


CONGRATULATIONS

PIONEER VALLEY LIONS CLUB

ON THEIR STAGING OF THE
**24-HOUR LONG
DISTANCE RUN**

From



**MACKAY
STEAM
LAUNDRY**

CONGRATULATE THE
**PIONEER VALLEY
LIONS CLUB**

On the staging of their
**24-HOUR LONG
DISTANCE RUN**

And wish them every success for their
venture.



**For all your
sports medical
requirements**

BANDAIDS
MASSAGE OINTMENTS
ELASTIC BANDAGES

Also sporting dietary
foods to keep you on
your toes through the
whole game. Vitamins
to keep you fit and
healthy.

CITY PHARMACY
Cnr. Victoria and Sydney St., Mackay.

We congratulate Pioneer Valley Lions Club
on their 24-hour long distance run. All the
Best, Boys.

**Long Distance Runners require
Strength & Stamina**

And

B & C TRACTORS

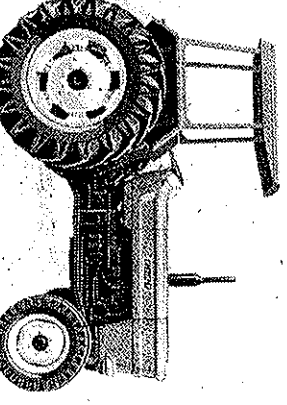
GORDON ST., MACKAY

Have tractors with the strength and stamina to keep going day in day out farming the land and growing
the mighty sugar crops.

SO IF IT'S SUPER POWER — SUPER PERFORMANCE YOU WANT "FIAT TRACTORS HAVE GOT IT"

FIAT 1000 SUPER

110 h.p. 105 P.T.O. h.p. — 12 speed synchro gear
box — 20.8 x 34 rear tyres, 900 x 16 front — super
comfort seat x platform — double remotes and a
performance that will amaze you.



Make the deal of your life now on FIAT at

B & C TRACTORS GORDON ST. MACKAY

Australian record attempt

Long distance run at Ooralea

TEN selected long distance runners from Mackay, Townsville, Collinsville, Rockhampton and Gladstone tomorrow will start an attempt to break the Australian 24 hour long distance record of 238 miles.

The attempt will take place at Ooralea. It will be run on the trotting track starting at 5 p.m. tomorrow straight after the races finish.

Team runners in relay will then run a mile at a time for the next 24 hours finishing at 5 p.m. Sunday.

Major title

It is hoped to run 240 miles and bring the first major athletic title to North Queensland.

The idea of the 24 hour relay type of runs is on a suggested format laid down by "Runners World" and records and runs are organised and run in many parts of the world especially in the U.S.A. and Europe.

Lions project

PIONEER Valley Lions Club is promoting the 24-hour Australian record attempt.

It is one of their projects to highlight World Service Day tomorrow.

The club encourages good health of the community and the long distance run has its full support.

Funds

The promotion also is a means of fund raising to help the needy under the World Services Day project.

During the race, Pioneer Valley members will be in attendance and food and refreshments are available. Snacks also are available for late-comers tomorrow night.

Tomorrow local identities will be asked to do a lap of "honour" and sponsors will be asked to sponsor these runners.

Food and drinks again will be available and children can get their share of free ice-cream.

Regulations

Rules of the 24 hour relay:

- Relays may be run at any time in any location.
- Any number can form the running group with a maximum of 10.
- The relay must be run on a track either indoor or outdoor.
- Each person must run exactly one mile each time it is their turn — if a runner drops out during a mile none of that mile counts — that runner is out of the relay and the next runner starts.
- Only the original runners may run — no substitutes.
- If a runner drops out (either missing his turn or failing to complete the mile) then they are out for good — but the team may continue.

Baton carried

- Only completed individual miles count except for the last mile at the end of the 24 hour period when the exact yardage must be measured.
- A baton must be carried and changed over within a reasonable distance of the starting line.

Runners for the 1977 Australian record attempt are:

DAVE SEDGMAN (Mackay) 49 years: Original member of Victorian 1000 mile club — winner of Veterans section Rockhampton "King of the Mountain" 1977.

Help Lions help others
Make a donation and
sponsor a runner
See a Lion at Ooralea
about your donation

**GO MARATHON
MEN GO**

All the best to you from

**KEN DONEY'S
SPORTSWORLD**

Suppliers of men's athletic shorts, shoes, T-shirts, and all general sporting goods.

**IF YOU'RE
NOT
SHOPPING AT
WALTONS**



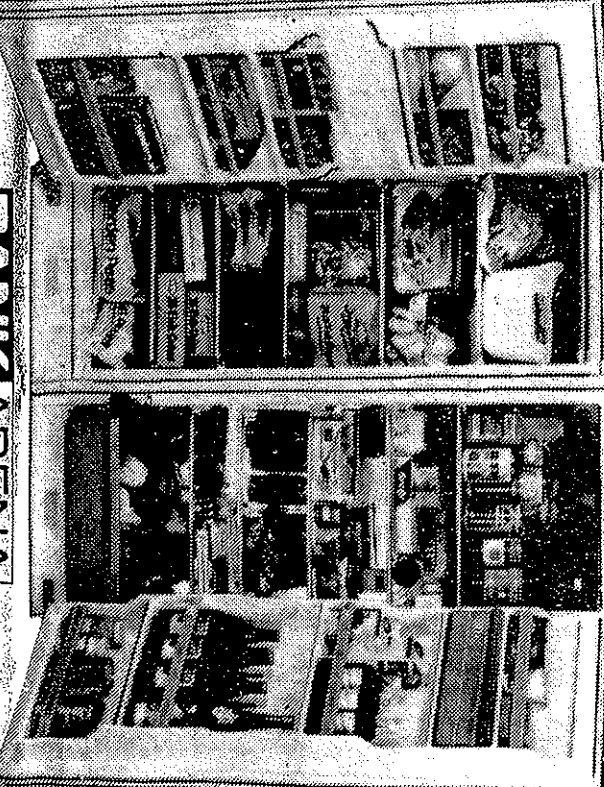
YOU'RE NOT IN THE RACE

WE WISH TO
CONGRATULATE PIONEER
VALLEY LIONS CLUB
ON THEIR 24-HOUR
DISTANCE RUN.

You're welcome at **Waltons**

AT ALL MEMBERSHIP CENTRES AND SHOPPING CENTRES

CHANDLERS



HANK ARENA

BIG 16.2 CU. FT. FRIDGE/FREEZER COMBINATION

FRIDGE

260 litre capacity. Modern square line styling with 5 cabinet shelves, slide-out vegetable crisper, 4 door shelves including shelf for tall bottles and convenient dairy bar. \$289.

FREEZER

200 litre capacity. Upright freezer features thin wall insulation, 5 cabinet and door shelves. Designed to combine with the 16.2 litre refrigerator. \$289.

THE TWO FOR ONLY \$578

\$3.99 WKLY over 4 yrs

We would like to congratulate Pioneer Valley Lions Club on their 24-hour Long Distance Run and wish them all the best.