness.

# Gary the great!

*Immediate hero!... A multitude of Nanango school children gathered to congratulate new world 1000 mile track record holder, Gary Parsons, on Tuesday. Parsons broke the previous record by more than 18 hours and was physically and mentally exhausted after the two-week long event.*



South Burnett Times, Friday, 25 March, 1994

by Lorraine Page

Caboolture ultra runner Gary Parsons has decimated the world 1000-mile track record.

In what has been classed as a performance of a life time, Parsons sliced a mammoth 18 hours 22 minutes off the old record held by Victorian Tony Rafferty.

The world class effort on Tuesday was touted by race organiser and champion of unthinkable distances, Ron Grant, as a "mind power race."

"There's nothing special about his body, but the power of the mind made him a winner," Grant said of Parsons at an official presentation to honour the historic occasion.

With a time of 13 days 17 hours 37 minutes, the 44-year-old ceiling fixer also became the fourth man in history to cover 1000 miles on a track.

Those before him have been Englishman Malcolm Campbell, Victorian Tony Rafferty and New South Wales ultra runner Pat Farmer.

A cold blustery wind and drizzling rain did not stop a crowd of 200 from arriving at Nanango's football oval well before dawn to witness the world class effort.

At precisely 5.37am, the athlete who once enjoyed cross country events and fun runs, before tackling longer distances, completed his 4000th lap of the oval.

He briefly stopped to share the emotional moment with his family and close supporters.

Parsons went on to complete a precautionary additional 12 laps to cover any inadvertent lap scoring discrepancies.

The fatigue-glazed Parsons grabbed some quality sleep soon after and emerged again at noon for the presentation.

Parsons had averaged four to five hours sleep a day, and snatched just an hour's sleep in the last 14 hours of his record bid.

The victory was especially sweet for the Caboolture athlete who was told by doctors eight years ago he would never run again.

During a Brisbane marathon, Parsons was run over from behind by a car and sustained a fractured ankle.

Corrective surgery last year gave Parsons a much brighter running future.

While Parsons came to terms with his historic accomplishments, fellow contenders Nanango's Graeme Watts and Brisbane runners Bob Burns and Dave Holleran continued to slug it out for minor rankings in the cut off time of 16 days.

When the record toppled, Holleran had completed 817 miles (3268 laps), Burns 741 miles (2694 laps) and Watts 702 miles (2808 laps).

At 5pm yesterday, Burns had reached 800 miles, by which time crippling foot and leg problems forced all three to quit the track.

Burns recorded a time of 14 days 4 hours 59 minutes, Holleran completed a distance of 870 miles in 14 days 2 hours 4 minutes and Watts covered 750 miles in 14 days 2 hours 44 minutes.

Brisbane runner Mark Mackay and Ian Cornelius of the Gold Coast had withdrawn from the event by day six with severe leg injuries.

Parsons quietly told the midday crowd he had come to Nanango to do a job, and had done it.

Known by those close to him as the "little black duck", he said he had become more like a "stunned mullet" after Grant asked him by telephone last year if he would like to run 1000 miles.

"I quickly converted miles to kilometres to work out how much I had to run," Parsons said.

He said he had prepared for the event over the past six months with slow and consistent training and the unfailing support of his family.

An extremely stiff and weary Parsons accepted a silver tray engraved with his world record time from Nanango shire council chairman, Cr Reg McCallum.

Other shire gifts included a framed scroll of achievements, crystal wine glasses and a 1000-mile cake cut by Parsons and his wife Sharon.

Scrolls of achievement were also presented to injured competitors Mackay (180 miles) and Cornelius (342 miles) while the remaining trio and major supporters of the event received wall plaques.

Grant said it had been a tremendous achievement, not just by Parsons, but by all the runners.

"You have witnessed a world class performance and seen some top state performances," he said.

"We have not seen Gary run like this in the past, but this race was made for him.

"From the day he heard about the race, he had tunnel vision and trained so hard."

Grant was grateful for the runners who had made the event possible.

"It's hard to get six people to run 1000 miles and hard to get crew to treat them like kings," he said.

On behalf of the runners, Holleran said Parsons had run the most outstanding race in history and rated Grant as the best ultra running coach in the world.

Parsons thanked those associated with the event and slowly walked around the track to shake the hands of as many of his admirers as possible.

Assisted by his wife Sharon and their four children, Parsons followed a rigid walk-run pace plan to average 72 miles (115 kilometres) a day.

He only left the track to sleep, toilet, shower or change shoes.

He said he had found headphones slowed him down and preferred to tune to the sounds and smells of nature while he was on the track.

Parsons kept his sanity by focusing on luxuries such as walk laps and rest breaks.

He had blended advice given to him personally by Grant and Rafferty before the event and stuck a motivational scree on the inside of his caravan door.

Each day he propelled himself towards a world record on such wisdom as: "... the world record will be broken by a person who has an unyielding mental attitude, a person who has the ability to concentrate on a specific target day after day."

He said he was inspired by Grant to have faith in himself and found that faith increased as he put in long hours of training.

Parsons' race plan included a simple routine of running five laps and walking two.

He turned up the pace 48 hours before crossing the finishing line by changing this to a run three, walk one, pattern.

Parsons' immediate plans include a good rest and shorter stage races where he can put his feet up.

In his approach to the 1000-mile, Parsons set three new Queensland records for covering distances of 900km, 600 miles and 1000km.

He also set eight new world records for distances of 1100km, 1200km, 800 miles, 1300km, 1400km, 900 miles, 1500km and 1600km.

World rankings for Holleran include 5th in the world at 1200km, 800 miles, 1300km and 1400km and 6th in the world at 1100km and 700 miles.

Burns is ranked 7th in the world at 1100km, 700 miles, 1200km and 800 miles while Watts can enjoy a ranking of 7th in the world at 1200km and 8th in the world at 1100km and 700 miles.

Cornelius can count himself among the handful of Queenslanders who have completed a six-day event, while Mackay can rank his distances over other 24 and 48 hours events.

# I CAME, I SAW, I WAS CONQUERED

## (A report on the South Coast 24 Hour Championship Wollongong, NSW)

by Greg Wilson

At 10pm on Friday evening halfway down winding Macquarie Pass, the drizzle and mist defeated me. I tried to put my tent up and couldn't get pegs into what was an old tar road siding. It fell down, I got rather damp and passing trucks kept me awake. A great way to spend the night before the South Coast 24 Hour Championship.

The next morning began fine and the track in Wollongong City seemed excellent, with an "aura" of excitement mounting. Some of the competitors I noticed indicated that a quality field had been attracted Bryan Smith, Peter Gray, Helen Stanger, Georgina McConnell, and of course, Cliff Young. On loaning my hammer to the occupants of a nearby tent, I discovered that the Russians were here also -n Gennardy Groshev (European Champion) and Igor Streltsov.

As we set off at 10am, I remembered my thoughts on the 24 Hour - that if I am any sort of ultra-runner, I should be able to cover 80km in the second half, after running comfortably to the 12 hour in around 120km. Well, that was the rough plan, and for the first half, it sounded feasible. I was lapping comfortably in around 2 minutes, usually in the company of Bryan Smith or Helen Stanger in the early stages.

There were also quite a few 6 and 12 hour runners intermittently running fast, so I was a bit confused as to the running order. After a few hours, I became aware that Igor, who kept flashing past me, was running a very fast 12 Hour. The other blue singlet belonged to Gennardy, who was travelling almost as fast, but competing in the 24 Hour. One fact was obvious; the Russians were dominating the race.

After early problems with groin strain, Bryan Smith tried gamely to stay in touch, in case Gennardy fell apart. He and Helen Stanger were both running faster than I was prepared to go. Peter Gray was my nearest competition through the daylight hours.

The 6 Hour runners departed at 4pm and the only result I am aware of, was that Greg Love won in a solid 72km approximately. I found it interesting that Igor and Gennardy were both in front of him after 6 hours. Those that know what a fine runner Greg is, will have some idea of the hectic constant pace the Russians maintained, with much further to run.

The weather during the afternoon and early evening alternated between drizzle and downpour. I was concerned about blisters and stopped hourly to change shoes and socks. Even when the rain stopped, the track did not dry out until 9am on Sunday. I was frustrated to waste an hour of running time having to constantly change footwear, to no avail. The feet were still soaked through and I developed painful blisters.

Helen Stanger was running solidly as usual and was rewarded with an Australian record for 100kms. It was a great effort, but she was way out in front of Peter Gray and myself. and I felt she must suffer in the latter stages. But at 12 Hours, Helen was still going strong and recorded another record at around 122kms. Most of the top runners had spent very little time off the track, but I noticed Georgina McConnell slip into her bed and out of contention. Again, I am not aware of all the 12 Hour results, but one could not be ignored. Igor was victorious with the fantastic total of 142km!

Gennardy was probably not far behind this total and looked superb, capable of anything. Meanwhile, I had my own problems. I passed 12 hours with 119km under my belt, but the night hours stretched before me and I was not feeling good. I resolved to maintain around 7km per hour for as long as I could, which would keep my 200km goal in sight. Gennardy, Bryan and Helen were out of sight, with Peter Gray and James Rooney inching away, as I struggled to keep going.

The goal of reaching 100 Miles in a p.b. was a motivation and I achieved it in 18hours 7 mins. Shortly after, I hit rock bottom. The main problem was dizziness, causing me to weave around instead of maintaining a straight course. I couldn't motivate myself to run and tried a few 10 minute breaks to recover. Advice from Jan Smith and Helen Stanger had me packing more complex carbo-hydrates in, but I had lost touch with the 200km goal and just plodded at a slow walk. I think Helen also achieved a record at 100 miles.. What a great effort! And I thought she was going to pack up - not a good judge.

Gennardy was showing some signs of distress and even left the track for a couple of minutes. Bryan was running on strongly after being over 20kms behind Gennardy. James snuck past Peter, which may have been a mistake. "Graypower" was provoked into a burst of speed unlike any I have seen him produce before. He was soon back in fourth place.

With one hour to go, I knew I would have to walk fast to achieve a p.b. As I couldn't walk fast, I bit the bullet and commenced running again. As the hour wore on, my speed increased, and towards the finish, I must have been close to 90 second laps - this from someone convinced that he was incapable of running at all for the previous 4 hours.

Spectacular as my finishing burst was, I kept it in perspective by noting that Gennardy was over 40kms. ahead of me! He had kept a steady pace in the final hours and his 232km is a total most Australians would not even aspire to. Just another day in the office for this outstanding runner.

Bryan Smith also put in a wonderful run and kept up a consistent pace during the night hours, which enabled him to close the gap on the winner. His second place total was 225km. Helen Stanger saved her collapse until after she had finished the 24 hours. It is typical of her courage and determination that she was able to attend the presentations. In a race of outstanding performances, hers was the crowning achievement. After records at intermediate distances, she ran solidly right through to a new Australian 24 Hour Track record of 212kms. Congratulations Helen! The memory of your performance will stay in the minds of all who saw it!

On a chauvinistic and personal note, may I point out that the only two women who have beaten me in a running career of 24 years are - Helen Stanger. Twice. It may still be a fluke, so in future, I am carefully checking the race entries before I turn up. It may also help if I stay away from 24 hour races.

Peter Gray was third male in 207km - another strong consistent run. James Rooney in his inaugural 24 Hour was close up in an excellent 205km. The first running of the South Coast 24 Hour Championship saw five athletes covering over 200km.

Greg Wilson, your humbled author, was 6th in 189.9km - a personal best by 8.5km but still well short of the 200km benchmark. I must apologise for any inaccuracies and for not having details of those further down the finishing order. I am sure there were many pbs. and hope someone will send these details in also. I have trouble remembering *my* name during the second 12 hours!

To Bill Joannou and the other organisers, congratulations and thanks for putting on a fine race. Perhaps a couple of suggestions to improve it even further:

- a) a more visible leader board and hourly updates verbally of all competitors through the whole event.
- b) a portable toilet right near the track to save a trek through mud.
- c) someone to sweep the big puddle up so we don't have to run through or around it for the whole time.

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Friendly competitors, Igor Streltsov (Russia) first and George Cormack (Australia) second in the Wollongong 24 Hour Track Race, 1994.  
Race organiser - Bill Joannou. Congratulations!



Greg Wilson & Bryan Smith competing in the Tacoma 12 Hour on 23 January, 1994.

# FRANKSTON – PORTSEA 55 K

Saturday 9th April, 1994

	5	10	15	20	25	30	35	40	45	50	FINISH
BRIAN SIMMONS	21:26	40:57	1:00:09	1:19:15	1:38:50	1:58:27	2:19:00	2:40:30	3:03:25	3:28:28	3:52:25
IAN CLARKE	21:26	40:57	1:00:10	1:19:30	1:39:27	1:59:54	2:21:07	2:43:25	3:06:46	3:31:12	3:53:39
MAX GIBBS	23:02	45:00	69:43	1:34:00	1:58:00						4:24:51
LIZ FELDMAN	26:30		1:18:00	1:49:00	2:20:20	2:46:00	3:22:00	3:50:00	4:20:00	4:50:00	5:17:20
GEOFF HOOK	26:30		1:18:00	1:49:00	2:20:20	2:46:00	3:22:00	3:54:00	4:27:00	5:05:00	5:47:05
PETER ARMISTEAD	21:26	40:57	1:00:30	1:20:27	1:40:50	2:03:03					D.N.F.

# COBURG 24HR CARNIVAL

Noon Saturday 16 April to Noon Sunday 17 April 1994  
Victorian Championship 24 Hour Track Race.  
24 Hour Challenge Relay.

We have come to the end of an exciting but tiring weekend.

A lot of tired but delighted people are this week boasting to their friends of their achievements and proudly displaying the T Shirts, Caps, awards, prizes & newspaper stories of this event. Amidst all the boasting is the recurring theme "We'll be back to do better next year - this was a great event". Even the Ultra Runners who had done it many times before were excited by the atmosphere generated by the Challenge Relay.

The addition of the 24hr Challenge Relay had the desired effect of keeping alive this event for the Victorian 24hr Track Championship by providing an interesting & challenging event to finance the weekend. At the same time it provided a taste of the "joys" of Ultra running to many people.

Interest never lagged during the 24 hours and the spot prizes of sponsor's goods given every hour helped generate that interest. Some of the prizes were for serious achievements & some were just good fun, in the spirit of the weekend.

Crowds were present all the 24 hours as many relay runners made this a weekend for the whole family. Whole families came to camp at the grounds and support dad or mum as they ran in the relay. Other spectators drifted in & out all hours of the day & night on Saturday and were keen to discuss the progress of various Ultra runners & the teams. On Sunday, the Fun Runners & other supporters came to see the exciting finish and stayed to applaud at the presentations of awards made to our winners.

There is no doubt now that this will become an annual event. We have set a high standard and with your support we will maintain it and establish a notable event on the fixture of Australian & International Ultra running events.

Our Russian competitors took notes of our organization & format. An organizer of Ultra events in China was present taking notes. A representative of the Tasmanian Tourist Bureau was present all weekend observing and drumming up business for a new "Around Tasmania Race" which will probably replace the Westfield Sydney to Melbourne run. It is likely that the COBURG event will become a qualifying event for the Tasmanian race as it was for the now defunct Westfield race.

**Without the aid of our sponsors (whether by cash or by goods or services) we could not have created the quality event that we were able to supply over the 2 days. There was much talk about the superb standard of organization we maintained all weekend & the level of sponsorship which was apparent from the signs displayed & the prizes handed out. A scrap book was on display of all media articles regarding the event & all competitors, support crews, guest & visitors were encouraged to sign a visitor's book listing all our sponsors.**

Victorian Championship 24hr Ultra Race			
	Laps	+ Metres	Kilometres
IGOR STRELTSOV (Russia)	553	4.9	221.2049
JOE SKROBOLAK	514	4.7	205.6047
PETER GRAY	507	359.2	203.159
SANDRA KERR	386	200.5	154.6005
CLIFF YOUNG	382	255.7	153.0557
MICHAEL GRAYLING	366	170.6	146.5706
GODFREY POLLARD	344	338.1	137.938
ARTHUR O'KEEFE	307	328.3	123.1283

# COBURG 24HR CARNIVAL

NOON SATURDAY 16 APRIL to NOON SUNDAY 17 APRIL 1994

## THE VICTORIAN 24HR CHAMPIONSHIP

Following the experience of Dot Browne as Race Director in 1993 & her disappointment with only two 24hr entrants, we were not expecting many entries. However, Coburg Harriers were committed to maintaining the Victorian 24hr Championship and to keeping the sport of ultra running alive. We were prepared to go ahead with a race with few or many entries. The relay teams ensured the financial viability of the event & generated the interest & the sponsorship. As it happened, 15 runners nominated for the event and with the usual scratchings 10 stood on the start line.

The biggest disappointment was that the European 24 hour champion, the Russian Gennardy Groshev, was injured & unable to run. Gennardy & his compatriot Igor (say EEG AW REE) Streltsov were in Australia at the invitation of Lee Perrin, an Albury trail runner, and had been cleaning up all the Australian events they had entered. They had both competed in 6 ultra events since their arrival in February so it was understandable that Gennardy was carrying an injury. He stripped & tried himself out & was determined to the very last minute to run but it was obviously not to be.

Gennardy is a 24 hour specialist while Igor is a 12 hour specialist. When Gennardy could not run, Igor felt obligated to compete in the 24 hour race so as not to let the organizers down (there are some nice people amongst ultra runners). Igor later commented on the 24 hour race "The 24 hours is a terrible race for me".

Igor had 250 laps (100K) by 9pm but went off the track for rests at 3am & 5am. Joe Skrobolac steadily plugged away at Igor's lead & was within 2 laps of Igor when Igor appeared on the track again. Igor is a remarkably consistent runner & he churned out lap after lap at a consistent 1min58 to 2min pace.

Peter Gray was his usual consistent self & while others rested or slept, Peter kept going during the night and he moved through the field to threaten 2nd place.

Cliffy needed 90K before midnight to be on target for his record attempt but he was seduced by those ladies in black. Too many cups of tea with the St John's ambulance ladies Cliffy.

Sandra Kerr our lone female competitor was using this race as a training event for a six day race. She was more interested in establishing her run & sleep patterns than in the distance she was achieving. Ray Callaghan, her coach, was dictating her run/rest patterns & when that man said "get into bed" she did what she was told! She still managed to finish 4th & ahead of 4 of the fellows.

Arthur O'Keefe was the local boy who was urged on by the 2 Coburg relay teams every time he passed their positions. But Arthur had his plans & he carefully kept to his schedule of rests & massage to achieve his target of 100 Kilometres. We all knew this was well within Arthur's reach, but Arthur wasn't so sure. When he got to 100 Kilometres at 6am he had a sleep & then went on to see just how far he could go. His friend, Rod Bowen, was running for the Coburg relay team and when he had finished his final leg early in the morning he set out to help his friend Arthur. Running on the grass inside the track & being careful to stay just behind so he could not be accused of pacing, he ran more than 40 laps with his buddy to help Arthur achieve a total of 307 laps or 123.1283 Kilometres.

Arthur is a local council employee as a garbo & he became known around the track as the "Flying Garbo". He received one of the hourly spot prizes which were a feature of the 24 hours - his very own mini garbage bin. Arthur had used his influence with the local council to provide the track side toilet which is so essential for the ultra runners and which saved the organizers a large hiring fee.

# COBURG 24HR CARNIVAL

NOON SATURDAY 16 APRIL to NOON SUNDAY 17 APRIL 1994

Michael Grayling & Godfrey Pollard were the two quiet achievers who just kept plodding around to build up respectable totals.

Yiannis Kouros, who now lives in our neighbouring suburb of Preston, fired the final gun and all the runners & many fans were able to meet & talk with him. Dot Browne (who has run this event for the past 10 years as Dot's Race) made the presentations.

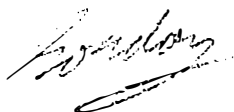
With all the Relay teams & their support teams present, as well as Fun Runners & others who had come to see the finish, the audience at the presentation was one of the largest seen for a long time at an ultra presentation.

The Russians spoke at the presentation ceremony and gave gifts to the race organizers as well as Yiannis & Dot. Although Gennardy's English is a bit rough, Igor is fluent, but they are both charmers. They had Russian souvenir badges (including KGB) & pennants for sale as well as wooden carvings & dolls. People were eager to buy these & assist them in their Australian tour which is being done on a shoe string.

The COBURG 24HR CARNIVAL is now established as an annual event featuring both the VICTORIAN 24HR CHAMPIONSHIP and the 24HR RELAY CHALLENGE. The Championship will continue for ultra runners no matter how few run.

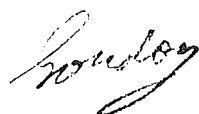
The relay teams will keep it alive. You will hear from us soon as to the date for 1995.

We are already working on improvements for 1995 despite all the nice things that were said about the excellence of our organization for 1994. The final distance measurement of the Relay teams has already been simplified & will not hold up proceedings for the presentation in future nor rob the ultra runners of the recognition they deserve from a reading of the achievement of each one of them & their plaudits from the crowd.



## THE WEATHER

Saturday noon was fine & sunny with just a gentle breeze, but once the runners started on the track they soon realised how hot it really was. Cool drinks & cooling sponges soon became the most sought after items for relay runners. St John's ambulance personnel took on this responsibility. Weight recording of the ultra runners revealed that most were keeping up with their fluid intake but Tony Rafferty discovered that he had lost 3Kg in the first 2 hours. Tony had come for a hard training run over the whole 24 hours but the weight figures told him that he had to back off & as this was not the type of training he was looking for he withdrew. 5pm saw a sudden & welcome drop in the temperature & even Cliffy was motivated to get moving again & he looked quite sprightly in the evening hours. It was a good running night but as the morning light came so the wind increased until by 11am the runners were battling the wind up one straight & flying down the other. The lap scorers shelter was threatening to take off into the wild blue yonder and just at 11.50am the 24 hour clock crashed to the ground & was out of action. Fortunately we had the mandatory 3 official stop watches running & the times were called from one of these for the last 10 minutes.



# BRISBANE WATER BUSH BASH 1994

by Greg Love

Well it's 5pm and I'm just home from the Bush Bash, the run that was going to be bi (but we thought, there's too many poofers already) so it is now a hetero, macho run! Hear Hear!

With such a rushed preparation, I'm pleased to say it was a success, both from the athletics point of view and socially (Free food and drinks at the finish, also lucky draw prizes). At this point, I must grovel to the 50-60 odd (and truly odd) volunteers who made the run come together. Well done and thank you!

Superb runs by Michael Burton to win in 3:35, Peter Malinowski second in 3:43, Phillip Hogill third in 3:55, all under last year's time. Congratulations also to that young spunk Wendy Downes, first lady in 5:02. Well done to you all and also to the other 61 runners who took the challenge.

We did have a few problems (Who doesn't ? ), such as kids completely altering the course markers plus lack of organisational ability on my part. But with the superb location and weather, there weren't too many complaints, although I must protest at Terry Boyd selling Six Foot Track T-shirts at our run (Some people have no ethics!)

The run seemed to go off fairly well and the presentations and socialising were very enjoyable. Please let me know of any criticism. It is the only way we'll grow. At the moment, we don't have a sponsor or a charity to donate to, so the money goes back to the runners in the way of food, drinks and prizes: a run BY runners FOR runners, although the Gosford Sailing Club seem to enjoy our presence (\$1,000 worth of food & drink). We are thinking of donating a percentage of each runner's entry, say \$2 to help develop their junior sailing program!

Well, we truly enjoyed every body's involvement and we hope that they did the same. Actually, as a bit of an afterthought, a lot of people were asking where the big club representations were. It's been happening at a lot of runs lately - no BRATS, no BUSHIES, no WESTIES, no TROTTERS; a good number of STRIDERS and local HASHIES made up the bulk of the field.

Well, it's 6pm and all I can do now is thank everybody, wish you all well and get on the piss! We will be back in April 1995. Stay fit.

Greg Love.

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Michael Burton, from Coogee, NSW, receiving trophies after winning the 1994 Brisbane Water Bush Bash.

# BRISBANE WATER BUSH BASH

## RESULTS - APRIL 23, 1994

1	MICHAEL BURTON	3:35:36	34	RICHARD CRESWICK	5:41:13
2	PETER MALINOWSKI	3:43:32	35	GREG REID	5:41:16
3	PHILLIP HUGILL	3:55:55	36	BRUCE HALL	5:43:00
4	ROSS BILL	3:56:28	37	MICK KILHAM	5:44:36
5	KELVIN MARSHALL	3:56:40	38	PAULA WHITEHOUSE F	5:45:11
6	PAUL EVERY	4:04:12	39	DON NESBITT	5:48:15
7	MAX BOGENHUBER	4:04:41	40	LYN CRIBB F	5:51:49
8	PETER DIGGLEMAN	4:09:02	41	DAVID WALLMAN	5:57:56
9	ROSS SHILSTON	4:18:02	42	GRAHAM LOVE	6:11:36
10	MURRAY TOWN	4:25:17	43	ALAN MULLINS	6:13:08
11	CARL HAYES	4:31:35	44	TRUDY RAE F	6:22:44
12	DAVE GIRVAN	4:34:00	45	GRAHAM (M.M.) KERRISH	6:22:55
13	CHARLES REIS	4:36:12	46	PETER ALLEN	6:22:55
14	ROGER STEPHENS	4:36:52	47	TERRY BOYD	6:22:55
15	KEVIN DORE	4:38:50	48	MARK TUXFORD	6:23:05
16	IAN FORSYTH	4:38:56	49	MICK LONG	6:23:15
17	ROGER RIGBY	4:39:32	50	SULIE WALTON F	6:35:44
18	JOHN WHEALY	4:45:39	51	GRAHAM PARKER	6:40:00
19	DAVID SILL	4:48:59	52	DANNY BEARD	6:49:01
20	ALF FIELD	4:48:59	53	GLEN TROWBRIDGE	6:49:10
21	JOHN BONNING	4:53:11	54	ANDREA CULLEN F	6:53:52
22	JOHN HENDERSON	4:58:34	55	DICK CAMPBELL	6:53:52
23	PHILLIP CLARKE	4:59:59	56	ROSS WORRALL	7:00:24
24	WENDY DOWNES F	5:02:56	57	PETER WISE	7:00:49
25	JOHN TURNER	5:02:56	58	JOHN DAVIDSON	7:09:53
26	BRAD BOYLE	5:11:11	59	GREG TREGART	7:10:31
27	PAUL STURGESS	5:12:20	60	JOHN MAYES	7:10:31
28	JOHN CARRIGAN	5:13:20	61	PETER DYER	7:49:54
29	PETER GRAY	5:14:33	62	ROBERT CARLETON	8:00:40
30	SUE HILL F	5:14:48	63	DENISE NICHOLSON	8:00:40
31	GEOFF HOOK	5:18:17	64	KEVIN LOWTON	8:00:40
32	SUE PECKSIS F	5:22:28	65	BILL FENNEY	D.N.F.
33	JOHN MCINTOSH	5:38:23	66		

# A GREAT DAY UP THE COAST

by Max Bogenhuber

A quick summary of this year's Brisbane Waters Bush Bash, held around Brisbane Waters just north of Sydney, on April 23rd.

The Brisbane Waters Bush Bash was not supposed to be on this year, mainly because Greg Love (the Race Director) doesn't like the task of holding the presentation after the race. Sorry about that Greg, but I just had to get this in. Anyway, by popular demand it was put back on the race calendar.

Greg thought that he could get out of this every second year, but you know Greg, once you put on a great event like that, people want to come back and enjoy it every year, not just every second year.

Because of the off and then on again nature of this year's event, the number of entrants was a bit down on last year, but there were still about 70 runners determined to go for a bit of pain.

The weather was great, as it usually is up the coast this time of the year. There were some familiar faces at the start, the Victorian contingent consisted of Geoff Hook (el Presidente), Ross (the Arachnid) Shilston and the 'never say die' Peter (Grey Power) Grey. I also espied Mike Burton who had won the RNP Ultra last October.

As in any ultra, there are always a few hares, and this was to be no different, but the field settled into its order of talent before too long. At about 20k, or so, I caught up with the guy that must participate in more long distance events than anyone else here in Australia. The never tiring Paul Everey had done the Forster Iron Man Triathlon the weekend before, and for good measure was going to do the Coffs Harbour Triathlon the day after the Bush Bash. It beats the hell out of me where this guy gets all the energy from. Must be his youth !...at least that's my excuse for not being able to beat him. I know that after doing the 12 hour in Wyong, back at the beginning of the year, he rode his bike back to Sydney ! I would like to see what he could do if he took the time to peak for an event and get the rest before the race, that's required to perform well.

Now to the race itself. This is a really friendly, low key event in a very picturesque setting. The course is probably half road, half bush, which makes for a good mix. It is 47 km, but not as tough as the Six Foot Track, so your time will, or should, be faster here. There are three reasonable hills and a few minor ones, with no real section being too difficult for even the novice ultra runner to complete. The aid stations are fairly well spaced and you can have your own supplies at aid stations at about 15, 30 and 40k, but putting them into boxes provided for this purpose before the race start. But there really is no need for your own supplies, as the aid stations have water, fruit and cakes.

The start and finish of the race are at the Gosford Sailing Club, so it is easy even for those that come alone, because you finish where you start. A really good invention of this race is the supply of coupons for drinks and food at the Sailing Club, which hits the spot after a hard day's work.

The Sailing Club provides showers and an area near the bar (much visited by some) for the presentation. All in all, a great day. Although 70 runners on such short notice is quite a turnout, I am sure that this run will in future have a lot more, once word gets around.

The placing were:

Men - Mike Burton	3:35	Women - Wendy Downes	5:02
Peter Malinowski	3:43	Sue Hill	5:14
Phillip Hugill	3:55	Julie Peksis	5:22

Give it a try next year, it's a great day up there on the coast. Oh yeah, and all the Victorians finished behind me, ha, ha...

# PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE BALLAM PARK, FRANKSTON - SATURDAY 30TH APRIL, 1994.

by Dot Browne (Race Director)

Peter Armistead hassled me constantly after closing date came and went. I only had 9 entries - not really enough for a race. "You're not going to go and cancel it on me are you, Dot, me old buddy? " (crawl.crawl). "I've been training me butt off for 3 months for this one y'know. There's no way you can cancel it ". "Jeez you're a sweet talker Pete, but I'll have to think about it".

And next day when they told me that the Knox track I'd booked 9 months before was not available due to drainage problems, it was just about the last nail in the coffin.. So it was a frantic (and frustrating) ring-around of every athletic track in the metropolitan area trying to change the venue. No luck. Every one I tried was booked out for kids' sports, soccer on the central oval, special presentation days or some damn thing or other. I rang Pete telling him the sad story . "Well that's it Pete. No track, no race" Pete refused to be discouraged and immediately went into action, being painfully positive. "Don't you worry Dot. I'll get a track for you. Give me 24 hours".

And he was as good as his word. He found Ballam Park track at Frankston was available on the Saturday instead of the Sunday. So we went for it, and fortunately all entrants with a week to go were able to change their arrangements to turn up at a different venue on a different date, even the three inter-staters. Amazing!

My mate from the Croydon Vets, Les Clarke was a godsend. He arrived at Ballam Park the night before to set up the tent for the lap-scorers, slept in it rugged up in his sleeping bag, and by the time we arrived at 6.15am on the Saturday morning, he had tables and chairs arranged for lapscorers, the large digital clock in position and the urn on the boil. As Pete would say, "He's worth his weight in dog-shit!" Absolutely! The track was quite good and had great parkland surroundings.

As dawn broke, the sky looked clear and the weather promised to be perfect. We started on the dot of 7am, having weighed in the runners, checked their crews and lap-scorers and took a start-line photograph. Hundreds of seagulls propped on the grass in the centre of the track seemed to be having a stop-work meeting, with a straw-necked ibis managing proceedings in the centre of the flock.

David Standeven and Peter Gray took off fast, covering nearly 14km in the first hour and 13km in hour 2, leaving the rest of the field to run a little more conservatively. Linda Meadows, from Edithvale, Vic was running her first ultra and she amazed everybody with her strength and consistency. She kept the pace up without seeming to tire and covered the marathon in 3 hrs. 26min, 50km in 4:03:27, 50 miles in 6.32.25 and 100km in 8.24.10, all potential record breaking times. If it hadn't been for Mary Morgan running such a blinder in Western Australia recently, Linda would have re-written the women's records. She is definitely an up and coming star on the female ultra scene and we wish her every success. At half-way, she had David Standeven looking over his shoulder. She was only 1.5km behind him.! After doing such a brilliant time for 100km, Linda eased off and had a massage and took the pressure off herself. NSW runner, John Timms was so impressed with her performance, that he offered to put up some incentive prize-money next year, to encourage a challenge race between our top female ultrarunners. Great! Apparently she had plenty of sore spots when she finished and went home to pack herself in frozen peas. Her coach rang twice to ask her about the race. "Can I speak to Linda or is she still under the peas?" he asked.

Meanwhile, young Glenn Jarvis from NSW played it super-cool and did a lot of walk-jogging from the start. At the 6 hour mark, a flock of black crows wheeled overhead, deafening us with their cawing. Sandy Kerr, lapscoring for the interstaters, reckoned they were like vultures arriving early to get Glenn!.

At 7 hours, Pete Armistead took some magic anti-nausea potion that he'd saved from USA, hoping that it would work a miracle. It didn't. Definitely suspect. Swab check later Pete!

David Standeven went on to hold his lead for the remainder of the race, with Peter Gray and Pete Armistead doing a Lazarus and coming good to survive until the end. Peter Butko, son of Kon Butko who's an ultrarunning desperate from way back performed brilliantly for 2/3rds of the event, and faded in the last 4 hours. A top effort though!

Thanks to my great support crew, Sandy Kerr, Geoff Hook, Les Clarke and David Sheehan who made super salad sandwiches, served food and drinks all day, cooked the snags at lunch-time, pancakes at dinner-time and generally made the time pass quickly. Mike Browne was a top masseur throughout the race once again. Ross Shilston gave the rubbish to his mate Pete Armistead, whom he was supposed to be looking after, for a few hours, got sick of him , so went off to a wedding (Not his own. Nobody would have him!) then returned to continue the onslaught later in the day. Poor Pete!

Another top event. Thanks for the memory and your inspiration Percy!

# PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE

## FRANKSTON - 30TH APRIL, 1994

### RESULTS

#### 12 HOUR RACE at FRANKSTON on 30 April 1994

Place Name	HR 1	HR 2	HR 3	HR 4	HR 5	HR 6	HR 7	HR 8	HR 9	HR 10	HR 11	HR 12
1 David Standeven	34	32	31	32	29	30	28	28	26	24	25	26
2 Peter Gray	34	32	29	26	24	24	24	22	22	23	20	23
3 Peter Armistead	28	30	28	30	27	22	21	22	21	20	23	23
4 Linda Meadows	31	28	32	32	31	30	23	30	18	8	14	14
5 Bob Sayers	30	29	29	26	23	19	20	18	17	17	19	18
6 Dawn Parris	25	26	26	23	25	21	21	18	22	20	20	13
7 John Timms	32	29	22	10	20	21	19	17	17	15	17	17
8 Peter Butko	28	27	24	22	20	20	18	18	12	15	13	12
9 Glenn Jarvis	18	21	19	19	3	6	21	9	5	8	9	9

Place	Name	Marathon	50 km	50 ml	100 km	6 hour km	Total km	Birthdate
	1 David Standeven	3:14:09	3:52:36	6:26:02	8:13:49	76.14	139.733	6_03_52
	2 Peter Gray	3:25:04	4:09:32	7:23:31	9:33:15	68.445	122.715	19_10_64
	3 Peter Armistead	3:37:59	4:18:20	7:36:28	10:00:50	66.825	119.602	28_04_46
W1	4 Linda Meadows	3:26:16	4:03:27	6:32:25	8:24:10	74.52	118.163	10_03_59
	5 Bob Sayers	3:39:40	4:27:07	8:26:28	11:06:48	63.18	106.207	24_02_42
W2	6 Dawn Parris	4:10:56	4:59:59	8:43:50	11:06:36	59.13	105.476	19_02_53
	7 John Timms	4:37:18	5:33:49	9:52:50		54.27	95.589	30_09_42
	8 Peter Butko	4:12:30	5:10:53	9:53:21		57.105	92.745	
	9 Glenn Jarvis	6:48:18	9:20:37			34.83	59.884	1_03_70

DOROTHY BROWNE  
4 Victory Street  
Mitcham 3132  
Australia

# PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE

by Linda Meadows

"What have I got myself into this time?" This was my first thought upon waking on the morning of the 1994 Percy Cerutti 12 Hour Track Race. More thoughts followed, "I can't do this. It isn't possible. Running for 12 hours? Impossible! Anyone would have to be totally crazy and superhuman to try one of these ultramarathons..... and to finish one just doesn't seem possible. And why pick a track race for my first attempt? How was my mind going to cope with just going round and round and round?"

In the dark, we headed to the track. My Mum, always reliable, had agreed to be my support crew. We were both pretty apprehensive, but what a welcome we received! Everyone involved in the race was bright, chirpy and so very helpful and friendly. This really helped raise my spirit.

Then suddenly the race began. I began stepping out into a run, into my first ULTRA-MARATHON. The biggest, longest run of my life, I hoped. Even during the run, all the runners were encouraging me on. I felt so raw among these experienced runners, but they were trying so hard to make me feel that I was one of them. It felt like we were all part of a team of individuals running together towards a common aim. To strive and achieve a seemingly impossible goal.

But, like all the other runners, I knew I had a lot to face. Pain, mental tenacity, exhaustion and a special personal strength when the going gets tough.

Now that it's over, I feel like I am really a member of the team as I've completed my first ultra-marathon and have run further than I ever believed possible and survived to tell the tale. But the most important things I've received from this experience included having fun while I was doing it, making some wonderful new friends and catching the ultra-marathon bug.

Yes, I'm hooked, so I look forward to seeing more of you all in the future. Finally, a heart-felt thanks to all those people who helped on my big day. Happy and successful running to you all.

From a first-timer,  
Linda Meadows.

Ed's note: Thanks Linda! I guess most people feel just as apprehensive doing their first ultra. It seems such an impossible goal before you start. But you coped so brilliantly. It must have been as a result of the strength and mental tenacity developed when you rode solo around Australia that did it. What an amazing lady!



Linda Meadows, female winner & Bob Sayers, competing in the Percy Cerutti Memorial 12 Hour Track Race on 30th April, 1994

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

# 50 MILE TRACK RACE

## AUSTRALIAN CHAMPIONSHIP EVENT

SATURDAY 18TH JUNE, 1994

### ENTRY APPLICATION

*please print clearly*

Surname..... Initials..... Call Name.....  
Sex M/F... Date of Birth..... Age (On day of race)..... Occupation.....  
Postal Address..... Postcode.....  
Telephone (Home) Area Code.....-.....Telephone (Work) Area Code.....-.....

Please provide details (number of races, best times and placings) for official Marathons, Ultras (50km and over), Triathalons, etc. for the purpose of race selection and runner profiles.

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

☐ Tee-Shirt                      Circle Size: 14; 16; 18; 20; 22

Note: Tee-shirts are at additional cost and must be ordered with this application as no spares will be available on race day.

For country and interstate applicants only: Yes ☐ No ☐  
Can you provide a lap scorer?

Entry Fee	\$.....
Tee-Shirt	\$.....
Donation	\$.....
Total	<u>\$.....</u>

### CONDITIONS OF ENTRY

1. No runner under the age of 18 years on the day of the race will be accepted.
2. The officials reserve the right to reject any applicant.
3. All entrants, except country and interstate runners, shall provide one person to assist with lap scoring and any other people (seconds) to assist the runner as he or she may require. Failure to provide a lap scorer may result in cancellation of application.
4. The required entry fee must be paid by the nominated date (see information).
5. A maximum field of 30 will be accepted for the track race.
6. All rules for the race must be strictly observed.

### WAIVER

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Australian Ultra Runners' Association Inc. 50 Mile Track Race for myself, my heirs, executors, and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.
2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.
3. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

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

Fill out completely this Entry application, sign and date it and send this sheet only, together with your entry fee to the nominated address by the required time.

# 15TH 50 MILE TRACK RACE

## AUSTRALIAN CHAMPIONSHIP EVENT - GENERAL INFORMATION

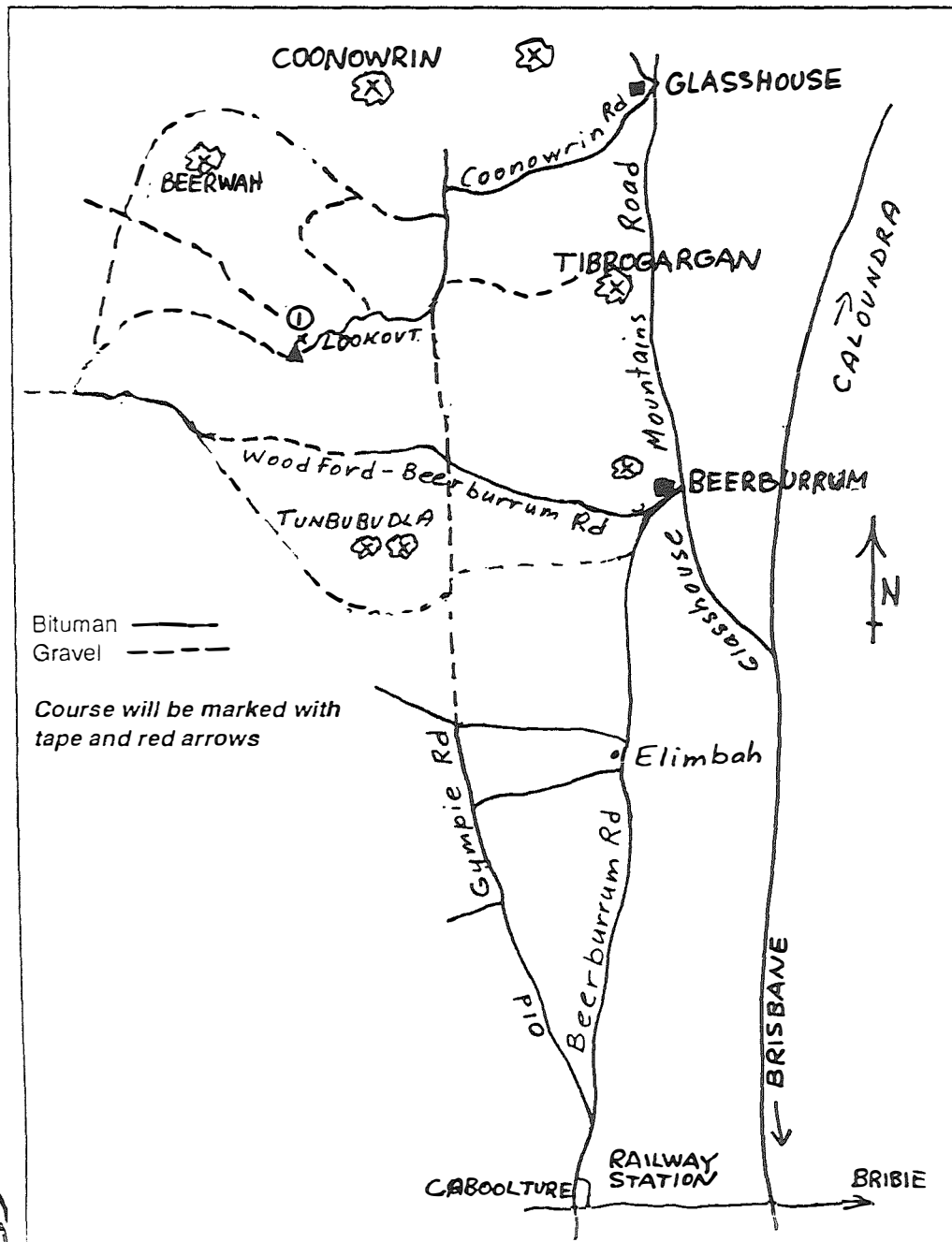
- CONDUCTED BY: AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
- DATE: Saturday 18th June, 1994
- PLACE: Bill Sewart Athletic Track, Burwood Highway, East Burwood 3151 (Melway 62C8)
- TIME: 8.00 a.m. Race Start
- REPORT IN AT: 7.00 a.m. sharp
- RACE NUMBERS: Will be issued at the venue at 7.00 a.m.
- LAP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

### RACE RULES

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

Good running and enjoy this event.

# GLASSHOUSE TRAIL RUN

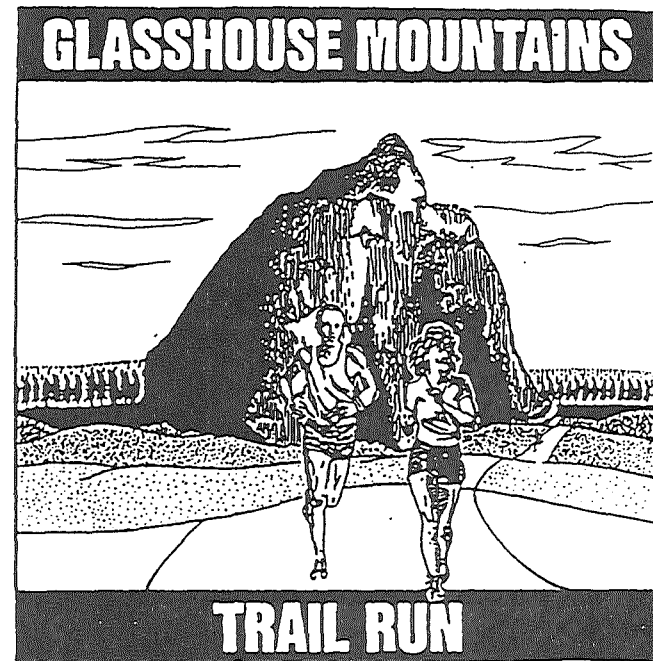


Would you like to run around **Tunbubudla** and **Beerwah**?

Would you like to run past **Tibrogargan** and **Coonowrin**?

Would you like to run over **Tibberoowuccum**?

Would you like to run to the top of **Beeburrum** and back down again?



## TOUR THE GLASSHOUSE MOUNTAINS IN A DAY

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

SUNDAY 19TH JUNE 1994

WALKERS WELCOME IN SHORTER EVENTS

66

T-Shirt

to first 50 entries

JUNE 15

# GLASSHOUSE TRAIL RUN

QMRRRC - ULTRA DIVISION

SUNDAY 19TH JUNE 1994

## START TIMES

80k (only proceeds if 10 entries by June 10) 6:00am

55k - 6:00am

35k - 7:30am

20k - 8:30am

10k - 9:00am

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

### PRESENTATIONS AND A BARBEQUE

will be held at Base (near lookout) between 1 pm and 4 pm

### ALL ENQUIRIES TO:

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

ENTRANCE  
GLASSHOUSE MOUNTAINS TRAIL RUN  
Entries should be lodged before 15th June to assist in planning water and aid stops

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

MALE ☐ FEMALE ☐

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

POST CODE: \_\_\_\_\_

DATE OF BIRTH: / / TELEPHONE: \_\_\_\_\_

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

CATEGORY:

80k - \$30 ☐ 35k - \$20 ☐ 20k - \$15 ☐55k - \$25 ☐ 10k Cross Country - \$10 ☐ (Run) ☐ (Walk)

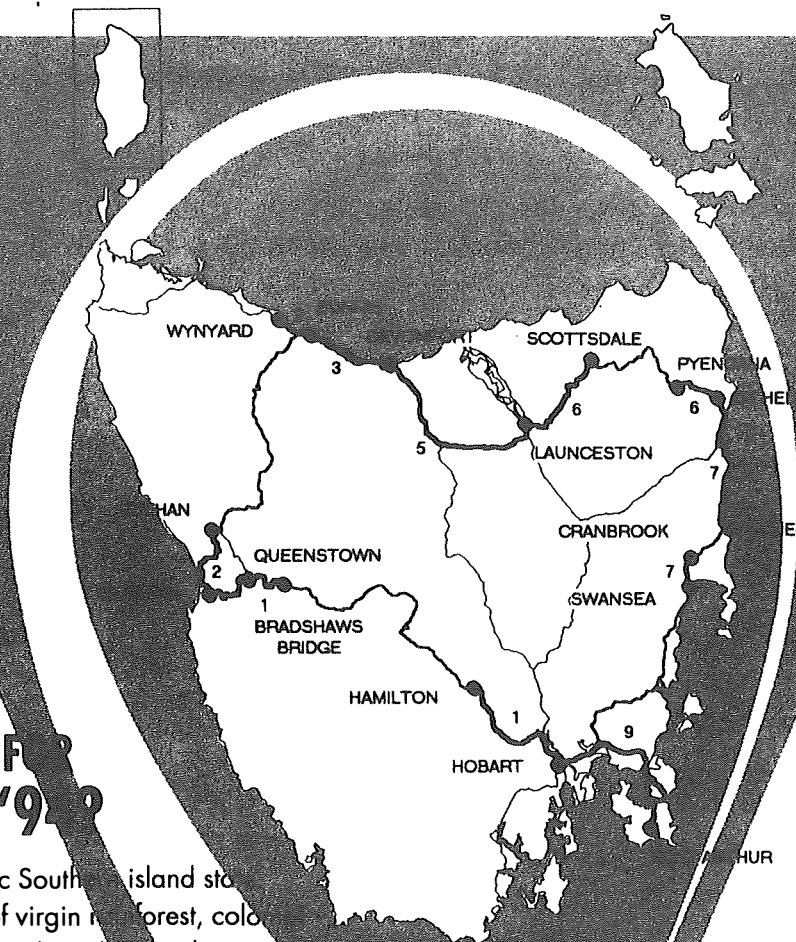
In consideration of this entry being accepted, intending to be legally bound for myself, heirs, executors and administrators, waive and release the organisers and their representatives of any injury or illness which may directly or indirectly result from my participation in the event. I further verify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

SIGNATURE: \_\_\_\_\_

DATE: / /

Cheques and Money Orders payable to QMRRRC

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



## ARE YOU READY FOR TASMANIA RUN '94

Tasmania...Australia's idyllic South Island state.  
A sought-after playground of virgin rain forest, colorful convict history, gourmet natural products and rustic rural life all bound together by an easy-going island attitude to life.

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

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

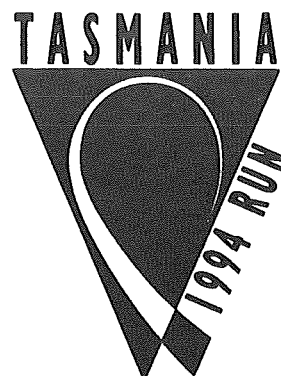
Day 1 - 75+18	Day 4 - REST	Day 7 - 75+18
Day 2 - 85 + 18	Day 5 - 100	Day 8 - REST
Day 3 - 50	Day 6 - 73+27	Day 9 - 99

Distances subject to alteration.

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

### For further information contact:

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



## THE TASMANIA RUN DAILY STAGES

Sat 6th August	Hobart to Hobart ( <i>Heritage And History Round The River Run</i> ) commencing Hobart, to Old Beach via the Bowen Bridge, to Bridgewater, New Norfolk, Boyer, Dromedary returning to Hobart via Glenorchy, Moonah. <b>Approx 90kms</b>
Sun 7th August	Richmond to Ross ( <i>The Highway Through History Run</i> ) Commences Richmond Bridge to Historic Ross Bridge via Campania Colebrook, Tunbridge, Oatlands. <b>Approx 92kms</b>
Mon 8th August	Launceston to Launceston ( <i>Villains And Vineyards Run</i> ) commencing Launceston to Dilston, Hillwood then via the Batman Bridge to Beaconsfield, Exeter, Grindelwald, Riverside <b>Approx 87kms</b>
Tues 9th August	Burnie to Devonport( <i>Rich Rural Coast Run</i> ) commencing Burnie to Wynyard, Table Cape back through Burnie to Devonport via, Penguin, and Ulverstone. <b>Approx 96kms</b>
Wed 10th August	Devonport to Cradle Valley ( <i>Into The Wilderness Run</i> ) commencing Devonport to Railton, Sheffield, Gowrie Park, Moina, Cradle Valley. <b>Approx 92kms</b>
Thurs 11th August	Strahan to Queenstown( <i>Wild West Run</i> ) commencing Strahan through Queenstown to Gormanston,Linda, Lake Burbury and return to Queenstown. <b>Approx 78kms</b>
Fri 12th August	Port Arthur to Hobart ( <i>The Great Escape Run</i> ) commences Port Arthur to Eaglehawk Neck, Dunalley, Sorell, Cambridge, over Tasman Bridge to Hobart <b>Approx 99 kms</b>
7 Days	<b>Approx Total 634 kms</b>

*(Distances and sequence of stages are subject to final course measurement, placement of start finish locations and can be altered without notice by the organisers. Contingency stages have been planned in the event of adverse weather conditions in some areas of the State)*

**"HELL IN PARADISE"**

# TELECOM TASMANIA RUN '94 ENTRY FORM



**T  
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FIRST NAME \_\_\_\_\_  
SURNAME \_\_\_\_\_  
POSTAL ADDRESS \_\_\_\_\_

**P  
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A  
C  
E**

COUNTRY \_\_\_\_\_ POST CODE \_\_\_\_\_  
TELEPHONE \_\_\_\_\_ FAX \_\_\_\_\_  
SEX \_\_\_\_\_ MALE/FEMALE  
BIRTHDAY \_\_\_\_\_  
CLUB \_\_\_\_\_  
MARATHON PERSONAL BEST \_\_\_\_\_  
50k PERSONAL BEST \_\_\_\_\_  
100K PERSONAL BEST \_\_\_\_\_  
MULTI DAY EVENT RESULTS \_\_\_\_\_

**I  
S**

## LAST FIVE(5) EVENTS RESULTS

EVENT	DISTANCE	PLACING	TIME
1 _____			
2 _____			
3 _____			
4 _____			
5 _____			

**A**

**B  
E**

T SHIRT	S	M	L	XL
SHORTS	S	M	L	XL

**A  
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Y**

PERSONAL: (please provide 150 words about you which can be used for press. Your career, ambitions, family, pets, training methods etc.. Also attach a black and white and colour photograph (Action Shots Preferred) with your name clearly written on the back of each)

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(If space insufficient attach separate sheet)

WILL YOU BE BRINGING YOUR OWN SUPPORT CREW? YES/ NO

DO YOU HAVE YOUR OWN SPONSORS? YES/NO IF YES PLEASE LIST  
(This is important as we do not wish to have a clash of sponsors)

ENTRY FEE A\$250 by 30/6/94 : A\$375 from 1/7/94 to 16/7/94. No refunds or entries after 16/7/94.

INTERNATIONAL COMPETITORS: Your entry fee in Australian \$ must accompany this form and should be made out to TELECOM TASMANIA RUN '94

## DECLARATION:

I declare that I will not make any claims against the organisers or sponsors for any injury that may be caused by my participation in this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**The Tasmania Run**  
P.O. Box 501  
Hobart, Tasmania, Australia 7001  
Telephone (002) 30 8142  
Facsimile (002) 23 8936

# NANANGO - SOUTH BURNETT



## PIONEER FOOTRACE



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

Ron & Dell Grant

96 Brisbane St  
NANANGO Qld 4615  
071 63 1645

## ENTRY APPLICATION

SURNAME ..... CHRISTIAN NAMES .....  
MALE/FEMALE AGE AT RACE TIME...PHONE H .....WORK .....  
POSTAL ADDRESS..... POSTCODE .....  
BEST RESULTS IN MARATHONS, ULTRAS, OR OTHER CLAIMS TO FAME

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

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

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

**Good Quality SURF SHIRTS - BRIGHT COLOURS**

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

**RUNNERS ARE PROVIDED WITH ONE SHIRT**

*Free of charge !!!*

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

SIZE	NUMBER
S	.....
M	.....
LG	.....
XLG	.....



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

[ PAYMENT  
ENCLOSED ]

## MEALS:

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

NUMBER OF CREW

SUNDAY	29 <sup>th</sup> AUGUST	\$10
TUESDAY	31 <sup>st</sup> AUGUST	\$10
WEDNESDAY	1 <sup>st</sup> SEPTEMBER	\$10

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

**CLOSING DATE FOR ENTRY — FRIDAY 19<sup>th</sup> AUGUST**

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

\$120.00

T-SHIRT FOR CREW .....

MEALS FOR CREW .....

TOTAL

\$

MAKE CHEQUE PAYABLE TO : —

RON GRANT

SEND ENTRIES TO : —

96 BRISBANE STREET NANANGO 4615

\*\* MOTIVATION SPOT\*\* ISAIAH 40:31

## **CONDITIONS OF ENTRY**

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

## **WAIVER**

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

Signed..... DATE .....

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

72



Association of Canadian Ultramarathoners

## HARRIERS 100K INTERNATIONAL CHALLENGE

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

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

The event will be held immediately after, as it is not officially part of, the Commonwealth Games being hosted by the City of Victoria from August 18 to August 28, 1994. Many of the top, elite ultrarunners in the world have been sent invitations, literature and entry forms for the challenge event. Already five or six of the very best ultramarathoners such as Erik Seedhouse and Andy Jones have confirmed their interest in the race. Great Britain is the first overseas country planning to send a team and Hong Kong and Botswana have also entered teams.

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

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

### HARRIERS 100K INTERNATIONAL CHALLENGE ENTRY FORM

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

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

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

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

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



## RACE DETAILS



**DATE:** Wednesday August 31, 1994  
**STARTING TIME:** 6:00 a.m. sharp  
**CUT-OFF TIME:** 6:00 p.m. - All runners must finish in 12 hours.  
**DISTANCE:** 100 Kilometres - accurately measured (12.5 laps) - certified  
**COURSE:** All paved roads, flat, good footing, excellent condition, pastoral setting  
**START/FINISH:** Stelly's Secondary School, 1627 Stelly's X Road, 10 miles north of Victoria  
**REGISTRATION:** Registrations will be accepted by mail up to race day. If sent in the last week, please contact the Race Director for confirmation of entry. Enter early to avoid disappointment of not being able to find accommodation during the week of the Commonwealth Games as all hotels/motels will be booked solid.  
**ENTRY LIMIT:** First 500 runners will be accepted.  
**CONFIRMATION:** Written confirmation and race instructions will be mailed by Aug. 1, 1994.  
**ENTRY FEE:** \$25.00 (No t-shirt) \$35.00 (With t-shirt) - Entry must be received by Aug. 1, 1994.  
**AGE CATEGORIES:** Five year age divisions for both men and women starting at age 20.  
**SERVICES:** Water at 4 locations on course, washrooms at 4 locations, sheltered clothing drop, food, detizzed coke and water at Start/Finish area. Change rooms and showers available in conjunction with awards ceremonies at Stelly's Secondary School.  
**AID:** Fruit and cookies supplied, bring your own personal drinks and energy food.  
**MEDICAL:** B.C. Ambulance Service will be available for the duration of the race. A doctor will be in attendance. Peninsula Hospital is less than one mile from the course.  
**AWARDS:** Trophies for top male and female overall.  
 Ribbons for the first 5 men and women in all age divisions.  
**TEAM COMPETITION:** An International championship trophy presented to the top commonwealth country. A National championship trophy will be presented to the top Canadian runners. A North American championship trophy is presented to the top team from Canada, Mexico or the United States.  
**TEAM FORMAT:** Up to 6 runners from each country can be designated to a team but names must be assigned prior to the race. The first 3 finishing runners will form a team and the winner will be determined by the lowest score on a combined time system.  
**DRAW PRIZES:** Numerous merchandise prizes are donated by local merchants for random draws.  
**SHIRTS:** An attractive 6 colour designer t-shirt for registrations before August 1, 1994.  
**BANQUET:** A pre-race pasta carbo loading dinner will be available for participants.  
**RESULTS:** Detailed computer results will be produced immediately after the race.  
**BILLETING:** Some billeting is available only for far-travelled elite athletes by Prairie Inn Harriers club members. Accommodation will be very, very difficult to obtain from August 18-28 because of the Commonwealth Games - BOOK HOTELS EARLY.  
**INFORMATION:** Contact Bob Reid, Race Director at (604) 384-1520.



Association of Canadian Ultramarathoners

## HARRIERS 100K INTERNATIONAL CHALLENGE

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

# Harriers International 100K Championship

Reprinted from Ultramarathon <sup>Canada</sup> Mar/Apr 1994

The Harriers International 100K Championship is now less than six months away, and it is shaping up as an historic race in Canadian ultrarunning.

Race director Bob Reid says teams have either announced plans to compete or have expressed an interest from Hong Kong, Ukraine, Great Britain, New Zealand, Botswana, the U.S. and Canada.

Meanwhile, individual runners are also registering. The top two contenders so far are Stefan Fekner of Edmonton and Andrey Reyer of the Ukraine, both of whom are capable of performances in the 6:40s.

Also entered are most members of Canada's 1993 100K World Challenge team in Belgium - including Bob Feeney of Medicine Hat AB, Ean Jackson of Vancouver, Peter Holubar of Calgary, Marcel Gagnon of Rivieres-du-Loup PQ and Ron Gehl of Kitchener ON.

The race also received a boost at the USATF 100K Championship in Sacramento when it was endorsed by Dan Brannen, chairman of the USATF Ultradistance Subcommittee.

Reid said several top American 100K runners indicated they may run the race, including Bryan Hacker, Kevin Setnes, Kris Clark-Setnes, Rae Clarke and Robert Perez.

The top women's entries so far are Canadians Ashley Evans and Sue Kainulainen of Canada, Susan Ashley of Britain, Wynnne Wu Cosgrove of Hong Kong and Susam Gimbel of California. World record holder Ann Trason remains interested but has not yet entered.

The field is expected to be the largest ever for an ultra race in Canada. Officially, the race is being designated a North American championship race by the International Association of Ultrarunners. It will also be the first formal national championship recognized by the Association of Canadian Ultramarathoners in Canada.

The race will be held "under the patronage of" Athletics Canada.

Malcolm Campbell, president of the International Association of Ultrarunners, is planning to attend the Harriers 100K in August. "I shall not be in Canada for the Commonwealth Games but will certainly do my best to be at your race," he writes from England. Campbell has also offered to promote the event at the London Marathon in April.

Scotland is considering sending teams that (contingent on funding) would include such runners as Don Ritchie, still the world track record holder for 100k; Michael Francis, Norrie Williamson, Trudy Thompson and Adrian Stott

Steve King of Okanagan Falls BC wants to make an ultra comeback at the Harriers International 100K. "This sounds like an exciting event to be a part of, and hopefully give me and many others the incentive we need to do the necessary work," he writes.

Al Howie, multi-day world record holder, is also planning to run the race. It won't be his specialty, since his warm-up time is measured in days rather than minutes or hours. His best 100K: 7:30:31 at the Toronto 100K in 1983.

## Harriers 100K Facts

Host:	Prairie Inn Harriers Running Club
Race Director:	Bob Reid (one of Canada's best ultrarunners and best ultramarathon organizers)
Date:	Wednesday 31 AUG 1994
Time:	6:00 a.m. sharp
Time Limit:	12 hours
Location:	Victoria, British Columbia
Course:	fast, flat roads in rural outskirts of Victoria (12 laps of figure 8 route)
Events:	ACU Canadian Championship IAU North American Championship International Team Championship expected to be Canada's largest ultra
Field:	
Fee:	\$25 (\$35 with six-color t-shirt)
Deadline:	AUG 1
Confirmation:	mailed with race instructions on AUG 1
Categories:	every five years starting at age 20:
Massage:	available during and after race
Services:	4 water stations, 4 washrooms each loop; clothing drop; fruit, cookies, defizzed Coke, water in start/finish area; personalized drinks and food (arrange your own); post-race change room and showers at Stelly's Secondary School
Medical:	British Columbia Ambulance; physician in attendance; hospital within a mile
Awards:	first male and first female (trophy) first Canadian man and woman (trophies) top North American team (trophy)
Format:	team competition (maximum six members with top three to count)
Draw Prizes:	numerous merchandise prizes
Banquet:	pre-race carbohydrate dinner
Results:	same day computer results
Billeting:	BOOK NOW (limited free billeting available to far-travelled athletes at homes of Prairie Inn Harriers members)
Hotels:	difficult to obtain because of Commonwealth Games which end only three days prior to 100K..
Contact:	Bob Reid, race director 1251 Tattersall Drive
Phone:	Victoria, British Columbia, V8P 1Z2 (604) 384-1520 (Fax: 604 384-4081)

Ultramarathon Canada March/April 1994

# CABOOLTURE MULTI DAY EVENT SUMMARY OF RULES AND CONDITIONS

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

**A C C E P T A N C E** All entrants must agree to abide by the race rules, as laid down by the organisers.

**C A T E R I N G** A kitchen will be in operation to assist in supplying runners with food and drink throughout the events. Any special foods and drinks will need to be supplied by the runner and his/her crew.

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

**M E D I C A T I O N** No artificial aids, or drugs are to be used, except specific prescription drugs for specific medical conditions - and only by prior arrangement with the organisers. Masseur available at some times during the race.

**S M O K E F R E E Z O N E** In the interest of competitors and helpers no smoking within a few hundred meters of the track by crew or competitors please.

**P A C I N G** No "pacing" by support crews, will be allowed on or off the track.

**R E F U N D S** To qualify for a refund, your withdrawal must be lodged prior to the race commencement date. The \$20 signing on fee is non-refundable.

**S U P P O R T C R E W** Entrants must have at least one person to help them for the 24 hours with lap counting and food. Overseas and interstate runners excepted. Local runners must include the name of one person who could do 8 hours of lap counting each day.

**W I T H D R A W A L S** The race director may at any time withdraw a contestant on medical advice or failure to abide by the race rules.

**L I T T E R I N G / T O I L E T S** No littering. Toilets are provided. Please use them. Do not urinate on the track.

# CABOOLTURE Multi Day Event

September 22-24



**S T A R T T I M E S**  
2 Day - 5 pm Thursday, 22 Sept, 1994  
1 Day & Relay - 5pm Friday, 23 Sept, 1994  
12 Hour - 5 am Saturday, 24 Sept, 1994

## CABOOLTURE

HOME OF THE CARPET SNAKE

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

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

# RACE INFORMATION

**VENUE:** Grant Rd Sports Complex  
**COURSE:** 1 km grass circuit.  
**ENTRY FEE:** RELAY - \$48 per team - No Race TShirt. Relay entries close 23rd September.  
 ULTRA - (A) \$20 signing on fee before 17th September includes Race TShirt. After 17th September Race TShirt will cost extra \$15.  
*Plus* (B) \$20 per day payable before race starts.

**START TIMES:** 2 Day - 5 pm Thursday, 22 Sept, 1994  
 1 Day & Relay - 5 pm Friday, 23 Sept, 1994  
 12 Hour - 5 am Saturday, 24 Sept, 1994

**RELAY:** One entry per team will suffice with team leaders address. A list of team members should be supplied with each entry and a contact address or telephone No. for each.

**FACILITIES:** Power points, showers, toilets.

**LAP SCORERS:** Provided for interstate and overseas runners but local runners, must bring their own.

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

*Could any persons willing to be on a roster to help with lapscoreing or the kitchen please contact:*  
 Ian Javes, 25 Fortune Esplanade, Caboolture 4510. Telephone (074) 954334.

## ENTRY FORM

CABOOLTURE MULTI DAY EVENT

Closing date for Multi Day Event 17th September 1994

ENQUIRIES TO:

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

NAME:

DATE OF BIRTH: / /

ADDRESS:

POST CODE:

TELEPHONE:

LAPSCORER:

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

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

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

SIGNATURE:

DATE: / /

Cheques and Money Orders payable to QMRRC -

Please include a brief history of your ultra running

N.B. 2 Day category will only proceed if at least 10 entrants have paid the Signing On fee by 17th Sept 1994

# Liverpool City Council

SAUCONY

## 24 HOUR TRACK RACE

ENTRY FEE  
£ 25.00  
30 Runners ONLY

RACE ORGANISER: DAVE TAYLOR Phone : (042) 740576  
RACE MANAGER : TO APPLY FOR ENTRY Form.

VENUE : WHITLAM CENTRE - LIVERPOOL 400 METRE TRACK

DATES : OCTOBER 1st & 2nd OCTOBER 1994

TIMES : START : 11AM 1st SAT OCT 1994  
FINISH: 11AM 2nd SUN OCT 1994

TOILETS / SHOWERS : ALL AVAILABLE CLOSE TO TRACK

CANTEEN : AVAILABLE 24 HOURS , MICROWAVE + HOT WATER

SWIMMING POOL : NEXT TO TRACK

TRACK LIGHTING

### PRIZES

" TO BE PRESENTED BY "

GUEST PRESENTER

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

PAIRS SAUCONY SHOES TO BE GIVEN AWAY

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

1 GRAVE YARD + 1 ENCOURAGEMENT

### RULES

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

# ENTRY FORM

## TO THE SHEPPARTON RUNNERS CLUB

### 50 KM RUN

OUT & BACK FROM VIOLET TOWN TO NALINGA RETURN

STARTING AT 7 AM SUNDAY 16TH OCTOBER 1994

START & FINISH AT VIOLET TOWN FOOTBALL GROUND

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

SEND ENTRIES TO: RUSSEL WEAVERS (058) 211490  
2 TASSONE CRT, SHEPPARTON 3630  
PLEASE INCLUDE A STAMPED SELF ADDRESSED ENVELOPE

**THE SHEPPARTON RUNNERS CLUB IS A MEMBER OF AURA**

NAME:.....

ADDRESS:.....  
.....

PHONE: .....

AGE ON 16/10/94 ..... ☐ MALE ☐ FEMALE

I, THE UNDERSIGNED, IN CONSIDERATION OF AND AS A CONDITION OF ACCEPTANCE OF MY ENTRY IN THIS EVENT FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, HEREBY WAIVE ALL AND ANY CLAIM, SIGHT OR CAUSE OF ACTION WHICH I OR THEY MIGHT OTHERWISE HAVE FOR OR ARISING OUT OF LOSS OF MY LIFE OR INJURY I MAY SUFFER OR SUSTAIN IN THE COURSE OF OR CONSEQUENT UPON MY ENTRY OR PARTICIPATION IN THIS EVENT. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED FOR THE COMPLETION OF THIS EVENT. THIS WAIVER, RELEASE AND DISCHARGE SHALL BE AND OPERATE SEPARATELY IN FAVOUR OF ALL PERSONS, CORPORATIONS AND BODIES INVOLVED OR OTHERWISE ENGAGED IN PROMOTING OR STAGING THE EVENT AND THE SERVANTS, AGENTS, REPRESENTATIVES AND OFFICERS OF ANY OF THEM.

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



# AUSTRALIAN 6 DAY RACE COLAC INC.



Phone 052 315805 President  
052 314473 Secretray  
052 321406 Treasurer

P.O. Box 163  
Colac 3250  
Victoria

1994 APPLICATION FORM RACE DATES 13.11.94 to 19.11.94

NAME:.....

ADDRESS:.....

.....

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

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

DATE OF BIRTH:.....

PERFORMANCES OVER PAST TWO YEARS:.....

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ENTRIES CLOSE 31st MAY 1994 TO THE ABOVE ADDRESS.

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

ENCLOSED IS \$60 APPLICATION FEE.

\*\*\*\*\*

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

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

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

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

Prize money for this year has not yet been arranged.

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

## SPORTVIEW

## Lavinia Petrie conquers Canberra!

LAVINIA Petrie of Wesburn confirmed her standing as Australia's champion female Ultra-Marathon runner with a superb performance in Canberra recently. The event contested was the Canberra Marathon and 50 km Ultra-Marathon, on April 10, 1994.

Running conservatively early, Lavinia passed the 25 km mark in 1hr 53m 34sec. In perfect conditions she then powered over the second half in 1hr 48m 22sec! In running 3 hr 41m 56sec for 50 km, Lavinia won by almost 9 minutes, from ex-Canadian Lorraine Lees-McGeough (SA). Lavinia's time smashed the course record by 12min 17secs and is a new Australian Road Record for 50 km.

The most outstanding facet of Lavinia's run was that she broke the **World** Female Over 50 Best Time by 30 min 4 sec! On her way she passed the marathon in 3 hr 8 min 3 sec, which placed her 7th overall and won her the Australia Veterans' Marathon Championship. This time was also an over-50 female Australian record. Congratulations to Lavinia on this fantastic result — an inspiration to all.

(P.S. She's versatile! One week after the Canberra 50 km Lavinia won the Over-50 section of the Nike Women's 5 km run!)

## ... And Greg

Greg Wilson of Toolangi competed in the men's section of the same race. After covering the first 25 km in a solid 1 hr 39 min 57 sec Greg was placed 10th. In the second half he paid the price for competing in a 24 hour race the previous fortnight. His 10 minute slow down still saw him pick up a few places, due to the high attrition rate. Many Ultra Marathon runners could not resist pulling out as they can through the marathon finish (42.2 km).

Greg's 50 km time of 3hr 29min 47sec placed him 6th and cemented his selection in the Australian team for the 1994 All World 100 km Challenge, in Japan.

The competition was so fierce that visiting Russians Genardiy Groshev and Igar Streltsov suffered the first defeat of their three-month Australian visit. (Later in April, Igor won the Victorian 24 hour championship covering 221 kilometres.)

Brian Simmons of Chum Creek was victorious in only his second attempt at an Ultra-Marathon, on the same weekend. Running in the annual Frankston to Portsea 55 km road race, Brian led unchallenged for the whole distance. Although tiring in the latter stages he held on to win by over a minute in an excellent 3hr 52min 25sec.

## Greg needs sponsors

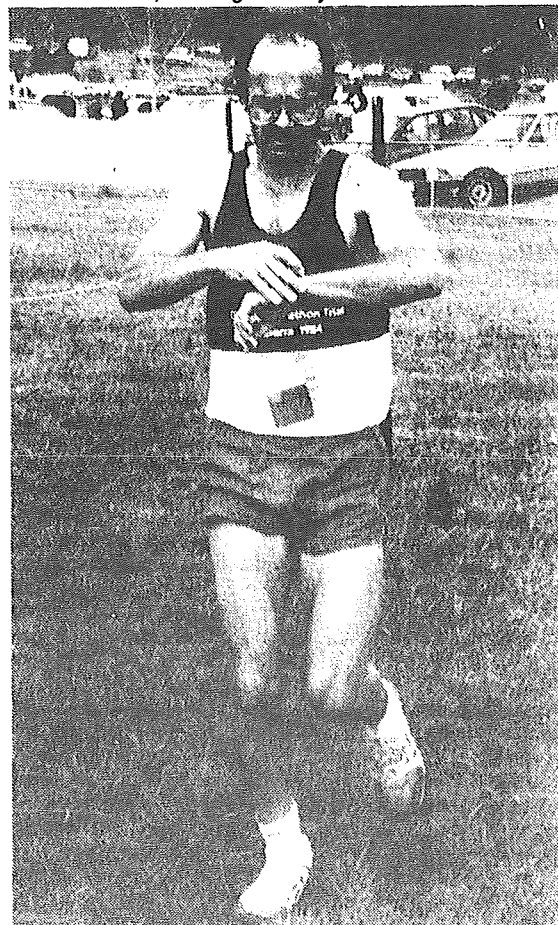
The costs of representing Australia in the World 100 km Challenge, in Japan, (in June, 1994) are rather high and our local representative, Greg Wilson needs help.

It's a great honour for Greg, and this community, that he has earned a place in the Australian team.

Greg is seeking support from the Toolangi-Healesville community. His employers, Alex Demby Timber Co, has pledged support, but further donations of any amount will be greatly appreciated. They can be sent to Greg Wilson, c/o Toolangi General Store. He can be contacted on 62 9467 (AH) for further information.



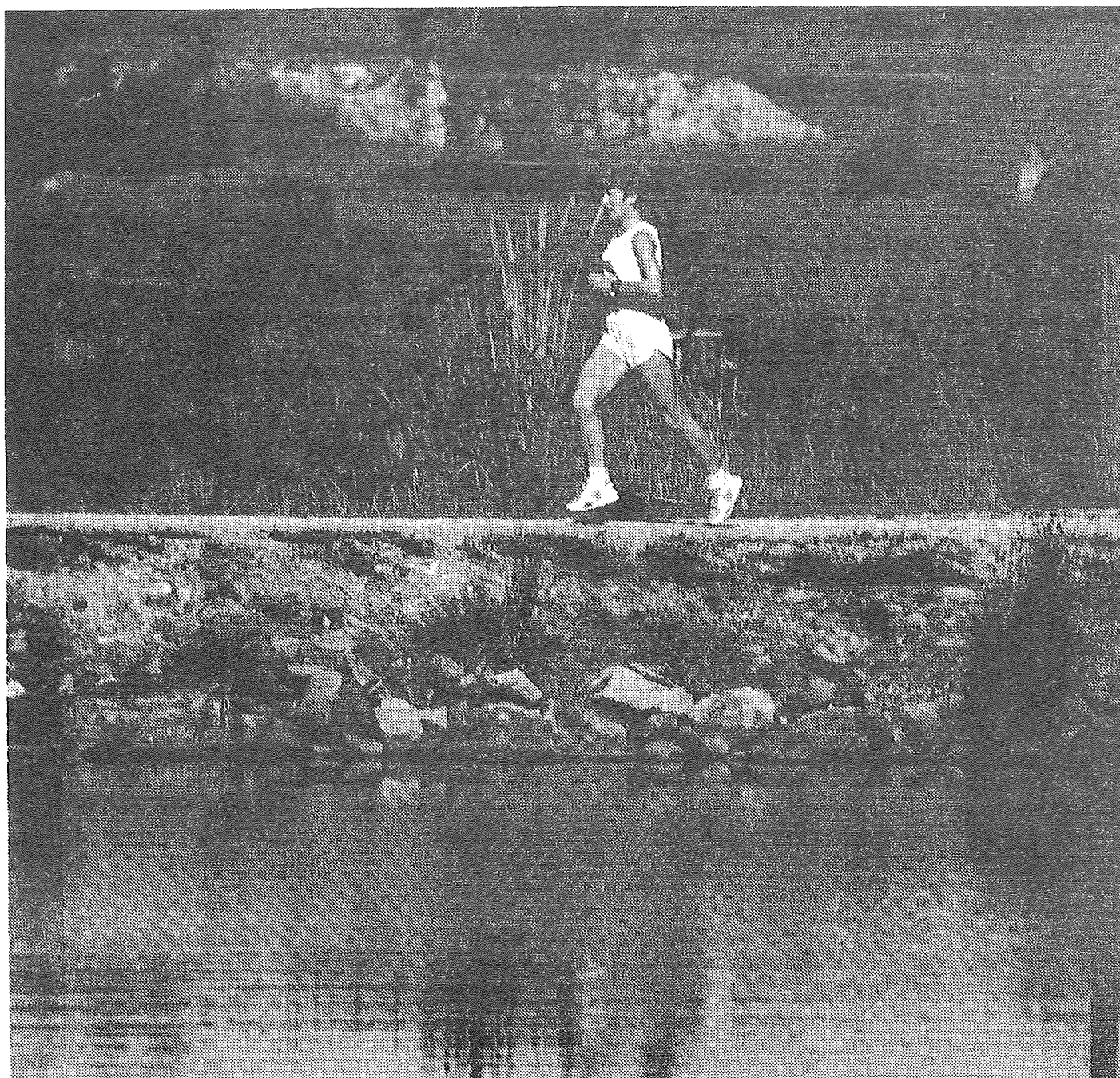
★ Lavinia Petrie receiving first female prize in 1993, from Grant Borchers, Toolangi Primary School fun run.



★ Greg Wilson times himself in a previous run.

## MEDIA ARTICLES

## OUR PEOPLE



AGE is no barrier for Wesburn ultra marathon runner Lavinia Petrie.

## Records crash as Lavinia gets better all the time

**A**T 50, when most of us start to slow down, Wesburn's ultra-marathon runner Lavinia Petrie just gets better and better.

Petrie stole the limelight with four outstanding performances in the Mobil Canberra 50km ultra-marathon earlier this month.

She crossed the 42km marathon finish line in

**SPORTS  
STAR**

seventh place with an impressive 3hr 8min 3sec, and then continued to complete the ultra 50km marathon distance.

This was done in impressive style with Petrie taking out the first female time in 3hr 41min 56sec, an Australia-

lian Open record for 50km road racing, and a world age record for women over 50.

She bettered the previous marks by 12min 29sec and 31min 16sec respectively.

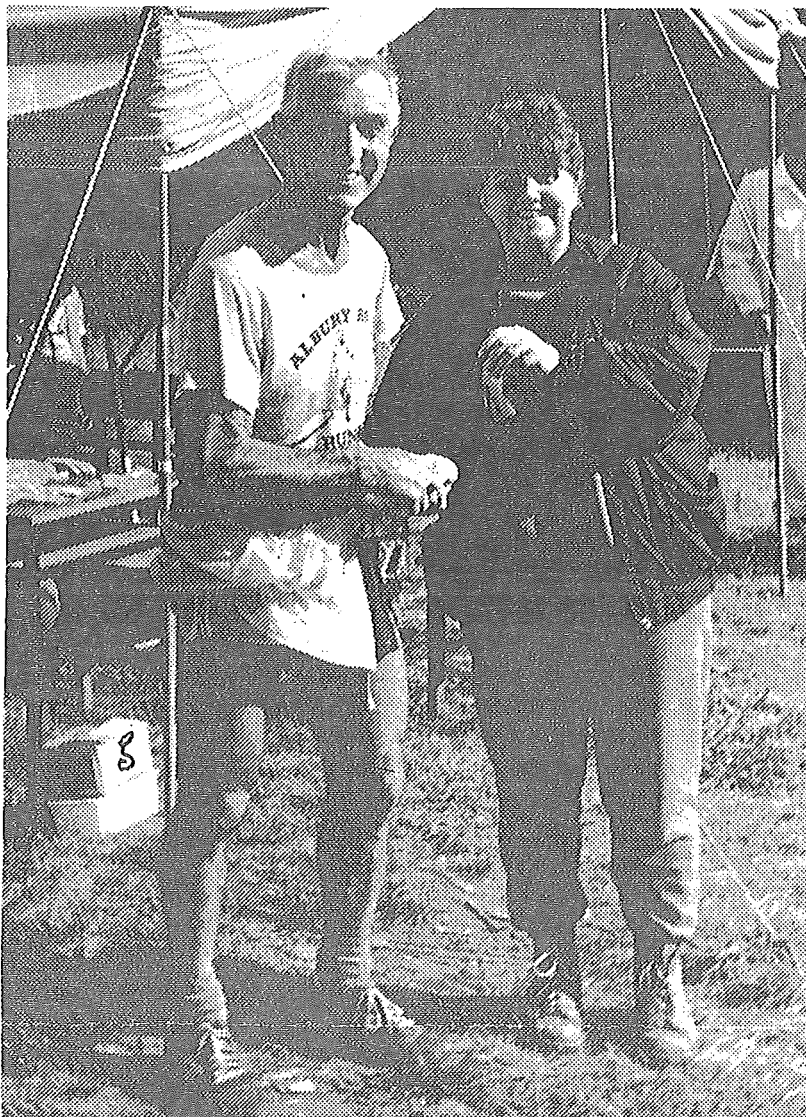
Petrie is this week's nomination for the *Lillydale Express* senior Sports Star of the Year award.

Just one week after her outstanding marathon performance Petrie lined up for the Nike Women's 5km Road race, which attracted

2500 runners, and finished a creditable 16th overall in 19min 15sec and first in the over-50s.

Petrie, who is the mother of three grown-up children, has been an athlete for the past 35 years and she is a life member of the Ringwood Athletic Club and a member of the Victorian Cross Country League and Victorian Veterans Club.

Her husband Bob is her coach and adviser.



The 1994 conquestathon was the 20th time for Max Scherleitner who completed the course in two hours and 36 minutes. Max is pictured with Lorice Vine.



Gennardy Grosher from Russia took one hour and 52 minutes, Andrew Kromar one hour and 36 minutes and Ben Maddison, 13, two hours and 42 minutes.

# Mountain climb attracts many

*Bright Alpine Observer 22 March '94*

MOUNT Bogong's resident gods must have been feeling inhospitable during the recent holiday weekend.

They called up a spell of unseasonably bad weather, showing no consideration or respect for the Upper Kiewa Valley Lions Club's 20th Mount Bogong Conquestathon, held on Sunday, March 13.

Conditions on the summit were bleak and cold and the club's summit crew, camped at the top on the Saturday night in readiness for the climbers early the next morning, experienced an uncomfortable night, and awoke to find enough snow on the ground for a snowball fight.

As a result of the cold and windy conditions, the conquestathon organisers reluctantly shortened the course for the event, turning the climbers back at the treeline.

This shortened the traditional course from 19km to about 14km, but it did not deter more than 200 people from taking part in one of the area's most popular annual family activities.

Most participants in the conquestathon treated the climb as an opportunity to climb the mountain under supervised conditions.

Families and other groups carried lunch and cameras and took most of the day to complete the course.

Although the conquestathon is not a race, there is always a small group of enthusiasts who complete the ascent and descent in as short a time as possible.

The fastest time this year, on the shortened course, was recorded by Andrew Kromar, of Wooragee, who covered the 14km in 1 hour and 36 minutes.

The 1994 conquestathon was of special significance because it was the 20th event.

Max Scherleitner, of Albury, and Simon Goss, of Melbourne (formerly of Mount Beauty), were the only two participants who had completed all previous 19 conquestathons, but many others completed the climb and collected medallions commemorating multiple conquests of the mountain.

Others tackled the climb for the first time.

They included one of the top Russian endurance runners, Gennardy Grosher, who is visiting Australia for two months at the invitation of the Australian Ultra Runners Association.

Grosher, who holds the European record for 24 hour running, has won several events in Tasmania and NSW.

He travelled to the conquestathon with Albury runners Max Scherleitner, Leigh Privett and Alan Kay, and found the conquestathon to be an enjoyable 'short training run!'

Another first time conqueror was Frank Cook, of Benalla, who rode his bicycle from Benalla for the event, taking a few days so that he could ride up Mount Buffalo and walk up Mount Feathertop on the way.

Frank, who admits to being over 70 years of age, sauntered up Mount Bogong and back in just under four and a half hours.

All participants who completed the course received medallions commemorating their participation in the climb up Victoria's highest mountain.

# ARTICLES

## A RUN ON THE WILD SIDE

On a recent trip to battle-scarred  
Belfast, TONY RAFFERTY, despite the  
troubles, continued his run program.

We walked from Belfast Central railway station. "It's only seven minutes to the city," I said to Coral. Some passengers boarded the City Bus, others hailed a cab. A blanket of dark-gray cloud hung over the city. A biting-cold, blustery wind urged us to pull up the collars of our winter overcoats as we turned left into May Street. Coral covered her head with a scarf and tucked it into her coat. Suddenly, I grasped her shoulder - an armoured vehicle entered the street. As we walked towards it two British soldiers pointed machine guns at us. "Just keep walking," I said. "Arn't they pathetic?" Dressed in full battle gear they kept their weapons trained until we passed. Coral was amused: "I don't believe this." Moving stealthily towards us about 100 metres away was another armoured vehicle with machine guns aimed in our direction. "Welcome to my home town," I joked. We crossed the road at an intersection as they swiveled watching our every move. If they noticed my subtle, reverse Churchillian salute, from Coral's right-hand shoulder, they seemed not to mind.

Unlike other cities, Belfast's wide avenues surrounded by gardens and parks make it suitable for road running. I ran round the majestic copper-domed, City Hall and traced my footsteps in the mid-50's when I weaved and trickled a soccer ball through the legs and passed the rustling feet of commuters on my way home from college.

Driving sleet whipped the streets. Wipers on car windscreens were on high speed. Some umbrellas warped, others turned inside out. I tied under my chin the hood of my fleecy-lined, wet-weather training suit and ran up Wellington Place to Belfast Technical College. In the Central Hall, I stood, where 40 years ago, through the stately stained-glass windows, the sun's rays in a hue of reds and blues speckled the faces of a few hundred students, as Professor Brown announced my position as prefect. Small puddles formed on the polished floor as I dripped dry.

Down Rosemary Street passed St. Mary's chapel and First Presbyterian church, I ran; then to Victoria Street and Belfast's "leaning tower" - the 35 metre high, Albert Memorial Clock. Now and again with friends from the gym and thousands of other revelers and with a bottle of Guinness in hand we watched the New Year in.

I ran round the 1853 sandstone monument to Prince Albert, through the city centre to an excellent example of Victorian decorative art - the Crown Liquor Saloon. A steaming-hot ploughman's lunch warmed my inside. Splinters of glass flew everywhere when a pint of frothy Guinness slipped through my numbed fingertips. The black liquor trickled round drinker's shoes and seeped into crevices in the floor. "Don't worry, Pat. You're not the first today. Everybody's lost their grip," the waiter said. "I'll pour you another in a minute. I'll get a mop." I sat at the front window and looked across Great Victoria Street at a gaping hole in the side of the Grand Opera House caused by an IRA bomb a few months earlier. On a monthly visit to the magnificent Victorian-style theatre years ago, I

climbed the stairs to the cheap seats in "the Gods" and watched Tommy Steele, Frankie Vaughan, Gypsy Rose Lee, Bob Hope, Laurel and Hardy and many others.

For two hours I sat among the chatter. Albert Reynolds and John Major had signed their crucial and historic Downing Street declaration. "It won't make any difference," somebody said. And somebody else: "After the signing there was hope but since the bombing the other day I'm cynical and pessimistic again." But these words and fading hopes did not halt a happy atmosphere in the Crown that day among the Catholics and Protestants: "Hey, Danny, did you hear the one about the...."

The rain stopped when I ran up the Falls Road. Soldiers walked six steps forward, machine guns ready, then a side step like dancing the waltz, three steps back then a half turn and the whole movement was repeated over and over again as they "danced" up and down on both sides of the war-weary Falls. I wondered was the same thing happening on the Shankill Road only a kilometre away.

On the run back to the city past burnt-out shops and bricked-up doorways I stopped to inspect the bomb damage to the Europa Hotel. I stayed there in 1986 after winning an international 1,000 mile race in Hull.

The cold snap had stopped my watch and to my surprise for the first time (due to bad weather), in its 140 years - the hands of the Albert Memorial Clock.

In the warmth of the Crown Liquor Saloon in the evening I thought that maybe one day soon the British soldiers would take their weapons back to England's shores and allow the Irish to work out their own problems. It might be asking too much during my next visit to Belfast to have a training session up the Falls and down the Shankill without the intimidation of a British "peace-making" force.

TONY RAFFERTY. MAY 1994.

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### RACE DIRECTORS, PLEASE NOTE !!

AFTER your event, a copy of your RACE RESULTS should be sent two ways. Please include DATE OF BIRTH of each competitor and always include as many splits as you can. (50km, 50 miles, 100km, 150km, marathon, 6 hours 12 hours etc.)

1. To Dot Browne (Hon. Sec) ULTRAMAG,  
4 Victory Street, Mitcham 3132 Vic.  
(for inclusion in the next issue)
2. To Gerry Riley ( AURA Statistician),  
12 English Street, Ballarat 3350 Vic  
(for inclusion in the rankings)

### COMPETITORS PLEASE NOTE!!

If the results of the event you were in is not included in the next issue of ULTRAMAG, contact your Race Director and ask WHY he or she hasn't forwarded us the results! Give 'em a hard time!

If your name doesn't appear in the rankings, it means either he or she hasn't sent results to our statistician. or that he/she hasn't included the splits in their race results.

## LIGHT AT THE END OF THE TUNNEL

Gary Parsons

In 1992 I entered the 'Nanango South Burnett Pioneer Footrace', a five day stage race held in the Nanango district organised by Ron Grant. The distance was 330kms, averaging 66-70kms per day. Even though I won this race, I finished the race with the usual great pain in the left ankle area, which was the usual thing that happened when I overworked the leg.

During the next few months, the leg wasn't getting any better, and I seemed to be pulling out of most of the long races I entered. Eventually, I went to see a specialist, who after taking scans and xrays, told me that my ankle had been broken and never been picked up during my long stay in hospital after a car accident in 1986. The ankle had mended, but four large spurs had grown around the site, and this seemed to be causing all the pain. The specialist removed the spurs, but this hindered my training and eight weeks later I entered the 1993 'stage race' wanting to defend my title.

My ankle was very painful, but it hardly occurred to me to pull out of the race, especially after speaking to Ron Grant and learnt that he had hurt his back lifting a milk crate, but he was still entering. If he could still enter, so could I. We both finished the race, not defending my title (I came in 4th) but learning so much about myself and just how far you can push your body, but most important, how the mind plays such an important part in these long distance runs. The 2nd day of that race, when my leg became so painful I walked over fifty kilometres to finish the stage - last in, chilled, dark, and feeling pretty down. Around the corner I came to the cheers of the other runners and crew, and my feelings soared. The next day I was prepared to walk for the whole stage (68kms) but after walking for some distance I started to run in small steps, gradually increasing to a more normal run, trying to ignore the pain. I told myself, 'If the pain reaches my knees I will walk again'. I ran all day, loving the feeling that I had control of my feelings. I finished the race, vowing never to enter a race again unless I was fully fit.

Right after the race finished, I sat down to think about what I thought I was capable of achieving, and drew up a little training program to try to improve my overall fitness.

This training, including getting Sharon to drive me out to Kilcoy (50 kms from home), drop me off, and I would run and walk home. This happened every Sunday morning, and with my other training through the week, and my leg improving all the time, I was in the right frame of mind when I got a phone call from Ron Grant who asked me if I would be interested in going for a world record, a 1000 Mile Track Record, that he would be staging at Nanango in March. After a discussion with my wife, Sharon, we both knew that I was more than ready for a challenge like this one, and from then on competing in this race became our life. I trained 6-8 hours every Saturday and Sunday, and through the week, after work, I would be out on the road. This left no time for much social life, or family life, so Sharon became my main training partner, running and walking and riding her bike. At least she got to spend some time with me, and kept me up-to-date on the comings and goings of the rest of the family. The weekly kilometre rate went up from approx. 160km in September to 250km by Christmas until the end of February. Some weeks when I got a little extra time, I got up to 300km. During this period, I lost all my regular training partners as I was going too slow, and earned a few nicknames, including 'Gramps'. For the first time in my life I could control my natural urge to chase after my peers and just go along at my own pace. I entered into the Rainbow Beach 50km run in November, taking it slow and easy, then the forestry 50km race in December, then an 8hr fun run at Toowoomba. I finished all these runs without feeling any stress on my body. By now, my confidence was growing, and by March, I knew all my training had been worth while - I WAS READY.

All this hard work added up to me, just an average every day runner, smashing Tony Rafferty's record by over 18 hours. It took total commitment and 100% support from my family to enable me to achieve my goals.



Runners, left to right: Bryan Smith, Greg Wilson, Bob Channels near the finish of the Tacoma 12 Hour event.

## A WEEK IN JAN 1994

\* Running pace was 8.5k,8k,7.5k,7k per hr (sometimes I went fast 9k per hr HA HA )

\* walk pace was 6k per hr & 5k per hr

	MON	TUE	WED	THU	FRI	SAT	SUN
A.M.	-	-	20km run	-	-	20km run	16km run
NOON	-	-	20km walk	-	-	20km walk	20km walk
P.M.	22km run	22km run	13.2km run	21km run	20km run	20km run	12km run 9.5km run

\* all runs slow, sometimes very slow

\* This week was up due to public holiday Wednesday.

\* this week - 255k, ave week 220k

\* work days were I left home at 5.30am back at 6.00-7.00pm

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## How Equal Is Equal ?

by Max Bogenhuber

During my involvement with the organisation of the Royal National Park Ultra I had my share of debates with other members of the committee about equal prize money for men and women. I know this is a touchy subject, particularly around the 'politically correct' trendoids.

There are a number of things one must consider when using the word EQUAL. Just how equal is equal ? Let's look at the situation in a bit more depth, not just at the mere dollar value of the actual prize and/or reward.

Every race has a prize of some description for the winner, that is the winner of the event. Then most races have prizes and/or rewards for the winners of all kinds of divisional winners, so those that are not likely to ever win an event outright can also go home with a reward for their effort. Usually these divisional prizes are considerably less than the winner's prize.

There are always screams of 'male bias' when the women's prize is less than the winner's prize, if the race is won by a man. But when the argument is put that the woman has not won the race, but only a division, the counter argument is always that women can not run as fast as men, so they deserve an equal prize.

To these people, I would like to point out that most men over 50 have about as much chance of winning a race as a woman. Many races, and definitely most ultras here in Australia, don't have age divisions, so the only ones getting anything, are the winner of the race (usually a man) and the winner of the female division of the race.

In the US, some races have adopted a system where there are only prizes for outright positions, generally down to 5th or 10th place. These placings are not as people come across the line, but are calculated in the same manner as points are awarded for the decathlon; i.e. you get points for how close you are to the world record, males to male records, females to female records. This way, races can be won by women as easily as men, but there is still no allowance for the aging athlete.

Those that have been involved in race organisation know how difficult it can be to juggle finances, so all the bills can be paid without reaching for your own chequebook. So, although prizes for age and/or female divisions are a nicety, they should not be expected by the competitors. The smaller the number of competitors, the more this becomes true. That is why most ultras don't have age divisions, but still they have female divisions.

As an older runner, I am very happy when winning my age division is rewarded, but I do not expect it. Why don't I expect it ?...well, I look at the two factors that should govern the awarding of prizes. One, the amount of money available for prizes and who contributed it. Two, the reward for being the best on the day, which obviously has involved a lot of hard training and sacrifice by the winner.

Take the Royal National Park Ultra of 1993 as an example, and most races would fit into the same mould, participation wise:

	Male Finishers	Female Finishers
Age under 40	36 - 41.4%	6 - 6.9%
Age 41 to 50	21 - 24.1%	1 - 1.1%
Age 51 to 60	20 - 22.9%	0
Age over 60	3 - 3.5%	0
Totals	80 - 91.9%	7 - 8.1%

The total prize money pool (coming entirely from entry fees) was \$1100.00. This was won as follows:

\$750.00 by men under 40 - 68.2% or 160% of what they contributed,  
\$150.00 by men 50 to 60 - 13.6% or 59% of what they contributed,  
\$200.00 by women under 40 - 18.2% or 263% of what they contributed.

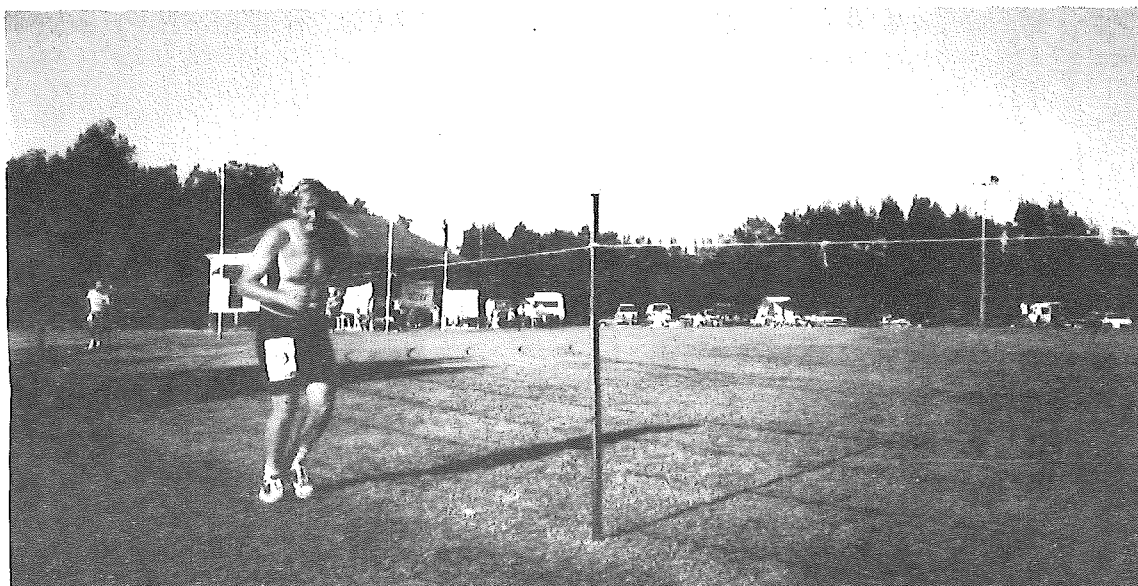
So when you look at that, you realise that on a basis of participation, the men's 40 to 50 age group fared worst, because they got nothing. The men's 50 to 60 age group's share was the second lowest, because they only got a bit more than half what they contributed. The open men's didn't do too badly, because they got more than one and a half times as much as they contributed. And guess what?...the open women's came out way in front, getting more than two and a half times what they contributed.

Now you might say but what about the overall distribution between males and females? OK, let's look at it. Overall women contributed 8.1% of the entry fees, but got back 18.2% of all entry fees. So again, they came out way in front.

I still believe that the winner of an event should get the biggest prize. After all, that is what winning is all about, getting the biggest prize. But maybe in fairness to the contributors of any race's finances, the prizes should be divvied up according to the number of entrants in each division, male and female separately. Maybe it should be split up along the line of some of those American races I mentioned earlier, so effort is rewarded equally, but making allowances for age groups too. Maybe it is all getting a bit too complex and we should just give one prize, to the winner of the race. I'm not really sure any more, but the one thing I DO know is that women are not getting a raw deal in the prize giving.

I am not having a shot at women, because most of them are great competitors, and most of them accept the situation as it is. But I DO hope that this little analysis will open the eyes of those that keep screaming 'EQUAL PRIZES FOR WOMEN!'. As this clearly demonstrates, women's prizes are mostly subsidized by the male entrants, but are the men complaining? Mostly not, nor should they, as long as that very vocal, minority group of women, that always manages to get the attention, stop their whinging and whining and for once ask themselves 'How equal is equal?'.

You may say that NOT giving equal prizes to women is not fair and to that I will say 'Life is not fair, that is the way it is and always has been. That is why the winners will beat most of us, most of the time. They have been given a better motor or a better mind. Is that fair? Be grateful that you can run and participate in races, because there are a lot of people out there that have not been dealt as fair a hand as most of us runners have'.



Peter Gray from Vic.  
5th in the Tacoma 12  
Hour Track Race,  
January, 1994.

# AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

## NOTES ON CURRENT AUSTRALIAN ROAD RECORDS

by Geoff Hook

The Australian Ultradistance Road Records have finally been compiled from best information available. Obviously there may be many errors and omissions so submissions backed with supporting documentation, are invited from individuals. You may note there are discrepancies between some of the entries (i.e. times for some long distances are only marginally longer than for much shorter distances) but the records can only be compiled from hard evidence - no inferences can be drawn or pro-rata results calculated.

The lists should put pressure on race directors, or competitors can apply this pressure, to record intermediate times and or distances in longer events. It is quite obvious that if this had been done in many races, some better marks would be appearing in these lists.

Where a race is longer than a nominal distance, only the final result can be used if splits were not recorded (e.g. The Frankston to Portsea race of 34 miles (55km) - the final results only are considered for the 30 miles (50km) marks as splits are not currently recorded).

Road courses are not comparable (like between different tracks) due to both the terrain and distance measurement technique. The difference in height between start and finish is not accounted for in the lists (and nor can it be because it would be too unwieldy a proposition). However, the difference in course measurement is accounted for by the designations (a), (b), (c), (d) where (a) is the highest accuracy and comparable with the accuracy used to measure tracks. Note that split distances, or distances for split times, must be measured using the same techniques as for the course as a whole. It is no good measuring a course with a calibrated bicycle and then using a car later on to back measure say the 30 miles and 50km points in the Frankston to Portsea race. In this case, the results would be classified as a (c). Results from (a) measured courses will always carry more weight than other results.

The definition of a road course is anything that is not classified as a track or trail course.

# AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

## CURRENT AUSTRALIAN ROAD RECORDS

as at April, 1994

### MEN - CLASS 1 RECORDS

50km	Trevor JACOBS (ACT)	3:05:06 (a)	Canberra ACT	18/4/93
100km	Don WALLACE (Q'ld)	6:39:26 (a)	Cambell Park, NZ	28/12/92
200km	John BREIT (Vic)	18:49:36(d)	L'ston - Hobart, Tas	16/10/88
50 Miles	George PERDON (Vic)	5:22:55 (c)*	Portsea - Melb. Vic	May 1968.
100 Miles	Keith Swift (NSW)	14:02:54 (c)	Melb - Colac, Vic	23/11/84
12 Hours	Peter SULLIVAN (Q'ld)	138.562km (d)	Caboolture, Q'ld	15/4/89
24 Hours	Bryan SMITH (Vic)	251.050km (a)	Milton Keynes, UK	4/2/90
48 Hours	George AUDLEY (WA)	335.000km (b)	Perth, WA	18/10/87
6 Days	Kevin MANSELL (NSW)	902.500km (d)	Campbelltown NSW	12/11/88

### MEN - CLASS 2 RECORDS:

150km	Graham MEDILL (Qld)	15:57:34 (d)	QRRRC 24 Hr. Q'ld	26/6/88
250km	Kevin MANSELL (NSW)	less than 2 days	Campbelltown, NSW	8/11/88
500km	Bryan SMITH (Vic)	3d.14:17: -- (c)	Albany to Perth WA	17/10/93
			(560km)	
1000km	David STANDEVEN (SA)	5d.13:55:-- (c)	Syd - Melb (1011km)	24/5/89
1500km	Ian JAVES (Qld)	13d.8:03:37(a)	Sri Chinmoy, N.Y.	1/10/89
30 Miles	George PERDON (Vic)	2:53:48 (d)	Princes Park, Vic	15/8/65
40 Miles	Martin THOMPSON (NSW)	4:04:36(d)	Isle of Man ,UK	5/5/77
200 Miles	Dave TAYLOR (NSW)	2d.11:02:03 (a)	Caboolture, Qld	3/9/91
500 Miles	Ian JAVES (Qld)	7d.6:37:11 (a)	Caboolture, Qld	25/9/89
1000 Miles	Tony RAFFERTY (Vic)	14d.16:45:11 (d)	Hull, UK	26/7/86
6 Hours	Cliff FRENCH (Qld)	70.000km (c)	Toowoomba, Qld	10/3/91
3 Days	Kevin MANSELL (NSW)	427.500km (d)	Campbelltown, NSW	9/11/88

### MEN - CLASS 3 RECORDS:

300km	Dave TAYLOR (NSW)	2d.5:20:57 (a)	Caboolture, Qld	3/9/91
400km	Graham WOODS (Qld)	2d.6:00:46 (d)	Perth-Albany, WA(407km)	1/10/88
600km	Dave TAYLOR (NSW)	4d.13:56:17 (a)	Caboolture, Qld	6/9/91
700km	Dave TAYLOR (NSW)	5d.8:59:37 (a)	Caboolture, Qld	6/9/91
800km	Ian JAVES (Qld)	7d.6:08:47 (a)	Sri Chinmoy, NY	25/9/89
900km	Ian JAVES (Qld)	8d.4:15:31 (a)	Sri Chinmoy, NY	26/9/89
2000km	Ian JAVES (Qld)	17d.4:55:37 (a)	Sri Chinmoy, NY	5/10/89
150 Miles	Ian JAVES (Qld)	1d.18:59:34 (a)	Sri Chinmoy, NY	19/9/89
250 Miles	Ian JAVES (Qld)	3d.4:53:16 (a)	Sri Chinmoy, NY	21/9/89
300 Miles	Dave TAYLOR (NSW)	3d.17:28:40 (a)	Caboolture, Qld	5/9/91
400 Miles	Dave TAYLOR (NSW)	4d.22:04:54 (a)	Caboolture, Qld	6/9/91
1500 Miles	George PERDON (Vic)	25d.22:9:-- (c) *	Transcont. Aust	1973
2000 Miles	George PERDON (Vic)	32d.19d.43:-- (c)*	Transcont. Aust	1973
2500 Miles	George PERDON (Vic)	42d.04:03:-- (c)*	" " " (2600 Miles)	1973
36 Hours	Dave TAYLOR (NSW)	212.818km (a)	Caboolture, Qld	2/9/91
4 Days	Kevin MANSELL (NSW)	570.500km (d)	Campbelltown, NSW	10/11/88
5 Days	Kevin MANSELL (NSW)	722.500km (d)	Campbelltown, NSW	11/11/88

### LEGEND:

- (a) Accurately measured course to AIMS standards.
- (b) Reasonably accurate course (uncalibrated bike, measuring wheel etc.)
- (c) Questionable course accuracy (car, motor-bike, etc. )
- (d) Unknown accuracy
- \* Solo run but the run has been well documented and subject to official scrutiny.

# AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

## CURRENT AUSTRALIAN ROAD RECORDS

### as at April, 1994

#### WOMEN - CLASS 1 RECORDS:

50km	Carol EY (ACT)	3:54:25 (a)	Canberra, ACT	18/4/93
100km	Lavinia PETRIE (Vic)	8:22:17 (a)	Cambell Park, NZ	28/12/92
200km	Cynthia HERBERT (Vic)	1d.4:51:50 (d)	Airport West-Colac (207km)	30/11/85
50 Miles	Margaret SMITH (Vic)	6:59:02 (a)	Princes Park, Melb.	21/6/87
100 Miles	Robyn WALLACE (Qld)	20:14:31 (d)	QRRC 24 Hour, Qld	26/6/88
12 Hours	Helen STANGER (NSW)	101.390km (d)	M'quarie Fields NSW	14/4/90
24 Hours	Helen STANGER (NSW)	206.497km (a)	Basel, Switzerland	3/5/92
48 Hours	Wanda FOLEY (NSW)	228.000km (d)	Campbelltown, NSW	8/11/88
6 Days	Wanda FOLEY (NSW)	619.012km (d)	Campbelltown, NSW	12/11/88

#### WOMEN - CLASS 2 RECORDS:

150km	Robyn WALLACE (Qld)	17:55:26 (d)	QRRC 24 Hour, Qld	26/6/88
250km	Wanda FOLEY (NSW)	less than 3 days (d)	Campbelltown, NSW	9/11/88
500km	G. McCONNELL (NSW)	4d.2:27:-- (c)	Albany - Perth, WA (560km)	16/10/93
1000km	Cynthia HERBERT (Vic)	8d.10:55: - -	Syd - Melb (1060km)	27/3/87
1500km	Open for claim			
30 Miles	Open for claim			
40 Miles	Open for claim			
200 Miles	Open for claim			
500 Miles	Open for claim			
1000 Miles	Open for claim			
6 Hours	Nicole CARROLL (Qld)	62.600km (c)	Toowoomba, Qld	10/3/91
3 Days	Wanda FOLEY (NSW)	331.000km (d)	Campbelltown, NSW	9/11/88

#### WOMEN - CLASS 3 RECORDS:

300km	Wanda FOLEY (NSW)	2d.21:0:0 (c)	Ger'ton to Perth WA	18/10/92
400km	Trisha SPAIN (WA)	3d.11:15:16 (d)	Perth - Albany WA (410km)	29/9/88
600km	Wanda FOLEY (NSW)	less than 6 days. (d)	Campbelltown, NSW	12/11/88
700km	Open for claim			
800km	Open for claim			
900km	Open for claim			
2000km	Open for claim			
150 Miles	Wanda FOLEY (NSW)	less than 3 days (d)	Campbelltown, NSW	9/11/88
250 Miles	Wanda FOLEY (NSW)	less than 4 days (d)	Campbelltown, NSW	10/11/88
300 Miles	Wanda FOLEY (NSW)	less than 5 days (d)	Campbelltown, NSW	11/11/88
400 Miles	Open for claim			
36 Hours	Phillipa BOLT (Qld)	122.624km (a)	Caboolture, Qld	7/9/91
4 Days	Wanda FOLEY (NSW)	417.000km (d)	Campbelltown, NSW	10/11/88
5 Days	Wanda FOLEY (NSW)	517.450km (d)	Campbelltown NSW	11/11/88

For notification of errors or corrections, please contact Geoff Hook, c/- AURA Inc, 4 Victory Street, Mitcham 3132, Vic or Fax (03) 873 3223. Any claim must be fully supported by the appropriate documentation.

# MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

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

of .....  
(Address)

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

become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

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

\*\*\*\*\*

I ..... a member of the Association  
(Name)

nominate the applicant, who is personally known to me, for membership of the Association.

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

\*\*\*\*\*

I ..... a member of the Association second  
(Name)

the nomination of the Applicant, who is personally known to me for membership of the Association.

.....  
(Signature of Secunder) (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.