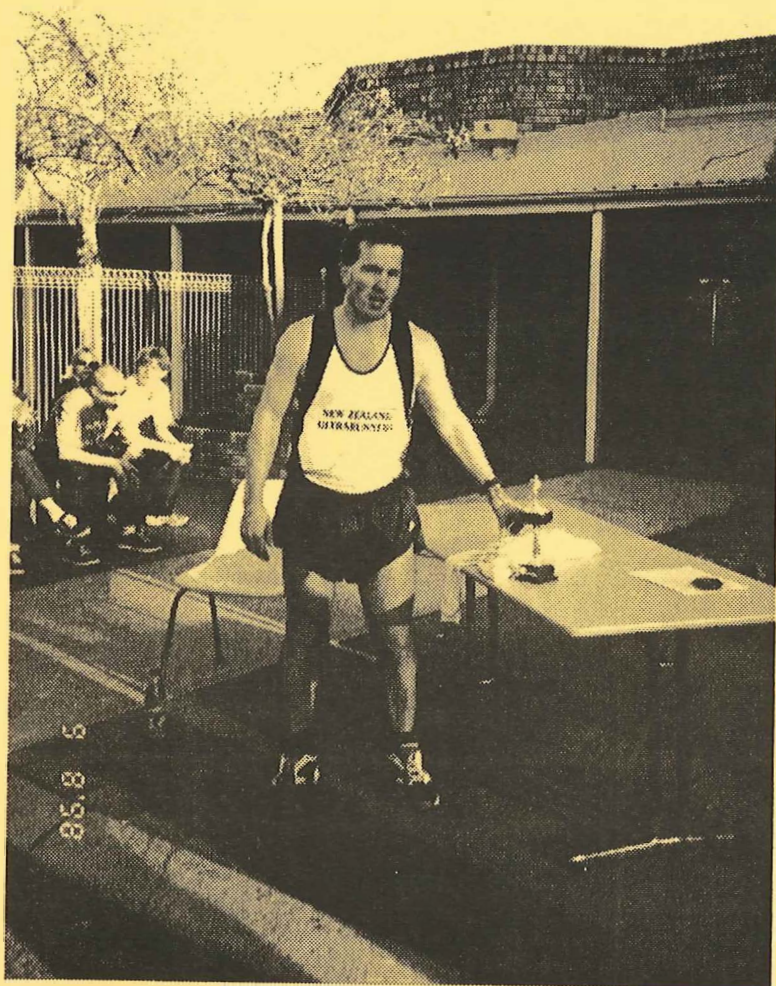


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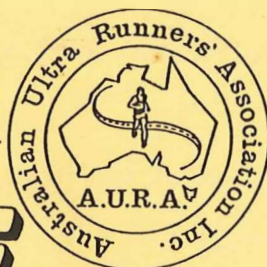
VOL 13, NO.4

DECEMBER 1998



One of our keenest AURA members, Brian Jackson, from East Perth, who has been sending us articles about his learning experiences in ultra-running throughout the year. Photographed here at the C.C. 100km Solo Run presentations on 9th August, 1998. He states he was speechless. We find that hard to believe Brian!


A.U.R.A.
MAGAZINE



Official publication of
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Runners' Association
Inc. (Incorporated in
Victoria).

Registered office:
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Mitcham 3132 Aust.
Ph. (03) 9874 2501

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EDITORIAL

Hi folks!

Thank you for your contributions throughout our thirteenth year of operation. I am happy to state that we've never yet been short of material for each issue. In fact, it's always a tough decision as to what to leave out in order to stay under the 250 grams for postage discounts. I particularly want to thank the Queensland Ultra Runners Club (QURC) for being so well organised so far ahead. I really appreciate being supplied with their race dates at least a year ahead. And their program is so damn interesting too, a great mixture of track and trail and the venues for their trail runs are in areas of such great natural beauty. No wonder they are so well supported. Thankyou.

It is very pleasing to note the initiative taken by some of our members.

Thanks Melanie Jonker for your wonderful e-mail race reports and incredible enthusiasm. Your contributions are greatly appreciated. Dell and Ron Grant, good luck with your new event, the Wy Wurry 3 Day Walk, replacing the 5 day staged race that you used to organise, which you felt was getting a trifle stale. Wonderful! And how about the initiative of Phil Essam, who jumped in to organise a replacement track race in South Australia when the Sri Chinmoy cancelled their Australian 24 Hour Championship at the last moment (after many runners had been training for months for it!) It took Phil only 34 days, and his 6 and 12 Hour event was extremely successful. Well done!

Congratulations to the Australian Team of Tim Sloan, Nigel Aylott and Paul Every who placed 9th, 32nd and 44th respectively in the IAU 100km World Challenge in Japan on 18th October. We were proud of you!

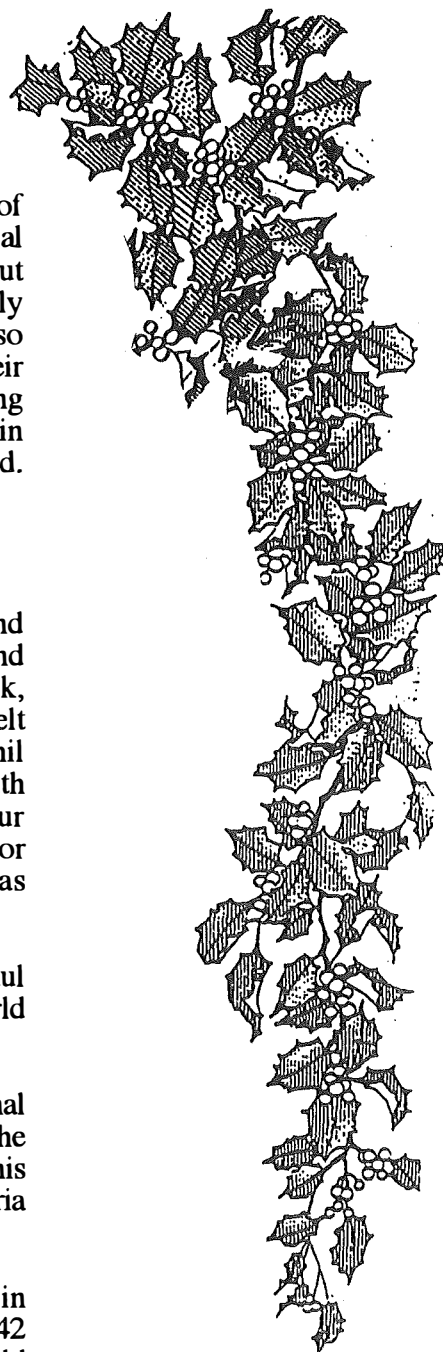
Nigel, in fact, has had a most successful year on the international competitive scene. He dominated an international field to win outright the Rogaining World Championships in Canada after placing second to Yiannis Kouros in the Australian 100km Road Championship at Glengarry, Victoria in April. What a man!

We are looking for starters in the 1999 IAU World 100km Challenge in France in May. Send your expressions of interest to Geoff Hook, 42 Swayfield Road, Mount Waverley 3149. It's important that we field another Australian team.

Congratulations also to Lavinia Petrie, who performed brilliantly in the Comrades Marathon in South Africa to finish only 11 minutes behind Lisa Ondieki in 8 hours 6min 58s. Her son-in-law, Bert Pelgrim also did well to finish just 6 minutes later in the notoriously tough event. Husband Rob also did well to finish in 9 hours 45min 58s. It was a life-time experience for all of them.

This should reach you just in time for Christmas holiday reading, so enjoy your break, have a safe and happy Christmas, and we look forward to hearing from you with your articles and photographs early in the new year.

Bye for now,



1999 ULTRA CALENDAR

- Jan 9 **COASTAL CLASSIC 12 HOUR TRACK RUN / WALK, NSW**, West Gosford at Adcock Park, Pacific Highway, West Gosford on a 400m fully surveyed grass track. \$30 entry, 7.30pm start, Contact Gosford Athletic Track, Coastal Classic, P.O. Box 1062, Gosford 2250, NSW. Include SSAE for confirmation of entry, or phone Frank (02) 4323 1710 or Paul (02) 9683 6024 (H) Email address thomo@zeta.org.au. Entries close 19/12/98
- Jan 10 **AURA BOGONG TO HOTHAM, VIC.** 60km mountain trail run, a tough event with 3,000m of climb, 6.15am start at Mountain Creek Picnic Ground. 3,000m climb! Phone Geoff Hook, (03) 9808 9739, entries close 23rd Dec, 1998. No entries on the day.
- Jan 24 **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$15 entry, 7am start. Closing date: 14th January, 1999. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 9781 4305 or Dot Browne, 4 Victory Street, Mitcham 3132 (03) 9874-2501(H) or FAX (03) 9873-3223
- Feb 6/7 **6 or 12 HOUR RUN, WALK & RELAY Q'LD, Caboolture Historic Village**, Beerburum Road, Caboolture, gravel road, smooth surface, certified 500m track, Q'ld. Entries to :Race Director Peter Lewis, 13 Timberidge Court, Wamuran 4512, Ph (07) 5496 6437 by 8th Jan to receive free T-shirt.
- Feb 7 **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 (03) 63 Entries close: 21st January, 1997
- Feb 11-20 **LIVERPOOL BOOMERANG MARATHON, NSW 732km**, Liverpool to Albury and return., entry fee \$80, only 12 entries accepted, Contact Dave Taylor, 56 Grandview Parade. Lake Heights 2502. Ph. (02) 42 740054 (H) or (02) 42 26 4088 (W)
- Feb 19/20/21 **SRI CHINMOY PEACE ULTRA TRIATHLON, ACT**, includes a 100km on Saturday 20th February, starting at 12 midnight, Yarralumla Bay, Contact Prachar Stegmann, G.P.O. Box 3127, Canberra 2601, ph. (02) 6248 0232 Fax (02) 6248 7654.
- Feb 27/28 **WY-WURRY 4 DAY WALK, Q'LD**, approx 49km a day, each walker must supply 1 crew person and a vehicle (4WD not necessary) start and finish at Nanango, South Burnett, daily prizes. Contact Ron & Dell Grant, Bellmere Convenience Store, Caboolture 4510 Ph. (07) 54 989965 (W) Closing date 15th Feb 1999, \$35 entry.
- March 1
- Mar 6 **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**, 46.6km mountain trail run, 8am start Saturday from Katoomba to Jenolan Caves, Time limit 7 hours, Contact Chris Stephenson, Six Foot Track Marathon, GPO Box 1041, Sydney 2001. <http://www.ozemail.com.au/nbigchris> email to: bigchris @ ozemail.com.au
- Mar 14 **WATER WORLD GREAT OCEAN RACE - RED ROCK TO COFF'S JETTY, BEACH & HEADLAND 45KM ULTRA MARATHON NSW.** Starts at 8.00am at the northern end of Red Rock Beach. \$5.00 entry or \$10 on race day. Finish Coff's Harbour Jetty. Contact Steel Beveridge on (02) 66 53 6831 (H) or (02) 66 541 500 (W). Or by post, 2 Lakeside Drive, North Sapphire 2450, NSW
- Mar **6/12/24 HOUR TRACK RACE, TAS**, will be held at the Domain Athletic Centre, Hobart in conjunction with the annual 48 Hour relay - this year raising funds for cystic fibrosis. Contact Mark Hey, Secretary, Ultra Tasmania, 7 Hone Road, Rosetta. Tas 7010 or phone (03) 62 - 727233 (H)

1999 ULTRA CALENDAR

- Mar** **AURA 6 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA**, Bunbury, organised by the Bunbury Runners' Club, certified 500m 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 21** **KING & QUEEN OF MT.MEE 50KM, 25KM, & 10KM, Q'LD**, out and back course (twice for 50km) on bitumen and dirt roads; 50km start 6.00am, 25km start 7.00am, 10km 8.30am start. Sealed Handicap for 50km & 25km events. Presentations and light lunch at Mt.Mee Hall after race at 1.30pm. A QURC event. Contact:: Gary Parsons P.O. Box 1664, Caboolture 4510, Ph. (07) 54 95 7208 or Ian McClosky (0754) 95 2864, Entry fee \$20 for 50km & 25km events. Enter early on entry form in Ultramag or entries will be taken on the day.
- Mar 21** **AURA DAM TRAIL RUN 50KM (ADT 50)** Vic, A beautiful 50km trail run close to Melbourne, around Maroondah Dam, 9am start, Fernshaw Reserve, finish Maroondah Dam wall. \$25 entry for AURA members, \$30 for non-members. Closing date for entries 7th March, Phone Geoff Hook (03) 9808 9739
- April 11** **FRANKSTON TO PORTSEA ROAD RACE, VIC**, 34 miler, contact Kon Butko, 66 Allison Road, Mt.Eliza, 3930, phone (03) 9787-1309, 7am start, cnr. Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed
- April** **50KM ULTRA 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, 7.00am start. For more details, contact Trevor Jacobs on (06) 2547177 (H) or (06) 2790134(W) or Dave Cundy (marathon organiser), P.O. Box 624, Civic Square, ACT 2608 or Phone on (0417) 285 609 Fax (02) 4342 7611
- May 2** **TAMBORINE TREK, GOLD COAST**, 68kms out and back course & 45km encouragement section, Road Race, staggered start, Entry fees, a QURC event. \$20 QURC and GCRC members \$15. Contact Graeme Grimsey, P.O. Box 584, Ashmore City Q'ld 4214. Ph (07) 5522 7870
- May 2** **GLASSHOUSE MOUNTAINS 80KM, 50KM, Q'LD**, Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld, phone (07) 54 4334.
- May 8/9** **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, VIC.** supported by Vets. 24 Hour Relay Challenge. Harold Stevens Athletic Track, Coburg, Maximum of 10 individual racers per team. Entry \$10 per team member. Open and Vets team categories. Also individual 24 Hour Track event. Entry \$30. Both relay and individual events start 12 noon on Saturday. Entry forms available from: Harold Stevens, 55 Woodlands Avenue, Pascoe Vale South 3044 . Ph. (03) 9386 9251
- May 9** **BANANA COAST ULTRA MARATHON, NSW. 85KM.** Coffs Harbour to Grafton via Glenreagh, Nana Glen & Coramba, 6am start at Coffs Harbour Entry fee \$5 by 2nd May or \$10 on race day, own support vehicle / driver required, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, NSW, phone (02) 6653 6831 (H) or (02) 6654 1500 (W)
- May 15** **IAU WORLD CHALLENGE 100KM, CHAVAGNES - EN-PAILLERS, FRANCE**, contact Geoff Hook, 98089739
- May 23 or 30** **AURA SRI CHINMOY AUSTRALIAN 50 MILES TRACK CHAMPS.**, Newport Park Athletics Track, Williamstown (Melways 56B4), start 6am, contact John Harper (03) 9803 7560
- May** **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. 657216 (H) or 653511 (W)

1999 ULTRA CALENDAR

- June 6 **HERVEY BAY HIKE 50KM, Q'LD**, Contact Brian Evans Ph. (07) 4121 4200
- June **SHOALHAVEN ROAD ULTRAMARATHON - NOWRA TO KANGAROO VALLEY 46KM, NSW** \$15 entry, \$20 on the day, 8am start at Cambewarra Public School, finish Kangaroo Valley Show-ground, mail entries close June, 1999, Entries to Rick Foster, P.O. Box 258, Nowra 2541 NSW, Ph. (02) 4421 5339.(H) Cheques payable to Nowra Road Runners. Transport back from Kangaroo Valley to the start provided.
- Aug **IAU ASIAN PACIFIC 100KM CHAMPIONSHIPS, GOLD COAST.** Contact Harry Davis. (07) 5577 6868, a QURC event.
- Aug **MUNDARING TO YORK ROAD RACE, WA (40 Miles).** Start at Mundaring Shire Offices, conducted by the WA Marathon Club. Phone Runners World (09) 2277281 or WA Marathon Club (09) 388 1227.
- Aug. **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE, SA**, 6am start, Adelaide Town Hall,, finish Advance Recreation, Victor Harbour, \$20 entry contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood. SA 5034 or Des Paul, ph. (08)83226400
- Aug 20-22 **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS, Gold Coast QLD.** Rugby League headquarters, Eskdale Park, Maryborough, Brian Evans (07) 4121 4200. Certified course.
- Aug 21 **6 HOUR TRACK RUN, VIC**, Harold Stevens Athletic Track, Coburg, 10am start - 4pm., Entry forms available from: Harold Stevens, 55 Woodlands Avenue, Pascoe Vale South 3044 . Ph. (03) 9386 9251
- Sept **ROYAL NATIONAL PARK ULTRA, NSW**, 50km, 6am start at Grays Point Oval, Grays Point, \$35, Entries to Royal National Park Ultra, P.O. Box 380, Sutherland, NSW 2232, phone/fax Billy Collis (02)520 6774 answering service
- Sept **AUSTRALIAN CENTURIONS CLUB 24 HOUR, 100 MILE, 50 MILE, 50KM RACEWALKS**, Contact Tim Erickson, 1 Avoca Cres, Pascoe Vale 3044 Vic, Ph. (03) 9379 2065 (H) *More details to follow
- Sept 25/26 **160KM / 80KM / 54KM TRAIL RUNS**, (Q'ld) Glasshouse Mountains. Loop course,. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, Ph. (07) 5495 4334
- Oct **AUSTRALIAN 100KM ROAD CHAMPIONSHIP & 50KM ROAD RACE**, Glengarry (near Traralgon), Vic, Championship also includes a State Teams Challenge. Conducted by Traralgon Harriers Event, endorsed by Athletics Australia & AURA. Contact Geoff Duffell (03)5122 2855 (H)
- Oct **SRI CHINMOY 6/12/24 HOUR & 100KM S.A.CHAMPIONSHIP TRACK RACE, SA**.(Australian 24 Hours Championship) Starts 8am on Sat. 24th October at Olympic Sports Field, 344 The Parade, Kensington Park. 24 Hour Race - \$75 entry, 12 Hour \$50, 6 Hour \$40, 100km Race \$60. Contact Sipra Lloyd, Sri Chinmoy 6/12/24 Hour Track Race, P.O. Box 554, North Adelaide, 5006, phone (08) 8332 5797. Send a large stamped self-addressed envelope with cheque and application form.
- Oct. **SIX / TWELVE HOUR TRACK RACE, SA**, Adelaide Harriers Track, 8am start, Sponsor: Statues Australia, \$25 entry, Contact Race Director: Phil Essam, 19 Luringa Close, Craigmore 5114 SA, Ph. (08)828 70325
- 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.

1999 ULTRA CALENDAR

- Nov **BRINDABELLA CLASSIC, ACT** organised by the ACT Cross Country Club, 56km trail run over the Brindabella mountains, just south of Canberra., 8.30am start at the summit of Mt. Ginnini, \$40.00 entry fee with pottery goblet, \$30 without, 7 hour time limit, 1/2-way in 3 hrs.20. Contact Trevor Jacobs Ph. (06) 254 7177
- Nov 13 **RAINBOW BEACH TRAIL RUN, Q'LD** (beach and forest trails) 52km Rainbow Beach, near Gympie, a QURC + Rainbow Surf Club event, contact race organiser Dennis Parton, c/- P.O. Rainbow Beach 4581, phone (07) 5486 3547 or Gary Parsons (07) 5495 7208. 5.30am start
- Nov **100KM ROAD CHAMPIONSHIPS, THAT DAM RUN**, Waitaki District of North Otago, New Zealand, 6.00am start, 12 hours time limit, Entry fee NZ\$60.00, Phone/Fax: 03 436 0626
- Nov **13TH AUSTRALIAN 6 DAY RACE, COLAC, VIC.** Memorial Square, 3pm start - and finish on Saturday 21st November, \$100 entry plus \$10 application fee. Late entry fee (if accepted) \$125 Enquiries and entry forms to P.O. Box 163, Colac 3250. Vic. or phone Mary Lowe (Hon. Sec) 03 5233 8361.
- Nov **VICTORIAN CHAMPIONSHIP 6 HOUR & 50KM. VICTORIAN TRACK CHAMPIONSHIPS (& 6 HOUR RELAY)**, Moe, Victoria, 8am Traralgon Harriers event. Moe Athletic Track, Old Sale Road, \$25 entry covers both championship events Enquiries: Geoff Duffell, 7 Shaw Street, Churchill 3842 Vic, Ph. (03)5122 2855 (H) or Barry Higgins (03) 5174 3712.(H) Email address gduffell@nex.com.au
- Dec **BRUNY ISLAND JETTY TO LIGHTHOUSE , TAS.** 63km Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quiet roads. A weekend away for family and friends. An event for solos and teams. Contact Mark Hey, Ultra Tasmania, 7 Hone Road, Rosetta, Tas 7010 or phone (03) 62 727233 (H)
- Dec **GOLD COAST - KURRAWA SURF CLUB (BROADBEACH) TO POINT DANGER & RETURN, 50KMS.** Flat course along roads & paths adjoining the Gold Coast beachfront. To be followed by the Queensland Ultra Club Annual Dinner and prizegiving. Contact Pete Gibson, (0755) 761985 (H) or (0755) 81 6383 (W)

NZ 1999 ULTRA CALENDAR

Feb 1999
KAWEKA CHALLENGE - the highest Mountain Race in NZ
41 km and some shorter events. Contact: Alan Berry, P.O. Box 46, Hastings.
Fax. 06-876-0078

Friday/Saturday 19/20 Feb 1999
adidas LAKE TAUPO 160 KM ULTRA & RELAY
Ingrid and Murray Fleming, 23 Harvey St., Taupo. Ph. 07-378-0455 Fax. 07-378-2028
<http://www.relay.co.nz/>

Saturday 27 February 1999
THE MARLBOROUGH 100
100 km and 50 km ultras, and relay.
Contact: David Cosgrove, 148 D Wither Rd., Blenheim Ph. 03-578-2953, Fax. 03-578-8865,
email: 100253.2412@compuserve.com

Saturday March 13, 1999
FAR NORTH 60 KM ULTRA,
90 Mile Beach Contact: Peter Kitchen, Tall Tale Tours, Kaitaia Ph 09-408-0870
www.maori.org.nz/tikanga/purakau/chall.htm

March 1999
FLETCHER CHALLENGE ENERGY 24 HR CHARITY RELAY
This event is possibly postponed until 2000. Please contact the event organisers:
New Plymouth West Rotary Club, P.O. Box 606, New Plymouth.

Sunday March 21, 1999
RIVERHEAD ADVENTURES 50 KM FOREST RUN
Contact: Gary Regtien, 11 Newton Rd., Riverhead, Auckland Ph./Fax. 09-412-6431

Saturday 15 May, 1999
IAU WORLD CHALLENGE 100 KM, CHAVAGNES-EN-PAILLERS, FRANCE.
Contact: Richard Tout, 8 Mayall Ave., Birkdale, Auckland, Ph. 09-483-3037, 025-954-698

Wednesday 16 June, 1999
COMRADES MARATHON, 90 km
Down Run - Pietermaritzburg to Durban
Qualifying period - 17 June 1998 - 2 May 1999.
Contact: Comrades Marathon Association,
P O Box 100621, Scottsville, Pietermaritzburg 3209, South Africa
Phone + 27 - 331 - 94 3510
Fax + 27 - 331 - 42 7548
<http://www.comrades.org.za/>

July 1999
SRI CHINMOY 24 HOUR TRACK RACE CARNIVAL (also 6 and 12 hour events)
Sri Chinmoy Marathon Team, Ph. 09-623-0325, Fax. 09-623-0335

September 1999
QUALITY HOTEL 100 KM OF ROTORUA
1998 NZ 100 km Championships
Contact: A. Moustache Ventelou PO Box 408, Rotorua. Ph./Fax. 07-349-6100

27th September, 1998

LETTERS TO THE EDITOR

Dear Geoff

In regard to the 100 km Australian Road Championship 1998. As I was directly involved to organise a team from South Australia, I should give you my view of why we could not contribute. First, I should say, without going into too much detail, that enough notice was given. Nigel Aylott tried his best to get competition to the race, as did Geoff Duffel.

My approach was, to get the best team together, which could win the team event. I thought this would be possible providing we produced three good times.

I soon realised that there was no hope for a Women's Team as Helen O'Connor was not running. To form a competitive Men's Team out of 24 hour runners was a true challenge and not impossible to achieve. Looking through the records of races for the last 2 years, left me with a small number to choose from.

David Standeven was the obvious choice, and Peter Twartz as well, who won the 100 km South Australian Track Championship, just 3 months earlier. Young gun Michael Slater wasn't into ultras at this time, thus I was looking for the third man to run the 100 km around the 8 hour mark. For a short while I was playing with the idea, that I could resurrect my 100 km running ambitions and get fit enough for April. Murray Cox came to mind as well, and if he could prove himself, I would give him the chance to do well. John Twartz was a definite to run, and support us and his brother Peter. Kevin Mansell was to support us as a non runner.

As you see, this is a very slim team, and everything had to go right, if we were to compete successfully. As it turned out we failed to come up to scratch, and had to give it a miss.

I do apologise to John & Peter Twartz for giving them short notice of the race. Although John did change his address, and Telstra was not forthcoming with either telephone numbers, this did not help the cause.

One major factor for failure was that David Standeven was never available from the start. I should have known better that the recent loss of his mother would not allow him to go through the vigorous training for a demanding 100 km race. She was truly a great supporter of David, and the ultra scene in general, and will be greatly missed.

I do think that competitors get a kick out of running for their state, and will travel wherever a championship might be, providing they are up to it. Somehow, we have to try to get more runners into the 100 km event. It may pay to get good marathoners to the 100 km distance, to get a better base of runners to select from.

Who knows, maybe Lisa Ondieki, will take it another step further from the Comrades Marathon, to the 100 km distance. This could do wonders to the popularity of such an event.

On a personal note, I must say that this year, was my last year as Aura Rep. I enjoyed excellent support from Geoff and Dot, and I thank them very much for that. People in general made it very easy for me to keep that position for quite a number of years. But, we do need someone now with the know how to bring everyone together, with an interest in Ultras.

I have just received an invitation from Phil Essam to run in the South Australian 6 or 12 hour race on the 24th October, 1998, this event may well help us to get a team together for next years 100 km Australian Championship.

No disrespect to the Sri Chimnoy Marathon Team, who for some reason do not hold their popular 24 hour Australian Championship this year.

I must close now and hope that I can come across the border next year to run in Glengarry Victoria.

Thanks again, yours in running.
Rudi Kinshofer.

Dear Dot,
My apologies in the Achilles Club and AURA and sporting wheelies who were interested in taking part in the 500km in April 1999. The event definitely off!!
Raymar Promos and Marketing of Kingaroy have been dismissed as they took no notice of what I told them and they wanted their own way only, so I told them "Roll swag mate!" and that's the last I want to hear from those donkeys!
Another donkey I feel runners should be aware of is a shoe repairer by the name of "Mr. Minit" in Brisbane, and in particular Churnside Shopping Centre. The idiot I struck there couldn't tell the difference between sneakers and running shoes! Anyway, I met a lady with a crippled daughter and she told me about the "Red Baron" at the Morayfield Shopping Centre, Caboolture Shire, so I sent my shoes to him and I understand he can fix them.
Well I finally got the clearance to start training again, but this will be a long hard time for me. I wish all the best for Cliffy, Gary and Pat Farmer in their attempts to run around Australia next year.

Good luck to you all
Yours sincerely,

"Bazz" Stewart

From: Essam, CPL Phil
Sent: Monday, 30 November, 1998 8:00AM
To: 'DRS_OZ'; 'Dan Brannen'; 'DAVID BLAIKIE'; 'David Sill'; 'Dot Browne'; 'Kevin T'
'MELANIE JONKER'; 'SouthAust Road Runners Club'; 'TIM ERICKSON'
Subject: SEC: Unclassified
Importance: High

If anyone could post this to other Web sites or e-mail groups it would be appreciated.

THE WORLD'S GREATEST RACE

The World's Greatest Race tells the story of the Westfield Sydney to Melbourne Ultra Marathon that were held between 1983 to 1991. Over two years of preparation and the book is nearly ready. (final editing and securing of a publisher to go). It is to be released for Christmas 1999. Here is your chance to reserve a copy now. Price is unknown at this stage, but it will be reasonable.

Reserve your copy/ies now by sending details to:

Phil Essam
19 Luringa Close
Craigmore
SA 5114

08 82870325

Hi Phil,

This is great news. Congratulations on the work done. Please reserve a copy for me.

I know this is preliminary news but could I suggest that in due course you give additional information. For example:

- * where to order from
- * postage rates to various parts of the world
- * methods of payment (credit cards really help from foreign buyers)

All the best

David (Sill)

Dear Dot

As per usual everything was running late in my household last night as I was busily reading the latest edition of ULTRAMAG. I must thank you for your kind words re my internet coverage of the IAU Nanango 1000 Mile Foot Race. I thoroughly enjoyed relaying the progress of the race over the internet.

I thought you might like to know that I'm also one of the "lucky" recipients of Kevin Cassidy's "wet" internet jokes. I receive so many and I usually pass them onto friends. If there's a lull at any time, I'm often asked "what's happened to the jokes from your Victorian mate?".

It was with great surprise I read the percentage comparisons for the Coburg 24 hour track race. The information was literally word for word what I had prepared and E-Mailed to Kevin. Isn't it typical - a male taking credit when a female has done all the work!! I'll have to think of a suitable major payback!

I actually met Kevin at this year's Glasshouse trail runs and firmly believe that in a former life a Queenslander must have wronged him dreadfully as he is constantly belittling us Queenslanders and our wonderful State. But then I guess people who talk about something so much are actually hankering after it!!

I particularly enjoyed Peter Lewis' tribute to women who have family commitments as well as all the other numerous things we juggle in life. Thanks Peter for acknowledging us.

Thanks for a great newsletter which I'm encouraging members of the Queensland Ultra Runners' Club to subscribe to.

Regards

Melanie Jonker

QUEENSLAND ULTRA RUNNERS CLUB INC

The Queensland Ultra Runners Club hosts a number of quality ultra events during the year. For the low membership fee of \$20 (family \$30), you will receive a minimum of four Club newsletters throughout the year as well as the benefit of club discounts when competing in club events. The Club also has an aggregate points scoring system whereby runners and walkers can accumulate points during events. Trophies are awarded to the leading point scorers in the men's, women's and walkers' sections at the annual presentation at the end of each year.

New members are always welcome - remember if you join after 1 September you will receive membership valid until 31 December the following year.

A membership form appears in this edition of ULTRAMAG.

Melanie Jonker
Newsletter Editor

IO. Queensland Ultra Runners Club Inc.

MEMBERSHIP APPLICATION / RENEWAL

QUEENSLAND ULTRA RUNNERS CLUB INC

I,
of
.....P/Code

Telephone No: DOB/...../.....

hereby apply



for membership of the Queensland Ultra Runners Club Inc and, in the event of my admission, agree to be bound by the Rules of the Club

.....
Signature

...../...../.....
Date

.....
Proposer

.....
Seconder

(The need to have a proposer and seconder is a legal formality. We will supply them if required.)



for renewal of membership.

...../...../.....
Date

NOTES

1. Membership fees are \$20 (family \$30). Please enclose cheque payable to QURC Inc with application, sending both to Kerrie Hall, 12 Jade Street, Caboolture, Qld, 4510
2. New members joining after 1 September will receive membership valid until 31 December the following year.
3. Any donations would be much appreciated.



I have pleasure in enclosing a donation of \$.....

QURC Treasurer's Use Only

Date cheque received: / /

Date cheque banked: / /

RACE ADVERTISEMENTS

From: David Blaikie <dblaikie@fox.nstn.ca>
To: ius-l@american.edu <ius-l@american.edu>; ultra@listserv.dartmouth.edu
<ultra@listserv.dartmouth.edu>
Cc: a.milroy@virgin.net <a.milroy@virgin.net>
Date: Wednesday, October 07, 1998 9:20 AM
Subject: Coverage of the IAU World 100 K - October 18 in Japan

The IAU 100Km World Challenge takes place October 18 at River Shimanto, Japan. Over the past two months Andy Milroy, statistician for the International Association of Ultrarunners, has been preparing the most extensive file of reports and runner profiles ever produced for a world 100km championship. More than 50 reports are currently posted and others will follow between now and the date of the race, when live coverage will be available. To read these reports, listed below, please visit:

Ultramarathon World
<http://fox.nstn.ca/~dblaikie>

Top Contenders at the World 100Km
Teams Entered in the 1998 World 100Km
World 100Km Official Drink Works Well
Rae Bisschoff Out with Groin Injury
The World 100Km: A Force for Change
The Rise of 100Km Running in Japan
Press Release: Canadian 100Km Team
Russia's Rise to World Greatness
Mattheus Quits South African Team
Ages of IAU World 100Km Medallists
Altitude Training for the World 100Km
All-Time Best World Challenge Times
The Build-up: National Championships
IAU President Malcolm Campbell
Jouault Going for Record 10th Finish
World 100Km Top Finishers (1987-1997)
All-Time International Team Standings
All-Time Continental Best 100Km Times
Bids Sought for IAU Championships
Special Report: The 1998 Course
Profile: Janice DeHaye Anderson (U.S.A.)
Profile: Tim Sloan (Australia)
Profile: Jutta Philippin (Germany)
Profile: Martine Cubizolles (France)
Profile: Simon Pride (Britain)
Profile: Russell Crawford (South Africa)
Profile: Chrissy Duryea Ferguson (U.S.A.)
Profile: Mark Godale (U.S.A.)

Profile: Hilary Walker (Britain)
Profile: Alzira Portela Lario (Portugal)
Profile: Daniele Cherniak (U.S.A.)
Profile: Igor Tyupin (Russia)
Profile: Brian Teason (U.S.A.)
Profile: Isabelle Olive (France)
Profile: Eleanor Robinson (Britain)
Profile: Jim Garcia (U.S.A.)
Profile: Rainer Muller (Germany)
Profile: Mikhail Kokorev (Russia)
Profile: Lilac Flay (New Zealand)
Profile: Grigoriy Murzin (Russia)
Profile: Don Ritchie (Britain)
Profile: Maria Auxiliadora Venancio (Brazil)
Profile: Kiminari Kondo (Japan)
Profile: Alexey Volgin (Russia)
Profile: Andy Jones (Canada)
Profile: Jaroslav Janicki (Poland)
Profile: Valentina Lyakhova (Russia)
Profile: Charl Mattheus (South Africa)
Profile: Rae Bisschoff (South Africa)
Profile: Janos Bogar (Hungary)
Profile: Carolyn Hunter-Rowe (Britain)
Profile: Birgit Lennartz (Germany)
Profile: Yasufumi Mikami (Japan)
Profile: Ravil Kashapov (Russia)
Profile: Sergey Yanenko (Ukraine)
Profile: Konstantin Santalov (Russia)

1999 CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN

6 & 12 HOUR RUN OR WALK AND RELAY

Conducted by the Queensland Ultra Runners Club Inc.

Race director: Peter Lewis, 13 Timberidge Court, Wamuran, 4512
Phone 07 54966437

INCORPORATING 3 X 2 HOUR & 4 X 3 HOUR RELAY

DATE AND TIME: Saturday 6th February 1999 at 6pm

WHERE: Historical Village, Beerburum Road, Caboolture.

COURSE: Gravel road, smooth surface. Certified 500 metre track.

ENTRIES: by 5pm 6th February, 1999.

All entries received by 8th January 1999 will receive a free souvenir T-shirt.

Entries after this date will have to purchase T-shirt on the night.

Relay runners entry does not include T-shirt cost.

Please make cheques payable to Queensland Ultra Runners Club Inc.

Mail entries to Peter Lewis, 13 Timberidge Court, Wamuran, 4512.

FACILITIES: Toilets adjacent to track. Water, fresh fruit and sports drinks supplied to competitors only.

Chairs supplied for lap scorers. Facilities for heating water.

Showers available on site for competitors.

Free hamburger for all competitors.

Local radio station 4OUR will be broadcasting on site from 6pm to 6am.

Food for sale on the night.

PROFITS TO THE CABOOLTURE HISTORICAL VILLAGE

CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN

Saturday 6th February 1999

ENTRY APPLICATION

Surname:.....Christian Name:.....

Sex:.....D.O.B.....Age on day of race.....

Address:.....

.....Postcode:.....Ph.....

Interstate runners only.....Can you provide a lap scorer?.....Y / N

ENTRY FEE

\$30	[]	6 HOUR RUN	[]	
\$20 Q.U.R.C. & QMRRC	[]	12 HOUR RUN	[]	
\$45 RELAY	[]	6 HOUR WALK	[]	
\$15 - T-shirt	[] entries after 8/1/99	12 HOUR WALK	[]	
		6 HOUR RELAY	[]	3 x 2 hour
		12 HOUR RELAY	[]	4 x 3 hour
T-shirt size	sm []			
	med []			
	large []			

LOTS OF RANDOM DRAWS.

ALL ENTRIES INCLUDING RELAY RUNNERS GO INTO A SPECIAL SOUVENIR RANDOM DRAW IF ENTRY RECEIVED BY 8TH JANUARY, 1999.

YOU CAN RUN AND WALK, BUT IF YOU ENTER THE WALK CATEGORY YOU MUST WALK THE ENTIRE DISTANCE.

TIMES TAKEN FOR 50K, 50 mile, 100K for record purposes.

PRIZES:	1st	2nd	3rd	Male & Female	6 hour & 12 hour
	1st	2nd	3rd	Male & Female	6 hour & 12 hour Walk (depending on number of competitors - see race rules).
	1st	2nd	3rd	Relay	6 hour & 12 hour Relay (depending on number of teams - see race rules).

RACE RULES

1. No pacing, if in the opinion of the race director, an unfair advantage would result.
2. No runner under the age of 18 years on day of race will be accepted for the individual race.
3. The officials reserve the right to reject any applicant.
4. All entrants, except interstate and overseas runners, shall provide one person to assist with lap scoring.
5. No unprescribed medications are to be used by any competitor.
6. A competitor shall enter 1 race only.
7. The officials reserve the right to withdraw any competitor from the race.
8. Race direction will change every 3 hours.
9. Relay competitors can run or walk, but prizes are given for the fastest teams.
10. Relay teams can be mixed (i.e.) male and female in one team.
11. 3rd prize in relay and walk events only if there are 4 or more competitors or teams in the event.

WAIVER

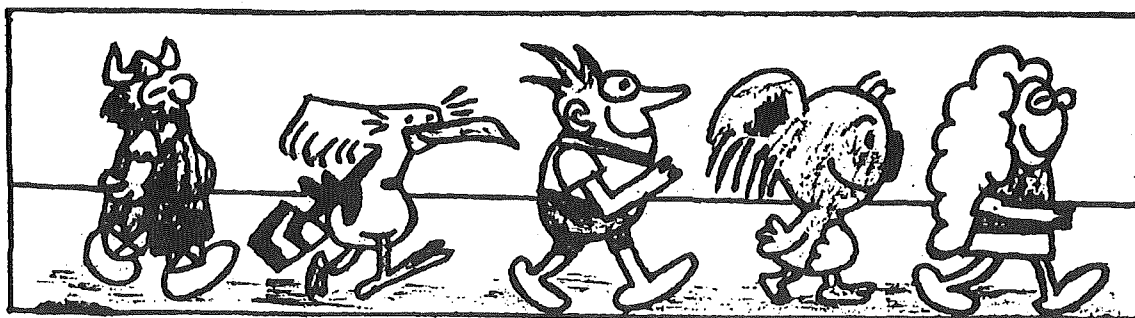
I have read and agree to abide by the conditions as stated. I am medically fit and have adequately prepared for this event. I, my legal heirs and support crew will not hold the race director or organisers responsible for any injury, illness or accident sustained, or for loss of property or death resulting directly or indirectly by my participation in this event.

signed.....date.....

Relay runners names	1.....	Team name.....
	2.....	
	3.....	
	4.....	

IS THIS YOUR FIRST ULTRA MARATHON (i.e.) over 42.2 kms..... Y / N

WY - WURRY 3 DAY WALK.



Organised by: Caboolture Wy - Wurry Walkers and
Queensland Ultra Runners Club Inc.

Date: Saturday 27th February to Monday 1st March 1999

Location: Commence and Finish at Nanango in the South Burnett. Nanango, fourth oldest town in Queensland, was founded in 1848 and is 2 1/2 hours drive from Brisbane. The people of South Burnett are friendly and welcoming and the roads you will be walking are mostly quiet country by ways (Bitumen).

Distance: Approximately 49km per day. Detailed trip sheets will be given to you prior to the start.

Crew: Each walker must supply 1 crew person and a vehicle (4WD NOT Necessary).

Daily Prizes: Fastest: 1st Male, 2nd Male, 3rd Male.

1st Female, 2nd Female, 3rd Female.

Handicap:

(Days 2 and 3) 1st Place, 2nd Place, 3rd Place.

✂ -----

ENTRY APPLICATION

Surname Christian Names

Male/Female D.O.B Age on race day

Address.....

Phone number

Personal Profile - Other walks you have done? Married? Family? Anything else?

Please use your walk to raise funds for your favourite charity. If so, which charity will you be walking for

Name of your crew person/s

Day 1 Sat. Feb. 27th: All walkers and crews gather together for pre walk breakfast commencing 6am at back of the Nanango Cultural Centre, Drayton street. Final briefing and questions answered. All walkers commence together at 8am in front of Council Chambers and walk approximately 50 kilometres along quiet country roads to Kumbia. Two choices of accommodation: Kumbia Bed and Breakfast \$20 per head including light breakfast in your room phone 0741 644351 or Kumbia Hotel \$25 double or \$15 single phone 0741 644166. They are across the road from each other. Book your own accommodation. Evening meals will be at Kumbia hotel \$7 per head.

Day 2 Sun. Feb. 28th: Based on the results of day 1, walkers will be asked to handicap themselves (with race organisers help if needed) for days 2 and 3. Thus the slowest walker will start first and the fastest walkers will start later, all aiming to finish at Dandabah on top of the Bunya Mountains at 3pm. Approximately 45k climbing from 420 metres to 1050 metres. Bunya Mountains National Park has a temperate rainforest, cool climate, excellent walking tracks, views, waterfalls and parrots. We will be overnighing in bunkhouse accommodation at \$16 per head at Frank Unwins Enviromental Park, across the road from the camping grounds. Fully equipped kitchen, plenty of hot showers and toilets. You will need your own food, bedding and towels. No petrol on the Bunyas.

Day 3 Mon. March 1: Handicap start - slowest first, fastest last. Approximately 55k, with steep downhill then through farmlands back to Nanango. Finish at the Council Chambers followed by afternoon tea (included in the entry fee for all walkers and crews), at the Cultural Centre, at 3pm. Possibility of rain - be prepared. A companion walker is allowed, depending on traffic safety. Use your own judgement. Walk facing the traffic, vehicles should go ahead and wait for their walker. Certificates will be given to each walker at the end of each day. Day 1 bronze; day 2 silver; day 3 gold with the distance and time recorded. Hand in your trip sheet at the end of each day to the organiser. Accommodation in Nanango - Antler Motel, Henry street 0741 631444; Fitzroy Motel 55 Fitzroy street 0741 631100; Camping ground/ caravan park, two hotels.

- RULES:**
1. No running or cheating in any way (Any form of walking is acceptable).
 2. All entrants must provide one person to assist them and a vehicle.
 3. Walkers must supply their own food for themselves and crew unless included in itinery.
 4. The organisers reserve the right to reject any applicant.



CLOSING DATE FOR ENTRIES: Monday 15th February 1999 (**PLEASE!**).

Payment to be made to: Ron and Dell Grant

Bellmere Convenience Store, Bellmere Rd, Caboolture 4510

Ph: (07) 54 989965 (B.H.)

Entry fee: \$35 (Which includes afternoon tea for walkers and crews at finish)	\$35
Pre Race Breakfast at \$8 per Head	\$.....
Evening Meal Kumbia Hotel \$7 per head	\$.....
Bunkhouse accommodation at Bunyas at \$16 per head	\$.....
TOTAL PAYABLE	\$.....

WAIVER

I have read and agree to abide by the conditions as stated. I am medically fit and have adequately prepared for this event. I, my legal heirs and support crew will not hold the race director or organisers responsible for any injury, illness or accident sustained, or for loss of property or death resulting directly or indirectly by my participation in this event.

16 . Signed Date

**CABOOLTURE SHIRE'S
KING & QUEEN OF MT MEE
50km, 25km, and 10km Roadraces**

Sponsored by: Centre Pharmacy Morayfield

- CONDUCTED BY:** QUEENSLAND ULTRA RUNNERS CLUB
Caboolture Road Runners Club
- RACE DIRECTOR:** Gary Parsons, PO Box 1664 Caboolture, 4510. (07) 5495 7208
- DATE:** Sunday 21st March, 1999
- VENUE:** Mt Mee Hall, Brisbane - Woodford Road, Mt Mee, Queensland
50km, 25km, and 10km events on formed roads from Mt Mee Hall to Wamuran and back, twice for 50km event.
- TIME:** 50km Start 6.00am 25km Start 7.00am 10km Start 8.30am
- WATER:** Six manned water stops on course. Runners are encouraged to carry water bottle, especially for the climb up Mt Mee range. Fruit will be provided at the bottom turn around check point and the start/finish line at Mt Mee Hall.
- PRESENTATIONS:** Mt Mee Hall at 12.00pm. Light lunch will be provided for runners. \$5.00 for others
- CATEGORIES:**
(Prizemoney for winners)
- 1st, 2nd, 3rd Male and Female (50km)
 - 1st Walker (50km)
 - 1st, 2nd, 3rd Male and Female (25km)
 - 1st Walker, Male and Female (25km)
 - 1st, 2nd, 3rd Male and Female (10km)
 - 1st Walker, Male and Female (10km only)
 - Handicap winner (50km and 25km) (No Prizemoney for this Category)
- NO WATCHES ALLOWED ON THE COURSE, BUT TIME CALLS WILL BE GIVEN
AT THE START / FINISH AND TURNAROUND POINTS (50km & 25km Events)**
- HANDICAP SYSTEM:**
(50km and 25km) It is the runner's responsibility to supply own estimated time for the event. The winner will be decided on the runner who finishes nearest to their estimated time.
- ENTRY FEE:** \$20.00 For 50km and 25km Events
\$15.00 for 10km, and for Walkers
Please make cheques payable to: Queensland Ultra Runners
Mail entry and fee to: PO Box 1664, Caboolture 4510
- CLOSING DATE:** Please send entries to be received by 18th March 1999.
No penalty for late entries, entries will be accepted on race day.
- FURTHER QUERIES:** Gary Parsons P.O. Box 1664 Caboolture 4510 (07) 5495 7208

***** T-SHIRT FOR EACH COMPETITOR IN ALL EVENTS *****
***** RANDOM PRIZES *****

WALKERS WELCOME!! GOOD RUNNING AND ENJOY THIS EVENT

Sponsored by: Centre Pharmacy Morayfield
CABOOLTURE SHIRE'S
KING & QUEEN OF MT MEE

Sunday 21st March 1999

ENTRY APPLICATION

please print clearly

Surname:..... Initials:..... Call Name:.....

Sex:..... DOB:..... age on race day:.....

Address:..... Postcode:.....

Telephone (home):..... (work):.....

Estimated time (50km and 25km)

ENTRY FEE \$20.00

10km event \$15.00

50km [] 25 km []

10 km []

Light Lunch (provided for runners in entry fee)

\$5.00 / person x []

TOTAL PAYABLE (make cheques payable to Queensland Ultra Runners)
(Send entry to : PO Box 1664, Caboolture, 4510)

CONDITIONS OF ENTRY

- 1 No runner under the age of 18 years on the day of the race will be accepted for 50km & 25km events.
- 2 The officials reserve the right to reject any applicant.

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Queensland Ultra Runners King & Queen of Mt Mee Ultra for myself, my heirs, executors and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of the 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.

I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

SIGNED:..... DATE:.....

(If under 18 years - 10km event only)

SIGNATURE OF

PARENT / GUARDIAN:..... DATE:.....

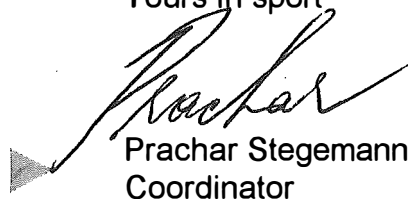
Dear Dot

Please find enclosed an article on next year's Sri Chinmoy 3-day Ultra Triathlon in Canberra, for inclusion in the next edition of AURA magazine. Feel free to edit and abridge as you see fit. I would also greatly appreciate it if you could include this event in your listings of events.

We are quite happy for runners to participate in the 100 km only, and where possible will attempt to match them with swimmers and cyclists to make up teams. Entry forms and further details can be obtained from me on the numbers below.

Thank you for your kind assistance.

Yours in sport



Prachar Stegemann
Coordinator



SRI CHINMOY 3-DAY ULTRA-ENDURANCE TRIATHLON
19-21 FEBRUARY 1999

The Sri Chinmoy Marathon Team are pleased to invite all ultra-endurance athletes to the **Sri Chinmoy 3-day Ultra-Triathlon**, 19 – 21 February 1999 in Canberra, either as individual competitors, or as members of a 3-person team.

The 3-day Ultra-Triathlon is the longest triathlon in Australia, exactly ten times the standard "Olympic" distance triathlon, comprising a **15 km swim**, **400 km bike**, and **100 km run**. The race forms the backdrop to the largest participation triathlon weekend in the Southern Hemisphere, the **Sri Chinmoy Peace Triathlon Festival**, which features 7 races in 3 days, this year attracting over 3600 participants, who provide an enthusiastic audience for the Ultra.

The 15 km swim is staged at the same beach where hundreds participate on Friday in the "Junior Joyathons," short-distance events for children. The final stage of the Ultra, the 100 km run, is held on a loop course running right through the middle of the bike compound for the Sri Chinmoy Peace Triathlon, the National Long-Course Championship. The Ultra thus attracts plenty of interest from athletes, spectators and media observing the other events. This year, Greg Welch and others who had competed in the Peace Triathlon stayed around to encourage the 100 km runners until each made their way up Peace Triathlon finish chute, with a huge cheering crowd and media attention.

Eligibility. The Sri Chinmoy 3-day Ultra-Triathlon is open to individuals, as well as to teams of three, where one person completes the swim, one the cycle, and one the run.

All individual and team applicants must enclose an extensive athletic history with their entry form, detailing performance in triathlons and other endurance events, demonstrating current fitness and preparedness for the race. Acceptance of entries is at the sole discretion of the organisers. Those who would like to compete in only the swim, cycle or run, and are not members of a team, should contact the Sri Chinmoy Centre on (02) 6248-0232.

Assistance. Organisers provide full aid station services, including food and drinks, medical assistance, lap-scoring and timing. It is recommended, but not compulsory, that each entrant brings a helper to cater to their specific needs.

Stage Race. Competitors start each leg together at the designated starting time, regardless of progressive standing in the race. Those with faster times in one leg, will have more rest time before the next leg. It is recommended that competitors adjourn to a hotel or other accommodation, to make the most of their rest time. It is the competitor's sole responsibility to be at the starting line for each leg - failure to do so will result in withdrawal from the race. Competitors may rest during the course of a leg, remembering that the race clock does *not* rest! Competitors who have not completed a leg before the cut-off time will be withdrawn from the race, and not permitted to start the next leg.

Results are calculated from the accumulated race time of each of the three legs. The competitor with the lowest accumulated time at the finish is the winner.

Swim. The 15 km swim course is 30 laps of a 500 m loop in Lake Burley Griffin. The start, finish and aid station is on the beach at Yarralumla Bay. Wetsuits are allowed, but are not compulsory.

Start time: 7 am, Friday 19 February.

Cut-off time: 4 pm, Friday 19 February (9 hours).

Cycle. The 400 km cycle course is out-and-back on bitumen cycle paths in Tuggeranong, from Lake Tuggeranong to the Chisholm Shopping Centre (approximately 22 kms return). All bikes must be fitted with a strong headlamp and rear reflector, and competitors must wear reflective strips on the front and rear of their helmets, cycling top and shoes.

Start time: 8 pm, Friday 19 February.

Cut-off time: 5 pm, Saturday 20 February (21 hours).

Run. The 100 km run course is 71 laps of a 1.4 km loop along the cycle path from the intersection of Alexandrina Dr and Hopetoun Cirt, Yarralumla, to the intersection of Novar St and Alexandrina Dr, and back along the road. On the final lap, the course heads into the carpark and along the same finish chute used for the Peace Triathlon. All competitors must wear reflective strips on the front and back of their running tops and shoes.

Start time: 12 midnight, Saturday 20 February.

Cut-off time: 4 pm, Sunday 21 February (16 hours).

Awards ceremony: 2 pm, Sunday 21 February.

A special award is presented to every individual finisher. Awards for Teams will be determined by the number and type of team entries received.

Race Records:

Men		Women	
15 km swim:	Brock McKinlay 4:26:56	Vasanti Niemz	5:08:50
400 km bike:	Bob Brown 12:51:47	Vasanti Niemz	20:07:48
100 km run:	Bob Brown 8:50:52	Vasanti Niemz	12:44:03
Finish Time:	Bob Brown 27:17:26	Vasanti Niemz	38:00:41

Information: for entry forms and further information, phone Prachar Stegemann at the Sri Chinmoy Centre on (02) 6248-0232, mobile: (0417) 469-857.

THE EVENTS

Individual and Team categories in all races

- ▲ **Sri Chinmoy Junior Joyathon:** (Primary ages): swim 80m, cycle 4km, run 800m.
A "kids only" adventure.
- ▲ **Sri Chinmoy Secondary Joyathon:** (Secondary ages): swim 200m, cycle 4km, run 2km.
- ▲ **Sri Chinmoy Joyathon:** swim 200m, cycle 6km, run 2km.
"Splash, flash n dash" for one and all!
- ▲ **Sri Chinmoy Sprint Triathlon:** swim 500m, cycle 19km, run 5km.
Australia's favourite sprint-distance race.
- ▲ **Sri Chinmoy "Classic" Tri:** swim 1.5km, cycle 40km, run 10km.
"Olympic" distance over a scenic course.
- ▲ **Sri Chinmoy Peace Triathlon:** swim 2.2km, cycle 80km, run 20km.
1999 National Long-Course Championship, St George Tour event.
- ▲ **Sri Chinmoy 3-day Ultra-Triathlon:** swim 15km, cycle 400km, run 100km.
Triathlon's longest challenge.
- ▲ **National Triathlon Expo:** Hyatt Hotel Canberra
Indulge yourself at Australia's premier triathlon expo.

All races are sanctioned by Triathlon ACT as a member of Triathlon Australia.

THE PROGRAM

Friday 19 February

- 7am Sri Chinmoy 3-day Ultra-Triathlon
Start 15km swim, Yarralumla Bay
- 10am Start—Sri Chinmoy Junior Joyathon
(Primary ages), Yarralumla Bay
- 1.30pm Start—Sri Chinmoy Secondary Joyathon
(Secondary ages), Yarralumla Bay
- 4.30pm Registration—Sri Chinmoy Joyathon
(Open), Yarralumla Bay
- 6pm Start—Sri Chinmoy Joyathon, Yarralumla Bay
- 8pm Sri Chinmoy 3-day Ultra-Triathlon
Start 400km cycle, Tuggeranong

Saturday 20 February

- 5.30am Registration—Sri Chinmoy "Classic" Tri,
Yarralumla Bay
- 7am Start—Sri Chinmoy "Classic" Tri, Yarralumla Bay
- 9am - 4pm National Triathlon Expo, Hyatt Hotel Canberra
- 11am - 1pm Registration—Sri Chinmoy Sprint Triathlon
Hyatt Hotel Canberra
- 1pm Awards ceremony—Sri Chinmoy Joyathon
and "Classic" Tri
- 1pm - 3pm Registration—Sri Chinmoy Peace Triathlon,
Hyatt Hotel Canberra
- 4pm Start—Sri Chinmoy Sprint Triathlon,
Yarralumla Bay
- 12midnight Sri Chinmoy 3-day Ultra-Triathlon
Start 100km run, Yarralumla Bay

Sunday 21 February

- 7am Start—Sri Chinmoy Peace Triathlon,
Yarralumla Bay
- 10am Awards ceremony—Sri Chinmoy Sprint Triathlon,
Yarralumla Bay
- 2pm Awards ceremony—Sri Chinmoy Peace Triathlon
and 3-day Ultra-Triathlon

How to Enter

By Mail Sri Chinmoy Peace Triathlon Festival
GPO Box 3127
CANBERRA CITY ACT 2601

By Fax 02 6248 7654 (credit card payments only)

Entry Deadlines

Official close of entries is 5 pm, Monday 1 February 1999.
Official close of late entries is 5 pm, Friday 12 February 1999.

For Information

Call 02 6248 0232 (bh), 02 6251 2813 (ah), mobile 0417 469 857

Information Booklets

will be mailed to all entrants on Monday 8 February 1999.

Refunds

(minus \$5 processing fee) will be made if advice of withdrawal is received in writing by 12 February 1999.

OFFICIAL ENTRY FORM PLEASE SUBMIT ONE FORM PER ENTRY. PHOTOCOPIES ACCEPTABLE

Individual Entry ☐Team Entry

I/we wish to be entered in the following event:

Sri Chinmoy Distances:/...../.....

NB: Entry cannot be accepted unless declaration is signed

Declaration In consideration of the acceptance of my entry, I do hereby, for myself, my executors and assignees, release and forever discharge the organisers and their respective officers, agents, representatives and/or assignees and supporters from all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in participating and that I have no physical or mental condition which has the potential to put myself or any other person at risk and that I am physically fit and sufficiently trained to participate in this event. I have read and understood the rules and conditions for the event and agree to abide by them and to accept any decisions made under them. I hereby consent to receive any medical treatment which may be deemed advisable during the event.

Signature of Entrant or Team Captain: Date:

Signature of Team Members: 2. 3. Date

To be completed by Individual Entrants and Team Captains. Please print clearly in BLOCK CAPITALS.

Surname: First Name:

Street Address:

Suburb: State: Postcode:

Telephone (Home): Telephone (Work):

Date of Birth: Age: Male ☐ Female ☐

School (Junior and Secondary Joyathons only):

Association Member*	Yes	No	Association Number:
---------------------	-----	----	---------------------------

* *State Triathlon Association Members only are eligible to enter as individuals in the National Long-Course Championship (Peace Triathlon).*

** If not a member of a State Triathlon Association, or if any member of a Team is not a member, include \$5 one day licence fee. This does not apply to the Junior and Secondary Jayathons.*

Professional race licence number (Peace Triathlon, "Pro" wave only):

Estimated Times Swim Cycle Run Total

Please note that applicants under 18 years of age will only be accepted if entry form is accompanied by a letter of permission from a parent/guardian.

For Teams Only

Team Name: Male Female

Swimmer's Name:

Cyclist's Name:

Runner's Name:  

Team Type All Male ☐ All Female ☐ Mixed ☐

PAYMENT

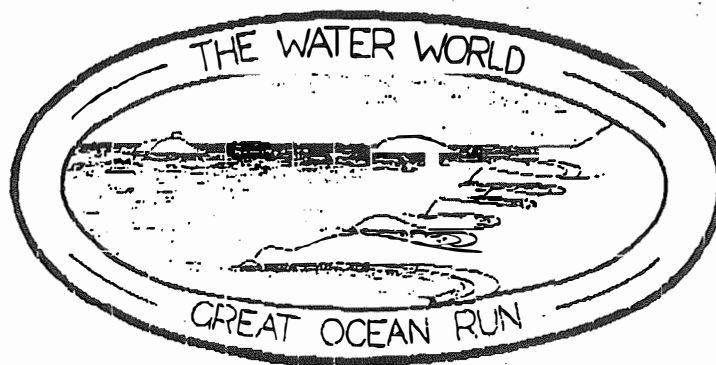
Make cheques payable to: SRI CHINMOY TRIATHLON

Total race fee (see overleaf) \$..... One day licence fee \$..... Total enclosed \$

Credit Card Payment	Visa Card	Bankcard	Mastercard
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Name: Signature:

Card Number	<div style="border-bottom: 1px solid black; height: 20px; width: 100%;"></div>	Expiry Date: /
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Red Rock to Coffs Jetty
Beach & Headland Ultra Marathon
45 Kilometres

Date	Sunday 14th March, 1999
Start	8:00am (Northern End of Red Rock Beach)
Registration	7:00am
Finish	Coffs Harbour Jetty
Presentation	Coffs Harbour Yacht Club
Entry Fee	\$10.00 (Payable to "Woolgoolga Fun Run")
Late Entries	\$15.00 on the day
Post Entries to	Steel Beveridge 2 Lakeside Drive North Sapphire, NSW 2450.
Enquiries	02 6653 6831 (ah) 02 6654 1500 (bh)
Course Survey	Saturday 13th March, 1999 (Meet at Arrawarra Headland 3:00pm)
Carbo Load	Unofficial, at Bella Cibo Cafe. Woolgoolga from 7:00pm Saturday 13th March 1998.

Entry Form

Name: _____ Sex: _____ Age: _____
Address: _____
Fastest Marathon Time: _____ Event: _____ Year: _____
Previous Ultra Marathon Experience: _____

WAIVER

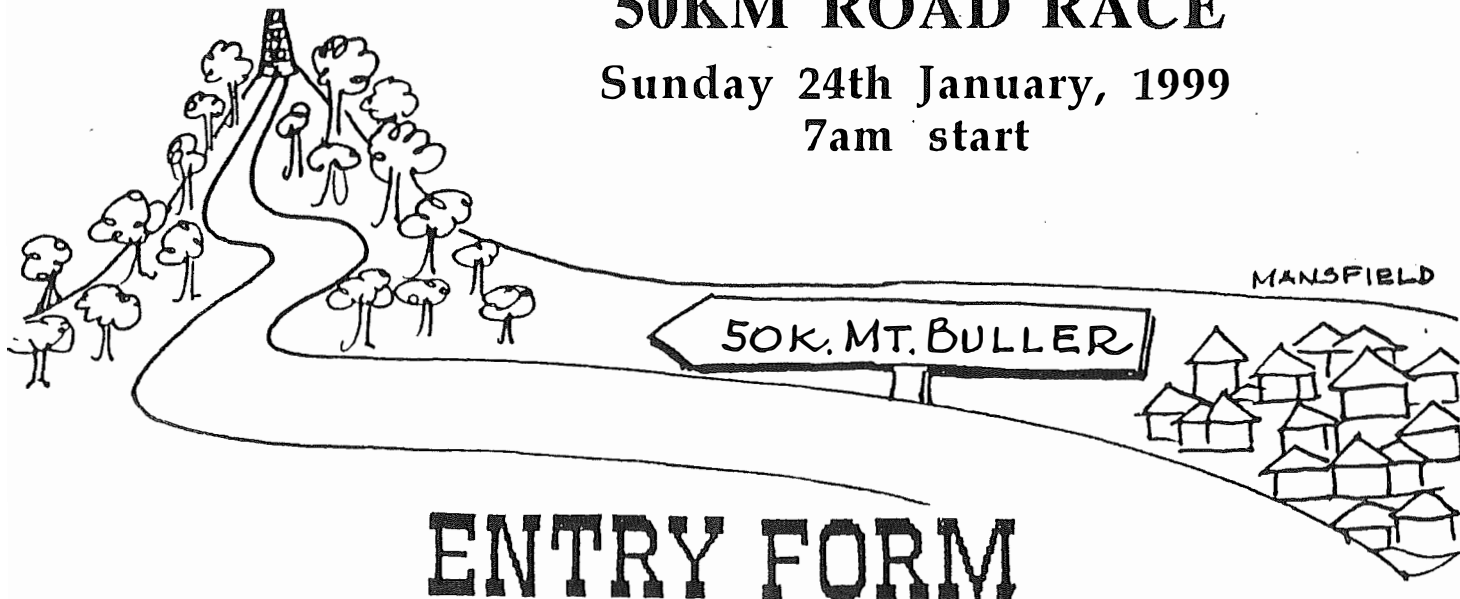
I, the undersigned, in consideration of and as a condition of my entry in the Red Rock to Coffs Jetty Ultra Marathon for myself, my heirs, executors and administrators, hereby waive all and any claim, right or course of action which I, they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of our consequent upon my entry or participation in the said event.

I will abide by all the competition rules.

Signed: _____ Parent/Guardian: _____ Date: _____
(If you are 17 years or under a parent/guardian must sign as well)

A.U.R.A. MANSFIELD TO MT.BULLER 50KM ROAD RACE

Sunday 24th January, 1999
7am start



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"/>	
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

Person to be notified in case of emergency:

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

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the MANSFIELD TO MT.BULLER 50 KM ROAD 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.....

(See last issue
of ULTRAMAG for more information)

24.

(More details regarding this event
in last issue) ADT 50

AURA 'DAM TRAIL 50'

SUNDAY 21ST MARCH, 1999

A run around Maroondah Dam, Healesville, Victoria

Note: This is an entry application form. The organiser reserves the right to reject any application for any reason. Entry money will be returned with rejected application.

ENTRY APPLICATION

NAME:

ADDRESS:

.....

PHONE: () (H) () (W)

AGE ON DAY OF EVENT: DATE OF BIRTH:

BEST PERFORMANCES in a similar type of event within the past 3 years: (Name of event, date, your performance, winner's performance)

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

BEST PERFORMANCES in any ultra event within the past 6 months: (as above)

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

I understand that, as condition of acceptance of my entry in the AURA "Dam Trail 50", for myself, my heirs, my executors and administrators, I hereby waive all and any claim for, or arising out of, loss of my life or injury, damage or loss of any description whatsoever I may suffer or sustain in the course of, or consequent upon, my entry or participation in the said event.

Signed: Date:

Cheque/Money Order/Cash enclosed for:	Event Entry	\$
	Donation	\$ _____
	Total Enclosed	\$ _____

Send entry application to:

Geoff Hook, 42 Swayfield Road, Mt. Waverley. 3149
Ph. (03) 9808-9739 (H) or (03) 9826-8022 (W)
Cheques payable to: Geoff Hook

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RACE REPORTS

GLASSHOUSE 100 TRAIL EVENT - 26/27 September 1998

Once more the Glasshouse Trails took their toll on the competitors in Australia's only 100 mile (161 km) trail run. Nine men and three women lined up at the start but only four finished (2 men, 2 women) thus, over the three years that the event has been held there is a completion rate of less than 30 percent.

This year saw exactly the opposite conditions to the previous two years which were hot and dry. In the week prior to the start of this year's event there were constant showers with often cool and overcast conditions. Overall there were just short of 190 competitors in the various events over the two days (100 mile - 12; 50 mile - 8; 52 km - 9; 100 mile relay - 5 teams; 27 km - 51; 12 km - 78).

The Sunshine Coast Division of Sports Medicine Australia under the direction of Dr June Canavan and with assistance from students from the Department of Human Movements, University of Queensland, kept a close eye on the condition of the competitors and treated strains, muscle tears, bruises and dehydration. Peter Lewis of Caboolture massaged sore limbs after the competitors finished. The 123rd Regional Cadet Unit, Caboolture, under the direction of Major Trevor Lee, Mike Efford and Bruce Chalmers manned some of the checkpoints and handled radio communication to keep track of the competitors. Any stray runners were located by Charlie Hall and his assistants and members of the Glasshouse Mountains Advancement Network supplied food to helpers and runners throughout the 30 hours of the event. When the event was over a luncheon was put on at the Glasshouse Mountains Sports Club at which many runners were able to recount their adventures.

Toowoomba runner, Graham Medill was able to repeat his feat of last year and lead the 100 mile competitors all the way despite taking a few incorrect trails. Early in the event he was closely followed by Victorian, Kelvin Marshall, and Queensland runners Daryl Watts and Wayne Walker. The latter two runners had both won 100 km trail runs at Glasshouse in the two previous years but were eventually unable to finish the 100 mile completing 133.5 and 110.5 km respectively. Kelvin finished a few hours behind Graham. Of the three women who started the 100 mile event, Carol LaPlant, an attorney from California, did not look well early in the event but her experience and persistence saw her complete the 100 miles. Caboolture's noted ultra competitor, Kerrie Hall, also managed to complete the 100 miles thus becoming the first Australian woman to complete a 100 mile trail run on home soil. Kerrie had her torch fail at one stage forcing her to cover about four kilometres of trail in the darkness on her own. Rachel Smith, a teacher from Yaka Yaka Aboriginal Community a few hundred kilometres outside of Hall's Creek in Western Australia, had never ventured beyond a marathon (42 km) before but put in a game effort until a torn calf muscle eventually forced her to withdraw at the end of the first loop (82.9 km). She has vowed to return next year. Tony Howes from Brisbane started the second loop but withdrew at 110.5 km. John Stanley from Mooloolaba was making his third attempt at the 100 miles but a torn hamstring muscle forced his withdrawal before finishing one loop. Locals Bill Thompson and Stuart Malcolm decided not to continue after one loop as did Victorian, Kevin Cassidy. Therefore Bill was unable to repeat his previous year's effort of finishing the 100 miles.

The eight competitors in the 50 mile (82.9 km) event were led all the way by New South Wales runners Martin Fryer and Mike Ward but Caboolture's Geoff Williams was making ground on them towards the finish. The two Ipswich runners Geoff Bodley and Chris Munro completed the event together with the only female Melanie Jonker from Brisbane but Bruce Hargreaves and Stuart McKenzie succumbed to injury along the way. Bruce said he managed to trip over a small stone a few kilometres into the race on the flattest part of the course and bang his knee heavily. This hindered his progress from then on.

All nine starters completed the 52 km event successfully despite being misdirected part way through the event. Ken Stacey won the event for the second year in succession with another Brisbane runner, Greg Barton about five minutes behind. Samford runner Ed Matterson was a further five minutes or so back in third place. Poh Suan Newmann was the first woman to complete this event.

Starters in the 27 km event were taken by bus to Lookout 589 early on Sunday morning and completed a loop around Mt Beerwah before heading for the Glasshouse Mountains Sportsground. Yandina runner Gwyn Williams repeated his effort of two years ago to comfortably win this event from a New Zealand visitor, Hank Leech and Caboolture runner Greg Henzell. Three women from Brisbane were the first women to finish in this event. They were, in order, Maureen O'Loughlin, Lisa Barton and Kerrie Miller.

The starters in the 12 km event experienced some showers prior to the race start but they held off during the event. The unusual feature of this event was the fact that the women outnumbered the men (45 out of 78) a rarity in distance runs. Local State Member, Peter Wellington lined up in this race and performed creditably to finish 23rd just behind local Glasshouse runners Craig Hinton (14th), Darren Harvey (15th), Scott Fullerton (17th) and Robert Harvey (22nd). Everton Park teenager, Clint Bignold won this event for the third year in succession beating Caboolture's Ian McKee and Maryborough runner Jeff Nelmes. Brisbane runner, Debbie Paul, repeated last year's win in this event beating Lyn Gordon-Lewis from Wamuran and Anne Sorbello from Brisbane.

the eight person relay teams, the Sunshine Coast Tri Club team scorched around the 100 miles in 12 hr 34 min 56 sec thus avoiding having to use torches to find their way. This is a record for some team to challenge next year. The Run Inn Runners in the four person team category comfortably from the Trail Blazers when they opted to run many short stints instead of one long section each. The Coonowrin Shield (based on the times of one runner in each of the events) was won by the Woomba Tortoises (Graham Medill, Geoff Williams, Col McLeod, Kurt Hoffman, Phillipa Medill) and the Tunbubudla Shield (female competitors) was won by the Glasshouse Queens (Kerrie Hall, Melanie Jonker, Poh Suan Newmann, Jenny Wellington, Lyn Gordon-Lewis).

When all competitors were finished they enjoyed a luncheon at the Glasshouse Mountains Sportsground followed by presentations shared by Peter Wellington, MLA, Anna Grosskreutz (Caloundra City Council Councillor) and Greg Chippendale (Caboolture Shire Councillor). Both Caloundra and Caboolture Councils were part sponsors of the event.

CE DIRECTOR

JAVES

GLASSHOUSE 100 TRAIL EVENT

JAVES

FORTUNE ESPLANADE

BOOLTURE QLD 4510

5495 4334

yn Williams (winner of 27 km event) adds:

king My Shoes Off"

just "take my shoes off" in appreciation of Ian Javes and his dedicated band of helpers which together organised another fantastic weekend of trail running through the magnificent trails of the Glasshouse Mountains. Events ranging from 12 km to 100 miles took place over the weekend (26/27 September) to cater for all interest and ability levels. This is an event that really puts its runners first and I doubt if there was a competitor on the weekend that wasn't impressed with the organisation and comradeship in the event. If you are a runner who puts the enjoyment of running before the enjoyment of winning I strongly suggest you mark Ian Javes' next Glasshouse Trail Run on your calendar.

RESULTS - GLASSHOUSE 100 TRAIL EVENT - 26/27 September 1998

ULTRA EVENTS

100 Mile Run

Name	Age	Sex	Time	1st Loop
Graham Medill	50	M	23:06:23	8:17:46
Kelvin Marshall	34	M	25:24:11	9:38:28
Carol LaPlant	51	F	28:55:00	11:50:56
Kerrie Hall	37	F	30:13:54	14:11:18
Darryl Watts	31	M	133.6 km	9:46:40
Wayne Walker	37	M	110.5 km	9:46:40
Tony Howes	36	M	110.5 km	10:42:21
Kevin Cassidy	38	M	82.9 km	12:18:08
Stuart Malcolm	20	M	82.9 km	14:26:10
Rachel Smith	32	F	82.9 km	15:13:08
Bill Thompson		M	82.9 km	

50 Mile Run

Place	Name	Age	Sex	Time
1	Martin Fryer	37	M	9:48:39
2	Mike Ward	45	M	9:48:39
3	Geoffrey Williams	47	M	10:09:41
4	Geoff Bodley	45	M	15:17:45
5	Chris Munro	35	M	16:13:50
6	Melanie Jonker	40	F	16:28:32
7	Stuart McKenzie	30	M	61.7 km
8	Bruce Hargreaves	45	M	49.5 km

100 Mile Relay

Person	Time
Run Inn Runners	14:59:33
Trail Blazers	16:20:58

52 Km Run

Person			1	Ken Stacey	37	M	4:20:30
Run Inn Runners	14:59:33		2	Greg Barton	31	M	4:25:44
Trail Blazers	16:20:58		3	Ed Matterson	41	M	4:31:18
			4	Col McLeod	62	M	5:24:16
Person			5	Bruce Cook		M	5:44:11
Sunshine Coast Tri Club	12:24:56		6	Peter Jesberg	46	M	6:29:39
U of Q Human Movements	17:31:02		7	Rainer Newmann	51	M	6:35:35
Jenny's Joggers (1st Loop)	9:10:48		8	Poh Suan Newmann	43	F	6:35:36
			9	Joe Baker	29	M	6:39:19

GLASSHOUSE MOUNTAINS 100 MILE/50 MILE/52 KM TRAIL RUNS/WALKS - QUEENSLAND - AUSTRALIA

Sat-Sun 26-27 September 1998

At 5.30 a.m. on Saturday, 26 September a number of ultrarunners and walkers gathered at the Glasshouse Mountains sports ground to participate in the Glasshouse 100 mile, 50 mile and 52 km trail events. This year the 100 mile event attracted 11 runners and 1 intrepid walker. My target was to walk the 50 mile distance in a "reasonable time" with the aim of not getting lost and finishing in a reasonably "compos mentis" state. Brisbane had experienced some rain the week prior to the event and in particular on the Friday. However, the forecast was for a fine weekend and things were looking good. Temperatures weren't too high and there was a bit of cloud cover.

The first 7.3 km traversed a grass footpath which ran parallel with the main road. Ian Javes (Race Director) had told us about certain areas of the trail which were covered in water. However, I didn't expect to be confronted with a massive expanse of water only a few kilometres into the race. Wet shoes in the early stages wasn't part of my game plan but there was no way to avoid it. The first major climb was at Mt Killerburrum (whoops sorry that should be Mt Beerburrum). The majority of the runners were returning from the climb as I was still attacking it. Things were going well and I was thinking to myself that this wasn't too bad at all when suddenly the road petered out and a small concrete path appeared with a sign beside it stating "steep climb 700 metres". That was the longest 700 metres I've ever walked, staggered, crawled. It was a killer and I didn't think I'd ever reach the summit. Going downhill was difficult especially as a section of the track was covered in leaves which proved to be quite slippery. Rachel Smith, a 100 mile runner had slipped in this section on her way down and so I walked very gingerly. Once I had reached the bottom it was a 5 km walk along a fairly level dirt road to aid station 3 where I proceeded to remove the ankle support from my left foot. I was hoping to protect my ankle from any undue stress as I had injured it three weeks prior at a 24 hour walk. However, the support seemed to be too tight and was causing my foot to ache. I was a bit concerned that 15 km into a 50 mile event I was already experiencing problems. Anyway, I proceeded along another 5.5 km of dirt road to aid station 4.

Another 5.3 km saw me approaching the medical aid station 5 via a short steep climb by road to the lookout. I was weighed and the medical staff were amazed that I'd actually put on 5 kg after walking only 25.9 kms. After a few deliberations, the medics came to the conclusion a mistake had obviously been made at the initial weigh in. Phew! That was a relief to hear.

The next 5 km was through the infamous Goat Track which as its name implies was made for goats and not for humans. Short steep downhills followed by short steep uphill. Because of the recent rain the downhills were a bit hazardous. I was then confronted with Hennessey's Hill which I've struggled up on a few occasions and it's still the same tough climb. By the time I reached the top my heart was pumping rapidly but at least I didn't have to attack it again during this event.

At aid station 6 I replenished my fluids, had something to eat and proceeded to no 7 (7.5 km) plus another small 4.1 km loop and then back to no 6 again (7.5 km). I found this to be a fairly monotonous section of the course as it seemed to go forever. It was also one of the wettest areas with some parts impossible to pass without submerging your feet in water. By now I knew I had some pretty big blisters on my right foot as I could certainly feel them. After what seemed an eternity I was finally back at no 6 and ready for the 5 km walk back to the medical station at no 5. After gingerly walking down one huge hill and then up the next, it was simply a series of small ups and downs before I eventually reached no 5. Prior to arriving a couple of the medical team drove out to see where I was. I was really impressed with how well the runners and walkers were monitored. If you didn't arrive at a station within a reasonable time, someone would be out searching for you.

I decided it would be in my best interests to try and do something about the blisters and wet feet as I still had another 27.4 km to go before the end of the race. The medical staff were great - took my wet shoes and socks off and attended to the blisters. It was sheer bliss walking in clean and dry footwear. The afternoon was wearing on and the next section of the trail was a huge loop (15.2 km) which would eventually finish back at the medical aid station. I took a gamble and didn't carry my head lamp, only a Mini Maglite.

I'd never walked this part of the course and it sure was an eye opener. Mainly ups and downs all around Mt Beerwah. By now my ankle was really screaming out in protest every time I had to go downhill. I had slowed the pace heaps for fear of treading on unsteady terrain and wrenching my foot to the side. After 8.2 km I eventually reached aid station no 8 where Ian Javes very kindly lent me a roll on container of insect repellent as the mosquitoes were getting pretty savage. As I left no 8 for a 7 km trek back to no 5 I knew I had made a mistake in not bringing my head lamp with me. Very soon the sun had gone down and I was grappling to see all the white markers with only the aid of the beam of the Mini Maglite which only just did the job. Luckily I was walking on a road so I concentrated mainly on swinging the beam from side to side. I couldn't see far enough ahead of me to know whether I was heading up a hill. It was only when I felt my legs working harder, I knew I was going up. As you can imagine, there were absolutely no normal "city sounds" only the odd rustle in the grass. Suddenly my heart jumped into my throat as a horse neighed beside me. I don't know who had got the biggest fright - the horse from the beam of the light or me from the neighing of the horse.

I eventually found myself back on the trail and had to really concentrate on my foot placement. Finally, I saw a sign pointing left which led to no 5. Because I couldn't see too far ahead, I turned left directly before the sign and realised after a while there was no track and I was simply wandering nowhere. I was just about to turn around when the lights of a 4WD came up behind me. Charlie Hall was passing when he saw the beam of my flashlight and knew I had turned too soon. He pointed me in the right direction and off I went. It was always a comforting feeling knowing that if you got lost Charlie would eventually locate you. It was with a sigh of relief that I entered the medical station for the last time during the walk. My weight, pulse and heart rate were taken, I put on my headlamp and it was only 12 km to the end!!

This was the most soul destroying part of the whole event for me. I was really exhausted, I was whimpering with nearly every step, I'd never been in the mountains before at night and I really needed to concentrate on those white markers. The first part of the section was on a dirt road followed by an uphill climb where I was passed by a couple of runners. I knew they were behind me as I could see the beam of their flashlights bobbing around. It was just great having a bit of company albeit for a short while and it spurred me on a bit.

I recalled Ian Javes warning us at the beginning of the race about the steep downhill between nos 5 and 1 (7.6 km) which was where I was now heading. It was a major battle getting down, especially as the ground was wet and slippery and I was concentrating so much on keeping the beam in front of me. There were so many noises in the grass and I presumed they were mainly toads. By this time I was in such a zombie state I simply couldn't have cared less what was out there!! Eventually, I found myself back on a dirt road which seemed to go forever and ever. Occasionally, I could hear the cars on the highway so I knew aid station no 1 wasn't too far away. However, just as quickly the noises disappeared again and everything went silent. Suddenly, out of the blue was the sound of a train. Now I knew I was getting close. It was with a great sigh of relief I reached no 1. There were two fellows manning that aid station and my first words to them were "When I've finished this race, I'll have proven to myself that I could do it and I don't ever need to do it again - never again". I had a couple of electrolyte drinks and headed off for the finish which was 4.6 km away. I noticed the flash of a light coming towards me and as I was wondering who it was a voice yelled out "Is that you Mel?". Wow, it's Kerrie Hall starting her second lap (she's walking the 100 miles). Here I am feeling absolutely "zonked" while this woman was going to put herself through that torture again!! She's simply incredible. I gave her a hug, wished her luck and we both keep going.

It was with the biggest sigh of relief I saw the lights of the Glasshouse Mountains sports club appear. I couldn't even muster an increase in my speed because my ankle was just throbbing with pain. I did, however, manage to rip my head lamp off, raise my arms and smile as I crossed the finish line in 16:28:32.

After receiving a wonderful leg massage from Peter Lewis, I climbed in my car and drove a few kilometres to the caravan park where I was staying, had a shower and collapsed into bed.

As per usual Ian Javes deserves many congratulations for holding such a well organised event. He has a very loyal and capable band of assistants who together, make the event an enormous success. It seems to get better and better each year.

The young army cadets did a magnificent job manning various aid stations. They plied me with food, fluids, encouragement and lots of good luck. Thanks also to Anthony and Des who also manned various aid stations.

As per usual, Charlie Hall did a sterling job searching for the runners who wandered off the track (myself included).

The medics also did a wonderful job monitoring competitors' vital stats, offering comforting words and helping with various aches, pains and blisters.

The weekend culminated with a huge buffet lunch followed by the presentation ceremony. Whilst I was sitting and listening to the presentations, my mind was already thinking about next year's event and wondering whether I could better my time. I'm obviously as mad as my workmates allege I am!!

I absolutely revelled in the atmosphere. I'd met some fantastic people, chatted with friends and again pushed myself to limits I didn't realise I was capable of.

Melanie Jonker
Brisbane, Queensland
Australia



Dell Grant, from Caboolture, organiser of a new Queensland event, the Wy Wurry 3 Day Walk.

(Report by Carol LaPlant, Women's 100 Mile winner)

Jonker Melanie J

From: Carol LaPlant[SMTP:claplant@email.msn.com]
Sent: Tuesday, 20 October 1998 7:45
To: IUS-L@AMERICAN.EDU; ULTRA@LISTSERV.DARTMOUTH.EDU
Cc: Kevin Cassidy; Jonker Melanie J
Subject: Glasshouse Mountains 100 (Long)

GLASSHOUSE MOUNTAINS 100 MILE RUN

Glasshouse is Australia's only 100 mile trail run, and a largely undiscovered ultra treasure. Only 3 other Americans have tried this race, and only one other has finished – Janine Duplessis, who holds the women's course record. In addition to the 100 miler, shorter options are available. A 100 mile relay, 50 miler and 52K start with the 100 miler, and a 27K and 12K are run the next day, all on the same course. The management, in the form of Ian Javes and his tireless volunteers, is dedicated to getting the runners through the race, and the sights and sounds along the course are unlike anything in the U.S. From the exotic birds, animals and reptiles to the Aussie English spoken at the aid stations, you get the feeling that you're a long way from Kansas, Toto.

The race is run in the state of Queensland, about an hour north of Brisbane. Queensland is a vast, sparsely populated state, a friendly kingdom on the edge of the outback. The race is held in September, which is early spring, usually a dry time of year with high temperatures in the 80s. This year, however, El Nino brought unseasonable rain and cooler temperatures to Queensland.

The course goes through rainforest and agricultural land where pineapples, macadamias, and custard apples (like a cherimoya, but bigger and much sweeter) are grown. The Glasshouse Mountains are volcanic peaks that tower above the rolling plains and can be seen for hundreds of miles. The course is a double 50 mile loop. Each loop forms somewhat of a cloverleaf, running to the top of one mountain (Mt. Beerburum), then around or between several others (Mts. Beerwah, Tibrogargan and Tunbubudla), and returning to a central fire lookout 3 times, before heading back along the stem of the cloverleaf to the start/finish area. Most of the course is rolling hills and flat on fire roads, although there are a few steep areas and sections of goat track (steep, rocky sections with bad footing).

Last year I read accounts of the run, and it appealed to me for at least two reasons. One was that it was a small, new race, perhaps like the old days of ultrarunning here. The other was that my mother came from Queensland, and I had never met any of her family, many of whom still live there. I noticed that lister Melanie Jonker had walked a race at Glasshouse, so I wrote to her for information. Melanie sent me lots of information, including a Queensland map and last year's very comprehensive race booklet. We stayed in touch, and she was really helpful, later sending information on places to stay and car rentals. Melanie, a walker, entered the 50 miler, her first, and won it. She also put me in touch with another 100 mile entrant, Kevin Cassidy from Melbourne, who had completed Western States, Leadville, Wasatch and Angeles Crest. We traded many posts about running and life in our two countries. Melanie and Kevin made going to this race half way around the world seem possible.

The race was on September 26, so my Super-crew, Phil Brown, and I arrived in Sydney on the 18th, after a 14 hour direct flight from San Francisco. Our travel agent had booked us into an economy hotel in Kings Cross, which turned out to be a red light district. We picked up the car – a Daewoo, soon named the Dirty Daewoo – on the following day. The immediate challenge was that Australians drive on the left. Sydney is a very big city with major traffic congestion and many roundabouts, which are used in place of stop signs. Phil dealt with these challenges deftly, only losing one left hubcap while parking. After retrieving the hubcap, we began the journey of over 600 miles to Brisbane and the Glasshouse Mountains.

We took an inland route through the Hunter Valley, a vineyard area and the Aussie equivalent of the Napa Valley. I kept a sharp lookout for kangaroos and koalas, and at dusk we spotted 'roos poised near the road, sitting on their long hind feet, small faces on long necks, and pointy ears. Throughout the trip, we would see thousands more 'roos, particularly at dusk and dawn when they move around. Most cars that are driven in the country are fitted with a 'roo-bar to protect against damage from hitting them, as they wander onto the highway at night. We saw a wombat, a big furry water animal with teeth like a beaver but a much bigger body. We saw many cockatoos – big white parrots – and galahs – pink and gray parrots. We also saw flocks of lorikeets – small parrots with brilliant green, blue, yellow and red plumage. We later saw a wild emu and its 7 chicks, as well as giant lizards about 2 feet long. We also saw an enormous dead snake in the road.

We arrived at Glasshouse on the 22nd. I was eager to see the course, and Ian had already marked it, using white ribbons, arrows attached to trees and some limestone arrows on the ground. I ran a difficult section called the goat track. I jumped every time I heard something moving or slithering in the bushes. By race day, however, I lost my fear because I learned that there are no predatory animals in Australia and the snakes, while many are poisonous, tend to be shy.

We spent the next days relaxing at the beach and touring. The local fruit stands were wonderful, featuring sumptuous ripe pineapples, several kinds of great avocados, papayas (called papaws), and delicious custard apples. One place sold a fabulous cold, thick drink made of fresh mashed pineapple. In a nearby town, we visited Elvis Parsley's Fruitland, where an intrepid Elvis imitator decorated his fruit store with Elvis memorabilia. With the least encouragement, he'd flip a switch to start his musical accompaniment and overhead lights pulsating, and launch into renditions of Suspicion and You Ain't Nothing But a Hound Dog, with a fine powerful voice. He was a terrific entertainer who performed for me in bare feet (common in Queensland, despite the snakes), shorts and a T-shirt, but had star-quality talent.

On the Friday before the race, we awoke to pelting rain, which continued for hours. The tropical storm was unseasonable, but there had been rain throughout the week, and the rain continued off-and-on for the rest of the day. In the evening, we met the other runners and their families for a pre-race dinner at the sports club where the race would start. As the menu choices seemed to be leaden lasagna, beef or chicken, I ate only potatoes from Phil's dinner.

Race day was cool and clear. Dozens of cadets, who were teenagers taking military training, were assigned to man several of the aid stations. The cadets wore military camouflage and boots. Their first task was to fry up a mighty breakfast for themselves, which smelled good in the night air. One girl cadet ran up to 100 miler Kerrie Hall, who lives in the area, and proudly displayed two pieces of metal – a newly acquired naval ring and a badge for marksmanship. Young Aussies are really into tattoos and body jewelry.

We were weighed, and pulse and blood pressure were taken. The information was written on wristbands and recorded on a chart that the medical personnel would have at the lookout, where there would be mandatory medical checks. Finishing times would be adjusted to subtract 3 minutes for each medical check, a clever idea in my opinion. My weight was slightly low, with pulse 52 and blood pressure 130/80. We started in the daylight at 5:30, 10 people in the 100 miler, 2 starting the 100 mile relay, 8 50-milers, and 9 running the 52K. We trotted across a grassy playing field to a tunnel under the highway and onto a dirt trail. My usual fast start by inhibited both by dodging mud puddles and by an unusual lack of energy. We were unable to avoid the mud for long, however, and we soon found ourselves ankle-deep in pools of muddy water.

After the second aid station the course turned up a dirt road then onto a steep paved climb to the lookout at the top of Mt. Beerburum. The view from the top was spectacular, but the steep path down was made treacherous with wet leaves, causing several runners to fall. Back down, the course wound through fairly flat fields but was difficult because the thin sandy dirt formed a very slippery, slick mud. Eventually the type of mud changed to the clay that builds up under shoes, then the mud subsided. This area was agricultural, with pineapple and sugar cane fields.

After rolling hills and many sightings of colorful birds, I arrived at the fourth aid station, where Phil met me. I told him I wasn't running well and had no energy. After more rolling hills, the course made a long climb up to aid station 5, the lookout, which was the first medical check. A medical person took my blood pressure several times, then worriedly brought in the medical director, Dr. June Canavan, a sports medicine specialist from Queensland University, who took it again and told me the reading was about 80/60. My pulse was 135 and very weak. I have never had any problem with blood pressure before. The doctor said that one cause might be that I was fighting a virus (Phil had been sick in the weeks before the trip), but she cautioned against continuing because I could faint or have heart problems. I elected to continue, if only for a little way.

The next section was the goat track that I had run a few days before, and the bad footing was worse after the rain, so I necessarily went slowly. At the next aid station, Dr. June met me even though it was not a regular medical check. My blood pressure was worse, about 70/50. Still, I elected to continue.

The course followed single track trails and fireroads through dense forest, with vines hanging from immense trees. Again, there were ankle-deep muddy ponds. Another runner had a standoff with a black (poisonous) snake here. This section was mostly flat, so I tried to run. Soon my right leg was seized in a massive cramp running from by foot to my hip, the most intense cramp I've ever had. I stood unable to move and whimpered. I took more Succeed caps and Advil. Another woman in the 100 miler, Rachel Smith, passed me. I could not catch her because I could only walk, running would make the cramp return.

Phil met me at the next aid station, number 7, and I felt no worse. Rachel was still there, so I left quickly. I found I could run, slowly. The course made a loop on fireroads and returned to aid station 7. I saw Rachel behind me and picked up the pace. No cramping. When I returned to No. 7, Rachel was no longer in sight and I was generally stronger. The course was flat but muddy to another aid station, then rolling hills back the medical checkpoint at the lookout. The birdcalls were amazing – in the midst of a din of screeches and whistles, one kind of bird had a call that sounded like a shot whistling across the forest. At the medical check, my blood pressure had gone up into a more normal range, and I felt better. I ate the delicious cantaloupe (called rock melon) and pineapple, as well as taking swigs of Clip and an Aussie coffee drink similar to a Starbucks Frappacino.

The next section was a long loop around massive Mt. Beerwah, with an aid station at the far side, returning to the medical checkpoint at the lookout. The trail started out on a red clay fireroad but soon went into steep single track through rainforest. The trail, while slippery, was alive with birds and lizards. The mountain

towered majestically to the right. I knew I could finish the race.

Returning to the medical check, the course then headed back toward the start. After a long refreshing downhill, there were rolling hills then another short nasty goat track. Here, I caught up with Kevin Cassidy, who had decided to drop. I was very sorry to see such a good runner having a bad day. I tried, to no avail, to dissuade him, then continued on, running.

I reached the turnaround in about 12 hours and quickly headed back out. It gets dark at about 6 p.m., so I had little light to make it to the first aid station. There, Phil gave me my Lister lights (a waistband neon light system invented by Suzie Lister's husband, Dan) and a QX40 flashlight, as well as a polypro top, dousing everything with much-needed mosquito repellent. I changed shoes and saw large blisters developing from immersion in liquid mud.

Phil met me at the 2nd aid station, which was fortunate because no one else was there. I then set out again into the fields and soon got lost. The trail split, and I could find no indication of where to go. Backtracking to the last ribbon, I shined my flashlight into the distance, causing farm dogs to bark and a woman then to yell about the bloody racket. After exploring both trails and backtracking when I found no mark, I picked the one on the left and, much later, found a ribbon.

There were no glowsticks. Hopefully there will be glowsticks next year! The non-local runners remaining in the race got lost at night. Part of the problem was that the white ribbons were mostly hung in eucalyptus trees, which have bark and vegetation hanging from them, and the ribbons are hard to distinguish at night. In addition, the trees were sometimes a goodly distance from the trail, so the flashlight would have to cover a large area. Trail choices that might have appeared obvious in the day were not necessarily marked, but the choice was far less obvious at night.

Thousands of big toads were on and around the trail, particularly the wet sections. They croaked and jumped throughout the night. When I waived the flashlight beam off the side of the road, looking for a ribbon, the ditch would respond with a chorus of croaks, chattering and whistles.

At aid station number 3, I told Phil that it was very hard to find the trail, and we agreed that he'd drive to number 4 and walk back toward me. I needed to have Phil out on the course with the Dirty Daewoo, because most of the aid I took was my own, and we didn't know if other aid stations would even be there.

I continued through the medical check, with no more problems, and again onto the goat track. The cadets manned the next aid station, and they were all asleep in their tent when I arrived. The aid was laid out on a table. I was unsure of the trail out from there, so I tried to wake the cadets. One tall, lankly teenager rubbed sleep out of his eyes and pointed me down the road. After a while, I realized that this was not the right trail, returned to the cadet bivouac, and found the correct trail. A mile or so later, however, I got lost again after missing a turn. I backtracked up and down hills in the moonlight. Phil met me on the way to the next aid, and we decided that he'd miss the next station, where the course was easy to find, and walk further in to guide me to the following station. In the interim, there were more ponds and toads. The cadets at the next aid stations were awake and helpful, although shy. We met Kerrie on her way out to where I had been, looking very strong and determined. We later learned that her flashlight went out and she braved a long section of forest in the pitch dark.

Around 4:30 a.m., the bird calls became very loud. There was wild hooting, like the sound of hundreds of chimpanzees. Australia does not have monkeys, and I learned that the sound came from kookaburras, a sedate looking bird with a large head and short white feathers. Parrots screeched and flew overhead. The call of the shot bird whistled through the forest. Phil, who had paced me in the last 17 miles of Vermont, said he really knew he wasn't in Vermont now. Although I had wanted to break 24 hours, going into the race, I was glad to have had a chance to witness the wild sounds and sights of the rainforest at dawn.

I ran the loop around Mt. Beerwah in the early morning light. Wallabies (small 'roos) came bouncing out of the bushes to look at me, staring for a few seconds then bouncing back, their large feet slapping the brush. Partway through the loop, a walker named Art, who began the 27K early, caught up to me. He was a very interesting local who was originally Dutch, and he was good company, telling me about macadamia farming and life in Queensland. Despite his good company, I was tired and my blisters hurt, yet I was surprised that I couldn't drop him, a walker. Every time I made a determined effort to take off running, he inevitably caught me as soon as I walked.

Leaving the medical check at the lookout for the last time, a crowd of 80 runners was assembled for the start of the 12K. One of the runners was Phillipa Medill, the wife of Graham Medill, the 100 mile winner both this year and last. She announced to the crowd that I was the women's leader in the 100 miler, and there was loud cheering. I waived to the crowd, with tears in my eyes, and continued. A while later the 12K run started, and the fresh, clean runners offered encouragement and congratulations as they passed. Women, in particular, wanted to know what the run was like and said they were inspired. One slower runner, named Sue, became my self-appointed pacer, and sheep-dogged me most of the way to the finish, insisting that I keep running and stay with her.

Finally, Phil appeared coming down the trail to meet me, and I trotted, while he walked, toward the sports ground and the finish. I ran under the banner with arms outstretched and a huge grin. There was a crowd applauding, and I was happy. I gave special thanks to the vigilant medical director, Dr. June, who followed my progress when I wouldn't heed her advice to quit.

Afterwards, I lay on a cot and Dr. June and her helpers drizzled ice water on my legs and feet, a delicious way to clean off and ease the pain on this 85 degree morning. Dr. June said that this treatment would also prevent nausea, and indeed she was right. After a while there was a report that Kerrie had passed the last aid station, then there she was, across the road and approaching the finish. The gutsy effort of this walker-runner doing her first 100 miler had the crowd cheering. She ran through the sports field to the finish banner and plopped down eloquently beneath the banner.

The awards ceremony and banquet followed soon after, before I had a chance to wash up. Elections were a week away, so several local politicians were present. The wife of a custard apple farmer (Bill Thompson) who ran the 100 miler and finished last year but dropped with blisters this year, asked me to help convince the politicians that they should support the race. I was seated with members of the local government at the banquet and tried to muster my lawyerly abilities to rise to the occasion and argue for support of the race, knowing that I probably smelled like a dead wombat.

The awards were gold medals from the Queensland Marathon & Road Runners Club to the men's and women's winner, a ceramic plate saying Glasshouse Mountains Trail Run – Winner, a 100 mile T-shirt, an embroidered cap, with gold embroidery for sub-24 hours and blue for sub-30, and a polo shirt. In addition, the winners get their names on a revolving trophy.

I really love this race, for both the good heartedness of the people and the beauty of the course. I want to figure out my strange blood pressure problem and come back to run better.

THE GLASSHOUSE MOUNTAINS 100 MILE TRAIL RACE

Queensland, Australia 26/27 September 1998

by Kevin Cassidy

This was the only event on the calendar that managed to drag me out of a six month retirement for the simple reason that it was Australia's only 100 mile trail race. I have travelled to three different Queensland events over the years and the hospitality extended to visitors is always fantastic, back in my footloose and fancy free days of 1985 I almost relocated myself to Brisbane.

It is always a little difficult to report on a race when you have DNF'd but to sum it all up, a number of old war wounds that had caught up with me over the years decided to resurface and dropping out after only one loop of the two loop course was not a terribly hard decision, with the way my back was aching the next morning, I was glad that I did not attempt the second loop. I hope that I have the good sense to see the early warning signs and well and truly retire from the long races before I end up with any permanent injury. O.K., no more negative talk.

The Glasshouse Trail events encompass several races of varying distances, 100 miles, 50 miles, 52km and a 100 mile relay as well as two shorter races on the Sunday morning of 27km and 12km respectively, all in all there were about 200 people present at the awards ceremony. The 100 mile race had 12 starters and four finishers and as I don't have any results yet all I can do is report from memory. First was Graham Medill in 23 hours plus followed by Kelvin Marshall in 25 hours plus with the experienced Carol Laplant from the US in around 29 hours, fourth to finish was the gutsy and determined Kerrie Hall in a shade over 30 hours.

Race Director, Ian Javes, puts his heart and soul into this event and is committed to it's long term future. If you are looking for something more than the 50km trail races that are so common, or maybe you are thinking of tackling one of the American 100's, then this race is definitely for you.

Everyone sat down for the traditional post-race feed at the sports club before the awards ceremony got under way, I was propping up the bar consuming numerous "Diet Cokes" while talking to Bruce Cook when I was surprised to hear my name announced as a 50 mile finisher when, in my opinion, I was a 100 mile DNF. By this stage a group of girls from the 12km event had been warming themselves up with a few rums and were getting a bit tipsy, their rendition of "Advance Australia Fare" proved that as singers, they made very good runners. I was giving as good as I get by telling all those Queenslanders how we Victorians live in a superior state when suddenly we got news of the gas crisis, I sure was backpedalling with an awful lot of egg on my face!!!!

The short journey back to Brisbane was interesting, up in Queensland they don't use the term "Street Directory", instead they say "Refidex" [god only knows where this word came from]. There must have been some gremlins in the air because over the next two days, I managed to climb into the Caravan Park shower with out any fresh clothes to put on and then proceeded to lose my Visa Card at an ATM which caused me all sorts of problems.

Eventually I returned to the airport where they always insist on treating everybody like a complete idiot. Prior to boarding, I am handed a pass that clearly states that my seat is 21 C. So why then, when you board the plane, does the Flight Attendant check your pass and announce to you loudly that you are in seat 21 C ? Maybe I have the word imbecile printed on my forehead.

As per usual, whenever I travel I always have a young baby occupying the seat in front of me who just loves to play peek-a-boo, and they never get sick of the game, in the end you feel like screaming at them "I am the Devil and I am going to eat you"

Kerrie takes 100-mile record in regular stride

MOST people must think Caboolture marathon walker Kerrie Hall is mad.

Hall became the first Australian woman to complete a 100-mile trail run on home soil when she completed the Glass House event recently.

The mother of two completes more than 100km in training each week and regularly takes part in ultramarathon competitions.

Hall took up walking about seven years ago to lose weight.

Most friends and family members thought her new exercise regime was a fad and would not last long, but walking has become a way of life that Hall would not change for quids.

She first took part in the Glass House event in 1991, just months after taking up walking.

She competed in the 10km division.

Caboolture is well-known for its ultramarathon competitors, and enthusiasts including Ron Grant, Gary Parsons and Glass House race organiser Ian Javes have encouraged Hall's progress in the sport.

Although the first Australian woman to finish the Glass House 100-mile event, Hall has completed several longer events.

She took part in her first 48-hour walk in 1994, completing 202km in the allowed time limit.

Several other challenges followed and each was met by this tenacious competitor

who says the sport "keeps me out of trouble".

Hall does not drive a car and walks the 30km to work in Woodford twice a week for training.

To manage the walk before the day's work, Hall rises at 3am to make lunch for her husband and two sons before setting out at 3.45am.

The trek takes about three-and-a-half hours unless she is stopped by the hoard of Woodford residents who know her well and often greet her to chat.

The thought of getting out of bed in the dark to exercise is not attractive to many people, but Hall said it was something she looked forward to.

"I enjoy it," she said.

"I wouldn't give it up for the world now."

The early morning regime has helped Hall cope with the loneliness of ultramarathon events where pain and self-doubt are often the companions of darkness.

An iron will and a Walkman are Hall's only aids through the night.

Not even a torch failure could stop Hall in the Glass House trail walk.

She ploughed on through the dark for about an hour before a replacement could be found, completing sections of the undulating trail from memory.

Hall's Glass House efforts are even more miraculous considering she took part in a 48-hour event in Mary-



● Kerrie Hall . . . sets walking record.

RM804002

borough only three weeks earlier. The 37-year-old's idea of a rest was a few days off to cure a couple of blisters, but she was back on the D'Aguilar Hwy trekking to Woodford to prepare for the Glass House event only a week after Maryborough.

She gave herself an

other week's rest after the Glass House event, but was soon back in training preparing for her next challenge.

Hall gave the impression she could achieve just about any goal she set for her mind to and seemed almost embarrassed that her accomplishments had

drawn attention.

Although she has tentative plans to walk to Sydney some day, Hall is certain she will not be giving the sport up anytime soon.

"I'll never give my walking up," she said.

"The kids reckon I'll have a walking stick and still walk."

— Emma Greenwood

RAINBOW BEACH TRAIL RUN

SATURDAY, 14 NOVEMBER 1998

This year's event was run in both wet and sunny conditions. A number of the participants stayed overnight at the Rainbow Beach Holiday Village and Caravan Park and no doubt were kept awake by the heavy downpours of rain during the night. The late weather forecast promised a fine day with a few showers, however, as the two 52 km and one 30 km walkers assembled at the Surf Life Saving Club at 5 a.m. on Saturday, there was no inkling of the sun and it looked like the rain would be around for a while.

The 52 km and 30 km runners set off at 5.30 a.m. in much the same conditions. The first 7 km was along the beach and the going was a bit tough as the sand was quite soft. The remaining 45 km comprised two loops which included a short stint on the bitumen, a forest trail and a dirt road through some rainforest.

The first loop was run in ideal conditions—the rain kept the temperatures down and the sand firm. However, during the second loop the clouds parted and the promised fine day emerged with a vengeance.

Greg Barton set a cracking pace to lead the men in the 52 km event followed by Ed Matterson and Brian Evans. True to form, Tom Morris started late again and was the eventual third place winner. Kelvin Woods and Rod Morgan finished 5th and 6th.

Vicki Tanner was the overall female winner in the 52 km event with Allison Coleman finishing closely in 2nd place. Kerrie Hall and Melanie Jonker, the only walkers tied for 3rd place.

Presentations were held at 3.00 p.m. at the Clubhouse. As per usual the day was a huge success thanks to Dennis Parton, the hard working water station volunteers, the sponsors and everyone else who assisted.

52 km Trail Run

1 st Male	Greg Barton	4:15:10
2 nd Male	Ed Matterson	4:35:36
3 rd Male	Tom Morris	4:50:35
4 th Male	Brian Evans	5:06:23
5 th Male	Kelvin Woods	6:31:10
6 th Male	Rod Morgan	6:50:45
1 st Female	Vicki Tanner	5:54:24
2 nd Female	Allison Coleman	6:05:56
3 rd Female	Kerrie Hall (walker)	8:06:50
	Melanie Jonker (walker)	8:06:50

30 km Gut Buster

1 st Male	Michael Schultz	2:48:51
2 nd Male	Robert Symons	3:01:01
3 rd Male	Rob Beatie	3:20:33
4 th Male	Corrie Davel	3:35:19
5 th Male	John McIntyre	4:17:03
1 st Female	Maureen O'Loughlin	2:48:56
2 nd Female	Judy Moller	3:26:13
3 rd Female	Rosemary Crouch	4:01:41

15 km Fun Run

1 st Male	Paul VanDeleur	1:27:21
2 nd Male	Rick Fitzsimmons	1:29:45
3 rd Male	Garry Cross	1:31:52
4 th Male	Michael Gray	1:33:24
5 th Male	Peter Lewis	1:57:00
6 th Male	Charlie Hall	3:17:18
1 st Female	Karen Cooper	1:31:00
2 nd Female	Lyn Lewis	1:32:31
3 rd Female	Lysette Van Doo	1:42:55
4 th Female	Doll Clarke	1:47:40
5 th Female	Angela Clarke	1:49:21
6 th Female	Sandy McConmack	1:53:30
7 th Female	Cheryl Middis	1:59:50
8 th Female	Melissa Gordon	2:00:38
9 th Female	Marita Behrendorff	2:01:37
10 th Female	Arlene Gordon	2:07:34
11 th Female	Kerry Anne Baker	2:07:41
12 th Female	Leigh Tanner	2:22:50
13 th Female	? Fitzsimmons	2:23:38
14 th Female	Jan Byrne	2:26:57
15 th Female	Kerry Harvey	2:27:00

A "BUSHIE" ULTRA - A BACK-OF-THE-PACK VIEW

by Y Duit

It started as a perfect spring day (19Sep98), a day when most things would be better than thrashing around overgrown rough bush tracks with relay rocket sweaty bodies adorned with pretty ribbons round the wrist barging past. Too late. The money had gone in weeks earlier.

About (about as accurate as anything bushie is) 90 hopefuls were hanging around the invisible start line at about 5 to 7. The Race Director gave his briefing. "Follow the flour when you get lost, and the leeches are after blood today". With a cheery wave from him we were gone! but not as gone as later in the day. About ½k later the 1 in 3 up served as a lung opener, then relaxing cruise for 10 minutes to the drop down to Temptation Creek (so named by virtue of the things you are tempted to call it as you climb up the far side). One runner (a Bushie) seemed to be stumbling and having trouble with his shoes. Closer examination showed the left on the right foot and vice versa.

Through scrub to the ex railway, now ancient tramway and along it to the start of the Honeymoon Track. Legend has it that newly-weds spent the early hours of married life groping their way down the tortuous track to the boarding house at Audley.

Across the Hacking River and along Lady Carrington Drive. No longer a drive, just a track for kamikatzie mountain bikes. Follow the river. Pleasant scenery for an hour until the ugly aggro marshal bouncers blocked the track with suggestions that the Forest Way was the way to go as it was further and with nature study (leeches) potential. Half an hour later we emerged 200m from where we entered and headed for the causeway and a drink station. Well the causeway was there years ago. The Bushies have yet to notice that it was replaced by a bridge.

Along Sir Bertram Stevens drive (where the motorbike hoons train) to the Burgh. Up the Burgh track with its ultra size steps to Garrawarra. Then head north past Garie turnoff, past Curra Moors track (this is where orienteering helps, as the map shows the run goes along there). The Bushies, who are all heart, decided to add value and lengthened the course.

Sight the ocean in the distance and head for it, down hill. Along the coast track with a wonderful variety under foot. Solid uneven rock, loose stones, sand, steel grids with well camouflaged steps here and there. Then north to the comfort of a drink stop at Wattamolla. Another bonus. Desert survival training included in the price. The unfortunate relay runners who were well ahead by now, missed out on this. They had water in the cups.

The good news was to expect a cooling sea breeze (read howling headwind). This part of the coast run is designed to test balance and nerve. Follow the flour arrows. Just 1m from the top of the cliff with 100m (vertical) to the rocks and ocean below. Across the Marley beaches (no extra points for the seaweed), along to Killer Gorge with the near vertical ascent on the far side. Then a gentle 1 in 5 climb to see houses of Bundeena in the distance.

Then a mirage. A beach umbrella, empty chair, table, ice, water, bubbly, prawns. It was real! But just for the rugged types manning the navigation point. Free and easy - just follow the track - either side or in the centre - please yourself - loose sand, ankle deep, either way.

The houses of Bundeena get further away. The sand gets deeper, then into scrub. Run along a creek with thick black water, then remember the locals agitating for a sewerage system. Along Jibbon beach, more sand. The aroma of steak and onions cooking in the cruisers moored near the shore. The contented look on the face of the mariners as they contemplate another can.

Along the Lambeth Walk to the RSL and the invisible finish line. Now for the promised steak. Cunning searching located the last hidden cold charred sausage. Listen to the relay runners re-living their exploits. "I had 3 steaks" - "I had 2 steaks and 2 sausages" - "The 3rd can of coke was still icy cold".

Would I do it again? Do you have a hole in the head? I looked in the mirror. It was not a pretty sight, but the hole which was there at the start was still there.

ROYAL NATIONAL PARK ULTRA 50KM - INDIVIDUALS
19 SEPTEMBER 1998

Place	Race No	Surname	First Name	Sex	1st Leg		2nd Leg		2nd Leg		3rd Leg		Finish	
					Grays Point		Waterfall		Grays Point		Wattamolla		Grays Point	
					Individual Waterfall Causeway		Individual Causeway Wattamolla		(Elapsed) Wattamolla		Individual Bundeena		Bundeena	
					Leg Place	Hrs:Mins:Secs	Leg Place	(Split) Hrs:Mins:Secs	Place	(Elapsed) Hrs:Mins:Secs	Leg Place	(Split) Hrs:Mins:Secs	(Elapsed) Hrs:Mins:Secs	(Elapsed) Hrs:Mins:Secs
1	12	LOVE	Greg	M	2	1:23:45	1	1:20:24	1	2:44:09	1	1:03:01	3:47:10	
2	83	CURTIS	Warren	M	1	1:23:00	2	1:23:38	2	2:46:38	4	1:13:12	3:59:50	
3	19	CUNNINGAM	Stephen	M	3	1:23:45	3	1:27:14	3	2:50:59	7	1:15:31	4:06:30	
4	60	DAVIES	Peter	M	9	1:35:41	5	1:31:29	5	3:07:10	2	1:05:27	4:12:37	
5	72	EVERY	Paul	M	10	1:35:41	6	1:31:31	6	3:07:12	3	1:05:55	4:13:07	
6	14	MARSHALL	Kelvin	M	6	1:33:05	7	1:34:54	7	3:07:59	8	1:16:21	4:24:20	
7	56	BURTON	Michael	M	4	1:23:45	4	1:28:46	4	2:52:31	30	1:40:09	4:32:40	
8	87	WEBSTER	Stuart	M	18	1:41:02	8	1:36:43	11	3:17:45	6	1:15:29	4:33:14	
9	16	BENNETT	Peter	M	14	1:40:24	9	1:37:06	10	3:17:30	10	1:18:28	4:35:58	
10	94	STEWART	Mark	M	5	1:26:38	16	1:41:58	8	3:08:36	19	1:29:25	4:38:01	
11	97	WHYBROW	Stephen	M	23	1:47:00	10	1:39:43	17	3:26:43	5	1:14:45	4:41:28	
12	34	APPLEBY	Steve	M	11	1:39:20	14	1:40:32	12	3:19:52	14	1:23:46	4:43:38	
13	10	BYRNE	Greg	M	12	1:40:18	12	1:40:00	14	3:20:18	17	1:27:02	4:47:20	
14	92	URWIN	Stephen	M	16	1:40:41	17	1:42:34	15	3:23:15	18	1:27:05	4:50:20	
15	89	BOWSHER	Ian	M	13	1:40:18	11	1:39:52	13	3:20:10	20	1:31:36	4:51:46	
16	66	JORDAN	Adam	M	19	1:42:18	18	1:43:57	16	3:26:15	16	1:26:16	4:52:31	
17	41	ROUX	Phil	M	32	1:52:11	13	1:40:32	22	3:32:43	12	1:21:28	4:54:11	
18	68	GOODALL	Craig	M	15	1:40:30	19	1:46:18	18	3:26:48	23	1:32:52	4:59:40	
19	17	MOLLOY	Brett	M	39	1:54:07	25	1:52:54	29	3:47:01	9	1:17:56	5:04:57	
20	33	PRYER	Susan	F	34	1:53:20	26	1:53:00	28	3:46:20	11	1:20:53	5:07:13	
21	1	KELLY	Breda	F	30	1:50:42	23	1:50:35	26	3:41:17	21	1:31:36	5:12:53	
22	13	EDMONDS	Elizabeth	F	42	1:54:17	28	1:55:59	31	3:50:16	13	1:23:41	5:13:57	
23	74	ROONEY	James	M	24	1:47:12	20	1:47:38	23	3:34:50	32	1:41:51	5:16:41	
24	29	WARD	Gary	M	20	1:42:18	21	1:49:34	20	3:31:52	35	1:45:05	5:16:57	
25	95	BERGKVIST	Kath	F	28	1:50:07	24	1:51:03	25	3:41:10	27	1:37:27	5:18:37	

ROYAL NATIONAL PARK ULTRA 50KM - INDIVIDUALS
19 SEPTEMBER 1998

Place	Race No	Surname	First Name	Sex	1st Leg		2nd Leg		2nd Leg		3rd Leg		Finish	
					Grays Point		Waterfall		Grays Point		Wattamolla		Grays Point	
					Individual	Causeway	Individual	Wattamolla	(Elapsed)	Wattamolla	Individual	Bundeena	(Elapsed)	Bundeena
					Leg Place	Hrs:Mins:Secs	Leg Place	(Split) Hrs:Mins:Secs	Place	(Elapsed) Hrs:Mins:Secs	Leg Place	(Split) Hrs:Mins:Secs	(Elapsed) Hrs:Mins:Secs	
26	90	CREW	Graham	M	17	1:40:43	22	1:50:23	19	3:31:06	40	1:49:04	5:20:10	
27	7	HERPICH	Ludwig	M	26	1:49:22	33	1:57:42	30	3:47:04	24	1:34:06	5:21:10	
28	6	DRAYTON	Nick	M	48	1:58:18	35	1:59:29	38	3:57:47	15	1:24:53	5:22:40	
29	31	HILTON	Allen	M	25	1:48:50	29	1:56:29	27	3:45:19	33	1:43:58	5:29:17	
30	47	ARMSTRONG	Lynn	F	36	1:53:45	31	1:57:31	33	3:51:16	28	1:38:39	5:29:55	
31	36	GUY	Neil	M	44	1:54:35	32	1:57:38	34	3:52:13	31	1:40:22	5:32:35	
32	11	KING	David	M	21	1:42:58	30	1:57:15	24	3:40:13	53	1:56:01	5:36:14	
33	32	CORLIS	Michael	M	8	1:34:08	34	1:58:24	21	3:32:32	63	2:03:58	5:36:30	
34	76	RANFORD	Ian	M	62	2:04:58	27	1:54:17	41	3:59:15	29	1:39:21	5:38:36	
35	57	ROLLEY	Claire	F	37	1:53:45	36	2:00:33	35	3:54:18	36	1:46:12	5:40:30	
36	25	GRAHAM	Latta	M	27	1:49:35	40	2:00:57	32	3:50:32	43	1:50:23	5:40:55	
37	43	THILGES	Anne	F	59	2:03:10	45	2:03:28	50	4:06:38	25	1:34:42	5:41:20	
38	42	THILGES	Brad	M	58	2:02:58	46	2:03:40	51	4:06:38	26	1:34:43	5:41:21	
39	85	LIBRO	Gary	M	7	1:33:40	15	1:41:46	9	3:15:26	77	2:29:09	5:44:35	
40	61	FORSYTH	Ian	M	40	1:54:07	42	2:01:26	37	3:55:33	47	1:52:20	5:47:53	
43	80	GIBSON	Debbie	F	53	1:59:44	39	2:00:55	45	4:00:39	37	1:48:31	5:49:10	
41	67	GOODALL	Pauline	F	51	1:59:44	37	2:00:51	43	4:00:35	38	1:48:35	5:49:10	
42	78	SHERRY	Ruth	F	52	1:59:44	38	2:00:51	44	4:00:35	39	1:48:35	5:49:10	
44	86	JONES	Ian	M	29	1:50:30	49	2:08:07	39	3:58:37	44	1:50:53	5:49:30	
45	59	LEFMANN	Jordan	M	68	2:13:54	43	2:03:20	63	4:17:14	22	1:32:47	5:50:01	
46	27	JONES	Adrian	M	45	1:54:42	47	2:05:38	42	4:00:20	41	1:49:42	5:50:02	
47	22	KIMBLEY	Rob	M	35	1:53:25	48	2:07:59	47	4:01:24	42	1:50:21	5:51:45	
48	5	WILSON	Michael	M	31	1:50:42	53	2:10:12	46	4:00:54	45	1:51:05	5:51:59	
49	79	BRYCE	Les	M	33	1:53:17	41	2:01:11	36	3:54:28	64	2:04:42	5:59:10	
50	77	TILLER	Kevin	M		0:00:00		3:58:52	40	3:58:52	56	2:01:08	6:00:00	

Place	Race No	Surname	First Name	Sex	1st Leg		2nd Leg		2nd Leg		3rd Leg		Finish	
					Grays Point		Waterfall		Grays Point		Wattamolla		Grays Point	
					Individual Waterfall Causeway		Individual		(Elapsed)		Individual		Bundeena	
					Leg Place	Hrs:Mins:Secs	Leg Place	(Split) Hrs:Mins:Secs	Place	(Elapsed) Hrs:Mins:Secs	Leg Place	(Split) Hrs:Mins:Secs	(Elapsed) Hrs:Mins:Secs	
51	81	LEFMANN	Martin	M	69	2:13:54	44	2:03:20	64	4:17:14	34	1:44:21	6:01:35	
52	4	McNALLY	Ross	M	56	2:01:57	50	2:08:10	54	4:10:07	51	1:54:30	6:04:37	
53	58	CLARKE	Phillip	M	22	1:44:57	63	2:20:43	49	4:05:40	62	2:03:40	6:09:20	
54	26	CUI	Josep	M	55	1:59:45	55	2:13:07	59	4:12:52	55	1:58:58	6:11:50	
55	88	BOND	James	M	41	1:54:07	54	2:12:43	52	4:06:50	67	2:06:30	6:13:20	
56	2	RENSFORD	Brian	M	66	2:08:30	58	2:14:12	66	4:22:42	46	1:51:36	6:14:18	
57	15	RAUNARD	Bill	M	49	1:59:17	57	2:13:29	58	4:12:46	57	2:01:32	6:14:18	
58	54	FICKEL	Bob	M	47	1:55:40	61	2:16:53	56	4:12:33	60	2:01:57	6:14:30	
59	49	ROBARDS	Bernadette	F	54	1:59:44	59	2:16:30	60	4:16:14	54	1:58:31	6:14:45	
60	50	GOON PAN	Geoff	M	38	1:53:45	52	2:09:53	48	4:03:38	74	2:12:52	6:16:30	
61	35	WYE	Graham	M		0:00:00		4:08:00	53	4:08:00	70	2:09:40	6:17:40	
62	93	MELNYCZENKO	John	M	57	2:02:30	51	2:09:08	55	4:11:38	66	2:06:20	6:17:58	
63	38	WILSON	Alan	M	60	2:03:12	56	2:13:18	62	4:16:30	59	2:01:50	6:18:20	
64	96	WHITE	Keith	M	46	1:54:45	64	2:23:03	65	4:17:48	61	2:02:04	6:19:52	
65	53	ANDERSON	Vic	M	50	1:59:22	60	2:16:52	61	4:16:14	76	2:17:50	6:34:04	
66	9	JONES	Graham	M	72	2:16:22	66	2:30:22	69	4:46:44	50	1:53:06	6:39:50	
67	51	HYMAN	Jim	M	43	1:54:30	62	2:18:10	57	4:12:40	78	2:33:20	6:46:00	
68	62	BRETT	John	M	67	2:12:20	65	2:24:39	67	4:36:59	72	2:10:21	6:47:20	
70	21	ESTALL	Neil	M	63	2:05:32	71	2:41:55	70	4:47:27	65	2:05:57	6:53:24	
69	18	HALL	Bruce	M	61	2:04:45	67	2:32:20	68	4:37:05	75	2:16:19	6:53:24	
71	45	LILLISS	Ted	M	73	2:16:44	69	2:38:29	73	4:55:13	58	2:01:32	6:56:45	
72	39	KERRUISH	Grahame	M	71	2:15:53	68	2:33:15	72	4:49:08	69	2:08:31	6:57:39	
73	28	TOMICZEK	Bill	M	64	2:05:57	70	2:41:43	71	4:47:40	73	2:12:15	6:59:55	
74	44	BARRY	Lynne	F	74	2:18:45	72	2:51:15	74	5:10:00	48	1:52:39	7:02:39	

ROYAL NATIONAL PARK ULTRA 50KM - INDIVIDUALS
19 SEPTEMBER 1998

Place	Race No	Surname	First Name	Sex	1st Leg		2nd Leg Waterfall		2nd Leg		3rd Leg		Finish
					Grays Point		Causeway		Grays Point		Wattamolla		Grays Point
					Individual	Waterfall Causeway	Individual	Wattamolla	(Elapsed)	Wattamolla	Individual	Bundeena	Bundeena
					Leg Place	Hrs:Mins:Secs	Leg Place	(Split) Hrs:Mins:Secs	Place	(Elapsed) Hrs:Mins:Secs	Leg Place	(Split) Hrs:Mins:Secs	(Elapsed) Hrs:Mins:Secs
75	40	BARRY	Jan	F	75	2:18:45	73	2:51:16	75	5:10:01	52	1:54:44	7:04:45
76	55	BATES	Charley	M	76	2:26:20	74	2:52:05	78	5:18:25	49	1:53:05	7:11:30
77	82	ROBEY	Neale	M	65	2:07:30	76	3:06:55	77	5:14:25	68	2:06:49	7:21:14
78	70	FRANCIS	Colin	M	70	2:14:54	75	2:56:08	76	5:11:02	71	2:10:14	7:21:16
	20	NAGY	Alex	M	DNF	1:53:55		2:27:17		4:21:12		0:00:00	0:00:00
	30	HUGHES	Warren	M	DNF	1:54:07		0:00:00		0:00:00		0:00:00	0:00:00
	37	COULL	Paul	M	DNF	1:40:50		0:00:00		0:00:00		0:00:00	0:00:00
	48	KENNEDY	Robert W	M	DNF	2:07:58		2:34:02		4:42:00		0:00:00	0:00:00
	63	HAYWARD	Glenn	M	DNF	1:45:05		2:31:31		4:16:36		0:00:00	0:00:00
	65	ALDAS	Rod	M	DNF	0:00:00		0:00:00		0:00:00		0:00:00	0:00:00
	75	POTTER	S		DNF	1:42:15		0:00:00		0:00:00		0:00:00	0:00:00
	91	IZURINTA	Adrian	M	DNF	Retired injured		0:00:00		0:00:00		0:00:00	0:00:00

The event, held on a perfect spring day, attracted 91 individual runners and 48 x 3 person relay teams. Participants came from as far as Queensland with contingents from the NSW Central Coast, Illawarra and locals.

Greg Love (a second time winner) was first across the line in a time of 3:47:10 followed in second place by Warren Curtis with a time of 3:59:50 and Stephen Cunningham third in 4:06:30

The female ultra section winner was Susan Prior (5:07:13) followed in second place by Brenda Kelly (5:12:53) with Elizabeth Edmond third in 5:13:57.

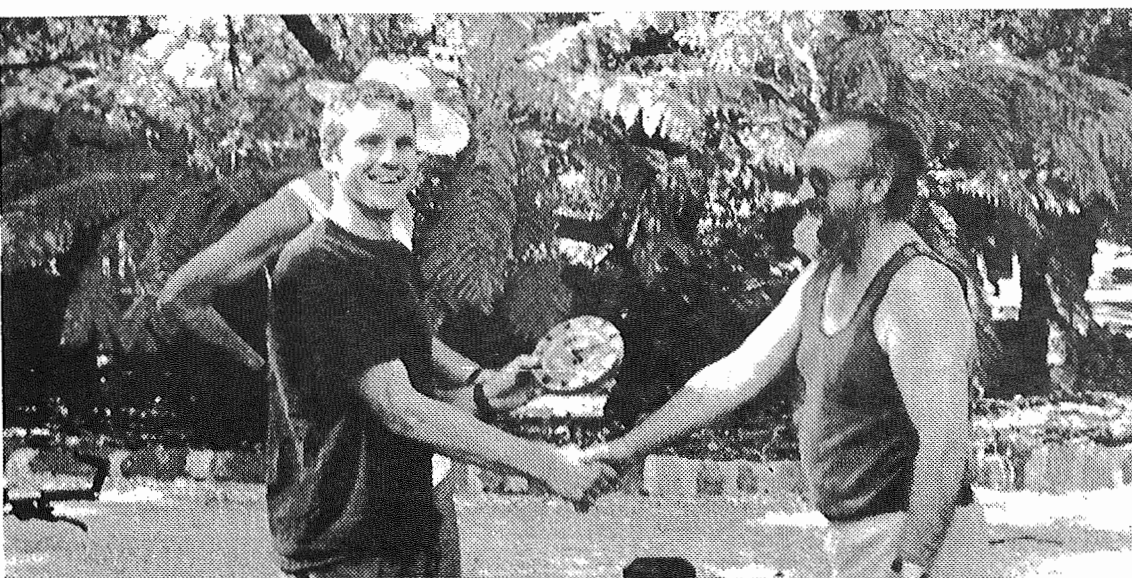
The course was 1km longer than last year to provide a wider section near the Curra Moors. Runners along the coastal escarpment section headed into a sea breeze on their way to the Bundeena finish. Kembla Joggers entered 3 relay teams as a limber up for the inter-club challenge in October.

Trophies were presented to the 1st, 2nd and 3rd in each category. All finishers in the ultra received an event mug, certificate and sausage sizzle. There were plenty of lucky race number prizes for other participants.

Billy's Bushies are considering organising similar events in 1999 and in 2000 after the Olympic Games.



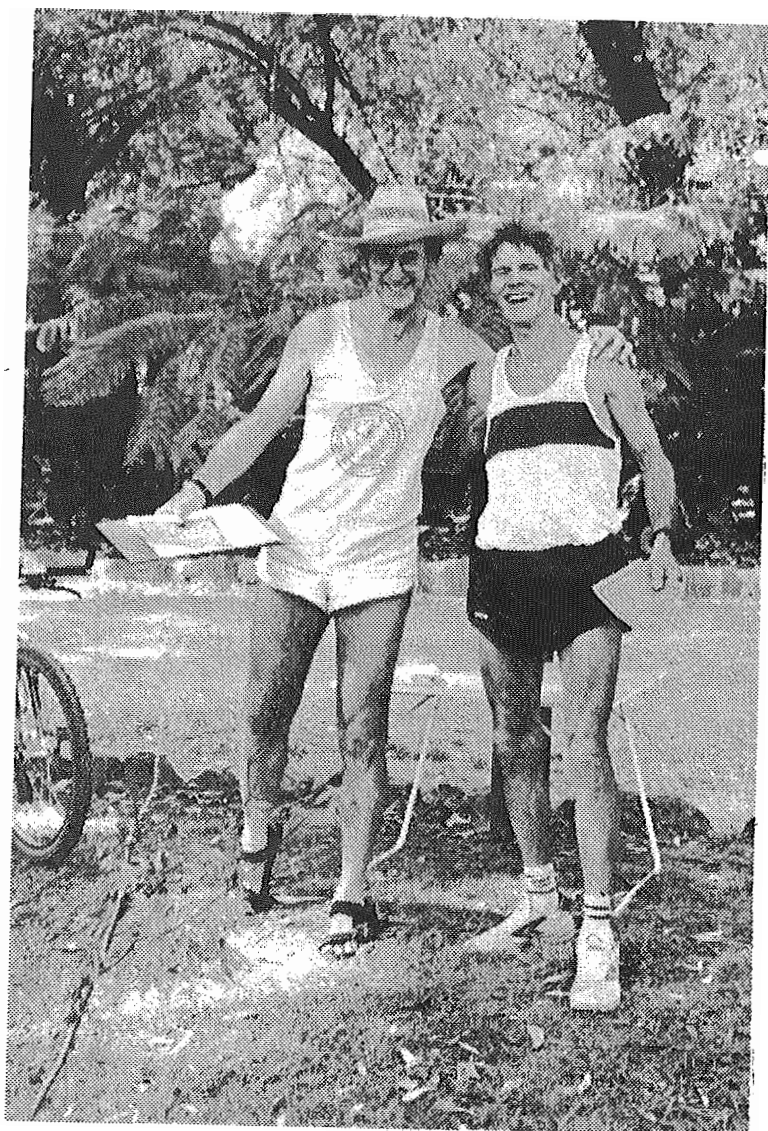
First finisher Bert Pelgrim, of Montrose Victoria, being presented with a hand-crafted clock trophy, made and donated by George Start. Bert ran 4hr:27:38.



Second place-getter, Peter Mitchell, also receiving a clock. Peter ran 4hr:33:26.



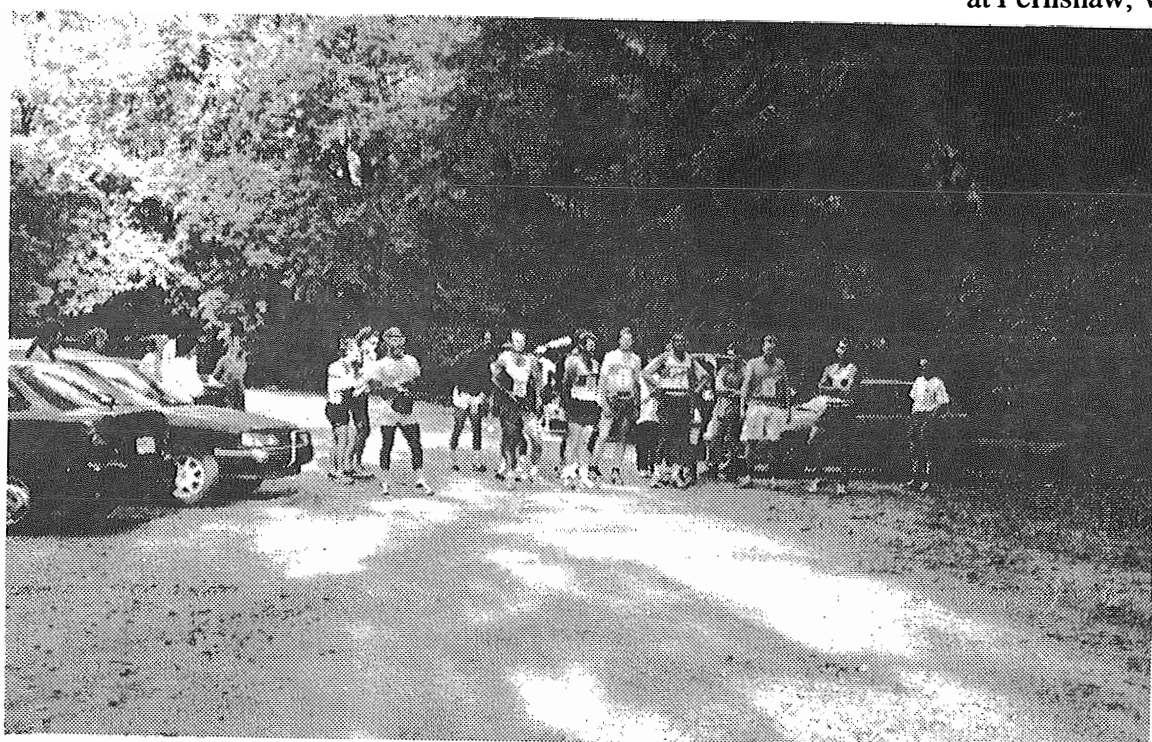
With Race Director, Geoff Hook, third placegetter, Greg Wilson receives his clock trophy from George Start. Greg ran 4hr.44:22.



AURA DAM TRAIL 50 22ND MARCH 1998

Race Director and organiser Geoff Hook, also President of AURA, with amazing veteran Randall Hughes, aged 74years. Randall ran 9th with a time of 5hr.3:55.

(Below)
The nervous await
the starter's gun
at Fernshaw, Vic



AUSTRALIAN CENTURION RACE WALKERS

Founded 1971

<http://www.geocities.com/Colosseum/5654>

President	Mike Porter	03-95845461
Vice-President	Stan Jones	09-93996284
Sec/Treasurer	Tim Erickson	03-93792065

AUSTRALIAN CENTURIONS 24 HOUR WALK, SEPTEMBER 19 - 20 1998 George Knott Athletic Track, Clifton Hill, Victoria

This year's race saw a record field of 20 entrants with 19 actually fronting the starting line. The race start time of 2PM turned out well as this gave competitors a chance to get the tough night time hours over while still relatively fresh. The Collingwood Harriers track was used once again but this may be the last time due to the deteriorating track surface. The weather was kind to us. While it was windy and showery early, it never got really cold and a sunny Sunday gave competitors ideal conditions to help them through the tiring final stages.

The race saw a lot of firsts for us

- A large international flavour with 2 English and 4 New Zealand walkers competing.
- The presence of 6 Centurions in the field guaranteeing a class event.
- An entry during the last week by ultra-distance runner Peter Gray. Peter was the youngest runner to complete the gruelling Sydney to Melbourne classic and has run many multi-day runs during a long career.
- An entry on the day from the great Yiannis Kouros who holds so many of the ultra-distance running records and is the only runner to have completed more than 300 km in a 24 hour period.

There were many talking points but perhaps the main one was whether Yiannis Kouros could convert from running to walking. With no real preparation, Yiannis simply turned up on the day and started walking...and kept on walking. Rumour has it that he did 10 laps walking the day before to prepare for it.

The race started with Gerald Manderson of New Zealand and Frank Overton of NSW setting a cracking pace. They kept it up for the first 50 miles with both passing that mark in just over 10 hours. At that stage, Gerald was some 2 laps in front of Frank. However, Frank was feeling the pace and within another 2 hours had been forced effectively out of the race and off the track. That left Gerald on his own and he made the most of it. With a very consistent and strong performance, he walked right thru to the 100 mile mark with only a couple of breaks of a few minutes duration. He powered through the 100 mile mark in a personal best of 21:37:31 and kept on to the 24 hour with another personal best of 177.665 km. Now lots of runners would like a 24 hour time like that!

Fellow Kiwi Norm Morris was always only a short distance behind Gerald and walking consistently. Like Gerald, he had few breaks and just kept putting the laps in. The contrast between the 2 was stark. Gerald is short in stature, stocky with a quick business like gait. Gerald is tall and lean with a long raking gait. It just goes to show that fitness, rather than build, is the main criteria to a good 100 mile walk. Gerald finished a clear second in the fine 100 mile time of 22:32:47 and then stopped. He had achieved his goal of Centurion membership.

Behind Gerald and Norm, an interesting battle was developing. As others fell by the wayside, Centurion John Harris of Queensland and Victorian Yiannos Kouros were slowly making their way through the field while British Centurion Roger LeMoine was trying to hold them off and take the third placing. They finished with only 4 laps separating the 3 walkers. Yiannis was the first of the 3 to reach the 100 mile mark in the fine time of 22:55:23 and he then continued on to the 24 hour gun, completing 168.406 km. Roger was on his heels and completed his 6th 100 miler in 23:04:51. For Roger, it was especially pleasing given his limited training over recent years. John Harris had been about 30 minutes behind them at the 50 mile mark but walked a great second half to eat up the field. His 50 mile splits were 11:28 and 11:42. He walked 23:18 in 1973 and improved that to 23:10 some 25 years later. John had been some 13 years out of the sport and was only intending to walk 100 km but felt so good that he continued on.

While all this was happening, Sue Ramsey of England was staging her own personal struggle further back. At one stage she looked destined to just miss out on the magic 100 mile distance. She was slowing and projections indicated that she would fall a lap or so short. But she rallied in the final 2 hours and dug deep to finish in 23:58:40. We think this might be the closest anyone has come to the 24 hour limit – about half a lap to spare. It was certainly an exciting finish and Sue was obviously rapt with the result.

Behind Sue was a whole bevy of walkers with 9 others walking at least 100 km. This indicates the depth of the event and augurs well for next year's event. We can expect to see lots of them back to try their hand again and try for that elusive Centurion membership.

Here are profiles of some of the competitors:

Gerald Manderson (age 54) from New Zealand was definitely the gun in the field. He only took up the sport in 1995 and has been advised by Dudley Harris. His performances prior to this race were as follows

- Feb 1996 166 km in 24 hours
- April 1996 157 km in 22:01 before retiring
- Nov 1996 100 miles in 22:34:28
- Aug 1997 107.3 km in 13:42:05 in the Rotarua 100 Km event
202.46 km in 28 hours
- Oct 1997 175.6 km in 24:00:37
- July 98 176.97 km in 24 hours

He certainly built on this with another fine performance, his first ultra outside New Zealand.

Yiannis Kouros (age 42) is well known to all sports followers as possibly the best ultra-distance runner in the world. He holds many world records including an amazing 300+ km in 24 hours. Lack of any walking preparation proved no barrier to a fine performance. He looked always in control and was never in doubt. A fine first up Centurion walk that Yiannis can improve on if he so desires.

Norm Morriss (age 57) of New Zealand completed 100 miles in NZ in 1996 in 23:18 so is an experienced ultra-distance walker, having also completed the gruelling Colac 6 day event. However, he had a quadruple heart bypass earlier this year and had had a quiet year since then, only gradually getting back into walking. For Norm, this was an experiment to see how he had recovered. Obviously very well judging from his performance.

Roger Le Moine (age 57) of England is a British Centurion, having first completed the 100 miles in 22:04 in 1993 (C 802). Roger is a member of the famous Surrey Walking Club and is an experienced ultra walker with some 5 100 mile performances under his belt before this weekend's race. This experience showed as he made the most of the occasion and completed yet another Centurion performance with only limited preparation.

John Harris (AC12 – 1975) came to our Centurions race in Queensland last year after being many years away from the sport. This rekindled his enthusiasm and he completed a quick but intensive distance preparation. This proved to be sufficient to guide John to a second sub 24 hour 100 mile performance on the same track and in nearly the same time as he did 25 years ago.

Sue Clements (age 44) from England was keen to come out for our event last year but just could not fit it into her calendar. She is already a British Centurion (C950, 1996, 23:42:37) and recently completed the full 85 miles of the tough Isle of Man Parish Walk in 20:48:30 for a fine 23rd place. Her trip proved successful but by the barest of margins.

Frank Overton (age 50) of NSW competed in our 1997 event but the weather beat him and he retired. He recently completed 89 km in the Gosford 12 hour and started confidently in this race. He was flying at the 50 mile mark but was forced to slow his pace soon after as exhaustion set in. Frank will be disappointed with his distance of 134 km but should be back to try again.

Robert Radley (age 41) of New Zealand recently completed 141.76 km in the New Zealand Sri Chimnoy 24 hour event so was a serious entrant. Once again, he walked consistently, walking 133 km during the 24 hours. He showed he has the mental attitude to soon achieve the 100 mile distance and we expect to see that soon.

Steel Beveridge (age 47) of NSW was going to walk in our event last year but the flu prevented him. This year, he was keen to make amends and walked well. However, his pace was never quite there and he just ran out of time, completing 132 km. But he showed fine mental toughness and he should achieve his goal soon.

Peter Waddell (age 67) completed 130 km in the 1996 event and was back once again to have another go. His last major venture was the 6 Day Colac Ultramarathon where he came 9th and walked 540 km, a record for a walker in that event. So his toughness and endurance are never in question. However, this was not Peter's weekend as he gradually slowed and fell short of the required pace. His final distance of 120 km was still meritorious but probably disappointing to him.

Fred Baker (age 66) is a former Secretary of the British Centurions and has 20 100 mile performances to his name, the first one being at age 23 and the last one at age 60. He migrated to Australia a couple of years ago and

came out of retirement to complete 124 km in our 1997 event on no training. With a bit of extra work in the last 12 months, he was keen to gain another Centurion badge and was well on target at the 50 mile mark. However, his body had other ideas and he was forced off the track after about 14 hours.

24 Hour / 100 Mile Walk Results

1.	Gerald Manderson	NZ	177.665 Km	24:00:00
2.	Yiannis Kouros	VIC	168.406 Km	24:00:00
3.	Norm Morriss	NZ	100 Miles	22:32:47
4.	Roger LeMoine	UK	100 Miles	23:04:51
5.	John Harris	QLD	100 Miles	23:10:36
	Sue Clements	UK	100 Miles	23:58:40
7.	Frank Overton	NSW	134.400 Km	23:31:04
8.	Robert Radley	NZ	133.604 Km	24:00:00
9.	Steel Beveridge	NSW	132.000 Km	23:15:17
10.	Peter Waddell	ACT	120.000 Km	22:22:57
11.	Fred Baker	QLD	110.400 Km	20:01:36
12.	Peter Gray	VIC	101.933 Km	24:00:00
13.	Paul Thompson	NSW	100.479 Km	24:00:00
14.	Brian Glover	VIC	100.400 Km	13:52:21
15.	Graham Watt	VIC	54.800 Km	08:31:40

100 Km Walk

1.	Carol Baird	ACT	100 Km	16:16:10
2.	Robin Whyte	ACT	24.4 Km	03:01:36

50 Km Walk

1.	Dudley Harris	NZ	50 Km	06:56:47
2.	Merv Lockyer	VIC	50 Km	07:07:04

100 Mile Finishers

1.	Gerald Manderson	21:37:31	C31
2.	Norm Morriss	22:32:47	C32
3.	Yiannis Kouros	22:55:23	C33
4.	Roger LeMoine	23:04:51	C34
5.	John Harris	23:10:36	
6.	Sue Clements	23:58:40	C35 (2nd woman)

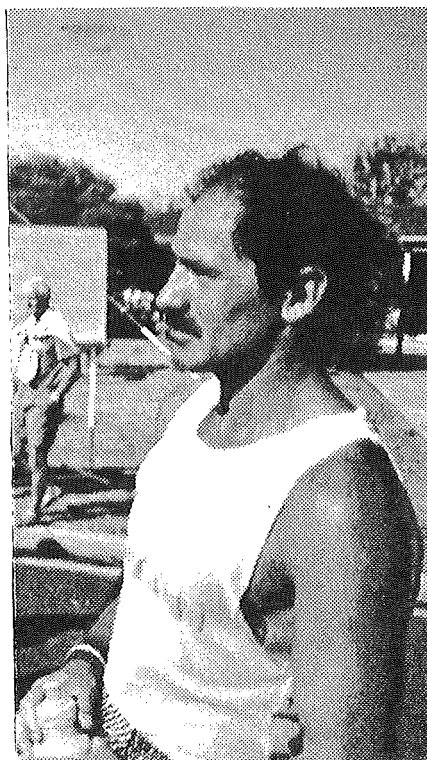
Jack Webber Trophy

This is for the most meritorious performance. Norm Morriss walked a fantastic 100 miler only 5 months after a quadruple heart bypass operation. You can't go past that – it is the stuff of legend. Well done Norm on a great job.

50 Mile Splits

The following table shows the 50 mile split for each competitor. Note that to complete the 100 mile walk distance within 24 hours, it is recommended that you try to reach the 50 mile mark in under 11 hours. Note that neither Yiannis Kouros nor Sue Clements nor John Harris did this but still got there. That illustrates how evenly they walked.

G. Manderson	10:09:46	R. Radley	11:50:30
F. Overton	10:13:29	S. Beveridge	11:53:47
N. Morris	10:45:11	C. Baird	13:19:30
R. LeMoine	10:47:33	P. Waddell	13:31:55
B. Glover	10:50:24	P. Gray	18:10:15
Y. Kouros	11:01:31	P. Thompson	19:47:10
S. Clements	11:22:14		
F. Baker	11:24:53		
J. Harris	11:28:31		



The famous ultra-runner Yiannis Kouros, holder of many run records, in this event, turned to walking.

Kouros Walking

by Kevin Cassidy

I am sorry to get off the subject of all those Bill Clinton, but I have just returned home from one of the nearby athletic tracks where the Centurion Walkers Club are holding their annual event. The aim of the event is for competitors to walk 100 miles around a quarter mile track within the 24 hour time limit.

Many people were surprised to see the presence of Yiannis Kouros. When you consider that he can run 1,000 miles without walking a step, it is very strange to see him walking, in fact the race organiser had to give him some coaching during the first two hours because his style was not completely within the rules.

After 7 hours, Yiannis was sitting comfortably in 5th place and looking strong.

Whilst 100 miles in 24 hours is an admirable achievement for most of us, I wondered why someone who has run 189 miles in the same time span would bother with such an event, but as Yiannis said himself "Becoming a centurion walker will be another feather in my cap".

Yiannis Kouros finished the 100 miles in third position in a time of approx 22 1/2 hours. Yiannis told me that he had only 2 walking practice sessions, 5 laps on the Thursday then 10 laps on the Friday, he thought that it would not be too hard but said that he started feeling soreness after 2 hours and it became a very hard slog leaving him quite exhausted at the finish. Now, 2 days later, he is nursing sore legs and 2 large blisters on his heels, he seems keen to improve his time at next year's event which will be held in Canberra on a road circuit of approx 1 mile. One of the highlights of the walk was from the British woman, Sue Clements, who reached 100 miles with only 80 seconds to spare. Tim told me that she looked unlikely to make it with 4 hours to go but managed to dig deep enough to achieve her goal.

Yiannis will soon be leaving for Europe to run in a 5 day stage race from Vienna to Budapest where he doesn't rate his chances very highly because some stages are ONLY 60km and therefore a bit short for him.

Define Walking

How do you describe your walking?

Fitness Walkers

Fitness walkers may walk either fast or slow, but they walk with the goal of improving their health and fitness. Folk who walk to lose weight or maintain weight need not walk fast to achieve that goal, as calories burned depend only on how far you walk and how much you weigh, not the time it takes you to go that distance. Many folk who walk around the neighbourhood a few nights a week fall into this category. Some fitness walkers may participate in racing events, but generally would be mostly attracted to fun walks, charity walks and volksmarches rather than competition.

Speedwalkers

Folk who walk fast without using weights and without using the Olympic race walking form. They may enter competitions, but not judged racewalking events.

Volkswalkers

This group participates in organised, non-competitive walking events hosted by local AWA/IVV walking clubs. At each 10K walk they earn credit towards milestone awards. I am presently at about 700 events and over 7000 kilometers, for example, I will have "circled the earth" eventually! Volkswalkers may walk as fast

or as slow as they want but are not racers. They set personal goals to walk in all 50 states of the USA or all the nations of Europe, etc.

Trampers

A walk turns into a tramp when you go off the pavement and into the forest, hills, or other natural area.

Racewalkers

Competitive walkers who use the Olympic racewalk form. While some may adopt it for the maximum workout it provides, most are interested in racing and competition. Racewalkers can generally walk a mile in 10 minutes or less. True racewalking events are judged and participants must be careful to maintain their form.

Powerwalkers

Powerwalkers walk fast and/or use weights for a workout while walking. They may enter competitive walking events, but generally have not adopted the Olympic racewalking form. Powerwalkers may use hand weights or ankle weights to increase their workout.

Backpackers

Backpackers go out on multi-day hikes, carrying enough gear to eat and sleep along the way.

Trekkers

Trekking is similar to backpacking, although generally thought to apply to walking/hiking multi-day trips outside the USA, such as trekking in the Himalayas.

Orienteers

Orienteering is a sport in which orienteers use an accurate, detailed map and a compass to find points in the landscape. It can be enjoyed as a walk in the woods or as a competitive sport.

Dear Dot,

Herewith the results of the recent Perth 40 Miles race, previously known as the Mundaring to York. The venue was changed because of the continued build-up of traffic on the York Road. It is a pity to see the end of the original race but the runners and their seconds were a traffic hazard and it is better to act before someone had a serious accident. The new course keeps mainly to the bike paths.

It might be of some interest that Joe Record seems to be back in Perth. I was waiting at a red light recently when he passed my vehicle on a bike, no helmet, and straight through the red light. Things do not seem to have changed. I expect he will turn up at a few runs soon.

Yours in running,

Charlie Spare

Perth 40 Miler

Date : 23/08/98

Race Director : John Pettersson

6.30a.m. on Sunday 23 August saw a small dedicated group of runners on the start line at McCallum Park ready for the Perth 40 miler (64.4km)

The course - flat and on cycle path out past Burswood to Claibrook inlet obviously inspired the runners at the start with the first 8 km in 34.04 by the leading pack with Bumble Bee - John Davies at 39.60.

The atmosphere at the start was great - as in the Marathon the runners going past the start on their way out towards Raffles.

The pace and unforeseen circumstances (ask Sandy Burt) took their toll over the run with 4 of the 10 starters withdrawing from the event. Geoff Blythe maintained a steady pace to lead throughout, finishing in a time of 5.40.59.

Never say die - John Davies buzzed his way through the field to finish 2nd,

The relay was an open event rather than a Hash Event as previously. First placing going to Perth Hash Younger team - 2 - trophies for them and a challenge to W.A.M.C. members next year.

Congratulations to all competitors on their efforts on the day.

Positioning the finish line 30 meters from the B.B.Q's helped the social atmosphere of the day, creating a great finish as the runners came in.

All involved enjoyed the day and are keen to be involved again next year.

Thank you to my group of helpers who did a great job in making the event run smoothly.

PERTH 40 MILER RESULTS

23RD AUGUST 1998

PLACE	NO	NAME	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	FINISH
1	5449	GEOFF BLYTHE	34.40	1.16.36	1.53.29	2.39.34	3.37.47	4.33.30	5.40.59
2	5192	JOHN DAVIES	39.60	1.29.58	2.12.26	3.01.41	3.55.15	4.43.00	5.43.23
3	3758	STEVE DUNN	34.45	1.16.37	1.53.43	3.39.50	3.39.28	4.36.26	5.49.20
4	5943	KEVIN WALSH	39.00	1.28.06	2.10.40	2.59.42	3.54.28	4.55.43	6.16.19
5	549	ROBERT MCBETH	39.43	1.30.05	2.13.41	3.05.40	4.10.56	5.08.42	6.26.06
6	5572	BILL TAYLOR	39.05	1.30.41	2.18.40	3.14.26	4.18.46	5.18.29	6.30.43
7	3852	PHIL WEBB	39.54	1.29.57	2.12.26	3.01.40	3.55.21	DNF	DNF
8	5781	SANDY BURT	34.40	1.16.35	1.54.16	DNF	DNF	DNF	DNF
9	5687	BRIAN JACKSON	34.04	1.19.22	2.12.50	DNF	DNF	DNF	DNF
10	5774	MIKE SZALEK	34.40	1.20.48	2.35.07	DNF	DNF	DNF	DNF

PERTH 40 MILER RELAY RESULTS

23RD AUGUST 1998

PLACE	NO	NAME	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	FINISH
1	2	PERTH HASH YOUNGER	30.33	1.11.46	1.45.08	2.25.32	3.07.45	3.42.09	4.22.34
2	4	NORTHERN SUBURBS	31.43	1.13.37	1.48.44	2.28.20	3.16.32	3.52.40	4.33.00
3	1	SHERETON HOTEL FLYERS	36.43	1.24.02	2.02.25	2.45.48	3.29.32	4.08.00	4.52.12
4	6	PERTH HASH OLDIES	39.32	1.25.15	2.05.50	2.49.44	3.34.01	4.11.20	4.57.15
5	5	NOEL MITCHINSON & Co	34.50	1.15.17	1.55.39	2.43.25	3.33.59	4.20.00	5.10.53
6	3	WARWICK T.I.T.S	40.19	1.22.55	2.09.22	2.55.42	3.44.00	4.33.35	5.26.20

AUSTRALIAN 48 HOUR AND QLD 24 HOUR CHAMPIONSHIPS -

MARYBOROUGH - 4-6 SEPTEMBER 1998

48 Hour Run,

1 Peter Gray	228.548 km
2 Shelley Smith (1st f)	203.175 km

48 Hour Walk

1 Kerrie Hall	211.959 km
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24 Hour Run

1 Graeme Watts	164.331 km
2 Joan Darlington (1st f)	157.204 km
3 Rod Morgan	142.004 km
4 Gary Parsons	100.420 km (11:31:17 -DNF)
6 Lindsay Phillips	55.44 km (DNF)

24 Hour Walk

1 Cheryl Middis	124.412 km
2 Melanie Jonker	105.985 km
3 Alana Watts	62.619 km

24 Hour Teams Race

1 Fraser Coast Walkers	166.484 km
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(Margaret Chessels, Sue Paine, Shirley Behrens, Jan Byrne, Malcolm Caitens and Marie Canavan)

Well Peter Gray has done it again! He and his Mum travelled up from the depths of Victoria (through floods at Goondiwindi) to Sunny Queensland and beat the locals on their home turf in the 48 hour race held at Maryborough on 4-6 September 1998.

Peter put in a good first day (150 km) but the beautiful Spring weather and sunny conditions took their toll to give a grand total of 228.548 km.

Kerrie Hall from Caboolture walked with her usual cheerful smile and musical accompaniment to set a scorching 211.959 km to finish 2nd to Peter Gray. While Shelley Smith (Brisbane) overcame many obstacles to finish covering a distance of 203.175 km.

Graeme Watts (164.331 km) was all conquering in the 24 hour race, but was pushed for most of the way by first time, local 24 hour runner Joan Darlington (157.204 km). Both of these competitors handled the conditions in fine form and it was a pleasure to witness such spirit. Third home was consistent Rod Morgan from Kingaroy. Rod covered 142.004 km.

Cheryl Middis from Maryborough, in her first ultra marathon walk produced a great distance (124.412 km). This was beyond her wildest expectations and she is looking forward to her next outing.

Melanie Jonker also had a good race (105.985 km) and looked comfortable all the way. Like most of the walkers, she was walking away from most of the runners in the end.

Alana Watts (wife of Graeme) entered her first ultra to see what torment hubby went through when he competed - she found out with a third place (62.619 km). She's not sure now if he deserves more kindness and pampering or more tough "get out there and run" treatment!

The Fraser Coast Walkers entered the teams event and clocked up a total of 166.484 km. There was plenty of effort and enthusiasm from the team and they say that they will return next year.

Many thanks to all who helped with the races. Especially to Charlie Hall and his chief organiser Anthony for the job on Friday night when my lap scorers didn't turn up. Also, a huge bouquet to Dave Holleran for his unending cheerfulness, storytelling and music at midnight.

Thanks also to the Qld Rugby League (Wide Bay Division) for the use of Eskdale Park and The Wide Bay Burnett Electricity Corporation for providing the lighting. Without both these major contributors there would not have been a race. THANKS!

Brian Evans Race Director

**1998 AUSTRALIAN AND QUEENSLAND 48 HOUR AND QUEENSLAND 24 HOUR INDIVIDUAL AND TEAMS
RELAY TRACK CHAMPIONSHIPS
Maryborough, Queensland, Australia
4 - 6 September 1998**

Before the start

After walking six ultra events during the last 10 months, it was time to tackle my first 24 hour walk. Preparation involved two 12 hour events (February and August) where I experimented with food varieties and quantities and coping with being on my feet for a number of hours.

My event started at 9.00 a.m. on Saturday so I drove up to Maryborough on the Friday, arriving at 12 noon. After booking in at a nearby caravan park, I drove to Eskdale Park to offer support to the three entrants who had already commenced the 48 hour event - two runners (Peter Gray and Shelley Smith) and one walker (Kerrie Hall). It was quite warm although there was a slight breeze. I familiarised myself with the lapscore area and decided where I would "set up camp". Kerrie's support crew were her husband Charlie, son Anthony and friend Michaeline. They had also offered to help me out for which I was extremely grateful. During the afternoon, I did some lapscore for Kerrie. It was a real challenge to constantly watch her to make sure I didn't miss any laps. Kerrie always made eye contact with me to ensure I had seen her pass by. As the circuit was only 360 metres, lapscorers were kept quite busy. I stayed until 7.00 p.m. before leaving as I had to prepare some of my food and attempt to get some sleep before the start of my event.

I arrived back at the field at 7.30 a.m. Too nervous and jumpy to wait it out at the caravan park, I thought I might as well spend the time leisurely preparing myself. I had enough food and gear to last me for a month. However, not knowing what the weather would be like, I had packed for all four seasons! I'd only managed about three hours sleep the night before and couldn't wait for 9.00 a.m. to come.

I met the other runners, walkers and their crews. They were all so friendly and offered me their assistance during the event. Greg Darlington very kindly offered to massage my legs when the need arose. Little did he know how often I would take him up on the offer!!

The start

The Mayor of Maryborough City Council, Councillor Alan Brown wished the three walkers and six runners good luck and started the 24 hour event.

It was another fine day but luckily there was still a breeze which at times became quite a strong headwind. I had my walkman with me and listened to a book on tape which took eight hours to finish! I also had plenty of music tapes as well. I religiously ate small meals every half an hour during the first half of the event and also consumed lots of water and sports drink. The race direction was changed every two hours. My lapscorers changed quite frequently during the first half of the event and it kept me alert trying to remember who to signal to when I completed a lap.

Towards the late afternoon the temperature started dropping and it became quite cool. At 5.30 p.m. Peter Lewis (my lapscorer at that time) suggested I come off and get on some warmer clothing. I was going to wait until 6.00 p.m. but decided to heed Peter's advice. There were showers available but unfortunately the water was only very luke warm (if that!) After a quick wash I donned running tights and two long sleeved t-shirts. By this time Michaeline had heated up some minestrone for both Kerrie and I and I must say it went down very well.

During the night

I was back on the track not long after 6.00 p.m. feeling relatively refreshed and ready to start clocking up those laps again. After a couple of hours I could feel my legs really starting to ache. It was now about 8.00 p.m. and I was nearing the half way point and starting to head into unknown territory as 12 hours was the longest I'd walked prior to the 24 hour. My eating patterns were also starting to slip although I was still managing to take something in every 45 minutes or so. My fluid intake was still good. I found the easiest food for me to eat during the latter stages of the event were containers of jelly and fruit, pikelets and jam and small tins of spaghetti all due to the fact they didn't require much chewing. Although Kerrie's crew was helping me out, I had prepacked all my food

into containers and bags and was simply grabbing them out of eskies (coolers) as I walked by my gear. Ultimately, I needed someone who would determine what I should be eating and at what time. Although I must admit, deciding what to eat each half hour helped to pass the time to some extent.

I came off the track during the night and decided to take Greg up on his offer of a massage as my right calf muscle felt as if it was going to cramp. He did a wonderful job easing the pain and told me I had left it a bit late as there was quite a build up of lactic acid and I'd probably need to come off every hour for a massage (and he was right!)

It's amazing the number of highs and lows I went through during the whole 24 hours. During one of my worst "low" periods through the night (or was it early morning? I can't remember) I felt so close to bursting into tears. As I came around to the lapscorers' area Dave Holleran joined me and walked a couple of laps with me and I will be eternally grateful to him as it did wonders for my morale. It took my mind off my aches and pains and got me thinking about other things.

I was leaving the track every 1-1 1/2 hours to have my legs massaged. I noticed Kerrie and Shelley were also taking advantage of a massage. They were both working incredibly hard (don't forget they started 24 hours before me!)

Around 3.00 a.m. I came off as I felt the need to have another dose of hot minestrone. I heated it in the microwave and shared it with Kerrie who had just finished receiving a massage from Dave. As Greg was busy looking after his wife I asked Dave if he'd mind giving my legs a massage as well. It felt so wonderful sitting down, eating hot soup and having all the aches rubbed out of my legs. Dave noticed that both my ankles had swelled a bit as the top of my socks were actually getting too tight. I was reluctant to change them as the couple of blisters I did have weren't worrying me unduly and I was worried that different socks would cause a problem.

I was back on the track with a sudden burst of energy and pounded out the laps. This was one of the "highs" and boy did it feel great.

Nearing the end

Gradually dark became light and there was only about three hours to go. Everyone was feeling the strain - some runners were mainly walking and some walkers mainly shuffling!!

I finally hit the 100 km mark and was ecstatic. This was my overall goal and to reach it before the finish was a huge accomplishment for me. Kerrie's goal was to get to 211 km but one of her feet gave her problems during the night and it was beginning to look doubtful. However, like the dedicated person she is, she spent the last hour or two powering around the track like the Road Runner determined to get the distance she wanted.

One hour to go and I kicked off my shoes and walked the remainder of the time in my socks. As it was a grass oval it wasn't too hard on my feet. It was getting hotter now and I was peeling off my layers of night weather gear.

At last the end was near. We were each handed a small plastic bag with a couple of pebbles in it, ready to drop when the event finished. I looked at my watch as the minutes and seconds went by and fell to the ground in sheer relief as the gun went off heralding the end of the event.

This was definitely one of the "highs" of the walk. I was so proud of myself and couldn't believe that I had actually finished, what was, my biggest walking challenge to date. We all staggered back to the start area, congratulated each other and then proceeded to remove shoes and check out the damage!!

My aim was to reach 100 km, however, I managed 105.985 km. Next year I hope to improve on that.

Memorable points during the walk

Kerrie Hall never ceases to amaze me when it comes to long distance walking. Her goal was to reach 211 km which she exceeded. However, at one stage she was barely putting one foot in front of the other due to blisters

and problems with one of her feet. To watch her walk through the pain barrier towards the end of the event was truly inspiring.

I will always be full of admiration for Shelley Smith who, at times, battled to finish her 48 hour event. She managed on very little sleep and suffered from aching feet and knees. At one time when she did try to sleep her legs started cramping and she was in utter despair. Although tiny in stature, Shelley is huge in "sheer guts and determination".

Alana Watts had never walked an ultra event - in fact, she had barely even walked a fun run distance. Her husband Graeme is a talented multi-day ultrarunner and Alana usually crews for him. However, she wanted to experience what it's like to actually participate in an ultra event. She paced herself extremely well, took breaks when she felt the need, had a short sleep and with great pride finished the event.

All the runners and walkers were really "lifted" when Dave Holleran played his guitar and sang songs on Friday and Saturday nights. It certainly broke the monotony of those lonely night hours and created an almost festive atmosphere to the event. I'm sure this will be a memory no one will forget.

Thanks

Many thanks to all the people who lapscored for me during the 24 hours - Peter and Lyn Lewis (who came for a visit and were up during the entire night), Michaeline, Charlie and Anthony Hall and Dave Holleran.

Michaeline who kept my water bottles filled, wet my towel during the hotter part of the day, walked a couple laps with me, heated my meal up, helped me pack my car after the event and constantly asked me if I needed anything. Although only 13, she is a very mature and reliable young lady and I will be eternally grateful for her help.

To Brian Evans, the race director who organised a very successful event as well as participating in it.

To all the other crew members who so generously offered assistance and encouragement to me throughout the event.

To all the runners and walkers who helped me finish by simply being out there with me.

To my son Richard - always my greatest achievement and inspiration in life.

Melanie Jonker
Brisbane, Queensland
Australia

Pat Farmer Upstairs

An Australian endurance runner who spent 24 hours pounding up and down stairs is waiting to learn whether or not he has broken a Guinness Book of Records world mark. Ultrarunner Pat Farmer, 36, spent a whole day running up and down the 87-floor Sydney Tower in pursuit of the world vertical climbing record.

Organisers said Farmer covered a total of 101,934 stairs when his time elapsed on Thursday morning smashing the previous record. "No-one's really managed to get too far past 40,000 stairs before," promoter David Flakas said. "He's basically climbed Mount Everest and back and he's done it for a very worthwhile cause."

Flakas said Farmer, who is raising money to combat autism, was waiting for confirmation from the Guinness organization that he had set a new world record. He said the existing record was set by a man in Chicago who was allowed to catch a lift to the ground floor each time he reached the top floor.

(Ultramarathon World:

“STATUES OZ 6/12 HOUR ULTRA RUN

**Inc
SA 12 Hour Track Championship**

or

“35 Days from Wo to Go!”

It was on the 19th September 98 when I got home and found my entry form for the Sri Chinmoy 24hr Race returned in the mail. No explanations or anything!

After banging rather heavily on quite a few doors I ascertained that they had canceled the Run due to a death in the Group! In the words of Billy Connolly “Shocked, stunned and amazed!”. I had already done one 24 hr Run for the year, but was disappointed for the other runners that were going to get no reward for their training. It wasn't fair!

My wife and I had a quick discussion that night and we agreed that we had to put a 12 hour race on the same day for the runners. I made a couple of phone calls to Dot Browne, potential sponsors and runners. By the end of the night I had the confidence and the new race was born. At that stage I had visions of 12 runners in the field.

The next few weeks was a blur as I brought the race together. SARRC helped with equipment, sponsors were more than generous with prizes and AURA helped with insurance. It was all starting to fall into place.

Entries from the runners were starting to trickle in. Yes a percentage of runners do leave their entries to the last minute.

I must mention two runners in particular at this stage. The first is Mark Fairhead. Mark introduced himself to me at the RAAF Base a couple of months ago. He had a mountaineering and rogaining background and wanted to do a 24 hour race as mental preparation for an Expedition to Nepal at the end of 98. Mark's aim for the 24 hour was survival and run 120km. Mark was more than happy to switch his attention to the 12 hour.

The other runner I must mention at this stage is a lady by the name of Christine Thiele. She came up to me at the Airport Fun run inquiring about the 12 hour race. Her previous experience was the Airport Fun Run! I wasn't sure of her age and I was doubtful if I should let her in the race.

Both runners were to play a very large part in the fortunes of the race.

It was a week before and we were up to sixteen, seventeen runners which I was more than happy with. In the last week that list grew to 21 with one runner appearing at the track the day before looking for the “Sri Chinmoy” group. He was soon entered.

Everything fell into place the day before and the race was set to go. Only problem - the weather forecast of 26 was amended to 32. Add five degrees for the surface temp - it was going to be hell on the cinders track.

The day of the race came around and my small but dedicated list of helpers had the race ready to go.

Ex-Westfield runner, Geoff Kirkman agreed to be the starter and at five to eight there were fifteen runners ready to go. It was already about 28 degrees and it was getting hot. The three favorites for the race were Peter Twartz, Alan Devine and John Twartz. This was Ultra Running though and anything can happen.

The gun went off and the runners were on their way. They all soon settled into a good rhythm and by the end of the first hour, Alan Devine had a one lap advantage over Kip Melham, Jerry Zukowski, Peter Twartz and John Twartz. It was going to be a close race.

For me at this stage the hard work was done. I was now bored and wanted to join the runners out in the middle of the track! It was going to be a long day.

By 11 o'clock, Kip Melham from Sydney had hit the lead and had one lap break over Alan Devine and Peter Twartz from South Australia.

Most of the runners were starting to feel the effects of the heat. They were being closely monitored by Stephen Walsey who is a qualified Sports Trainer. Stephen knew that the runners were experienced, but he cajoled and pushed them when necessary into eating and drinking more. Stephen was a Godsend!

Merrilyn Cassidy was winning the Ladies Race with 21.6km. She had a four lap advantage over Susan Bardy who was enjoying the Classical music on her Walkman.

At the five hour mark, Kip Melham held a 2km lead over Peter Twartz with 54.4km under his belt. Alan Devine and John Twartz were sharing third spot. First timer, Mark Fairhead was running a sensible race in sixth spot and had just under 50km to his name.

2 O'clock came around and six runners were off in the Six-hour race. These included father and son combination of Stan and Pat McCartney, Ultra Journeyman - Peter Gray, ex SA 50km Walking Champ - David Bryson, Whyalla walker Ellen Zukowski and Ultra Newbie - Christine Thiele. It was going to be an interesting race.

At the seven hour mark, Kip Melham with 68.8km was grimly hanging onto his lead, but John Twartz was only a lap behind him. Peter Twartz and Mark Fairhead were only just behind them with 67.6km. Mark's crew were prepared for every contingency but it was a shock for them to see him closing in on the lead.

After the first hour of the Six hour race, Peter Gray had 10km up and a one lap lead on Christine Thiele who appeared to be having the time of her life.

By four o'clock, John Twartz was in the lead with 76.4km, but Mark Fairhead was only a lap behind. Kip Melham and Max Carson were starting to struggle with the heat and injury and were starting to drop of the pace.

All of the other runners were playing the survival game and desperately hanging on for the bell. Andrew McComb was being consistent and looked like establishing some Over 65 Mens records. Kevin Mansell kept circling the track and was providing a great insight into the battle that was developing. Merrilyn Cassidy was keeping a slender lead in the women's race and Dean Brown was digging deep within himself to survive.

By the second hour of the Six hour race Christine Thiele and Peter Gray were on the same lap with 18.8km. People were finding it hard to believe that Christine's previous Race experience was the 10.6km Airport Fun run, thirteen days previously.

At the nine hour mark of the 12 hour, a new race leader had emerged. Mark Fairhead with 84.8km had a one lap lead over John Twartz. Mark's crew were now changing their focus to keeping him in front.

At the half way mark of the six hour race, Christine Thiele had run 28.4km and had a seven lap lead over Peter Gray. Racewalking Champ, David Bryson was a lap further back in third place.

By six o'clock, Mark Fairhead had 94km to his name and was in the "Zone". He held a 2km lead over John Twartz, but by this stage he was climbing up Mt Everest. Alan Devine was keeping third place secure with 90km under his belt.

Meanwhile in the six hour race, Christine Thiele had 38.4km up and a 5.2km lead over Peter Gray and David Bryson. People were still disbelieving about her previous race experience, but her talent and happiness was a pleasure to watch.

With an hour to go in the 12 hour it was heading for a thrilling finish. Mark Fairhead now had 102.4km up, but John Twartz was only three laps behind him. Stephen Spielberg could not write a better finish. Everyone that was crewing, lapscoreing and watching were engrossed in the Battle!

Most of the other runners were still gamely hanging on for the bell with remarkably only three withdrawals during the whole race.

Christine Thiele had 48km to her name in the Six hour race and a 6.4km lead over Peter Gray. She would have to drop where she was on the track to lose at this stage of the race.

It was at this late part of the race, when a strange apparition appeared on the track. Glen Watson had changed into a full length fluorescent green running outfit. My daughter, Laura thought that Kermit the frog was having a go!

The last hour of the race was Ultra running at it's finest. John Twartz pegged the difference to a lap and with ten minutes to go, Mark and John were running together. Lesser men would have folded, but Mark Fairhead hung onto John Twartz and actually got in front again. The gun went off and Mark Fairhead had recorded a magnificent 111.108km to win an Ultra at his first attempt.

John Twartz finished with 110.639km and was glorious in coming second. Alan Devine broke the 100km barrier in the last hour and finished third.

Sixty eight year old, Andrew McComb finished with 90.883km and once they are ratified should have two or three AURA age records to his credit.

Merrilyn Cassidy ended up winning the women's race with 66.239km. She beat Susan Bardy who finished with 63.978km. Both did well considering the conditions.

Christine Thiele ended up blitzing the Six hour race with 57.469km. She ran further in the second half of the race than the first half. Peter Gray finished second with a consistent 50 plus kilometres and David Bryson was unlucky to finish just short of the magic 50 total.

Every runner and walker in both events have my utmost gratitude for their great efforts. Their determination and guts in the face of the heat made it a very special day. It was an honor to witness. Thankyou.

I must thank everyone else that was involved. This includes the sponsors who were: Statues Oz, Invogue Signs, Centra Motor Lodge, Renaissance Fitness Club, Joggers World, South Australian Road Runners Club and AURA. I must also thank my wife, Belinda, the lapscorers, crew members, Stephen Walsey, Dennis Larhos, Peter Slagter, Neil Coley, Noel Gneiding and John Twartz. You all helped to make it a great day. † CHRIS HOLMES.

The presentations probably could have been done better, but I learn from experience. A suggestion to the Sri Chinmoy people when they put the 24 hour race back on next year. Please put the race on in the first weekend of October, by the third weekend it is too hot and unsafe. Secondly, the SA 12 hour track championship deserves to become an Annual event. Please can you give your 12 hour race on the day that title? Thanks to everyone that was involved.

Dear Dot / Kevin,

Must write to inform fellow members of the recent 6 / 12 hour event at Adelaide hastily and brilliantly organized by Phil Essam (magnificently supported by his wife Belinda) after the Sri Chinmoy people cancelled their usual 12 / 24 hour event. No doubt Phil will report on the event as he already is a contributor to the Ultramag and he left no stone unturned to put on a magnificent event. We were very fortunate to end up with a good field, with many regulars and new people to the sport. Some of these new participants have started their ultra journey and intend to continue, especially the winner.

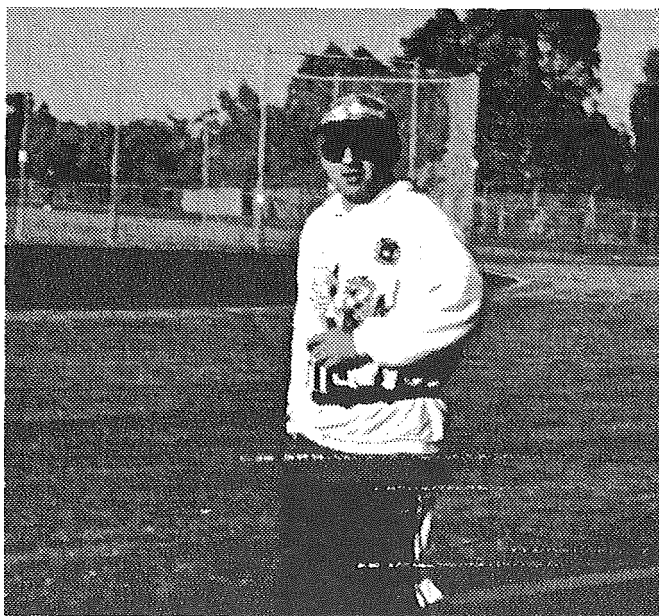
The race itself was very entertaining, with many lead changes (one too many for my liking as I came second after briefly hitting the lead at one stage). Alan Devine lead the field for the first 2 hours, Anyce 'Kip' Melham took the lead for the next 4 hours with yours truly hitting the lead briefly at the 8 hour mark. Mark Fairhead, the eventual winner, running a very controlled race lead for the rest of the race. He got 5 laps in front of me finally winning by just over one lap. Well done, Mark!

Total distances were slightly down on what many of us were aiming due to the heat of the day especially on the black track. Trophies from Statues Oz – a large gold, silver or bronze peanut were very novel and well received. My silver one holds pride of place at home.

Back to the Sri Chinmoy people next year.

Looking forward to meeting many more members at future events,

John Twartz (one of the South Australian members)



Race Director, Phil Essam who took the initiative and organised this 6/12 hour track event in 35 days from go to woe when the advertised Sri Chinmoy 24 Hour Track Race was called off at the last moment.

SA 12 HOUR RESULTS AND MILESTONES

Name	Total	Marathon	50km	50 miles	100km
M. Fairhead	111.108km	4.14.10	5.04.32	8.25.30	10.40.35
J. Twartz	110.639km	4.00.25	4.49.09	8.24.43	10.50.54
A. Devine	101.627km	3.57.45	4.50.35	8.35.00	11.40.43
G. Watson	92.85km	4.39.59	5.37.46	10.10.20	
A. McComb	90.883km	4.52.23	6.09.33	10.22.18	
S. Pascoe	87.2km	4.37.02	5.51.49	10.44.30	
P. Twartz	84.4km	3.49.40	4.42.57	11.21.28	
J. Zukowski	83.814km	4.30.23	5.35.48	11.14.36	
K. Mansell	79.043km	5.31.46	6.54.18		
K. Melham	76.4km	3.45.03	4.31.06		
D. Brown	71.727km	6.38.00	8.02.42		
M. Carson	66.8km	4.05.20	4.52.30		
M. Cassidy	66.259km	7.05.45	8.34.25		
S. Bardy	63.978km	7.21.22	9.10.43		
T. Naylor	60.4km	5.36.04	7.03.09		

6 hour Results and Milestones

C. Thiele	57.469km	4.23.17	5.10.30
P. Gray	50.242km	5.04.31	5.57.47
D. Bryson	48.839km	5.05.17	
E. Zukowski	34.614km		
P. McCartney	34.00km		
S McCartney	32.195km		



AUSTRALIAN 6 DAY RACE COLAC INC.



OFFICIAL RESULTS 1998 AUSTRALIAN 6 DAY RACE AT COLAC, VICTORIA NOVEMBER 15 - 21, 1998

1. Jaroslav Kocourek	901.2km	8. Shaun Scanlon	550.8km
2. Dusan Mravlje	817.2km	9. Peter Gray	542.0km
3. Tony Collins	807.2km	10. Elvira Janosi	536.4km
4. George Audley	742.4km	11. Isaac Ketsakidis	468.8km
5. David La Pierre	689.2km	12. John Timms	415.2km
6. Bob Burns	624.0km	13. Drew Kettle	217.2km
7. Andrew Lucas	601.6km	14. Robyn Davis	164.8km



AUSTRALIAN 6 DAY RACE COLAC INC.



AUSTRALIAN SIX-DAY RACE AIMS TO BE WORLD'S BEST

During the 1980s world-class ultramarathon runners such as Yiannis Kouros, Ramon Zabalo, Siegfried Bauer, George Perdon, Tony Rafferty, Eleanor Adams and many more local and international athletes competed on the tree-lined grass 400-metre track at Colac in Victoria's western district.

About 5000 people lined the track in the town's centre in 1984 when Yiannis Kouros completed 1023.2 kilometres to set a mark which still stands as the track record.

An intriguing battle in 1986 until the final day between Zabalo, Mravlje and Perdon attracted news media coverage across the country. Zabalo, in heatwave conditions, took first place with only eight kilometres separating Mravlje and the Australian.

In 1989, Bryan Smith became only the second person to break the 1000 kilometre mark. Featured in that race was a tough tussle between Eleanor Adams and Sandra Barwick. Adams gained third place just six kilometres in front of the New Zealander.

An avid supporter of the event, and a 10-times competitor, Tony Rafferty, later became its greatest critic. "I was sorry to see this world-class race fade, to what appeared to be a walk in the park," he said. "It seemed, missing was a professional approach among those in charge."

Rafferty said this year's race was a giant step towards the current committee's objective: to establish the Australian Six-Day Race as the best in the world.

The organisation supported by the Colac-Otway shire and headed by Lance Ryan, Don McKenzie and Mary Lowe, immediately following this year's race, commenced plans to ensure that the 1999 event attracts a field of 26, male and female runners, to match the best seen for many years.

"When I saw the enthusiasm of a group of people dedicated to making the event the best, I was inspired to continue the work," Don McKenzie said.

Tony Rafferty, publicity officer this year, will return in the same capacity for the 1999 event. "I'll endeavour to bring this race to the notice of hundreds of thousands of Australians, and others," he said. "I'll be in close contact with the organising committee throughout the year to ensure a positive outcome for this historic race. I'm stimulated by their enthusiastic approach to the race."

The 1999 Australian Six-Day Race - with quality trophies and prize money - starts Sunday 14 November to Saturday 20 November.

A top-class entry is expected for the fourteenth event. Male and female ultramarathon athletes are invited to apply for entry now in writing to:

AUSTRALIAN SIX-DAY RACE
PO BOX 163
COLAC VICTORIA 3250
AUSTRALIA

Czech cashes in

Kocourek cruises in six-day battle

By BRADLEY GREEN

CZECH runner Jaroslav Kocourek is almost certain to upset race favorite Dusan Mravlje as the Australian Six Day Race goes into its final day at Colac's Memorial Square today.

The 49-year-old continued to open the gap between himself and Mravlje yesterday and will take a power of catching as the race enters its final hours.

Kocourek regained the lead from the Slovenian early Thursday morning and has been able to put in a sizeable break over his rival in the second half of the race.

After the completion of five days (1pm yesterday) Kocourek had covered almost 800 kilometres with Mravlje completing 750.8km, falling well behind his rival in yesterday morning's racing.

By 5pm Mravlje had slashed the deficit in half and trailed by just 23.2km to set up an enthralling final day of competition between the European duo.

Despite the distance between the two leaders, experienced ultramarathon runner Tony Rafferty said he still believed Mravlje was capable of snatching victory by the race's finish time of 1pm today.

"Dusan is capable of going right through

to the finish. I've seen him do it many times before," Rafferty said. "I don't think he is out of contention just yet. He is known for his ability to suffer sleep deprivation."

However, by 10pm last night, Kocourek had blown out the lead to 44.8km. He had covered 829.2km and with 15 hours of the race remaining led by slightly more than an Olympic marathon over Mravlje on 784.4kms.

Race official Charlie Martin said yesterday's warm weather had slowed the competitors from about 5.5kmh to about 5kmh. "The most outstanding performance of the day was by the sole female in the run, Evira Janosi, of Hungary who has run a personal best of 493kms. Her PB was 480, so she is on track for a 500km run."

Sydney runner Tony Collins is set to better his fifth placing in last year's race as he is well clear in third place of West Australian George Audley.

Queenslander Bob Burns has made a strong Australian Six Day Race debut and is challenging Canadian David La Pierre for fifth.

Only 11 runners from the original field of 14 remain in the race after Colac's John Timms was forced to withdraw late Thursday suffering from mild hypothermia.



Jaroslav Kocourek trudges around the Colac course. Picture: LEANNE GOURLEY. 981116429

Victorian 6 hour & 50 km Track Championships

Moe, Vic 29/11/98

We weren't quite sure what to expect this year with the late withdrawal of men's favourites Ian Cornthwaite and Kelvin Marshall. As well as that, defending 50 km champion, Sandra Timmer-Arends, sustained nasty injuries in a fall during the Four Peaks races a couple of weeks earlier and was a doubtful starter until a day or two before. Despite this, it turned out to be a race of interest and surprises.

At the gun Ian Twite and Sandra Timmer-Arends swapped places early on, both clearly intending to stop at 50 km. David Styles settled into third place. Gordon Forsyth, Ernie Hartley and Peter Grixti were running alone but lapping at around the same pace. Dawn Parris soon fell away from this trio. Peter Nelson was further afield, running his own steady race.

Twite and Timmer-Arends dominated the pace, with Twite finishing the 50 km race $\frac{3}{4}$ of a lap ahead. Timmer-Arends was pleased with her result because it was her first good run since her fall.

David Styles was the next 50 km placegetter, running a 4:08 PB. Peter Grixti followed some distance behind. Grixti had gradually pegged back Forsyth and Hartley, nudging ahead to lead them at 50 km. Dawn Parris had also recovered ground on the three men ahead of her.

Now, into the business end of the 6 hour race, Grixti was 11 minutes ahead of the next three runners and looking the strongest. But he horrified his supporters by pulling off into the masseurs tent. After one of the quickest rub-downs in history, Grixti returned to the track, resumed his lead and ran steadily to the finish. While Grixti may have taken control, there were tense moments behind him. Hartley took up the chase after Forsyth and Dawn Parris was after them both. The gaps between Forsyth and Hartley, and Hartley and Parris were closing.

Grixti remained in a safe lead but a mere 180 metres separated Forsyth, Hartley and Parris at the end. All three were also tantalisingly close to running 60 km totals – Forsyth was a mere 4 metres short at the siren.

Peter Nelson was next placegetter, his 54 km total and 50 km time looking good enough for a new 55-59 Australian age group record claim.

Geoff Duffell (Race Director)

6 hours

Placings, Runner & Age		1 hour	2 hours	3 hours	4 hours	5 hours	6 hours
1M Peter Grixti	49	10.8	21.6	32.4	43.2	52.0	61.502
2M Gordon Forsyth	50	11.2	22.4	33.2	42.8	51.6	59.996
3M Ernie Hartley	48	10.8	22.0	32.0	41.6	50.8	59.942
1F Dawn Parris	45	10.4	21.2	31.2	41.6	50.4	59.817
4M Peter Nelson	58	9.6	18.4	27.4	36.8	45.6	54.183
5M Ian Twite	43	13.2	26.8	40.8	50.4	50.4	50.4
2F Sandra Timmer-Arends	35	13.6	26.8	40.4	50.4	50.4	50.4
6M David Styles	48	12.0	24.4	36.4	50.4	50.4	50.4
7M Geoff Duffell	47	6.4	16.8	24.0	28.8	28.8	28.8

50 km

Placings & Runner	Marathon (approx)	30 miles	50 km
1M Ian Twite	3:06:10	3:34:04	3:41:58
1F Sandra Timmer-Arends	3:07:37	3:35:03	3:42:23
2M David Styles	3:26:30	3:59:06	4:08:56
3M Peter Grixti	3:52:54	4:36:00	4:45:46
4M Gordon Forsyth	3:54:58	4:37:08	4:50:01
5M Ernie Hartley	4:01:56	4:42:59	4:54:33
2F Dawn Parris	4:05:06	4:44:51	4:56:52
6M Peter Nelson	4:34:41	5:17:43	5:29:47

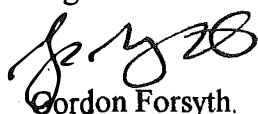
Dear Dot,

On 29 November 1998 I completed the 6 Hour & 50 km Victorian Track Championship race at Moe. For the past ten years I have been competing in fun runs and marathons but this was my first experience at running around a 400 metre athletic track for 6 hours. Race Director Geoff Duffell and his Traralgon Harriers are to be commended for the efficient and professional manner in which the race was organised and conducted. Geoff even arranged a cool 17 degree overcast day which made conditions ideal for running.

There were masseurs on hand before, during and after the event which were greatly appreciated by all the runners. The afternoon tea provided was a highlight of the day. The friendship shown by the other runners and the ongoing support from the spectators and support crews were outstanding.

If I can travel from Sydney to run in this event how about more of you runners in Victoria supporting the Traralgon Harriers and participate in this race next year.

Regards



Gordon Forsyth.

5 Joalah Crescent
Berowra Heights N.S.W. 2082
6 December 1998

CLUB BONES

Any club – like the human body – is supported by its bones but whereas the human body has a large number of bones, each performing their share of the support, clubs contain only five bones. They are –

THE WISHBONE: This bone is always dissatisfied with its part in the club and is constantly comparing its position unfavorably with others. Wishbones do not carry much of the load of the club.

THE JAWBONE: Jawbones can be recognised by their excessive talking and lack of doing. While a small number of Jawbones in a club may be an advantage in that they sometimes provide ideas, many clubs suffer from an excess of these bones.

THE KNUCKLEBONE: The main activity of Knucklebones is knocking the efforts of others without stopping to consider that each working part of the club is trying to do a difficult job to the best of its ability. Knucklebones would be better off getting on with the task of supporting the club rather than criticising.

THE LAZYBONE: The Lazybone is unfortunately often the largest bone in the club. Lazybones spend most of their time supported by the fifth bone of the club skeleton.

THE BACKBONE: The Backbone supports the club, is always there to carry its share (and often more) of the workload. Backbones whilst often being small in number are big in effort and enterprise. Backbones rarely crumble under the total weight of the club.

These are the five bones of a club. Which bone are you?????

The Douglas Aspley Pancake Run

By Peter Hoskinson & Mike Maddock 3/10/98

One of the joys of running is that you can add something different and make it individual.

When looking to do the DOUGLAS-ASPLEY run we looked for something different as anyone "could" run DOUGLAS-ASPLEY.

We decided we would have breakfast at and start from the "Elephant Pass Pancake Parlor".

I recommend chocolate and banana. So after having breakfast with my family we headed off from the carpark down the bitumen for a 1km or so turning left onto a gravel road. This road was good running as we headed down to the E4 road 1hr away. E4 is quite steep in places, nice to have a walk and think how far to go. E4 leads to the information booth at the start of the DOUGLAS-ASPLEY park.

By starting at the Pancake Parlor we added about 1 1/2 hours to the run.

The next 2 hours down the track the running is good on a well-formed track with lots of variation with some nice short steep climbs as well as good open running.

Turning left at the camping area you climb a steep section which is a sign of things to come. We climbed to lookout peak and took in the views of the East Coast beaches as we had lunch.

This is where the fun began, the track got progressively worse from here with lots of steep sections both up and down, the big one being the climb out of the Douglas River.

On lots of the track a fast walk was the safest option. As is the case with this sort of run the last 5-km seemed to take 2 hrs.

The track must be run north south as advised by Parks. The track is really well marked by orange triangles in most areas, but poorly marked in others especially the marsh areas where the 5cm bits of pink flagging have been there for a few years. We ran off the track several times but was able to back track OK. We completed the 36km (approx.) in less than 8 hrs and had a good day out.

Best described as a run/walk but definitely a good challenge.

Poem submitted by Stan
Miskin of Queensland.

The preservation of Man.

The horse and mule live thirty years
and nothing know of wines or beers.
The goat and sheep at twenty die
with never a taste of scotch or rye.
The cow drinks water by the ton
and at eighteen is mostly done.
The dog at sixteen cashes in
without the aid of rum or gin.

The cat in milk and water soaks
and in twelve short years it croaks.
The modest, sober, bone dry hen
lays eggs for nogs and dies at ten.
All animals are strictly dry;
they sinless live and swiftly die;
But sinful, ginfu, rum soaked men
survive for three score years and ten;
and some of us, the mighty few
stay pickled till we're ninety two.

ROBERT GARSIDE, article submitted by Phil Essam.

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Man with the world at his feet

By BRETT CLANCY

ENGLISHMAN Robert Garside doesn't tell people he's running around the world.

Of course he is - and he's already smashed the world long distance record of 17,900km set by American Robert Sweetgail in 1982-83 - but Garside prefers to inform fellow travellers he's running the length of every continent in about four years.

In Adelaide after striding in from Perth, Garside - known as Runningman - is nearly two years into the epic run he plans to finish in December, 2000.

His double marathon-a-day journey will see him cover the greatest distance ever run, 68,000km, passing through seven continents - including Antarctica - and 60 countries.

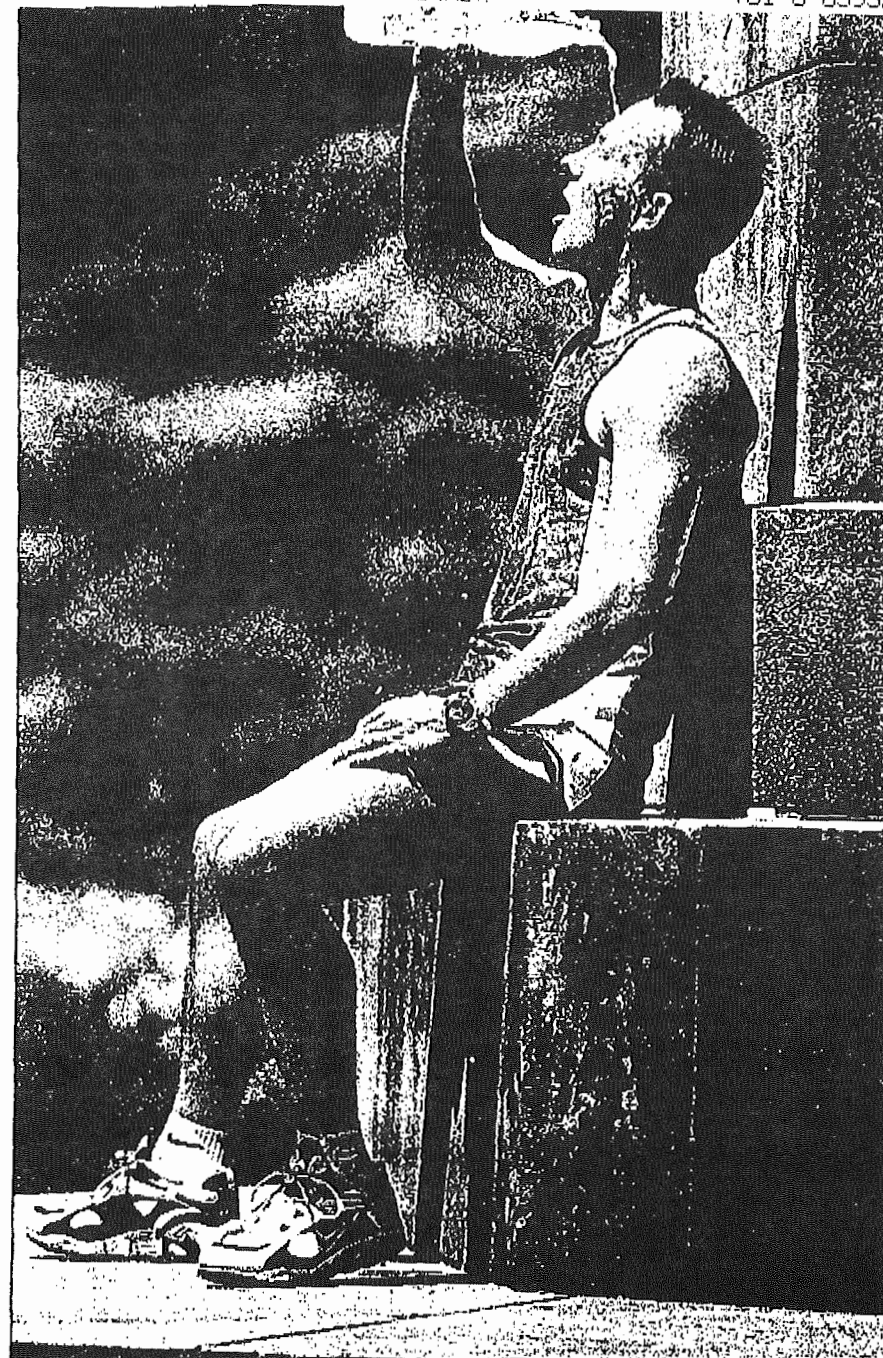
Garside's quest began in December, 1996, when he set out from Piccadilly Circus with US\$30 in his pocket and an unimaginably big dream, hatched while his university class-mates were cramming for exams.

The dream has frequently turned nightmarish for Garside, but after running through Europe and Asia he can now start to see a glimmer at the end of the tunnel.

An incisive, intelligent 31-year-old from Greater Manchester who has relied on his wits everyday to survive a mountain of challenges, Garside recalls the days spent secretly arranging his itinerary.

"I was alone in the library working out my route and thinking that I should just do the exams and be a normal person," said Garside, who was one year out from completing a degree in psychology.

Equipped with a body custom-made for long-



MARATHON THIRST: Robert "The Runningman" Garside cools down in the City of Churches after his trek from Perth.

Pictures: MIKE BURTON

distance journeying, Garside completed a 2000km test run in 1996 across Southern Africa.

Runningman, who carries his daily supplies and video camera in a waistband, runs up to eight hours a day, traversing about 80km.

Compared to ultramarathon runner Yiannis Kouros, who covered the 1060km Sydney to Melbourne race in about eight days, Garside's daily feats - with no back-up crew and often in hellish conditions -

are even more stunning. With his head bent slightly forward, ears filled with techno music from a solar-powered walkman, Garside says he sometimes feels like an alien.

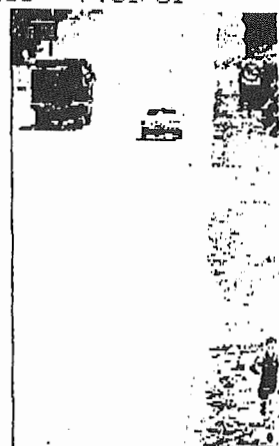
"The hormones are having an effect on you, you have got the movement, the fight, the music - it's a completely emotional thing," said Garside, who has worn through 30 pairs of runners.

"How do you describe running over the crest of a mountain at night, the moon

coming down on the snow, you are all alone and you have this music coming over - it's complete concentration - you almost feel like an alien being just landed on planet Earth."

Garside, who has stayed at youth hostels, homes, police quarters and even police cells during his travels, has had plenty to push against.

This journalist first spotted Garside in Kathmandu, a bright flash dodging past rickshas and hawkers. He was training and waiting for



LONG ROAD: Garside arrives in Adelaide.

a special visa to enable a gruelling run across the Himalayas into Tibet, and then China.

His enthusiasm, despite the arrival of a special goose down "Himalayan suit" seemed at odds with reality. All tourist routes into Tibet had been shut down and it was freezing; he seemed destined for failure. But last week in Rundle Street Runningman glided past me on his way to an Internet cafe, where he would update his site, which has received more than 20,000 hits from avid followers.

Garside, who has no major financial sponsors, has relied on the generosity of others to help him through the tough times.

But slowly the support has grown. Telstra now sponsor his mobile phone, and a book and documentary is on the way, along with the planned launch of the Runningman clothing label.

The Guinness Book of Records has endorsed Garside's attempt, but it has tough standards and he must provide video footage at each 15km section of the trip. This includes affidavits from people and police along the way.

Right now, with Garside's video camera in Japan being fixed, Runningman is cooling his heels in Adelaide but determined to continue his journey to Sydney when the camera is repaired.

Runningman was shot at by gypsies in Russia, nearly froze to death in the Himalayas and thrown in jail by authorities in China.

And with more than 35,000km left - including America, Africa and Antarctica - Garside will have triumphed over a hundred more "impossible" situations by the time he runs back into Piccadilly Circus.

George plots

GEORGE AUDLEY



ON COURSE: George Audley studies a bar chart of his running career. **Picture:** MATTHEW SUTHERLAND

By MARK HOOPER

ULTRA-DISTANCE runner George Audley is approaching a milestone some people wouldn't achieve in a car over several years.

The diminutive Audley has clocked up almost 100,000km in his running career which began in earnest 17 years ago.

He has arranged his schedule to reach the six figures at the finish line of the Albany Port-to-Point fun run this Sunday.

He has planned it that way in the lead-up to his seventh Australian Six-Day Race at Colac in Victoria next month.

It is fitting he should reach the 100,000km milestone in the Port-to-Point because the event is where he began serious running and keeping track of his distances.

He entered the 1981 run in his late 40s with little training and got hooked on running.

Audley joined the Albany Athletics Club and ran in cross country events.

"I realised that the fun run distance was about a quarter of a marathon, so I thought if I could do that with no training then with training a marathon was possible," he said.

He has averaged almost 6000km a year since then, or 120km a week.

"I borrowed a book from the library and devised a

program to run a marathon after six months' training. This was when I started keeping a record of my running."

Audley wrote his distances in a book until a computer took over.

The latter helps him produce bar charts, one of which shows he will, barring injury, have his 'longest year' this year since running 10,000km in 1987. He is up to 7000km.

Audley has chalked up much of his distance in the Six-Day Race, in which he first competed in 1987, the third year of it.

He was sixth that year with 805km, and that was his best until running 817km to finish second in 1996.

He was fourth last year with 728km, 50km behind winner Peter Gray of Geelong, but in the process broke the Australian 48-hour record for his age group (60-64).

Audley is one of 17 entrants this year, including Gray, Cliff Young and Slovenian Dusan Mravlje, who Audley believes will win.

Mravlje was second for three years in a row (1986-88) but this year will be his first appearance since then.

Audley, 63, has been Albany Sportsperson of the Year (1987) and Veteran Sportsperson of the Year (1996).

He has also run in the Sydney to Melbourne marathon.

LINDA MEADOWS



Unlucky break will not stop Meadows

By KATIE PEART

HER bones might be fragile, but Linda Meadows has a competitive spirit that won't break.

In her 22 years as an elite athlete, Meadows has ridden round the world and Australia on a bike, set two world records for ultra-marathon running on the track, as well as numerous Australian records for track and road races between 50km-100km.

All this despite the fact she has severe osteoporosis. So brittle are her bones that earlier this year she cracked a couple of ribs just doing some sit-ups.

"I have to be very careful," she said. "If I fall over I break."

Meadows was diagnosed with osteoporosis five years ago when she tripped and fractured her knee, hip and ankle three weeks before she was due to run a marathon in Japan.

Doctors told her she would never run again, but the 39-year-old Victorian proved them wrong, increasing her bone density through naturopathic and herbal treatments.

A part-time student and freelance journalist, Meadows confessed she couldn't stop challenging herself "intellectually and physically".

For something new she has entered Australia's toughest multi-endurance event, the JLW Challenge, which comprises a 220km run, cycle and kayak race over two days.

Meadows has completed and won similar events, but this time has some expert tuition to draw on.

"Before, I didn't have a clue what I was doing in regard to kayaking, but now with a coach (Tony White) I feel a lot more proficient," she said. "The kayak is actually staying upright and I'm moving forward."

Accustomed to pushing her body to new limits, Meadows gets an almost perverse satisfaction from knowing that next week's two-day race, starting on the summit of Mt Buller, will be gruelling.

"The tougher it is for me, the better," she said.

A record field of 500 competitors has entered the JLW Challenge, which starts November 28 and ends November 29 on the banks of the Yarra river.



"The Sun Herald" 24/11/98

In control: Linda Meadows practises for the multi-endurance race in her kayak yesterday. Picture: ANDREW TAUBER

MEDIA ARTICLES ON MEMBERS

AAAAAAAAAAAA

CLIFF YOUNG

Young (no relation) was 76 and one man, Peter Waddell, was 67. Most of the others were in their forties.

Starting at noon on Saturday, they endlessly lapped the new red tarmac circuit at the Harold Stevens Athletic Track in Coburg, braving rain, hail and generally freezing conditions during the night, fortified by hot soup and carbo-laden spuds.

THE winner was Helen Stanger, 48, from Loftus, NSW, who covered 228km, well ahead of second-placed Andrew Lucas, 33, of Tasmania, who did 168km.

But Lucas had to pull out with about 90 minutes to go because the pain from his feet was too bad, and that was scarcely a

surprise. He recently burned them badly on a heater at the end of his bed and was told by a doctor not to attempt to run for at least six months.

He turned up anyway — they *are* all mad, you see.

And in the last minute, Shirley Young collapsed on the track and had to be helped inside by the St Johns Ambulance people, to the consternation of her family.

But she was fine. In fact, having covered 162km — or just over 100 miles — she was "rapt". So was her young grandson, who stared at her in awe.

But the club, which once boasted champion Olympians Herb Elliott and Raelene Boyle among its members, knew they had a focal point when, unsolicited, an entry form arrived from the craggy-faced farmer who originally became famous for running a marathon in his gumboots.

Not much has been heard of him since the Sydney-Melbourne runs stopped seven years ago, but recently he's started to develop a bit of a

HE'S 76 now — but still there's no stopping Cliff Young.

The old shuffler is back on the go, and if you think those epic runs between Melbourne and Sydney a few years ago were remarkable feats — and they surely were — then you ain't seen anything yet.

He's planning to run around Australia, Tasmania included, next year, starting on his 77th birthday in February.

Just as a little warm-up, Young re-emerged from the obscurity of his farm near Colac at the weekend to contest the Coburg Harriers' 24-hour ultra-marathon, one of Melbourne's more weird and wonderful sporting events.

You have to see it to believe it — not because the race itself is so unusual, but because the people who enter it are.

They might all be mad, but they're inspiring, too, especially if you're getting on a bit and you think it's all getting a bit too hard.

Of the 10 who started, Cliff was the oldest and the two youngest were 33. One woman, Shirley

media profile again, which is useful as he seeks sponsorship for the round-Oz run. He figures he'll need about \$60,000.

The Westfield shopping centre chain used to back him, but dropped off when people began to accuse them of exploiting him.

YOUNG, wearing an ancient shirt with Westfield's trademark all over it, was at pains to defend them yesterday.

"They used to say Westfield were running a poor old Cliff into the

ground, but that was never the reason I kept running," he said.

"I just wanted to do it.

"You've got to do something to keep fit in the bush and it helps you lose all the tension," he said.

Moving slowly, but relentlessly along in his trademark style, leaning forward as if he is about to topple over, Young managed 146km in his 24 hours.

And that wasn't a bad effort considering he is still getting grief from a shoulder he dislocated

when he fell over trying to negotiate a barbed-wire fence on the farm six months ago.

To relieve the discomfort, he had to carry a thick sponge under his arm-pit as he ran.

HE is also in pain from recent surgery to remove a cancer from his right eye-socket, and has skin cancers on his back.

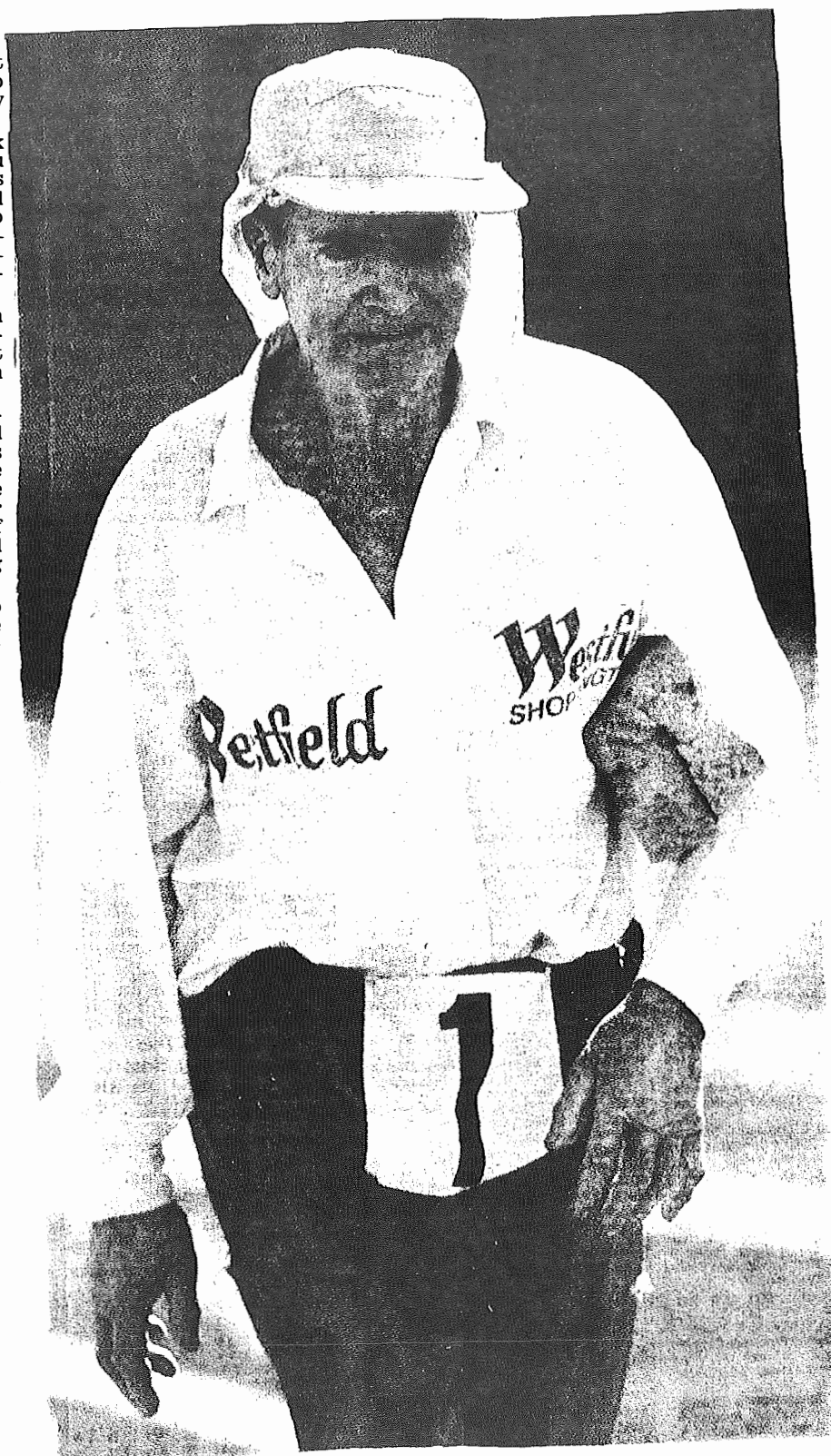
For all these reasons, for his overall contribution to the sport, for just being Cliff Young, the organisers awarded him the trophy struck to

reward the runner who best exemplified the spirit of endurance.

Young said he had never endured a colder night, which was saying something because there were some shockers on those old Sydney runs.

So did he ever contemplate chucking it in? The question was met with scorn. "The next time I chuck it in will be the first," he snorted.

"All these other people are out there having a go. I'm not going to be the one looking like a wimp."



GARY PARSONS - HIS NEXT TWO RUNNING GOALS

One club member who is certainly going to be busy during the next year or so is Gary Parsons.

In 1997, Gary had a triple hernia operation caused by heavy lifting in his job as a builder and this put his training on hold for six months.

Then in June this year, Gary challenged the Birdsville Track record which runs from Marree in South Australia 520 kilometres through Sturts Stony Desert to Birdsville just over the Queensland border. The track has been run by a number of runners including Tony Rafferty, Ron Grant and Dave Holleran. Gary managed to take 18 hours off the fastest time. This run has given Gary the confidence that he will need to accomplish the goals he has set himself for the next couple of years.

Those goals include the crossing of the Simpson Desert in an attempt to break Pat Farmer's summer crossing record which he took from Ron Grant last summer. Gary will be attempting this run on 2 December this year.

As well, Gary has set himself a huge goal of trying for the record of running around Australia, including Tasmania, and he feels very confident that he'll be able to break Ron Grant's time of 61.7 km for 217 days of continuous running in 7 months 3 days. Gary plans to start this run on 28 March 1999.

Previous highlights of Gary's career were breaking Tony Rafferty's 1000 mile track record by 18 hours and during that event he broke nine world records. In 1996, against a world class field, including the Trans-American winner, Gary again won the race, breaking his own record by almost a day. These records have been broken recently by a Russian runner, but Gary hopes in the future to return to the track and attempt to reclaim the 1000 mile track record.

I'm sure all club members wish Gary (and his crew) all the very best for both runs. It certainly takes a lot of planning, preparation, commitment and gruelling training to undertake feats of this magnitude and I have great admiration for athletes who take on such challenges.

Just talking to Gary, I can tell he is very focused and positive and I've also noticed he is constantly running on 8 cylinders!!

We look forward to reading the reports on both events.

Good luck from members of the Queensland Ultra Runners' Club.

Gary Parsons aches to return to the desert

by Stephen Hapgood

CABOOLTURE's Gary Parsons has managed to knock more than 18 hours off the former record for crossing the Birdsville track. Now he wants to tackle another desert run by the end of the year.

"The desire is back in me, I've whet the appetite with the Birdsvillerun," he said.

Gary covered the 520km from Marree, South Australia, to Birdsville, Queensland, in four days, three hours, 19 minutes and 34 seconds, beating Ron Grant's former record of four days, 21 hours and 20 minutes by more than 18 hours.

The journey took Gary over some of the country's worst road conditions proving difficult but not impossible to conquer on the unsealed roads.

"I just thought to myself I've been there, done that in training around the streets of Caboolture," Gary said.

"You get a feeling that if everything is in order you can do it," he said.

He said different times required different thoughts, such as trying to remain positive despite a strong headwind throughout the second day.



LAI D BACK: Mild mannered Caboolture distance runner Gary Parsons rests up after his record-breaking Birdsville track run.

"I just had to rejuvenate, reboot the mind regularly."

Gary covered 150km on the first day, but found the 122km he on the second day tougher.

After the wind had dyed off Gary covered 106km on the third day, with 133km on the final day spurred on with the promise that a cold local ale was waiting in Birdsville.

At 48 years old, and recovering from a triple hernia operation recently, Gary's is focused and in training for a Simpson Desert run during the summer.

To break the long-standing records set by Pat Farmer and Caboolture identity Ron Grant, Gary will have to run when ground temperatures get to 60 degrees.

Pat Farmer took 3 days and 9 hours to complete the crossing, while Ron Grant held the record for many years at 3 days and 17 hours.

Gary said he also planned to run around Australia anti-clockwise, beating Ron Grant's 1983 record of 61.76km over 217 consecutive days.

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that frightens us.
We ask ourselves, "Who am I to be brilliant, gorgeous, talented and fabulous?"
Actually, who are we not to be?
You are a child of God. Your playing small does not serve the world.
We are born to manifest the Glory of God within us.
It's not just in some of us - it is in everyone.
And as we let our light shine, we unconsciously give other people permission to do the same.
As we are liberated from our own fear, our presence automatically liberates others.*

- Nelson Mandela

STRESS DIET

This diet is designed to help you cope with daily stress.

Breakfast

Half grapefruit

1 slice wholemeal toast
300ml skim milk
Decaffeinated coffee

Lunch

80gm grilled chicken breasts
1 serve steamed carrots
1 herb tea
1 Tim-Tam

Afternoon Tea

Rest of Tim-Tams
2 pints of ice-cream
1 jar fudge sauce
nuts, cherries,
whipped cream

Dinner

2 loaves garlic bread
1 large supreme pizza
6 glasses of wine
3 Milky Ways

Evening Snack While Watching TV

Entire frozen cheesecake direct from freezer

Rules for This Diet

1. If you eat something and no-one sees you eat it. it has no calories.
2. If you drink a diet soft drink when eating chocolate, the diet soft drink cancels out any calories in the chocolate.
3. When eating with someone else, your calories don't count if you eat less than they do.
4. Calories in food used for medicinal purposes never count e.g., hot chocolate, brandy.etc..
5. Movie-related foods do not add calories because they are part of the entire entertainment package. e.g. Jaffas, buttered popcorn. Minties etc.
6. Biscuit pieces contain no calories because the process of breakage causes calorie leakage.
7. Things licked off knives and spoons have no calories if you are in the process of preparing something because calories only become part of the complete meal when it is cooked. e.g. ice cream off a spoon, icing off a knife, etc
8. Foods that have the same colour have the same number of calories. Examples are spinach and pistachio ice cream. mushrooms and white chocolate.

NOTE: The harmful effects of caffeine, fat and sugar in hot chocolate drinks or cappuccinos will be neutralised when you drink them with skim milk.

Russians runners dominate IAU World 100Km

UW News

Ultramarathon World

**Grigori Murzine (RUS) wins men's title;
Carolyn Hunter-Rowe (GBR) wins second women's crown**

Ultramarathon World

★ Top contenders

Reload this page for updates



IAU 100Km World Challenge

(World championship)

(Held under the patronage of the IAAF)

River Shimanto, Japan - 18 October 1998



River Shimanto, Japan (UW) - Grigori Murzine has won the IAU 100Km World Challenge, leading a Russian sweep of the men's race, while Carolyn Hunter Rowe has won the women's title. Russia ran away with the men's team race while Germany took the women's team title. It was the second world title for Hunter-Rowe, who also won in 1993.

Grigori Murzine



The race was nearly cancelled by Typhoon Zeb, which swept in from Taiwan and Okinawa and left more than 100 victims in its wake. There were concerns that rockslides caused by the typhoon might have blocked the course. But apart from one bridge, blocked by swollen river currents, there were no major problems. Another bridge farther downstream was used in its place.

The typhoon hit late Saturday night. However, it eventually passed through the area of the race with little serious impact. By the time the more than 1,500 100Km runners started (6 a.m. local time) at Nakamura City Warabioka Junior High School., the rain had stopped and the skies had cleared. In keeping with local tradition, runners took an oath to compete fairly before the race started under a large white arch.

"A thin crescent moon shows high in the lightening sky," Andy Milroy of the International Association of Ultrarunners wrote in Internet reports filed from the scene. "Flaming beacons and flapping Japanese banners and national flags line the start of the course. The actual start seems cautious by the usual World Challenge blitz standards - perhaps the lead runners are conscious of the toughness of the course and of the heat to come. Very warm weather is predicted but with decreased humidity."

Pattern set early

The outcome of the men's race was signalled right from the start when the powerful Russian team forged into the lead, along with some members of the Japanese and South African teams. Russian veteran Valentina Lyakhova of Russia and Maria Venencio of Brazil set the pace in the women's race.

At the 36.7 kilometre checkpoint of the long single-loop course, the lead men's group of The leaders in the men's race at the 36.7km check point were in a series of Ravil Kashapov [RUS], Andrew Kelehe [RSA] and Yusufumi Mikami [JPN] along with Grigori Murzine [RUS] and Neil Schalkwyk, also of South Africa, went through in 2:19. Close behind was

another group containing Kaminari Kondo of Japan, and the Russians, Alexey Volgin and Igor Tyupin. A whole series of elite runners followed, including Jaroslav Janicki [POL], Anatoli Korepanov [RUS], Tim Sloan [AUS], Rainer Muller [GER], Andy Jones [CAN] and Russell Crawford [RSA].

In the women's race, Brazilian Maria Venancio took a strong early lead, going through the initial checkpoint in 2:42, a full 7 minutes up on South African veteran Sanet Beukes. Defending world champion Valentina Lyakhova of Russia was nowhere to be found. Another two minutes behind Venancio was Russian Tatiana Arinosova. After a gap of another minute comes the bulk of the women's elite field.

Spread out over the next few minutes were the entire French and South African teams, the expected title contenders. And mixed in with them were Carolyn Hunter-Rowe (1993 World Champion) and leading Japanese lady Akiko Sekiya. A few more minutes back were Lilac Flay of New Zealand, and 50-year old course record holder (8:28) Eleanor Robinson of Britain. Behind Robinson, and falling back rapidly, was the co-favored Lyakhova, apparently done in already by the early hills.

Temperature rises

The sun reappeared at about the three-hour mark of the race and temperatures rose rapidly.

By the next checkpoint at 62km, Grigori Murzine, who won European 100km championship in 6:23 at Torhout, The Netherlands, was the leader with countryman Ravil Kashapov, a former world marathon cup winner, nine seconds behind. Leading South African Andrew Kelehe was a minute further back. Russians Anatoli Karepanov and Igor Tyupin were running fourth and fifth followed by Japanese competitors Yusufumi Mikami and Kaminari Kondo. Also in the top ten were South African Neil Schalkwyk, Tim Sloan of Australia and Jan Vandendriessche of Belgium, who was moving up through the field.

At 62km in the women's race, Venancio's blistering early paced had slowed under a hot merciless sun and she was exhibiting visible signs of fatigue and stress. And the ultimate women's winner was beginning to take charge. "During the last 25km, mostly flat but slightly downhill, the feature story of the women's race is Carolyn Hunter-Rowe," Milroy wrote. "The 34-year old Brit has run roughshod through the French and South Africans and is now chasing Venancio, having pulled well clear of the rest of the field. Her time at 62km is 4:54, only 6 minutes down to the leader.

Near the halfway point the French team lost Isabelle Olive and the South Africans Beukes, with Russia's Lyakhova already on the sidelines. "These developments now wreak havoc on the women's team form charts, as both South Africa and Russia have brought only three women each to the event," Milroy noted. "Now two of the top three ranked teams will be unable to factor in the team scoring."

At that point, the remaining South African women, Charlotte Noble and Karen Bradford, were closing in on 47-year old Huguette Jouault of France, who was pressing to catch the two leaders. Jouault is the only runner, male or female, who has completed 10 IAU World 100km races. And almost without exception, she has improved her performance in each year, age notwithstanding.

At 82 kilometres

By 82km the race had become a fierce domestic battle within the Russian team. Murzine went through the approximate 50-mile point in 5:08, extraordinary running on the hard Shimanto River course. Yet he was only a four minutes up on Kashapov, a 2:11 marathoner. Will Kashapov, who has run 27 minutes for 10km, was positioned to use his kick in the final kilometres, but there was a question about what the hills had done to his

41-year-old legs.

The race was much more than a two-way battle at this point. Another Russian, Anatoli Korepanov, a 2:13 marathoner, was running third, two minutes back and yet another Russian, Igor Tyupin, was fourth place.

Venancio went through 82 km in 6:34, still leading the women's race, but with Hunter-Rowe closing to within two minutes of her. A race had also developed for the bronze medal between Lical Flay of New Zealand and Huguette Jouault. The lead pair were about 5-6 minutes ahead of the next runners in the field. Noble was fifth at 82km (in 6:49) but was suffering. For the first time in the race, the German women, led by Anke Drescher and Ricarda Botzon, had moved into the top 10.

In the final 20Km, the men's race turned into the Russian runaway that had been taking shape from the outset. "Murzine owns the race, as Kashapov has drifted off his pace and is being overtaken by a hard-charging Tyupin," Milroy reported. "Korepanov rounds out the rout, as the Russian juggernaut turns the sport's World Title event into a domestic showpiece. And this with two additional former Russian World Champions dropping out of the race!"

Following some 20 minutes behind was a relatively unheralded French runner, Thierry Guichard, holding down fifth place. He was trailed by Simon Pride of Great Britain, Jan Vandendriessche of Belgium, Rainer Muller of Germany, Tim Sloan of Australia, and Toshiro Kashihara of Japan. Four of the top 10 (Tyupin, Kashapov, Guichard, and Muller) are novices to the 100km distance this year.

Venancio, as expected, yielded to the unstoppable Hunter-Rowe in the women's race, and then was unexpectedly overtaken in the final stages by Flay. Jouault held on for fourth followed by Ricarda Botzon of Germany, who moved up five places in the last 15km.

Men

1	Grigori Murzine	RUS	6:30:06
2	Igor Tyupin	RUS*	6:34:10
	(not on Russian National Team)		
3	Ravil Kashapov	RUS	6:36:33
4	Anatoli Korepanov	RUS	6:38:02
5	Thierry Guichard	FRA	6:58:41
6	Simon Pride	GBR	6:59:38
7	Jan Vandendriessche	BEL	7:04:23
8	Rainer Muller	GER	7:07:55
✗ 9	Tim Sloan	AUS	7:13:08
10	Toshiro Kashihara	JPN	7:13:21
11	Michael Sommer	GER	7:13:59
12	Andrew Kelehe	RSA	7:16:27
13	Jesus Corredor	ESP	7:16:54
14	Mikhail Kokorev	RUS	7:22:36
15	Ramon Alvarez	ESP	7:24:56
16	Steve Szydlak	USA	7:25:41
17	Russell Crawford	RSA	7:27:32
18	James Garcia	USA	7:28:34
19	Stanislav Lazyuta	UKR	7:36:23
20	Neil Schalkwyk	RSA	7:41:54
21	Brian Teason	USA	7:42:36
22	William Sichel	GBR	7:46:26
23	Bruni Heubi	FRA	7:52:21
24	Lutz Aderhold	GER	7:58:40
25	Denis Gack	FRA	8:02:54
26	Jozef Gyorke	SVK	8:03:26
27	Goichi Kusano	JPN	8:10:42
28	Vincente Vertiz Pani	MEX	8:13:14
29	Mahrez Boudjema	FRA	8:16:43
30	Kiminari Kondo	JPN	8:22:55
31	Lubomir Hrmo	SVK	8:26:00
✗ 32	Nigel Paul Aylott	AUS	8:33:24
33	Mark Godale	USA	8:33:25
34	Peter Polak	SVK	8:36:39
35	Tomas Rusek	CZE	8:40:04
36	Jacinto Fernandez	ESP	8:40:25
37	Volkmar Muhl	GER	8:46:23
38	Ray Leonard	CAN	8:57:17

39	Camilo Gomez Rosas	MEX	9:01:13
40	Yvan Chasse	CAN	9:20:05
41	Ivo Drahorad	CZE	9:28:08
42	Ean Jackson	CAN	9:31:06
43	Jose Luis Carrera	MEX	9:45:56
✗ 44	Paul Williams Every	AUS	9:54:41
45	Victor Hickey	CAN	10:16:23
46	Ron Gehl	CAN	10:29:38
47	Jason Papich	CAN	10:34:14
48	Don Ritchie	GBR	10:43:42
49	Toru Kawata	JPN	11:13:29
50	Ryne Melcher	CAN	12:07:15

Women

1	Carolyn Hunter-Rowe	GBR	8:16:07
2	Lilac Flay	NZL	8:19:11
3	Maria Venancio	BRA	8:21:55
4	Huguette Jouault	FRA	8:23:20
5	Ricarda Botzon	GER	8:36:00
6	Karen Bradford	RSA	8:37:46
7	Tatiana Arinosova	RUS	8:38:32
8	Daniele Cherniak	USA	8:45:23
9	Anke Drescher	GER	8:48:39
10	Larissa Semenova	RUS	8:49:45
11	Charlotte Noble	RSA	8:56:12
12	Sybille Mollensiep	GER	8:58:45
13	Chrissy Duryea-Ferguson	US	9:02:56
14	Morielle Brionne	FRA	9:07:34
15	Susan Olsen	USA	9:10:26
16	Anny Floris	FRA	9:16:00
17	Janet Runyon	USA	9:16:13
18	Akiko Sekiya	JPN	9:16:32
19	Reiko Hirosawa	JPN	9:21:41
20	Mo Bartley	USA	9:22:33
21	Val Muskett	NZL	9:25:50
22	Karin Westfahl	CAN	9:27:10
23	Suzanne Gagnon	CAN	9:33:32
24	Jutta Philippin	GER	9:41:28
25	Hilary Walker	GBR	9:45:17
26	Bonita Neqlia	CAN	9:49:01

OFFICIAL COMMONWEALTH 100KM CHAMPIONSHIPS APPROVED

from Andy Milroy

The Commonwealth Games Council in Kuala Lumpur, Malaysia agreed that official Commonwealth 100km Championships could be held. Such a Commonwealth 100km Championships would be held outside of the Games itself.

Such a Commonwealth 100km Championships may not be held within three months of a Commonwealth Games, and may be held more frequently than once every four years.

Details of rules etc relating to the Commonwealth 100km Championships are awaited

Ultra Update - December 1998

The Edinburgh 100km in Scotland on July 19th was won by Mark Guichard in 7:50:35 with Eleanor Robinson winning the women's event in 8:35:54.

A week later the hyper-active Mrs Robinson was back in action. She was the first woman in 4:15:14 in the 53km Grantham Canal run, ahead of another 100km national team member, Sylvia Watson

[4:22:49] The race was held in Lincolnshire, in the United Kingdom, on the 26th July.. Stephen Moore won the overall race in 3:33:45, with the up and coming Mikk Bradley in second, running 3:45:30. The Canal run is often used to prepared for the 55 mile London to Brighton, or in this case the World Veteran Challenge at Winschoten.

Yiannis Kouros has run 300km in 24 hours, but on the 19-20 September decided to try his hand [or rather his feet] in another discipline. A Centurion Walk competition had been held at Clifton Hill, Victoria, Australia. [The Centurion concept began in Britain way back in 1911] Kouros obviously wanted to see how far he go as a walker, without apparently any real preparation. He reached the 50 mile point in just over 11 hours and finished the 100 miles in 22:55:23. He then continued on to complete 168.406 km/104.6 miles in the 24 hours.

Costas Reppos, another Greek who has established himself on the international stage, repeated his 1997 achievement by winning the Spartathlon for a second year on the 25/26th of September. He covered the 245km Athens to Sparta course in 25:11:41, well clear of Japan's Kenji Okiyama [26:13:13].

Okiyama is establishing himself as a major force in the long point to point races, having won the Sukura 250km race in his home country on April. A former winner from Britain, James Zarei, ran 26:44:04 for third. There were eighty-one finishers from some one hundred and sixty three starters inside the 36 hour time limit.

The first woman in 28:46:58, was Mary Hanudel-Larsson, who finished with her husband, Rune. Japan's Kimie Funada, was second in 29:32:21, and Helga Backhaus of Germany with a time of 29:53:21, finished third. Twenty-three Japanese ultrarunners finished the race. For them, the Spartathlon is a very special event.

The Cape Town 100 mile road race in South Africa on the 2/3rd October was won in 15:15:38 by Amos Khumalo, with second place runner, Milton Nkonyane, recording 15:30:30. Michelle Stewart was the first woman in 17:21:08.

The Santa Cruz de Bezana race in northern Spain on October 3rd hosted the Spanish 100km Championships. Also entered was a strong group of Russians, but of the team selected for the World Challenge, only Konstantin Santalov was among them. Dmirtiy Radyuchenko, one of the Russian finds of the year [second in the European championships] was the winner in 6:44:34, with the reliable Igor Rybov running 6:56:24 for second. Surprisingly, Santalov finished third. This is very unusual; usually if the former multiple winner of the World Challenge is not feeling strong enough to win, he will drop out. At De Bezana he ran 7:05:20 in third place.

The Spanish champion was Juan Rodriguez in 7:06:10. Poland's Andrzej Magier ran 7:12:10, a slow time for him. A couple of weeks earlier he had also run the Winschoten 100km. Russians finished first and second in the women's race. Oksana Ladyzhina ran 8:09:38, and Elena Bikulova 8:13:37. Maria Cristina Raquel dos Santos of Brazil was third in 9:09:15.

The 55 mile London to Brighton race, the classic run between the capital and the south coast, took place on the 4th of October. It was the 48th edition of this British race, which is rich in history and tradition. There are records that go back close to two hundred years ago, of oldtime pedestrians competing between the two cities.

With many of Britain's top ultra performers preparing for the World Challenge only a fortnight later, there was not strong British opposition to the significant contingent of South Africans who arrived to compete in the race. Malekutu Mohloding, one of the South Africans, covered the first 10 miles in 58:40, but the rest of the South African runners were more cautious, covering that distance in just over the hour. The only British runner in this early surge was Greg Dell who stopped at 20 miles, using the event as a training run in preparation for Shimanto.

Another South African, Welcome Mteto, had taken the lead by 30 miles in 3:06:48, with 2:30 minutes back, the veteran Colin Thomas in second, and Mike De Villiers in third. De Villiers to move into second over the next ten miles, but Thomas by then had the lead with a three minute gap. Thomas extending his lead over the next ten miles, reaching the 50 mile point in 5:25:41. Mteto, who had moved back into second, took over four minutes out of Thomas' lead in the closing stages as he slowed. However Thomas won in 6:02:17, with Welcome Mteto second in 6:10:08, and a third South African, Elias Tsotetsi, running 6:16:34. South Africans Mike De Villiers and Clyde Marwick finishing fourth and fifth, so the race was dominated by overseas runners. Andy Bottomley was the first Briton in 6:33:49, with the legendary Cavin Woodward, finishing seventh, and first 0'50, in 6:35:22. Then came a Russian, Vlatcheslav Petukhov, with Bob Sweeney, of the USA, who is resident in Europe, running 6:50:30 for 9th place.

Ina Sanders, again of South Africa, was the first woman, finishing 12th overall after a steady run. Sanders' performance was several minutes faster than the time run by Rae Bisschoff in winning last year's race. Bisschoff, of course, went on to win this year's Comrades. Jackie Leake finished solidly in 7:42:53, still not in the form she had shown when winning the Brighton some years ago.

This year's race saw the oldest ever male and female finishers - Peter Sergeant, at the age of 69, and Christine Usher at 63. The new ten hour time limit has opened the race to more runners. The race was held in conjunction with the London to Brighton race walk which was won outright by Sandra Brown in 9:56:06. These two historic races have made the Brighton road arguably the most celebrated in British athletics.

The Vienna-Budapest Supermarathon five day stage race over 357Km/233 miles took place on the 19-23 October. The Hungarian team did not make the World Challenge, being heavily involved in this event. The stages varied in length from 120 to 60km for the first four days, finishing with a half marathon in Budapest. This race brought back memories of the massive Austro-Hungarian Empire, linking as it does the old twin capitals that dominated much of Central Europe up until 1918.

Janos Bogar, the four time winner of the Vienna-Budapest race faced Yiannis Kouros, who has shown himself to be an excellent stage runner in the past. Had the great 24 hour runner lost his speed in adapting to multiday and 24 hour running? Anatoliy Kruglikov, who had, in fact, defeated Kouros in the Tasmania stage event some years ago was also in the field.

Janos Bogar, having run a 100km personal best of 6:32 this year and on home soil for much of the race, was not going to let up on a chance for his fifth victory, especially with a car at stake as the first prize. He was a clear winner, running the cumulative time of 24:06:45, with Kruglikov in second on 24:52:20 and Attila Vozar also of Hungary taking third in a time of 25:18:50. Kouros was fourth in 25:36:20. Hungarian Edit Berces has established herself as a leading 100km performer this year, having first come to international prominence last year when winning the Vienna-Budapest race. It was another unknown Hungarian, Agota Farkas, who won this year's women's race, ahead of Berces, with Svetlana

Savoskina, the European 100km champion in third. Their cumulative times were 30:58:10, 32:24:17 and 35:15:34. Agota Farkas 's future career will be watched with interest.

The Sri Chinmoy 24 Hour track was held at Tooting Bec , London, in the United Kingdom on the 10/11 October. Walter Hill, for many years a journeyman ultrarunner, moved up to the 24 hours and won with a solid 226.934km/141m18y. Adrian Tarit Stott in second was who ran 218.016km/135m825y.

Third was of more interest internationally. Geoff Oliver who has set world age group bests in the past, decided to have a crack at New Zealander Cy McLaughlin's long standing 0'65 24 Hour world best.

Oliver had won the Lou Myers Cup for the first 0'60 in the Brighton the week before.

Passing 100km in 9:20:38, he set new 0'65 world bests at 100 miles [17:20:50] and 200kmv [22:13:12]. He slowed drastically once past McLaughlin's mark, and walked for much of the last half an hour. His finishing distance of 132 miles 1543y/ 213.844km was a new world best for an 0'65 year old. This mark has already been checked and ratified. The first woman was the indefatigable Sandra Brown with 114m345y/ 183.781km.

It is now twenty years since Don Ritchie ran his remarkable 100km track world best of 6:10:20. I thought I would recall that remarkable run.

In July 1978 Don Ritchie had run 6:18:00 at Hartola 100km in Finland on the road. He entered the British RRC 100km race at the National Athletics stadium at Crystal Palace in London, set on having a crack at Cavin Woodward's 6:25:28 100km world track best set three years earlier.

Ritchie had won the London to Brighton ,two weeks before the Crystal Palace race, in 5:13:02 to set the fastest average speed yet seen on that course. [But for a change in the course he would have broken the record by around a minute and a half.] He was in good shape - his training build up for the Brighton had included a 31 miles training run in 3:00:48!

When the 100km track race began at 9:30am on the 28th October 1978, mist made it hard to see the far side of the track However it took far more than mist to stifle Cavin Woodward's aggressive running, and he spurted away to reach the five mile mark in 27:21. But despite this early speed both Don Ritchie and Mick Molloy, the Irish former world record holder for 30 miles, were in close contention.

Woodward poured on the pace, reaching ten miles in 55:28. At twenty miles, reached in 1:53:04, a two minute pit stop forced Ritchie to leave the track . A gap of a lap and a half was quickly opened up by Woodward and Molloy who were both running strongly

Back on the track and swiftly into his powerful, churning stride, Ritchie first pulled back half a lap, so as to run with the leaders again, then set off to take back the lap, showing his typical fierce determination . Molloy, who had represented Ireland in the Olympic marathon, was equally determined, and Ritchie had to weather a strong drive from the man from Eire, who reached the 30 mile point in 2:51:54.

50km was reached in 2:58:22 by Molloy, with Woodward running 2:59:52, and Ritchie in third in 2:59:59. The Scotsman now decided to take control of the race and by 60km was in the lead [3:36:29]. He passed 40 miles in 3:52:55, with nearly a four minute lead over Woodward. However Ritchie knew he could not afford to let his pace drop for Woodward was a very dangerous competitor, in good form that year.

Molloy had been on terms with the 40 mile world record at 30, but he too had been forced to leave the track soon after 50km. On his return pain forced him to remove his shoes. He was to continued the rest of the race in his socks.

Woodward too had been forced to take a pit stop as well. By 50 miles an eleven minute gap stretched between him and Ritchie - Woodward was scarcely loitering however - his time was 5:04:54! Ritchie was moving into new territory; smashing Woodward's world 50 mile best by 5 ½ minutes, [4:53:28] . The officials and handlers were treated to the fine spectacle of a great runner powering his way around the track in pursuit of a record. I asked Don recently if he had been determined to set such a formidable record, to run 6:10. He said that times had not been on his mind, he was just trying to beat Cavin Woodward, whom he rated the toughest competitor he had ever competed against.

60 miles was reached in 5:56:57, Ritchie covered 97.2km/ 60 miles 699 yards in 6 hours.

Ritchie drove himself round the last of the 250 laps in 88 seconds, to slice fifteen minutes and eight seconds from Cavin Woodward's 1975 time - which had admittedly been set as a split time in a 100 mile race.

He was very satisfied to have run 6:10:20, over seven minutes faster than the time he recorded on the road at Hartola.

Behind him Cavin Woodward finished in second place in 6:38:48, and Mick Molloy took half as long again as his first 50km in a pain-racked second half, to record 7:26:11.

Twenty years later no one has got within three minutes of Ritchie's time, despite the vast development in international 100km competition, and despite the great interest in the event across the world.

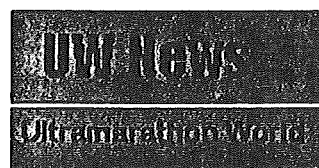
Sometime ago I asked Don why he thought his record had lasted so long.

In his opinion to break the record a runner had to have the courage and determination to go all out for it from the gun. Today, perhaps today too much depends on the performances of the top runners. Risks cannot be taken with championships and team performances and sometimes even funding, at stake.


Japanese runner Takahiro Sunada showed it is possible to run that sort of time when he clocked 6:13:33 at Saroma this year. However Sunada's performance may be his one and only shot at the event - he does not plan to run another 100km apparently...

Will Ritchie's 6:10 last another twenty years - I doubt it, but it will take the unusual combination of a very fast runner set on running a new world best, a flat course, a very competitive race, and near ideal weather. It could happen at Saroma, in Japan. On the track? That could be another twenty years!

100 Kilometres: the universal ultra



By Andy Milroy
Ultramarathon World

 **Trowbridge, England (UW)** - Although any race beyond 26 miles, 385 yards/42.195 kilometres is reckoned to be an ultra, across the world there is one particular distance which has become universally popular - the 100km/62.1 miles: 100km races have been held as far north as Baffin Island in the North West Territories of the Canadian Arctic and as far south as Puerto Varas in Chile; as far west as Honolulu in Hawaii, and as far east as Lake Saroma in Japan.

The races are held on tracks, on trails, on road loops and from point to point; through towns, villages and over mountains. Some cater for a mere handful of enthusiasts, others feature a cast of thousands. This year there will probably be over two hundred such races around the world.

The mile has been around since Roman times, but the kilometre is a relative newcomer. Following the French Revolution of 1789, a new scientific basis for measurement was devised.. A new measure for length was proclaimed - the metre which was to be one ten millionth of the distance from the pole to the equator. The kilometre, a multiple of the metre, took a century to gain acceptance on the Continent as the recognised unit of long distance. (As late as 1881 the Germans, for instance, were still using German miles.) Thus, competition over the 100km distance did not really begin until the end of the nineteenth century.

There are, however, accounts of walkers and runners tackling distances that approximated the 100km for many years before 1900. In the tenth century, Alswith, a walker in the Isle of Man, an island between England and Ireland, reputedly covered 70 miles/112km in a day. Some two hundred years later, an English shoemaker named Gilbert walked the 66 miles /106.2km from Canterbury to London in a day.

Top Ten Performances of 1998

1998 has almost concluded and there have been many fine Ultra performances by Australians. From what I have seen and read about during the year, here is my Australian Top Ten of 98.

1. **Bryan Smith** Bryan ran the race of his life earlier in the year when he ran second at the Nanango 1000 miles International race. He did it in an incredible 11 days 23 hours 31 minutes and 44 seconds. This was his first attempt at 1000 miles and is definitely going to give Petrus Silkinus a run for his money in the next few years. I wish I had of been at Nanango to witness such a great event.
2. **Peter Gray** 34 year old, Peter also ran the race of his life when he finished seventh in the Nanango race in a time of 14 days 22 hours 10 minutes and 35 seconds. Peter has been competing non stop around Australia since the Westfield days and must win some sort of award for participation and longevity.
3. **Helen Stangar** This great NSW runner ran at her absolute best in August when she covered 228.680kms at the Coburg 24 hour race. Pushed by Andrew Lucas in the first half of the race she kept it going during the night and came up with a new Australian Women's Record. It was nine years previously when Eleanor Adams ran a World best 24 hr time at Olympic Park. Quite a coincidence!
4. **Gary Parsons** Queenslander, Gary Parsons conquered the Birdsville Track in June this year. He covered the 517km distance in a time of 4 days 3 hours 19 minutes and 34 seconds. Gary is approaching his Ultra running in a very professional manner and should go along way towards scaring Ron Grants Around Australia next year.
5. **Shirley Young** Sixty nine year old Shirley Young was the second of the inspirational females in August when she smashed the old Plus Sixty Five Age record for Women and covered 162.330km. She was terrific throughout the race, pushing through her pain barrier and proving that "Anyone can do anything you want in life"!
6. **Yiannis Kouros** What would an Australian Top ten be without Yiannis not having one or two performances on the List. This year is no exception with two performances in the top Ten. His best performance was when he became a Centurion at the 24 hour Walking Race in September. He covered 168.406kml and considering his non-walking background this was quite remarkable.
7. **Yiannis Kouros** His second performance to be rated in the top Ten was in the Australian 100km Championship when he ran 7 hours 14 minutes and 35 seconds. This was brilliant when you consider the winds that abounded on the Course that day.
8. **Paul Every** Paul finished second at the 12 hour Gosford Race in January with 122.051kml. The night time run was perfect for good running, but Paul is definitely a rising star of Australian Ultra running.
9. **Mark Fairhead** In a hot Adelaide October day, Mark ran 111.108kml to win the Adelaide 12 hour race by the barest of margins. It was his first Ultra, but gave a polished performance in running 8 laps and walking 2 before having to run for the last hour. Mark is now hooked on the sport and now has his sights set very high in the sport.
10. **Mick Francis** Mick covered almost 73 kml to win the Bunbury 6 hour race this year. It's a shame that he doesn't have more opposition out West to push him to the heights that he is very capable of doing.

Well that's my list for the year. There have been many other fine performances in 98 who are all winners in there own right. Its been good to see Men and Women all over the country excelling and I think the sport is definitely going through a resurgence. I think it's up to every member of AURA to get out there and recruit. There's a wealth of talent out there waiting to join us. They just have to be shown what a good sport it is.

AUSTRALIAN RANKINGS FOR 50ML by men ...TRACK

Rank	Name	State	PB for 50ml	Place	Date	At Age
1	ISAILOVIC, Dragan	VIC	5:15:00	BURWOOD	19/06/93	32
2	BADIC, Safet	VIC	5:18:20	BOX HILL	15/06/91	30
3	BARKER, Carl	NSW	5:27:24	ADELAIDE	15/07/90	31
4	COOK, Bruce	QLD	5:35:32	BOX HILL	29/06/85	28
5	BRIMACOMBE, Laurie	VIC	5:38:49	BOX HILL	29/06/85	41
6	SWIFT, Keith	NSW	5:40:45	MELB UNI	26/06/82	
7	WOODS, Graeme	QLD	5:43:50	COBURG	28/08/88	41
8	JACOBS, Trevor	ACT	5:44:10	EAST BURWOOD	21/06/92	40
9	CLINGAN, Bill	NSW	5:44:21	BANKSTOWN	19/06/87	41
10	TUTTY, Peter	VIC	5:44:50	BOX HILL	18/06/88	23
11	THOMPSON, Martin	NSW	5:45:20	TIPTON UK	25/10/75	29
12	LEAR, Phil	QLD	5:47:45	MELB UNI	11/07/81	37
13	RANDS, Ian	VIC	5:49:21	MELB UNI	23/03/80	35
14	KEYSSECKER, Don	NSW	5:55:09	CHRISTCHURCH	30/08/80	
15	PERDON, George	VIC	5:55:21	MELB UNI	23/03/80	55
16	McMANUS, Alistair	O/S	5:55:58	BOX HILL	28/06/86	35
17	TOLLIDAY, Owen	QLD	5:57:28	OLYMPIC PK	08/04/90	40
18	STANDEVEN, David	SA	5:58:07	SALISBURY	16/07/89	37
19	BROOKS, Barry	VIC	5:59:08	BOX HILL	29/06/85	45
20	BREIT, John	VIC	6:03:18	OLYMPIC PARK	08/04/90	32
21	BOASE, Geoff	QLD	6:06:13	BOX HILL	15/06/91	40
22	KINSHOFER, Rudi	SA	6:06:58	EAST BURWOOD	19/06/93	39
23	BEALE, Gary	NSW	6:07:23	MELBOURNE UNI	25/06/83	
24	BLOOMER, Brian	VIC	6:07:23	BOX HILL	23/06/84	43
25	LOGAN, Peter	VIC	6:07:28	BOX HILL	25/06/83	35
26	BUTKO, Kon	VIC	6:08:59	MELB UNI	25/06/83	36
27	KIP.MELHAM, Anyce	NSW	6:09:48	NSW	10/07/89	31
28	CLARK, Dennis	VIC	6:10:23	BURWOOD	21/06/92	40
29	MILNE, Peter	VIC	6:11:32	BOX HILL	28/06/86	31
30	EVERY, Paul	NSW	6:13:08	BOX HILL	15/06/91	27
31	MOORE, Peter	VIC	6:14:12	MELB UNI	26/06/82	34
32	WHITEOAK, Michael	VIC	6:15:49	MELB UNI	26/06/82	37
33	SMITH, Bryan	VIC	6:17:42	COBURG	28/08/88	44
34	MICHELSSON, Leif	VIC	6:19:13	BOX HILL	20/06/87	45
35	SULLIVAN, Peter	QLD	6:19:51	CABOOLTURE	11/02/89	
36	ELLIOT, Ernie	VIC	6:21:33	MELB UNI	23/03/80	
37	RECORD, Joe	WA	6:22:33	OLYMPIC P	08/04/90	48
38	DIETACHMAYER, Tony	VIC	6:24:52	COBURG	28/08/88	24
39	AYLOTT, Nigel	VIC	6:27:39	KNOX	20/07/96	30
40	MEDILL, Graham	QLD	6:29:30	IPSWICH	18/04/92	44
41	CLARKE, Ian	VIC	6:30:21	BURWOOD	21/06/92	38
42	PROWSE, Frank	VIC	6:30:31	BOX HILL	28/06/86	34
43	YOUNG, Cliff	VIC	6:31:26	MELB UNI	26/06/82	60
44	KELLY, Frank	NSW	6:31:44	CANBERRA	10/10/88	34
45	HARRIS, Trevor	QLD	6:33:49	BANKSTOWN	19/07/87	40
46	FISHER, Keith	VIC	6:34:46	BOX HILL	20/06/87	22
47	BARRIE, John	VIC	6:35:39	MELBOURNE UNI	25/06/83	
48	HOOK, Geoff	VIC	6:35:54	BOX HILL	28/06/86	41

49 MARDEN, Bob	NSW	6:36:23 BOX HILL	28/06/86	33
50 HART, Gerry	VIC	6:36:27 MELB UNI	11/07/81	42
51 FRANCIS, Mick	WA	6:36:50 BUNBURY	05/03/95	36
52 HARDAKER, Kevin	NSW	6:37:09 NSW	10/07/89	
53 COUTTS, Neil	VIC	6:37:32 MELB UNI	11/06/81	
54 PARCELL, Ashley	QLD	6:37:37 BOX HILL	15/02/86	30
55 HEPBURN, Brickley	VIC	6:38:10 BOX HILL	15/06/91	40
56 CAMPBELL, Ron	VIC	6:38:13 BOX HILL	16/06/90	47
57 GRAY, Peter	VIC	6:38:34 OLYMPIC	08/04/90	25
58 ZWIERLEIN, Bob	VIC	6:38:49 ROSEBUD	06/05/89	
59 McCABE, Neil	QLD	6:40:13 COBURG	28/08/88	
60 BECK, Norm	VIC	6:40:25 BALLARAT	24/08/86	35
61 CARSON, Max	VIC	6:43:04 COBURG	28/08/88	39
62 McCORIE, Wal	NSW	6:44:08 MELB UNI	25/06/83	52
63 SCHULTZ, Peter	SA	6:45:50 ADELAIDE	05/11/83	
64 LAW, Andrew	TAS	6:46:24 ADELAIDE	24/10/92	33
65 DUNN, Stephen	SA	6:46:46 SALISBURY SA	16/07/89	22
66 SHARP, Paul	VIC	6:46:55 BOX HILL	23/06/84	22
67 COX (SNR), Terry	VIC	6:47:39 BOX HILL	28/06/86	49
68 HILL, Ron	VIC	6:49:16 BOX HILL	28/06/86	46
69 WALTERS, Ken	VIC	6:50:48 BOX HILL	28/06/86	53
70 OSBORNE, Robert	NSW	6:51:49 BANKSTOWN	19/07/87	
71 VISSER, Jeff	VIC	6:51:50 COBURG	10/09/89	26
72 BOYLE, Brad	NSW	6:53:57 NSW	01/07/89	29
73 CHAPMAN, Graham	NSW	6:55:00 MELBOURNE UNI	25/06/83	
74 SHILSTON, Ross	VIC	6:55:30 BURWOOD	18/06/94	40
75 SCHICKERT, Bob	WA	6:56:33 MELB UNI	11/07/81	39
76 ARMISTEAD, Peter	VIC	6:56:35 BOX HILL	29/06/85	39
77 BEAUCHAMP, William	VIC	6:56:40 COBURG	13/09/87	42
78 BROWN, John		6:57:05 MELBOURNE UNI	26/06/82	
79 BOGENHUBER, Max	NSW	6:57:34 NSW	01/07/89	47
80 CASSIDY, Kevin	VIC	6:57:35 COBURG	28/08/88	28
81 McKEOWN, Gordon	VIC	6:57:50 MELB UNI	25/06/83	
82 WALLACE, Alistair	NSW	6:58:30 MANLY	29/03/86	44
83 BRYCE, Michael	VIC	6:59:32 BOX HILL	18/06/88	40
84 READ, Nick	ACT	7:00:19 COBURG	13/02/88	36
85 SKROBALAC, Joe	VIC	7:02:24 BOX HILL	16/06/90	37
86 McDONALD, Don	VIC	7:03:10 BOX HILL	18/06/88	
87 TAGGART, Bob	SA	7:04:06 ADELAIDE	29/10/88	41
88 CORMACK, George	VIC	7:04:09 BURWOOD	29/07/95	44
89 RILEY, Gerry	VIC	7:04:23 BOX HILL	20/06/87	56
90 PORTER, Neville	VIC	7:04:55 BOX HILL	15/06/91	56
91 SMITH, Bert	VIC	7:05:14 BOX HILL	18/06/88	
92 SMITH, Jeff	VIC	7:05:20 BOX HILL	15/06/91	40
93 OLIFENT, Ian	SA	7:05:26 ADELAIDE	09/11/85	
94 SILL, David	NSW	7:07:33 BURWOOD	19/06/93	46
95 RICHARDSON, Peter	VIC	7:07:40 BOX HILL	28/06/86	32
96 DONNELLY, Bruce	QLD	7:07:50 NSW	01/09/90	
97 BELL, John	VIC	7:08:14 BOX HILL	29/06/85	40
98 SCHNIBBE, Klaus	VIC	7:08:27 BOX HILL	20/06/87	43
99 WISHART, Greg	VIC	7:08:41 COBURG	13/09/87	49

100 DEVINE, Alan	WA	7:08:52 PERTH	17/10/87	28
101 STEPHENSON, Chris	NSW	7:08:57 MELB UNI	25/06/83	27
102 WEINSTEIN, Roger	VIC	7:09:31 BOX HILL	15/06/91	41
103 SUTCLIFFE, Roy	SA	7:09:52 ADELAIDE	05/11/83	-
104 KIRK, Bruce	VIC	7:10:19 BOX HILL	16/06/90	26
105 MARCH, Mike	TAS	7:10:38 COBURG	25/02/89	45
106 MARTIN, Claude	VIC	7:10:39 BOX HILL	28/06/86	50
107 TOWNSEND, Graeme	NSW	7:11:11 SYDNEY	30/09/90	33
108 BRADD, Les	VIC	7:12:05 BOX HILL	28/06/86	34
109 ROSS, Howard	VIC	7:13:31 BOX HILL	29/06/85	40
110 BOWMAN, Bruce	VIC	7:13:41 BURWOOD	21/06/92	
111 JAVES, Ian	QLD	7:14:11 OLYMPIC PARK	04/08/90	47
112 TWARTZ, Peter	SA	7:15:08 ADELAIDE	26/10/96	37
113 NASH, Robert	VIC	7:15:09 BOX HILL	18/06/88	37
114 KITTO, Max	SA	7:15:34 ADELAIDE	24/07/88	42
115 TAYLOR, Bob	VIC	7:15:40 BOX HILL	18/06/88	48
116 McKELLAR, Jack	VIC	7:16:54 BOX HILL	15/02/86	45
117 McCOMBE, Andrew	SA	7:17:49 SALISBURY	07/07/91	60
118 AUDLEY, George	WA	7:18:11 PERTH	18/10/87	52
119 HUTCHINSON, Ian	NSW	7:18:26 MELB UNI	23/03/80	33
120 HUGHES, Randall	VIC	7:19:08 BURWOOD	21/06/92	68
121 NEWMAN, Harry	NSW	7:19:14 NSW	10/07/89	
122 PICKARD, Terry	QLD	7:21:20 QLD UNI	05/09/87	
123 STUART, Roger	SA	7:21:29 ADELAIDE	24/07/88	45
124 RISK, Peter	VIC	7:21:50 MELB UNI	25/06/83	
125 ALLEN, Barry	VIC	7:22:10 BOX HILL	23/06/84	27
126 DOCHERTY, Andy	SA	7:22:42 MELB UNI	26/06/83	52
127 WILSON, Rory	VIC	7:23:11 MELB UNI	25/06/83	
128 DAVIS, Denis		7:23:52 MELB UNI	11/07/81	
129 COOK, Bruce	VIC	7:24:05 BOX HILL	23/06/84	46
130 HUNTER, Bob	QLD	7:24:11 QLD	01/07/89	54
131 KIRKMAN, Geoff	SA	7:25:19 ADELAIDE	09/11/85	35
132 MAHONY, Paul		7:25:39 NSW	01/09/90	
133 COLLINS, Tony	NSW	7:25:54 SYDNEY	30/09/90	43
134 JERRAM, Col	VIC	7:26:03 BOX HILL	16/06/90	41
135 BRUNER, Bob	VIC	7:26:10 ADELAIDE	05/11/83	45
136 MANNING, Peter	NSW	7:26:35 BOX HILL	28/06/86	33
137 WILSON, Greg	VIC	7:27:13 COBURG	22/02/92	39
138 GRAYLING, Michael	VIC	7:27:21 BURWOOD	21/06/92	35
139 GOBEL, Joe	VIC	7:29:44 BOX HILL	23/06/84	46
140 COX, Murray	SA	7:30:43 ADELAIDE	15/08/90	44
141 MATHEWS, Greg	VIC	7:30:47 MELB UNI	11/07/81	
142 QUINN, Peter	VIC	7:32:00 BOX HILL	15/06/91	41
143 MISKIN, Stan	QLD	7:33:27 MELB UNI	25/06/27	
144 STENNER, Graham	SA	7:35:27 SALISBURY	16/07/89	44
145 BROWNE, Greg	VIC	7:35:37 BOX HILL	17/06/89	36
146 LYNN, Charlie	NSW	7:37:17 ADELAIDE	09/11/85	40
147 HARPER, John	VIC	7:38:00 BURWOOD	21/06/92	45
148 TAYLOR, Maurice	NSW	7:38:14 ADELAIDE	04/10/87	39
149 YOUNG, Nobby	NSW	7:38:40 NSW	01/09/90	44
150 FARMER, Pat	NSW	7:38:50 CAMPBELLTOWN	13/10/90	28

151 SCOTT, Dave	WA	7:39:10 PERTH	27/05/89	41
152 BUTLER, Kevin	NSW	7:41:42 NSW	01/07/89	
153 WILLIAMS, Reg	VIC	7:42:14 MELB UNI	25/06/83	32
154 MURPHY, Les	ACT	7:44:08 CANBERRA	01/10/88	
155 QUINTO, Derek	ACT	7:44:08 CANBERRA	01/10/88	41
156 PARKER, Ross	WA	7:44:37 PERTH	16/10/87	
157 GENTLEY, Steve	VIC	7:45:11 BOX HILL	23/06/84	
158 WILKINSON, Graeme	NSW	7:45:41 ADELAIDE	04/10/87	41
159 COX (JNR), Terry	VIC	7:46:00 COBURG	10/03/90	24
160 BOHNKE, Michael	NSW	7:46:44 COBURG	22/02/92	38
161 SMITH, Alan D.	WA	7:46:57 PERTH	27/05/89	
162 DONOVAN, Tom	VIC	7:46:58 BOX HILL	18/06/88	57
163 BRISTOW, Ralph	VIC	7:48:31 NSW	01/07/89	49
164 COULTER, Greg	SA	7:48:33 ADELAIDE	01/11/86	28
165 RUSSELL, Graeme	VIC	7:48:40 BOX HILL	17/06/89	30
166 SILCOCK, Colin	VIC	7:50:16 BOX HILL	23/06/84	51
167 POWER, Tony	VIC	7:50:41 BOX HILL	16/06/90	
168 WARREN, Geoff	VIC	7:50:49 MELB UNI	11/08/81	
169 BUCHAN, Sandy	QLD	7:51:46 CABOOLTURE	01/07/89	35
170 VEGA, Eduardo	NSW	7:52:43 NSW	12/07/89	48
171 CHANNELLS, Robert	NSW	7:52:50 CAMPBELLTOWN	28/10/89	47
172 PATTERSON, Barry	VIC	7:53:42 ADELAIDE	03/11/84	35
173 SLAGTER, Michael	SA	7:54:43 ADELAIDE	22/10/94	24
174 THOMPSON, Mike	WA	7:55:04 COBURG	10/03/90	42
175 MACKAY, Mark	QLD	7:56:06 ADELAIDE	16/10/93	27
176 HOUGH, Ken	VIC	7:57:23 BOX HILL	18/06/88	43
177 KAPARELIS, John	VIC	7:57:40 COBURG	28/08/88	21
178 REID, Stuart	ACT	7:57:51 CANBERRA	01/10/88	
179 ROONEY, James	NSW	7:58:06 WOLLONGONG	01/04/95	42
180 PEARCE, Phil	WA	7:58:09 PERTH	26/05/90	
181 SUTTON, Denis	WA	7:58:11 BUNBURY	03/04/94	44
182 HARGREAVES, Bruce	NSW	7:58:23 CABOOLTURE	23/06/90	37
183 WOLSTENCROFT, James	VIC	7:59:55 BOX HILL	16/06/90	35
184 RYAN, Geoff	VIC	7:59:56 MELB UNI	25/06/83	
185 SMITH, Ronald	VIC	8:02:14 ROSEBUD	06/05/89	44
186 CHAMPNESS, John	VIC	8:02:16 BOX HILL	23/06/84	33
187 WILLIAMS, David	NSW	8:02:21 BOX HILL	23/06/84	37
188 MOORE, Bob	VIC	8:06:04 BOX HILL	23/06/84	43
189 HARTLEY, Ernest	VIC	8:06:50 BOX HILL	17/06/89	39
190 PARSONS, Patrick	VIC	8:07:26 COBURG	10/03/90	43
191 MANSELL, Kevin	SA	8:07:51 SYDNEY	30/09/90	39
192 HOLMES, Chris	NSW	8:10:07 ADELAIDE	21/10/95	41
193 MARTIN, Rod	NSW	8:11:18 HENSLEY	30/05/87	44
194 PROSSER, Graham	WA	8:12:20 PERTH	27/05/89	
195 MARTIN, Ross	SA	8:12:52 ADELAIDE	09/11/85	56
196 BURNS, Bob	QLD	8:13:52 CABOOLTURE	11/02/89	45
197 SCHUBERT, Guy	SA	8:13:54 ADELAIDE	01/11/86	35
198 LILBURN, Ian	SA	8:14:13 SALISBURY	16/06/89	25
199 FOREMAN, Kevin	SA	8:14:27 ADELAIDE	05/11/83	
200 NASMYTH, Chilla	NSW	8:15:47 NSW	01/09/90	
201 MOLLOY, Geoff	VIC	8:16:14 BOX HILL	04/02/84	41

AUSTRALIAN RANKINGS FOR 50ML by Women ... Track

Rank	Name	State	PB for 50 ml	Place	Date	At Age
1	MEADOWS, Linda	VIC	6:07:58	EAST BURWOOD	18/06/94	35
2	PETRIE, Lavinia	VIC	6:23:53	EAST BURWOOD	19/06/93	49
3	FRANCIS, Mary	WA	6:43:22	BUNBURY	03/04/94	36
4	HERBERT, Cynthia	VIC	6:52:42	BOX HILL	28/06/86	44
5	BEAMES, Adrienne	VIC	7:04:34	MELB UNI	23/03/80	
6	PARRIS, Dawn	VIC	7:21:16	MINNESOTA US	12/10/90	37
7	YOUNG, Shirley	VIC	7:32:44	BURWOOD	21/06/92	62
8	STANGER, Helen	NSW	7:37:40	WOLLONGONG	01/04/95	44
9	KERR, Sandra	VIC	7:49:20	EAST BURWOOD	19/06/93	47
10	McCONNELL, Georgina	NSW	7:51:05	NSW	18/09/88	45
11	WOODS, Sally	QLD	7:52:52	COBURG	28/08/88	
12	KENNEDY, Gloria	NSW	7:57:27	MELB UNI	25/06/83	
13	CALLAGHAN, Anne	VIC	8:09:02	BOX HILL	23/06/84	46
14	SPAIN, Trisha	WA	8:10:30	OLYMPIC P	19/08/89	47
15	VAUGHAN, Caroline	NSW	8:28:28	BOX HILL	03/02/84	45
16	SMITH, Margaret	VIC	8:28:49	ABERFELDIE	10/03/85	49
17	GRANT, Dell	QLD	8:29:30	QLD UNI	05/09/87	33
18	WORLEY, Sue	SA	8:36:45	BOX HILL	23/06/84	36
19	O'CONNOR(MORRIS, Hele	SA	8:47:45	ADELAIDE	03/11/84	
20	SALTER, Bronwyn	WA	9:00:28	PERTH	28/05/88	40
21	STANDEVEN, Cheryl	SA	9:00:57	ADELAIDE	29/10/88	32
22	HAARSMA, Kay	SA	9:05:56	ADELAIDE	13/11/82	
23	BISHOP, Lorrie	VIC	9:13:18	BOX HILL	15/06/91	44
24	BRUNER, Patty	VIC	9:14:03	MELB. UNI	11/07/81	44
25	BARNES, Helen	SA	9:27:35	ADELAIDE	27/10/90	40
26	MILBOURNE, Colleen	WA	9:34:55	PERTH	27/05/89	
27	RILEY, Geraldine	VIC	9:39:09	BOX HILL	15/02/86	22
28	TAIT, Marilyn	VIC	9:39:24	OLYMPIC PK	08/04/90	40
29	FOLEY, Wanda	QLD	9:49:37	CAMPBELLTOWN	08/10/88	42
30	TALBOT, Kim	VIC	9:52:54	COBURG	10/11/90	22
31	SOMMERS, Corinne		10:05:23	CABOOLTURE	23/06/90	29
32	SKROBOLAC, Sharon	VIC	10:27:28	ROSEBUD	04/05/91	34
33	GORDON, Leonie	SA	10:34:08	ADELAIDE	03/11/84	
34	WISHART, Lois	VIC	10:34:58	TOOTGAROOK	02/05/92	46
35	BAIRD, Fiona	SA	10:40:06	ADELAIDE	26/10/96	26
36	GLADWELL, Lucille	NSW	10:52:55	CAMPBELLTOWN	28/10/89	
37	CASE, Valerie	QLD	11:01:17	HENSLEY	28/05/88	51
38	WARREN, Val	NSW	11:02:10	CAMPBLETOWN	28/10/89	55
39	LEAHY, Marcia		11:14:34	CAMPBELLTOWN	13/10/90	
40	TAYLOR, Jacqueline	VIC	11:25:10	COBURG	27/02/93	
41	McCARTHEY, Marilyn	SA	11:30:50	ADELAIDE	02/11/86	37
42	CURRAN, Michelle	QLD	11:33:08	WOLLONGONG	01/04/95	
43	LUSH, Eileen	SA	12:00:49	ADELAIDE	01/11/86	39
44	BARDY, Sue	SA	12:33:02	ADELAIDE	27/10/96	63
45	YOUNG, Mary	VIC	12:52:43	BOX HILL	02/02/85	24
46	BENSON, Carolyn	SA	13:22:03	ADELAIDE	28/10/89	42
47	BECK, Carol	SA	14:52:21	ADELAIDE	24/10/92	
48	GUTERES, Elaine	SA	15:53:20	ADELAIDE	09/10/85	
49	METCALF, Karen	SA	23:57:42	ADELAIDE	22/10/95	22

AUSTRALIAN RANKINGS FOR 50km by Men ... Track

Rank	Name	State	PB for 50km	Place	Date	At Age
1	COOK, Bruce	QLD	3:09:50	PARRAMATTA	05/03/89	32
2	CLINGAN, Bill	NSW	3:10:36	PARRAMATTA	01/01/84	38
3	BARKER, Carl	NSW	3:11:28	ADELAIDE	15/07/90	31
4	BADIC, Safet	VIC	3:11:38	BURWOOD	19/06/93	32
5	ISAILOVIC, Dragan	VIC	3:11:38	BURWOOD	19/06/93	32
6	VISALLI, Tony	NSW	3:12:31	PARRAMATTA	11/03/84	
7	WOODS, Graeme	QLD	3:14:44	COBURG	28/08/88	41
8	MONTAGUE, Steve	NSW	3:15:27	PARRAMATTA	/ /	
9	TUTTY, Peter	VIC	3:15:35	BOX HILL	18/06/88	23
10	THOMPSON, Martin	NSW	3:15:57	UXBRIDGE UK	25/06/77	31
11	LOVE, Greg	NSW	3:16:17	PARRAMATA	03/03/91	
12	SWIFT, Keith	NSW	3:18:59	PARRAMATTA	/ /	
13	JACOBS, Trevor	ACT	3:19:14	EAST BURWOOD	21/06/92	40
14	WHEATLEY, P.	NSW	3:25:03	PARRAMATTA	/ /	
15	TOLLIDAY, Owen	QLD	3:25:53	OLYMPIC PK	08/04/90	40
16	STANDEVEN, David	SA	3:27:48	ADELAIDE	15/07/90	38
17	DERIG, Peter	NSW	3:28:19	PARRAMATTA	/ /	
18	CORNTHWAITE, Ian	VIC	3:28:50	MOE	01/12/96	34
19	EVANS, Steve	QLD	3:32:35	CENTENARY LAKES	07/01/95	34
20	BREIT, John	VIC	3:33:49	OLYMPIC PARK	08/04/90	32
21	EVERY, Paul	NSW	3:34:27	PARRAMATTA	06/03/88	23
22	MASSINGHAM, Barry	NSW	3:34:37	PARRAMATTA	/ /	
23	MARDEN, Bob	NSW	3:34:55	PARRAMATTA	11/03/84	31
24	BOASE, Geoff	QLD	3:35:25	BOX HILL	15/06/91	40
25	SMITH, Jeff	VIC	3:37:29	BURWOOD	25/10/92	42
26	SMITH, Bryan	VIC	3:38:42	BOX HILL	18/06/88	44
27	KLEINER, Tony	QLD	3:38:46	CABOOLTURE	04/01/97	32
28	MOORE, Peter	VIC	3:38:50	BURWOOD	21/06/92	44
29	CLARK, Dennis	VIC	3:39:09	BURWOOD	21/06/92	40
30	MILNE, Peter	VIC	3:39:14	BOX HILL	18/06/88	33
31	WALLACE, Alistair	NSW	3:39:16	PARRAMATTA	11/03/84	42
32	KELLY, Frank	NSW	3:39:25	PARRAMATTA	11/03/84	30
33	KINSHOFER, Rudi	SA	3:39:37	EAST BURWOOD	19/06/93	39
34	CLARKE, Ian	VIC	3:40:50	BURWOOD	25/10/92	38
35	GILLIS, Thomas	NSW	3:41:15	PARRAMATTA	/ /	
36	McCOOL, Tony	SA	3:42:03	ADELAIDE	24/07/88	
37	FRANCIS, Mick	WA	3:42:23	BUNBURY	04/03/95	36
38	SIMMONS, Brian	VIC	3:42:32	BURWOOD	24/10/93	
39	ZERVOS, T	NSW	3:42:46	PARRAMATTA	11/03/84	
40	WILSON, Greg	VIC	3:42:50	BURWOOD	25/10/92	40
41	RILEY, Gerry	VIC	3:43:01	SALISBURY	07/06/91	60
42	MARSHALL, Kelvin	VIC	3:43:48	MOE	01/12/96	32
43	CAMPBELL, Ron	VIC	3:44:08	BOX HILL	16/06/90	47
44	BOYLE, Brad	NSW	3:44:10	PARRAMATTA	05/03/89	28
45	MEDILL, Graham	QLD	3:44:20	IPSWICH	18/04/92	44
46	SHILSTON, Ross	VIC	3:44:46	BURWOOD	18/06/94	40
47	CURTIS, Bob	VIC	3:45:08	BURWOOD	25/10/92	50
48	DOAK-SMITH, Alan	WA	3:45:15	BUNBURY	05/03/94	33
49	SMITH, Alan D.	WA	3:45:15	BUNBURY	02/04/94	
50	STEPHENSON, Chris	NSW	3:46:01	PARRAMATTA	11/03/84	27
51	READ, Nick	ACT	3:46:12	HENSLEY	28/05/88	36
52	GRAY, Peter	VIC	3:46:15	OLYMPIC P	08/04/90	25
53	MICHELSSON, Leif	VIC	3:46:35	BOX HILL	18/06/88	46
54	RECORD, Joe	WA	3:46:37	OLYMPIC P	08/04/90	48
55	BLACK, Jack	NSW	3:47:02	PARRAMATTA	10/03/82	
56	McCABE, Neil	QLD	3:47:48	COBURG	28/08/88	
57	DIETACHMAYER, Tony	VIC	3:48:47	BURWOOD	25/10/92	29
58	ZWIERLEIN, Bob	VIC	3:49:24	ROSEBUD	06/05/89	
59	AYLOTT, Nigel	VIC	3:49:34	KNOX	20/07/96	30
60	LAW, Andrew	TAS	3:49:50	ADELAIDE	24/10/92	33

61 CLARKE, Phillip	NSW	3:50:21	PARRAMATTA	06/03/88	36
62 DUNN, Stephen	SA	3:51:30	BUNBURY	04/03/95	28
63 WISHART, Greg	VIC	3:51:38	COBURG	28/08/88	50
64 ALEXANDER, Keith	VIC	3:52:07	COBURG	27/02/93	
65 PARCELL, Ashley	QLD	3:53:32	BOX HILL	15/02/86	30
66 STAPLES, Alan	NSW	3:54:37	PARRAMATTA	07/03/82	32
67 YOUNG, Cliff	VIC	3:54:42	ADELAIDE	01/11/86	64
68 OSBORNE, Robert	NSW	3:55:37	PARRAMATTA	06/03/88	
69 LOVELESS, Len	VIC	3:55:39	COBURG	10/09/89	
70 JOANNOU, Bill	NSW	3:56:29	COBURG	27/02/93	36
71 FICKEL, Bob	NSW	3:56:39	PARRAMATTA	04/03/90	38
72 EMBLETON, Rob	VIC	3:56:39	MOE	01/12/96	43
73 SKROBALAC, Joe	VIC	3:57:23	BURWOOD	25/10/92	40
74 VISSER, Jeff	VIC	3:57:50	COBURG	10/09/89	26
75 HUTCHINSON, Ian	NSW	3:58:47	PARRAMATTA	08/03/81	34
76 CARSON, Max	VIC	3:58:51	COBURG	28/08/88	39
77 GAYNOR, Brendon	WA	3:59:14	BUNBURY	04/03/95	44
78 HOOK, Geoff	VIC	3:59:29	BOX HILL	18/06/88	43
79 BROOKS, Barry	VIC	3:59:59	COBURG	13/09/87	47
80 DONNELLY, Bruce	QLD	4:01:16	NSW	01/09/90	
81 HEPBURN, Brickley	VIC	4:01:37	BOX HILL	15/06/91	40
82 GERADA, Vic	NSW	4:01:39	PARRAMATTA	/ /	
83 MARKULIN, Doug	NSW	4:02:10	PARRAMATTA	/ /	
84 STEWART, R.	NSW	4:02:23	PARRAMATTA	11/03/84	
85 TAYLOR, Bob	VIC	4:02:51	BOX HILL	18/06/88	48
86 LEONARD, Simon	WA	4:03:07	BUNBURY	02/04/94	34
87 WALKER, Nick	NSW	4:03:11	PARRAMATTA	/ /	
88 COX, Don	SA	4:03:42	ADELAIDE	24/07/88	41
89 STEPHENSON, Bill	VIC	4:04:43	BURWOOD	25/10/92	
90 BOWMAN, Bruce	VIC	4:05:10	BURWOOD	21/06/92	
91 DAVIS, Ivan	TAS	4:05:23	COBURG	23/02/91	
92 FARMER, Pat	NSW	4:05:25	PARRAMATTA	04/03/90	27
93 HILL, Ron	VIC	4:05:33	OLYMPIC P	08/04/90	49
94 OLIFENT, Ian	SA	4:06:23	ADELAIDE	09/11/85	
95 PORTER, Neville	VIC	4:07:20	BOX HILL	15/06/91	56
96 CASSIDY, Kevin	VIC	4:07:28	BOX HILL	16/06/90	29
97 HUGHES, Randall	VIC	4:07:34	BURWOOD	25/10/92	68
98 FRENCH, Cliff	QLD	4:07:36	CABOOLTURE	04/01/97	53
99 McDONALD, Don	VIC	4:07:39	BOX HILL	18/06/88	
100 BEVERIDGE, Steel	NSW	4:08:07	PARRAMATTA	09/03/86	35
101 DAVIS, Les	NSW	4:08:43	PARRAMATTA	05/03/89	43
102 RICHARDSON, Peter	VIC	4:08:45	HENSLEY	30/05/87	32
103 CORMACK, George	VIC	4:09:02	BURWOOD	29/07/95	44
104 McCOMBE, Andrew	SA	4:09:04	SALISBURY	07/07/91	60
105 BEAUCHAMP, William	VIC	4:09:16	COBURG	13/09/87	42
106 BRYCE, Michael	VIC	4:09:29	BOX HILL	18/06/88	40
107 FITZGERALD, Geordie	NSW	4:09:49	PARRAMATTA	/ /	
108 TAGGART, Bob	SA	4:10:01	ADELAIDE	29/10/88	41
109 STUART, Roger	SA	4:10:10	ADELAIDE	24/07/88	45
110 BELL, John	VIC	4:10:16	BOX HILL	15/02/86	41
111 MARTIN, Rod	NSW	4:10:32	HENSLEY	30/05/87	44
112 HOCKING, Evan	NSW	4:10:43	PARRAMATTA	/ /	
113 WILKINSON, Graeme	NSW	4:10:52	ADELAIDE	04/10/87	41
114 TORRE, Joe		4:11:09	BURWOOD	24/10/93	0
115 TAYLOR, Maurice	NSW	4:11:11	PARRAMATTA	05/03/89	40
116 COX, Murray	SA	4:11:21	ADELAIDE	15/07/90	44
117 WRIGHT, Doug	WA	4:11:30	BUNBURY	02/04/94	48
118 BLOOMER, Brian	VIC	4:11:33	BOX HILL	15/02/86	45
119 SMITH, Bert	VIC	4:12:24	BOX HILL	18/06/88	
120 MORROW, Tom	NSW	4:12:48	PARRAMATTA	05/03/89	
121 RUSSELL, Graeme	VIC	4:12:48	BOX HILL	17/06/89	30
122 JAVES, Ian	QLD	4:13:10	OLYMPIC PARK	04/08/90	47
123 DE FANIS, Sam	VIC	4:13:11	BURWOOD	25/10/92	44
124 HORVATH, Julius	NSW	4:13:12	PARRAMATTA	02/03/91	37

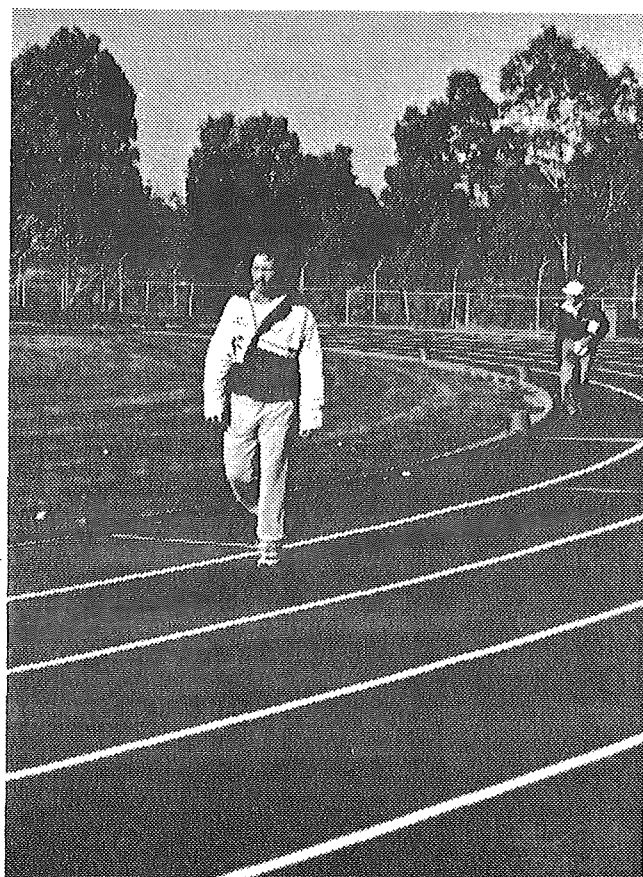
125 TOWNSEND, Graeme	NSW	4:13:33 SYDNEY	30/09/90	33
126 PARSONS, Gary	QLD	4:13:35 CABOOLTURE	04/01/97	47
127 BOND, Russell	NSW	4:13:40 PARRAMATTA	01/03/80	
128 REID, Stuart	ACT	4:13:40 CANBERRA	01/10/88	
129 MANNING, Peter	NSW	4:13:56 PARRAMATTA	06/03/88	35
130 CATTLE, Ernie	VIC	4:14:06 HENSLEY	28/05/88	38
131 KIP.MELHAM, Anyce	NSW	4:14:16 HENSLEY	28/05/88	30
132 WARNER, Ashley	NSW	4:14:21 PARRAMATTA	/ /	
133 PICKARD, Terry	QLD	4:14:25 QLD UNI	05/09/87	
134 McCORIE, Wal	NSW	4:14:32 PARRAMATTA	/ /	
135 AUDLEY, George	WA	4:15:09 PERTH	18/10/86	51
136 NASH, Robert	VIC	4:15:10 BOX HILL	18/06/88	37
137 BURKE, Peter	NSW	4:15:12 PARRAMATTA	01/03/83	
138 HARRIS, Trevor	QLD	4:15:21 HENSLEY	30/05/87	40
139 BANFIELD, F.	NSW	4:15:33 PARRAMATTA	11/03/84	
140 GRAYLING, Michael	VIC	4:15:45 MOE	01/12/96	40
141 QUINN, Peter	VIC	4:15:57 BURWOOD	28/10/90	40
142 KIRK, Bruce	VIC	4:15:58 BOX HILL	16/06/90	26
143 SALISBURY, Bruce	VIC	4:15:58 MOE	01/12/96	44
144 MARTIN, Ross	SA	4:16:00 SALISBURY	06/07/91	61
145 WEINSTEIN, Roger	VIC	4:16:00 BOX HILL	15/06/91	41
146 KITTO, Max	SA	4:16:55 ADELAIDE	24/07/88	42
147 McKELLAR, Jack	VIC	4:17:30 BOX HILL	15/02/86	45
148 DUCKWORTH, Steve	VIC	4:18:11 BURWOOD	24/10/93	40
149 DUFFELL, Geoff	VIC	4:18:11 BURWOOD	24/10/93	42
150 ARMISTEAD, Peter	VIC	4:18:20 FRANKSTON	30/04/94	48
151 COX (SNR), Terry	VIC	4:18:33 COBURG	10/09/89	52
152 MELNYCZENKO, John	NSW	4:18:57 PARRAMATTA	04/03/83	
153 COPLAND, Charles	VIC	4:18:57 BURWOOD	21/06/92	
154 BAZZO, James	QLD	4:19:17 PARRAMATTA	03/03/91	43
155 THOMPSON, Mike	WA	4:19:30 COBURG	10/03/90	42
156 MACKAY, Mark	QLD	4:19:37 ADELAIDE	16/10/93	27
157 KIRKMAN, Geoff	SA	4:19:39 ADELAIDE	09/11/85	35
158 COLLINS, Tony	NSW	4:19:49 SYDNEY	30/09/90	43
159 HARTLEY, Ernest	VIC	4:20:00 PARRAMATTA	06/03/88	38
160 JERRAM, Col	VIC	4:20:04 BOX HILL	16/06/90	41
161 DEVINE, Alan	WA	4:20:36 PERTH	17/10/87	28
162 WALTERS, Ken	VIC	4:21:24 BOX HILL	16/06/90	57
163 HODGE, R.	NSW	4:21:25 PARRAMATTA	11/03/84	
164 HUNTER, Bob	QLD	4:21:48 QLD	01/07/89	54
165 JACKSON, Keith	NSW	4:22:28 PARRAMATTA	04/03/90	39
166 BROWNE, Greg	VIC	4:22:34 BOX HILL	17/06/89	36
167 BRUNER, Bob	VIC	4:23:10 ADELAIDE	13/11/82	44
168 FISHER, Keith	VIC	4:24:26 AUCKLAND NZ	23/08/87	22
169 MARCH, Mike	TAS	4:24:37 COBURG	25/02/89	45
170 TWARTZ, Peter	SA	4:24:46 ADELAIDE	26/10/96	37
171 McKENZIE, Peter	QLD	4:24:56 CABOOLTURE	04/01/97	46
172 YOUNG, Nobby	NSW	4:25:06 NSW	01/09/90	44
173 POWER, Tony	VIC	4:25:10 BOX HILL	16/06/90	
174 DREW, Robert	NSW	4:25:39 PARRAMATTA	06/03/88	
175 RICHES, Ken	VIC	4:26:04 MOE	01/12/96	44
176 BUTKO, Kon	VIC	4:26:13 BOX HILL	15/02/86	38
177 COX (JNR), Terry	VIC	4:26:14 COBURG	10/03/90	24
178 BOHNKE, Michael	NSW	4:26:29 COBURG	22/02/92	38
179 SLAGTER, Michael	SA	4:26:46 ADELAIDE	22/10/94	24
180 McCLOSKEY, Ian	QLD	4:26:58 IPSWICH	18/04/92	40
181 SAYERS, Bob	VIC	4:27:07 FRANKSTON	30/04/94	52
182 CHAMPNESS, John	VIC	4:27:34 BOX HILL	28/02/87	35
183 RUSSELL, Rick	WA	4:28:22 BUNBURY	04/03/95	
184 GRAY, Dan	NSW	4:28:39 PARRAMATTA	11/03/84	37
185 FARNHAM, Tony	NSW	4:29:01 WOLLONGONG	26/03/94	48
186 MURPHY, Les	ACT	4:29:04 CANBERRA	01/10/88	
187 QUINTO, Derek	ACT	4:29:04 CANBERRA	01/10/88	41

188 CROUCH, Lawrence	VIC	4:29:06	BURWOOD	24/10/93	53
189 LEAR, Phil	QLD	4:29:20	CABOOLTURE	04/01/97	52
190 HARPER, John	VIC	4:29:36	BURWOOD	21/06/92	45
191 GILLIES, K	NSW	4:29:40	PARRAMATTA	11/03/84	
192 PARKER, Ross	WA	4:29:52	PERTH	16/10/87	
193 MESALIC, Asim	QLD	4:29:56	IPSWICH	10/05/91	44
194 KAPARELIS, John	VIC	4:30:07	COBURG	28/08/88	21
195 GOBEL, Joe	VIC	4:30:24	BOX HILL	28/02/87	49
196 BROWN, David	NSW	4:30:27	HENSLEY	28/05/88	30
197 HERPICH, Ludwig	NSW	4:30:47	WOLLONGONG	26/03/94	
198 MAHONY, Paul		4:30:49	NSW	01/09/90	
199 MEALEY, John	WA	4:30:52	BUNBURY	04/03/95	
200 SILL, David	NSW	4:30:54	BURWOOD	19/06/93	46
201 SCUTTS, Sam	NSW	4:31:07	PARRAMATTA	03/03/91	



(left) Bill Hick
(Bottom left)
Kevin Mansell
(Bottom right)
Phil Essam

all competing in
the Victorian 24
Hour Track
Championship at
Coburg 1998



AUSTRALIAN RANKINGS FOR 50KM by Women ...Track

Rank	Name	State	PB for 50km	Place	Date	At Age
1	FRANCIS, Mary	WA	3:44:18	BUNBURY	04/03/95	37
2	MEADOWS, Linda	VIC	3:45:43	EAST BURWOOD	18/06/94	35
3	PETRIE, Lavinia	VIC	3:49:32	EAST BURWOOD	19/06/93	49
4	TIMMER-ARENDS, Sandra	VIC	3:59:13	MOE	01/12/96	33
5	WHITING, Sue	NSW	4:01:53	PARRAMATTA	04/03/90	
6	STANGER, Helen	NSW	4:12:10	WOLLONGONG	26/03/94	43
7	HERBERT, Cynthia	VIC	4:13:09	BOX HILL	28/06/86	44
8	GORDON-LEWIS, Lyn	QLD	4:19:56	CENTENARY LAKES	07/01/95	39
9	BALDWIN, Cherie	VIC	4:23:46	BURWOOD	25/10/92	40
10	YOUNG, Shirley	VIC	4:28:44	BURWOOD	21/06/92	62
11	KERR, Sandra	VIC	4:29:35	COBURG	27/02/93	47
12	PARRIS, Dawn	VIC	4:30:06	BURWOOD	25/10/92	39
13	WOODS, Sally	QLD	4:30:45	COBURG	28/08/88	
14	BARNES, Helen	SA	4:31:29	SALISBURY	07/07/91	41
15	McCONNELL, Georgina	NSW	4:34:00	PARRAMATTA	05/03/89	45
16	HAARSMA, Kay	SA	4:43:02	ADELAIDE	13/11/82	
17	WORLEY, Sue	SA	4:43:04	SALISBURY	07/07/91	43
18	GRANT, Dell	QLD	4:44:48	IPSWICH	10/04/93	39
19	DARLINGTON, Joan	QLD	4:45:18	CABOOLTURE	04/01/97	50
20	FOLEY, Wanda	QLD	4:46:59	PARRAMATTA	05/03/89	43
21	THOMPSON, Dale	NSW	4:47:18	PARRAMATTA	03/03/91	
22	SPAIN, Trisha	WA	4:48:22	OLYMPIC P	19/08/89	47
23	COTTRELL, Angie	QLD	4:52:57	CABOOLTURE	04/01/97	48
24	O'CONNOR(MORRIS, Helen	SA	5:03:01	ADELAIDE	01/11/86	
25	BRINSDEN, Carolyn	WA	5:04:47	BUNBURY	04/03/95	36
26	DURRANT, Nicole	WA	5:04:47	BUNBURY	04/03/95	27
27	STANDEVEN, Cheryl	SA	5:06:10	ADELAIDE	29/10/88	32
28	SAYERS, Debbie	NSW	5:10:03	PARRAMATTA	/ /	
29	RILEY, Geraldine	VIC	5:10:20	ADELAIDE	09/11/85	21
30	KENNEDY, Gloria	NSW	5:10:45	PARRAMATTA	/ /	
31	SOMMERS, Corinne		5:23:00	CABOOLTURE	23/06/90	29
32	BARDY, Sue	SA	5:24:17	SALISBURY	07/07/91	57
33	CRIBB, Lyn	NSW	5:25:38	PARRAMATTA	03/03/91	
34	MARKHAM, Aileen	QLD	5:26:44	CABOOLTURE	04/01/97	49
35	GLADWELL, Lucille	NSW	5:30:54	PARRAMATTA	03/03/91	
36	BISHOP, Lorrie	VIC	5:31:28	BOX HILL	15/06/91	44
37	PIKE, Denise	VIC	5:31:40	KNOX	20/07/96	44
38	TALBOT, Kim	VIC	5:32:22	COBURG	25/02/89	20
39	WISHART, Lois	VIC	5:32:38	TOOTGAROOK	02/05/92	46
40	WARREN, Val	NSW	5:39:48	PARRAMATTA	03/03/91	56
41	TAIT, Merrilyn	VIC	5:43:29	OLYMPIC PK	08/04/90	40
42	PARSONS, Sharon	QLD	5:46:54	CENTENARY LAKES	07/01/95	43
43	CLARKE, Angela	QLD	5:49:16	CABOOLTURE	04/01/97	57
44	HILL, Lorna	QLD	5:49:58	CENTENARY LAKES	07/01/95	29
45	SKROBOLAC, Sharon	VIC	5:50:20	ROSEBUD	04/05/91	34
46	COULTER, Joan	NSW	5:53:32	WOLLONGONG	01/04/95	
47	COLLINS, Jan	QLD	5:58:16	CENTENARY LAKES	07/01/95	56
48	KINCHIN, Marilyn	NSW	6:02:21	PARRAMATTA	05/03/89	39
49	McCARTHEY, Marilyn	SA	6:04:56	ADELAIDE	24/07/88	38
50	CASE, Valerie	QLD	6:16:42	HENSLEY	28/05/88	51
51	SALTER, Bronwyn	WA	6:22:23	PERTH	18/10/86	38
52	BAIRD, Fiona	SA	6:27:38	ADELAIDE	26/10/96	26
53	TAYLOR, Jacqueline	VIC	6:31:08	TOOTGAROOK	02/05/92	
54	CURRAN, Michelle	QLD	6:38:45	WOLLONGONG	01/04/95	
55	YOUNG, Mary	VIC	6:38:59	BOX HILL	02/02/85	24
56	METCALF, Karen	SA	6:47:21	ADELAIDE	21/10/95	22
57	LUSH, Eileen	SA	6:50:58	ADELAIDE	04/10/87	40
58	BENSON, Carolyn	SA	7:36:48	ADELAIDE	28/10/89	42
59	BECK, Carol	SA	8:09:30	ADELAIDE	24/10/92	
60	GUTERES, Elaine	SA	8:29:39	ADELAIDE	09/11/85	
61	FARROW, Lynette	SA	9:15:59	KNOX PARK	07/05/95	33
62	NAYLOR, Rosemary	SA	9:18:48	ADELAIDE	26/10/96	49
63	ZWYNENBURG, ALI	VIC	9:23:18	ROSEBUD	04/05/91	
64	BRUNER, Patty	VIC	9:47:40	BOX HILL	15/02/86	49

AUSTRALIAN RANKINGS FOR 50ML ROAD by Men

Rank	Name	State	PB for 50mlRD	Place	Cat	Date	at Age
1	PERDON, George	VIC	5:22:55	PORTSEA-MELBOURNE	C	01/05/68	
2	BADIC, Safet	VIC	5:26:41	BALLARAT	D	09/12/90	30
3	KOUROS, Yiannis	VIC	5:29:07	SHEPPARTON	A	15/09/96	40
4	GILLIS, Thomas	NSW	5:33:00	NEW ZEALAND	D	//	
5	BRIMACOMBE, Laurie	VIC	5:33:59	BALLARAT	B	11/08/85	42
6	FERDERBAR, Ziggy	NSW	5:41:58	NSW		07/10/79	
7	TOLLIDAY, Owen	QLD	5:44:29	QLD UNI	D	02/10/88	38
8	JACOBS, Trevor	ACT	5:48:55	MINNESOTA	A	11/10/90	38
9	WALLACE, Don	QLD	5:48:59	COMRADES MARA.	A	17/06/96	34
10	BARTON, Greg	QLD	5:49:14	BANANA COAST 85K	C	07/05/95	27
11	RAMELLI, Ray	VIC	5:50:07	BALLARAT	C	24/08/86	
12	KEYSSECKER, Don	NSW	5:51:00	CHRISTCHURCH	D	31/03/79	
13	BROOKS, Barry	VIC	5:51:16	BALLARAT	B	24/08/86	46
14	HUNTER, Bob	QLD	5:53:07	QLD UNI	D	23/10/83	49
15	COOK, Bruce	QLD	5:57:25	GRAFTON-COFFS	D	01/05/85	28
16	WHITAKKER, Peter	VIC	5:57:59	BALLARAT	C	23/08/87	
17	CARSON, Max	VIC	6:01:37	BALLARAT	B	24/08/86	37
18	KIP.MELHAM, Anyce	NSW	6:03:03	SYDNEY		07/10/79	
19	HENECKE, Kerry	NSW	6:03:32	NSW	D	07/10/79	
20	SPEHR, Peter	NSW	6:03:41	SHEPPARTON	A	15/09/96	34
21	BEALE, Gary	NSW	6:07:10	NSW	D	07/10/79	
22	LOGAN, Peter	VIC	6:07:28	BALLARAT	C	25/06/83	35
23	CRAWFORD, Jim	VIC	6:10:06	PRINCES PK	D	11/09/75	
24	BOASE, Geoff	QLD	6:12:52	CABOOLTURE	D	02/09/89	38
25	FRANCIS, Mick	WA	6:12:54	SHEPPARTON	A	15/09/96	37
26	THOMPSON, Martin	NSW	6:13:15	BATHURST	D	04/09/88	
27	ZWIERLEIN, Bob	VIC	6:13:40	PRINCES PK	A	21/06/87	
28	TELFER, Bob	NSW	6:16:44	NSW	D	26/09/82	
29	SMITH, Jeff	VIC	6:16:48	BALLARAT	D	09/12/90	
30	SUMNER, John	VIC	6:17:55	PRINCES PK	A	21/06/87	46
31	WALSH, Michael	VIC	6:18:54	BALLARAT	C	11/08/85	
32	BARKER, Carl	NSW	6:18:58	COMRADES 97		//	38
33	MEDILL, Graham	QLD	6:20:22	QLD UNI	D	02/10/88	40
34	MESALIC, Asim	QLD	6:20:40	SHEPPARTON	A	15/09/96	49
35	LOVELESS, Len	VIC	6:21:50	BALLARAT	C	11/08/87	
36	HERD, Robert	NSW	6:22:42	BATHURST	D	04/09/88	33
37	McMANUS, Alistair	O/S	6:23:07	BALLARAT	C	24/08/86	
38	GRAY, Peter	VIC	6:24:41	BALLARAT	C	09/12/90	26
39	SULLIVAN, Peter	QLD	6:25:42	CABOOLTURE	A	15/04/89	
40	PIKE, Stewart	VIC	6:26:24	BALLARAT	C	24/08/86	
41	PEACOCK, Alan	QLD	6:26:27	QLD UNI	D	02/10/88	
42	BREIT, John	VIC	6:26:43	MINNESOTA USA	D	01/10/90	33
43	BLOOMER, Brian	VIC	6:26:59	BALLARAT	B	11/08/85	44
44	BOGENHUBER, Max	NSW	6:28:35	BATHURST	D	19/09/87	45
45	BRUNER, Bob	VIC	6:28:40	NSW	D	10/10/78	40
46	WILSON, Greg	VIC	6:29:02	SHEPPARTON	A	15/09/96	44
47	CONNELLAN, John	VIC	6:30:39	PRINCES PK	B	30/06/85	
48	CATTLE, Ernie	VIC	6:32:46	BALLARAT	B	24/08/86	
49	GUARD, Roger	QLD	6:32:58	CABOOLTURE	D	02/09/89	
50	SMITH, Bryan	VIC	6:33:28	BALLARAT	C	24/08/86	42
51	YOUNG, Cliff	VIC	6:33:46	BALLARAT	C	24/08/86	64
52	KING, Ron	VIC	6:34:17	BALLARAT	C	22/08/87	
53	JONES, Leo	VIC	6:34:23	PRINCES PARK	A	29/06/86	
54	CASSIDY, Kevin	VIC	6:36:33	BALLARAT	D	10/08/87	26
55	BUCHAN, Sandy	QLD	6:37:05	QLD UNI	D	02/10/88	34
56	JAVES, Ian	QLD	6:37:06	QLD UNI	D	02/08/87	44
57	WALLACE, Alistair	NSW	6:37:25	BANANA C	D	//	
58	TAYLOR, Maurice	NSW	6:37:29	BATHURST	D	27/02/86	
59	RICHARDSON, Peter	VIC	6:39:17	BALLARAT	C	08/08/87	
60	VISSER, Jeff	VIC	6:39:41	BALLARAT	C	12/12/89	26
61	BENNINGTON, Jim	NSW	6:40:25	BANANA COAST 85K	C	01/01/86	
62	MARKULIN, Doug	NSW	6:40:41	NSW	D	07/10/79	
63	KLEINER, Tony	QLD	6:40:58	SHEPPARTON	A	15/09/96	32
64	DILLON, Buck	NSW	6:41:27	NSW		10/10/78	
65	VISALLI, Tony	NSW	6:43:30	NSW D		07/10/79	
66	LUCAS, Andrew	TAS	6:44:16	SHEPPARTON	A	15/09/96	31

67	DONOHUE, Mick	NSW	6:48:44	SYD-WOLL		//	
68	DWYER, Ray	VIC	6:49:52	BALLARAT	B	11/12/88	
69	McGRATH, George	NSW	6:49:56	WOLL-SYD	D	//	
70	CAMPBELL, Ron	VIC	6:50:28	PRINCES PK	A	19/06/88	
71	WISHART, Greg	VIC	6:50:33	BALLARAT	C	09/12/90	
72	SORGEL, Walter	QLD	6:50:44	QLD UNI	D	02/10/88	
73	SHEPHARD, Ken	NSW	6:51:02	BANANA COAST	D	//	
74	JORY, Derek	QLD	6:51:03	QLD	D	02/08/87	
75	MARDEN, Bob	NSW	6:53:00	SYDNEY	D	11/10/79	
76	MARSHALL, Kelvin	VIC	6:53:39	SHEPPARTON	A	15/09/96	32
77	WOODHOUSE, Paul	NSW	6:54:10	WOLL-SYD	D	//	
78	WILTON, Graeme	NSW	6:55:34	BATHURST	D	22/09/84	
79	ELLIOT, Ernie	VIC	6:56:02	NSW	D	07/10/79	
80	BRADD, Les	VIC	6:56:29	BALLARAT	B	24/08/86	34
81	CHANNELLS, Robert	NSW	6:58:18	BANANA COAST 85K	C	15/05/88	
82	PHILLIPS, Lindsay	QLD	6:58:20	CABOOLTURE	A	02/09/89	23
83	PICKARD, Terry	QLD	6:59:00	QLD	D	02/08/87	
84	HENRICKS, Bob	QLD	6:59:21	CABOOLTURE	A	02/09/89	44
85	STEPHENSON, Chris	NSW	6:59:36	BALLARAT	C	11/12/88	
86	HART, Gerry	VIC	6:59:59	PRINCES PARK	A	31/07/77	
87	WALTERS, Ken	VIC	7:00:14	PRINCES PK	A	30/06/85	
88	YOUNG, Nobby	NSW	7:00:50	WOLL-SYD	D	//	
89	MASSINGHAM, Barry	NSW	7:01:24	NSW	D	07/10/79	
90	HENNESSEY, Laurie	NSW	7:01:45	BANANA COAST	D	//	
91	GRANT, Ron	QLD	7:02:10	CHRISTCHURCH	D	01/04/67	
92	McCABE, Neil	QLD	7:03:25	CABOOLTURE	A	15/04/89	
93	GOBEL, Joe	VIC	7:04:55	BALLARAT	C	11/08/85	
94	ALEXANDER, Keith	VIC	7:05:14	PRINCES PK	A	21/06/87	
95	WAGNER, Carl	QLD	7:05:33	BANANA COAST	D	//	
96	HEPBURN, Brickley	VIC	7:07:56	BALLARAT	C	11/12/89	
97	GRAY, Dan	NSW	7:09:04	BATHURST	D	19/09/87	
98	SCHNIBBE, Klaus	VIC	7:10:37	PRINCES PK	A	29/06/86	
99	FARMER, Pat	NSW	7:11:25	TASMANIA RUN 87K	D	08/08/94	
100	HOOK, Geoff	VIC	7:11:40	BATHURST	D	04/09/88	43
101	TRIPP, Tony	WA	7:12:00	LON-BRI UK D		//	
102	BERGMAN, Trevor	NSW	7:13:18	BANANNA COAST	C	01/01/88	
103	QUICK, Graeme	VIC	7:14:16	BALLARAT C		11/08/85	
104	RILEY, Gerry	VIC	7:14:30	BALLARAT	C	11/08/85	54
105	HARTLEY, Ernest	VIC	7:14:48	PRINCES PK	A	19/06/88	38
106	PLEYDELL, Trevor	VIC	7:16:42	BALLARAT	C	24/08/86	
107	FOTAKIS, John	VIC	7:17:32	BALLARAT		10/12/89	21
108	DRUMMOND, Sandy	VIC	7:17:33	PRINCES PARK	B	19/06/88	
109	DUNLOP, Graeme	VIC	7:18:30	PRINCES PARK	B	30/06/85	
110	COATES, Barry	NSW	7:21:25	BATHURST	C	19/09/87	40
111	McCABE, Neil	QLD	7:22:17	QLD UNI	D	25/06/88	34
112	KELLER, Julius	QLD	7:23:44	QLD UNI	D	02/10/88	
113	BIVIANO, Frank	VIC	7:25:19	BALLARAT	C	24/08/86	42
114	COSENS, Gary	VIC	7:26:42	PRINCES PK	B	30/06/85	
115	PARSONS, Gary	QLD	7:27:05	CABOOLTURE	A	08/09/90	40
116	DOYLE, Tony	VIC	7:27:13	PRINCES PARK	B	29/06/86	
117	JERRAM, Col	VIC	7:27:40	BALLARAT	C	08/12/89	
118	STAPLES, Alan	NSW	7:29:04	SYDNEY	D	07/10/79	30
119	FISHER, Keith	VIC	7:29:55	QLD	D	25/06/88	23
120	ALLEN, Gary	QLD	7:29:56	CABOOLTURE	D	15/04/89	
121	PATTRICK, Gary	VIC	7:30:33	BALLARAT	C	11/08/85	
122	HOSKINSON, Peter	TAS	7:31:25	SHEPPARTON	A	15/09/96	33
123	WEAVER, Craig	VIC	7:31:44	PRINCES PK	A	19/06/88	
124	HUTCHINSON, Ian	NSW	7:32:34	BATHURST	D	22/09/84	
125							
126	RISHWORTH, Robin	VIC	7:32:36	BALLARAT	C	11/08/85	
127	GRAYLING, Michael	VIC	7:34:06	SHEPPARTON	A	15/09/96	40
128	PARKER, Ross	WA	7:35:10	TASMANIA RUN 90K	D	06/08/94	
129	ANDERSON, John	VIC	7:35:16	PRINCES PARK	B	29/06/86	47
130	WOOLGAR, Chris	VIC	7:36:55	PRINCES PK	A	29/06/86	
131	HARRIS, Trevor	QLD	7:37:08	BATHURST	D	04/09/88	41
132	FICKEL, Bob	NSW	7:38:05	BATHURST	D	04/09/88	36
133	HEATH, Frank	QLD	7:38:34	CABOOLTURE	D	02/09/89	42
134	CHAMPNESS, John	VIC	7:38:53	BALLARAT	B	10/08/87	
135	FRENCH, Cliff	QLD	7:41:50	CABOOLTURE	D	08/09/90	47

136 CORNELIUS, Ian	QLD	7:41:59	TOOWOOMBA	C	10/02/93	52
137 MOORE, Bob	VIC	7:42:12	BOX HILL		29/06/85	
138 BURNS, Bob	QLD	7:42:34	QLD UNI	D	02/10/88	45
139 GROGAN, Marty	VIC	7:42:35	PRINCES PARK	A	19/07/88	
140 FIRKIN, Graham	NSW	7:43:06	BATHURST	D	19/09/87	
141 TROPE, Jonathon	NSW	7:43:53	COMRADES MARA.	A	17/06/96	50
142 BOIDIN, Keith	NSW	7:44:55	NSW	D	07/10/79	
143 LYNN, Charlie	NSW	7:45:15	SYD-WOLL	D	19/10/80	
144 BRYCE, Michael	VIC	7:46:20	BALLARAT	B	10/08/87	39
145 HOUGH, Ken	VIC	7:47:49	BALLARAT	C	11/12/88	
146 STANSFIELD, Ian	VIC	7:47:59	PRINCES PK	A	29/06/86	
147 WILSON, Adrian		7:48:07	BANANA COAST 85K	C	01/05/94	
148 McCORRIE, Wal	NSW	7:48:45	NSW	D	26/09/82	
149 HOFFMAN, Michael	VIC	7:49:31	PRINCES PARK	A	29/06/86	
150 ROBINSON, Jim	NSW	7:49:37	BANANA C		//	
151 LEWIS, Stephen	QLD	7:50:02	CABOOLTURE	A	02/09/89	
152 HARGREAVES, Bruce	NSW	7:50:30	BANANA COAST	D	//	
153 CLARIDGE, Robert	VIC	7:50:48	BALLARAT	B	11/12/88	
154 DOCHERTY, Andy	SA	7:50:54	BALLARAT	B	24/08/86	
155 LAW, Andrew	TAS	7:51:25	TASMANIA RUN 90K	D	06/08/94	
156 BOYLE, Brad	NSW	7:52:56	SHEPPARTON	A	15/09/96	36
157 TAYLOR, Dave	NSW	7:53:11	BATHURST	D	27/09/86	
158 WILKINSON, Graeme	NSW	7:53:11	BATHURST D		27/09/86	
159 CHRISTOFFEL, Jeff	QLD	7:55:36	CABOOLTURE	A	02/09/89	
160 HENRY, Ian	QLD	7:55:56	QLD	D	25/06/88	
161 FARNHAM, Tony	NSW	7:57:13	TOOWOOMBA	C	10/02/93	47
162 TOWNSEND, Dean	VIC	7:57:48	BALLARAT C		11/08/85	
163 CARLTON, Alan	VIC	8:00:08	BALLARAT	B	11/12/88	
164 MATTHEWS, Paul	NSW	8:00:53			//	
165 THOMAS, Jeff	NSW	8:00:53	WOLL-SYD	D	//	
166 McCLOSKEY, Ian	QLD	8:02:21	CABOOLTURE	A	07/09/91	39
167 HUGGINS, Graham	VIC	8:03:25	PRINCES PARK		29/06/86	47
168 COLLINS, Gary	NSW	8:04:00	BATHURST	C	27/09/86	
169 RUSSELL, Geoff	VIC	8:04:18	BALLARAT	C	11/08/85	
170 SILL, David	NSW	8:04:33	LONDON-BRIGHTON	A	06/10/96	49
171 CLEAR, David	NSW	8:05:18	BANANA COAST 85K	C	01/05/94	
172 BROWN, David	NSW	8:05:41	BANANA COAST 85K	C	01/05/94	36
173 POWER, Tony	VIC	8:06:11	BALLARAT	C	12/12/89	
174 RAFFERTY, Tony	VIC	8:08:01	PRINCES PK	A	21/06/87	48
175 THOMAS, Vic	NSW	8:08:21	WOLL-SYD D		//	
176 YARWOOD, Ken	QLD	8:08:28	QLD UNI	D	02/10/88	
177 MISKIN, Stan	QLD	8:09:53	BALLARAT	C	24/08/86	61
178 VARKER, Mick		8:10:41	BALLARAT	C	11/12/88	
179 KEHOE, Paul	NSW	8:12:06	BANANA COAST	D	//	
180 LITTLE, Bob	NSW	8:13:00	WOLL-SYD	D	05/10/81	
181 HORVATH, Julius	NSW	8:13:32	SHEPPARTON	A	15/09/96	43
182 BEVERIDGE, Steel	NSW	8:15:52	BANANNA COAST	D	01/01/84	32
183 WHITECROSS, Bryan		8:16:03	BALLARAT	C	//	
184 COOPER, Shane	NSW	8:16:10	BANNANA COAST	D	//	
185 MANNING, Peter	NSW	8:17:41	BATHURST	D	27/09/86	33
186 GERADA, Vic	NSW	8:17:50	SYD-WOLL	D	19/10/80	
187 LANHAM, John	QLD	8:18:58	QLD	D	02/08/87	
188 EVANS, Brian	QLD	8:20:29	TOOWOOMBA	C	10/02/93	50
189 CORNELIUS, Steve	NSW	8:21:19	WOLL-SYD	D	16/10/83	
190 SYRED, Creece	NSW	8:21:37	BATHURST	D	27/09/86	
191 ALLISON, David	NSW	8:21:41	BANANA COAST 85K	C	07/05/95	44
192 CROWLE, Keith	VIC	8:21:43	PRINCES PK	D	29/06/86	
193 COLWELL, Brian	NSW	8:22:18	BATHURST	D	04/09/88	39
194 YANNA, George	VIC	8:22:39	BALLARAT	C	11/12/88	
195 HUME, James	VIC	8:26:10	PRINCES PARK	A	21/06/87	
196 NORDISH, Steve	NSW	8:26:25	BANANA COAST	D	//	
197 SPRING, Peter	NSW	8:28:00	BANANA COAST	D	//	
198 SILCOCK, Colin	VIC	8:28:15	BALLARAT	C	11/08/85	
199 TOWN, Murray	NSW	8:29:26	COMRADES MARA.	A	20/05/95	49
200 WEINSTEIN, Roger	VIC	8:29:56	BALLARAT	C	11/12/88	
201 McCOY, Brian	VIC	8:30:11	PRINCES PK	D	19/06/88	
202 MAHER, Chris	WA	8:30:30	COMRADES MARA.	A	20/05/95	42
203 McLEAN, Christopher	NSW	8:31:57	COMRADES MARA.	A	20/05/95	46
204 GRANT, Stephen	NSW	8:32:17	BATHURST	D	04/09/88	

AUSTRALIAN RANKINGS FOR 50ML ROAD by Women

Rank	Name	State	PB for 50mlRD	Place	Cat	Date	at Age
1	FRANCIS, Mary	WA	6:07:26	HARRIERS CANADA	A	31/08/94	36
2	SMITH, Margaret	VIC	6:59:02	PRINCES PARK,MELB	A	21/06/87	51
3	HERBERT, Cynthia	VIC	7:07:23	BALLARAT	C	10/08/87	
4	GRANT, Dell	QLD	7:21:01	CABOOLTURE	A	02/09/89	
5	WALLACE, Robyn	QLD	7:28:12	QLD UNI	D	02/10/88	30
6	VAUGHAN, Caroline	NSW	7:52:40	SYD-WOLL	D	19/10/80	
7	STANGER, Helen	NSW	8:11:51	TAS RUN 90K	D	06/08/94	44
8	ELLIS-SMITH, Margaret	VIC	8:16:45	PRINCES PARK	A	19/06/88	
9	YOUNG, Shirley	VIC	8:16:56	SHEPPARTON	A	15/09/96	66
10	STRUNGS, Inara	QLD	8:20:52	TOOWOOMBA	C	//	
11	COLLINS, Jan	QLD	8:47:04	QLD UNI	D	02/10/88	49
12	COTTRELL, Angie	QLD	8:55:52	BANANA COAST 85K		10/05/98	49
13	CLARKE, Angela	QLD	8:57:19	CABOOLTURE	D	08/02/97	57
14	STREET, Carol	QLD	9:03:38	CABOOLTURE	A	07/09/91	
15	FOLEY, Wanda	QLD	9:03:57	BATHURST	D	19/09/87	
16	KERR, Sandra	VIC	9:04:11	BALLARAT	C	10/12/89	44
17	KENNEDY, Gloria	NSW	9:10:04	SYD-WOLL	D	19/10/80	
18	BENNETT, Vidagdha	VIC	9:12:03	NEW JERSEY US	D	27/08/81	27
19	McCONNELL, Georgina	NSW	9:15:53	TASMANIA RUN 90K	D	06/08/94	51
20	CASSIDY (TAIT), Merrilyn	VIC	9:31:19	PRINCES PK	A	19/06/88	
21	BRINSDEN, Carolyn	WA	9:38:44	COMRADES MARA.	A	20/05/95	36
22	LEWIS, Lyn	QLD	9:41:58	CABOOLTURE	D	08/02/97	41
23	CHRISP, Wendy	QLD	10:25:03	QLD UNI	D	25/06/88	24
24	CATON, Kathy	QLD	10:38:08	CABOOLTURE	D	08/02/97	33
25	BOLT, Phillipa	QLD	13:52:44	CABOOLTURE	A	02/09/89	33
26	HALL, Kerrie	QLD	14:29:00	CABOOLTURE	A	02/05/93	32
27	CASE, Valerie	QLD	15:28:00	CABOOLTURE	A	10/09/93	56



Shirley Young & Lavinia Petrie all smiles after the Australian 100km Road Championship at Glengarry, Victoria.

AGE RECORDS UPDATE

	<u>MEN</u>	<u>AURA AGE RECORDS</u>	<u>TRACK</u>	
50 KM				
M65	Randle HUGHES, VIC.	4:07:57	East Burwood, VIC.	21/06/92
M70	Randle HUGHES, VIC.	4:16:50	East Burwood, VIC.	29/07/95
M75	Ken MATCHETT, VIC.	4:52:13	Moe, VIC. (NS)	30/11/97
50 MILES				
M65	Randle HUGHES, VIC.	7:19:08	East Burwood, VIC.	21/06/92
M70	Randle HUGHES, VIC.	7:43:28	East Burwood, VIC.	29/07/95
6 HOURS				
M75	Ken MATCHETT, VIC.	51.600 km	Coburg, VIC. (NS)	22/08/98

	<u>WOMEN</u>	<u>AURA AGE RECORDS</u>	<u>TRACK</u>	
50 KM				
W45	Lavina PETRIE, VIC.	3:49:32	East Burwood, VIC.	19/06/93
W60	Shirley YOUNG, VIC.	4:28:44	East Burwood, VIC.	21/06/92
W65	Shirley YOUNG, VIC.	4:38:22	East Burwood, VIC.	29/07/95
100 KM				
W50	Georgina MCCONNELL, N.S.W.	12:00:00	Liverpool, N.S.W.	15/10/95
50 MILES				
W45	Lavina PETRIE, VIC.	6:23:53	East Burwood, VIC.	19/06/93
W60	Shirley YOUNG, VIC.	7:32:44	East Burwood, VIC.	21/06/92
W65	Shirley YOUNG, VIC.	7:55:08	East Burwood, VIC.	29/07/95
100 MILES				
W65	Shirley YOUNG, VIC.	23:30: 29	Coburg VIC. (S)	22/08/98
6 HOURS				
W45	Lavina PETRIE, VIC.	75.741 km	East Burwood, VIC.	19/06/93
12 HOURS				
W50	Georgina MCCONNELL, N.S.W.	100.400 km	Liverpool, N.S.W.	14/10/95
24 HOURS				
W50	Georgina MCCONNELL, N.S.W.	181.900 km	Liverpool, N.S.W.	15/10/95

	<u>MEN</u>	<u>AURA AGE RECORDS</u>	<u>ROAD</u>	
50 KM				
M50	Bruce RENWICK, N.S.W.	3:30:08	Camberra, A.C.T.	12/04/98
6 HOURS				
M40	Yiannis KOUROS, VIC.	84.856 km	Glengarry, VIC.	5/04/98
50 MILES				
W45	Jan. COLLINS, QLD.	8:47:04	St Lucia University, QLD.	2/10/88
6 HOURS				
W50	Lavinia PETRIE, VIC.	72.229	Glengarry, VIC.	5/04/98

PLEASE SUBMIT ANY NEW RECORDS OR
ADDITIONS WITH DETAILS OF AGE RECORDS TO:
JOHN HARPER
21 LANCELOT CRESCENT
GLEN WAVERLEY 3150

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

..... Post Code Date of Birth

Desire to 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, 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 the nomination of the Applicant,, who is personally known to me, for membership of the Association.

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

Current membership fees for 19 ... (in Aust dollars) are as follows: Cheques payable to AURA Inc.

Please circle the 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: Dot Browne (Hon Sec), AURA Inc, 4 Victory Street, Mitcham 3132

Note: If joining during the second half of the year, the full year's back issues of ULTRAMAG, the AURA magazine, will be sent on receipt of your subscription. Our subscription year coincides with the calendar year and runs from 1st January to 31st December each year.

Also note: A Proposer and Seconder for new members is a constitutional requirement for incorporated associations, really a formality. We'll be happy to provide the Proposer and Seconder for you if you simply fill in the Membership Application with your own details. Thanks!