

# ULTRAMAG

Vol.9, No.3 PART ONE

September, 1994



They are off and running in the IAU 100km International Challenge in Japan on 26th June, 1994. The successful Australian team are prominent in this photograph - Don Wallace (No.11) and Tim Sloan (No.13) just to Don's left, with big Ian Clarke just behind Tim's head.

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



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# EDITORIAL

Dear Members,

It has been a long time since Australia has been able to claim an Open World Record, and our rising star, Linda Meadows has triumphed. Linda announced her intention to attempt the 50 Mile World Record in only her second ultra race. I thought such an attempt ambitious and counselled to attempt only the Australian record. Well this gutsy lady ignored my advice, and the strong wind which developed during the race, to achieve a 4 minute reduction in the record to 6:07:58. Congratulations and well done Linda!

There has been a lot of activity in the records stakes. Many of the women's marks have been broken, some more than once since the previous printing, so that some people missed out on having their name recorded in the list even though they are still credited with having held the record. Only a few men's records were broken because most are considered good marks, however, many of the women's marks are still soft, or semi-soft, and hence the high activity. Linda Meadows, Mary Morgan, Helen Stanger and Georgina McConnell are in the process of changing the assessment. The road records have been well received and I was surprised to receive only one claim for a change ( and this is being investigated). The current track records are published in this issue because of the many changes that have occurred since their previous printing. Certainly printing the road and track records on a regular basis stimulates much interest to attempt to break one or more of them.

The Tassie Run was a roaring success. (Is that the Tassie Tiger?) and received great publicity in Tasmania in the print media and over the electronic media. Large full-colour, full-page spreads in newspapers and prominent TV coverage enhanced the overall success despite the appalling weather conditions. Maybe it was the tough weather conditions which created the media interest in the fool-hardy, crazy but loveable ultra-runners. Our events are not easily covered by the media (which is one reason why they don't often try) so the results in Tasmania were all the more remarkable. It is a pity only minor snippets were shown in other states. It was great to see so many top ultra athletes from around the world compete against our own best. Alan Rider did a good job in organising a high-profile, successful event and attracting so many top runners. Congratulations to Anatoli Krouglikov (Russia) and Eleanor Robinson (England) for winning this inaugural event.

Tim Sloane from Tasmania was our star Australian competitor in this year's IAU 100km World Challenge in Japan in June. Tim came tenth overall in the class time of 6:43:03, beating our previous best 100km performer, Don Wallace, who finished in 16th position in 6:57:14. Congratulations to the whole team, which finished in 6th position (with a sub-21 hour performance) and even beat the classy Russians. All team members finished the race and, by doing so, performed much better than many other notable teams.

International events are beginning to take a more prominent position in our ultra-running scene. There is a discussion and information sheet in this issue of ULTRAMAG. Let me have your various thoughts, so that I can gauge how people view the developments.

There have been a number of changes to our list of Interstate Representatives. Many thanks to those who are standing aside this year - Barbara Firkin and Therese March. Welcome to our new representatives - Bill Joannou (NSW), Brian Kennedy (WA) and Andrew Law ). The situation in Queensland is presently unclear as we have 3 nominations and so a state election must be held to decide on the 2 positions.

The committee has decided to keep our membership fee at its \$25 per year. This has been possible due to lower magazine costs, thanks to Bruce Cook and generous donations from members.

Vice- President, Tony Rafferty has finally achieved father-hood status after so many years of running the burning sands of the world's deserts. Congratulations to Tony and Coral for a fine, bouncing boy, Kieran, who will probably become an avid ultra-runner.

Our apologies for this issue. Due to the large amount of material, we have had to hold over Media Articles on Members, Articles and Overseas News.

Kind regards,

Geoff Hook.



# 1994-95 ULTRA CALENDAR

- Sept 17 **100KM ROAD RACE, NSW.** Bathurst, 6am start and finish at the Court house, Russell Street, Bathurst, time limit 12 hours. Contact Big Chris Stephenson. GPO Box 1041, Sydney, 2001, phone (02) 259 3981 (W)
- Sept 22-24 **CABOOLTURE MULTI-DAY - 48 HOUR, 24 HOUR, 12 HOUR & 24 HOUR RELAYS, Q'LD,** 4pm start. Must be at least 10 starters 10 days prior to the event. 1km circuit, Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld, phone (074)95 4334 or A. Cox P.O. Box 479, Caboolture 4510 (074) 953540
- Sept **MUNDARING TO YORK ROAD RACE, WA.** 64.36km (40 miles), start at Mundaring Shire Offices, conducted by the WA. Marathon Club, Phone Jeff Joyce (09) 447-8545.
- Oct 15 **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE, SA,** Individual or teams race, 6am start, Adelaide Town Hall, finish International Gym, Victor Harbour, \$15 entry for individual or 4 x 25km team \$80, 10 x 10km team \$100. Contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood. SA 5034 or Des Paul, (08) 298 5005
- 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 22/23 **SRI CHINMOY 12 & 24 HOUR TRACK RACE, SA.**(Australian 24 Hour Championship) Starts 8am on Saturday 22nd at Adelaide Harriers Track, \$75 entry for 24 Hour, \$35 for 12 Hour, 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 20/22 **48 HOUR ROAD RACE, S.E. QUEENSLAND,** For further information, Ron Grant, 96 Brisbane Street, Nanango 4615 Qld. Phone (071) 631 645
- 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 24-31 **HIMALAYAN RUN & TREK FROM DARJEELING, INDIA - 100 MILE 5 DAY STAGED RUN.** \$3695. For details of complete tour from Melbourne, contact Asia Express Travel Service, Level 4 2 Barrack Street, Sydney 2000 or phone (02) 262 3355 or toll free (008) 818 563. Brochure in this issue.
- Oct 30 **AURA GEORGE PERDON MEMORIAL SIX HOUR TRACK RACE, VIC.,** Knox Park Athletic Track, Scoresby, new 400m track & good facilities, 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. A good ultra for beginners.
- Nov 5 **RAINBOW BEACH TRAIL RUN, Q'LD** (beach and forest trails) 50, 33km & 10km distances. Rainbow Beach, 5am, 5am & 6.30am starts, near Gympie, QMRRC event, contact races organiser Dennis Parton, c/- P.O. Rainbow Beach 4581, phone (074) 86 3217
- Nov 13 **BRINDABELLA CLASSIC, ACT** organised by the ACT Cross Country Club, 53km trail run over the Brindabella mountains, just south of Canberra. For further details contact Trevor Jacobs & send S.S.A envelope to 7 Dovey Place, Latham ACT 2615 or phone Trevor (06) 254 7177 (H) or (06) 279 0134 (W). or ACT C.C. Club, GPO Box 252, Canberra 2601



# 1994-95 ULTRA CALENDAR

- 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, John Fetherston (052)314473 or Treasurer (052) 321406
- Dec 3 **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE, TAS.** 64km (Australia's or the world' (?) southernmost ultra race). Course takes in the length of Bruny Island. Support vehicle and helper required. Contact Mike Maddock (002) 722887 (W & 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** 52.2 km , an out and back trail run (3 times) through State Forest (3 times) on formed roads. Estimated own time event; finisher who finishes closest to noon wins! \$15 entry for race Graduated start. Meal & Christmas Dinner the night before. Cost \$12. BBQ after the race. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld for entry forms. Ph. (071) 63 1645. Entries close 30th Nov.
- Dec 31 **AUSTRALASIAN 100KM ROAD CHAMPIONSHIP, ( plus 21km, 42km & 80km just for fun!)** Waitaki District of North Otago, New Zealand, 6.00am start, 12 hours time limit, Closing date Nov. 27, Entry fee NZ\$50.00 for all events except 21km, which is \$25.00. For further details and entry forms to: Don Wallace, 11 Woombye Street, Woolloowin 4030 Qld or Phone (07) 357 8433
- 1995  
Jan 7 **CENTENARY LAKES 50KMS & 6 HOUR TRACK EVENT** at Caboolture Qld, Certified grass track. Need own lapscorer. 6pm start. A Queensland Ultra Runners' event. Contact Gary Parsons (074) 95 7208, Ian McClosky (074) 95 2864, P.O. Box 462 Caboolture.
- Jan 8 **AURA BOGONG TO HOTHAM TRAIL RUN, VIC.** 60km mountain trail run, 6.15am start at Mountain Creek Picnic Ground. 3,000m climb! Finish at Mt.Hotham. Phone Geoff Hook, (03)808 9739 (H) or (03) 826 8022 (W) , entries close 22nd Dec, 1994. You may enter for first half or second half of the event as an option. No entries on the day. \$25 for current AURA financial members, \$30 non-members.
- Jan 21/22 **TOUKLEY ROTARY 12 HOUR TRACK RACE, NSW,** starts Tacoma Oval, Tuggerawong Road, Wyong, NSW, 7pm 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 29 **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
- Feb 4/5 **LIVERPOOL LEADER SAUCONY 100KM TRACK RACE , NSW,** at the Whitlam Centre, Liverpool, 400m. track, start time 10pm Saturday, 13 hour limit. entry fee \$30.00, closing date 21/1/95. Entries to: Dave Taylor, 56 Grandview Parade, Lake Heights 2502 NSW. Ph. (042) 74 0576. Age limit 18 years.
- Feb **50 MILE ROAD CHAMPIONSHIP & 8 HOUR FUN RUN, QLD.& RELAY** Toowoomba, 1.2km circuit, Organiser: G.Medill, QMRRC event, Contact G.Medill, 13 Ramsey Street, Toowoomba 4350 Qld., phone (076)38 2023

# 1995 ULTRA CALENDAR

- Feb **RED ROCK TO COFF'S JETTY, NSW.** Starts at 6.30 am daylight savings time at Red Rock Beach Contact Steel Beveridge on (066) 53 6831 in advance to survey course on the day before. Or by post, 2 Lakeside Drive, North Sapphire, 2450, NSW.
- Feb 5 **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, phone (003)95-4294
- Feb **HOBART TO CYGNET ROAD RACE, TAS.** 54km, 7am start from Talay's, The Running Shop, Liverpool Street, Need support vehicle and helper. Contact Talays, The Running Shop, phone (002) 34 9566 or Kerri Law (002) 72 5170 (H)
- Mar 4 **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 Terry Boyd (02) 748 2377 (W) Race Committee, Six Foot Track Marathon, P.O. Box 252, Lidcombe 2141 NSW
- Mar **6 OR 12 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA,** Bunbury, organised by the Bunbury Runners' Club, certified grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact : Brian Kennedy, 64 Knight Street, Bunbury 6230, Ph. (097) 959546
- Mar **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 TRAIL 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.
- April 1/2 **VITA HEALTH FOODS 24 HOUR TRACK RACE (NSW CHAMPIONSHIP)** at Beaton Park, Foleys Road, Wollongong City, 10am start, Entry fee \$35, Entry forms to Bill Joannou, 2 McKay Street, Dundas NSW 2117.
- 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)

# 1995 ULTRA CALENDAR

- April 8/9 **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, VIC.** supported by Vets. 24 Hour Relay Challenge. Harold Stevens Athletic Track, Coburg. A maximum of 20 relay teams of up to 10 members. A maximum of 20 individual 24 Hour racers. Vets and open sections. Maximum of 20 in the individual race. 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 22 **BRISBANE WATER BUSH BASH**, NSW, 47km trail run. start at 6am at Gosford Sailing Club, 200m south of Olympic Pool, finish Olympic Motel, opposite Olympic Pool, Time limit 8 hours, \$30 entry, Entries to Graham Love, 11 Veron Road, Umina 2257. Phone (043)41 9101.
- April **ROSS TO RICHMOND ROAD RACE, TAS. 100KM**, Run the "Highway through History" between the two oldest bridges in Australia. 7am start, Need support vehicle and helper, contact Therese March (002) 391432 or Tallays Running Shop, phone (002) 34 9566 or Alan Rider, Dept of Tourism, Sport & Recreation, GPO Box 501, Hobart 7001
- April 30 **KING & QUEEN OF MOUNT MEE 50KM & 25KM, Q'LD** Out and back course (2 times for 50km) on bitumen and dirt roads. Estimated own start to finish by 1.00pm. Presentation and light lunch at Mt.Mee Hall after the race. A Queensland Ultra Runners event. Contact Gary Parsons (074) 95 7208, Ian McClosky (074) 95 2864, P.O. Box 462 Caboolture.
- May 7 **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 7 **BANANA COAST ULTRA MARATHON, NSW.** 85km. Grafton to Coff's Harbour, 6am start, Entry fee \$5, contact Steel Beveridge, 2 Lakeside Drive, North Saphire 2450, NSW, phone (066) 536831
- May 27/28 **TAMWORTH 24 HOUR CHARITY RUN, NSW**, Viaduct Park, Tamworth, 10am start. \$35 entry, 10am start on Saturday, Contact Dallas Earsman, 143 Bridge Street. Tamworth 2340, Ph.(067) 657216 (H) or (067) 653511 (W)
- 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 **24 HOUR TRACK RACE, WA**, Perth, 1km grass track, McGillvray Oval, contact Graeme Prosser, c/- "Lakeview", Davies Road, Claremont, 6010, WA, phone (09)384 6036 or Ross Parker (09) 401 7797
- June **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS, QLD.** 440m grass track, University of Queensland. Contact Ray Chatterton, P.O. Box 589, Toowong 4066 Qld.Phone (07) 376 2548 (H)
- June **AURA 50 MILE TRACK RACE, VIC.** (Australian Championship) at East Burwood (Bill Sewart Athletic Track, Burwood Highway, East Burwood, 400m track, 8am start, contact Geoff Hook, 42 Swayfield Road, Mt.Waverley, 3149 or phone (03) 808-9739.
- June **GLASSHOUSE TRAIL RUN, QLD** (10km,35km,55km, 80km) Caboolture, Q'ld, Start and finish at the lookout. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld 4510. Ph. (074) 95-4334.



# 1995 ULTRA CALENDAR

- Aug 6 **TAMBORINE TREK, QLD** 68km held in conjunction with the Gold Coast Runners' Club, starts at clubrooms on Macintosh Island, Surfers Paradise, run to the top of Mt. Tamborine and return. For details, contact Ian Cornelius, P.O. Box 469, Broadbeach 4218 Q;d. Ph (075) 92 2349 or Fax (075) 31 6171
- Aug **PERTH TO BUNBURY ROAD RACE, WA.** 187km, 10am Saturday start, 30 hour cutoff at 4pm Sunday. Contact Tony Tripp "Lakeview" Davies Road, Claremont Perth 6010 Ph. (09) 384-603
- Aug **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
- Sep **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



EVENTS CALENDAR 1994 - 95

- |             |   |
|-------------|---|
| October 23  | 50 mile & 50 km Road Race, Christchurch<br>Contact: Robert Dickison, 180 Huxley Street, Christchurch<br>Telephone: 03 332 2465  |
| December 10 | Comalco Kepler Challenge<br>67 km Mountain Run over Kepler Track<br>Contact: Kepler Challeng Committee, Box 11, Te Anau   |
| December 31 | Australasian 100 km Championship (that dam run)<br>Kurow, North Otago<br>Contact: Scott Leonard, 4/69 View Road, Mt Eden, Aucklandd<br>Telephone: 09 623 0567 Fax: 09 623 3512        |
| January     | Te Houtaewas Challenge<br>Approx 60 km along 90 Mile Beach<br>Contact: Jill Schow, Tall Tale Travel, P O Box 403, Kaitaia   |
| March       | New Brighton-Lincoln-New Brighton 100 km Road Race<br>Incorporating 5 x 20 km relay<br>Contact: Secretary, Road Racing Committee, Athletics<br>Canterbury, P O Box 3130, Christchurch |

# RACE PARTICIPANTS BEWARE

## AURA RACES

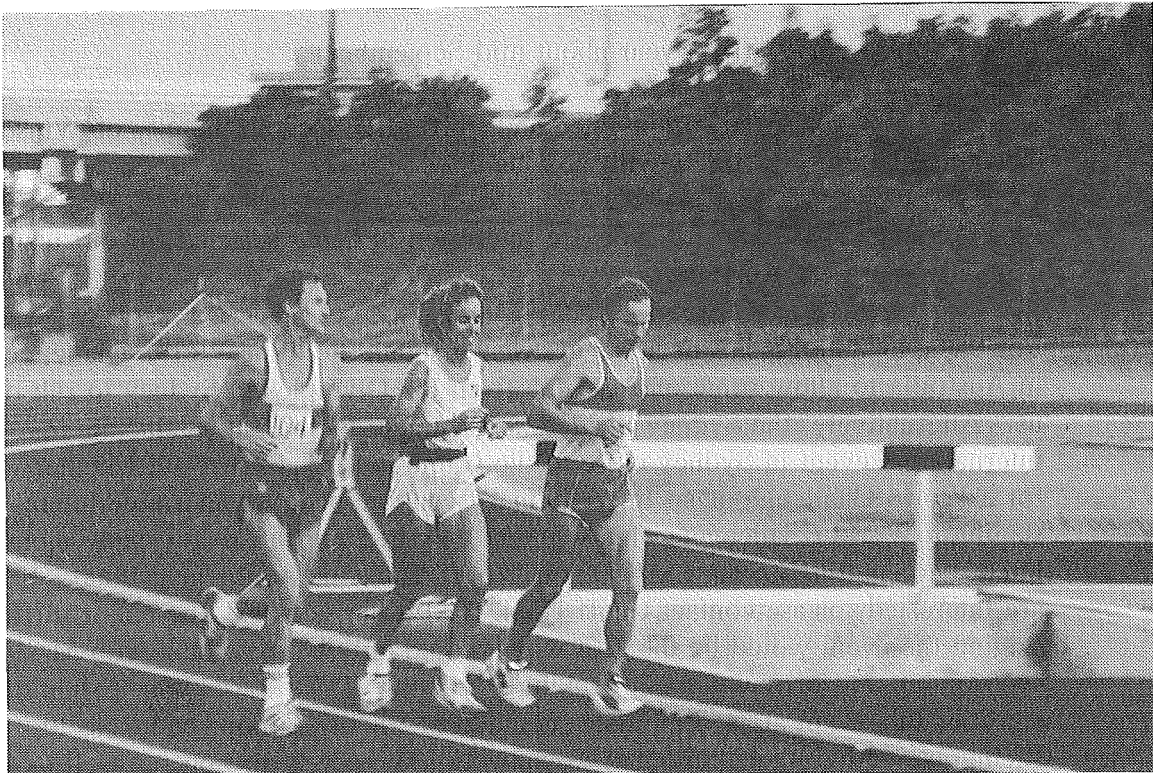
Recently a competitor became lost overnight in a trail race and the Race Director responsibly called in a search and rescue helicopter the next day. The cost of the helicopter was considerable and the competitor wanted to know if AURA would pay the bill (incidentally, the competitor was safe, believed he was never in danger and thought the calling of the helicopter unnecessary).

The race was not an AURA race so we would not consider any financial assistance. Even if it was an AURA race, we couldn't afford it. Conditions have now been written into the requirements for AURA races stating that AURA will not support any extraordinary claims arising out of its races.

AURA pays a considerable premium for Public Liability insurance which covers most liability issues connected with AURA activities. For the few liability issues not covered by our insurance, as well as any extraordinary expenses (e.g. described above), these will not be supported by AURA. We have been responsible enough by taking out Public Liability insurance. All Race Directors and competitors are responsible for extended liability cover, extraordinary expenses and personal safety in races.



**GEOFF HOOK**  
President, AURA



Igor Streltsov, Helen Stanger and Gennardy Groshev  
in the Vita Health 24 Hour Run at Wollongong.

## INTERNATIONAL EVENTS

Our involvement in international events in beginning to increase as international competition in ultra running grows more frequent and strong. This year our involvement in international races covers the Comrades Marathon in South Africa, the IAU 100km World Challenge in Japan, the Harriers 100km Commonwealth Challenge in Canada and That Dam Run in New Zealand. Added to these is our own international challenge, the Telecom Tasmania Run. All this activity is helping to lift the status and recognition of our sport.

Information on forthcoming events is:-

1. The Harriers 100km Commonwealth Challenge, 31/8/94, in Canada. Australia is to be represented by Mary Morgan from W.A. and Kevin Tiller from N.S.W. Good luck to you both!
2. That Dam Run, 31/12/1994, in New Zealand. Don Wallace, 11 Woombye Street, Woolloowin, QID 4030, is organizing the trip to take on the Kiwis. If you are interested, contact Don for more details.

### 3. The IAU 100km World Challenge

- (a) The proposed future programme is -
  - 1995 Winschoten, Holland
  - 1996 Athens, Greece
  - 1997 Amiens, France
  - 1998 South Africa
  - 1999 New Zealand
- (b) Details of this year's event in Winschoten (it is not known whether any changes will be made for next year's championship event) are:-

Date: 3/9/94 (next year about mid September)  
Start: 6:30 p.m.  
Course: 10km flat, illuminated and traffic-free loop in the city of Winschoten.  
Accommodation: Billeets with host families

Please contact Trevor Jacobs, 7 Dovey Place, Latham, ACT. 2615, if you are interested in being selected for our team to officially represent Australia.

- (c) For the year 2000, it has been suggested we should hold the World Challenge here in Australia to allow some of the shine from the Olympics in Sydney to rub off onto us. Alternatively, the Sydney Striders are actively looking at producing an international event in Sydney close to the Games. To help sort out whether we aim for a World Challenge or an International Event we need to determine interest in staging a World Challenge. This segment then becomes a call for expressions of interest for putting on the IAU 100km World Challenge in the year 2000. If you are interested, please contact Geoff Hook for further details. The major difficulty in staging the event would be the cost which could only be overcome with MAJOR sponsorship and/or government backing. Existing 100km races which should consider this event are:- Bathurst, Adelaide to Victor Harbour and Ross to Richmond. Any other individual, organization or race is also encouraged to consider putting on this event and making contact with Geoff Hook.

### 4. The Comrades Marathon, 1995

Please contact Geoff Hook if you are interested in competing so we can see what sort of a challenge can be mounted from this end.



# 100 Kilometres

The 100km road race became recognised a distance for international competition by the IAAF in 1992. The event has become popular in Europe over the last decade. Races have been conducted in many countries, and supported by the International Association of Ultra Runners, IAU.

Internationally the 100km road race has enjoyed a good growth in participation and the standard of events and performances is every improving. The World Challenge 100km has become the pinnacle of international competition. The European 100km Championship is the next major race.

In Australia there are currently three 100km road races. The Bathurst 100km in NSW in September, the Ross to Richmond 100km in Tasmania in April and the Adelaide to Victor Harbour 100km in SA in October. These races have enjoyed moderate success, and seem that they will continue. I have not run any of the races but they are all conducted on challenging courses. With 400 members of AURA, and a healthy number of runners competing in marathons, more runners should be taking on the challenge of the 100km road race. Along with the 50km and other road races of 50-100km this is a natural progression into ultra running for all runners.

In December 1992 the first Australasian 100km Championships was conducted in New Zealand on the South Island in the Waitaki Valley. 13 Australians competed in this event. It was conducted on a very scenic course which also provided fast times. The race was conducted again in December 1993 however this time only one Australian ventured across the Tasman Sea. New Zealand is very strong in ultra running, with a good depth of men and women competing. This is a very good 100km race for a trans-Tasman challenge.

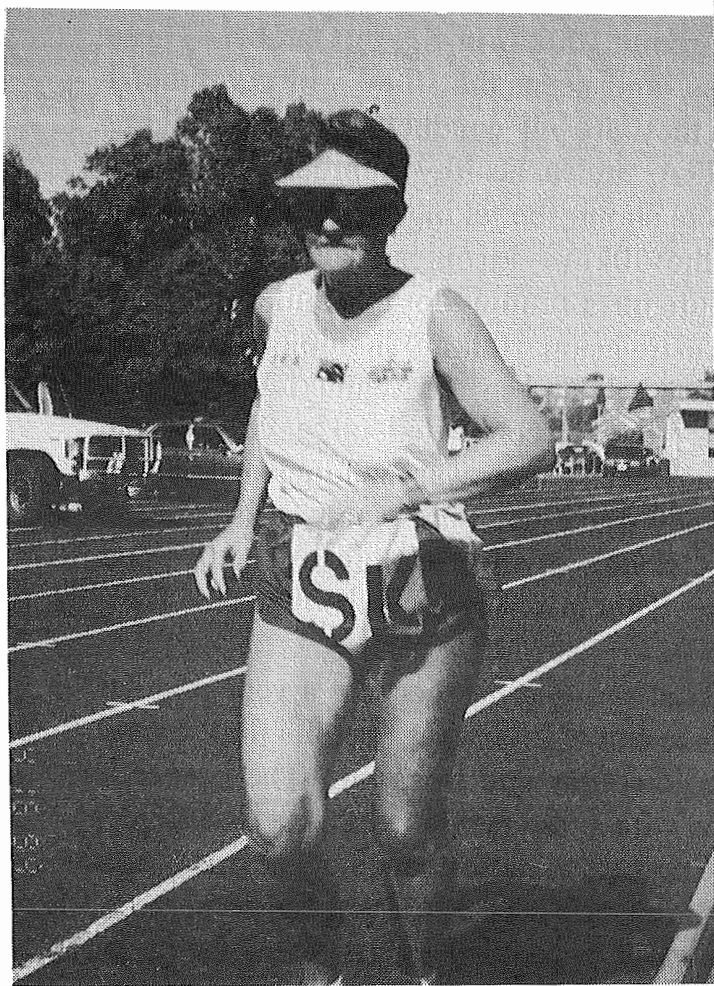
It has been great to see that Trail running has become a very popular form of ultra running, but the road race can offer similar benefits. In the road race the runner can still enjoy a scenic course and fresh air. The runner is able to run at a more controlled pace with more rhythm. Support and drinks can be more readily supplied allowing better performance. The road race also offers more crowd support and brings the race to the public's awareness.

The revival of long road races will be critical to the development of ultra running in Australia. Ultra runners in Australia could do well to improve their performances by competing in the 100km road race. The last few years have seen the development of some good ultra marathoning talent in the 100km road race. There is no reason why Australians cannot compete successfully against the rest of the world. However if international competition and performing at an elite level is not your ambition this should not stop you from having a red hot go at the 100km road race. The Lake Saroma 100km in Japan attracts a field of 2000 runners and the Comrades Marathon in South Africa attracts a field of 15 000. The 100km road race is definitely not just for the elite. It offers a unique challenge to all ultra runners. After competing in four 100km races, I have found them to be no more challenging than running the marathon. As with all ultra races the

slower pace gives time for greater enjoyment of running while the distance challenges the body and mind. The great benefit of this ultra race is that it's over in a day, or by lunch time if you're very quick, so you can relax and enjoy the shared experience of fellow runners.

I highly recommend the 1994 Australasian 100km Championships, "That Dam Run" in New Zealand as a very well organised race. It is conducted in good conditions and the Kiwis are most hospitable, even if we beat them. An entry form appears in UltraMag. Please contact me if you are interested and would like to obtain further information.

Long may you run,  
Don Wallace



Sandy Kerr, slogging it out in the heat during this year's Coburg 24 Hour Track Run



Dave Holleran on the track at Nanango during the 1000 Mile attempt.

\*\*\*\*\*  
**NEW VICTORIAN TRAIL RUN!!**  
**BASS TO BAY TRAIL RUN**

**Saturday 25th February, 1995**, starting at 8.00am at CAPE SCHANCK, (Melways 258 B12) following the Two Bays Walking Track over the top of Arthurs Seat State Park to the turn around opposite the Peninsula Power Boat Club Launching Ramp, Nepean Highway, Dromana (Melways 159 D8) and return to finish at the Cape Schanck car park. A distance of over 50km.

Race Director: John Harper, 21 Lancelot Cr. Glen Waverley 3150 Ph. (03) 803 7560

**12 .** Watch for entry form and more details in next issue!!

# ULTRA RECORDS RATIFIED AT RECENT COMMITTEE MEETINGS

## CLASS 1 ROAD RECORD

50km Nicole Carroll, Qld 3:38:04 (a) Toowoomba, Qld 13/3/94

## CLASS 2 TRACK RECORDS

1500km Gary Parsons, Qld 12d.21:10:34\* Nanango, Qld (NS) 21/3/94  
1000 Miles Gary Parsons, Qld 13d.17:41:44\* Nanango, Qld (NS) 22/3/94

## CLASS 3 TRACK RECORDS

1100km Gary Parsons, Qld 9d.9:06:21\* Nanango, Qld (NS) 17/3/94  
1200km Gary Parsons, Qld 10d.6:17:45\* Nanango, Qld (NS) 18/3/94  
1300km Gary Parsons, Qld 11d.3:40:41\* Nanango, Qld (NS) 19/3/94  
1400km Gary Parsons, Qld 12d.1:33:35\* Nanango, Qld (NS) 20/3/94  
800 Miles Gary Parsons, Qld 11d.1:37:01\* Nanango, Qld (NS) 19/3/94  
900 Miles Gary Parsons, Qld 12d.9:42:50\* Nanango, Qld (NS) 20/3/94

## CLASS I TRACK RECORDS

100km Helen Stanger NSW 9:06:41 Wollongong NSW (S) 26/3/94  
200km Helen Stanger NSW 22:16:36 Wollongong NSW (S) 27/3/94  
12 Hours Helen Stanger NSW 125.157km Wollongong NSW (S) 26/3/94  
24 Hours Helen Stanger NSW 213.491km Wollongong NSW (S) 27/3/94

## CLASS 1 TRACK RECORDS

50km Mary Morgan WA 3:49:11\* Bunbury WA (NS) 2/4/94  
100km Mary Morgan WA 8:30:31\* Bunbury WA (NS) 3/4/94  
12 Hours Mary Morgan WA 130.832km\*\* Bunbury WA (NS) 3/4/94

## CLASS 2 TRACK RECORDS

30 Miles Mary Morgan WA 3:40:36\* Bunbury WA (NS) 2/4/94

## CLASS 1 TRACK RECORD

100km Linda Meadows Vic 8:24:11 Frankston Vic (S) 30/4/94

## CLASS I TRACK RECORD

50km Linda Meadows Vic 3:45:43 E. Burwood Vic (S) 18/6/94  
50 Miles Linda Meadows Vic 6:07:58 E. Burwood Vic (S) 18/6/94

## CLASS 2 TRACK RECORDS

30 Miles Linda Meadows Vic 3:37:55 E. Burwood Vic (S) 18/6/94  
40 Miles Linda Meadows Vic 4:51:52 E. Burwood Vic (S) 18/6/94  
6 Hours Linda Meadows Vic 78.742km E. Burwood Vic (S) 18/6/94



Starters in the Bunbury 6 Hour and 12 Hour event.



# AURA ANNUAL GENERAL MEETING



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.  
(Incorporated in Victoria)

Registered Office: 4 Victory Street, Mitcham, 3132. Australia. Telephone: (03) 874-2501

## MINUTES OF ANNUAL GENERAL MEETING OF THE AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED HELD IN THE CLUBROOMS OF THE BILL SEWART ATHLETIC TRACK, BURWOOD HIGHWAY, EAST BURWOOD ON SATURDAY 18TH JUNE, 1994.

**PRESENT:** 17 Members of the Association

**APOLOGIES:** Tony Rafferty, Linda Meadows, Peter Gray, David Sill, Randall Hughes, John Champness

**MINUTES:** of the previous AGM held on Saturday 19th June, 1993, printed in Vol.8 No.3 of the the Association's magazine, ULTRAMAG, were taken as read. Moved Dot Browne/ Sandra Kerr that they be accepted as a true record of proceedings. Carried.

### 1.0 MATTERS ARISING:

- 1.1 Re. Item 7.1, Peter Gray's request that road records be kept and published. Geoff reported that he had recently completed the first set of AURA Australian Road Records which were published in the June 1994 issue of ULTRAMAG.
- 1.2 Re. Item 7.2, regarding minimum ages for participation in ultra events, as raised by Rudi Kinshofer, Geoff stated that a committee recommendation had been made that no person under the age of 18 years may participate in AURA events and that it was recommended that this policy be adopted by other ultra race directors.
- 1.3 Re. Item 7.4, Bob Petrie's suggestion for the raising of revenue, that AURA charge each race director who advertises his/her event in ULTRAMAG with a one or two page advertisement, a standard fee of \$10. Considered by those present as a worthwhile suggestion. Referred to General Business for consideration.

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

The President delivered a verbal report with apology for not having a written report available for the meeting, due to insufficient time. He mentioned:

- a. George Perdon's death,
- b. the fantastic performances of Don Wallace throughout the year (won NZ 100km for 2nd time, 12th in the Comrades Marathon South Africa where there were 13000 entries, now in the team for the 100km in Japan later this month.
- c. The many track records which had been broken this year.
- d. The road records are now published for the first time.
- e. The notable efforts of Pat Farmer in his Trans America run - 2912 miles in 502 hours.
- f. Craig Rowe's 3.15km per hour performance for 1000 hours to break the record.
- g. Thanked the committee for their support and efforts during the year to keep the association thriving.

The President stated that his report would be published in full in the next issue of ULTRAMAG along with other AGM documents.  
Moved Geoff Hook/Sandy Kerr that the President's Report be received. Carried.

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

Dot Browne circulated copies of her Secretary's report, which also will be printed in the next issue of ULTRAMAG.

Moved Dot Browne/Bill Baxter that the Secretary's Report be received. Carried.

### 4.0 TREASURER'S REPORT - Dot Browne

- 4.1 Assistant Treasurer, Dot Browne circulated copies of the financial statements for the Association for the period from 1/1/1993 to 31/12/1993, and commented on the figures, which again indicate that our Association is still surviving at the \$25 subscription rate as a result of members' generous donations.

She pointed out that although there had been an overall loss of \$456.09 on the year's transactions, she felt that the situation had improved during the first 6 months of 1994, and she was loathe to recommend a subscription increase until the position became clearer later in the year. As a result of employing Queensland member, Bruce Cook to do our printing of ULTRAMAG, this had resulted in reduced costs, although Geoff pointed out that this may be counter-balanced by the fact that our first issue for the year was a double issue.

Dot referred to the Motion in Notice of Meeting put by the committee which reads as follows:

"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".

Moved Dot Browne, seconded Bill Baxter. Carried.

- 4.2 Although the clothing account on paper has made a loss of \$270.45, it should be noted that there are 36 items of clothing on hand, the value of which would amount to around \$400.
- 4.3 A separate AURA Race Account was opened with the Bank of Melbourne in February, 1993 for monies raised from AURA events. This account balance was \$155.64 at the end of 1993.
- 4.4 Invested monies with the Bank of Melbourne now amount to \$7116.76 including principal & interest accumulated. The President commented that this amount of investment has now achieved our earlier aim of saving sufficient funds to allow us to continue publishing ULTRAMAG for another year if our membership drops to the extent that we are not covering the costs of publication.
- 4.5 The books were audited by Jeffrey Briggs who submitted his auditor's statement to indicate that the books and accounts of the Association were in order and that the financial statements were a true and correct record of the Association's finances.
- Moved Kevin Cassidy/John Harper that the Treasurer's Report be accepted. Carried.

### 5.0 STATEMENT BY COMMITTEE:

The following statement was received from the committee.

In the opinion of the committee:

- (i) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December 1993, and the state of the affairs of the Association as at 31st December, 1993.
- (ii) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
- (iii) the accounts have been compiled by the simple Income and Expenditure format.

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

## 6.0 ELECTION OF OFFICE BEARERS:

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

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

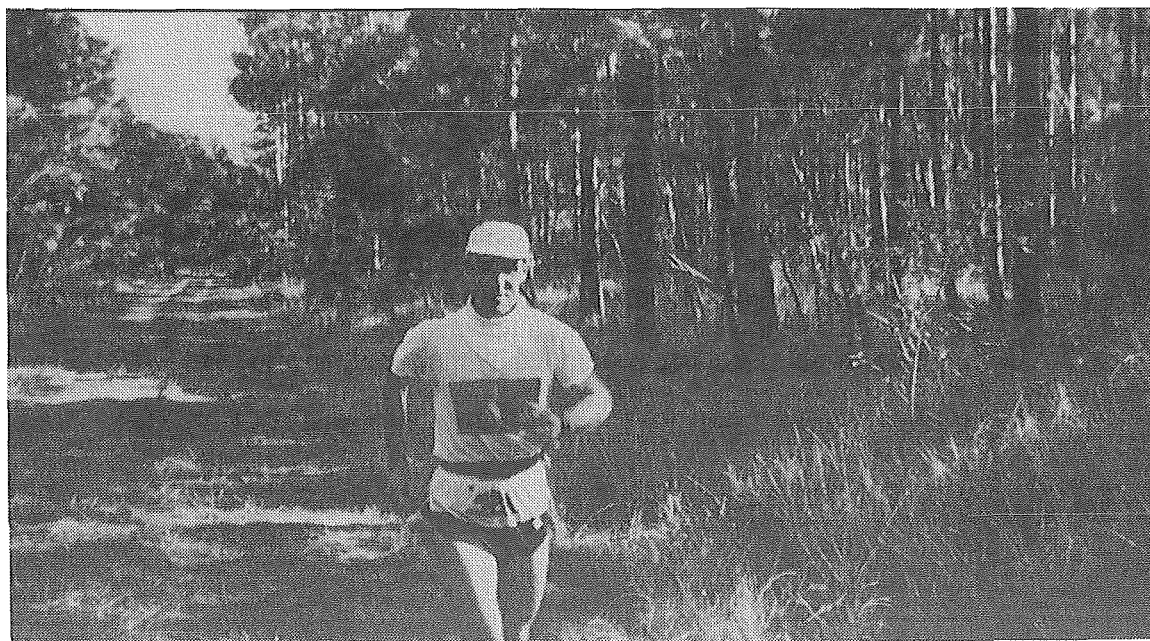
## 7.0 APPOINTMENT OF AUDITOR:

Jeff Briggs has expressed his willingness to accept the appointment of Honorary Auditor. Moved Dot Browne/Kevin Cassidy that Jeff Briggs be appointed Honorary Auditor for the year ended 31st December, 1994. Carried. It was suggested that a bottle or port should be given to Jeff with thanks from the committee. Dot to purchase it.

## 8.0 GENERAL BUSINESS:

- 8.1 Motion: Only one motion was listed for resolution, and this was dealt with under the Treasurer's Report, item 4.1
- 8.2 Rob Petrie's suggestion of a \$10 advertising race fee for race directors was discussed. Geoff Hook suggested with concurrence from Sandy Kerr that the first 2 pages of a race advertisement be free, but that \$10 for every page over that, be charged. This policy to begin in 1995 after members have had a chance to be notified. If deemed necessary, the incoming committee can pass a motion to give effect to this suggestion.
- 8.3 David Sill via fax moved a vote of thanks to President, Secretary and committee for their efforts in keeping our sport going. He also congratulated 50 Mile runners and organisers. On a sad note, he reported that members Kevin and Dawn Tiller's 3 week old baby boy had died tragically. All present expressed their deepest sympathies.
- 8.4 Tony Rafferty has phoned to say that his wife Coral is 2 weeks overdue and those present wished them all the best.
- 8.5 On behalf of those present, Dot wished Geoff an enjoyable and safe trip to Japan and the men's Australian 100km team the best of luck in the IAU 100km World Challenge in Japan. Thanks to Trevor Jacobs for doing an efficient job as Team Manager.

The meeting closed at 7.51pm.



Max Bogenhuber at the Glasshouse Run this year.



# AURA 1994/95 COMMITTEE

PRESIDENT:	GEOFF HOOK, 42 Swayfield Road, Mount Waverley 3149 Vic. (03) 808 9739 (H), (03) 826 8022 (W) FAX (03) 827 7513
VICE, PRES.	TONY RAFFERTY, G.P.O. Box 163, Box Hill 3128 Vic. or 30 Nash Road, Box Hill South 3128 (03) 808 3360 (H)
<u>HON SEC.</u>	DOT BROWNE, 4 Victory Street, Mitcham 3132 Vic. (03) 874 2501 (H), or FAX (03)873 3223
<u>ASSIS. HON SEC</u>	SANDRA KERR, 1 Olympus Drive, Croydon, 3136 Vic. (03) 725 8346 (H)
<u>HON TREAS:</u>	JOHN HARPER, 21 Lancelot Cresc, Glen Waverley 3150 (03)803 7560 (H)
<u>ORDINARY MEMBER (VIC)</u>	KEVIN CASSIDY, 4 Grandview Road, Preston 3072 Vic (03) 478 3687 (H)
<u>ORDINARY MEMBER (VIC)</u>	MICHAEL GRAYLING, 14 Banksia Court, Heathmont 3125 (03) 720 1962 (H) or (03)429 1299 (W)
<u>ORDINARY MEMBER (NSW)</u>	DAVID SILL, 2 Barnardo Close, Wahroonga 2076 NSW (02) 247 8997 (W), (02)489 6463 (H) Fax (02)251 7590 (W)
<u>ORDINARY MEMBER (NSW)</u>	BILL JOANNOU, 2 McKay Street, Dundas 2117 NSW
<u>ORDINARY MEMBER (ACT)</u>	TREVOR JACOBS, 7 Dovey Place, Latham 2615 ACT (06) 279 0134 (W), (06) 254 7177 (H)
<u>ORDINARY MEMBER (ACT)</u>	IAN JOHNSON, 137 Kalgoorlie Cres, Fisher 2611 ACT (06) 275 5941 (W) (06) 288 4986 (H)
<u>ORDINARY MEMBER (TAS)</u>	ANDREW LAW, 67 Gormanston Road, Moonah 7009 Tas Ph. (002) 725170 (H)
<u>ORDINARY MEMBER TAS)</u>	ALAN RIDER, 102 Balook Street, Lauderdale 7021 Tas (002) 308142 (W) OR (002)486220 (H) Fax 61 02 23 8936
<u>ORDINARY MEMBER (SA)</u>	RUDI KINSHOFER, 6 Falcon Court, Hallett Cove 5158 SA. (08) 381 2819 (H)
<u>ORDINARY MEMBER (SA)</u>	Position vacant
<u>ORDINARY MEMBER (WA)</u>	CHARLIE SPARE, 9 Rinaldo Cres, Coolbellup 6163 W.Aust.
<u>ORDINARY MEMBER (WA)</u>	BRIAN KENNEDY, 64 Knight Street, Bunbury 6230 West Aust.
<u>ORDINARY MEMBER (QLD)</u>	
<u>ORDINARY MEMBER (QLD)</u>	3 nominations : Ray Chatterton, Ian Javes and Dave Holleran Two representatives to be decided by vote of Queensland members.

## OFFICIAL NON-COMMITTEE POSITIONS

IAU EXECUTIVE C'TEE MEMBER	GEOFF HOOK (see above)
STATISTICIAN	Vacant - Gerry Riley has unfortunately resigned.
MAGAZINE EDITORS:	GEOFF HOOK (see above) DOT BROWNE (see above)
ASSIS. TREAS.	DOT BROWNE (see above)

# AUSTRALIAN ULTRA RUNNER'S ASSOCIATION INC.

## 1993 PRESIDENT'S REPORT by Geoff Hook



The year 1993 was marred by the news of the death on 29th June of one of AURA's founding members and top ultra runner George Person. I remember visiting George's home on several occasions shortly before his death and he loved to recall details of his previous mighty exploits such as the Perth to Sydney run, 12 hours odd for 100 miles and 150 miles in 24 hours. George is still a great man in ultrarunning and will always remain so. He is sadly missed.

The trans Tasman race went international this year in its build up to staging the IAU 100km World Challenge at the end of this millennium (a few years time). Don Wallace easily won the race for the second year in succession leaving the New Zealanders floundering in his wake. Don is turning out to be a real force in international 100km racing. Well done Don!

Even though this item is not related to 1993, I'd like to apologize to the Australian team going to Japan for the IAU 100km World Challenge. Normally I would have done a feature article on the team for the recent issue of Ultramag to wish them good luck for the race. Sometimes I get tied-up with so many other tasks to do for the publication that I forget some important things from time to time. Sorry fellas! To Don Wallace, Trevor Jacobs, Tim Sloan, Paul Every and Ian Clarke - Good Luck and Best Wishes for success.

Many track records (and some road records) have been broken, particularly for the women. The publishing of Australian records has certainly created a lot of competitive interest in some ultra races which is good for our sport.

A number of notable performances by members occurred in 1993 which are worthy of mention here. Pat Farmer came a gallant second in the tough and gruelling Trans Am race. Pat's running time was 502 hours for the 2912.35 miles spanning 19th June to 21st August. A great effort Pat, well done! That old reprobate Nobby Young achieved a great result, not only for himself but also for Life Education Centres, (both awareness and money raising) by walking around Australia. Such a task would be gruelling in normal circumstances but Nobby set himself the added difficulty of completing the same set minimum distance each and every day of the epic. Failure on any one occasion would have meant a new start. Nobby achieved his fine goal with flying colours and he was forced on more than one occasion to walk around in circles for a couple of days while his support van was being repaired, so he could keep up his minimum distance. Seems like the van's mechanical gizzards were more prone to failure than Nobby's human ones - what a surprise? Well done Nobby! Craig Rowe pushed the 1000 hours run to dizzy heights by completing a distance of 3.15km within each and every consecutive hour for 1000 hours. Even if Craig missed out by 1 second within any one of the 1000 hours, the attempt would have failed, so that sleep deprivation becomes the major enemy. A great effort Craig!

We were blessed by an extended visit by two Russians, Gennardy Groshev and Igor Streltsov. Leigh Privett kindly gave them food and shelter whilst they succeeded in cleaning up in many of our races. Their powers of recovery were unbelievable as they sometimes competed in two races in a week, week after week and if they didn't win (which was rare) they were highly placed. It was fun having them in Australia.

I wish to thank the committee for their support and efforts throughout the year. Such efforts have enabled our Association to continue to thrive.

**AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. (AURA)  
SECRETARY'S REPORT FOR THE A.G.M., JUNE, 1994.**

Our Association is now into its 9th year and things are going along smoothly. Next year is party year! We've come a long way from the first beginnings of our club at a meeting of half a dozen or so interested people at Geoff Molloy's place back in 1985. I must admit I was sceptical at that time that the club would grow to any more than 50 or so. But here we are, sitting on between 350 and 450 for the last few years, so I am delighted to be proved wrong. I have a special love for this club. I guess it's because I've seen it grow from nothing to a respectable sized association which has a common interest, freedom of speech and good communication between its members, and I feel that every member is a mate of mine. It's a nice feeling. Let's keep it that way. However, I felt we had a period of depression after the Westfield Run went down, but now there seems to be a resurgence of interest in ultra-running. This is mainly due to initiatives taken by several of our members to get new and interesting runs off the ground. Alan Rider's Tasmania Run looks like replacing the Westfield and we wish him all the best with this big one. It's shaping up to be a world-class event. Commiserations to the Royal National Park Trail Run organisers. Those January bushfires sure made a mess of your race for this year.

Thanks so much to those other members who have taken the bull by the horns and tried organising a new event - Bill Joannou, Leigh Privett, Brian Kennedy and the Shepparton Runners' Club particularly. (Sorry if I've missed anybody!) We know the work that is involved and we certainly appreciate your efforts.

Another factor in the resurgence of interest is the opportunity for some of our better athletes to officially represent Australia in IAU 100km World Challenge races overseas each year. We have some world-class talent amongst our members in both the male and female ranks and we are very proud of their achievements. We wish our team for the IAU 100km World Challenge in Japan every success later this month. Thanks also to Trevor Jacobs, who has very efficiently taken over the role of team manager.

Kev Cassidy, in between running trails all over the world, has done a great job with our AURA clothing, accepting orders and sending out gear to members. We still sell the best value running tops around. Check 'em out. If you are not already advertising AURA with your running gear, you should be. It's inexpensive and good quality! I've even got my Mum wearing it! And anyway, you should at least have an AURA sticker on your car.

Probably the saddest thing I have to report is that the superior state, the superb, the sensational, the stupendous Vics. have actually been outdone in the membership stakes. This is mainly due to one particular interstate rep. being too damn efficient! It's a real tragedy.

Thanks must go to Leigh Privett for making the Russian connection, which gave us all a chance to meet those two great Russian athletes, Igor Streltsov and Gennardy Groshev, who were such wonderful ambassadors for their country, with their friendly personalities and incredible talent. Let's hope we can get a few more over to Kamchatka this year to keep the friendships going.

I would also like to commend the Australian 6 Day Race Committee at Colac for introducing a new handicapping element into their race this year. Despite the fact that AURA's handicaps were not all that great, it certainly added interest to an already great event. Well done!

I would particularly like to thank Brian Bloomer for his most generous donations to AURA each year. Brian has been a Westfield winner, held the Australian 24 Hour Track Record for a period of time, and has always been a tough competitor. He donated \$250 this year! We can't thank you enough Brian!

I would also like to acknowledge the passing of George Perdon, one of our most famous members. George was a world class athlete and still holds many of our Australian road and track ultra records.

Finally, a big congratulations to Nobby Young for his successful Great Walk Around Australia. An amazing effort Nobby, and thanks for all the updates.

Thank you once again to all our members who give us such fantastic support and contribute so regularly to ULTRAMAG. We've got a great Association. Let's keep it going by recruiting new members whenever we can to replace those who drop out for one reason or another. Thanks also to Geoff Hook, our President who helps me put the magazine together each quarter and does all the jobs I don't enjoy.

Kind regards,

Dot Browne  
(Hon. Sec)



18/6/94.

**AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.**  
**Registered office: 4 Victory Street, Mitcham 3132**  
**Telephone (03)874 2501, Fax (03)873 3223**  
**STATEMENT OF INCOME & EXPENDITURE: MAIN ACCOUNT**  
**1/1/1993 TO 31/12 1993**

		<u>1993</u>		<u>1992</u>
<b><u>INCOME:</u></b>	266 (313 in 1992)subscriptions	6644.00		6775.00
	Donations	1144.05		1473.00
	AURA medals (from Race Directors)	235.00		260.00
	Profits Mansfield to Buller Race (part only)	6.20		97.00
	Ultra book - Rules Manual	10.00		8.00
	Sale of magazines	45.00		11.00
	Advertising in Ultramag	60.00		138.00
		<u>8144.82</u>	8144.82	<u>8624.00</u>
<b><u>EXPENSES:</u></b>	Postage	1074.56		1278.08
	Magazine expenses	6402.40		5630.81
	Computer course subsidy - Gerry Riley	31.00		
	Computer expenses - repairs	95.00		
	printer ink	55.75		
	upgrade	<u>150.00</u>		
		300.75		
	Engraving costs	7.00		46.00
	AURA Medals - Des Liston	307.80		190.95
	Bereavement flowers - George Perdon	12.00		3.00
	Photocopy paper & envelopes	15.83		17.90
	Record plaque wooden mounts			100.00
	Statement of AGM - prescribed fee	32.00		51.00
	Catering AGM	46.89		58.00
	Public Liability Insurance	332.75		294.25
	Team Managers' expenses:			
	Trevor Jacobs, NZ 100K	84.05		
	Geoff Hook, Belgium 100K	<u>48.30</u>	132.35	
	Bank charges	45.84		58.87
	Telephone	96.84		
	Photocopier service			
	Purchase of Ultra Books - RRC			
	Loss on AURA 12 Hour Track Race	30.00		17.76
		<u>8868.01</u>	8868.01	<u>7808.86</u>
		LOSS	\$ 723.19	Profit \$ 815.14
			<u>=====</u>	<u>=====</u>

**STATEMENT OF INCOME & EXPENDITURE - CLOTHING ACCOUNT**  
**1/1/1993 TO 31/12 1993**

<b><u>INCOME:</u></b>	Sale of garments, car stickers, cloth badges	336.80		
	Bank interest	14.95		
		<u>-----</u>	351.75	
<b><u>LESS EXPENSES:</u></b>	Atlas Screening - Peter Ryan	583.50		
	Postage	38.60		
	Bank charges	.10		622.20
		<u>-----</u>		
	LOSS:		\$ 270.45	<u>=====</u>

(Please Note: 48 items sold during 1993; 36 items stock in hand as at 31/12/93.)



# STATEMENT OF INCOME & EXPENDITURE - AURA RACE ACCOUNT

(Account opened with the Bank of Melbourne on 4/2/93)

INCOME:	Profits from AURA Races:		
	Mansfield to Mt. Buller, January 1993	22.68	
	50 Mile Track Race, June, 1993	<u>132.73</u>	155.41
	Bank interest		<u>.32</u>
			155.73
LESS EXPENSES:	F.I.D. charges		<u>.09</u>
	PROFIT		<u>\$155.64</u>

## FIXED TERM INVESTMENT ACCOUNTS AS AT 31/12/1993

1.	Account No. 39795075	5590.15	
	Plus interest: for the period to 9/11/93	<u>321.11</u>	\$ 5911.26
2.	Account No. 76895796	1144.70	
	Plus interest for the period to 15/10/93	<u>60.80</u>	<u>1205.50</u>
	Total Fixed Term Investments as at 31/12/93		<u>\$7116.76</u>

## CASH IN HAND, AT BANK OR INVESTED

Commonwealth Bank Cheque Account	\$	1966.73	
Bank of Melbourne Clothing Account		119.56	
Bank of Melbourne Race Account		<u>155.64</u>	2241.93
Bank of Melbourne Investments:	5590.15		
Account No. 39795075			
Interest for 1993	<u>321.11</u>	5911.26	
Account No. 76895796	1144.70		
Interest for 1993	<u>60.80</u>	1205.50	<u>7116.76</u>
Total Cash in Hand, at Bank or Invested	\$		<u>9358.69</u>

## COMBINED PROFIT & LOSS STATEMENT 1/1/93 to 31/12/1993

INCOME	Main Account	8144.82	
	Clothing Account	351.75	
	Race Account	155.73	
	Interest on investments	<u>381.91</u>	9034.21
LESS EXPENSES:	Main Account	8868.01	
	Clothing Account	622.20	
	Race Account	<u>.09</u>	9490.30
	LOSS		<u>\$ 456.09</u>

Dot Browne (Secretary - Assistant Treasurer)

I certify that the foregoing statements of accounts are a true and correct record of the Association's financial transactions for the period from 1/1/93 to 31/12/93 and its current financial position.

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

Dated: 16th June, 1994

Jeffrey Briggs (Honorary Auditor)

# LETTERS TO THE EDITOR

Dear Dot and Geoff,

I thought maybe you and your readers might be interested in my comments on the Wollongong Vita Health Foods 24 Hour Track Race.

As an ex-runner, I found it terribly frustrating to be on the sideline watching all these athletes running around the track achieving p.b.s, national records, or just reaching for that state of self satisfaction that all runners strive for. (I'd give my right arm to be able to run again!)

Having worked as part of Helen Stanger's back-up crew for a number of races, I must say I was particularly impressed with the organisation of this race. Working in Wollongong allowed me to see all the pre-race publicity and media coverage, and it was quite extensive. Obviously a lot of hard work and time was invested in the organisation of the race and in liaison with local council and media outlets. There were a few hiccups as with every event, but overall, it was pretty good.

The track was fantastic. I used to train on the old Beaton Park grass track and never dreamed it would be replaced with such a facility.

As with all ultra races, the field was full of characters. Cliffy was there entertaining everybody, the flying Fickel was giving his usual 100% and Bryan Smith was giving everything he could but couldn't compete against the Russians. I had seen Gennardy and Igor at the Six Foot Track and they are a class act. I don't think I have ever seen any runners as focussed and professional as these guys. Every single lap, they made eye contact with the lap-scorer. No wasted movements. No wasted energy. Just concentration on the task at hand. Winning!

Other runners were also giving their best. Peter Gray never gives up, always trying to pick up places right to up the end. Greg Love was there, winning the Six Hour Race. Great bloke. I was in charge of the course marking in the section of the Bushies Ultra where Greg got lost last year. No complaints. Said it was probably his fault anyway. (Who am I to argue?)

Georgina McConnell was having a good race until a stomach upset let her down. Dave Taylor kept circulating although obviously unable to perform at his best. And of course, there was Helen "Six Bricks" Stanger. I never cease to be amazed at this athlete's ability, tenacity and sheer bloody-minded determination. Whenever you think she's given everything, she digs deeper and blows away another record. The team was euphoric when she broke four National Records during what was a fantastic run. (We later learned that two records had just previously been broken) Mind you, she was a bit second-hand by the end of the presentations, and had an unusual walking style.

One of the most humorous parts of the weekend was when Helen's coach, Billy "The Captain" Collis was having a deep and meaningful debate about nutrition and training fundamentals with Igor. The most amazing part was that Igor appeared to understand him! (which is more than most of the crew can do)

Finally, there was John Cusack's inspirational effort. John walked 75kms in the 12 hours and was ably supported by his wife. I had walked a few laps with John at the Toukley Race and found his attitude refreshing. I look forward to seeing him at future ultra events.

This year's inaugural event was a resounding success and I'd certainly recommend anybody looking for p.bs on a good track with competent organisation and good company to put it on their calendar for next year.

Bill Hick.

Ed's note: Thanks Bill for a great positive report, and congratulations again to Bill Joannou and his team for what was obviously a fantastic event.

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Dear Dot,

I am astounded that Ian Javes has written "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" and "Challenge" events. If Ian does not accept their entries, then he is doing exactly what he criticises so harshly, i.e. excluding potential competitors. It should also be noted that Ian has competed in the restricted Westfield Sydney to Melbourne event.

I congratulate Gary Parsons for a magnificent achievement and cannot comprehend how anyone could suggest "that no credit should be given to performances" such as Gary's.

Yours faithfully,

Stan Miskin.

Dear Dot,

Sorry about being so slack about sending the enclosed cheque for AURA subscription but have allowed myself to be distracted by medical matters recently.

News today of a couple of competitors of heart attacks in Sydney's City to Surf prompted me to relate my experience in case any other of the more ancient members of the association are like me, running on "empty" without realizing it.

My doctor noticed I had a heart murmur nearly a year ago, but the valve leak did not appear too serious. Admittedly, I had been rather breathless running up hills or at anything above cruising pace, but I put this down to being in my 60th year and not training too seriously of late.. Although I did not feel fit enough to race, I had been keeping up daily runs, including a 16km outing the day before I finally got round to visiting a cardiologist for tests. I believed I still had energy in reserve after quarter-hour on a treadmill.

I lay on a bench while the doctor continued taking electrocardiograph readings - and the next thing I was conscious of was suddenly waking up and wondering where on earth I was. Then I recognised the doctor's voice: "It's all right now. You just blacked out for a while and we have given you an electric shock to bring you round." I felt some surprise of course when it dawned on me that what he meant was that I had died temporarily (with my running boots on, it can be noted) and had been resuscitated with a defibrillator. It was still unclear what precisely had caused the cardiac arrest. I would have bet on an electrical flaw as I was not overweight (much, at any rate) or under stress and had no chest pain or cholesterol problems.

An angiogram showed that the main artery supplying blood to the heart muscle was 70% blocked, and a week later, I had open-heart surgery for a triple by-pass and an aortic valve replacement.

The sobering thought was that, although I had thought I was reasonably fit, in fact my heart was getting enough energy only for comparatively easy work. I had been running long enough for an hour or two on the road at a moderate pace to be no great strain. But I had resolved to improve my fitness and tackle some hard hill climbs or track repetitions - or the aptly named "Heartbreak Hill" in the City to Surf. I might well have dropped dead out of reach of a defibrillator.

The obvious culprit in my artery disease was obviously the eating of animal fats, which causes atherosclerosis in susceptible folk. Had I suspected decades ago that I was in this category, I would have joined the vegetarian ranks rather than be a victim of the cows and chooks revenge.

Unfortunately, there is no simple test to tell how your arteries are faring. Most people would want to be pretty sure something was seriously wrong before electing to have an angiogram (It is a painless operation in which catheters are shoved up the femoral artery so the doctor can study conditions inside the heart arteries, but carries a slight risk)

All the same, runners (particularly the elderly, although as race casualties show comparative youngsters also fall victim) experiencing anything untoward in their heart/lung performance might find it pays to check with a cardiologist before training too strenuously.

I am still at the walking stage of recuperation and getting impatient to break into a jog: running any distance will be ultra good. Being restricted to walking makes you appreciate the extra scenery you can traverse when both feet are permitted to leave the ground simultaneously.

I admired the Victorian- style starter's uniform you modelled in the illustration to your threatening letter re. subs.

Yours faithfully,

Bob Hunter

Ed's note: Thanks for your letter Bob. Certainly a timely warning for our members. (scary actually!) Thanks also for your compliments about my new Vic. starter's uniform. Don't you laugh. My new image is having great results! Many procrastinators are taking a good hard look at themselves and have actually decided to renew their subs! Ripper!

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## **ULTRA MARATHON RACE HANDBOOK**

### **AN ESSENTIAL REFERENCE BOOK FOR RACE DIRECTORS!**

Just a reminder that this 44 page booklet is available from AURA Secretary, Dot Browne, 4 Victory Street, Mitcham 3132 for the cost of \$8.00 plus postage of \$1.50 - a total of \$9.50.

Dear Dot,

Strong words merit a strong response! I refer to your condemnation of Joe Record in the editorial in the last AURA magazine (I can't get used to calling it ULTRAMAG!.....) I might add that this letter has been simmering unsent for some time. Normally I decline to read Tony Rafferty's writings. His credibility took a nose-dive after the notorious reporting of the Ian Javes episode in the Campbelltown 6 Day event in 1990. To refresh your memory, he had, "according to a reliable source" referred to a male competitor reacting badly to Sandra Barwick's fine performance. Certainly there *was* a tantrum, but at the time, Ian was the race leader - I should know. I was there, was Ian's crew, and kept a race diary. The inference of bad sportsmanship was incorrect and malicious.

As well as this, I am put off by Tony's pretentious style (reminiscent of say Year 10 Creative Writing: Setting the stage: "The old man shuffled toward the park seat... a solitary dog sniffed the garbage can" etc.etc. You get the drift....

Anyway, to make one final point about writing for publication - it is my practice, if doing an interview (or even a race report) to check it out with the subject before it is submitted so that any mistakes can be corrected. I wonder if Joe had this opportunity. Of course, I also wonder if he actually made the statements attributed to him....

After this lengthy preamble, let me assure you that I made a point of reading the article in question. Well, big surprise! I regard it as quite a masterpiece, and to my mind captured the essence of a most unusual character. It is a respectful article and Tony deserves congratulations for it.

It is universally recognised that ultra-running attracts vastly different types of personalities who run for a variety of reasons. It seems to me that Joe runs as a matter of course, unlike some who prepare solidly for a particular event; it also seems to me that prizemoney and kudos are not all that important to him.

Certainly we all know of his enormous appetite for food, and his idiosyncratic behaviour. I for one would not expect (or ever want) Joe to be a lapscorer or an official - he's just not the type!! He's also not the only elite runner who hasn't been a race organiser - far from it.

In summary Dot, I thought your remarks were harsh and judgemental. It would be improper for any race organiser to ban an entrant to an event on the basis of what he or she is reported to have said (possibly in confidence) to a fellow runner.

Freedom of speech is part of our democratic way of life; let's hope it continues.

On a personal note, I guess my membership will have to be on an overseas basis as I'm going to live and work in the UK for a year from the end of October.

Keep up the good work. Best wishes to all.

Val Case.

Ed's note: Thanks Val for your letter. Freedom of speech is what we are on about and thank you for giving us your point of view on this matter. Food for thought. Have a great year in UK. Good luck with work prospects over there. Give us your forwarding address.

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Dear Dot,

Congratulations to all those runners who ran in Tasmania and froze their butts off doing their best. I must admit in those temperatures, I wouldn't last one day. So it was a heroic effort to persevere. Watching it on the TV news, I felt it showed most people that it is insane to hold events in unseasonable conditions and in a climate where it could be life-threatening. Having talked to some who ran and finished about oxygen and ambulance assistance and looking at Yiannis Kouros almost frozen stiff trying to walk a yard, why hold an event at this time of the year, when most runners would not have a hope in hell of acclimatising to those temperatures, coming from the mainland, let alone trying to race in it.

Having said that, congratulations Tasmania on organising a great race and I hope you run it again at a warmer time of the year to suit most people. You have a great race and it's a mighty effort by all concerned.

24 John Timms.



Dear Dot & Geoff,

John Timms asked for replies on Colac. Having organised 24 Hour, 12 Hour & 6 Day races. I know exactly how hard it is to organise a 6 day event. It takes 12 months of chasing sponsors. Many things happen; you are promised sponsorship and then someone always pulls out. Then you have to try and find a new one. The same with lapscorers. They promise to come and then pull out. Caravans, food supplied for runners, and to get any sort of prize money is a bonus. Tents, power, publicity.

Colac is the best run 6 day event ever. The people who organise it and work for it are fantastic. You are sent an invitation to run by entry. If you don't like the conditions, you shouldn't enter, but don't whinge if you do when you get everything for nothing. Joe Record can thank his lucky stars Bryan Smith did not run, because even if \$10,000 was first prize, he would not have got it. He simply cannot run the kilometres of Bryan Smith. While Joe is a great runner, he is just another runner and entered the event knowing the conditions. As for top quality runners only being in the event, and his comment on two runners walking, what a load of hog-wash! He has a short memory. I went with Kevin Mansell to Colac one year to watch Pat Farmer, and if I remember, Joe Record was doing 20kms a day just to stay in the race. He spent a lot of time drinking coffee in the milk bar with Kevin and myself. So maybe he should not be there. We all put in bad races, and not all of us are elite, but we have guts and courage and keep our sport alive even if we walk, run or crawl. So worry about yourself Joe and stop criticising the battlers! Coming from NSW, I can only say Colac has always treated me extremely well, along with the town's people. Well done Colac!

Dave Taylor.

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Dear Ian (Javes),

I would like to say that I feel you are the best race organiser I have seen. You look after the runners in every way, shape and form, from food to stats. You run your races properly. I feel people from interstate just can not afford the money to travel for a 6 Day or 1000 mile event. Some can. I have no problem. I feel the costs are fair for the race. However, it's the other costs - petrol, prior accommodation and food and then the same after the event. Then on top of these, your own personal living expenses back home which you still have to cover. Personally, any one who is looking for great races to run in, those organised by Ian Javes are the best if you have the sponsorship.

Dave Taylor.

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Dear Dot & Geoff,

Hope you are well etc. I'm living in my house in Lancashire UK now. I'm over here with my new (old) club, Leigh Harriers for a long weekend (piss-up) athletics meeting. I've entered the "Tour of Tameside" 24-30th July, a six day staged race of differing terrains, lengths etc. totalling 2 marathons, (organised by Ron Hill OBE MBE) I'm also hoping to do London to Brighton on October 2nd and the Monschan Marathon on Aug. 14th. Keep in touch.  
Best wishes,

Carl Barker  
57 Orchard Lane,  
Leigh, Lancashire, UK.

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Dear Geoff

10th June, 1994

I heard on the grapevine that you had been told that the R.N.P. ULTRA is off. Thanks for noting this in the ULTRAMAG's race calendar. Please accept this letter then as formal notification that the race is off.

I would be grateful if you could find a place in the body of your magazine for this notice, so that as many runners as possible get the message.

Many thanks  
Roger Hardy

Dear Dot,

I would like to pass on some thoughts regarding 'invitation only' events from the novice's point of view. I have been running (slowly) for 10 years and have completed a few marathons. I run to have fun and my performance is not measured in minutes per kilometre. Rather, I run to test myself and to encourage a better relationship with my inner self.

I would like to tackle an ultra and know that I will, but 5 kids, business and life in general don't allow me to simply 'pop out' one day and compete. Added to the above list of excuses is the lurking uncertainty about just what I will face when competing in an ultra. What I need from fellow runners and officials is friendship and encouragement, not an 'invitation only' attitude, or I simply won't bother!

Before I start, I am behind the 8 ball, as marathons take me 4 hours (+/- 5 minutes). It would be nice to know that slowpokes are welcome too!

Nick Drayton.

Ed's note: Nick, we couldn't agree more! We want encouragement for our members, not exclusion! How about tackling my Six Hour event on October 30th at Knox, Vic.? It's an excellent one for a first-timer. You can go and have a sleep in the middle of it if you're really stuffed! And everyone finishes at the same time so you're not keeping officials waiting unnecessarily if you run snail-pace, and apart from all that, we'd love to have you.

By the way, your line, "I run to test myself and to encourage a better relationship with my inner self" is a classic!

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Dear Dot,

Just a short note, well overdue to thank the organisers of the South Coast 24 Hour Track Championship held on 26th & 27th March. As Greg Wilson covered the race well in his report published in the last issue of ULTRAMAG, I will keep my comments brief.

Although in its inaugural year, the hard work that went into promoting and gaining sponsorship ensured a big turn up for the starter's gun, including some well-known names - Bryan Smith, Peter Gray, Greg Wilson, Cliff Young, Georgina McConnell and our two Russian visitors, Igor and Gennardy. The track itself was fast, being an almost brand new Rekortan surface, and the indoor swimming complex provided all the facilities the runners needed. Trackside music for the entire 24 hours was great for lifting runners' spirits, especially the Chariots of Fire theme, which brought tears to my eyes on those last few laps. Regular announcements on the P.A. system when runners passed significant milestones kept everyone up to date on race progress. Organisers had even arranged some entertainment for the runners - a sprint distance triathlon and a large step class demonstration in the middle of the track, but unfortunately the heavy rain caused these to be cancelled.

Speaking of the weather, this was the one element outside the race co-ordinator's control - and it absolutely teemed down, causing quite a few problems for the runners. Constantly changing shoes and socks caused valuable time loss and of course, wet feet brought some blistering problems. My momento of the race is a pair of scorched running socks that were burnt on the camping light in a desperate attempt to dry them when the supply of fresh ones ran out.

Dismissing the weather though, it was a great race on a quality track and I was happy to run a p.b. of 213kms. Thank-you to all the other competitors for their company and support, particularly Bryan, Greg, Georgina and our two Russian running friends. Sponsorship for ultra races is always difficult to obtain, but Ken Challinor from Vita Health Foods in Wollongong managed to organise trips for both male and female winners through the Tasmanian Dept of Tourism, to compete in the Bruny Island Ultra in December. At least the weather should be a little warmer than for the 7 day staged race in August in Tassie.

Thanks for a great magazine. I appreciate all the hard work that goes into producing each issue.

Yours in running,

Helen Stanger.

Ed's note: Thanks Champ for your report, and congrats. from all of us on your record breaking run.

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Dear Dot,

I would like to say welcome to three new champions. Linda Meadows, I still think you're the greatest. Clean sweep in Melbourne and a world record to boot. Mary Morgan, what a run! I hope you do well overseas. I'd like to see all top men and women over 12 hours next year at Percy Cerutti's 12 Hour in Victoria. A run to decide, once and for all who is the fastest. I'll put up \$500 for the women's race to go towards an overseas trip. Let's hope someone puts up some money for the men! It should be the top competition,

So who is this third champion?? Well it's a bloody larrikin from Queensland, Gary Parsons. Mighty effort, and congratulations to you, and also all the others who ran their records. It would be good if this race was on again as I'd like to have a go at it. I can run pretty fast for 400 yards but the rest of the distance could be a problem... But rest assured, I'll be first entry if anybody puts on a race open to ALL AURA members as I reckon 1000 miles is a bloody good test of real ultra running. So good on you Ron Grant. Let's see some real distance racing again next year.

While I can understand Ian Javes being put out over the Nanango race, I can't understand how any ultra runner could be such a bad sportsman and deny a runner a place in his race. He'd be breaking the rules he asks to be followed. I'm only a bloody ordinary runner, but fair dinkum Ian, a world record is worth more applause than your small complaint. I still think you put on a good race up there in Caboolture, but Ian, let's recognize a champion, especially from Queensland - your state and suburb.

I've just run the 48 Hour Australian Race in Queensland. There was a top field of runners and a great venue in a park overlooking the sea, although my first thoughts were that it might be unsuitable, as there were some solid trees to run into, if you ran while asleep on the second day. I ran 230 odd kilometres and enjoyed the race. I was hoping to run a lot further, but life's like that. However I pulled up fine and will run this track again. I hope to see more new runners as Queensland has some great younger and older athletes coming along. So we southerners, as they call us, had better look out, as I expect some big improvements especially from a couple of girls from... you guessed it, Nanango.

Also, in the 24 Hour run, Bryan Smith was crook with the 'flu, but still won the race. A real champion. Cliff French was aiming for 200kms. and wasn't far away. Kerrie Walker, a real champion walker in a pair of socks. I'd say there aren't any women who could beat her for courage and ability. A top athlete. John Stockman was aiming for 200km in 48 hours and got very close. I reckon this bloke's got plenty of guts, and next year, he'll achieve his goal. Tony Collins quietly put paid to the 48 Hour Race in fine style. David Standeven looked to be bolting away with the race but unfortunately an old injury stuffed him up. Bad luck David. But we all know what you're capable of and wish you well for Colac Six Day. And to all other runners' crews that I had a cuppa with, well done everyone. To Ray Chatterton and Dave Holleran and all concerned, thanks for a great 48 Hours.

I've just spent a day with Dave Taylor down at Lake Heights. His Challenge Race, which incidentally was open to all AURA members, has attracted 5 starters to contest the race from Sydney to Melbourne and back. One of the challengers is the winner of the Westfield Run and also a chap who ran second along with others who are having a go. They are also well up in the "Who's Who?" of ultrarunning. Keep an eye on the highway next year. This race is a race for runners, as even the ones who don't finish (and I reckon they'll all make it, even if they have to walk the last mile) will get prize money - quite substantial in fact. And that's the way it should be - real fun for runners of all standards who can do their best. Dave told me he hopes this race will become the race of the future and I'm sure it will, as a lot of people, including the City of Liverpool, have got behind it. It's only through Dave's perseverance and efforts that this race will take place in March. If anybody wants to go in this race, they will have to wait until the following year, as the police arrangements etc needed 6 months forward planning. They will be running 12 hour days, a very sensible race idea, I think as it will allow runners and crews proper sleep. I'm going on Dave's crew as a helper, so I'm bringing my electric cow-prodder along to keep him honest, and any other runners I see along the way slowing down.

Congratulations also to Pat Farmer on your great race in Japan. Second Australian home, and placed in the top 60. Our first Australian came from Tasmania. Congratulations to him also. (Sorry I don't know his name, as I got this on bush telegraph, but a new lad to me. The Australian team spirit was lacking as Pat stood alone while the others stood under the Australian flag. Poor sportsmanship indeed. So I was personally pleased to see Pat wallop them with his feet. Next time, I'm providing the Australian flag for all overseas runners who call themselves Australians.

John Timms.

Dear Dot,

I'd like to congratulate Allan Rider on the success of his Tassie Race, it's good to see a run take off and lift the profile of our sport. It's also good to see Aussies able to compete alongside international runners on their own soil. We certainly need events like these to emphasise Australian ultrarunning and get away from state versus state situations. I was especially pleased to see Georgina and Helen take part and do well- congratulations.

I've seen runners come and go over the last eight years so it's nice to see some of the old familiar names in Ultramag now and then. This plus new runners , including more women taking up the challenge, helps keep interest healthy. It's thanks to organisers like Allan, Ian Javes and Dave Taylor who persist in putting on events that runners can have a go. Not all of us are going to be winners or record breakers, but we are all able to take on our personal challenges and prove something to ourselves in these races.

regards



Wanda Foley

James Rooney, from Edensor Park, NSW in whiteout conditions in the Telecom Tasmania Run 1994





The Editor ULTRAMAG,

A few comments on the Telecom Tasmania Run'94. I will be brief, as no doubt you will receive extensive reports on this terrific event.

Congratulations to the principal organiser, Alan Rider and his tireless assistants for giving us a great race, carried through in a professional manner, safely and free of the hitches one might expect in a complex event in its first year. Thanks Alan, for the opportunity to be part of it. I hope I have the chance to participate again!

The course was great and should not be changed. However, there may be some merit in starting earlier each day to maximise use of daylight and perhaps transposing the last and first day to reduce the long drive to Port Arthur.

For myself, as ever, I had first class support from Debbie throughout, and also from Harry Clements, who helped nurse me through the fourth day. Also, thanks to Chris Perry, the race physiotherapist and her assistant, whose ministrations kept me going a bit longer than would otherwise have been the case.

I must also mention the Tasmanian Police assigned to the event, who entered into the spirit of it and played their part with enthusiasm, patience and concern. In conclusion, again to all those involved in the conduct of this race, well done. A memorable experience. I commend it to all AURA members without reservation.

Yours sincerely,

James Rooney

Ed's note: Thank James for the photographs. The wintry conditions are unbelievable!!!

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Dear Dot and ULTRAMAG reader,

In response to your criticism on Joe Record, I do understand why you have put down your foot. Nevertheless, I don't think that Joe should suffer for giving us, the AURA reader, a good look into his personal life and his honest opinion, as crude as it might be. Whilst Joe picks on the organisation of Colac, which happens to be where the money is at present, his comments do reflect what every runner, hopeful of winning such a prestigious event thinks. Give us enough prize money to justify the huge effort. Having made that statement, I do know how difficult it is to promote our sport. It's much too pure, fair and takes half a lifetime to excel in. It's difficult to compete against the fast and furious blood sports where burnt out young athletes are being replaced with younger ones. I remember it well when Yiannis Kouros ran close to his world record at Olympic Park in Melbourne. There was one of the greats of athletics performing performing in front of a handful of people while the roar of thousands of spectators was heard from a nearby football game. I think that speaks for itself and tells that our sport has a problem from a promotional point of view. It is extremely difficult to market.

Joe has a vision how to improve the interest of people and it might be that it might help local business at the six day race as well as the competitor. I don't know, but I do know that journalists in the Westfield Run appreciated Joe's presence to add extra spice!! Overall, I want to make the point that Joe is not an ungrateful money-grabber. When I rang him in Perth some two years ago, I had never spoken a word to him before. I asked him if he would take part in a charity teams' run from Perth to Sydney. He knew there was no money to be gained, but still gave me his commitment. I'm grateful for that and I might add that all the other runners responded positively as well. The event did not eventuate because of no sponsorship to put it on the road.

Something else came to my attention as a state representative. I hope this is appropriate for me to do and needs some explaining. In the Jagungal Trail Race, a runner became lost. Race Director, Leigh Cassidy called the rescue helicopter and got a bill for \$2,800. He is now expected to pay half of it. Perhaps an over-reaction on Leigh's behalf, but who knows? If a snake had bitten a runner and the runner had died, he would regret it for the rest of his life. Surely we have to look into the matter to get insurance for such cases. Meanwhile, I think we should collect money to cover the race director's expenses and perhaps have some to spare for the runner. I donate \$10.00 for that cause and \$5.00 from every member would make us look pretty good. This is a good opportunity to show that we appreciate organisers. Please respond.

Yours in running,

Rudi Kinshofer. (S.A. rep.)

Dear Dot & Geoff,

I would like to congratulate Alan Rider for staging a world class race in Tasmania. The Telecom 7 Day Race was a great success, with world class runners from 10 countries represented. With 7 stages, it was a hard race with plenty of hills and travelling before and after stages. The runners and crews were tested with 2 days of snow and the last day with 75km gale-force winds. The race was so well organised and will improve more next year.

I'd like to thank the Tasmanian police who got right behind this race. They were great, always there to help runners and crews on the roads. The Tasmanian people came out and cheered along the roads and TV and newspaper coverage was first class on every night and front and back pages of the papers.

When Eleanor and Nigel Robinson visited us after the race, they also were impressed with the class of the the field - the best assembled for a race, they said, so well done Alan!

With 16 finishers out of 27 starters, we were pleased with our result, that Bryan finished third overall in this class of runners. I'd like to say well done to all the runners that started and also to say that we felt for those who had to pull out with injury in this hard race, but well done to the five Australians who finished - Pat Farmer, Ross Parker, Helen Stanger, Georgina McConnell and Bryan.

To Alan Rider and committee and sponsors, many thanks for giving us this great race around your lovely state.

Yours sincerely,

Janet Smith.

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Dear Dot,

I am surprised that the Australian Ultra Runners' Association intends to keep WALK records, and whilst John Cusack (Ultramag p.27, June 94) may be disappointed, I advise that George Audley and at least 2 other West Australians and I (then a Victorian), have all walked in excess of 100 miles (160.934km) in 24 hours.

All 4 therefore exceeded John's 75.23km in 12 hours and there may well be other competitors with ultra walk distances / times to their credit.

I enclose a copy of the Sri Chinmoy 24 Hour Race Results for 1988 and a copy of a letter signed by 4 race officials regarding my walk in this event. I was 63 years old at the time and my walk splits were as follows:

50km	6 hours 21min 15s
50 miles	10 hours 40min 15s.
100km	13 hrs 28min 12s.
150km	21 hours 13min 06s.
100miles	22 hours 59min 48s.
24 hours	167.117km

I shall write again to advise my 6 hour and 12 hour splits if I can obtain them. My ultra friends may be interested to learn that, after many years of knee pains and over 18 months of walking, I am now running (jogging?) again. Approximately 6km each second day with a one hour walk on alternate days - big deal!

So far, no knee pain and I am really enjoying it, so may soon try increasing the distance. Who knows? There may yet be another marathon or ultra event left in this ageing body!

Best wishes to all the ultra folk.

Stan Miskin.

Ed's note: What Gerry Riley stated, according to John's letter is that he is "happy to second my participation in ultra events as a walker". It does NOT say that he is keeping walk records in any shape or form. In fact he is NOT. It would open up a hornet's nest of disputes about whether a walker was lifting or not, and who could possibly police a walker's style for the duration of an ultra race, especially one which goes through the night? It's just not on. What I personally told John was that I felt sure that a Race Director would allow him to walk the ultra event if he wanted to, and in fact he did. Gerry Riley probably said much the same, and probably agreed to put a "W" against his final distance in his files. That's all. We're certainly not keeping separate lists for walk performances. Case closed!

Dear Dot,

Just a short note to send you some info from Queensland. A bit of publicity I received recently. The editor of the paper was kind enough to give me front page space and the paper covers an area of approximately 10,000 people - just missing out on Ron Grant's territory.

On the 3rd & 4th July, I ran (or walked) in the Queensland 24 Hour Track Championships and the article was well received by people there and Ron Grant is distributing a few copies around the Queensland Ultra scene.

While I write to you Dot, I would like to say a heartfelt thanks to my wife Trudi, my brother Stephen, all the fantastic lap-scorers, other runners and to all who helped me complete the 24 hours. Invaluable help from Ron Grant and Dave Holleran really made me think hard and these two courteous gentlemen, and I DO mean gentlemen, gave me the determination to carry on, even though after 10 hours, I was ready to lie down and stop. Being my first long distance run, my previous longest being 30km, I was at the time of the race, asking myself "What am I doing here amongst these fit and dedicated ultra runners?" But all through, and even after the race, the help and encouragement I received from other more experienced runners was so fabulous, I guess I was overawed to the point of "If they're willing to help me, I have GOT to finish! "

Well I recuperated by the second day after the race, and since all the encouragement I received at the track was just so great, I'm looking for MORE ! (running that is) I am hooked!

Thanks again to you all,

Terry Sloan.

Ed's note: Congratulations on surviving your first ultra Terry! A great effort.

Dear Dot,

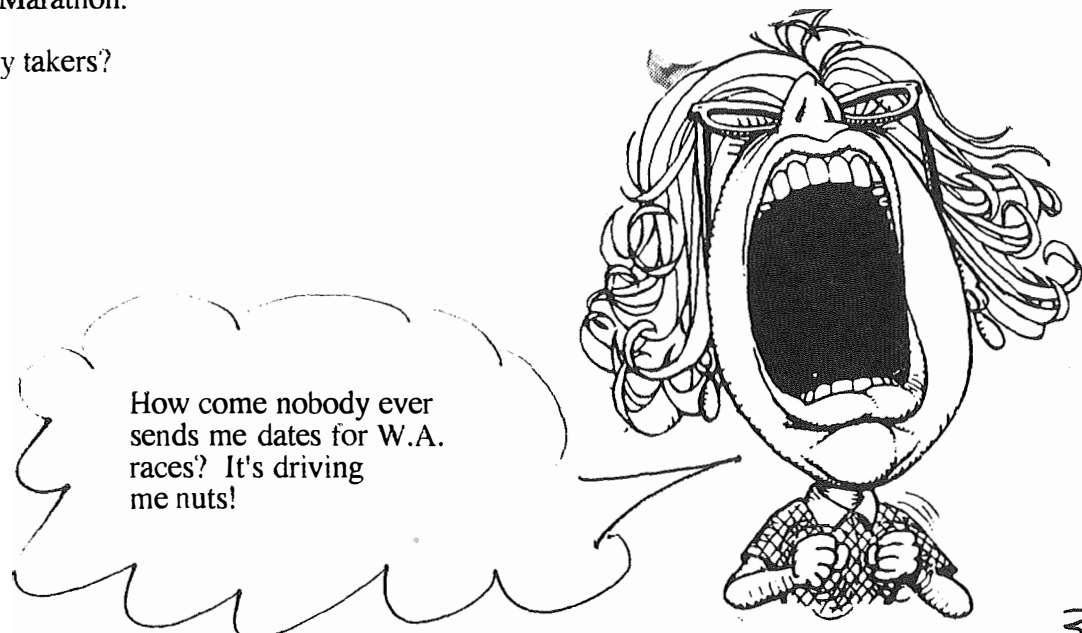
As a result of a project with Bob Lang, dietitian in Kingaroy and Dr. Louise Burke, dietitian from the Australian Sports Commission, I am losing a lot of weight and hope to be down to 105kilos for The Colac 6 Day Race. I am now much leaner, meaner and vicious. Joe Record, watch it! I find it difficult why you are cursing Colac. I am to run there this year and yet they are rolling out the red carpet for me and I wonder who else? I cannot get this kind of acceptance in Kingaroy. Good on you Colac!

I'm sorry to disappoint you Bill Keats, but the Albury to Melbourne at this stage is off. The so-called helpers called it off, thus leaving the religious order in the lurch. The helpers are all in Albury. They are not runners and they called it off. They did not consult me or anybody else and they have no idea of what they're talking about. I have sent the message back to them that I am not letting them off the hook!

So I am asking all runners in the Wagga to Melbourne area to drive for me. I have sponsorship for myself, can supply a generator, petrol, frig and rent a 30ft. caravan, but have no car or truck. I may be able to get this caravan down to Albury. If not, hopefully I can rent a small one. I'd like to spend 12 days running from Albury to Melbourne at the end of May to early June 1995 and the final day I'll do the Melbourne Marathon.

How about it? Any takers?

Regards,  
"Bazza" Stewart.



Dear Dot,

Enclosed please find cheque for \$35. If I have not paid my 94 subs then this covers it, with a donation also. If I have already paid, then this is a \$30 donation. Either way, this is all you'll get!! Incidentally your list of donars never seem to include my name yet I am sure I always donate.

Accompanying is the race report for the Toukley 12 hour race, on 22/23rd January 1994. Time gets away when your busy!!

A word about sponsorship, race directing and organising etc - having had about 5 years experience at this, perhaps I could list you a few observations that may help and encourage others, heaven knows, we need more races.

1. If a race supports a charity, Councils will often waive fees for sportsgrounds, electricity etc. Local media are often more keen to get behind the event, especially pre-race, if a worthwhile charity will benefit.

2. Local service clubs love to have events such as our races to use as fund-raisers-after all it doesn't matter who hands over the money to the charity These clubs have capable, enthusiastic members who can help in race organising, publicity, lapscoreing, crewing etc.

3. The more publicity you can get pre - race, the more local businesses are willing to donate. For example I have a local delicatessen, a greengrocer and a concretor who usually donate \$100-200 each. They get a mention on the T-shirts (1 per competetor only-my garage is full of sacks of T-shirts after 15 years of marathons and ultras).

4. The T-shirts are sometimes donated by an enthusiastic publican, or surfboard maker, etc (and who wants the biggest logo-let them take half the front, leaving much of the back for other major sponsors). All sponsors can be mentioned in the local newspaper, either in the letters to the editor, or in a feature article, or in the community events column.

5. Use your sponsors' businesses and let them know why you are doing business with them, between this race and next year's. All competitors should take head of this too. If you shop at Joe Blow's liquor store, let Joe know that you are buying your liquor there because he sponsored the ultra. For the 1994 Toukley 12 hour I was given \$500 by the Charmhaven Liquor Store (Ozzie's Liquor Barn). In return I promised to buy the next \$1000 worth of liquor there (I know you'll say that would only take a few weeks!!!). Also my



Rotary Club bought all the wine for the Art Show at Ozzies (after all, that \$500 donated by Ozzie ended up in Rotary's coffers before being donated to the charities I selected!) I noticed an advert for 'ENERGISE' in the AURA. If you order any, mention that you saw it in the AURA magazine-they'll feel more like placing an add next month-and AURA will benefit.

6. Local businesses, especially banks or insurance agencies who have a lot of mail going out all the time are often willing to slip the odd 30-40 letters in with theirs, if they know a charity will benefit ultimately.

7. Phone the secretary of local service clubs and ask if they want a guest speaker for one of their dinner meetings - they are always looking for interesting speakers - especially those with interesting or 'different' subjects - and ultra running is 'different'. If you are not confident of making a good presentation, ask around the ultra scene, find a talker and go with them to the meeting. Show the slides of sweaty runners, score boards with huge lap scores on etc etc, as well as some slides detailing the target charity (or suggest they nominate one if they will help run the event), ask for help, contacts, phone no's and you'll be off and running.

8. Local utilities such as Councils, Electricity, Gas, RTA, etc have yards full of useful things for races such as witches' hats, star pickets, rope, sledge hammers, portable floodlights, loudspeakers etc etc, and they will often lend these for a charity race.

9. Councillors in local government often have personal small project budgets that they can dip into to help - I raised \$4,500 this way this year - approx \$500 from each of 9 councillors who wished to support local sport, as well as charities, and who liked to have the Shire's profile lifted (tell them about the national advertising for the race (a council or shire that is nationally prominent in promoting a sporting event is better placed to receive large sporting grants from state governments). So if Wyong Shire can do it, so can others. If no other Shire or Municipality wishes to support sports such as Ultrarunning, then you'd all better migrate to Wyong - it's a great place to run (and live).

## MEMBERSHIP - STATE BY STATE

New South Wales	146
<b>THE VANQUISHING VICS</b>	<b>105</b>
Queensland	51
South Australia	14
West Australia	14
ACT	12
Tasmania	12
Overseas	12
<b>Total current membership</b>	<b>366</b>

The Vics are not the slightest bit concerned about the numbers game! We've got quality not quantity!





**CHANGE of pace . . . Marathon runner Tony Rafferty takes time out to greet wife, Coral, and new baby Kieran. Picture: BRAD WILSON. 500bw302**

## Tony's new love

ULTRA marathon runner Tony Rafferty has clocked up at least 150,000 kilometres in his 25-year career.

The Box Hill South identity pioneered the Sydney to Melbourne ultra marathon after being the first to complete the gruelling journey solo.

He was also the first to cross the Nullarbor and the Birdsville Track on foot.

But a new arrival — his first son, Kieran — has stopped him in his tracks.

Kieran's birth has prompted Tony to withdraw from the world's longest race — a 1300 mile (2092 km) endurance classic in New York in September.

He has also declined an all expenses paid trip to Greece to contest a 19-day ultra marathon.

"It's our first child so it would not be fair to (my wife) Coral," he said.

"Our endurance will be tested in other ways."

Tony has been competing in ultra marathons for 25 years and was instrumental in developing the inaugural Sydney to Melbourne event in 1983.

"There were no ultra marathon races in this country," he said.

"I really pioneered the sport here."

Although he has never won the Sydney to Melbourne event, Tony has been in the top 10 on four occasions.

He migrated to Australia from Ireland in 1960 and after a few anxious moments while visiting his hometown, Belfast, recently he is convinced Melbourne is a better place to raise his family.

Tony said while walking through driving sleet towards the city's capital, four soldiers in two armoured vehicles followed him and his wife for two blocks with machine guns aimed in their direction.

"It is obvious nobody walks from the station to the city anymore," Tony said.

"It was a big eye-opener for Coral . . . welcome to my hometown."

Tony said Melbourne was the ideal city to bring up children.

"Box Hill is the place to live — you could not be any more central to everything," he said.

"To be honest I have always liked Melbourne.

"It has the four seasons here."

The couple hope Kieran will not follow in his father's footsteps.

"It (ultra marathon running) is a tortuous, soul-

destroying sport and no money in it," Tony said.

"They are pretty gruelling things and take you away from home.

"There are better ways of enjoying sport."

Kieran will be encouraged to follow his mother's interest — music.

"But you don't push your kids into things," Tony said.

"It is up to him."

Tony will celebrate his 25th year in running ultra marathons with a six-day race at Colac in November.

**Tony Rafferty trains religiously two hours a day for his marathon running, although his competitive opportunities these days are relatively rare.**

Rafferty, one of the greatest ultra marathon runners

ever, was in Kyabram last Monday night to speak to a gathering of district farmers organised by the Department of Agriculture in Shepparton.

The first man to run from Sydney to Melbourne, Rafferty

said his main work now was public speaking.

It is largely motivational, but his talk at the Wilf Cox Complex was of the after dinner speaker variety. In these speeches, he includes some stories of his running career and the humor and drama involved.

He was also the first man to run across the Nullarbor, the first to run the length of the Birdsville Track, and ran through Death Valley in the Nevada Desert in midsummer 1979 in up to 58 degrees celsius.

Rafferty migrated from his native Belfast in Northern Ireland in 1960 as a 21-year-old and worked first in Port Kembla, and then later in fitness centres.

He told of taking Coral to see Belfast as part of a three weeks trip to Europe last Christmas and seeing the soldiers with guns everywhere.

Besides his public speaking and running, Rafferty is studying off campus at Deakin University for a Bachelor of Arts in humanities, majoring in journalism.

For the corporate world, he speaks mainly on motivation and will to achieve. In September he will be in San Francisco for a 10-day conference.

Memories of his running and fitness achievements were overshadowed this week by the concentration of he and his wife of three years, Coral, on the birth of their first child, due today.

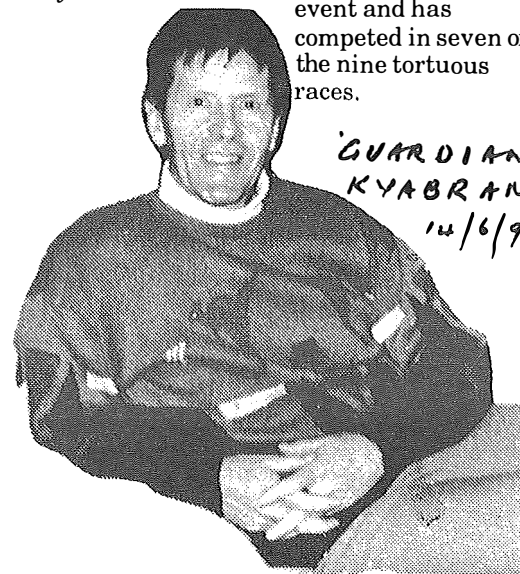
These days Tony runs two ultra marathons a year. Occasionally he runs overseas, such as in the 1300-mile race in New York, where he was third in 1990.

Now 55, Rafferty lives in Box Hill, and does much of his training around local suburbs and in the nearest hills. He is entering his 25th year of ultra marathon running.

The next event will be a six-day race at Colac, home of another great long distance man, Cliff Young. Tony is aiming to finish in the top six of this 800 km event, which is around a 400 metre track in the Western District town.

In Australia, there are plenty of 24-hour events and there could be a 1000-mile event in Queensland. Rafferty feels the Sydney-Melbourne race, which has attracted the most ultra marathon publicity in Australia in recent years, will get going again.

Rafferty finished **fifth** in the first Sydney-Melbourne event and has competed in seven of the nine tortuous races.



**'GUARDIAN KYABRAM 14/6/94**

# RACE REPORTS

## TOUKLEY 12 HOUR TRACK RACE

JANUARY 22/23RD 1994

Some years ago the Rotary Club of Toukley, spurred on by yours truly, staged 24 hour track races in Wyong Shire on Australia Day. The awful, and dangerous heat and humidity caused a shift to 12 hour, overnight races in 1993.. This year it was decided to extend the programme, to widen the community appeal of the event. 2 cardinal rules were adopted in the early days - the race should raise money for charity, and there should be some prize money for the leading runners, as well as some others. Last year Rule 2 went by the board because of poorer sponsorship and sparse public attendance (the venue was changed 6 hours before the race started). This year, however, the festival (as it has become) raised approximately \$4,000 for 3 charities (Childrens Cancer Research, Local Bush Fire Brigades and Emergency Accommodation at Wyong Hospital), and \$3,500 was given out in prizes (\$1,500 for the Football Relay and \$2,000 for the 12 Hour Race).

A field of 29 runners set out at 9.00 pm on Saturday, enjoying cool and mild weather. The humidity was high but a gentle breeze all night was beautiful, keeping everyone comfortable. Pat Farmer, getting his legs going after his magnificent 2nd in the Trans Am took the early lead but couldn't hold the pace and faded somewhat mid-race. His final distance of 110.156 could only give him 7th place, and indicates the strength of the field.

Bobby Channels, Paul Every (last years winner) Helen Stanger, Peter Grey and local lad, Dave Girvan all ran well, clocking over 100km and keeping the competition fierce, with Bobby taking a creditable third and Helen edging Peter out for 4th spot overall and first female by a country mile. It was pleasing to see 5 females racing in one event and giving the males a run for their money too.

My distance of 100.435 brought to 9 the number of over 100 km runners, continuing last year's strong showing in this event. It was good to see such great local participation with Tom Hobbes especially showing much promise, and husband and wife team Maureen and Graham Parker clocking up a 'his and hers' 55.889 each for their first efforts.

The oldest competitor, an honour usually reserved for Cliffy, went this time to the local lad Bill Fenney who is 77 years young and clocked up 51.88km. I give Bill my sincere apologies for not having a trophy for him for this honour - I overlooked the fact that this had been advertised in the entry form, (in copying the form from previous years, I had not picked up on this fact - in previous years Cliff Young had requested not to be given a trophy). If Bill decides to run next year and no-one older enters and finishes, he will certainly receive a trophy and proper acclaim.

The winner, Brian Smith was sorely tested for 10 hours by fellow Victorian Greg Wilson who challenged strongly and had Brian worried at several stages, but couldn't quite maintain the pressure. Both ran spectacular races and added much excitement to the race.

A big thankyou to lap scorers and crew, especially the Central Coast Hash House Harriers, and to all the runners for making this a successful race. Apologies for the lateness of the report but thanks to Greg and Helen for their reports in the March issue of AURA.

### RESULTS

1st	Brian Smith	131.111km	
2nd	Greg Wilson	128.858km	
3rd	Bobby Channells	120.946km	
4th	Helen Stanger	117.069km	1st female
5th	Peter Grey	117.069km	
6th	Paul Every	116.145km	
7th	Dave Girvan	104.240km	
8th	Tony Collins	100.433km	
9th	John Carrighan	96.648km	
11th	Ross Williams	95.883km	
12th	Shaun Scanlon	95.335km	
13th	Lynn Cribb	93.814km	2nd female
14th	Cliff Young	88.429km	
15th	Tom Hanks	87.492km	
16th	Hansen Hochhowsen	82.172km	
17th	John Henderson	82.172km	
18th	Craig Rowe	81.325km	
19th	Tony Farnham	78.830km	
20th	Danny Beard	76.913km	
21st	Robert 'Rambo' Simms	74.287km	
22nd	Isobel Buckland	66.698km	3rd female
23rd	Peter Robell	60.291km	
24th	Maureen Parker	55.889km	
24th	Graham Parker	55.889km	
26th	Denise Nicholson	52.240km	
27th	Bill Fenney	51.888km	
(Oldest competitor to finish - 77 yrs)			

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Order Form in last issue. Send orders to: Kevin Cassidy (the trail race fanatic!)  
4 Grandview Road, Preston 3072

# The Cradle Mountain Run: A First Ultra

By Nigel Davies

Most ultra runners probably still have strong memories of their first ultra. For me the experience was unforgettable. In fact I determined to write about it almost from the moment I regained my equilibrium at the finish. I wanted to try and capture the extremes of pain and exhilaration; to communicate the depth of a learning experience that, at the time, seemed to exist outside time. My training diary tells me it lasted a little over 12 hours, but subjectively it was of a strangely indeterminate duration, the chronological equivalent of a large building standing alone, with nothing to give it scale or perspective.

It definitely began at 6 am, February 6, 1993, in the chill half-light of a Tasmanian dawn. Forty other people will attest that we huddled on the fringe of a Myrtle rainforest, our runners' pinks and greens and blues incongruous in that ancient landscape. A ribbon of wet boardwalk leading away across the button grass plain gave our group focus and was about to give it purpose. As for how I came to be there, 42 years old and armed with only seven bananas and a water bottle, we have to go back four months earlier.

D day minus 120. After a decade of fun runs and some marathon summer bushwalks I decided to combine my two athletic interests. I wanted to feel the runner's freedom of lightly putting away the kilometres in country that I had sweated through with a heavy pack. The grand plan centred on the Overland Track, an 80 km+ trail that stretches from Cradle Mountain in the north to Lake St Clair in the south down the backbone of Tasmania. I had walked or skied bits of the track many times in weekend excursions, but never stitched the whole route together in the classic five day expedition. What better way to remove that embarrassing gap from my bushwalking curriculum vitae than by knocking it off in a single day. No weighty packs or extended absences from work - just a single clean run from dawn to dusk. I was carried away with the idea and gave less weight than I should to the fact that four months is hardly sufficient to move up in distance from 10 km on roads to 80 km in the bush - the first of many mistakes for which I was to suffer later.

The Cradle Mountain Run began when two friends, Richard Pickup and Nick Goldie, organised the first run in 1981. It has never been particularly popular despite, or perhaps because of, its reputation as Australia's toughest single day run. Numbers over the years have varied from 5 in 1982 to 47 in 1992. Richard ran in the first race, completing it in the good time of 10 hours 25 minutes. Nick attempted it twice, failing to finish on both occasions. The track is always rugged, frequently boggy, heavily interlaced with roots for long stretches and boulder strewn. It rises and falls constantly, with some of the gradients being quite severe. The weather can be a problem. Sun, snow, rain or hail are possible at any time of the year, and may sometimes all be experienced in the one day. Average times are usually about 13 hours - perhaps an hour faster in dry years and an hour slower in the wet. The record of 8 hours 45 minutes was set by Craig Malot in 1985.

Due to the remoteness, to the changeable weather and the rugged nature of the track, every competitor is obliged to carry specified survival equipment. This, together with food for the day, adds an additional 4-5 kg to the challenge.

You are on your own once you leave the start at Cradle Valley. There is no road access to any point within the Reserve. There are only two check points. You can retire at the first, at 35 km, by a four hour walk into the uninhabited upper reaches of the Mersey Valley. Most people prefer to continue running. Only at the second check point, at 63 km, is there any prospect of mechanised assistance. Here you can bail out by jet boat across Lake St Claire. Perhaps more so than in most similar events, if you commit to beginning the Cradle Run you commit to finishing it.



Applicants for the event receive an information pack giving results for every year since the event's inception. Detailed splits are given for Ian Dunn's winning time of 9 hours 4 minutes in 1984. Closer examination indicates that he maintained a fairly constant 6 min/km pace. I plan loosely around these times. I think perhaps I can run 12 hours in the wet, maybe 11 in the dry. I naively believe I can run 6 minute kilometres for ever. (The more mathematically inclined will have noted that 80 km at 6 min/km pace equates to 8 hours exactly, and not 9 hours 4 minutes. I too noted this discrepancy and can only refer the reader to the fact that the route notes describe this as a 'long' 80 km - whatever that means.)

D day minus 90. Preparations are going well and distances have increased to 24 km on the Sunday training run. I compete in the inaugural Triple Top race over Mt Roland and come 12th in my first mountain race. Darryl Smith, a previous winner of the Cradle Run in 1989, finishes in 2 hours 23 to my 2 hours 33. I begin to estimate my time for Cradle against his winning time of 9 hours 32. Suffused by my success I forget that the Triple Top was only 18 km, that my quads had seized up on the final 1,000 metre descent and that the wet conditions had been a great leveller. And Darryl had flu.

D day minus 60. Disaster. A capsized in the surf from a kayak wrenches a knee. I can't run or cycle for a month. In an attempt to maintain cardiovascular fitness I put in hard sessions on the wave ski, overdo it and stuff both wrists. I am a complete wreck and need both hands to even hold a beer to cry into. Frustration mounts as I sit out the recovery period.

D day minus 21. Back on track again but a precious month has slid away. The event has assumed Crusade significance and dominates my waking and sleeping hours. With three weeks to go I run the Freycinet Peninsula with international orienteer Howard Smith. We clock four hours for the rugged 30 km circuit with no recurrence of the knee injury. I am optimistic. In the excitement of completing the run I choose to overlook the fact that the legs are nearly gone. Howard injects an unwelcome note of realism by reminding me that the Cradle Run will be equivalent to nearly three circuits of Freycinet.

D day minus 1. We meet at the Launceston Post Office at 6 pm for the mini bus drive to Cradle with Richard Pickup. Ten of us, including several Sydneysiders, need transport to Cradle. A stop at the country town of Deloraine produces some psyching out with selections of high carbohydrate meals at the take away. Punch and counter punch; my chips and Coke against your salad sandwich and Bounty Bar. The counter assistant bestows a look of pure incomprehension on us from behind her capacious array of fries and pies. Back on the bus the talk turns to expected performances tomorrow. I am asked what time I expect to do and suggest 11 hours. Incredulity. Do I know that this race has been won in 11 hours? Have I done a three hour marathon? I avoid the question rather than admit I have not even attempted a marathon, much less completed one in three hours. I am duly chastened. We eventually arrive at the bush huts of Waldheim and bed down only 50 metres from where the race will start tomorrow. The weather forecast is good and the track should be fast. We attempt to sleep.

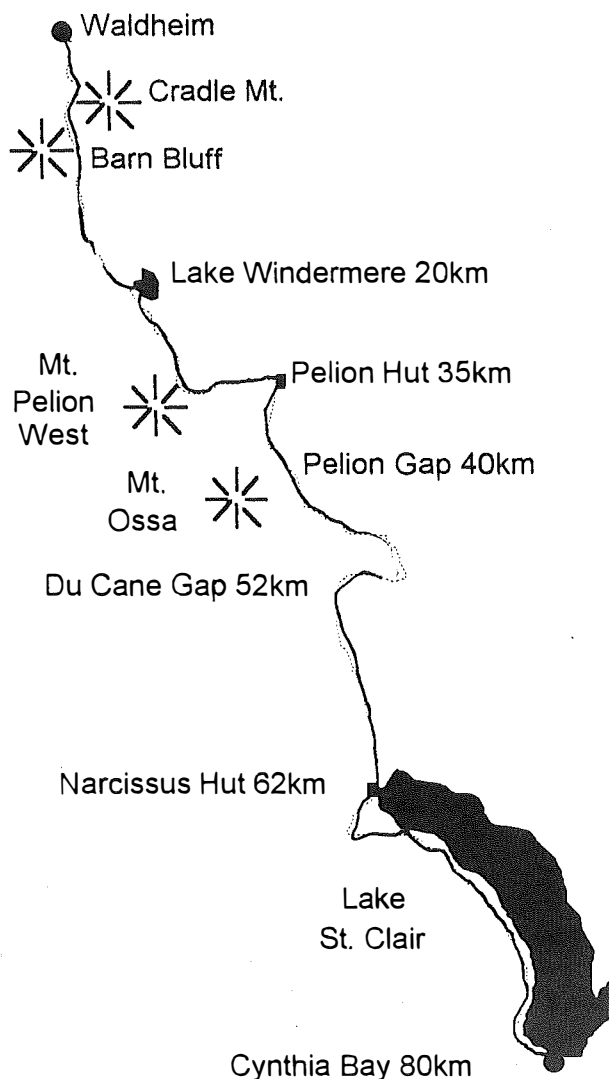
5 am. We rise in the dark and begin hushed preparations by torchlight (the National Parks generator is not started until 6 am). We Vaseline, Banda-aid and prepare Exceed. Leigh Privett, hut mate and snorer extraordinaire, persuades me to abandon my idea of carrying a loaf of bread and jam sandwiches (OK, so I'm new to this game). At the last minute I pull seven bananas from my supplies and push them into a bum bag. There is a kit inspection. We are asked to nominate a finishing time. Following last night's horror stories from previous participants I add 30 minutes to my prediction and plump for 11 hours 30 min.

Out into the dark; cluster on the boardwalk at the head of the track; last minute adjustments to gear; an unseemly jostling to be at the front. The first grey light of dawn touches our group, and we are off. Click the watch and the first tentative seconds swim slowly away as we jog in single file down the boardwalk.

The first stage of the run climbs 400 metres in 2 km, over the crags of Marion's Lookout and onto the Cradle Plateau. My pre-race plan was to stick with the race leaders for as long as possible, but I am dropped off almost immediately. The 40 of us are nose to tail as we wind up the narrow track towards the Lookout. It is a little lighter now but the Lookout is still shrouded in mist. As we approach the base the mist parts for a moment and a figure tops out, **running** hard, and clear of the rest. Who is that guy? The scree slows the more mortal of us to a walk and at the steepest pinch we bridge a short groove that would be Moderate by English climbing standards.

On top the angle eases and the pace picks up again. 45 minutes out and Kitchen Hut takes shape from the mist (Ian Dunn made it here in 35 minutes, but the route was shorter then). We have already come the distance of my average training run and are still uncomfortably close to the start. As we skirt the ramparts of Cradle Mountain the sun crests the horizon and illuminates the entire southward expanse of the Reserve in streaming yellow rays. We whoop with delight as the sun gives us our first warmth and begins to dispel the mists from the gullies and buttresses of Cradle's rugged west face. We traverse the top of the Fury Gorge and climb through a small patch of Snow Gums. This is one of the roughest sections of the Track. The pad is narrow, scattered with loose rocks the size of soccer balls and half-obsured by vegetation. It continues like this for some 2 km before debouching onto the wide open spaces of the Barn Bluff Cirque. I run with Leigh, Mike Morfey and Rob Taylor. The track behind us and in front is beaded with runners, colouring the olive greens and blacks of the alpine moorland. We are in 6th to 9th positions behind a group of five who have cleared off into the distance. Far off, impossibly far from my perspective, is Mt Ossa, Tasmania's highest mountain. It marks the half-way point of the track. At the end of the day Ossa, now so far to our South, will be invisible to our North.

We track around the Barn Bluff cirque and drop steeply into Waterfall Valley, each finding his own rhythm. Mike stops to take a photo, but comes past us five minutes later, running strongly. I had beaten him by several minutes on the Triple Top and wonder what he has been doing in the last three months (three hours hard every Sunday on Hobart's Mt Wellington, I was to discover later). At two hours, alone now, I top a small rise and Lake Windermere comes into view. Ten minutes later I am on the shore and feeling fatigued. Given that this is the duration of my longest training runs this is hardly surprising, but with over 60 km to go the mind of necessity refuses to accept the messages coming from the legs. The plan calls for six minute kilometres all the way, and fatigue is not a part of the plan. I bend to drink from the Lake and overbalance in my fatigue, stepping in with the right foot. The wet sock will cause blisters later, a minor addition to my woes.



At three hours the track skirts Mt Pelion West and descends into the head of the Forth Valley. Rob comes past, running strongly down the slope. He went through a bad patch earlier, he says, but has come good. At the lowest point the notorious Frog Flats bogs are almost benign in the dry weather. I hit a sticky section, though, and both shoes are left in the mire in successive paces. I gingerly retrieve them from the bog in stockinged feet and shake out the sedges and mud. Now the track makes a four km climb to Pelion Plains, not steep but enough to force a walk in places. I make the Pelion hut and the first checkpoint at four hours and two minutes for the 35 km. On target, but feeling seriously mortal. Leigh and Rob are just leaving the hut and Mike is long gone. I stop for a drink and follow them in ninth position.

The track climbs for the next 5 km to Pelion Gap - for me a walk. I catch Leigh on the way. We arrive at the Gap together and run down into the Mersey Valley. 40 km - the half way mark. It is only 11 am but I have been running here all my life. My other existence is only a memory, a gauze of car, house, family and business. Reality is this fractured landscape of rock and trees. And me. Moving in it and across it. Eyes focusing a constant distance ahead to pick the next footfall. The noise of breathing and of feet hitting the dirt. And through it all an overwhelming pain begins to fill the body; a pain that cannot be ignored; a constant that must be worn along with the shirt, shorts, shoes and bum bag for the rest of the journey. It is my first taste of The Wall. Due to inexperience I have not eaten. The bananas are still in the bum bag and the dilute Exceed mixture has been insufficient to replenish the muscles on its own. I eat a banana at Leigh's urging but it is too little too late. The hallucinations begin. A jacket hanging from a tree; a kangaroo standing next to a rock. I try to calculate distances and average kilometre times but the brain cannot process the simple mental arithmetic. The track descends forever and we are obliged to continue running. We reach the low point next to the Mersey and the track begins to climb again to its last high point of Du Cane Gap. We slow to a walk. Blessed relief.

We reach the crest of the pass at Du Cane Gap together. I do not know what the time is and do not care. All thoughts of a schedule and finishing time are gone. All I want to do is complete this race and lie down. At the first slopes down into the Narcissus Valley the body begins to have trouble with simple movements. A short step down and the quads collapse. This morning I would have bounded down here. Now I am a baby. Or a pensioner. Leigh is waiting for me ahead, but I call out for him to go on. The descent is a long stumble, but another banana and I raise a jog again at the bottom. 10 km to the Narcissus hut and the 62 km mark. Perhaps 38 minutes on form but more like twice that now. Other runners begin to overtake me. All are suffering but have paced themselves better than I. Chery Horne comes past, on her way to setting a new woman's mark. Her feet are troubling her. Somewhere behind is Jeanette Collin, a fabled ultra runner who has completed almost every Cradle Run since its inception. "She walks extremely quickly" I had been told. I glance nervously over my shoulder, not wishing to be overtaken by a walker and apprehensive that Jeannette might surge into view around a bend in the track. I jog a little faster, wondering how far back she is.

Two figures from my previous life appear on the track ahead. My sugar-starved brain does not recognise them at first. Geoff Lea and Chris Bell are working on track maintenance for the Department of National Parks and Wildlife. Former friends from the Wilderness Society, they laughingly admonish me for my foolishness. I jog past, a prisoner serving my own self-imposed sentence, and cannot help but concur.

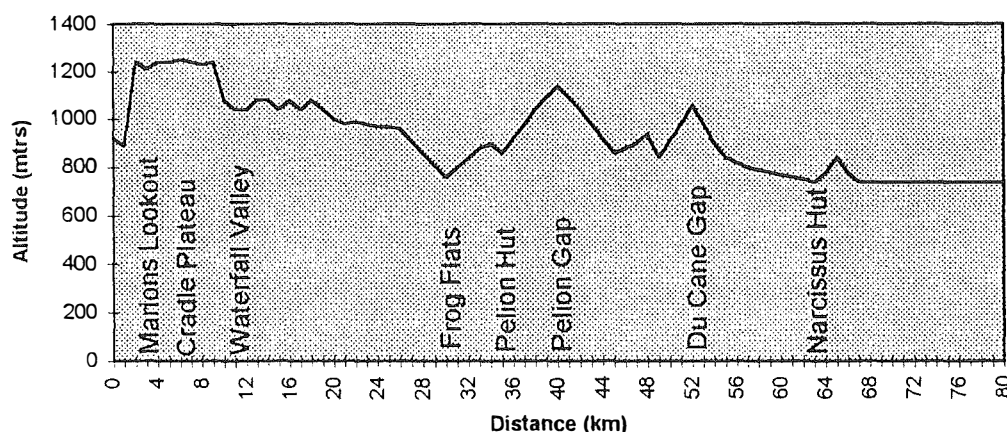
8 hours 45 minutes - Narcissus Hut at the northern end of Lake St Clair. I collapse amongst the blowflies on a blue tarpaulin at the second checkpoint and eat an orange. Only 18 km to go, but it is a tortuous track rising and falling through the Myrtle Beech rainforest on the bank of the lake. I walked it once before, eons ago, on my first bushwalk in Tasmania. It hurt then and it will hurt more today. I tripod to my feet and continue, keeping the shuffle going for another 3 km before the boilers finally burst and the knees refuse to come up again. I walk, and am pleasantly surprised to find that I can still walk strongly and that indeed it is almost

pleasant. A change is as good as a rest, they say. I actually overtake another runner, but he has lost the track in the forest and ungratefully drops me off again when I show him the way forward. The afternoon passes, as afternoons do, and the remaining kilometres are slowly eroded away. The pain eases but the body and the mind have all the substance of a feather. The feather floats on bananas, and there is a concern for the consequences should the supply fail to last the distance. A wary hinder eye is still kept for Jeannette. She does not appear, but two other runners do and pass me at a jog. Only two km to go, they say, and yes, the track is wider now and showing signs of more frequent use. I want to run the last kilometre, but cannot and meet a woman who has walked up the track from the finish at Cynthia Bay. She walks back with me, easily keeping pace, and drops behind to let me cross the line alone, the focus of a semicircle of smiling faces. I acknowledge the welcome and sit down alone, too tired to speak. 19th position in 12 hours and 11 minutes.

That night we all meet over dinner at the Derwent Bridge Hotel and catch up on the news of the day. "That man" disappearing into the mist over Marions Lookout was Tim Sloane, on his way to a new record time of 8 hours and 22 minutes. Rob Taylor and Mike Morfew both finished in excellent sub 11 hour times and Leigh clocked 11 hours 30 min, taking 40 minutes off me between Du Cane Gap and the finish. Jeannette, the unwitting scourge of my hypoxic brain, was forced to drop out after two km with an injury, and sits at an adjacent table.

The Cradle Mountain Run is one of the great one day tests for the ultra runner. Its beauty, ruggedness and inescapability elevate it to a level beyond mere road races. It has been described as equivalent to 120 road kilometres (Tim Sloane has a best time for 100 km on the road of 6 hours 45 minutes.) Aspirants for the next run in early February 1995 should contact Richard Pickup by writing to PO Box 946, Launceston, Tasmania, 7250.

Cradle Mountain Run - Profile



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## HOBART - CYGNET RUN, TASMANIA - 54KM 20TH FEB, 1994 RESULTS

1st	Andrew LAW	4.27.38
2nd	Peter HOSKINSON	4.27.43
3rd	David GATENBY	5.52.25

It was an enjoyable day with a convivial counter lunch at Howard's Cygnet Hotel after the run.

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## ULTRA RUNNING - BY TREVOR JACOBS

Reprinted from "Canberra Runner" No. 105 June 1994

Firstly I must apologise to Jill Reich for not publishing her recent win in the 6 Foot Track Race - well done Jill !! Jill may put pen to paper soon to describe this experience.

Bob Harlow and a few other Canberrans have headed off to South Africa to tackle Comrades (90 Km - the "up" run this year). I hope there'll be some interesting reports published on their exploits.

The 50km race incorporated with the Mobil Canberra Marathon was successful. The number of finishers doubled to almost 30, with a surprising number (70) indicating interest in going on after completing the marathon - at least we've got people thinking about it! Results are given elsewhere. Congratulations to all finishers, and I hope that you continue to support it and talk your mates into having a go at an ultra.

The Brindabella Classic is coming again (in November) and I'll need helpers for various jobs, including the organising committee and helping on the day. Please let me know if you'd like to help - otherwise, I expect you to run it! Arrangements for the race will have to commence shortly.

Many thanks to everyone who supported my fund raising event - The Old Time Music Hall. Ticket sales were slow a compared with last year, so extra thanks to those who managed to sell a number of tickets on my behalf. I plan to put the funds towards competing in the 100km world Championships in Japan on 26 June. Unfortunately, at the time of writing I'm not totally sure if I should run because of a problemous stress fracture sustained just before the Mobil Marathon.

I'm also considering running in a special new race commencing this year (in August) in Tasmania. It is a 7 day staged race covering a total of 700km, aimed at replacing the Westfield Sydney to Melbourne ultra. It is shaping to be a really good and important event, and it would be a privilege to be a part of it. Again, my participation depends on the recovery of my bloomin leg.

The standard of ultra running has improved significantly over recent years. New faces are emerging and some very fast times are being posted. It's been good to help encourage this improvement. I hope ultra running develops into something really quite significant, such as the inclusion of an ultra event in a major games meet.

The International Association of Ultrarunners is very interested in staging a 100km World Championship in Australia close to the 2000 Olympics. I will be putting a proposal to the IAU Executive in Japan in June, to stage such a race in Canberra. There is competition inside Australia for this event (namely from Sydney and Tasmanian clubs). Please let me know if you'd like to help progress this endeavour. Support of the ACT Government, athletic authorities and major sponsors would be required for it to succeed. Ideally, a 100km road race (billed as the Australian Road Championship) needs to be established ASAP (this year??) in Canberra, as a foundation to build on for the year 2000 event. The CCC could be the principal organiser. It would be one of the most important events ever undertaken by the club.

## AURA "Bogong to Hotham" Trail Run

(North East Victoria January 2nd 1994)

Reprinted from NZUA Newsletter, June, 1994.

Looking like it was going to be a fine day it suddenly clouded over and light rain began falling ten minutes before the start (typical Victoria).

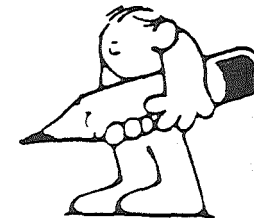
From the start there was an easy 2 km up Mountain Creek on a 4WD track, but after turning off up the Staircase Spur track it became much harder. With the distance ahead and the steepness it was better to walk fast and just run on the short easier bits. The rain soon stopped and it started warming up. After a very long solid climb the bushline was reached, but low cloud hid most of the final climb. Thermal tons or parkas were hastily replaced as it was quite windy. At last after a 1400 metre climb the cairn on top of Mt Bogong (1986 m the highest in Victoria). It was then a bleak ridge run for about 4 km's before emerging out of the murk at Cleve Cole Hut. I lost a couple of minutes here with a wrong turn. The track followed a creek for a couple of km's then plunged 900 metres down to Big River. Running fast downhill meant losing the track or tripping over one of the many fallen branches and tumbling down the hill. I did both. Big River had plenty of water in it so the chain strung across the crossing point was handy. The track climbed steeply up the other side regaining most of the altitude just lost. After passing Roper Hut the track emerged out of the bush onto the vast rolling flats of the Bogong High Plains. The track now followed a 4WD fire trail. After another 9 km's Watchbed Creek was reached, which was where most runners had to finish. There was a 5 hour (very tough) cutoff here which only 5 managed to beat. The rough terrain and the 2,400 metre ascent and 1,000 descent adds greatly to the time. It was supposed to be 32 km' to this point (measured off the map) but with all the twists and turns and big changes in altitude it is really 40 km's. The full distance was down as 60 km's with a total climb of 3,000 metres.

A good very tough and challenging event, but if you want to go the full distance you need to go hard in the first half and hang on after that (if you can do a 6 hour Kepler you should manage this).

Alan Stow.

# ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



Any articles will be considered.



**SIX FOOT TRACK MARATHON: SATURDAY 5 MARCH 1994  
and JAGUNGAL WILDERNESS TRAIL RUN: 19 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 kms 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.") and John Dimitriou (anxious to complete the race under the cut-off time of 7h 30m) were there. Several days before I had spoken to Jill Reich, Richard Morcom and Rob Ey who told me they were going to run together.

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 Sydney M50 runner who regularly competes in long Canberra races, 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. 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. 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 Carolyne 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. Carolyne 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 track was

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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. Down some concrete steps, a sharp left turn and 50 metres to the finish.

There was plenty of fruit available and we able to use showers in Caves House. A large crowd cheered in runners. By the time I arrived two Russian runners, Gennardy and Igor, had set up a stall selling Russian dolls and icons. Glen Patterson had caught Igor but not Gennardy. Jill Reich, Richard Morcom and Robert Ey came in very pleased that Jill had won the women's section and that they had finished in under 5 hours. 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 more Canberrans to give it a go. Glen and Jill showed what success can be achieved.

#### 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		

The inaugural Jagungal Wilderness Trail Run on Saturday 19 March passed through 80km of trails and bush tracks at altitudes of 1400-1800m from Three Mile Dam, close to Kiandra, through the Kosciusko National Park and finishing at Guthega. Space does not permit a detailed description of the run. Suffice it to say that it was by far the most difficult race I have completed, in terms of navigating by map and compass and in terms of the very rough ground underfoot and thick undergrowth for most of the run. We were required to carry packs with thermal underwear, a waterproof coat, a survival bag, emergency food and several small items. This was necessary because of the nature of the terrain and the possibility of rapid and dramatic changes in the weather.

The times below will give an idea of the challenging nature of the run, with the two Russians who did so well at the Six Foot Track Marathon and other races taking almost 9 hours. Fortunately we started at 6.45am, as three runners finished together at about 7.45pm in the dark. Unfortunately one runner got lost early in the race and was not recovered until late on Sunday morning, very lucky to have survived unscathed due to assistance from some campers.

#### Results

1= Gennardy Groshev	8hr 58min	6. Rob Simmons	11hr 48min
Igor Streltson	8hr 58min	7= Kevin Cassidy	12hr 57min
3. Bob Harlow	9hr 51min	Geoff Hook	12hr 57min
4. Jim Wharton	10hr 5min	Rob Shilston	12hr 57min
5. Martin Thompson	10hr 22min	DNF Bill Keats	

## Canberra 50k Ultra Marathon

*Held in conjunction with the Mobil Canberra Marathon*

*by Race Manager Trevor Jacobs*

Surprisingly 70 marathon entrants nominated for the 50k ultra marathon, which far exceeded the 17 finishers in the inaugural event of 1993. Come decision time at the marathon finish line, the 70 reduced to 27 hardy soles going on. This was still a healthy improvement over 1993, securing the event's future.

The times achieved also bode well for the race. Like the Mobil Canberra Marathon, the times were FAST! Last year **Australian** open records were set for men and women. This year Lavinia Petrie hit the headlines by setting a world age record (W50) when she clocked 3:41.57.

Kent Williams, another veteran at age 49, won the race in 3:16.45, after completing the marathon in 2:41.28. Kent battled cramps between 44 and 46 kilometres, but still managed to stave off the Russian 24 hour champion Gennadij Groshev, who completed the marathon in 2:41.59. Gennadij lost about a minute at the turn around point when he, unfortunately, did not recognise the sign.

Next year we hope to see a sub-3 hour winning time, setting a mark for Australian ultra runners to aim for in the future. This would help raise Australia's ultra-running standards to equal the best in the world. It would also help improve participation levels, enabling more to experience the satisfaction of going beyond the marathon, widening the horizons of running in Australia.

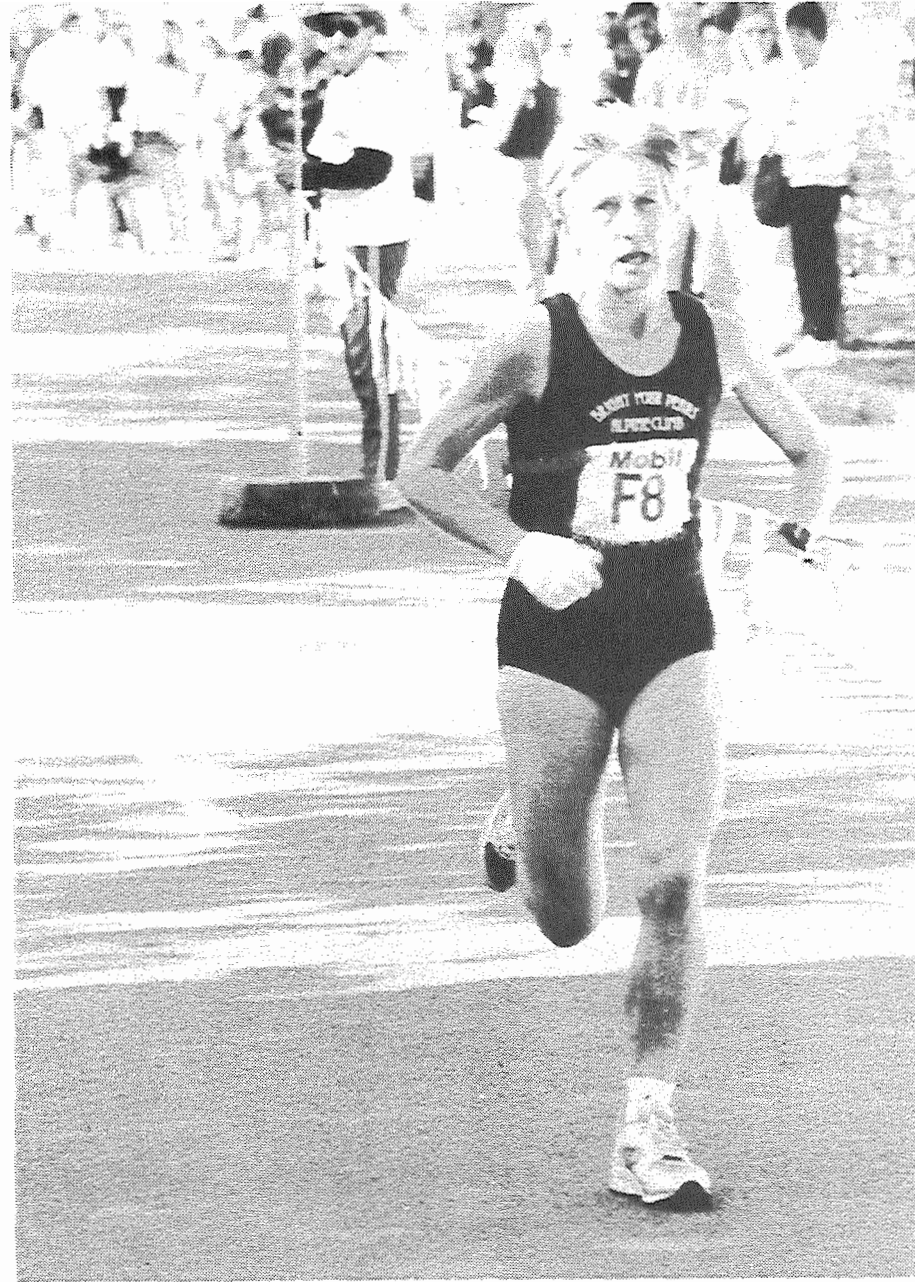
#### RESULTS

Place	Name	State	Age	Time	
1.	Kent Williams	ACT	49	3.16.45	
2.	Gennadij Groshev	RUS	35	3.19.11	
3.	Peter Fitzpatrick	NSW	46	3.24.04	
4.	Bob Harlow	ACT	46	3.25.41	
5.	Igor Stzeltsov	RUS	28	3.29.31	
6.	Greg Wilson	VIC	41	3.29.47	
7.	Jeff Visser	NSW	30	3.37.04	
8.	Rob Ey	ACT	34	3.38.40	
9.	Ian Green	NSW	48	3.41.34	
10.	Lavinia Petrie	F VIC	50	3.41.57	World age record
11.	Lorraine Lees-McGeough	F CAN	35	3.50.44	
12.	Gary Moss	ACT	47	3.53.11	
13.	Ian Forsyth	NSW	39	3.55.11	
14.	Mark Small	NSW	35	3.55.54	
15.	Charles Reis	NSW	37	4.03.43	
16.	Lester Smith	SA	43	4.07.01	
17.	David Sill	NSW	47	4.12.47	
18.	Sam Pesci	VIC	36	4.14.33	
19.	Roger Rigby	NSW	51	4.27.23	
20.	Kevin Chamberlain	NSW	47	4.27.40	
21.	Tony Keevers	NSW	35	4.28.17	
22.	Eddie Ngenda	QLD	54	4.36.50	
23.	John Brentnall	NSW	44	4.41.02	
24.	Helen Parkes	F ACT	40	4.43.16	
25.	Bahnnoo Nana	F RSA	42	5.22.20	
26.	Lachlan Lewis	ACT	56	5.50.57	
27.	Nana Nana	RSA	49	6.09.32	



Winner of the Canberra 50k ultra-marathon, Kent Williams (right), congratulated by Russian champion Gennadij Groshev (The Canberra Times).

CANBERRA RUNNER



Victorian Lavinia Petrie broke the W50 race record for the marathon, then continued on to win the female section of the Canberra 50k ultra-marathon in a world age record. Congratulations Lavinia (The Canberra Times)

CANBERRA RUNNER

# THE 1994 SIX FOOT TRACK MARATHON FINISH TIMES

Place	RUNNER		X	SUBURB	TIME
=====	=====		=	=====	=====
1	GROSHEV	GENNARDY	M	ALBURY	3,28.24
2	PATERSON	GLENN	M	HOLT	3,40.40
3	STRELTSON	IGOR	M	ALBURY	3,41.07
4	THOMPSON	NOVAK	M	BONDI	3,52.39
5	MALINOWSKI	PETER	M	CHARMHAVEN	3,53.53
6	HARLOW	BOB	M	COOK	3,56.04
7	MARSHALL	KELVIN	M	LANE COVE	4,07.45
8	GOONPAN	PETER	M	KIRRAWEE	4,09.08
9	TILLER	KEVIN	M	BEROWRA	4,11.05
10	FRETTON	SIMON	M	RANDWICK	4,11.39
11	EVERY	PAUL	M	NORTH EPPING	4,12.17
12	SELBY	WARWICK	M	DRUMMOYNE	4,14.41
13	BOGENHUBER	MAX	M	EPPING	4,18.52
14	GOONPAN	GEOFF	M	ENGADINE	4,20.00
15	BAILEY	DAVID	M	MOSMAN	4,21.08
16	BILL	ROSS	M	MOSMAN	4,21.11
17	JACKSON	STEPHEN	M	WYOMING	4,23.25
18	TAYLOR	ANDREW	M	KATOOMBA	4,26.03
19	TAYLOR	GEOFF	M	ROSEVILLE	4,28.18
20	HARDAKER	KEVIN	M	BRADBURY	4,30.15
21	GRAY	STEPHEN	M	CRONULLA	4,30.42
22	JENKINS	DAVID	M	SYDNEY	4,31.06
23	TOWN	MURRAY	M	WAHROONGA	4,31.37
24	HICKS	ANDREW	M	BEXLEY	4,35.10
25	THOMAS	KEITH	M	MORISSET	4,36.02
26	GOODALL	CRAIG	M	HEATHCOTE	4,36.35
27	MURRAY	TONY	M	CRONULLA	4,38.40
28	JOHNSON	GRAHAM	M	MARAYONG	4,41.53
29	HORSBURGH	JOHN	M	PYMBLE	4,42.46
30	HERPICH	LUDWIG	M	MIRANDA	4,42.48
31	OWENS	JAMES	M	OATLEY	4,42.50
32	CLEAR	DAVID	M	WEST RYDE	4,42.54
33	STEMP	BEN	M	CHULLORA	4,45.40
34	GREEN	IAN	M	EAST HILLS	4,46.08
35	BARNES	PETER	M	WENTWORTH FALLS	4,48.51
36	THOMSON	ALEC	M	SWANSEA HEADS	4,50.29
37	LINDLEY	TIMOTHY	M	PADDINGTON	4,51.12
38	PATTERSON	GRAEME	M	LILLI PILLI	4,51.43
39	EISENHUTH	PAUL	M	GEORGES HALL	4,52.14
40	SCAMMELL	BOB	M	MAITLAND EAST	4,53.57
41	BASTICK	STEPHEN	M	EPPING	4,53.58
42	GLEN	JOHN	M	LEURA	4,55.39
43	COLWELL	BRIAN	M	BONDI	4,55.59
44	MELNYCZENKO	JOHN	M	MINCHINBURY	4,55.59
45	DOWLING	KERRY	M	BASS HILL	4,56.00
46	HAYES	CARL	M	WEST PENNANT HIL	4,56.01
47	STEPHENS	ROGER	M	LINDFIELD	4,58.00
48	HOOK	GEOFF	M	MOUNT WAVERLEY	4,59.04
49	FICKEL	BOB	M	LURNEA	4,59.05

Place	RUNNER		X	SUBURB	TIME
=====	=====		=	=====	=====
50	FISHER	ALBERT	M	PEAKHURST	4,59.1
51	COULL	PAUL	M	HEATHCOTE	4,59.2
52	MORCOM	RICHARD	M	MELBA	4,59.5
53	REICH	JILL	F	JAMISON CENTRE	4,59.5
54	EY	ROBERT	M	SCULLIN	4,59.5
55	POTTER	LES	M	MOUNT DRUITT	4,59.5
56	RAUPACH	KEN	M	NEUTRAL BAY	4,59.5
57	MASON	CRAIG	M	WAVERTON	4,59.5
58	CREW	GRAHAM	M	HURSTVILLE GROVE	5,00.3
59	DIGGLEMAN	PETER	M	NIAGARA PARK	5,01.1
60	SHIPLEY	GRAEME	M	BEROWRA HEIGHTS	5,01.5
61	CHAPPELOW	DARRYL	M	CARINGBAH	5,02.2
62	KIMBREY	BOB	M	APPIN	5,06.3
63	LEAHEY	GARY	M	ANNANDALE	5,07.0
64	HART	JOHN	M	MONA VALE	5,07.0
65	POTTER	RAYMOND	M	HORNSBY HEIGHTS	5,08.0
66	HAYWARD	JAMES	M	GLENBROOK	5,08.2
67	WARD	MIKE	M	BALMAIN	5,09.2
68	MOSCHNER	HENRY	M	GEORGES HALL	5,09.4
69	JANOVSKY	PETER	M	KOGARAH	5,09.5
70	FIELD	ALAN	M	KILLARA	5,10.4
71	SWAIN	GARY	M	CROWS NEST	5,11.3
72	MONTGOMERY	STEPHE	M	EPPING	5,11.4
73	COATES	BARRY	M	LOFTUS	5,12.2
74	STURCH	RODNEY	M	BIRRONG	5,13.0
75	BUNDOCK	GRAHAM	M	TERRIGAL	5,13.1
76	ELEY	KEVIN	M	CAMMERAY	5,13.2
77	PYETT	ROSS	M	CRONULLA	5,13.2
78	KILHAM	MICK	M	GUILDFORD	5,13.3
79	BOURKE	GARY	M	PICNIC POINT	5,15.2
80	WHITE	KEITH	M	WILLOUGHBY	5,15.2
81	TURNER	JOHN	M	PADDINGTON	5,16.3
82	CUTHBERTSON	IAN	M	EMPIRE BAY	5,16.4
83	BUTLIN	PHILLIP	M	MCMAHONS POINT	5,16.5
84	CARRIER	GAVIN	M	SEAFORTH	5,17.1
85	SMITH	COLIN	M	OATLEY	5,17.2
86	MEZZINO	PHIL	M	ENGADINE	5,17.2
87	WILLIAMS	OLIVER	M	SANS SOUCI	5,19.3
88	MORROW	TOM	M	NEUTRAL BAY	5,19.5
89	STURMAN	MARK	M	WELLINGTON	5,21.1
90	KISS	JENNIFER	F	MACQUARIE FIELDS	5,22.3
91	CLARK	RON	M	EAST GOSFORD	5,23.3
92	HAMMERSCHMID	PETER	M	NORTHWOOD	5,24.3
93	LUCKHAM	BRUCE	M	MCMAHONS POINT	5,25.0
94	STURGESS	PAUL	M	CHESTER HILL	5,25.0
95	PYE	DARREN	M	ROSELANDS	5,26.4
96	HASLAM	ALAN	M	CROWS NEST	5,27.0
97	FLEIG	KARL	M	PADDINGTON	5,27.3
98	OLOVICH	FRED	M	MENAI	5,27.4

# THE 1994 SIX FOOT TRACK MARATHON FINISH TIMES

Place	RUNNER		X	SUBURB	TIME	Place	RUNNER		X	SUBURB	TIME
=====	=====	=====	=	=====	=====	=====	=====	=====	=	=====	=====
99	LEFMANN	MARTIN	M	ST IVES	5,28.00	148	REID	GREG	M	BOSSLEY PARK	5,49.19
100	SATCHELL	MALCOLM	M	DURAL	5,29.41	149	MCPHEE	GAILLE	F	CRONULLA	5,49.44
101	RANNARD	BILL	M	GEORGES HALL	5,29.42	150	WILLIAMS	TONY	M	BONDI	5,50.05
102	SCHERLEITNER	MAX	M	LAVINGTON	5,31.10	151	BEDFORD	DENNIS	M	RAZORBACK	5,50.26
103	COLES	MELANIE	F	CRONULLA	5,31.11	152	ANDERSON	VIC	M	INGLEBURN	5,50.34
104	COLES	IAN	M	CRONULLA	5,31.19	153	GOODALL	PAULINE	F	HEATHCOTE	5,50.57
105	RIGBY	ROGER	M	WAHROONGA	5,31.36	154	SMITH	JOHN	M	GREYSTANES	5,51.40
106	SHILSTON	ROSS	M	FRANKSTON	5,31.58	155	TRESIDDER	MICHAEL	M	ROSEVILLE	5,51.49
107	MORGAN	IAN	M	ST CLAIR	5,32.00	156	LAW	KEITH	M	CAMBRIDGE PARK	5,51.50
108	ROSE	TERRY	M	NORTH PARRAMATTA	5,32.43	157	TILNEY	PETER	M	BLAYNEY	5,51.51
109	NORDISH	STEVE	M	WENTWORTH FALLS	5,33.07	158	ANDERSON	DAVID	M	ELERMORE VALE	5,51.52
110	BRUNDRIY	WILLIAM	M	BILGOLA PLATEAU	5,34.00	159	TURNER	RODNEY	M	HEATHCOTE	5,54.22
111	GOLDEN	TONY	M	MAROUBRA	5,34.06	160	CRESWICK	RICHARD	M	BATEAU BAY	5,54.24
112	MOLLOY	BRETT	M	PADSTOW	5,34.06	161	MCREYNOLDS	JULIE	F	ENGADINE	5,56.29
113	TROTTER	JOHN	M	WINMALEE	5,35.01	162	WILLIAMSON	BOB	M	POINT CLARE	5,57.04
114	HERISSON	GEORGE	M	NORTH RYDE	5,35.06	163	HINITT	BEVAN	M	FAIRHAVEN	5,57.10
115	MILLAR	EVAN	M	GREENWICH	5,35.07	164	KONEMANN	COLIN	M	NARARA	5,57.31
116	HILTON	ALLEN	M	MILPERRA	5,35.07	165	VINEBURG	TERRY	M	GEORGES HALL	5,58.21
117	EISENHUTH	JOAN	F	GEORGES HALL	5,35.20	166	DRAYTON	NICK	M	WAHROONGA	5,58.40
118	STANTON	GEOFF	M	HOMEBUSH	5,35.21	167	RICHARDSON	DANIEL	M	WENTWORTH FALLS	5,58.58
119	VAUGHAN	PETER	M	NEW LAMBTON HTS	5,35.21	168	BEVERLEY	PETER	M	FAIRLIGHT	5,59.01
120	CLARKE	PHIL	M	CASULA	5,35.27	169	SIMPSON	CARL	M	PADSTOW	5,59.44
121	FRANCIS	DAVID	M	ROSEVILLE	5,35.29	170	OWENS	HENRY	M	OATLEY	6,00.52
122	HANCOCK	BRONWYN	F	TURRAMURRA	5,35.41	171	PULLER	YVONNE	F	ARCADIA VALE	6,01.23
123	FOSTER	RICK	M	WORRIGEE	5,36.27	172	MILLETT	BRIAN	M	ENGADINE	6,03.37
124	BOLTON	ALLAN	M	BALMORAL BEACH	5,36.38	173	FRANCIS	COLIN	M	GREYSTANES	6,04.03
125	GOYMER	RAY	M	MENAI	5,37.49	174	BOOTH	DIEDRE	F	HEATHCOTE	6,04.28
126	LAIDLAW	DEBORAH	F	WAVERTON	5,37.59	175	WHITEHOUSE	PAULA	F	NORTH MANLY	6,04.43
127	SILL	DAVID	M	WAHROONGA	5,40.47	176	ALLEN	BARBARA	F	RABY	6,04.44
128	BUNN	THOMAS	M	ERARING	5,40.55	177	ALLEN	PETER	M	RABY	6,04.47
129	MORGAN	PAUL	M	ST CLAIR	5,41.39	178	PRATT	BRIAN	M	COWAN	6,05.46
130	BONSING	JOHN	M	BOOKER BAY	5,42.07	179	STOREY	JOHN	M	NORTH ROCKS	6,06.43
131	KEEVERS	ANTHONY	M	SAN REMO	5,43.01	180	SCOTT	IAN	M	BALGOWLAH	6,08.45
132	HARDAKER	BRIAN	M	BONDI BEACH	5,43.02	181	GOLDSMITH	WAYNE	M	ARANDA	6,08.46
133	CROSBY	TONY	M	MOSMAN	5,43.19	182	DUCKWORTH	MARK	M	MANLY	6,08.47
134	HOSKIN	DUDLEY	M	BEACON HILL	5,43.36	183	CLIFFORD	PETER	M	BANGOR	6,08.48
135	HENDERSON	JOHN	M	MOREE	5,43.47	184	DORAHY	TERENCE	M	DENISTONE	6,08.51
136	RENSFORD	BRIAN	M	MERRYLANDS	5,45.03	185	THRELFALL	TERRY	M	NOWRA	6,11.44
137	FORD	GLENN	M	PENNANT HILLS	5,45.17	186	MASON	CRAIG L.	M	ARTARMON	6,13.39
138	LACEY	WARWICK	M	GYMEA	5,46.19	187	CLIFTON	PHILIP	M	WAVERLEY	6,14.02
139	MCILHONEY	RAYMOND	M	MENAI	5,46.25	188	DOMIS	JACK	M	WALLERAWANG	6,14.03
140	BROADBENT	WARREN	M	TORONTO	5,48.15	189	RICHARDSON	MICHAEL	M	MARSFIELD	6,14.24
141	JAMES	FRANK	M	CAVES BEACH	5,48.30	190	RUSSELL	PAUL	M	CAMMERAY	6,14.27
142	STEER	MICHAEL	M	SAN REMO	5,48.31	191	HUNT	LES	M	GEORGES HALL	6,15.40
143	CARRIGAN	JOHN	M	MOREE	5,48.31	192	BEVAN	GORDON	M	TURRAMURRA	6,17.13
144	MIFSUD	STEPHEN	M	WERRINGTON DOWNS	5,48.32	193	ARMSTRONG	ANGUS	M	BONDI JUNCTION	6,17.14
145	WALKER	BRIAN	M	MOSMAN	5,48.42	194	CASSIDY	KEVIN	M	PRESTON	6,18.23
146	CUNNIFFE	DENNIS	M	PEAKHURST	5,48.48	195	GARDINER	SANDY	F	BELMONT	6,19.31
147	HOOKE	BOB	M	CAMBRIDGE PARK	5,49.17	196	GRIFFITH	SUSAN	F	CAMMERAY	6,20.48

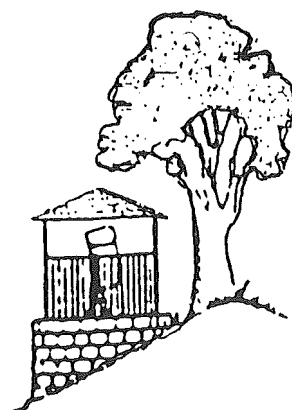


# THE 1994 SIX FOOT TRACK MARATHON FINISH TIMES

Place	RUNNER		X	SUBURB	TIME
=====	=====		=	=====	=====
197	O'TOOLE	ALLAN	M	YARRAWARRAH	6,24.05
198	LOVE	GRAHAM	M	WOOLLOOMOOLOO	6,27.29
199	GILLIES	KEITH	M	MILPERRA	6,28.49
200	BUTLER	GRAHAM	M	FORESTVILLE	6,29.41
201	RICHARDSON	HEATHER	F	MARSFIELD	6,29.49
202	THOMPSON	CAROL	F	MOSMAN	6,29.59
203	CRIBB	LYN	F	WOY WOY	6,30.17
204	MASON	JUNE	F	NTH EPPING	6,31.49
205	KRANTZCKE	TONY	M	LOFTUS	6,32.18
206	BROWN	NOEL	M	EPPING	6,35.57
207	HILL	MARK	M	CARINGBAH	6,36.06
208	BOWMER	JOHN	M	KOGARAH	6,36.15
209	BOUSFIELD	ANTHONY	M	ST MARYS	6,36.35
210	KNIGHT	PAUL	M	WAHROONGA	6,36.35
211	BOWES	KEN	M	IVANHOE	6,39.01
212	PAUL	LEO	M	MENAI	6,39.02
213	CLAYTON	TED	M	GWANDALAN	6,40.46
214	KERRUISH	GRAHAME	M	RIVERWOOD	6,42.54
215	WITT	ALAN	M	FRANKSTON	6,44.10
216	COURTNEY	BILL	M	GREYSTANES	6,45.46
217	MCCONNELL	GEOFF	M	BAULKHAM HILLS	6,45.47
218	LITTLETON	JOHN	M	NORTH BONDI	6,45.54
219	NAYLOR	FRED	M	GEORGES HALL	6,47.01
220	ONEILL	BARRY	M	CHESTER HILL	6,47.01
221	CAVANAGH	JOHN	M	LOCHINVAR	6,48.54
222	SWAIN	SHARYN	F	CROWS NEST	6,52.40
223	MARSHALL	JAN	F	GREENWICH	6,52.42
224	BRETT	JOHN	M	MIRANDA	6,54.06
225	GATES	STEPHEN	M	GREENWICH	6,56.03
226	WALTON	JULIE	F	NIAGARA PARK	6,56.04
227	SIMON	JOHN	M	PENSHURST	6,56.07
228	HOBBS	TOM	M	TOUKLEY	6,56.08
229	JOSEPHSENS	JOSIE	F	KILLARA	6,56.38
230	ASHCROFT	CHRIS	F	CHATSWOOD	6,56.38
231	EDGAR	MALCOLM	M	PEAKHURST	6,57.20
232	SHARROCK	PETER	M	RATHMINES	6,57.31
233	GILPIN	MARK	M	BLACKHEATH	7,02.12
234	BOIDIN	DOMINIC	M	FAULCONBRIDGE	7,04.13
235	BOIDIN	BENEDICT	M	BLACKTOWN	7,04.16
236	BOIDIN	DAMIEN	M	WENTWORTHVILLE	7,04.17
237	MANSON	RICHARD	M	LANE COVE	7,04.33
238	DIMITRIOU	JOHN	M	CANBERRA	7,15.27
239	LILLIS	TED	M	BASS HILL	7,19.29
240	CHAPPELL	NEIL	M	FISHING POINT	7,20.13
241	GORDON	JOHN	M	CLOVELLY	7,20.41
242	THOMSON	TRICIA	F	SWANSEA HEADS	7,21.26
243	GARDINER	BRUCE	M	BELMONT	7,21.27
244	CAMPBELL	DICK	M	WOY WOY	7,26.04
245	BEARD	DANNY	M	NUBBA	7,27.22

Place	RUNNER		X	SUBURB	TIME
=====	=====		=	=====	=====
246	TEGART	GREGORY	M	BENSVILLE	7,31.33
247	LONG	MIKE	M	GOSFORD	7,32.17
248	MOSTYN	LYNNE	F	SWANSEA HEADS	7,36.53
249	NAYLOR	GAIL	F	GEORGES HALL	7,37.10
250	WHITTON	BARRY	M	ILLAWONG	7,42.01
251	PARKER	GRAHAM	M	TERRIGAL	7,44.25
252	PARKER	MAUREEN	F	TERRIGAL	7,44.26
253	GIRVAN	DAVE	M	WOY WOY	7,44.33
254	DUCKWORTH	BOB	M	EARLWOOD	7,47.51
255	BATTYE	KRISTINE	F	WILLOUGHBY	7,57.11
256	HOWARD	GAVIN	M	WYEE	7,57.12
257	ENGLISH	PAT	M	BLAXLAND	7,57.16
258	DOWNES	WENDY	F	TURRAMURRA	dnf.
259	FLANAGAN	JOHN	M	MOOREBANK	dnf.
260	LUNSMANN	PAUL	M	BIRCHGROVE	dnf.
261	PIKE	PETER	M	ENGADINE	dnf.
262	SODBINOW	GEORGE	M	LANSVALE	dnf.
263	THOMAS	VIC	M	MORRISSET	dnf.
264	THOMPSON	DALE	F	BEROWRA HEIGHTS	dnf.
265	HUGILL	PHILIP	M	MOSMAN	dnf.
266	BOYD	TERRY	M	LEURA	dnf.
267	LIBESMAN	ERROL	M	BONDI	dnf.
268	BOIDIN	MARTIN	M	PLUMPTON	dnf.
269	CULLEN	ANDREA	F	BONYTHON	dnf.

\*\*\* END OF REPORT \*\*\*



# JAGUNGAL WILDERNESS TRAIL RUN - NSW

## 19TH MARCH, 1994

by Kevin Cassidy

No, I haven't heard of Mt. Jagungal either. As it turns out, it is up in the high country in the Kosciusko area, and as this was a new trail race on the calendar, I just had to be there! After a horrible night at the camping-ground, 10 runners set out for a supposed 80km journey through the Jagungal wilderness. (Most agreed afterwards that it was a rather long 80km). All were stocked up with bumbags of food, supplies, map and compass for a long day ahead. Race organiser, Leigh Privett had assured me that this race would be much easier than the Cradle Mountain Race that we had both contested a month ago. As things turned out, THIS WAS TO BE ONE OF THE WORLD'S BIGGEST UNDERSTATEMENTS.

Without map reading and navigation skills, you would soon get lost in this remote and unforgiving area. I was running with Geoff Hook and Ross Shilston, and as we were all recovering from previous races, the pace was pretty slow. Altitude was also a minor factor, with the entire course varying between 5,000 and 5,500 feet. There was not a great deal of altitude change, but progress was very slow due to the extreme roughness of the track and the need to carry so much gear.

We were progressing without trouble for about 30km, when Ross disturbed a black snake which was sunbaking on the trail and the snake was not very pleased about being woken up. It started thrashing at the nearest legs it could find, those legs being mine. Gee! Did I jump! It would be fair to say that Tim Forsyth has just been disposed as the Australian High Jump Champion.

By the time we reached about half-way, it was already obvious that we would spend the last hour in the dark and we were making a number of stops to consult the map and compass. We kept plodding forward under the hot sun, twisting and turning and crossing creeks before we arrived at Valentine Falls, which required a hands and knees climb to the top. I think we got a little lost there as we didn't see any pink ribbons for quite a while. The distance of this race became a bit questionable when we took 90 minutes to negotiate a section that our maps claimed was 5km!!!

On and on we went, plod, plod plod. We were still along way from home when the sun disappeared and it got very cold. I was using a spray jacket to keep my hands warm. Soon it was completely dark, but fortunately the moon was out and we were able to make progress down the trail to Guthega. We were feeling abandoned as we wondered why no-one had come in to search for us. Had we been forgotten altogether?

At last, after an hour in the dark, we got sight of the glow in the valley and we were soon at the finish at the Guthega Power Station in a time of almost 13 hours. And it was here that we discovered that a runner had been lost in the first 20km and there was a police search being conducted. This explained why no-one had been looking for us! Bill Keats from Canberra spent the night out in 4 degree temperatures before being found safe and well the next day, after a rather expensive police chopper search.

Once again, our two Russian visitors, Gennardy and Igor, cleaned up with a 1st and 2nd finish.

Thanks Leigh, for putting on a race that had everything a wilderness race could have. The distance was rather a long 80km, and in terms of toughness, it was at least the equal of the Cradle Mountain Race.

This race is definitely not for your Mr. Average-type runner. If you don't have any navigation and bush skills, then you would be foolish to attempt this event.

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### 48 HOUR ROAD RACE

It is intended to stage a 48 hour road race, tentatively from Th October 20 to Saturday October 22, 1994. Suitable venues in SE Queensland are being considered.

With the recent publication by AURA of Australian road records (June 1994 issue) it is thought that a number of these records may be within reach.

For further information, contact Ron Grant, 96 Brisbane Street, Nanango, Qld 4615, tel 071 631 645.

# ROSS TO RICHMOND, TASMANIA TASMANIAN 100KM ROAD CHAMPIONSHIP 24TH APRIL, 1994

The tradition of this great run between the historic centres of Ross, in the Tasmanian midlands, and Richmond, near Hobart, was further enhanced by a record-breaking effort this year.

Run over a certified accurate course, involving a loop around Ross and then following major roads south to Richmond, the event forms the Tasmanian 100km Championship. Because of its great running conditions and atmosphere, this run deserved more than four starters in the solo event. (An outstanding opportunity for interstate participation next year?)

The solo event was supported by a hotly-contested relay event over the 100km distance, which continues to attract increasing numbers of teams.

The four solo runners were Tim Sloane, record holder for the Cradle Mountain Trail Run; Andrew Law, Sydney to Melbourne competitor and international 100km team member; also ultra Tasmania members, Peter Hoskinson and David Gatenby.

A handicap system separated start times by several hours, with David off scratch, followed by Peter, with Andrew and Tim starting together. The two limit runners engaged in a dramatic struggle with fluctuating energy levels playing a part in the final outcome, which saw Andrew retire and Tim pass David with less than 7km to go to the finish. Tim recorded a race record of 7 hours 19min16s with Peter running 11 hours 16mins. and David 11 hours 57min.

Presentations at the Richmond Arms Hotel rounded off a very memorable day.

David Gatenby

## Ross-Richmond record stamps runner as one to watch

"THE MERCURY" 25-4-94

A SENSATIONAL run in yesterday's seventh Tigerhead/Southern Cross Ross to Richmond 100 kilometre run has established Hobart's Tim Sloane as a national force in ultra running.

Sloane ran the distance in a race-record 7 hours 19 minutes and 16 seconds and is now a likely starter in the seven-day Tasmania Run 94

in August.

Sloane's time took 30 minutes off the previous race record held by Andrew Law. Law was unable to maintain the early pace set by Sloane and himself and was forced to withdraw 10 kilometres from the finish.

Sloane, running off the back mark, took the lead in the final 10 kilometres and finished powerfully, overtak-

ing front marker David Gatenby.

Gatenby held on for second across the line in just under 12 hours.

Sloane has previously stamped himself as an ultra runner of national standing with his 8:22.0 record over the 80 kilometre Cradle Mountain overland run.

"I love the trails and ruggedness of the Cradle run

but today's race has taught me a lot about eating and drinking more regularly to keep up my energy level", Sloane said.

"My energy went so low a couple of times, I almost withdrew but with timely advice from Andrew (Law) I was able to recover."

Peter Hoskinson was third across the line.

Eight teams contested the

event and records tumbled in the five-runner teams race.

Pacey's Pacesetters defeated the Low-IQ's by a mere 400 metres over the 100 kilometre journey with a time of 5:26.35.

... times slipping up to seven minutes behind due to tactical errors, the Low IQ's fought back to be just 70 seconds down at the Richmond Bridge finish.

## Distance pair put in good runs

TASMANIAN distance runners Dean Giblin and Tim Sloane produced good runs in very different events yesterday.

Giblin was fourth in the Australian half marathon title at Lake Macquarie, New South Wales, behind ACT's Rod Higgins in very smart time.

Higgins won the race in 1h4m22s from Paul Arthur (NSW) in 1.4.42, Ray Boyd, of Western Australia, (1.4.51) and Giblin (1.5.35).

Giblin was fourth in the same event last year.

Sloane, an entrant in this year's Telecom Tasmania Run, finished 10th in the world 100 kilometres race in Japan, recording the second fastest time ever by an Australian.

Sloane ran 6h43m to improve his previous best time of 7.19 set in the Ross to Richmond race this year.

Sloane was easily the top Australian finisher in the field of 2000 at Lake Saroma, Japan.

"THE MERCURY"

MONDAY, 27/6/94

# Vita Health Foods

## 24 Hour Track Championship

HOW IT HAPPENED

BY

BILL JOANNOU

I had just completed the Tamworth 24 hour track race in March 1993 and was fairly pleased with my first attempt at such a race (152 kilometers and 9th place).

I was resting on a boat for a few days, just lying around doing nothing - somewhere in the Port Hacking River. On board there was Ken Challinor (the Skipper), Harry Laycock (my support crew in almost all ultras that I have entered), Doug Merrett (a good friend) and of course myself.

As I was sinking about my tenth Tooheys Red for the day I found myself talking out aloud about organising a 24 hour track race - did I really know what I was getting into - NO!

Much to my surprise the reaction of the others was favourable - hence a committee was formed along with Gabe Johnston, who was to join us later.

we spent a relaxing long weekend out there thinking nothing more about the planned run. In fact, we thought nothing more about it for about 4 or 5 months and some of us wondered if it would ever be mentioned again. I had in fact thought about it a lot and did some investigating amongst the runners in races I had entered since. Their response was also favourable, so I brought it up again and suggested we have our first committee meeting. Not long after this (October 1993) I had planned to run from Sydney to Melbourne (solo). Harry accompanied me as my sole crew and our plan was to go and visit Dot and Colin Browne to tell them of our Wollongong run. We arrived in Melbourne towards the end of October and found Dot and Colin, as usual, to be of tremendous help. We came back to Sydney armed with all the information we needed to stage our own track race.

We then began the arduous task of designing entry forms, advertisements, promotions, sponsorships, acquiring time clocks, tents etc, etc, etc. There were other tasks like making a leader board, sand bags, chest numbers, runners pre race booklets and much much more.

Looking back on the races that I had entered, I thought I

had a fair idea of what went on "behind the scenes" as far as organising went. I used to ask myself, Why can't they do this? Why did they do it that way? - beleive me I had no idea at all - so to all you race organisers I take my hat off to you and keep up the good work!!

Well, meeting after meeting we slogged it out. Some sponsors had come foward, the entry forms were designed - things were beginning to happen.

It was now February, one month before the big event. By now it had been decided that a 6 hour and a 12 hour race would be run as well. Entries were stragglng in and it finally looked like we would have an event.

By the start of the last week to go the jitters had really set in. Had we thought of everything? Will the clocks turn up? What if..? What if?.. There were so many things to think of.

It was Friday, one day before the starters gun was to go off. Harry had picked up Cliff Young from Sydney airport and driven him to Wollongong where he was to be involved in a promotion for Vita Health Foods. Boy was Cliffy surprised when he was picked up from his motel in Wollongong by a stretch limmo....and FIVE bikini girls!! The media were buzzing around everywhere and people came from all over to have a look. What a promotion! and what a day for Cliffy - the run will seem a bit of an anticlimax compared to this.

Friday night was spent filling our bellies at Sizzlers with some of the girls and sponsors. a great night was had by all.

The race day started early, up at 5:00am and on the track and setting up by 6:30am. Ken Challinor ( the major sponsor from Vita Health Foods) was more anxious (worried?) than me - He was at the track by 6:00am

Runners started arriving at 8 o'clock and tents began appearing - my god it is really happening!

9:15am - time for speeches, briefing lapscorers etc. All runners werw weighed in and by 9:55 ready to go. The count down was on.

BANG! They're off and running.....I forgot to mention that I was also running in the 24 hour event - What a gluten for punishment

It rained before the first hour was over but not too badly. It really came down ,however, in the second hour. We had a PA system through which music was played for the

entire time and the runners really loved it.

A bit of International flavour was added to the 24 and 12 hour races with Gennardy Groshev and Igor Streltsov. These two men are remarkable in that they have contested quite a few events since their arrival five weeks ago and still ran like two racehorses on a comeback run after a spell with energy to burn.

In all, the field was top class with names like Bryan Smith, Helen Stanger, Peter Gray, Georgina McConnell, Cliff Young, Dave Taylor, Tony Collins, Greg Wilson and many more.

Cliffy was truly in his elements being flanked by twin bikini girls through much of the race. Probably explains why he had more breaks than usual - he wanted more attention.

Gennardy, Helen, Bryan, Peter and Greg were pacing each other almost from the start with Gennardy taking the lead and never losing it for the whole 24 hours.

The 12 hour race saw Igor take the lead, and like Gennardy, never looked like being threatened.

The six hour race started off with Greg Love, Craig Rowe and Tony Farnham setting the pace. This was a close race with only 8 kilometers separating the first four placegetters.

The results of the 6 hour race were;

1st	Greg Love	71.06 klms
2nd	Tony Farnham	65.25 klms
3rd	Ludwig Herpich	64.40 klms
4th	Bruce Donnelly	63.51 klms
5th	Craig Rowe	57.29 klms
6th	Ralph Bristow	56.85 klms
7th	Jason Smith	45.29 klms
DNF	Glenn Marriott	DNF
DNF	Robyn Davis	DNF

As dawn approached, the rain fell intermittently and the 12 hour race had progressed steadily with the positions unchanged throughout the entire race. The results were;

1st	Igor Streltsov (RUSSIA)	142.40 klms
2nd	George Cormak	115.35 klms
3rd	Glenn Jarvis	64.96 klms
*	Bob Fickle	100.20 klms
*	John Cusak	75.10 klms

\* Transferred mid race or ran outside designated 12 hours set down.



As the 24 hour runners slogged it out, it was becoming evident that blisters were setting in due to the rain. The media were still buzzing around with a WAVE FM radio announcer doing an "on the run" interview with Cliffy.

The media and sponsors were present and active in the organising of the event for the entire 24 hours.

Helen Stanger went on to break 3 Australian records and took out the First Female - great run Helen!

The results of the 24 hour were;

1st	Gennardy Groshev (RUSSIA)	229.617 klms
2nd	Bryan Smith	222.294 klms
3rd	Helen Stanger	213.494 klms
4th	Peter Gray	206.540 klms
5th	James Rooney	203.991 klms
6th	Greg Wilson	189.910 klms
7th	Georgina McConnell	166.140 klms
8th	Bill Joannou	162.110 klms
9th	Shaun Scanlon	155.647 klms
10th	Tony Collins	151.323 klms
11th	Cliff Young	145.740 klms
12th	Eduardo Vega	130.450 klms
13th	Dave Taylor	127.232 klms
14th	Chris Varley	122.498 klms
15th	John Timms	119.482 klms
16th	Lee Chav	104.501 klms
17th	David Sill	100.334 klms

We look forward to a bigger field next year. Keep reading AURA for the date of the next run.



● Ultra marathon runner Cliff Young arrived in town in a stretch limousine to promote his 24-hour run today with Debbie Beaumont (left), Tracey Kiely and Wendy Hardy, all from Bodyshaping Promotions.

# Results of the "VITA HEALTH FOODS SOUTH COAST 24 HOUR TRACK CHAMPIONSHIPS"

run on March 26/27 1994

## 12 HOUR

Name	Marathon	50 Km	6 Hour(Km)	100 Km	12 Hour Total (Km)
Igor Streltsov 27 Russia	3:15:19	3:52:00	76.4	8:02:06	142.4*
George Cormack 43 Vic	3:54:51	4:46:35	60.4	10:10:00	115.35*
Glenn Jarvis 21 NSW	6:32:06	8:40:07	40.2		64.96
John Cusack 52 NSW (started late at 8:00:00)	6:44:33	8:18:08	38.4		75.1 (Walked)
Bob Fickel 42 NSW (Transferred from 24 Hour)	4:18:31	5:15:27	55.6	11:58:01	100.2 (transferred mid-race)

## 6 HOUR

Name	Marathon	50 Km	6 Hour(Km)
Greg Love 39 NSW	3:21:16	4:01:38	71.06
Tony Farnham 48 NSW	3:41:33	4:29:01	65.25
Ludwig Herpich 58 NSW	3:35:15	4:30:47	64.4
Bruce Donnelly 35 NSW	3:43:41	4:36:06	63.51
Craig Rowe 26 NSW	3:42:45	4:39:13	57.29
Ralph Bristow 54 NSW	4:20:30	5:14:10	56.85
Jason Smith 15 NSW	5:38:31		45.29
Glen Marriot 25 NSW			DNF
Robyn Davis 49 NSW			DNF

α = Australian Record, \* = Personal Best, ‡ = First 24 Hour



Tony Collins, from Norah Head, ran 151.323km in the 24 Hour event.

**Results of the "VITA HEALTH FOODS SOUTH COAST 24 HOUR TRACK CHAMPIONSHIPS"**  
**run on March 26/27 1994**  
**24 HOUR**

<b>Name</b>	<b>Marathon</b>	<b>50 Km</b>	<b>6 Hour(Km)</b>	<b>100 Km</b>	<b>12 Hour(Km)</b>	<b>200 Km</b>	<b>Total (Km)</b>
Gennardy Groshev 34 Russia	3:22:40	4:00:38	74.0	8:21:38	137.6	19:05:15	229.617
Bryan Smith 50 Vic	3:33:14	4:16:10	69.2	8:55:33	128.0	21:19:48	222.294
Helen Stanger 42 NSW (F1)	3:29:26	4:12:10*	69.6 *	9:06:40α*	125.160α*	22:16:35α*	213.494α*
Peter Gray 29 Vic	3:35:09	4:20:12	66.0	9:49:15	116.6	22:57:25	206.54
James Rooney ‡ 41 NSW	4:03:27	4:47:09	62.8	10:10:58	114.8	23:31:16	203.991
Greg Wilson 41 Vic	3:44:08	4:26:50	67.2	9:37:01	119.2		189.91*
Georgina McConnell 50 NSW (F2)	4:03:09	5:03:29	58.2	11:20:29	104.6		166.14
Bill Joannou 37 NSW	4:27:23	5:22:04	55.2	11:27:10	104.4		162.11*
Shaun Scanlon 49 NSW	4:18:05	5:30:40	54.4	13:08:12	93.2		155.647*
Tony Collins 46 NSW	4:16:50	5:22:14	56.0	12:25:22	97.2		151.323
Cliff Young 72 Vic	5:12:15	6:23:56	47.0	14:50:40	82.6		145.74
Eduardo Vega 53 NSW	4:38:12	6:36:42	47.6	14:09:32	84.0		130.45
Dave Taylor 42 NSW	4:43:24	5:51:50	51.2	15:01:20	86.0		127.232
Chris Varley 32 ACT	5:23:24	6:54:54	45.6	18:32:07	67.3		122.498*
John Timms 51 NSW	5:01:04	6:33:56	45.6	19:05:38	74.4		119.482
Lee Chav ‡ 24 NSW	5:21:57	6:22:46	47.6	23:36:42	73.2		104.501
David Sill NSW (Started at 6:14:37)	12:04:54	13:04:37		23:58:27	41.6		100.334

α = Australian Record, \* = Personal Best, ‡ = First 24 Hour

# Twenty four hour track championship - unique event

# Ultra marathon

# titles on track

*"The Beaton Park track with the rekortan surface has caused quite a stir amongst the runners because it will afford them great chances to break existing records."*

• Dave Taylor from Wollongong will be competing against the likes of Bill Joannou in the Vita Health Foods South Coast 24 hour track championship on March 26.

A unique sporting event will take place later this month when the inaugural Vita Health Foods South Coast 24 Hour Track Championship kicks off at Beaton Park Athletic Track.

Local runner, Dave Taylor said that he is thrilled that local business has got behind the event.

"I approached Vita Health Food in Wollongong and suggested we put on our own 24 hour championship," he said.

The 24 hour is an ultra marathon run on a set track instead of being on the road.

The object is to run the longest possible distance over a period of 24 hours.

Manager of Vita Health Foods Wollongong, Ken Challinor said that runners competing in the event are allowed any amount of rest period but run the risk of losing valuable kilometres.

"This event is unique in that it will incorporate a 6 hour and a 12 hour run as well," he explained.

"The Beaton Park track with the rekortan surface has caused quite a stir amongst the runners because it will afford them great chances to break existing records."

Taylor, who was the winner of the inaugural "Sydney to Melbourne to Sydney Marathon," said that the new Beaton Park track was ideal for 24 hour running.

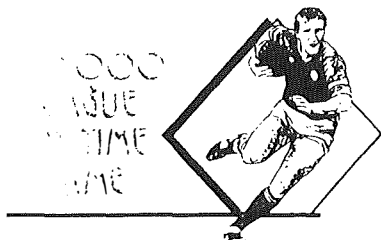
"I done a five hour run on the track last week and I still felt fresh after it," he said.

"This event, here in Wollongong, is a great opportunity for locals to come and see the what endurance running is all about, and also witness first hand the mental and physical strength athletes in our sport have," he concluded.

The House with No Steps is the official charity linked to the event.

The event will begin at 10am March 26 at Beaton Park, Follies Road Wollongong City. For further information contact Publicity Officer, Ken Challinor on 273090.

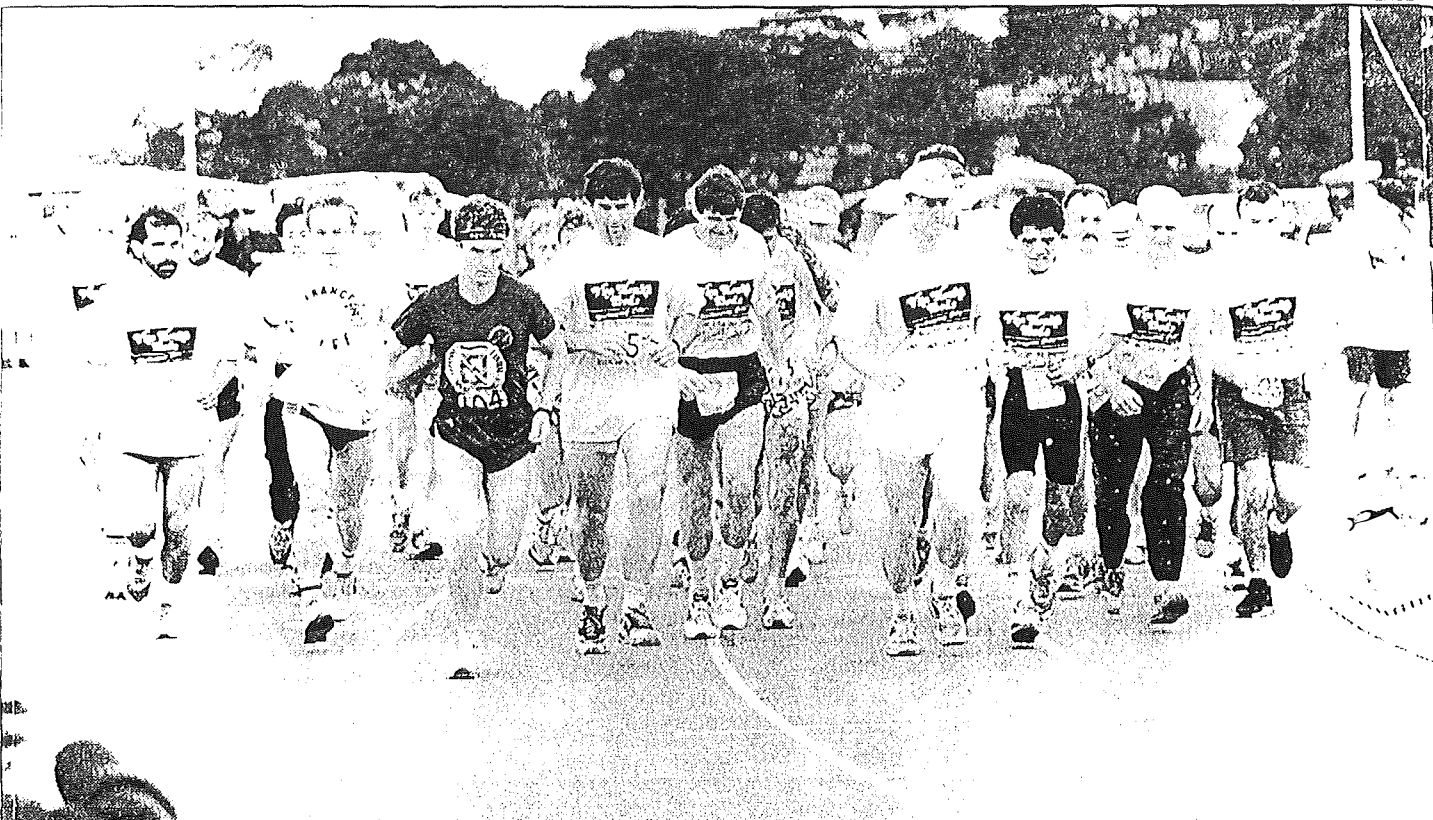




# Mercury Sport

MAR 28 — 48

Picture: DAVID TEASE



● Again, and again, and again ... Runners in the weekend's 24-hour ultra marathon at Beaton Park. Russian champions dominated the event with the winner, European star Gennardy Groshev, running a distance of 229.617km.

## Russians conquer ultra marathon

By MIKE GANDON

The Russians came and conquered in the Vita Health South Coast 24-hour ultra marathon at Beaton Park on the weekend.

European champion Gennardy Groshev produced an astonishing running performance to win the 24-hour premier event.

The brilliant endurance runner, who was one of the later entries to the race and also a Russian Sports Institute director, finished the day-long run with a distance of 229.617km, way outside his personal best of 255km.

Groshev's countryman Igor Streltsov won the 12-hour event with 142.4km.

Aussie Greg Love was victorious in the six-hour with 71.06km.

Conditions varied considerably between teeming rain just after the race had gone on an hour on Saturday morning to sweating sunshine yesterday morning.

### 24-HOUR RUN

Runners had to endure the constant mental and physical grind of running around the Beaton Park track virtually non-stop through Saturday night into Sunday morning.

Australian champion Bryan Smith, of Mentone, Victoria, carried a groin injury into the event which hampered him for at least the first four hours and finished a courageous second with 222.294km.

Although the Russians gave the event the international prestige by virtue of their appearance and results, the most amazing performance came from Loftus runner Helen Stanger, breaking four Australian records and finishing third behind Groshev and Smith.

Stanger broke her own Australian women's 24-hour track record with a distance of

213.294km, 200km track with 22hr16min-35sec, 12-hour track 125.16km and 100km track in 9hr6min40sec.

Understandably Stanger was tired, weary and not too sharp after the event but she said she was proud and happy to have won the female section, shatter records and finish third behind two of the world's best men's 24-hour runners.

Whilst Groshev and Stanger were outstanding, Australian folk hero Cliff Young did not quite break the world over 70s record.

Young finished 11th overall in a distance of 145.74km.

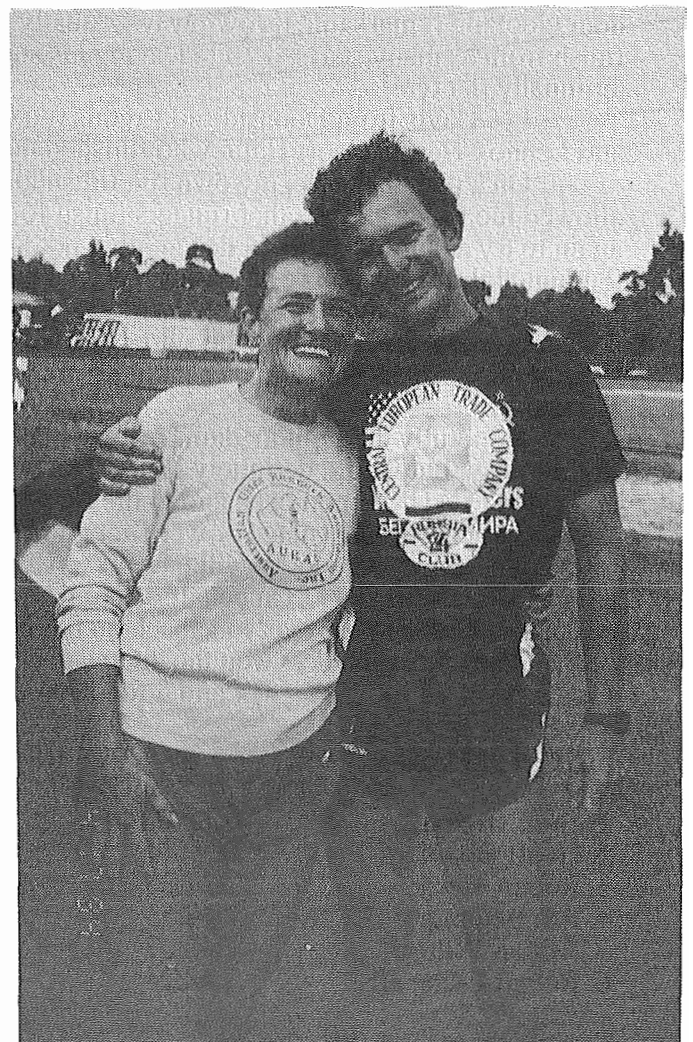
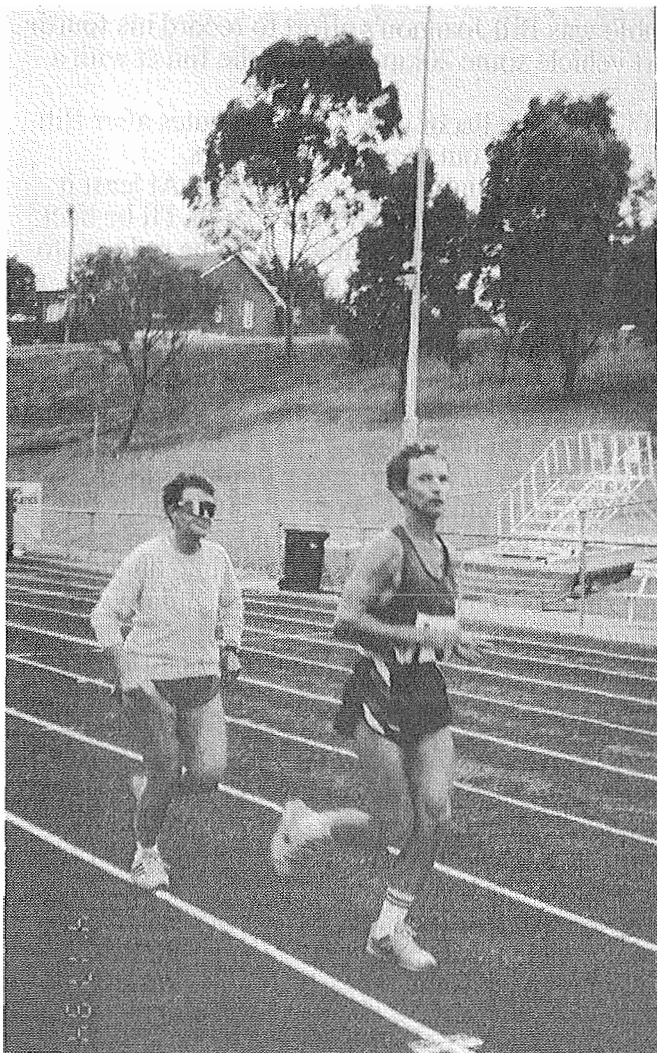
Illawarra's Dave Taylor, 13th with 127.232km and in comeback mode, has decided to give competitive running away at least for the next 12 months.

Beaton Park power walkers succeeded in their aim to enter the Guinness Book of Records.





Allan Pitman and Ben Weule in their first ultra - the Glasshouse 55km Trail Run, Q'ld.



Sandy Kerr chasing Igor Streltsov during this year's Coburg 24 Hour Run. And she finally caught him!



# BANANA COAST ULTRAMARATHON - 1/5/1994

by Steel Beveridge.

This race was a 'tour de force' for Greg Barton. The 26 year old Queenslander literally strode away from the rest of the field to clock a new record for the Coff's Harbour to Grafton course of 6 hours 12 mins 8secs. He broke the old record, set two years ago by triple champion, Geoff Boase, by an impressive 19 minutes 41 secs. Not only that, but his margin of victory over Boase was the second greatest since the event's inception.

Geoff Boase missed out on his fourth straight victory, but did post a notable achievement in dipping under the 7 hour mark for the fourth time. No-one else has had that distinction. Boase paid tribute to Barton's outstanding effort at the presentation, stating that if the record had to go, it was appropriate that it go in a big way.

Now only Bruce Cook's sub-six hour time for the Grafton - Coff's course, set in 1985, stands as faster than Barton's time. Conditions in 1985 were pretty tough, with driving rain pushing into runners' faces for the last 20km by a strong southerly. This year, the conditions were much kinder, with early mist and cloud cover giving way to a perhaps slightly too warm autumn day.

For those who took longer than 7 hours, the warmth played a significant role, with numerous positional changes through the field as the day and the distance wore on. Robert Herd from Armidale persevered best of the rest for a meritorious third placing in 7.17.33, giving him a comfortable 23 minute margin over fourth, former double champion, Nana Glen's Jim Bennington.

Close racing saw a sprint finish secure fifth for first-timer, Adrian Wilson - also from Nana Glen, over the seasoned campaigner Bob Channells, who claimed sixth in his sixth run in the event. Close too was the contest between the two David's, with West Ryde's David Clear prevailing over Dave Brown from Bli Bli by 23 seconds.

Next in was the redoubtable Ian Javes, whose 'do-it-yourself' drink stations made his sub-nine hour clocking remarkable in its own way. Equally notable was Bill Joannou's effort to record his fourth finish from as many starts, despite leaving his support vehicle some 20km out from the finish with a terminally flat tyre.

Les Davis from Doonside added this run to an impressive list of ultras just 3 minutes after Bill and Lennox Head's Geoff Hain, who finished number 6 to round out the dozen finishers.

On a personal note, my own run finished at half-way, spoiling my perfect record. At least it allowed me to see all the other runners finish for the first time. Next year, if I am spared, I'll be back again to try again for the even dozen. I do not know what went wrong this time, but to be reduced to 9 minute kilometres before half-way was an un-nerving experience that I do not want to repeat.

On a positive note, the television coverage of this year's race was a little overwhelming, with 3 channels (apart from Bob) at the start. N.R.T.V., N.B.N. and PRIME all gave good coverage in their news services, which makes it all the more ironic that we have no photo of the winner, Greg Barton!

Hopefully the print medium will get back into the act a bit more next year. Their stories are fine in their way, but would definitely gain impact with the addition of a photo....as would this piece...so I apologise to AURA members, and to the runners for this sin of omission. We took some shots but they were accidentally ruined or were not good enough to print.

The engraved goblets will have to serve as each participant's reminder of their time on the back road to Grafton in 1994. On behalf of sponsor, John Esplin of Banana coast Electrical and myself as organiser, I hope to see everyone back on the first Sunday in May, 1995.

The Queenslanders won the interstate challenge narrowly. With 3 to count, they had 1, 2 & 8 for a total of 11 to NSW - 3, 4 and 5 for a score of 12!

## FINISH TIMES:

1. Greg Barton	6:12:08	7. David Clear	8:05:18
2. Geoff Boase	6:59:44	8. Dave Brown	8:05:41
3. Robert Herd	7:17:33	9. Ian Javes	8:54:23
4. Jim Bennington	7:40:53	10. Bill Joannou	9:07:01
5. Adrian Wilson	7:48:07	11. Les Davis	9:10:10
6. Robert Channells	7:48:24	Geoff Hain	9:41:10

Steel Beveridge (NSW)

**AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIPS  
AND  
QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS  
BRISBANE QUEENSLAND - JUNE 2-4 1994**

As if to reinforce previous statements that Queensland is becoming the home of ultra running in Australia entry numbers have increased significantly for the third year of this event. While the 48 hour had nine entrants, the 24 hour had 18 people unable to contain their enthusiasm for ultra running.

The 48 hour started at a sensible 3pm on Thursday 2 June. (Don't you just hate getting up at 4am to get to the track for the normal starting time of events). With such heavy weights as Tony Collins, Peter Gray, David Standeven and Mark Pritchard, and others lined up, this event promised to be a battle of the giants from the first minute to the last. Tony Collins, master tactician and winner, ran his normal well planned race. David Standeven gave a display of running that would have given Kouros a few moments of panic. Unfortunately he was inflicted with the flare up of an old groin injury which made him withdraw from the event, but still managed to cover 202.4 km in 25 hours. The battle then continued between Tony, Peter and Mark, with the rest of the field in hot pursuit. David Sill and Bill Joannou did not let each other rest for too long as they fought out the 4th and 5th placings. David was able to pull away towards the end to take 4th. John Timms entertained the field during the long hours with the odd sub one minute lap.

3pm Friday saw a mass of fresh runners take off at the sound of the starter's gun. Bryan Smith who having decided not to run in the 48 hour because of a virus that had laid him out in his hotel room the night before, thought he might as well do the 24 hour since he was up here. At the gun he did his imitation of a startled gazelle, and continued it for the 24 hour period. Nanango runner Cliff French stayed close to Bryan throughout the duration of the event and finished a creditable second. As mentioned, if Queensland is becoming the centre of ultra running, then Nanango must be its heart. This town was well represented with five runners. It claimed 2nd and 5th overall and 1st and 2nd female. Things have never been the same since they got a new milkman called Ron Grant. Nearly half of the entrants in the 24 hour had never attempted anything much over 50 km previously. Some said after the event they wouldn't try anything over 50 km again. Little do they know they are hooked. The first three female positions were hotly contested for the whole of the 24 hour period as reflected in a difference of only 6 km between them at the finish. Fourth place female Kerrie Hall gets better with each event. This year she WALKED 132 km. A very notable effort.

From a personal point of view I was extremely pleased with the way the two events went. The sleepless nights and millions of phone calls were worth it at a successful conclusion. It is satisfying the numbers increase each year, with a good percentage of the entrants first timers. This, blended with some of Australia's best runners made this event interesting from runners' and spectators' perspectives. My thanks to all the runners who made this event what it was. Thanks to all who helped to get it organised, and running it through the 48 hour period. The crews and runners who helped each other made this a unique group of people. Special thanks to Dave and Kay Holleran and Val Case for their support as my right and left hand support before, during and after the event. Without them I would have lost my sanity three years ago. To Lorraine Page for all the media coverage the event received, and special thanks to all our faithful sponsors and supporters.

Ray Chatterton  
Race Director

**QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS  
BRISBANE QUEENSLAND JUNE 3-4 1994**

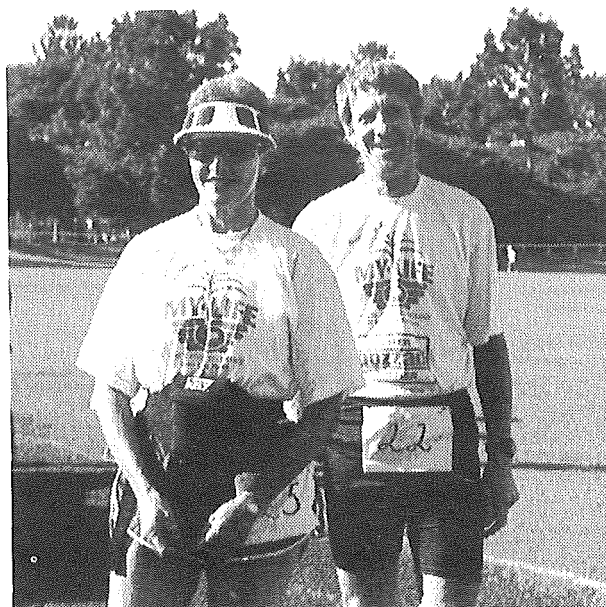
**MALES**

**FEMALES**

Bryan Smith (24/10/43) 208.560 km  
Cliff French (10/5/43) 182.442 km  
Geoff Williams (?) 162.460 km

Kathy Caton (24/6/63) 146.435 km  
Angela Clarke (14/9/39) 143.180 km  
Wanda Foley (24/1/46) 140.800 km

Ian McCoskey (20/11/51) 160.920 km  
Darryl Flemming (?) 150.000 km  
Cliff Young (8/2/22) 135.470 km  
Kerrie Hall (F) (25/3/61) 132.215 km  
David Barwick (30/12/42) 126.951 km  
Lindsay Phillips (?) 121.015 km  
Karl Hebel (23/10/39) 116.300 km  
Ian Walker (23/3/60) 96.400 km  
Terry Sloan (11/2/58) 92.000 km  
Brian Evans (29/9/42) 78.000 km  
Glen Jarvis (2/2/73) 67.360 km  
Jeanette Davies(F) (17/12/49) 50.800 km



An old shot of Carol Street and Cliff French, two competitors who were in the 1992 event.

Cliff ran again this year and covered 182.442km to place second in the 24 Hour event. Congratulations!

**AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIPS  
BRISBANE QUEENSLAND JUNE 2-4 1994**

Tony Collins (26/6/47) 326.000 km  
Mark Pritchard (12/11/47) 304.800 km  
Peter Gray (4/10/64) 300.305 km  
David Sill (6/3/47) 253.200 km  
Bill Joannou (6/2/57) 242.656 km  
John Timms (30/9/42) 234.923 km  
David Standeven (6/3/52) 202.400 km  
John Stockman (16/2/50) 183.337 km  
Mark McKay (8/4/66) 74.400 km

# AUSTRALIAN 50 MILE TRACK RACE

## 19TH JUNE, 1994

by Kevin Cassidy

This race almost didn't occur. Only two weeks prior, there was only one entrant, that being Linda Meadows, intent on rewriting the record books. International rules only allow records that are set in official races with a minimum of 5 starters, so 4 other starters were drummed up. Ross Shilston was running to gain a qualifying performance for next year's Western States 100 Miler in the U.S., and Peter Gray was back for another ultra, John Harper and myself entered to allow Linda a crack at some records.

There was drama before the race even started when Ross and his manager, Peter Armustead, arrived with only minutes to spare. It turns out that they had rolled up to the Box Hill track, and when no one else turned up, they decided to read their instructions and discovered that the race was at East Burwood track some 5 miles away. They were blaming each other.

At last the race started and Linda started lapping in 1.48 to 1.50. The wind was blowing but it was not too bad. Soon after, Ross' 2 other helpers, Kon Butko and Alan Witt arrived after having wasted much time at the wrong track, and they were not impressed at Ross' stuff-up. "I'll fix that little bastard!" said Kon.

After 60 laps, I decided to withdraw and head to the Dandenongs for some hill work. When I returned Linda was still lapping at the same pace and the wind had really picked up. Meanwhile Ross is sprawled on the track throwing his guts up. Pete had been giving him his magical "Energy Surge" from America which is guaranteed "No bonk - No nausea". I'd be wanting my money back if I were you Pete! "Wait till I ring Helen and tell her we've failed again" laughed Big Al. (Action replay of Ross' karking it after the Six Foot Track earlier this year).

Meanwhile the wind had reached gale force proportions, but it had not slowed Linda one bit as she was now looking at a world record. The wind was now so strong that it was impossible to run a straight line up the back straight. But Linda was still running 1.50 laps until she stopped the clock in a new World Track Record of 6 hours 7 mins.58 secs. and the fifth fastest 50 miles of all time (the other 4 being road times) !! How fast could she run in more favourable conditions? Sub 6 hours?

Meanwhile, Ross has picked up since his mid-race collapse and finishes on in 6 hours 55mins, with Peter Gray and John Harper both finishing just after the 8th hour. Ross did well when you consider the quality of his crew (Butko, Armistead and Witt). Fair dinkum, these wackers from the Peninsula resemble Larry, Curly and Moe in more ways than one. Hollywood should never have spent all that money making "The Three Stooges" They could have sent their cameras down to Frankston for a few days and they would have gotten all the material they needed.

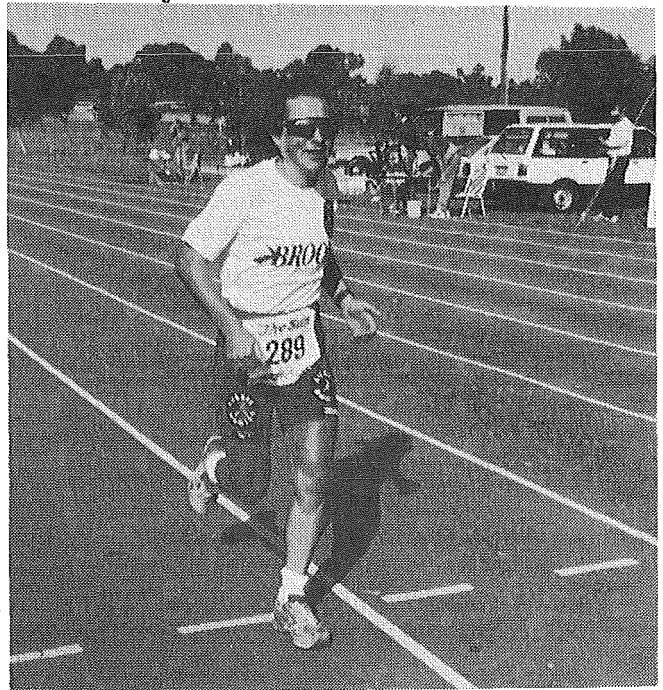
Just where have the runners gone? A few years ago, you had to qualify to be in this track race, and it was one that I would aim for, but track races in Victoria seem to be almost dead these days, and as my goals are now geared to trail races, the track just doesn't appeal to me any more. So I must class myself amongst those who no longer support our traditional track events, sad as it is.

Later that evening, AURA held its AGM and the events of the past year were discussed. One point that was raised was the appointment of David Sill as Barry Stewart's manager. This came as a bit of a surprise as Dot Browne had been favoured to take on the job and was keen to do so.

Ed's note: THANK YOU Kevin!

I must agree that it is a miracle that Rosco could run at all with the calibre of his support crew. Three rogues from way back, who continually gave him the rubbish about how pathetic he was, and how their grandmother could run faster than he could etc. etc and they were merciless in their hanging it on him for getting the track venue wrong. Really helpful comments. It's a miracle he didn't snot 'em one. He probably would have liked to, but didn't have the energy.

Linda Meadows'



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.  
**50 MILE TRACK RACE**  
(INCORPORATING AUSTRALIAN CHAMPIONSHIP EVENT)  
SATURDAY 18 JUNE 1994  
BILL SEWART ATHLETIC TRACK (400m)  
BURWOOD HIGHWAY, EAST BURWOOD, VICTORIA

**RACE REPORT** Race Organiser:  
**WORLD RECORD!!! - WOW!!!**

Geoff Hook  
42 Swayfield Road  
Mount Waverley 3149

Australian records were broken again in this race - for the 4th year in a row. But better still this time around, it appears that a world record was broken. Subject to confirmation, Linda Meadows's 50 mile time of 6:07:58 broke the previous record by almost 4 minutes. Needless to say the Australian record was well and truly smashed.

Congratulations Linda on such a fantastic effort, particularly against the strengthening wind that was developing as the day wore on. Even at the start the wind was more than desirable which turned into a cold stiff breeze by the afternoon. At one stage Linda asked me if I could turn off the fan, but I couldn't find the switch. Linda's effort is even more remarkable since this race was only her 2nd ultra and she won it outright. This lady surely has a great ultrarunning career ahead of her.

Again this race could only attract a few competitors. Seven people entered and only five started. If Linda had not been desperate for a crack at the records, I would have cancelled the race. By the official closing date for the entries, Linda's was the only one. Between us we cajoled and arm-twisted another few and some entered late. The numbers have been steadily dropping over the last few years and so if there is no improvement next year, the race will be cancelled, not to be put on again.

The race has a long and proud history and so it is my hope that it can be kept going, so to all those ultrarunners out there, please support the race next year. Fifteen years as a top event on the calendar and classified as the Australian 50 Miles Track Championship, this event is worth preserving.

Ross Shilston held the lead in the race until just after 50 km when Linda took the front running. This was the point when poor old Ross started suffering debilitating nausea and dry retching. Amazing for a funnel web. Good on you Ross for battling through to finish second.

Peter Gray, ably supported by his Mum, Norma, and John Harper both put in a steady performance in difficult conditions. Well done fellas!

Uncle Arthur withdrew to look for One Tree in Hilly Terrain.

My heartfelt thanks to Les Clark, Dot Browne and Sandra Kerr for their help during the race. Thanks also to all the other people who helped and to Michael Grayling for his timely and generous presentation of flowers to honour Linda during the presentations.

*Geoff Hook*

**GEOFF HOOK**

**Race Organizer**

RESULTS:	Marathon	30 Miles	50km	40 Miles	50 Miles
1. Linda MEADOWS, 35 Vic	3:10:49	3:37:55	3:45:53	4:51:52*	6:07:58*#
2. Ross SHILSTON, 40 Vic	3:04:41		3:44:46	5:28:09	6:55:30
3. Peter GRAY, 29 Vic	3:45:48	4:21:51	4:31:43	6:04:49	8:02:43
4. John HARPER, 46, Vic	3:49:00	4:23:54	4:36:02	6:13:45	8:07:28
DNF:					
Kevin CASSIDY, 33, Vic	60 laps = 24 km in 1:57:20				

Linda Meadows also achieved 78.742km \* in 6 Hours.

Note: All records are pending, subject to ratification

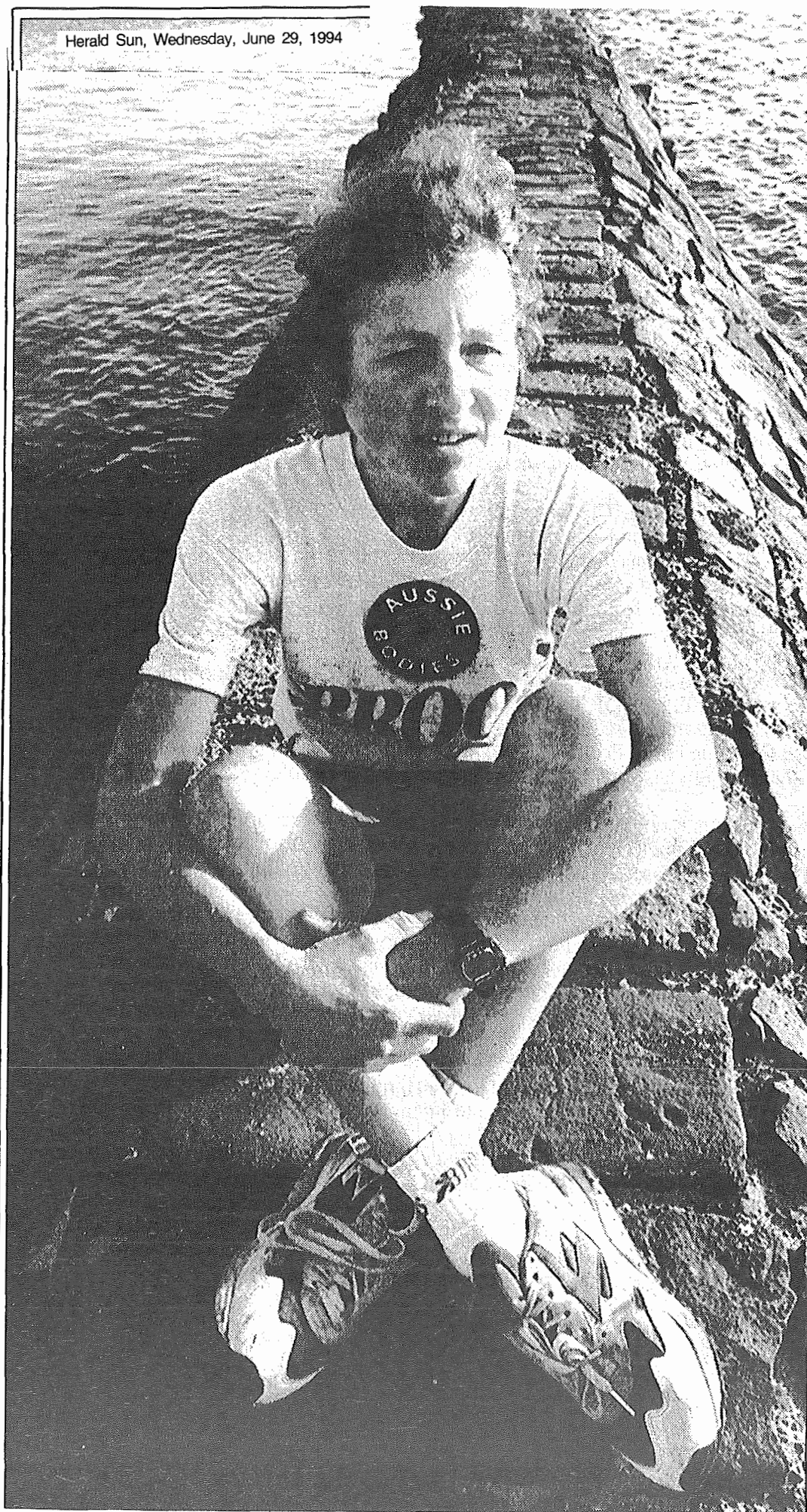
\* Australian Record

# World Record



Linda broke World Record for 50 Miles!!

Herald Sun, Wednesday, June 29, 1994



## Meadows crashes the pain barrier

IT WOULD not surprise if Linda Meadows rushed into a telephone booth and emerged wearing a red cape.

The only thing preventing Meadows from qualifying for the superwoman role is that she doesn't have time to chase villains.

For almost all her life the 34-year-old from Edithvale has set, and met, some extraordinary physical challenges.

Ignoring doctors warnings that severe osteoporosis in her legs would end her running career, Meadows recently set a world record for the women's 50 mile track ultra marathon.

Running 80km, or 201 laps of the 400m East Burwood Reserve track, in 6hrs 7.58min Meadows smashed national records for 40 miles (4:51.51) and six hours (77.942km).

Despite cold, blustery conditions, the chronic asthmatic was determined to let break the world record.

"I went out there to do a good time, so while most of the other competitors stopped to stretch, go to the toilet or eat, I just kept running," she said.

Meadows has a fine athletics pedigree.

In 1979 she won the Australian women's road cycling race and a few years later completed a solo round-the-world 27,500km cycling trip.

Meadows set herself two goals last year — to cycle around Australia and run the Melbourne marathon.

Setting off from Perth in February, Meadows combined marathon training with her cycling.

"I was halfway across the Nullabor and would go for a long run in the morning before getting on my bike and riding for the rest of the day," she said.

Reaching Sydney in November, Meadows travelled to Melbourne for the marathon.

The second woman (first Australian) across the line, she then flew to Sydney to resume her cycling trip.

Meadows was forced to curb her punishing schedule when she collapsed with stress fractures to her ankle, knee and hip last November.

Doctors diagnosed osteoporosis and said her bones were as brittle as those of an 100-year-old woman.

"It was like hell for me to stop training while my bones recovered, and now that I am on special supplements and natural therapy I have never been better," she said.

Can't slow down: Linda Meadows finds a rare moment to put up her feet. Picture: JOE ARMAO



# GLASSHOUSE MOUNTAINS TRAIL RUN

19th June, 1994 - Queensland

by Max Bogenhuber

Ian Javes is a pretty useful ultra runner himself, having won a six day event in California a few years back, but he is also one of those people who put a lot back into the ultra running scene by staging a number of events in southern Queensland.

Last Sunday, June 19th, I ran one of his events, the 55 km race of the Glasshouse Mountains trail races. I say one of them because the day consists of five races. An 80k, a 55k, a 35k, a 20k and a 10k. All runs start and finish near the Glasshouse Mnts lookout, about 10k from the township of Glasshouse Mountains. This little town is about 70k north of Brisbane, and sits right in the middle of some great fruitgrowing country. There is a motel and a Chinese restaurant near the township, with a caravan park not far south of town, on the old Bruce Highway.

The races start at different times, which means they all finish at about the same time and the presentations for all races, except the 80k, are held together. The races also use the same courses in sections. The 55k first uses the 20k loop, which brings you back to the start/finish, then uses the 35k loop. The 10k uses a shortened version of the 20k course. The 80k is a mixture of the 55k loops and a shorter loop.

The courses really give a runner everything. There are some very short tar road sections, some rugged cross country type sections, lots of very good, very runnable forestry service roads and one great ascent/descent of Mount Beerburum. It was that mountain that really made the run for me. Anyone thinking of going up for these runs should at least do the 35k run, because Mount Beerburum is in that loop. The climb is great and the view from the top is absolutely magic. I liked it so much that I drove over after the race and went up again (you can drive up a fair way before you have to take a very steep pathway to the top) to get a really good look at it.

Apart from Mount Beerburum, there are no big hills, so this is quite a fast course if one is in shape. I did the 55k, so I did get to see the 20k and 35k loops, both of which cover lots of very nice country, with lots of pine forests. The temperatures are excellent for running, at this time of the year up there. In short, there is no excuse for doing badly in any of these races. Aid stations are provided at pretty regular intervals and I probably could have run the race without my trusted drink bottle without getting dehydrated.

Despite missing two turnoffs, I must say that the course was marked very professionally, with white arrows at all intersections with other tracks and roads. I can only blame myself for missing the turns because I keep running without my glasses (I hate them) and as I can't see anything until I'm practically right on top of it, it is easy to overlook a marker when running with my head down. But because I had worked out pretty early in the race that every turn was marked, I knew I had missed a turn as soon as I hit a track intersection that was not marked. A very low entry fee of only \$20.00, which gives you a pottery mug and if you enter early a T-shirt, bananas, oranges, lollies, coke and cake during and after the run, makes this an event that deserves more support from us, the runners. Think about it, for less than the entry fee of the Forster triathlon, you can enter the race, fly up from Sydney, hire a car, stay at the local motel and eat out. In short, you can have a great weekend.

There were two excellent performances in the 55k race. The winner, Greg Barton, ran it in 4 hours and a few seconds. Nicole Carroll, who finished in second place outright, ran it in 4:35. These are very, very good times. Why didn't these people get on the plane to Japan for the 100K World Cup? Surely they are better runners than some of those that did!

Queensland must have something in the air to produce such excellent ultra runners, with all the existing talent (Don Wallace etc) and now these two relative newcomers. It's great to see some fast runners getting into the ultra scene. About time. Talk about fast runners getting into the ultra scene...did you know that Alberto Salazar won the Comrades?...and Don finished twelfth?...a superb result for Don in a race with more than 13000 competitors, including most of the best ultra runners in the world. This is a great time of the year to go north, and what better reason than a good race.

# GLASSHOUSE TRAIL RUN RESULTS - 1994 JUNE 19<sup>th</sup>

<u>55 KM</u> (10 starters)	hrs	min	sec	
1. Greg BARTON	4	00	39	Brisbane
2. Nicole CARROLL	4	35	50	Brisbane (1st Female)
3. Max BOGENHUBER	5	06	56	Sydney
4. Ben WEULE	5	11	55	Brisbane
5. Alan PITMAN	5	29	33	Brisbane
6. David RUSSELL	5	52	58	Brisbane
7. Peter BUCHAN	5	58	00	Brisbane
8. Glenys WRIGHT	6	52	45	Brisbane (2nd Female)
9. Robert WERDA	6	59	36	Brisbane
10. Phillippa BOLT	7	36	58	Kurwongbah (3rd Female)

Greg ran a faster time than last year's winner, Don Wallace, who is his training partner and Nicole Carroll showed exceptional ability as an ultra runner by being the second to finish ahead of Max Bogenhuber of Sydney who is a very experienced and creditable trail runner. The other five men in the event successfully completed their first ultra event. Glenys Wright and Phillippa Bolt have competed successfully in ultra runs before but again produced excellent efforts. None of these runners lost their way.

<u>35KM</u> (30 starters)	hrs	min	sec	
1. Paul VERSLUIS	2	40	28	
2. Rowan CLARKE	2	50	35	
3. Anthony CONDON	2	53	13	
4. Peter McKENZIE	2	54	07	
5. Ian McINALLY	2	54	50	
6. Rein EVENHUIS	2	55	17	
7. John PAGE	3	01	54	
8. Peter KENNEDY	3	07	16	
9. Gary MYERS	3	08	16	
10. Cliff FRENCH	3	11	38	
11. Warren LUCAS	3	13	06	
12. Alan BOLT	3	14	46	
13. John WISHART	3	15	01	
14. Roger HAWLEY	3	20	32	
15. Mark NEWCOMB	3	24	05	
16. Robert SINNERTON	3	34	26	
17. Murray STRATFORD	3	34	26	
18. Bruce JOHNSON	3	39	36	
19. Patrick COLLINS	3	40	55	
20. David HEAP	3	45	35	
21. Faye COLLINS	3	51	30	(1st Female)
22. Kerry STUMER	3	53	30	
23. Laurie BAXTER	3	56	14	
24. Peter HOLLES	4	13	44	
25. Tony PRATT	4	22	37	
26. Brian PALMER	4	24	41	
27. Bob SYLVESTER	4	27	59	

(3 runners failed to complete the correct course)

Thirty runners started in the 35km event with two of the three women entered going astray very early in the race. One returned to base and entered the 10km event. Two of the men probably covered an extra 10km when they took a wrong track and detoured via the township of Elimbah. Another of the men missed a turn and cut out the climb up Beerburum. He was quite suprised when he was passed by the runner who had thought he was leading the race. Trail running requires vigilance particularly at any intersections.

20KM (23 starters)	hrs	min	sec	
1. Tony McCALL	1	57	23	
2. Danny CONSTABLE	2	01	50	
3. Rob WALKER	2	08	33	
4. Greg COATES	2	11	56	
5. Jason WILLIAMS	2	23	41	
6. James KNYNENBERG	2	27	39	
7. Kerri HALL (1st Female)	2	33	37	Walker from Caboolture
8. Julia STENTON (2nd ")	2	36	49	Sydney Runner
9. Rod MANN	2	39	08	
10. Angie COTTRELL (3rd ")	2	40	18	
11. Ruth DOVER	2	41	37	
12. Jeremy DOVER	2	41	37	
13. Shane TULL	2	41	55	
14. David BARWICK	2	43	47	

(9 runners failed to complete the correct course)

In this race the leaders missed the first turn about 1.5km from the start and the rest of the field followed suit except for the lone walker in the event, Kerri Hall. When she was the first competitor through checkpoint 2 the course supervisor went looking for the rest of the field and put them back on course. Some decided to take the shorter route home along the 10km course. Those who did go the full distance probably covered closer to 30km.

10KM (33 starters)	hrs	min	sec	
1. Mark GRENFELL		51	36	
2. Steve FULLER		53	07	
3. Mark LYNCH		53	14	
4. Barry KEEGAN		53	45	
5. Allan GRIEVE		54	26	
6. Lynn GORDON (1st Female)		55	15	
7. Trevor SUMNER		56	28	
8. James WAITT		58	24	
9. Nick CORBY		58	58	
10. Brian COLLINS		59	08	
11. Andrew HARWOOD	1	02	20	
12. Leisa McGRATH (2nd ")	1	06	08	
13. Tony QUINLAN	1	06	28	
14. Gai GRIEVE (3rd ")	1	07	18	
15. Stephen EGAN	1	07	22	
16. Tobi HORAN (F)	1	17	16	
17. Ann PALMER (F)	1	18	16	
18. Cesca ENNIS (F)	1	19	53	
19. David ADAMS	1	20	23	
20. Lina MORRIS-KHATIB(F)	1	24	40	
20. Bob MORRIS-KHATIB	1	24	40	
22. Dorothy HEWITT	1	25	55	(1st walker F)
23. Wiebe VAN DER VEEN	1	27	13	(1st walker M)
24. Debbie WHITE	1	32	27	(2nd walker F)
24. Kay COATES	1	32	27	(2nd walker F)
26. Maureen BIRD	1	49	37	(3rd walker F)
26. Sue CHRISTIE	1	49	37	(3rd walker F)
28. Sue WALKER	2	08	25	(F-W)
29. Leanne STUMER	2	08	25	(F-W)
30. Angela BARCA	2	08	25	(F-W)
31. Jan LUCAS	2	08	26	(F-W)
32. Neridah TERLICH	2	10	01	(F-W)
33. Annette LINDSAY	2	10	01	(F-W)

This race proceeded without incident. All runners followed the correct course. None of the distances of these events have been recorded exactly so the slow times are probably an indication of a slightly longer distance as well as the difficult terrain.

## WORLD CHALLENGE 100KM - LAKE SAROMA, JAPAN

*by Don Wallace*

In many championship races athletes fail to live up to expectations, while unknown athletes lift themselves and perform at unexpected levels. The IAU World Challenge 100km at Lake Saroma, Japan, was no exception. The Australian team fitted in with the latter group of athletes.

In most 100km races with a depth of elite athletes there is some rate of attrition. In the World Challenge this is higher than any other race. The most notable runners to retire from the race were Russian, Konstantin Santalov and Jean-Paul Praet of Belgium, ranked numbers 1 and 2 in the world. Santalov, who has won the world challenge in 1992 and 1993, seems to be paying the toll for his heavy race schedule of 5 or 6 100km's and other ultra races each year. He pulled out of the Comrades marathon and is being hampered by minor injuries, though he was able to run a world best of 6:16 in Kalingrad in February this year. Jean-Paul Praet however was sore and tired from his win in the Night of Flanders 100km a week prior to the Japanese run. His win in 6:29, though not his fastest time, was his eighth win in this popular Belgium race.

Other runners to retire were Aleksander Masarygin of Russia (ranked No 4 in the world, and races as often as Santalov), Brazilian Valdimir Nunes, the 1991 World Cup winner, and Andy Jones, the Canadian 100km record holder. This withdrawal of many of the favourites left the race wide open.

By 80 kms the runners left in the lead pack included Shaun Meiklejohn, of South Africa, Alexey Volgin, of Russia, Jarostaw Janicki, of Poland and Kazimiertz Bak of Germany. Andrzej Magier of Poland and the first Japanese runner Eiji Nakagawa followed the leaders. Shaun Meiklejohn is a consistent performer in the Comrades Marathon, having 5 gold medals ( a top 10 placing) in the past 5 years. He was leading at 90 km but faded in the last 10 km due to some dehydration. Alexey Volgin finished the strongest coming from third at 90 km to take Jarostaw Janicki and Shaun Meiklejohn. Volgin went on to win by 200m in 6:22:43. Janicki was second in 6:23:34 and Kazimiertz Bak came through for third in 6:24:29. Finishing 4th in 6:26:58 Meiklejohn had still run a great debut.

Alexey Volgin was the new "World Champion", in what was only his second 100km race. In his first he ran 6:18 in Kalingrad to finish 2nd to Santalov in 6:16. Volgin is 26, tall and athletic, he has a World Junior record for the 50km Race Walk. Jaraslaw Janicki had previously run 6:33 in Poland and this was his first run under 6:30. Kazimiertz Bak was previously also Polish but now runs for Germany, where he set a national record earlier this year of 6:27, and has lowered it again.

Fifth to finish was Magier (POL) in 6:32:19 ( he has run 6:27 previously). He was followed by the first three Japanese runners. Nakagawa set a new national record of 6:33:38 for 6th. Kiminari Kondo in 7th was not in the national team, and Narishisa Kojima was 8th and under 6:38.

Australia had a team of five runners in the World Challenge. A surprisingly outstanding performance was to be run by Tim Sloan. After running a debut 100km in 7:18 in Tasmania in April this year, Tim was a good addition to the Australian team. He started the race at a very strong pace and there was concern that his pace may have been too fast. However, he was feeling strong and comfortable and ran a fast 50km in 3:11 (His marathon split was 2:42). Tim was running with a pack trailing the leaders and as the

runners were strung out in the later part of the race he was in 7th place at 80kms. Passing through 90kms in under 5:55, he was well under the Australian and Australasian record pace. However, due to a lack of extra fuel, from drink or food, he slowed substantially in the last 10kms, but still finished an incredible 10th in 6:43:02. This was an outstanding effort which, at 26 years old, Tim Sloan will surely be able to improve on with experience.

Don Wallace paced himself more cautiously, having run the Comrades Marathon 3 weeks prior to Japan. He was back in about 30th place in the first half, passing through 50kms in 3:18. From 30kms he began to pass his way through the field and moved into the top 20 by 75kms. Maintaining a reasonable pace he showed his consistency in finishing in 6:51:14 to be placed 16th.

For Trevor Jacobs, this was his fifth World 100km, and his experience is an asset to the team. Trevor was running at near to his best which was a great achievement considering he had been set back with a stress fracture injury in April. Also taking a conservative approach to the race Trevor was able to run a steady race, working through the field. He slowed a little over the last 15 to 20kms but still finished with his second best time of 7:13:32 in 34th place.

Tim, Don and Trevor made up the three runners to score for the teams event. Teams in the 100km event and scored on times of the first three runners. The Australians team time was a team record of 20:47:48. This was a phenomenal improvement on the previous best Australian team record of 22:16:04 set by Don Wallace, Andrew Laws and Bruce Cook in the 1992 Australasian 100km in New Zealand in 1992.

Of the other Australians in the race, Paul Every was the next to finish. Although Paul has competed in many ultras and ironman triathlons, his only other 100km performance was 9:59 on the tough Bathurst 100km course. With a marathon PB of 2:47, Paul can not be considered as a fast runner. However, he had approached this race with a goal of running under 8 hours. His depth of experience in endurance events is prolific. At 30 has already completed 20 marathons, 31 ultras, 123 triathlons including 14 ironman triathlons and 1 double ironman (that's right, double the distance). This background enabled him to record a superb performance, maintaining a steady pace, in a very competitive 100km, finishing in 7:58:03 in 58th place.

Ian Clarke was the least experienced ultra runner in the Aussie team. He has a marathon PB of 2:37. He was running with Paul during the first half of the race however his experience may have led to his slowing over the last of the race. He was disappointed with his time of 8:37:08, 78th, however this is still a credible performance, for a debut 100km. The experience Ian gained will allow him to easily improve his time. It is an achievement to complete the 100km, as many of the 2000 runners or "players" (as the Japanese say) did. Ian and Paul's efforts achieved a 100% completion of the team members.

Another Australian in the field was Pat Farmer, invited to Japan to compete after finishing 2nd in the 1993 Trans Am stage race. Pat is no stranger to ultra running, having completed the Westfield Sydney to Melbourne, his race across the U.S.A. and many solo runs in Australia. The experience he has gained in the last few years helped him run a great time of 8:05:57, 61st, a huge improvement on his personal best.

The womens race was contest between England and Russia, with Caroline Hunter-Rowe of England defending her title. However Valentina Shatyeva who has twice placed second at the World Challenge, and was second in this years Comrades Marathon finally

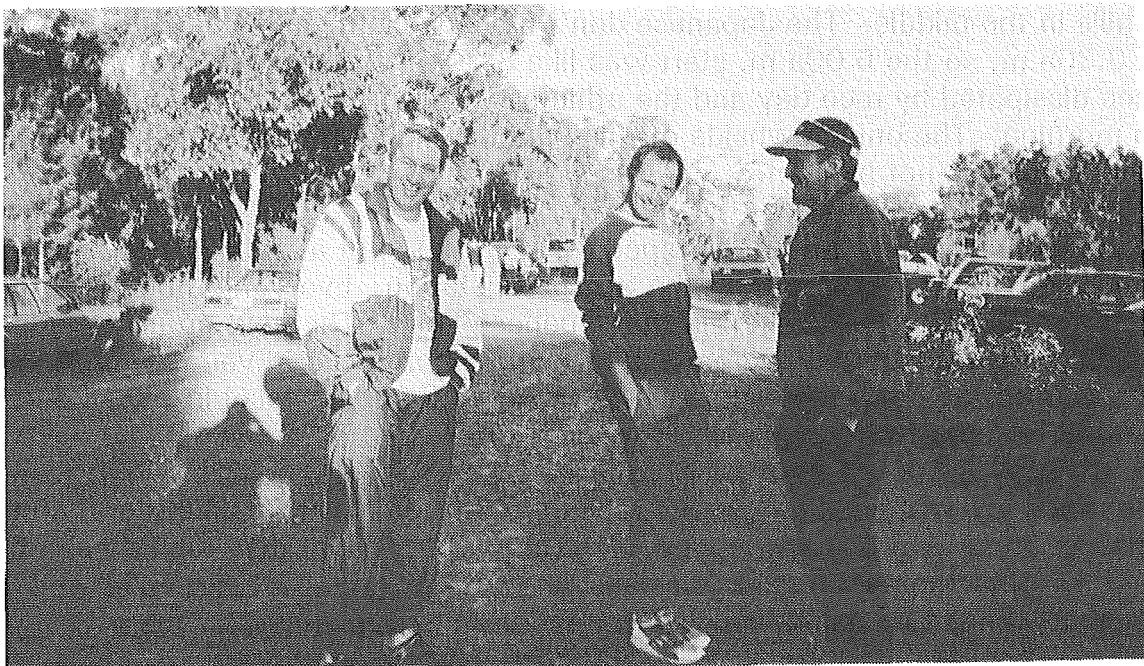
triumphed in 7:34:58. Second placed was a big improver Trudy Thomson, GBR, in 7:42:17 and third was Russian Irina Petrova, in 7:46:35. Hunter-Rowe finished a disappointing 10th in 8:05. Birgit Lennartz of Germany who has run 7:18 was also disappointing retiring during the race.

The teams aspect of the World Challenge 100km, adds another dimension to the race. Retirement of some of the top runners had a crucial effect on the outcome. In 1993 the top mens team were Russia, Belgium and South Africa. In 1994 Belgium did not field a full team. With Volgin winning the Russians were well set to do well, however with Santalov and Masarygin out there second string men Kononov and Ryabov (both sub 6:30 men) struggled with the competition finishing in 7:08 and 7:33. After the finish there was a long delay to determine the winning team. The final result was very close with Germany winning by 2min58sec in 20:07:01 from Japan. A big improvement for third place was the USA team followed by France and South Africa. Australia finished 6th, a huge improvement on 13th in 1993. Finishing behind Australia was Russia, New Zealand, Great Britain, Czech Republic and Canada. The womens race was more clear cut with Russia 1st, Great Britain 2nd and France 3rd. Germany failed to have 3 finish. The next teams were South Africa, U.S.A., New Zealand, Japan and Canada.

Thus the World Challenge 100km, Lake Saroma 1994, was run. Each year the World Challenge 100km becomes more competitive. With 4 men under 6:30, 24 under 7:00, 8 women under 8:00 and 28 women under 9:00. Volgin's winning time was the fastest for the World Challenge.

The Lake Saroma course is a fairly fast course, being quiet flat and very good road surfaces. The local region takes a strong interest in the race with good crowds of spectators along the course. Japanese organisation is exceptional, from the opening parade, race start, during the race, at the finish and closing ceremony. At the finish runners were given refreshments and could take a shower. Stiff legged runners were beckoned inside a gymnasium for a massage. As each runner entered they were greeted by a spontaneous applause from the hundred odd young masseurs who worked, on gym mats, in groups of 5 or 6 to revive the tired muscles of the ultra-runners. It is a tough life being an international ultra-runner, but someone has to do it.

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Bob Sylvester, Allan Bolt and Cliff French shivering before the start of the 35km Glasshouse Run, Q'ld. The wimps let their wives, Glenys Wright and Phillippa Bolt do the real ultra (55km).



## IAU 100km WORLD CHALLENGE, JAPAN, 1994

- by Geoff Hook

Australia performed brilliantly in this year's 100km World Challenge race in Japan.

Tim Sloan surprised us all (but probably not himself) by being 1st Australian to finish. His excellent 10th overall placing makes Tim the best performed Australian in a significant international ultra event. Don Wallace produced another fine performance to be 2nd Australian to finish and to record another sub-7 hour time. Trevor has now competed in all 5 of the previous IAU 100km World Challenge races, matched by probably only one other runner in the world. Paul Every and Ian Clarke ran well for good performances and provided reliable back-ups for our 1st three runners.

Australia had its best performance yet at a World Championship event, both individually and in the team event. We finished in 6th placing with a combined time under 21 hours. The number of teams under 21 hours is a record and those teams did not include the Russians who had their best two athletes retire from the race. Even so, they still managed to individually win the race outright. We managed to reverse last year's result by beating New Zealand which shows that our teams are close in performances which makes for exciting competition.

It was a pity we didn't have a women's team. I'm sure that if we did send one, they would have performed well. Hopefully next year.

Tim was bursting with energy before the race and since he had only run one other 100km race before, we thought it prudent he should contain himself by not going out faster than Don, our current record holder. As it was he didn't (he had a sizeable lead over Don after 1km) and he need not have held back because he ran so well and only started to fade over the last 10-15km when most other athletes were also fading due to the humidity.

The course was horseshoe shaped around Lake Saroma, reasonably flat with only a few small hills in the middle. The Japanese don't have daylight saving and sunrise was about 3.30a.m. so the 5.00a.m. start was like 8.30a.m. to us. The warm days prior to the race dissipated by race day and the athletes were fortunate to have a mist for most of the morning. The only downside of this was the higher than normal humidity but at least the heat was not present.

A Japanese runner, Kiminari Kondo, sped away at the start at suicidal pace to be a few kilometres up on the next group at the 30km aid station. Everyone thought he wouldn't last, particularly since he was not in the Japanese team. The next group included world champion Santalov and they were even on world record pace. Even though Kiminari did fade he didn't drop out and finished in 7th position (2nd Japanese) in 6:36:26. An impressive 1st up effort.

The Russians still managed to win the race outright but it wasn't their world champion Santalov or 2nd string Masarygin who both retired, otherwise they would have finished 1,2 and 3. Unfortunately for the Russians, they struggled for a team finish and consequently ended up behind our team, a most unusual position for them.

As to be expected with the Japanese, the race was well organised and attention to detail 1st class. Their organization was able to cope with 2000 other competitors. There was plenty of delicious local food at the opening and closing ceremonies which made for a memorable experience.

Congratulations to the Aussie team, Tim, Don, Trevor, Paul and Ian for doing so well!

# Top runners and teams at IAU 100K World Challenge

LAKE SAROMA, Hokkaido, Japan - 26 JUN 1994

IAU World 100K Championship

(Held under patronage of the IAAF)

(Course: roads, partly dirt, partly paved)

## MEN

1. Alexey Volgin, 26 RUS	6:22:43
2. Jarostan Janicki, 27 POL	6:23:34
3. Kazimertz Bak, 37 GER	6:24:29
4. Shaun Meiklejohn, 32 RSA	6:26:58
5. Andrzej Macier, 32 POL	6:32:19
6. Eiji Nakagawa, 30 JPN	6:33:38
7. Kimunari Kondo, 31 JPN	6:36:26
8. Narikisa Kojima, 29 JPN	6:37:27
9. Tom Johnson, 34 USA	6:41:40
10. Tim Sloan AUS	6:43:02
11. Roland Vuilleminot, 37 FRA	6:44:19
12. Bernard Curton, 41 FRA	6:45:42
13. Rich Hanna, 29 USA	6:45:55
14. Sergei Koval BLS	6:47:26
15. Dr. Lutz Aderhold, 41 GER	6:48:39
16. Don Wallace AUS	6:51:14
17. Lucien Taelman BEL	6:52:09
18. Michael Sommer GER	6:53:53
19. Bryan Hacker, 30 USA	6:55:10
20. Heinz Huglin, 43 GER	6:56:10
21. Jesus Corredor, 34	6:57:17
22. Philippe Fadi, 39 FRA	6:58:12
23. Yoshio Deguchi, 31 JPN	6:58:54
24. Dennis Gack, 39 FRA	6:59:33
34. Trevor Jacobs AUS	7:13:32
57. Paul Every AUS	7:58:03
78. Ian Clarke AUS	8:37:08

(over 2000 starters)

## WOMEN

1. Valentina Shatyaeva, 31 RUS	7:34:58
2. Trudy Thomson, 35 GBR	7:42:17
3. Irina Petrova, 20 RUS	7:46:35
4. Elena Maskina, 30 RUS	7:47:49
5. Isabelle Olive, 34 FRA	7:55:49
6. Rae Bisschoff, 40 RSA	7:56:39
7. Chrissy Duryea, 33 USA	7:56:57
8. Maria Bak, 35 GER	7:58:23
9. Huguette Joualt, 42 FRA	8:02:23
10. Carolyn Hunter-Rowe, 30 GBR	8:05:20
11. Jutta Philipin, 34 GER	8:06:28
12. Danielle Geoffrey, 49	8:07:56
13. Patricia Lithgow, 38 RSA	8:09:57
14. Beatrice Reymann, 38 FRA	8:13:10
15. Ashley Evans, 30 CAN	8:13:39
16. Ellen McCurtin, 27 USA	8:18:45
17. Eiko Endo, 44 JPN	8:21:50
18. Sylvia Watson, 46 GBR	8:24:30
19. Sue Deetlefs, 32 RSA	8:27:36
20. Chieko Ishiziki, 37	8:28:59
21. Frances Van Blerk, 39 RSA	8:29:37

(118 women finishers)

## TEAM RESULTS

### MEN

1. Germany	20:09:18
2. Japan	20:09:59
3. United States	20:28:13
5. South Africa	20:42:07
6. Australia	20:47:48
7. Russia	21:04:35
8. New Zealand	21:40:44
9. Great Britain	22:11:29
10. Czech Republic	23:26:53
11. Canada	25:50:40

### WOMEN

1. Russia	23:09:16
2. France	24:06:57
3. Great Britain	24:12:07
4. South Africa	24:34:12
5. United States	24:55:06
6. New Zealand	26:08:50
7. Japan	26:39:05
8. Canada	27:21:11



Cliff Young and Sandy Kerr at this year's Coburg 24 Hour Run in Victoria.

# THE TAMBORINE TREK - QUEENSLAND

## 7TH AUGUST, 1994 - RACE REPORT

The inaugural Tamborine Trek conducted on Sunday 7th August 1994, attracted 16 starters. To their credit, all finished. The race is conducted in conjunction with the Gold Coast Runners' Club and is from the Club's rooms on MacIntosh Island, Surfers Paradise, to the top of Mt. Tamborine and return, a distance of 68kms.

Results were:

PLACING	NAME	FROM	TIME
1.	ROACH, Steven	Gold Coast, Qld	6.44.59
2.	GIBSON, Peter	Gold Coast, Qld	6.57.30
3.	GRANT, Dell	Nanango, Qld	7.08.06 1st Female
4.	TRELOAR, Roy	Gold Coast, Qld	7.33.14
5.	CARRIGAN, John	Moree NSW	7.38.03
6.	ROSS, Bill	Gold Coast, Qld	7.42.05
7.	CORNELIUS, Ian	Gold Coast, Qld	7.46.13
8.	BEVERIDGE, Steel	Coffs Harbour, NSW	7.48.06
9.	PIRIE, Wendy	Gold Coast, Qld	7.49.05 2nd Female
10.	HOLLERAN, Dave	Brisbane, Qld	7.59.34
11.	FOWLER, John	Gold Coast, Qld	8.10.41
12.	BURNS, Bob	Brisbane, Qld	8.11.17
13.	CAMPBELL-BURNS, Michael	Gold Coast, Qld	8.55.38
14.	MARKHAM, Allene	Gold Coast, Qld	8.57.17 3rd Female
15.	BARWICK, David	Maleny, Qld	9.42.50
16.	HALL, Kerrie (walker)	Caboolture, Qld	10.54.24

Ian Cornelius  
Race Director

If ever an event has the potential to grow to be bigger than Ben Hur for Queensland, this has got to be it!! The depth of runners in the Gold Coast Runners' Club alone, who will no doubt be enticed into trying this race by Race organiser, Ian Cornelius, is already there and growing weekly. Current club membership is 250 with many a runner wanting to fill the gap after completing the Gold Coast Marathon. Add to this the temptation of a holiday on the Gold Coast as relief from bitter southern winters, combined with an event that is adventurous, but not so long and arduous to wipe you out for days after, and entrants will be pouring in next year.

Ian certainly put on a good show after only thinking up the idea a few weeks beforehand. With longer term advertising and just word of mouth, next year should see some great competition. Being a handicap time start event, there is opportunity for slower, but consistent runners to take out major prizes, as well as the speedsters. The 68 km course incorporates all the aspects of the Gold Coast that tourists love. With the start and finish on the coast, this out and back can be taxing but adventurous. It winds its way along the main tourist drag through Nerang and upwards towards Mount Tamborine, then branches off onto quieter side roads which wend their way through dairy cow country. The it's up to Mystery Road (or should that be Misery Road!) - a glorified goat track where walking is the requirement of the day and if sensible, walking down it as well.

Just when you think you have the worst of it over, there is the big final haul up to the Mt. Tamborine Golf Course. If you can wipe the tears from your eyes, the views are fantastic, but the temperature at this height has suddenly dropped and the wind is biting. All the more reason to get around the TV tower without too much chatting to the water table folk and head for the finish line. Ian's cheerful and helpful fellow club members are waiting for you at all the important corners with drinks and fruit, big smiles and encouragement. A bit of traffic to contend with for a short while further down, but once the outskirts of Nerang are gained, the footpath is the best and safest route to the finish line from then on.

Ian knows how to make a runner feel important with an announcer on the mike letting the crowd know who is approaching the line, plus some uplifting music over the speakers. I believe I was welcomed with "Chariots of Fire". Quite a buzz. Food and drinks and the hands of the club's lady masseuse, followed by presentations rounded off an interesting, sociable and competitive day. You too can be part of this great day by entering the Tamborine Trek next year.

Dell Grant.

## **TAMBORINE TREK - 68KM**

### **"CORNELIUS THE CRUEL" - a new name for a new Race Director**

Ian Cornelius and the Gold Coast Runners put on an excellent event. The starting grid of the Gold Coast Indy to the top of majestic Mt. Tamborine. What a great view!

The course starts out undulating, gets into some good hills before disappearing up Mystery Road. No longer a mystery. Straight up for 7km. If going up was fun, then coming down was twice as much fun!... except for the quads, calves, feet etc.

There were 16 starters and 16 finishers. What a great effort! Ian conned many of his Coast runners into "having a go", and they loved it.

The race was well supported with Steel Beveridge making the trip from Coff's Harbour, John Carrigan (a fine effort for 5th spot) from Morree, and the ever-reliable David Barwick making it down from Maleny and first female, Dell Grant from Nanango. (I must say, I hope none of Ron and Dell's kids start running ultras. I couldn't handle ANOTHER Grant beating me!)

If you like sunshine, hills, mountains and great people, then pencil in a trip to the Gold Coast in 1995.

Dave Holleran.

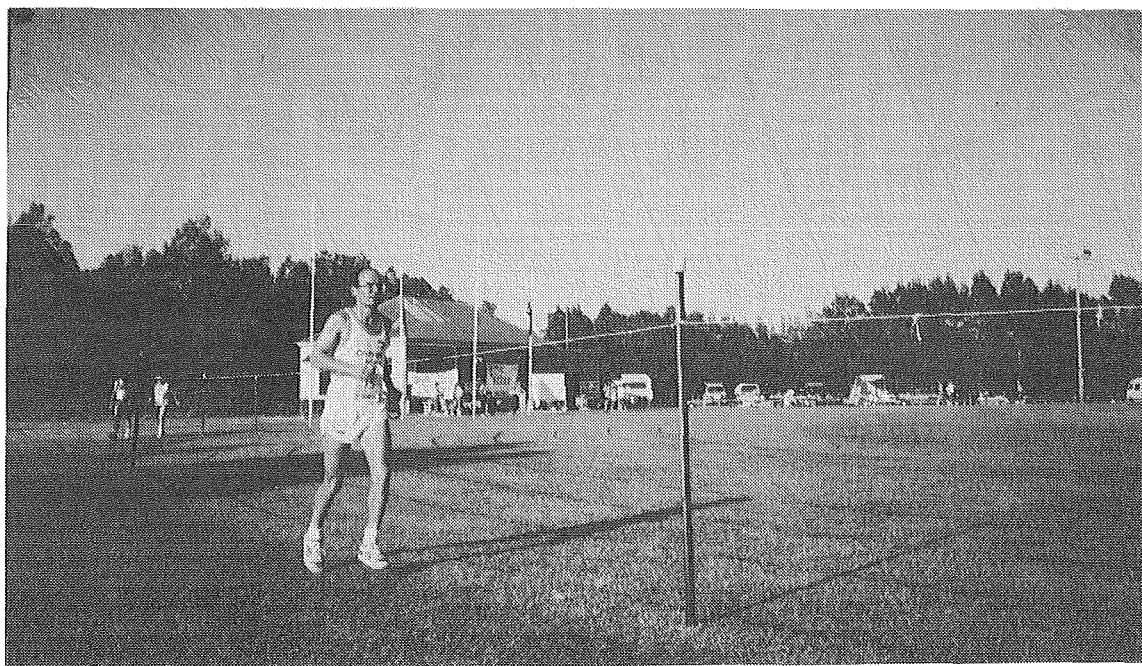
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## **THANK YOU FOR YOUR DONATIONS!**

We gratefully acknowledge the following donations, received since our last issue. These donations make the difference between us keeping the subscription at \$25 or being forced to raise them, to keep us afloat. Thank you so much to the following generous people:

Ron HILL \$5, David SOMMERS \$15, Shirley YOUNG \$5, Bob BURNS \$5, Wayne GOLDSMITH \$5, Tony COLLINS \$10, Brian BLOOMER \$225!!!, Matt EGGINS \$5, Kevin MANSELL \$5, Thomas CLARKE \$5, Mark PRITCHARD \$5, Gavin BAZELEY \$5, Michael FERDINAND \$25, Stephen GRANT \$5, Errol SMITH \$5, Rudi KINSHOFER (donation for Leigh Privett fund)

\*\*\*\*\*



Greg Wilson at the Tacoma  
12 Hour on 23rd January, 1994.

# RACE ADVERTISEMENTS

## SHEPPARTON RUNNERS' CLUB 50KM UPDATE

Entries are coming in for our 50km Road Run at Violet Town on Sunday 16th October, so we are gearing up for a top event.

The newly opened Athletes Foot store in Shepparton is donating a pair of Brooks running shoes to the winner as well as several sports packs with shorts and singlets for spot prizes.

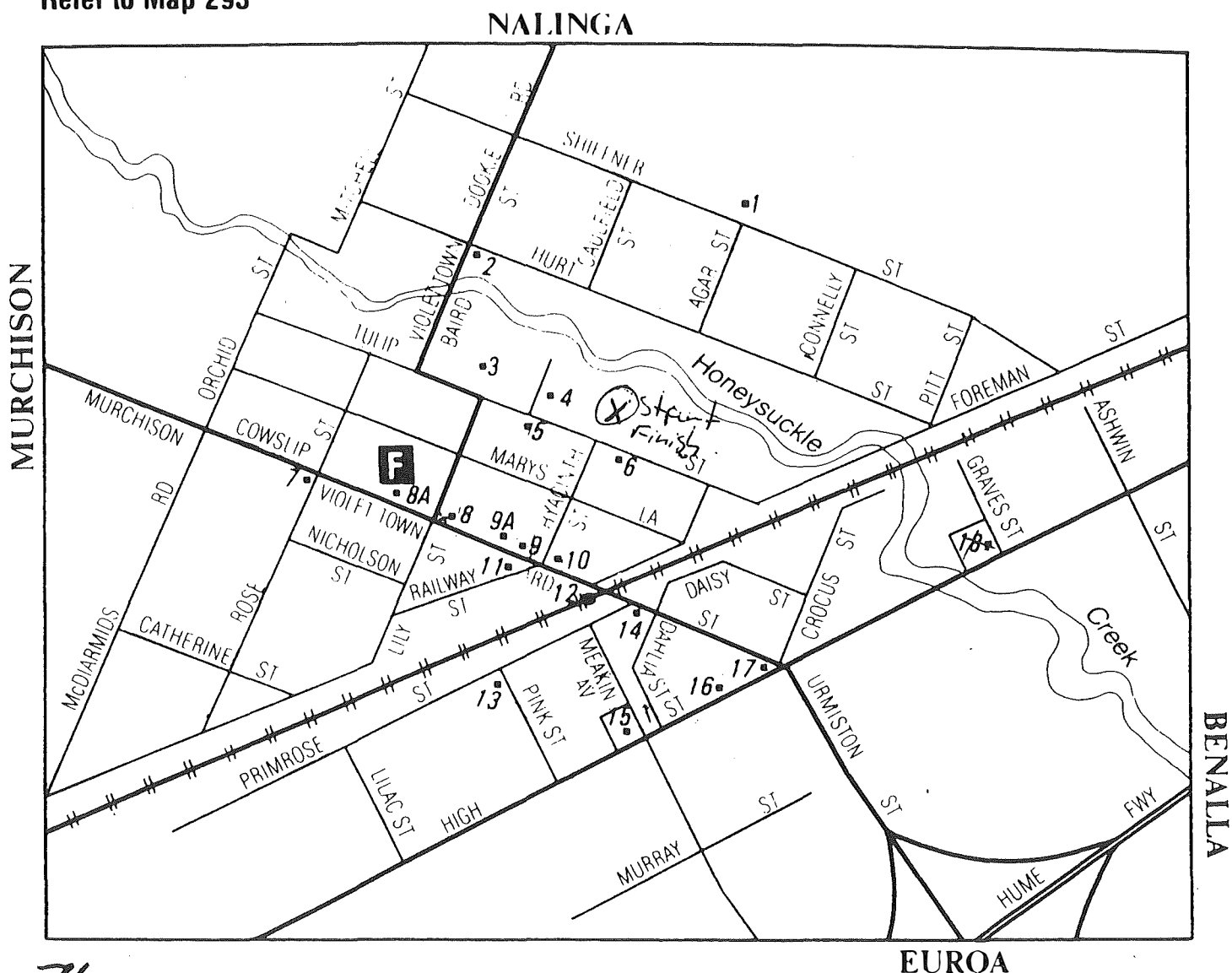
We would appreciate it if those who intend running could send us their entry as soon as possible so that we can be organised for you both before and after the event. We would not like to see anyone go hungry.

Accommodation is available in Violet Town at the Honeysuckle Caravan Village, Phone 057 981223. Also at the Violet Town Hotel (057) 98 1344. Alternatively, the larger towns of Benalla and Euroa are only a short drive away. Confirmation of entry and a map will be returned in the stamped self-addressed envelope with your entry.

Russell Weavers (Shepparton Runners Club)

## VIOLET TOWN

Refer to Map 293



# 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.

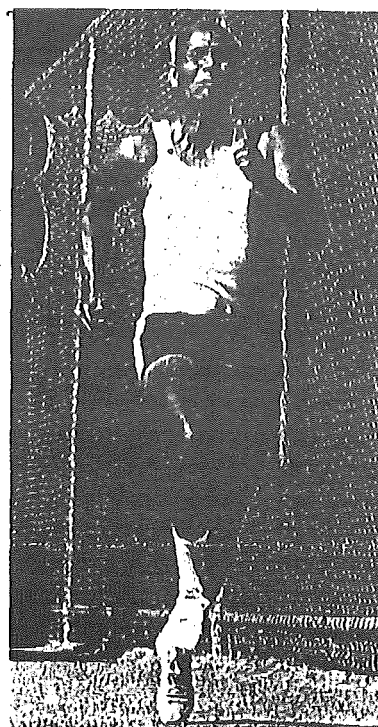
SIGNED ..... DATE .....



1 3 T H A N N U A L

# Sri Chinmoy 12 and 24 Hour Track Race

Adelaide - South Australia  
October 22nd and 23rd 1994



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

## INFORMATION FOR THE 12 AND 24 HOUR RUN

How long have you been running? .....  
Do you hold any ultradistance records? ..... If so, please list: .....  
How many ultras have you run? .....  
What was your Most outstanding race? .....  
Longest distance run? .....

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

What other sports are you active in? .....  
Any comments or additional information of interest: .....  
.....  
.....  
.....

# 13th Annual Sri Chinmoy 12 and 24 Hour Track Race

## RACE INFORMATION

**STARTS:** 8.00am Saturday, 22nd Oct. '94

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

### SERVICE TO RUNNERS:

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

**PRIZES:** Medallions to all finishers.

## APPLICATION FOR ENTRY

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

**INCLUDE** - Entry fee: \$75.00 (24 Hr); \$35.00 (12 Hr)

A large stamped self addressed envelope

Send Cheque and Application

To: Sri Chinmoy 12 and 24 Hour

Track Race

P.O. Box 554

North Adelaide


S.A. 5006

For More Information Phone

(08) 239 0690 or (08) 269 1985

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

Sri Chinmoy

--- Tear Here  ---

## Sri Chinmoy 12 and 24 Hour Track Race

Please Print Clearly

For Official  
Use Only

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

No runners under age 18 will be accepted. Entry fee: 24 Hour \$75.00 (includes T/Shirt); 12 Hour \$35.00 (no T/Shirt)

Make cheques payable to: Sri Chinmoy 12 and 24 Hour Race

T-shirt size ☐ sm ☐ med ☐ lg ☐ xl

Sponsored by the Sri Chinmoy Marathon Team



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

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

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

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

**Support By:** Australian Chiropractors Association (S.A. Branch)  
Professional Massage & Remedial Therapy Society Inc.  
Travelodge Australia

# The George Perdon Memorial A.U.R.A. SIX HOUR TRACK RACE

An ideal race for the novice ultra runner.

**KNOX PARK ATHLETIC TRACK**  
off Rushdale Road, Scoresby, Victoria

**SUNDAY 30TH OCTOBER, 1994**  
**START TIME: 9AM**

**ADDRESS FOR ENTRIES:** Dot Browne (Race Director)  
4 Victory Street,  
Mitcham 3132 Victoria.

**ENTRY FEE:** \$20.00 (Cheques payable to Dot Browne)

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

**LOCATION:** Knox Park Athletic Track,  
off Rushdale Road, Scoresby, Victoria  
(Melways Ref. Map 73 D7)

**AWARDS:** Certificates and AURA medals to all finishers.  
Trophies to first three males and females  
(if sufficient entries)

## ENTRY FORM

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

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

**PREVIOUS ULTRA EXPERIENCE:** \_\_\_\_\_

### WAIVER

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

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

---

# 8th BRINDABELLA CLASSIC 53k

*"Australia's Toughest Downhill Mountain Race"*

**Sunday 13 November 1994**

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

*You can run as an individual or as part of a team of two, three or four. Every finisher over the 53k receives a Brindabella Classic pottery goblet, and those completing their sixth Classic receive a pottery carafe.*

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

**Race records - current 53k course:**

Trevor Jacobs.....	3.33.33
Randi Bromka.....	4.35.02

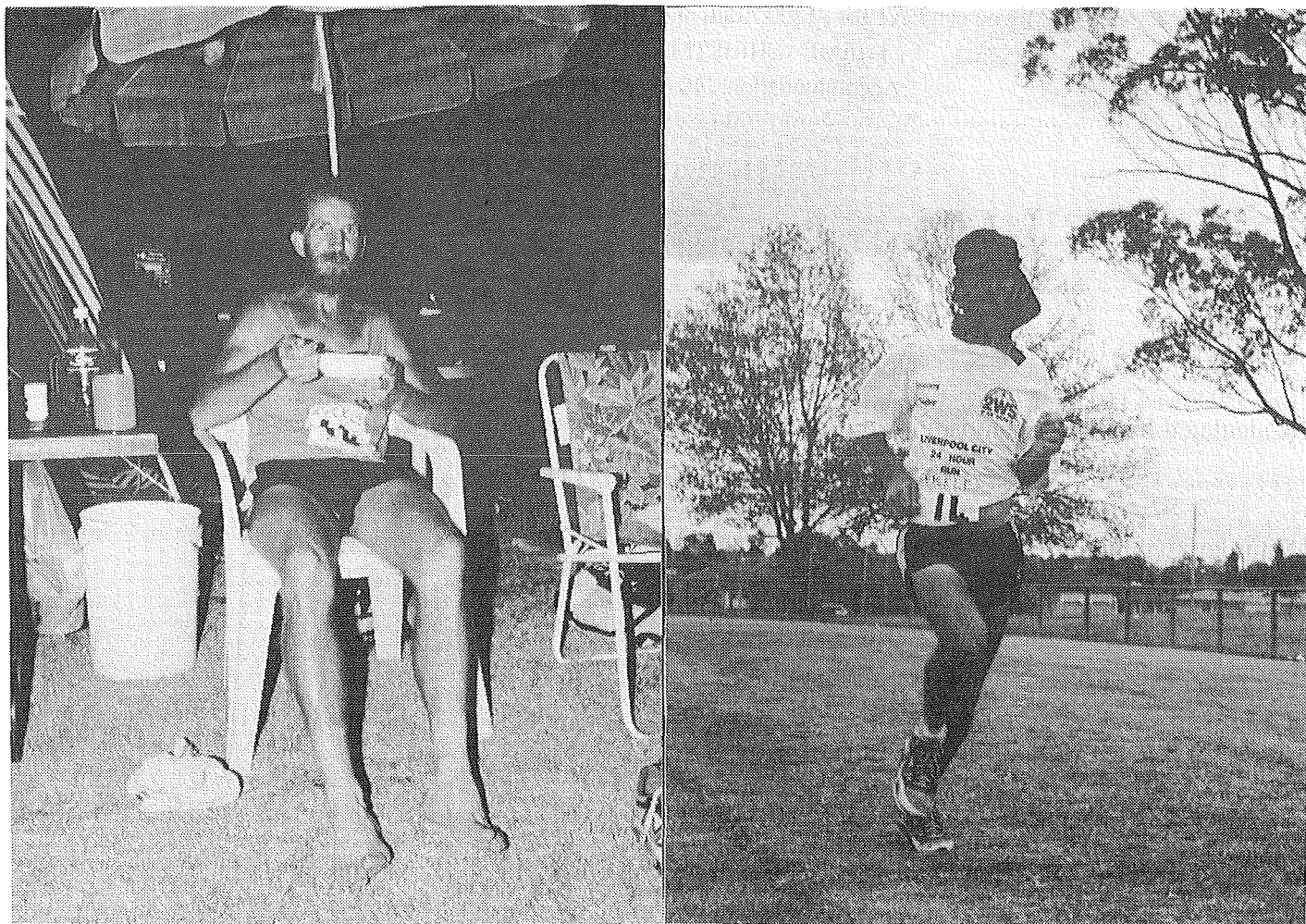
**Old 50k course:**

Geoff Large .....	3.36.14
Linda Thompson.....	4.11.00

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

***Presented by the ACT Cross Country Club Inc.***

---



Bob Fickel during the 24 Hour Liverpool Run on 29th January, 1994.

**NANANGO FOREST - FOOTRACE**  
**Sunday 4th December 1994 - 52.2km TRAIL RUN**

**FINISH TIME: NOON - 52.2KMS.** An outback course 3 times.

**EAST NANANGO STATE FOREST - 8.5KMS** from Nanango.

**HANDICAP SYSTEM.** It is the runner's responsibility to supply their own estimated time for the event. Placings will be decided on the basis of who finishes the event closest to NOON. That means either side of NOON e.g. 1 minute before, 2 minutes after, 3 minutes before would result in, 1st, 2nd, 3rd.

No watches are allowed on the course, but time calls will be given at the start/finish and turnabout.

The course will be hilly in the State Forest on formed roads through thickly planted Hoop Pine Trees. The course will be well marked, with tape and signs. No vehicles will be allowed on the course as the roads are narrow and rough. No crew are necessary but supporters are most welcome. to ride the course on Mountain Bikes. Supplies and drinks can be left at start, for drink station people who will be at the start/finish area, at 3.8kms and at the turn around, 8.7kms. Drink stations will be equipped with water, cordial, fruit and lollies.

**CATEGORIES: Handicap Winners: 1st, 2nd, 3rd. Fastest time Male and Female.**

\*\*\*\*\* A SOUVENIR FOR EACH FINISHER \*\*\*\*\*

**BYO BARBEQUE OR PICNIC LUNCH ..... PRESENTATION TO FOLLOW**

**PRESENTATION OF TROPHY TO:**

**QLD ULTRA DISTANCE RUNNER OF THE YEAR**  
**FOR DEDICATION, PERFORMANCE, COMMITMENT AND SPORTSMANSHIP.**

**Previous Winners: John Peterson, Bob Burns, Ray Chatterton, Dave Holleran and Carol Street**

Also presentation of trophy to male and female point score winners for the year,  
accumulated from all Queensland ultra events.

**SATURDAY EVENING - CHRISTMAS DINNER 3RD DECEMBER.**

For runners and friends at the Copper Country Restaurant, Kingaroy Road, Nanango.

All you can EAT for \$12.00 Adult and \$6.00 Child under 12 years and under.

THEME "CHRISTMAS COLOURS" 6.00pm

Accommodation: Fitzroy Motel (071) 63 1100

\*\*\*\*\* ENTRY FORM \*\*\*\*\*

NAME: ..... ADDRESS: .....

PHONE: ..... M: ..... F: ..... AGE: .....

ENTRY FEE \$15.00

MY ESTIMATED TIME ..... MY START TIME .....  
(Calculated by taking your estimated time from noon)

Saturday Evening 3rd December Christmas Dinner

Adults [ ] x \$12.00 = \$..... Children [ ] x \$6.00 = \$.....

Nanango Forest Footrace, 4th December Entry Fee: \$15.00

CHEQUE ENCLOSED FOR TOTAL = \$.....

MAIL FEE AND ENTRY FORM TO: Ron Grant, 96 Brisbane Street, Nanango. Q. 4615  
(Entries close November 30th.)

**DECLARATION:**

(1) I, the undersigned, in consideration of and as acceptance of my entry in the NANANGO FOREST FOOTRACE for myself, my heirs, executors and administrators, hereby waive all and any claim, right of cause of action which I or they might otherwise have arising out of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the 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) The judge's decision will be final and no correspondence or disputes will be entertained.

**ENTRANTS MUST SIGN (NO ENTRANTS UNDER 18)** Signature: .....







**AURA 'BOGONG TO HOTHAM' TRAIL RUN**  
carrying on the proud tradition of the Rooftop runners  
**SUNDAY 8TH JANUARY, 1995 [10TH EDITION]**

COST: \$25.00 (for AURA current financial members)  
\$30.00 (for non-members)  
\$5.00 Surcharge for transport from where you finish back to where you started.

CLOSING DATE: 22nd December

DISTANCE: 60km approx. total climb 3,000m approx.

START: 6.15a.m. at Mountain Creek Picnic Ground.

FINISH: Mount Hotham

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

**IMPORTANT NOTES:**

1. Late entries or entries on the day **will not be accepted**. All intending competitors must pre-enter. All entries must be delivered to the organiser by 22nd December. If you are concerned your entry may be delayed by Christmas mail, then hand deliver it. No account will be taken of mailed entries not actually delivered by 22nd December.
2. The carrying of a water-proof spray jacket is **MANDATORY** no matter what the weather conditions. No jacket, no start!

**WARNINGS AND RULES OF THIS EVENT**

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

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

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

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

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

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

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

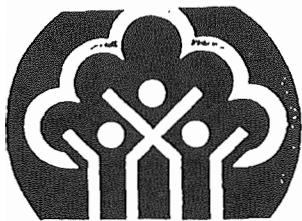
**Mandatory Spray Jacket:** This item must be carried by all competitors at all times during the event.

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

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

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

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



SAUCONY

100 KILOMETRE TRACK RACE

RACE ORGANISER:

DAVE TAYLOR

PH: (042) 74-0576

Liverpool City Council

RACE MANAGER:

ENTRY FEE : \$30.00

START : NIGHT : 10PM SATURDAY 4TH FEB 1995

FINISH : Morning : 11AM SUNDAY 5TH FEB 1995

LIMITED : 30 STARTERS

ENTRIES CLOSE : 2 WEEKS Prior

SURNAME : 13 HOUR TIME LIMIT.

FIRST NAME : NO LATE ENTRIES AGE :

ADDRESS :

PHONE NUMBER:

SEX : MALE / FEMALE

BONUS PRIZES :

SAUCONY SHOES, PLUS others

DETAILS OF BEST PERFORMANCES:

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

PRIZES

MALE & FEMALE TROPHIES  
1ST 2ND 3RD  
PLACINGS

ALL RUNNERS RECEIVE  
MEDALLIONS & CERTIFICATES  
AND 1 T-SHIRT

1 ENCOURAGEMENT  
1 OUTSTANDING

T-SHIRT SIZE : \_\_\_\_\_

WAIVER

I the undersigned in consideration of acceptance into this race, the Liverpool Leader 24 hour Track Race, for myself, my heirs, executors and administrators, hereby waive any claim, right or cause of action which I or THEY might otherwise have for or arising out of loss of my life or injury, DAMAGE or loss of any description what so ever, which I might suffer or SUSTAIN in the course of or consequent upon my entry or participation in the said event. I will abide by the rules set down by the race organisers. I declare I am physically fit to enter this race. The waiver, release or DISCHARGE shall be and operate separately in favour of all persons, CORPORATIONS and bodies involved, or otherwise engaged in promoting or STAGING the events and the servants, agents, representatives and officers of ANY of them.

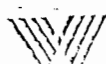
SIGNED:

DATE:

ENTRY FEE'S PAYABLE TO : DAVE TAYLOR

CHEQUE / MONEY ORDER ONLY

56 GRANDVIEW PDE  
LAKE HEIGHTS, NSW, 2502

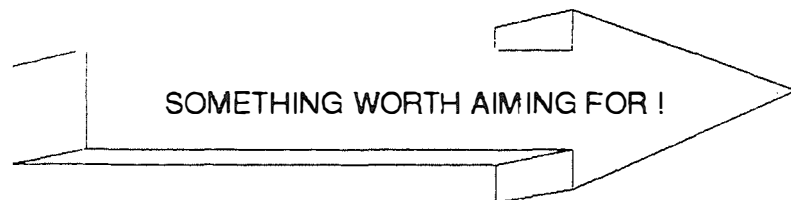


THE LIVERPOOL E.G. WHITLAM

86

P.S. NO PERSON UNDER 18 WILL BE ACCEPTED.

# RELAY POWER for 24 HOUR



HAROLD STEVENS ATHLETICS TRACK

OUTLOOK ROAD COBURG VIC.

MELWAYS 18 A9

24 HOUR RELAY OPEN challenge \$10/ head

Standard 400 metre track.  
30 minute legs in strict nominated order.  
TEN runners per team.  
No restrictions on age or sex distribution in team.

## NEW

This record is up for grabs.  
A record of well over 400 Kilometers will be set by a crack team.  
The Traralgon Harriers claim a record of 520.264K but this was with a team of 83 runners, each completing 1 mile legs.

**CORPORATE TEAMS      ATHLETICS CLUBS**  
& other organizations may enter teams in either category.  
Trophies to all members of winning teams.  
Records of team & individual achievements to all.

24 HOUR RELAY VETS challenge \$10/head.

Standard 400 metre track.  
30 minute legs in strict nominated order.  
TEN runners per team.  
All runners to be over 30 years of age.

Minimum of 4 VETS age groups as defined by WAAC.  
At least two runners of each sex

1994 Record      YAN YEAN ROAD RUNNERS    355.0335 K  
887 laps + 233.6 metres

**WANT TO PARTICIPATE ? CAN'T GET A TEAM TOGETHER?**  
Register your name with the organizers for inclusion in a combined team or selection in a team which needs extra runners.

## 24 HOUR AUSTRALIAN CHAMPIONSHIP RACE

as per AURA regulations.      \$30/head.

World records

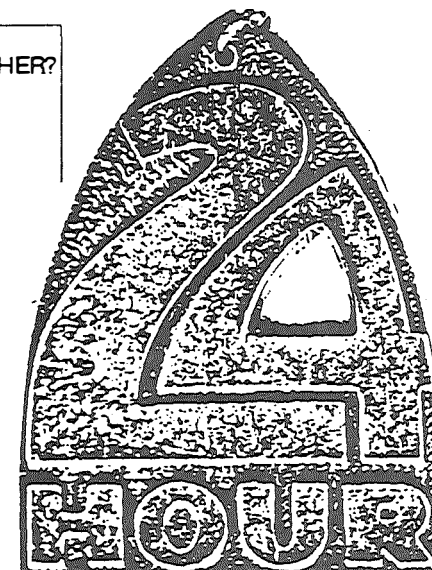
YANNIS KOUROS    288.463232K  
SIGRID LOMSKY    243.11589K

Australian Records

MIKE MARCH    280.099K  
HELEN STANGER    207.989K

Trophies to Male & Female winners.  
Winners name added to the Australian Championship Perpetual Challenge Shield.  
Medal to all finishers engraved with name & distance.  
Record of hourly progress to all competitors.

ENQUIRIES & ENTRY FORMS: Gordon Burrowes (03) 366 0326 (H)



THE ACT CROSS COUNTRY CLUB INC.  
PRESENTS THE 20th ANNUAL

# Mobil

## Canberra Marathon

### Your No.1 Marathon

*incorporating the*

- World Championship Marathon Trial
- Australian Veterans Marathon Championships
- ACT Marathon Championships
- ACT Veterans Marathon Championships
- NSW Veterans Marathon Championships
- ACT Wheelchair Marathon Championships
- Canberra 50k Ultra Marathon

We celebrate the 20th Canberra Marathon with the running  
of the Australian World Championship Marathon Trial

*Join us in our celebrations!*

## 7am Sunday 9 April 1995

Supporting Program  
MARATHON EVE 5K AND 10K FUN RUN  
RUNNERS EXPO and PASTA PARTY  
SATURDAY 8th APRIL 1995

For entry forms, send a stamped self-addressed envelope to:  
ACT Cross Country Club, GPO Box 252, Canberra 2601



OFFICIAL RACE HOTELS



# BRISBANE WATER BUSH BASH

47 KM TRAIL RUN

SATURDAY 22 APRIL, 1995



## RUN DETAILS

START	GOSFORD SAILING CLUB, Masons Parade, Gosford (200m South of Olympic Pool)
TIME	6:00am
CHECK IN	5:00 to 5:45am
TIME LIMIT	8 hours
FINISH	OLYMPIC MOTEL, 48 Masons Parade, Gosford (Opposite Olympic Pool)
MEDALS	Early entries - on the day Late entries - by mail

## ENTRY FORM

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

AGE: (18 YEARS MINIMUM)

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

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

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

PHONE: HOME - (    )

WORK - (    )

I, the undersigned, in consideration and as a condition of acceptance of my entry in the Brisbane Water Bush Bash for myself, executors and administrators hereby waive all or any claim, right or cause which I or they might otherwise have arising out of loss of my life or injury, damage or loss of any description whatsoever, which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.

SIGNED: \_\_\_\_\_

DATE: \_\_\_\_\_

ENTRY FEE is \$30, payable to BRISBANE WATER BUSH BASH

Mail the ENTRY FORM and ENTRY FEE to:

GRAHAM LOVE  
11 VERON ROAD  
UMINA 2257  
PHONE: (043) 41 9101



# AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN TRACK RECORDS as at September, 1994

## MEN - CLASS 1 RECORDS (Official rankings are kept and AURA plaques issued)

50km	Bruce COOK (ACT)	3:09:50	Parramatta NSW (NS)	5/3/89
100km	Trevor JACOBS (ACT)	7:16:17	East Burwood Vic. (S)	21/6/92
200km	David STANDEVEN (SA)	18:01:50	Adelaide SA (S)	29/10/89
50 Miles	Dragan ISAILOVIC (Vic)	5:15:00	East Burwood, Vic (S)	19/6/93
100 Miles	George PERDON (Vic)	12:25:09	O.P. Melb Vic (S)	23/5/70
12 Hours	George PERDON (Vic)	155.800km**	O.P. Melb. Vic (S)	23/5/70
24 Hours	Mike MARCH (Tas)	260.099km	Coburg Vic (S)	26/2/89
48 Hours	Bryan SMITH (Vic)	386.400km**	Colac Vic (NS)	15/11/89
6 Days	Bryan SMITH (Vic)	1001.410km	Colac Vic (NS)	19/11/89

## MEN CLASS 2 RECORDS (Only official rankings are kept)

150km	George PERDON (Vic)	11:32:35	O.P. Melb Vic (S)	23/5/70
250km	Mike MARCH (Tas)	22:53:39	Coburg Vic (S)	26/2/89
500km	Bryan SMITH (Vic)	2d.19:00:21	Colac Vic (NS)	16/11/89
1000km	Bryan SMITH (Vic)	5d.23:52:23	Colac Vic (NS)	19/11/89
1500km	Gary Parsons (Qld)	12d.21:10:34*	Nanango Qld(NS)	21/3/94
30 Miles	Martin THOMPSON (NSW)	3:01:19	Ewell Court UK (S)	29/4/78
40 Miles	Dragan ISAILOVIC (Vic)	4:07:33	East Burwood (Vic) (S)	19/6/93
200 Miles	Bryan SMITH (Vic)	1d.15:16:51*	Colac Vic (NS)	15/11/89
500 Miles	Bryan SMITH (Vic)	4d.19:05:09*	Colac Vic (NS)	18/11/89
1000 Miles	Gary Parsons (Qld)	13d.17:41:44*	Nanango Qld (NS)	22/3/94
6 Hours	Trevor JACOBS (ACT)	83.600km**	East Burwood Vic (S)	21/6/92
3 Days	Bryan SMITH (Vic)	542.400km**	Colac Vic (NS)	16/11/89

## MEN - CLASS 3 RECORDS (Rankings may or may not be kept, and if so, may be incomplete)

300km	Bryan SMITH (Vic)	1d.11:37:25	Colac, Vic (NS)	16/11/88
400km	Bryan SMITH (Vic)	2d.2:32:36	Colac, Vic (NS)	15/11/89
600km	Bryan SMITH (Vic)	3d.8:43:27	Colac, Vic (NS)	16/11/89
700km	Bryan SMITH (Vic)	4d.1:27:31	Colac, Vic (NS)	17/11/89
800km	Bryan SMITH (Vic)	4d.18:32:50	Colac, Vic (NS)	18/11/89
900km	Bryan SMITH (Vic)	5d.8:26:07	Colac, Vic (NS)	18/11/89
1100km	Gary Parsons (Qld)	9d. 9:06:21*	Nanango Qld (NS)	17/3/94
1200km	Gary Parsons (Qld)	10d.6:17:45*	Nanango Qld (NS)	18/3/94
1300km	Gary Parsons (Qld)	11d.3:40:41*	Nanango Qld (NS)	19/3/94
1400km	Gary Parsons (Qld)	12d.1:33:35*	Nanango Qld (NS)	20/3/94
150 Miles	Mike MARCH (Tas)	22:07:40*	Coburg Vic (S)	26/2/89
250 Miles	Bryan SMITH (Vic)	2d.2:52:03*	Colac, Vic (NS)	15/11/89
300 Miles	Bryan SMITH (Vic)	2d.13:57:10*	Colac, Vic (NS)	16/11/89
400 Miles	Bryan SMITH (Vic)	3d.18:00:17*	Colac, Vic (NS)	17/11/89
600 Miles	Tony RAFFERTY (Vic)	8d.1:38:58*	Parramatta NSW (S)	21/8/89
700 miles	Tony RAFFERTY (Vic)	9d.17:36:17*	Parramatta NSW (S)	21/8/89
800 Miles	Gary Parsons (Qld)	11d.1:37:01*	Nanango Qld (NS)	19/3/94
900 Miles	Gary Parsons (Qld)	12d.9:42:50*	Nanango Qld (NS)	20/3/94
36 Hours	Bryan SMITH (Vic)	302.800km**	Colac, Vic (NS)	16/11/88
96 Hours	Bryan SMITH (Vic)	691.600km **	Colac, Vic (NS)	17/11/89
120 Hours	Bryan SMITH (Vic)	841.200km**	Colac, Vic (NS)	18/11/89

For notification of errors or corrections, please contact Geoff Hook, c/- AURA Inc, 4 Victory Street, Mitcham 3132, Vic. Any claim must be fully supported by appropriate documentation (that is, lap-score sheets, Record Claim Form and track details)

## WOMEN - CLASS 1 RECORDS (Official rankings are kept and AURA plaques issued)

50km	Linda MEADOWS (Vic)	3:45:43	East Burwood Vic (S)	18/6/94
100km	Linda MEADOWS (Vic)	8:24:11	Frankston Vic (S)	30/4/94
200km	Helen STANGER (NSW)	22:16:36	Wollongong NSW (S)	27/3/94
50 Miles	Linda MEADOWS (Vic)	6:07:58	East Burwood, Vic (S)	18/6/94
100 Miles	Margaret SMITH (Vic)	16:01:43	Manly, NSW (NS)	21/4/84
12 Hours	Mary MORGAN (WA)	130.832km**	Bunbury WA (NS)	3/4/94
24 Hours	Helen STANGER (NSW)	213.491km	Wollongong NSW (S)	27/3/94
48 Hours	Georgina McConnell (NSW)	301.875km	Wynnum Qld (NS)	5/6/93
6 Days	Georgina McConnell (NSW)	738.103km	Campbelltown, NSW (NS)	24/11/90

## WOMEN - CLASS 2 RECORDS (Only official rankings are kept)

150km	Margaret SMITH (Vic)	15:42:50	Aberfeldie Vic (S)	10/3/85
250km	Georgina McConnell (NSW)	1d.15:03:06	Wynnum Qld (NS)	5/6/93
500km	Georgina McConnell (NSW)	3d.23:51:52	Colac, Vic (NS)	19/11/92
1000km	Vacant			
1500km	Vacant			
30 Miles	Linda MEADOWS (Vic)	3:37:55	East Burwood, Vic (S)	18/6/94
40 Miles	Linda MEADOWS (Vic)	4:51:52	East Burwood, Vic (S)	18/6/94
200 Miles	Georgina McConnell (NSW)	2d.7:54:34 *	Colac, Vic (NS)	18/11/992
500 Miles	Vacant			
1000 Miles	Vacant			
6 Hours	Linda MEADOWS (Vic)	78.742km	East Burwood, Vic (S)	18/6/94
3 Days	Georgina McConnell (NSW)	392.000km **	Colac, Vic (NS)	18/11/92

## WOMEN - CLASS 3 RECORDS (Rankings may or may not be kept and, if so, may be incomplete)

300km	Georgina McConnell (NSW)	1d.23:46:34	Wynnum Qld (NS)	5/6/93
400km	Helen STANGER (NSW)	3d.2:27:08	Campbelltown NSW (NS)	21/11/90
600km	Georgina McConnell (NSW)	4d.0:53:57	Campbelltown, NSW (NS)	22/11/90
700km	Georgina McConnell (NSW)	4d.22:42:53	Campbelltown, NSW (NS)	23/11/90
800km	Vacant			
900km	Vacant			
1100km	Vacant			
1200km	Vacant			
1300km	Vacant			
1400km	Vacant			
150 Miles	Helen STANGER (NSW)	1d.13:54:01*	Campbelltown, NSW (NS)	19/11/90
250 Miles	Helen STANGER (NSW)	3d.2:45:18*	Campbelltown, NSW (NS)	21/11/90
300 Miles	Georgina McConnell (NSW)	3d.21:09:10*	Colac, Vic (NS)	19/11/92
400 Miles	Georgina McConnell (NSW)	5d.6:47:28*	Campbelltown, NSW (NS)	23/11/90
600 Miles	Vacant			
700 Miles	Vacant			
800 Miles	Vacant			
900 Miles	Vacant			
36 Hours	Georgina McConnell (NSW)	234.400km **	Colac, Vic (NS)	17/11/92
96 Hours	Georgina McConnell (NSW)	500.000km**	Colac, Vic (NS)	19/11/92
120 Hours	Georgina McConnell (NSW)	608.000km**	Campbelltown NSW (NS)	23/11/90

### LEGEND

- \* Times are the next official recorded times AFTER the nominated distances were passed.
- \*\* Distances are the previous official recorded distances BEFORE the nominated time was passed.
- (S) Standard Track (i.e. standard IAAF shape with a nominal distance of 400 m. or 440 yards)
- (NS) Non-standard Track (i.e. non-standard shape with a nominal distance between 300m and 500m. inclusive)

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# MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

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

of .....  
(Address)

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

become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

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

\*\*\*\*\*

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

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

\*\*\*\*\*

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

.....  
(Signature of Seconder) (Date)

\*\*\*\*\*

Current membership fees for 1974. (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.