

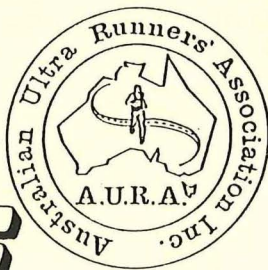
ULTRAMAG

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 **AURA**
MAGAZINE



Official publication of the
Australian Ultra Runners'
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EDITORIAL

Is it really March already? The new year seems to be slipping by so quickly. I recently had a cricket loving acquaintance tell me that ultra- running would be boring. I quickly reminded him that anyone who sits in front of a TV for five days watching men dressed in Mr. Whippy outfits, standing in a paddock playing an alleged sport that ends in a draw, has got a serious problem, he reluctantly agreed that I had a point.

With the Bill Clinton - Monica Lewinsky sideshow hogging all the limelight, most people were unaware that two Americans took part in a Trans Australia race last year. Dan Winkley and Jesse Dale Riley set off from Perth in the direction of Sydney. Dan was to pull out halfway with an injury and head back home, but Jesse made it all the way to Sydney and now plans to stage the race again in 2000 with the hope of gaining about 25 runners.

The Coburg Harriers are already preparing for their 24 Hour event, which will be held on the 8/9th of May. This race has seen some World and Australasian records in recent years and one wonders what sort of distances will be achieved in 1999. We have on our cover this issue, our World Champion, Yiannis Kouros who has achieved, over 24 Hours, a distance of 303.506km. Kouros feels his record will take a bit of beating, and we agree.

This year's AURA Australian 50 Mile Track Championship will be held in conjunction with the very successful Sri Chinmoy Running Festival on the 23rd May in the Melbourne historic bayside suburb of Williamstown. It would be great to see this event gaining larger fields again as in the old days. It's a great event and deserves better support.

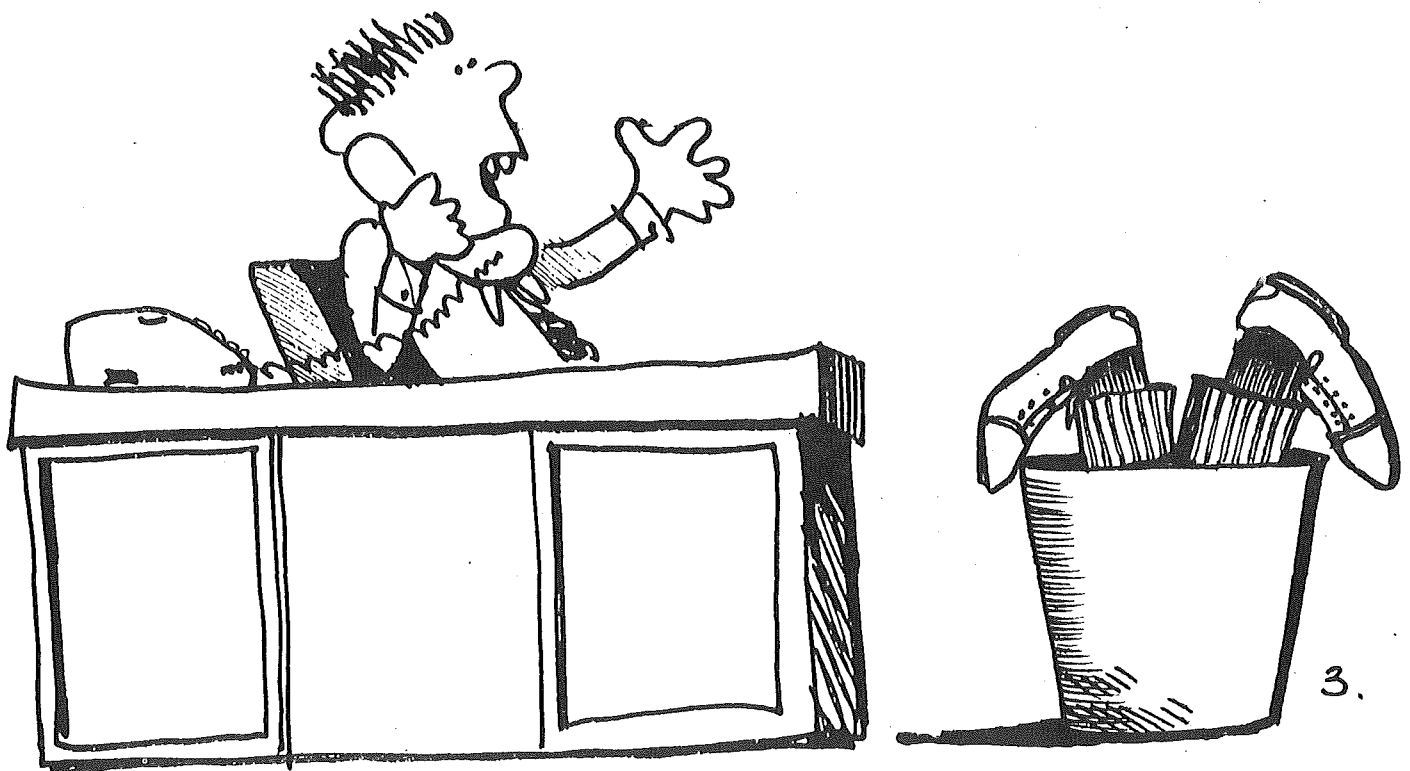
Our heartiest congratulations must go to the Nanango team, headed by Peter Warner, for securing the prestigious IAU International 1000km Track Championship in March 2000. Obviously a well-organised event in 1998 deserves another run. Well done!

Finally, your \$25.00 subs were due on the 1st January, 1999. Our organisation is looking sick financially, and whether we survive or not in the future very much depends upon our subscription numbers for this year 1999. So please pay up and keep us afloat!. Our fat magazines are expensive to post, and we can't afford to send them to members who are not financial, so if we have not received your 1999 subscription, this will be the last magazine you receive.

Basically, no sub. no mag. Fair enough?

Cheers.

Kevin Cassidy.



1999 ULTRA CALENDAR

- 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 **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 (02) 6254 7177 (H) or (02) 6279 0134(W) or Dave Cundy (marathon organiser), P.O. Box 206, Ettalong Beach NSW 2257, or Phone on (02)-4342 7611 or (0417) 285 609 Fax (02) 4342 7611
- April 18 **FRANKSTON TO PORTSEA ROAD RACE, VIC**, 34 miler, contact Kev Cassidy, mobile phone no. 0413 708 118, 7am start, cnr. Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed
- 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) 5495 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 \$40. 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,(03) 9808 9739
- May 23 **AURA SRI CHINMOY AUSTRALIAN 50 MILES TRACK CHAMPS.,** Newport Park Athletics Track, Williamstown (Melways 56B4), start 6.30 am, contact John Harper (03) 9803 7560, or Sri Chinmoy Running & Fitness Festival, P.O. Box 148, Richmond 3121 Cost \$40, \$35 seniors 60+
- May 28/29/30 **SYDNEY TRAILWAKER - 100KM WALK WITHIN 48 HOURS** through some of Sydney's most rugged and spectacular terrain, along the trail of the Great Northern Walk and Kuringai National Park, from Woolwich to Brooklyn. Teams of 4 combine to complete the trail together. Each team to pledge to raise \$1000 to help some of the world's poorest communities improve lives. Registration form in this issue. Further information: Community Aid Abroad, Phone (02) 9264 1399 or Fax 9264 1476
- June 6 **HERVEY BAY HIKE 50KM, Q'LD**, Contact Brian Evans Ph. (07) 4121 4200
- June 16 **COMRADES MARATHON, SOUTH AFRICA**, 90km down run from Pietermaritzburg to Durban. See advert in this issue.

1999 ULTRA CALENDAR

- June 20 **5TH ANNUAL 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 9th June, 1999, Entries to Race Secretary, Nowra Athletics Club, 30 Flannery Rd, Cambewarra 2540 NSW. Cheques payable to Nowra Athletics Club. Transport back from Kangaroo Valley to the start provided. Enquiries Terry Threlfall (0412) 603 831
- Aug 22 **PERTH 40 MILER**, based on the Perth Marathon route with a couple of extra loops, flat, fast course. Contact Mick Francis, 27 Snows Place, Bunbury 6230 WA Phone 08 - 9721 7507
- 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 18 **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 18 or 25 **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(02) 6765 7216 (H) or (02) 6765 3511 (W)
- Sept 18/19 **AUSTRALIAN CENTURIONS CLUB 24 HOUR, 100 MILE, 100KM 50KM RACEWALKS**, Contact Tim Erickson, 1 Avoca Cres, Pascoe Vale 3044 Vic, Ph. (03) 9379 2065 (H) start time 2pm Sat 18th Sept. Event held at Harold Stevens Athletic Track, Outlook Road, Coburg. Entry fees: \$40 24 Hour Walk & 100 Mile walk, \$20 for 100km walk & \$15 for 50km walk. Entries close 13th Sept, 1999
- 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 3 **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 9/10 **SOUTH AUSTRALIAN TRAIL WALK through Adelaide -10/50/100KM** Phone Des Paul for details (041) 2392 189 or (08) 8296 0507
- Oct 23/24 **SRI CHINMOY 6/12/24 HOUR & 100KM S.A.CHAMPIONSHIP TRACK RACE, S A.**(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.

1999 ULTRA CALENDAR

- Nov 14 **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 3hrs.20. Contact Hugh Jorgensen 6286 1252
- 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 14-20 **14TH AUSTRALIAN 6 DAY RACE, COLAC, VIC.** Memorial Square, 1pm Sunday start - and finish on Saturday 20th 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 28 **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 5 **GOLD COAST - KURRAWA SURF CLUB (BROADBEACH) TO POINT DANGER & RETURN, 50KMS.** Flat course along roads & paths adjoining the Gold Coast beachfront. 5am start To be followed by the Queensland Ultra Club Annual Dinner and prizegiving. Contact Pete Gibson, (07)5576 1985 (H) or (07) 5581 6383 (W)
- Dec 4 **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)

ULTRA CALENDAR FOR THE YEAR 2000

- Jan 8 **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 Overton (02) 4323 1710 or Paul Thompson (02) 9683 6024 (H) Email address thomo@zeta.org.au. Entries close 19/12/98
- Jan **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, 1999. No entries on the day.
- Jan 23 **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

YEAR 2000 ULTRA CALENDAR

- Feb **6 or 12 HOUR RUN, WALK & RELAY Q'LD, Caboolture Historic Village**, Beerburrum 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 5 **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, or phone Sue Drake (03) 6239 1468
- Feb **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 **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 26 - 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.
- Mar **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 **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 Coffs 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)
- 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 Mick Francis, 27 Snobs Place, Bunbury 6230 phone (08) 9721 7507
- Mar **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 15-30 **IAU INTERNATIONAL 1000 MILES TRACK CHAMPIONSHIPS** Nanango, Queensland. Further information Peter Warner, 43 Carbeen Cres, Nanango 4615 Q'ld.

AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

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

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

Order form below. Send to: **Kevin Cassidy, 4 Grandview Road, Preston 3072 Vic.**
Telephone: (03) 9478 3687 (H)

AURA CLOTHING ORDERS

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

COLOURS: RED WHITE GOLD GREY NAVY

SIZES: 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES

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

COST: \$2.50 each, no extra for postage required.

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

COST: \$3.00 each, no extra postage required.

Kindly fill in details in BLOCK LETTERS:

NAME:

ADDRESS:

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

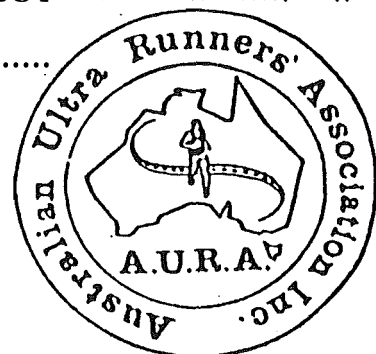
TYPE:

SIZE: COLOUR:

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

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

8 .



FORTHCOMING 1999 A.G.M.

CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 13th Annual General Meeting on Sunday 23rd May, 1999, in the clubrooms of the Williamstown Athletic Track, The Strand Newport (Melway Map 56 B4) after the AURA / Sri Chinmoy Australian 50 Mile Track Race, at which a new Committee of Management must be elected.

Nominations for elected Committee positions will close on Friday 30th April.. Positions open for nomination and election by ALL members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistant Secretary, Treasurer.. For the sake of reasonable management of committee meetings, filling these positions are open only to members living in or near Melbourne, except the position of President. The position of President is open to all AURA members; however, the person so nominated must undertake to personally guarantee to attend all Committee and General Meetings of the Association (sickness or illness excepted) at no cost to the Association, otherwise the nomination is invalid. All meetings will be held in Melbourne.

Positions open for nomination and election by members of Victoria only are for 2 Ordinary Members of Committee (maximum entitlement).

Ordinary members (representatives) from other states or territories are appointed by the incoming committee. However, any member may nominate himself/herself for consideration. If more than the entitlement nominate, a separate ballot within the state or territory can be held.

Positions available are:

NSW Entitlement	2 Ordinary Members of Committee
Q'LD Entitlement	2 Ordinary Members of Committee
S.A. Entitlement	2 Ordinary Members of Committee
W.A. Entitlement	2 Ordinary Members of Committee
A.C.T. Entitlement	2 Ordinary Members of Committee
TAS. Entitlement	2 Ordinary Members of Committee

Note: You do not need a formal nomination for these positions; you only need to indicate your willingness to stand.

Retiring Committee Members may stand again for their old or new positions.

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the Secretary by the Friday 30th April, 1999.

In summary then, if you are interested, we require from you by the 30th April, 1999, the following:

1. Your nomination for the elected positions of Committee of Management.
2. If you are an interstate or territorian member, the Secretary needs to know whether you wish to be considered for the position of appointed representative.
3. If you have any General Business.

Example of Form of Nomination:

I nominatebeing a member of AURA

for the position of

to be decided at the Annual General Meeting of the Association to be held on Sunday 23rd May, 1999

Name of Proposer:SignatureDate

Name of SeconderSignature.....Date . . .

After hoping to run at Colac for about 9 years, I finally made it. I certainly wasn't disappointed. A beautiful track it is, and I thought The Australian Six Day Track Race at Colac was very well organised by a top committee. Any Queenslander thinking of running at Colac should give it a go. The runners were well looked after, and for \$100 entry fee, it provided exceptional value. Ron Hill did a top job looking after the runners at night, and thanks to all the lapscorers. It was good to see top runners Bryan Smith and Kevin Mansell turn up and give all runners support. Thanks for personal support from Queenslanders Bazza Stewart, Graeme Watts and Cathy Caton. It was also great to catch up with Shawn Scanlon, John Timms and Peter Gray.

While I'm talking runs, a plug for a couple of Queensland runs. If you don't mind hills, Gary Parsons' Mt.Mee run late March is fantastic. Also one of my favourites, the Glasshouse Mountains, organised very well by Ian Javes and held in May and September.

[illegible]

Ed.'s note: And this is not the first time Brian has made such a donation. How do you cope with generosity such as this? Thankyou seems so inadequate.

[illegible]

Best wishes,
James Melrose

[illegible]

Yours sincerely,
Michael Bohnke.

Ed's note: Thankyou Michael. That's real dedication, moving house just so our Victorian statistics will look slightly better. We wish all other misguided NSW members would follow suit and show the same dedication for such a worthy cause. I must admit our Vic. membership figures are downright depressing. I reckon even Tasmanian figures are going to overtake us soon and they've only got 8! I'll have to start padding out our figures with a few fake "doggy" members or start signing up mums with Alzheimers so that they keep paying over and over again.! Get off your asses, Victorians, and recruit a few !!!!!!! !!!

March 11th 1999

Dear Dot,

As a result of the highly successful IAU International 1000 Miles Track Championships in Nanango last March, the IAU in conjunction with the world governing body the IAAF has designated Nanango as the preferred venue for one of a handful of listed Championship events as part of the new-millennium special celebrations in the year 2000.

The Race Committee has accepted this invitation on behalf of the people of Nanango after their overwhelming endorsement at the closing ceremonies. In the lead-up to the Sydney Olympics the event has been scheduled for March 15 - 30, 2000.

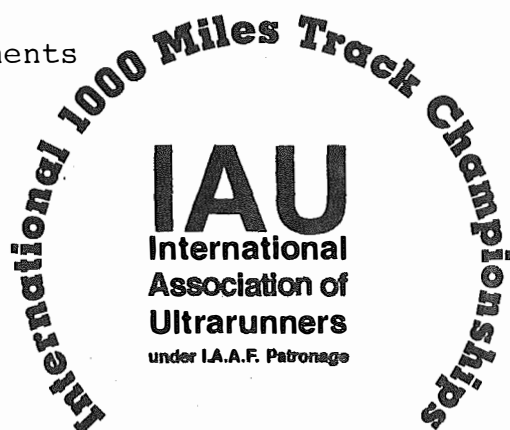
Already keen interest has been shown from overseas runners with requests for entry applications coming from Germany, New Zealand, the Ukraine, Ethiopia and India. This augers well for another truly international representation in the event.

I'll keep you informed of further developments

Regards,



Ed's note: Heartiest congratulations to you, Peter and your committee for gaining this prestigious event one more time. Fantastic news!



Nanango

15 ~ 30 March, 2000

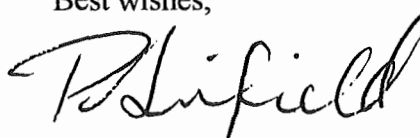
Dear Dot,

This is a short note to accompany my renewal of Ultramag for 1999 (my last copy was dated December 1998). I sometimes question my continued interest in ultra-running, given the lack of races in Darwin and the difficulties in training in such a climate. However, I firmly believe there is at least one more good ultra run left in me and I would hate to miss out on the gossip and news that surrounds our sport.

Whilst I think about it, if there are any other ultra-runners on your books from the Northern Territory, I would be grateful if I could get a contact number or address. I have had an idea about scheduling an individual ultra-run to coincide with the annual Humpty Doo - to - Darwin road relay race. If there were a few interested competitors, I would be willing to put in the effort to get the run going. Therefore, if there were any others in the north that are on the books, I would appreciate the opportunity to get in contact. My new address is at the bottom of this letter and my current telephone number is (08) 8941 5348.

Keep up the good work with the magazine,

Best wishes,



Peter Sinfield

Dear Dot

I feel compelled to put pen to paper after reading Phil Essam's list of the ten top Aussie performances of the year, for missing one which should most definitely be there, Greg Love's 3rd victory in the 6 Foot Track ultra!

The 6 Foot Track is by far Australia's biggest ultra, with 500 competitors at the starting line. It can rightly challenge to be the best ultra too, and certainly has built up an atmosphere and tradition to it that I haven't experienced in any other similar race in Australia. With its numbers and quality of field its the unofficial national championships of ultra running in Australia. Whoever wins it is certainly entitled to claim they are Australia's leading ultra runner for the year.

This year NSW's Greg Love won by a few strides over Victoria's Andrew Kromar in a thrilling finish. Greg became the first person to win this race three times, just edging out Andrew who was going for his third straight victory. Andrew had been pushing hard for Qld's Donald Wallace course record, but couldn't quite manage to hold his form all the way, allowing Greg to sneak through at the end. Now there are three names of people who can all rightly claim to have been the best ultra runner in Australia at some time over the 90's! Greg's victory this year most definitely puts him in the list of the 10 best Aussie performances of the year, and is a strong contender for performance of the year. Please give him his rightful credit!

Sincerely

Michael Burton

Dear Dot,

Enclosed is a copy of a verse that I did on the Colac Six Day Race 1998. In June and July, I intend to do a walk from Birdsville across the Simpson Desert to Alice Springs, from there to Kings Canyon, finishing at the top of Ayres Rock (just to slow me down) I will of course have a support driver and my dog Gemma and will be collecting for the Flying Doctor Service and for research into sugar diabetes. Incidentally, I will be in my eightieth year!

Regards,
Drew Kettle.

Ed's note: What an amazing old devil you are Drew. Good luck! I hope Gemma can keep up with you.

Dear Dot,

I hope all is well for you. Thanks for the ULTRAMAG. It was inspiring as usual. At last I have broken 100km in 12 hours !!! I have enclosed the results of the 1999 Coastal Classic for your information, and ask that next time the Australian rankings are updated, these be included. My 100km time of 11:37:40 may be a long way behind the people I read about in ULTRAMAG, but I am very pleased with it, and also with my 12 Hour distance.

This run is organised by Gosford Athletics Inc, and I can recommend it to all AURA members as a well run event. They cater for the needs of both runners and crews, with a canteen which is open all night, free coffee, a microwave oven, lap-scorers for interstate competitors and very helpful locals who do all they can for everyone.

Thanks for the ongoing efforts of everyone at AURA. Running would not be the same without you.

Yours sincerely,
Nick Drayton.

12 .

COMRADES MARATHON

WEDNESDAY 16 JUNE 1999

Mr Geoff Hook
The President
Australian Ultra Runners Association
4 Victory Street
MITCHAM VIC 3132

Sydney Striders Road Runners Club
P. O. Box 87
KILLARA NSW

12 January 1999

Dear Geoff

Each year a few members of Sydney Striders get together and visit South Africa to run in the Comrades Marathon. This event is without doubt one of the greatest running events staged in the world and to participate in it is to experience one of the best days in your life.

Well this year is no different to others and we have a small party (seven at present) who will venture across the Indian Ocean to participate in the 1999 run which is a 90 KM down run from Pietermaritzburg to Durban on the 16th of June .

South African Airways have put together a competitive package which could get better if we can provide enough passengers. I have enclosed some copies of a brochure which outlines broad details of the proposed itinerary. Basically it is a return airfare and four nights accommodation.

Should any one desire to travel around South Africa after the race then the return date may be changed to suit individual arrangements.

SAA have flights leaving Australia on Friday night 11 June which may suit some better than the proposed departure of 14 June. If this is so then SAA will be pleased to make the necessary arrangements. Additional accommodation would be required for those leaving on the 11th.

The purpose of this letter is to let you know of our plans and to invite any of your members interested in competing in the Comrades Marathon to join up with the Sydney Striders for the event rather than travel by themselves.

Should any of your members require any further information they are welcome to contact me at home on

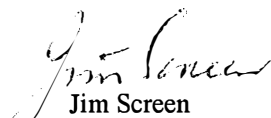
: - (02) 9402-7947 most weekday evenings before 9.00 PM (Eastern Summer Time)

: - Fax (02) 9402-7948

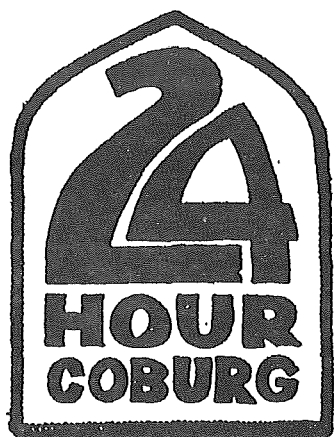
: - Email. jscreen@ozemail.com.au

Best wishes for a great 1999.

Yours sincerely


Jim Screen
President





Incorporating the Victorian 24 Hour Track Championship
and 24 Hour Teams' Relay

Start: NOON SAT 8th MAY

Finish: NOON SUN 9th MAY

Held at: Harold Stevens' Athletic Track
Outlook Rd Coburg, 3058, Victoria (Melways 18/A9)
Phone: (03) 9850 4958 ENTRY FEE: \$40.00

24 HOUR ULTRA RUNNER ENTRY FORM

SURNAME

FIRST NAME

INITIALS

ADDRESS (No. and Street)

DATE OF BIRTH

SUBURB or TOWN

POSTCODE

SEX (M or F)

AGE ON RACE DAY

PHONE (HOME)

PHONE (WORK)

♦ PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

SURNAME

FIRST NAME

PHONE (HOME)

PHONE (WORK)

RELATIONSHIP

Details of Your Best Track Ultra Performances:

6 Hour ----- Km 50Km -----
12 Hour ----- Km 100Km -----
24 Hour ----- Km 50 Miles -----
Best Marathon -----

SEND ENTRIES TO : BERNIE GOGGIN
(HON. SECRETARY)
277 MANNINGHAM RD.
LOWER TEMPLESTOWE
3107, VICTORIA
Entries close 19th April 1999

Conditions of Entry on Back.

A fully detailed Information Pack will be forwarded
upon receipt of your entry form.

16TH ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP:



- ⌚ AURA regulations apply.
- ⌚ Participants must supply own lapscorers (however lapscoring assistance given to interstate & overseas competitors, if required. We need at least 2 weeks notice beforehand).
- ⌚ Venue record is 294.504km set by Yiannis Kouros in 1996.
- ⌚ Trophies to male & female winners.
- ⌚ A meal ticket costs \$25.00(order when you enter) which entitles you to a hot dinner & breakfast as well as 3 snacks.
- ⌚ Entrants are required to have all their equipment set up & complete by 10am on the day of competition
- ⌚ A newly resurfaced Harold Stevens' Athletic Track.
- ⌚ 24 hour canteen will provide hot & cold snacks as well as main meals.
- ⌚ Male and female hot showers in the clubrooms and large multiple toilets.
- ⌚ Masseurs will be available.
- ⌚ Hourly progress reports.
- ⌚ Track-side camping (no electricity) will be allowed for vans & tents.
- ⌚ A track-side portable toilet will be available to all ultra runners.
- ⌚ St John Ambulance Brigade support 24 hours. (pending)
- ⌚ Snacks will be provided for ultra lap-scorers.
- ⌚ Souvenir T-shirts available.

THERE IS TO BE NO CARS ON THE TRACK

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Coburg 24 Hour Carnival 1999, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or courses 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 or discharge shall be and operate separately in favor 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.

Entry fee:
Meal ticket:
Total:

Please find enclosed cheque/ money order for \$_____ made payable to Coburg Harriers

Signed

Date

Race records

Open	John Andrews	NSW	2:15:02	1995
	Susan Hobson	ACT	2:32:57	1994
Resident	Gerard Barrett	ACT	2:15:07	1988
	Susan Hobson	ACT	2:32:57	1994
Debut	Gerard Ryan	ACT	2:24:05	1989
	Susan Hobson	ACT	2:32:57	1994
M40	Garry Hand	ACT	2:19:00	1987
M45	Bill Raimond	NSW	2:29:07	1982
M50	Tony Larkum	NSW	2:36:30	1991
M55	John Gilmour	WA	2:40:56	1978
M60	Colin McLeod	QLD	2:51:48	1998
M65	George McGrath	NSW	3:01:17	1987
M70	Randall Hughes	VIC	3:17:39	1997
M75	Ken Matchett	VIC	4:10:51	1997
W35	Susan Hobson	ACT	2:32:57	1994
W40	Joanne Cowan	NSW	2:44:16	1997
W45	Bev Lucas	SA	2:43:45	1995
W50	Bev Lucas	SA	2:49:42	1997
W55	Marie O'Donovan	NSW	3:18:50	1988
W60	Marie O'Donovan	NSW	3:30:28	1993
W/Chr	Paul Bowes	QLD	1:47:21	1991
	Paul Wiggins	WA	1:47:21	1991
	Ingrid Lauridsen	DEN	2:05:55	1990
Quad	Alan Dufty	QLD	2:10:55	1990
50k	Steve Evans	QLD	2:56:29	1995
	Linda Meadows	VIC	3:27:22	1995
10k	Pat Carroll	ACT	29:33	1993
	Lorraine Davis	NSW	34:08	1995
5k	Dean Cavuoto	ACT	14:25	1998
	Susan Hobson	ACT	16:20	1996

Official race hotels

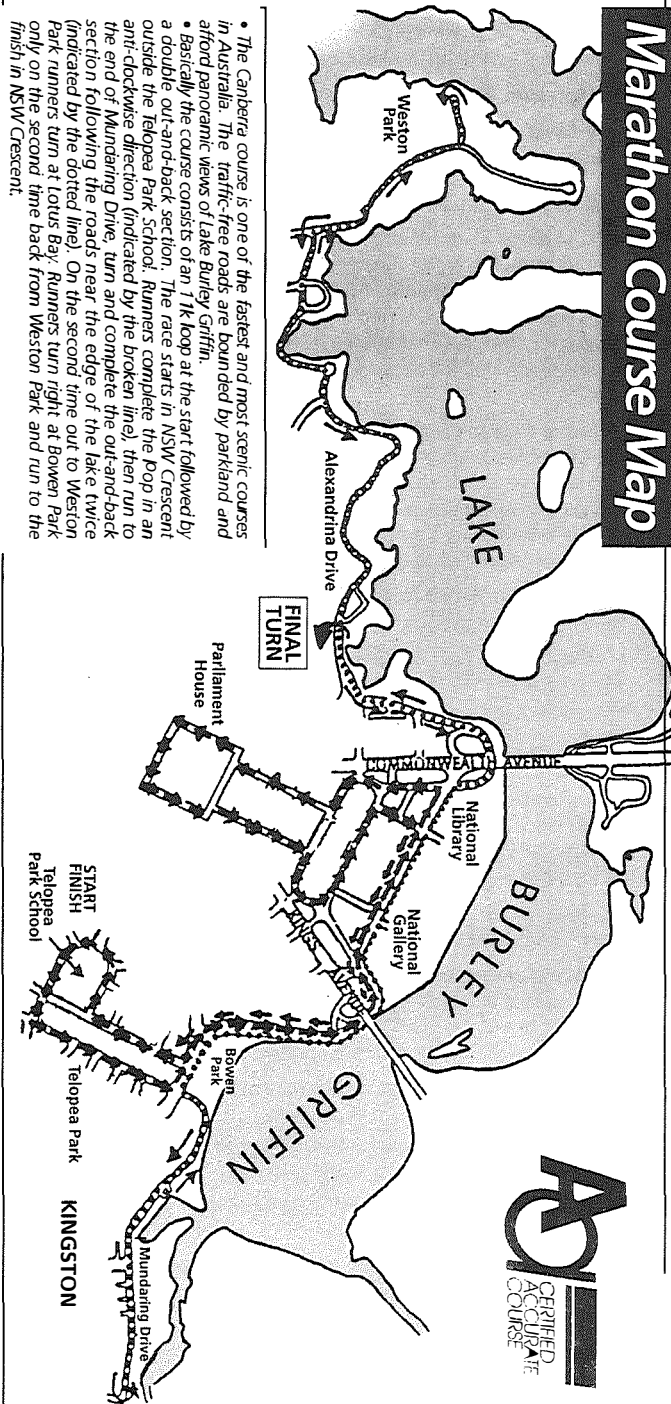
Rydges Canberra . . . has just completed a major \$1.5 million refurbishment. Situated on the shores of Lake Burley Griffin and a short walk from the city centre Rydges Canberra offers unparalleled views from all rooms.

A special rate of \$99 per room per night is available to competitors and spectators. For bookings phone Toll Free 1800 026 169. Overseas entrants phone 61 2 6247 6244.

Rydges Capital Hill, Canberra's luxury boutique style hotel situated less than 200 metres from the marathon start/finish line.

A special rate of \$110 per room per night applies on a limited number of rooms, subject to availability. Phone 1800 020 011 or 61 2 6295 3144 to take advantage of this offer.

Rydges Capital Hill . . . there's no better place to stay in Canberra.



Marathon Course Map

• The Canberra course is one of the fastest and most scenic courses in Australia. The traffic-free roads are bounded by parkland and afford panoramic views of Lake Burley Griffin.

• Basically the course consists of an 11k loop at the start followed by a double out-and-back section. The race starts in NSW Crescent outside the Telopea Park School. Runners complete the loop in an anti-clockwise direction (indicated by the broken line), then run to the end of Murrumbidgee Drive, turn and complete the out-and-back section following the roads near the edge of the lake twice (indicated by the dotted line). On the second time out to Western Park runners turn at Lotus Bay. Runners turn right at Bowen Park only on the second time back from Western Park and run to the finish in NSW Crescent.

Your invitation
to the 24th annual

new balance

Canberra Marathon

and

Canberra 50k Ultra Marathon

7 AM SUNDAY 11 APRIL 1999

support event

Marathon Eve 5k & 10k Fun Run

4 PM SATURDAY 10 APRIL 1999

Event Owner



Supported by



Event Manager



AA PERMIT No.: 1C/99 (Marathon) and 2A/99 (Fun Run)

Invitation

On behalf of the ACT Cross Country Club, I invite all runners, joggers and walkers to participate in our marathon weekend activities in 1999. We have events to suit people of all ages and abilities – a 5k and 10k fun run on Saturday 10 April and a marathon, with a 50k option, on Sunday 11 April.

Marathon weekend will be packed with highlights as we celebrate the 24th annual **New Balance Canberra Marathon** and the **Canberra 50k Ultra Marathon**. Complementing these events is the **Marathon Eve 5k & 10k Fun Run**. Other marathon weekend activities include a Runners Expo and Pasta Party.

A complimentary marathon program is provided to all marathon entrants; all marathon finishers receive a souvenir medallion; complimentary post-race refreshments are provided at all events, and certificates of merit and results books are mailed to all finishers. Photo proofs are mailed to all marathon finishers.

Autumn is a sensational time to run in Australia's national capital. Canberra residents extend a warm welcome to all visiting participants, their families and friends. Plan now to spend a few days exploring the capital while taking part in our marathon weekend activities. We look forward to your participation.

DAVE CUNDY, Race Director

About Canberra

The nation's capital has been described as a city scattered through a park, a reference to its superb natural environment. The city's pride for sport and recreation, coupled with an international reputation for the arts and theatre, provides the best of both worlds.

Planned and established only 80 years ago, today the city has a population of over 300,000 people and is proudly the political and cultural hub of Australia.

The city contains many buildings, monuments and institutions of great significance close to the city centre and surrounded by peaceful parks and sparkling lakes.

The Canberra Marathon course includes many of these highlights.

For further information contact 1800 026 166. For all your accommodation needs, see details overleaf of our race hotels or phone 13 12 51. Overseas entrants phone 61 2 6205 0044.

Information MARATHON

The New Balance Canberra Marathon incorporates the Australian Veterans Marathon Championships, ACT Veterans Marathon Championships, ACT Marathon Championships, ACT Wheelchair

Marathon Championships and the Australian Championship for Ambulatory Athletes with a Disability.

- **Web site:** www.coolrunning.com.au/canberramarathon/
- **Where:** Start/finish at Telopea Park School.
- **When:** 7am Sunday 11 April.
- **Course:** See course map overleaf. AA Certified Accurate.
- **Eligibility:** Open to all runners over 18. All financial members of a Veteran Athletic Club will be eligible for the Australian Veterans Championship. All financial members of the ACT Veterans Athletic Club will be eligible for the ACT Veterans Championship. All first claim ACT registered athletes will be eligible for the ACT Championships. No roller skates, skis, blades, pets, etc.
- **Entry dates:** Entries must be postmarked no later than 19 March. Entries postmarked after 19 March or made in person on race weekend will be subject to a late entry penalty. On race weekend late entries will be accepted at the Expo on Saturday 10 April or prior to the race on Sunday 11 April. Late entrants will be eligible for all services and awards.
- **Entry fees:** \$40 if ACTCCC member; \$45 non-members; \$60 for all late entrants. Entry fees are non-refundable.
- **Time limit:** Road closures, aid stations, etc. are geared for a 4½ hour time limit. Competitors remaining on the course after the progressive opening of roads do so at their own risk. Regardless of the time limit, all finishers will be timed, recorded and receive a medallion and certificate.
- **Aid stations:** There will be drink or sponge stations at approximately every 3 kilometres. Bottled water and "PowerAde" will be available at each drink station. Provision will be made for special drinks – details will be available with race information.
- **Time splits:** Will be called or displayed at 1k, halfway and every 5k. Each kilometre will be signposted.
- **Race number distribution:** Race information, including advice of race numbers, will be mailed to all entrants at the end of March. Race numbers will be available for collection at the Expo or after 6.00 on race morning. Race numbers are not transferable.
- **Weather:** Canberra's average temperature at 7am during April is 8° rising to an average of 14° at 10am.
- **Souvenir merchandise:** A collection of souvenir race merchandise will be available for sale at the Runners Expo. You may pre-order merchandise on the attached entry form. Orders must be collected on race weekend.
- **Awards:** An awards ceremony will commence at 11.30am at race headquarters. Major awards include:
 - Prizemoney to first five male and female finishers, plus bonus money for race records in open, resident, debut, veteran and wheelchair categories. Full details from Race Director.

– Awards to first male and female wheelchairs; fastest male and female debuts; and first male and female in each veteran category from M40 and W35.

- **Travel awards:** Three travel awards will be on offer to our associated events:

– First Australian/New Zealand male and female – trip to the Chicago Marathon in October 1999 – courtesy of New Balance.

– Second Australian/New Zealand male and female – trip to the Australian Marathon Championships at the Gold Coast in July 1999 – courtesy of Gold Coast Marathon Week.

– All male finishers under 3 hours and female finishers under 3½ hours – barrel draw for a trip to the Sheraton Resorts Fiji Bula Marathon in June 1999 – courtesy of Fiji Marathon.

- **Qualifying for Olympic Selection Race:** The New Balance Canberra Marathon is a qualifying race for the Sydney 2000 Olympic Games Selection Race which will be part of The Celebrating Sport 2000 Marathon on 30 April 2000. Men who break 2:30 and women who break 3:00 in the Canberra Marathon will be invited to take part in The Celebrating Sport 2000 Marathon as a preferred runner.

ULTRA MARATHON

- **When:** After completing the 42.195k marathon and being recorded as a marathon finisher, all marathoners will be eligible to continue and complete the Canberra 50k Ultra Marathon. Please indicate in the appropriate box on the entry form if you intend taking this option.

- **Awards:** Will be provided to the first three males and females.

PASTA PARTY

When: 7–9pm Saturday 10 April.

Where: Rydges Capital Hill Hotel.

What: A traditional carbohydrate loading party featuring a special guest speaker.

Menu: Endorsed by Australian Institute of Sport nutritionist Louise Burke. Features a selection of pasta and sauces, fresh garden salads, continental breads followed by a selection of fresh fruit and low-fat ice cream. Includes orange juice and mineral water.

Cost: \$22 per head.

Bookings: Space is limited so order your tickets early by completing the appropriate item on the attached entry form. No bookings direct with hotel.

NEW BALANCE CANBERRA MARATHON & 50KM ULTRA-MARATHON OFFICIAL ENTRY FORM

Official entry form PHOTOCOPIES ACCEPTED

FOR OFFICIAL USE ONLY

Chest No.:

ENTRIES CLOSE: 19 MARCH 1999

Please read the whole form carefully, fill in relevant details (both sides) and mail, with appropriate remittance, to: Entries Manager, PO Box 206, Ettalong Beach, NSW 2257. **Entry form must be signed – see overleaf.**

Preferred first name: _____ Surname: _____

Postal address: _____ Suburb/Town: _____

State/Country: _____ Postcode: _____ TELEPHONE _____ (home) _____ (business)

SEX: M or F ☐ AGE on Race Day ☐ I wish to enter the following events (tick appropriate boxes):

5k ☐ 10k ☐ Marathon ☐ 50k ☐ Wheelchair entrant: ☐ YES ☐ NO Ambulatory disabled: ☐ YES ☐ NO

MARATHON ENTRANTS TO COMPLETE THIS SECTION

FIRST MARATHON ☐ YES ☐ NO ☐ PREVIOUS BEST MARATHON ☐ HOUR ☐ MIN ☐ SECS ☐ YEAR ☐ ESTIMATED RACE TIME ☐ Hour ☐ Min

Are you a financial member of a Veterans Athletic Club? ☐ YES ☐ NO

Name of Veterans Club: _____

REMITTANCE DETAILS

- MARATHON ENTRY FEE**
 - ☐ \$45 if postmarked by 19 March \$.....
 - ☐ \$40 if ACTCCC member \$.....
 - ☐ \$60 for all late entries \$.....
 - FUN RUN ENTRY FEE**
 - ☐ \$12 adult / \$8 under 20 if postmarked by 19 March \$.....
 - ☐ \$25 if family entry (pin forms together) \$.....
 - ☐ NIL if marathon entrant \$.....
 - ☐ \$15 adult / \$10 under 20 if late entrant \$.....
 - ☐ \$30 if late family entrants (pin forms together) \$.....
 - MERCHANDISE ORDER**
 - ☐ Short Sleeve T-shirts @ \$20 (Size:.....) \$.....
 - ☐ Long Sleeve T-shirts @ \$25 (Size:.....) \$.....
 - ☐ Long Sleeve Sweat-shirts @ \$30 (Size:.....) \$.....
 - PASTA PARTY ☐ @ \$22** \$.....
- TOTAL REMITTANCE** \$.....

PAYMENT DETAILS

- Payment by: Cash/ Cheque/ Money Order/ Bankcard/ Mastercard/ Visa (circle type of payment)
 - Please make cheques, etc payable to ACT Cross Country Club
 - For Bankcard, Mastercard or Visa, please complete the following:
- Cardholder's Name: _____
- Cardholder's Signature: _____
- Card No. _____ Expires _____ / _____

DECLARATION

Please note: Entry form must be signed below.

- I, the undersigned, in consideration of and as a condition of my entry in these events for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in these events.
- This waiver release or discharge shall be and operate in favour of Cundy Sports Marketing, the A.C.T. Cross Country Club Inc., any other organising club or clubs, all officers, members and employees of the Australian Federal Police and all race sponsors and shall so operate whether the damage or cause is due to any act or neglect of any of them.

Signed _____ Date _____ / _____ / _____

BOWLED OVER BY YOUR GENEROSITY



WE WISH TO ACKNOWLEDGE THE MOST GENEROUS DONATIONS OF SO MANY OF OUR MEMBERS WHICH HAVE ENABLED US TO KEEP OUR SUBSCRIPTION RATES LOW AS COMPARED TO OTHER ATHLETIC MAGAZINES. UNFORTUNATELY, WE ARE NOT ASSISTED BY INCOME DERIVED FROM ADVERTISING IN ULTRAMAG AND SO THESE DONATIONS HAVE PROVED VERY NECESSARY. HOWEVER, WE DON'T TAKE THEM FOR GRANTED AND WISH TO THANK YOU MOST SINCERELY.

THANK-YOU!

AURA/SRI CHINMOY AUSTRALIAN 50 MILE TRACK RACE

Location: Williamstown Athletic Track
(The Strand Newport)
Melway Map 56 B 4

Date: Sunday 23rd May 1999

Start: 6.30AM (Registration at 6.00AM)

Cost: \$40
\$35 Seniors 60 +
Runners must be 18 years or over on race day

Course: Accurately measured to AA certification
Fully equipped Aid Station for all competitors

Awards: Special medallion for all finishers

Teams

Event: Teams of 5 members in relay over 50 Miles

Entry

Forms: Call 9428 6665
Send completed forms with self addressed
envelope to:

Sri Chinmoy
Running & Fitness Festival
PO Box 148
Richmond, Vic. 3121

This event is part of the Shi Chinmoy Running & Fitness Festival

Other events include: Marathon

Teams Marathon

Half Marathon

10km Fun Run

4.3km Family Fun Run

10km Scenic Walk

4.3km Family Fun Walk

Duathlon: 9.8km Mountain Bike/4km Run

Can you do it for 48 hours?...

SYDNEY TRAILWALKER

100 km Walk within 48 hours

Through some of Sydney's most rugged and spectacular terrain, along the trail of the Great Northern Walk and Kuringai National Park, from Woolwich to Brooklyn.

This highly successful international event comes to Australia for the first time

28th, 29th and 30th May 1999

Teams of four combine to complete the trail together in the spirit of team work and camaraderie. You will use the best of your team building skills as you compete to bring your team in together within 48 hours. Each team will pledge to raise \$1000 i.e. \$250 each team member, to help some of the world's poorest communities improve lives.

REGISTER EARLY - ONLY 100 TEAMS ACCEPTED

"The Power of Teamwork! Trailwalker engages the amazing capacity of the human spirit to achieve the extraordinary. Every step you take along the trail is a step towards a better life for poor communities the world over."

Bryce Courtenay, Patron of Sydney Trailwalker

"Trailwalker is not just for the sporting elite - it is for anyone who is prepared to take the challenge."

Patrick Farmer, Ultra Marathon Runner and winner of Trailwalker 1997 in Hong Kong.

Registration form overleaf. For further information contact Community Aid Abroad

Phone: (02) 9264 1399 **Fax:** (02) 9264 1476

email: trailwalker@sydney.caa.org.au **website:** www.caa.org.au/trailwalker

All money raised will go to Community Aid Abroad.

Australians helping to alleviate poverty both locally and overseas.

Your Pledge - Teams enter into one of two pledge categories. In the GOLD category teams pledge to raise a minimum of \$1250 each member (\$5000 per team) - these teams immediately go GOLD and receive T-shirts designating their GOLD status with their company or team name on. Each GOLD team will be in the grand draw for a prize from One World Tours. The REGULAR category is a pledge to raise a minimum of \$250 per team member (\$1000 per team) in sponsorship donations.

Trailwalker 99 Entry Form

You are advised to register early to ensure successful entry. Only 100 teams will be accepted. Please use BLOCK letters. Entrants must be over 18 years of age. Fax this completed form including all four team signatories to Sydney (61 2) 9264 1476.

TEAM NAME.....

Team Leader

Surname: Mr/Mrs/Ms/Miss/Dr

First name:

Date of Birth Sex: M ☐ F ☐

Phone No: WorkHome:

Fax No: Email:

Postal Address:

.....

.....Postcode:

Occupation:

Organisation:

Emergency Contact:

Name:

Phone No: WorkHome:

☐ If you do not wish to receive information about Community Aid
Abroad's work, please tick the box

Team member 2

Surname: Mr/Mrs/Ms/Miss/Dr

First name:

Date of Birth Sex: M ☐ F ☐

Phone No: WorkHome:

Fax No: Email:

Postal Address:

.....

.....Postcode:

Occupation:

Organisation:

Emergency Contact:

Name:

Phone No: WorkHome:

☐ If you do not wish to receive information about Community Aid
Abroad's work, please tick the box

Team Categories

Please answer each question:

1. ☐ Female ☐ Male ☐ Mixed ☐ 40+ ☐ 50+

2. All team members are from the same organisation ☐ Yes ☐ No

3. We wish to enter the Corporate Challenge ☐ Yes ☐ No

4. Please tick your pledge category ☐ GOLD ☐ REGULAR

\$200 per team (or \$50 per team member) is payable on registration.

This is non-refundable. The remainder of your pledge must be paid no
later than 30th May, 1999.

We, the undersigned, wish to enter a team in Sydney Trailwalker 1999. We jointly and severally confirm that we will not hold Community Aid
Abroad, the organisers or any sponsor, responsible for any accident of whatever kind, resulting in death or injury, or for any damage to or loss or
destruction of personal property during the course of the event. We also agree to indemnify or reimburse the organiser in respect of any additional
expenses or costs incurred by the organiser arising from or in connection with our participation in this event.

Team Leader: Signature:

Member 2: Signature:

Member 3: Signature:

Member 4: Signature:

Team member 3

Surname: Mr/Mrs/Ms/Miss/Dr

First name:

Date of Birth Sex: M ☐ F ☐

Phone No: WorkHome:

Fax No: Email:

Postal Address:

.....

.....Postcode:

Occupation:

Organisation:

Emergency Contact:

Name:

Phone No: WorkHome:

☐ If you do not wish to receive information about Community Aid
Abroad's work, please tick the box

Team member 4

Surname: Mr/Mrs/Ms/Miss/Dr

First name:

Date of Birth Sex: M ☐ F ☐

Phone No: WorkHome:

Fax No: Email:

Postal Address:

.....

.....Postcode:

Occupation:

Organisation:

Emergency Contact:

Name:

Phone No: WorkHome:

☐ If you do not wish to receive information about Community Aid
Abroad's work, please tick the box

Payment Details

☐ Cheque: please make payable to Community Aid Abroad

Or: Please debit \$from my credit card

☐ Visa ☐ Master Card ☐ American Express ☐ Bankcard

Card No/...../...../.....

Holders Surname: Mr/Mrs/Ms/Miss/Dr

First NameExpiry Date/.....

Signature:

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 18 – 19 1999

Harold Stevens Field, Coburg, Victoria

21 February 1999

Dear Dot and Kevin

Please find enclosed an entry form for the 1999 Australian Centurions 24 Hour event which is being held this year at the Coburg Athletics Track in September. We would be very appreciative if you could incorporate information on this event into your next Ultramag magazine.

The main aim of the weekend is to complete a distance of 100 miles within 24 hours and hence become a Centurion. There will be 3 racing distances for the weekend as follows

- Bronze medal distance 50 Km
- Silver medal distance 100 Km
- Gold medal distance 100 miles.

Last year we had 19 starters and 6 walkers completed the 100 mile distance. We are hoping for an even bigger event this year and expect a contingent of overseas walkers once again.

Yours sincerely



Tim Erickson
Secretary, Australian Centurion Club

WANTED

RACE DIRECTOR FOR AURA BOGONG TO HOTHAM RACE

Geoff Hook would like to relinquish the reins of the popular Bogong to Hotham event. After 6 years (and 7 years by Russell Bulman) it's time to hand over to a new, enthusiastic race director.

The race is well established and comes with all proforma paperwork on disk and all necessary people contact information. Also, Geoff Hook is willing to assist in the transition. If you are interested and want more information, please contact Geoff Hook, 42 Swayfield Road, Mount Waverley, 3149. Ph (03) 9808 9739.

RACE DIRECTOR FOR ADT50 AURA DAM TRAIL 50km RACE

Geoff Hook would like to relinquish the reins of the popular ADT50 event which has been going for 4 years.

The race is well established and comes with all proforma paperwork on disk and all necessary people contact information. Also, Geoff Hook is willing to assist in the transition. If you are interested and want more information, please contact Geoff Hook, 42 Swayfield Road, Mount Waverley, 3149. Ph (03) 9808 9739.

ENTRY FORM

SURNAME _____

Given names _____

Address _____

City _____

Post code _____

Sex (M/F) _____

Phone (Home) _____ (Work) _____ Birth Date: ____ / ____ / ____

T-shirt size Small ☐ Medium ☐ Large ☐

I enclose my entry fee cheque / postal note for \$ _____ payable to Australian Centurions Club.

Signature of entrant _____

(Signature of parent/guardian required if athlete is 17 years or under)

Race Category: Tick appropriate distance or category

100 Mile /24 Hour Walk _____

100 Km Walk _____

50 Km Walk _____

WAIVER

I, the undersigned, in consideration of and as a condition of my entry in the Centurion 24 Hour Walking 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 _____

CONDITIONS OF ENTRY

- All entrants must supply their own crew and whatever food they require.
- The organizing committee may withdraw any walker at any time on medical advice, or failure to abide by the race rules.
- The direction of walking will be changed every 3 hours.

INCIDENTAL DETAILS

- Newly resurfaced all-weather synthetic Track
- Track Lighting overnight
- Full clubroom facilities including hot showers and kitchen access
- Trackside camping (no electricity) available for vans and tents
- A trackside portable toilet will be available for all ultra-distance walkers
- Perpetual trophy to the Centurion performance deemed most meritorious
- Gold, silver and bronze Centurion medallions to all competitors who complete the set distances
- Souvenir T-shirt to all entrants in all events.

AUSTRALIAN CENTURIONS CLUB

24 HOUR RACEWALK 1999

Interested in a real challenge? How far can you walk in 24 hours? Do you want to try for the Bronze Medal performance of 50 Km? Do you think you are up to the Silver Medal performance of 100 Km? Or do you think you can join the very select and small group of walkers who have achieved the ultimate in racewalking and become Centurions by walking 100 miles within 24 hours.

The Victorian Race Walking Club and the Australian Centurions Club are pleased to announce that there will be a 24 Hour Walking Challenge Event held this year in Melbourne. Details are as follows

18-19 September 1999

Harold Stevens' Athletic Track

Outlook Rd, Coburg, Victoria

It will feature the following events

50 Km Walk	-	The Bronze Medal Distance
100 Km Walk	-	The Silver Medal Distance
100 Mile Walk	-	The Gold Medal Distance
24 Hour Endurance Event		

ADDRESS FOR ENTRIES Tim Erickson
1 Avoca Cres
Pascoe Vale 3044 Victoria
Ph: 03-93792065 (ah) 0412 257 496 (mob) terick@melbpc.org.au

ENTRY FEE \$40 24 Hour Walk / 100 Mile Walk
\$20 100 Km Walk
\$15 50 Km Walk
Entry fee includes souvenir T-shirt
(Cheques payable to Australian Centurions Club)

ENTRIES CLOSE Mon 13 September 1999

START TIME 2 PM Saturday 18 September 1999

FINISH TIME 2 PM Sunday 19 September 1999

Centurion Roll Of Honour

1	Gordon Smith	1938	20:58:09	2	Jack Webber	1971	22:43:53
3	Jim Gleeson	1971	18:33:58	4	Clarrie Jack	1971	20:39:45
5	Stuart Cooper	1971	21:36:53	6	Tim Thompson	1972	23:48:08
7	Dudley Pilkington	1972	23:29:00	8	Fred Redman	1973	22:59:00
9	Mike Porter	1975	21:45:47	10	Stan Jones	1975	22:04:59
11	Chris Clegg	1975	22:34:14	12	John Harris	1975	23:18:15
13	Tim Erickson	1976	22:10:27	14	Claude Martin	1977	22:42:53
15	Bill Dyer	1977	22:50:33	16	John Smith	1978	18:49:20
17	Ian Jack	1979	17:59:30	18	Terry O'Neil	1979	21:13:08
19	Bill Dillon	1979	20:51:06	20	Buck Peters	1980	23:34:10
21	Jim Turnbull	1986	23:38:53	22	George Audley	1988	23:28:48
23	Stan Miskin	1988	22:59:48	24	Peter Bennett	1994	19:42:54
25	Andrew Ludwig	1994	22:26:09	26	Ken Walters	1994	22:28:31
27	Carmela Carrassi	1996	23:44:22	28	Caleb Maybir	1996	23:34:20
29	Robin Whyte	1996	20:37:12	30	Merv Lockyer	1996	23:45:51
31	Gerald Manderson	1998	21:37:31	32	Norm Morriss	1998	22:32:47
33	Yiannis Kourous	1998	22:55:23	34	Roger LeMoine	1998	23:04:51
35	Susan Clements	1998	23:58:40				

Victorian 6 hour & 50 km Track Championships 1999

SUNDAY 28 NOVEMBER at MOE ATHLETIC TRACK

The races will be held at the Moe Athletic Track at Newborough (near Moe) approximately 138 km east of Moe. The track has a synthetic surface. Changing rooms, showers and toilets are close to the track. Masseurs will be available before, during, and after the events. Both Championship races will be held together with a single entry fee covering entry to both races. Refreshments will be provided at the end. A 6 hour relay race will be held simultaneously. The races are conducted by Traralgon Harriers Athletic Club Inc.

The entry fee is \$25 to cover both Championship races. Relay team entry is \$40. All entries close on 18 November.

Relay race: Teams shall be any number of up to 5 runners, change after 20 minute intervals, and strictly follow the nominated order of runners. Team membership and order of runners is to be advised on the day. The team categories are open and mixed (which must have at least 2 runners of each sex and least 2 must be over 40 vets). Note that a drinks table will be set up for all runners and each team is required to provide assistance there throughout the race.

Lap scoring: organisers will use a computerised lap counting system for all runners and teams. Runners will not need to supply their own lap scorer. Organisers will mail out lap sheet after the race.

Times: Start at 8:00am. Runners and relay captains to report in by 7:30 am. Presentations approximately 2:15 pm. There will be a 6 hour time limit on the 50 km race.

Enquiries: Geoff Duffell (03)5122 2855 or e-mail to gduffell@nex.com.au

S-----

ENTRY FORM

Surname Call name

Sex (M/F) Date of birth/...../..... Age on race day

Postal Address

..... Postcode

Telephone – home (.....)..... - business hours (.....).....

Event entered:

6 hour & 50 km Championships (\$25 for both) ☐

6 hour relay (\$40 per team) ☐ Which relay category? Open ☐ Mixed ☐

Name of relay team

I, my crew, and fellow team members agree to the race conditions stated and shall obey all instructions from race officials.

I, my team members and support crew, and our legal heirs or executors will not hold the organisers responsible for any illness, injury, accident, loss of life or property resulting from our participation in this event.

Signature

27.

Please make all cheques or money orders payable to Traralgon Harriers.
Send entries to: Belinda Issell, 22 Waratah Drive, Morwell, 3840.

GOSFORD ATHLETICS INC PRESENTS

3RD ANNUAL

COASTAL CLASSIC

12 HOUR TRACK RUN / WALK

Incorporating 6 x 2 hour relay

7.30 PM SATURDAY 8 JANUARY 2000

PREVIOUS WINNERS

Male Runner

1999 David Criniti 128.8 km

1998 Andre' Rayer 139.629 km

Female Runner

1999 Georgina McConnell 85.47 km

1998 Helen Stanger 118.077 km

Male Walker

1999 Frank Overton 86.809 km

1998 Caleb Maybir 91.681 km

Female Walker

1999 Judy Brown 64.37 km

Relay

1999 Gosford Athletic Inc 154.14 km

1998 Wombi Whoppers No 1. 170.544 km

GOSFORD ATHLETICS INC PRESENTS

3RD ANNUAL

COASTAL CLASSIC

12 HOUR TRACK RUN / WALK

Incorporating 6 x 2 hour relay

7.30 PM SATURDAY 8 JANUARY 2000

Random lucky draw prizes.

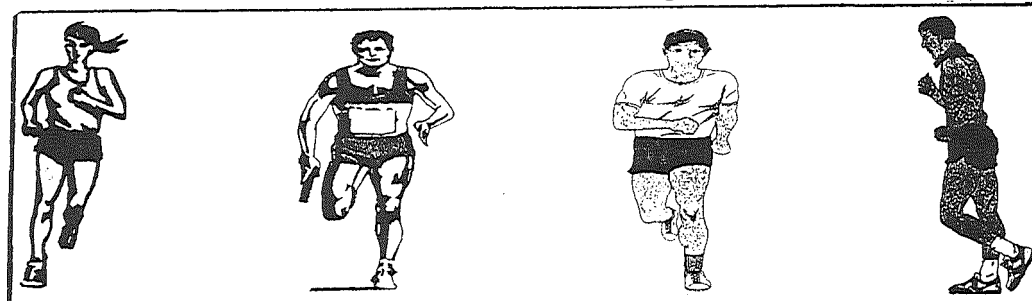
Trophies to 12 hour placegetters of walk & run.

Trophy to winning relay team.

Certificates to every participant.

Prize to the highest fundraiser.

All proceeds to go to Victor Chang Heart Institute &
Gosford Athletic Club fostering athletics.



ADCOCK PARK WEST GOSFORD NSW AUSTRALIA

ENTRY FORM

Name: _____
Address: _____
Post Code: _____ Phone: _____ a.h _____ wk
D.O.B: _____ Age on Day: _____ Male / Female: _____

Entries close Friday 31st December 1999. Late entries may be accepted subject to space availability.

Brief biography including previous ultra performances:

List any of your medical conditions that organisers need to be aware of:

Circle your event: 12 hour run or 12 hour walk Cost \$35.00 (includes T-shirt for 12 hour postal entries)

6 x 2 hour relay Cost \$60.00 per team.

Name of

Team: _____

T-shirt size: please circle Med Large X Large.

Cost \$15.00 for non 12 hour individual postal entries.

Cheque to be made out to Gosford Athletics Inc. Postal address

Gosford Athletics Inc, Coastal Classic PO Box 1062 Gosford NSW 2250.

Stamped self addressed envelope required for confirmation of entry form.

Declaration: I the undersigned, in consideration of and in condition of acceptance of my entry in the Coastal Classic & support events, for myself, my heirs, executors and administrators hereby waive all & any claim, a right or cause of action which they or I might otherwise have or arising out of loss of my life or injury, damage or loss of & description what so ever which I may suffer or sustain in the course of or consequence upon my entry or participation in the said events. This waiver, release & discharge shall operate whether or not the loss, injury or damage is attributed to action, inaction or neglect of anyone or more persons acting as officials or sponsors. I also agree that my name or image may be used in any publicity for the Coastal Classic & supporting events.

Signed by entrant or Team Captain for relays: _____

Date: _____

RULES AND INFORMATION

*ADCOCK PARK, Pacific Highway West Gosford, NSW, AUSTRALIA
(opposite) McDonalds. Our track is grass and is 400 metres fully surveyed.
The facility has men's & women's toilets and showers. The track is a 10
minute walk from Gosford Train Station. Travelling time by train or car is
1 hour 20 minutes north of the City of Sydney.*

Local & Sydney based athletes must supply a lap scorer for the duration of the event. People may not run or walk more than two abreast. A general drink station providing Gosford Water will be assessable for the duration of the event. The running / walking direction will be changed every 2 & ½ hours. You may change your election to run or walk up to 30 minutes before the event. A timing clock & update board will be in operation.

Pacing is not allowed {pacing will be considered running or walking beside or near to a competitor by a person not entered in the event or competing in a bona fide fashion.} The athlete may be disqualified and be ineligible for any awards.

Athletes can be withdrawn from further participation in the event/s if the organisers or their representatives consider they are endangering their health or their fellow competitors. They remain eligible for all awards.

T-shirts are included in the entry fee for the 12 hour individual event (postal entries only). Other participants may order T-shirts at a cost of \$15.00 each. All T-shirts will be available for collection on the day.

Protests: Must be in submitted to the Meet Manager within 30 minutes of the alleged incident or results being posted.

Accommodation: There are a number of reasonably priced motels within 5 minutes of the track. Eg Rambler Motel, Galaxy Motel and the Palms Motel.

Meals: A Canteen will be in operation for the duration of the event. Nearby, there are a number of food outlets. Coles Supermarket is also 5 minutes away.

Contact prior to 9.15 pm: Frank Overton 02 43 231 710 ah or Paul Thompson 02 9686 9200 ah or 0412 250 995 for further information. Email address thomo@zeta.org.au

IAU World 100 Km Challenge at River Shimanto

by Andy Milroy and Dan Brannen

The IAU World Challenge at River Shimanto on October 18 was overwhelmingly regarded by the participating athletes as the most beautiful, yet most demanding of the twelve IAU World 100 Km championships held to date.

Running in unusually hot weather that reached a reputed 85 degrees on an exceptionally hilly and serpentine course, cut into sheer mountainsides in one of the most remote and inaccessible areas of Japan, a field of more than 100 elite international ultrarunners from more than twenty different countries gathered. They represented every continent, and joined 1,800 Japanese in what most competitors and handlers considered to be the most memorable IAU 100 Km World Challenge ever held under the patronage of the IAAF.

It was the World Challenge that almost wasn't, as the typhoon which claimed more than 100 lives in Southeast Asia the previous week passed almost directly over the course, about five hours before its scheduled start. Abolished by the hot, humid weather, pre-race tension and anxiety over the uncertainty of the race ran high in the host hotel, where all the international athletes were housed during the days before the event. The IAU Executive Council held a series of meetings and negotiating sessions with the event organizers and the Japanese Federation to try to come up with alternate plans to avoid cancellation of the event in the face of the impending storm.

The long awaited typhoon came late on Saturday night. At the earlier welcoming party headquarters, taut national flags snapped and strained for release from their whipping poles. Rain, almost horizontal, lashed Nakamura City, watched with apprehension by both runners and officials.

Fortunately, late changes in the track of the typhoon meant that in the end, as the starting gun fired, the only concession to the storm were a half-hour delayed start and scattered debris and rivulets along the course, which grateful athletes took in stride.

Early on race day, the rain had stopped and the wind had dropped. There was no significant surface water visible around the start area of the race at the Nakamura City Warabioka Junior High School. The pleasant coolness of the early morning contrasted strongly with the oppressive humidity, which had been a feature of the preceding days in Japan. The brightly lit start area was empty, apart from busy groups of race workers. Inside the school's gymnasium, early arriving Japanese runners rested very quietly, some sleeping, others stretched out

in relaxed meditation. The organizers of the River Shimanto race had some 3,500 entries for the event, but were forced to turn away 2,000!

Early morning inspection of the course had shown no substantial damage. One of the low bridges, over which an out and back section was traditionally run, was submerged by the swollen river. Another bridge further down the course, which also spanned the River Shimanto, was used instead.

At 6:00 a.m. the runners were assembled close to the start area, on a bridge across the now hugely swollen River Shimanto. There, a large, white, inflated arch marked the start line.

A thin crescent moon showed high in the lightening sky. Flaming beacons and flapping Japanese banners and national flags lined the start of the course. The actual start was cautious by the usual World Challenge blitz standards—perhaps the runners were conscious of the toughness of the course and of the heat to come. Very warm weather was predicted, but with decreased humidity.

After a flat opening straightaway that led from the start, the route followed a narrow road carved out of the rocky hillside, running alongside a branch of the Shimanto River at the bottom of a steep, high, wooded valley. Hills and mountains lined the course. This narrow road forced the huge field of runners to stretch out into a long line as the course climbed gently upwards, passing small and occasionally more elaborate terraces of paddy fields planted with rice.

By then spectacular views of the wooded mountainside were visible. The temperature began to rise as the sun appeared over the mountains. The early leaders of the men's race included members of the very strong Russian and Japanese teams, with South African runners also in that group.

The women's race was headed almost immediately by the two favorites, defending world champion Valentina Lyakhova of Russia and 1998's yearly leader, Maria Venancio of Brazil, the pair drawing away from the rest of the female runners.

The course climbed steadily for the first 21 km, then dropped in an equally relentless descent for the next 20 km.

By the 36.3-km checkpoint the leaders of the men's race were in a series of tight groups. The first group reached that point in 2:19 (just under 6:10 per mile) and contained Ravil Kashapov and Grigori Murzine of Russia, Andrew Kelehe and Neil Schalkwyk of South Africa, together with Yusufumi Mikami of Japan. Very close behind was another group containing Kiminari

Kondo also of Japan, and the other Russians, Alexey Volgin and Igor Tyupin.

A whole train of elite runners followed, tracking the leaders, including Jaroslav Janicki from Poland, Russian Anatoli Korepanov, Tim Sloan of Australia, German favorite Rainer Muller, Canadian Andy Jones and the most experienced of the South Africans, Russell Crawford. The current holder of the World Challenge title, Sergey Yanenko of the Ukraine, was at the back of this group. At this early stage, the Russians looked to be in a dominant position, with the South Africans and Japanese in contention.

In the women's race at the 36.3-km checkpoint, Brazilian Maria Venancio was way out in front, all alone, in 2:42 (a touch over 7:10 per mile), a full seven minutes ahead of South African veteran Sanet Beukes. Defending world champion Valentina Lyakhova of Russia was nowhere to be seen. Another two minutes back was Russian Tatiana Arinosova. After a gap of another minute came 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.

Mixed in among them were Britain's 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, came the co-favorite Lyakhova, limping and done in already by the early hills.

At the three-hour point in the race, the sun finally emerged in full force from early morning clouds, and the temperature began to climb rapidly.

By the next checkpoint at 62 km, there was a clear race leader, Russian Grigori Murzine, the current European 100 Km champion, having run 6:23 at Torhout in June.

Fellow countryman Ravil Kashapov, a former European Marathon Cup winner (marathon best under 2:12), was only nine seconds behind, with the leading South African Andrew Kelehe a minute further back. Russians continued to dominate, with fourth and fifth places being held by Anatoli Korepanov and Igor Tyupin. The Japanese pair of Yusufumi Mikami and Kiminari Kondo were next to arrive at this point, but separated by some six minutes. Both runners were already beginning to fade badly.

Also in the top ten at 62 km were South African Neil Schalkwyk, Tim Sloan of Australia and the defending River Shimanto 100 Km champion, Jan Vandendriessche of Belgium, who was moving up through the field.

A former winner of the World Challenge, Konstantin Santalov, had already quit the race, suffering from a recurrence of a recent problem, asthma. He had already

been joined by a host of other world-class athletes. At 62 km, after the second of a series of tough hills, the number of DNFs continued to rise. They included Andy Jones of Canada, who found the last climb particularly tough, former champion Alexey Volgin, who had been reduced to a walk, and Bernard Curton of France, who had developed a hamstring injury.

The course from this point onward looked to be much easier, but there was now a new force to contend with—heat. The temperature was rising rapidly through the 80s.

Venancio continued to lead the women's race at 62 km. The sun was now merciless and this portion of the course contained lengthy stretches in the open sun. The Brazilian's blistering early pace had slowed, and she was clearly exhibiting signs of fatigue and stress.

During the final 25 km, mostly flat but slightly downhill, the main feature of the women's race was the progress of Carolyn Hunter-Rowe. The 34-year-old Brit had run roughshod through the French and South Africans and was now chasing Venancio, having pulled well clear of the rest of the field. Her time at 62 km was 4:54, only six minutes down to the leader.

Near the halfway point, the French team lost Isabelle Olive and the South Africans lost Beukes, as both joined Lyakhova on the sidelines. These developments wrought havoc on the women's team event, as both South Africa and Russia had brought only three women each to the race.

This meant that two of the top three ranked teams were no longer factors in the team scoring. The remaining South Africans, Charlotte Noble and Karen Bradford, were now on the heels of 47-year-old Huguette Jouault of France, who led the chase after the two leaders. Jouault, upon finishing, would be the only runner, male or female, to have run 10 editions of the IAU World 100 Km, and she has almost without exception improved her performance in each successive one, defying the aging process.

Charging through the field almost as impressively as Hunter-Rowe was New Zealander Lilac Flay, one place behind Arinosova in seventh. Morielle Brionne of France and the second Russian, Larisa Semanova, were a few more minutes in arrears. Leading American Daniele Cherniak had moved into the top 10.

By 82 km the race was developing into a fierce domestic battle among the members of the Russian team. Murzine went through the approximate 50-mile point in 5:08, extraordinary running given the course and conditions, and yet he still had only a four-minute lead on 2:11 marathoner Ravil Kashapov. Would Kashapov, who had also run under 28 minutes for 10 km, be able to use his superior kick over the final kilometers, or had the tough Shimanto hills taken the sting out of the 41-year-old runner's legs?

This was no two-way battle. Another Russian, Anatoli Korepanov, was positioned in third, and he had 2:13 marathon speed. He was a further two minutes back. Yet another Russian, Igor Tyupin, who lost his national team place to Korepanov in the final team declarations only the day before, was in fourth place, poised to move up. These two men obviously had a personal battle to settle, as well as the destiny of at least the third place individual medal. The team race was by then, as expected, a foregone conclusion.

The nearest threat to this Russian hegemony was South African Andrew Kelehe (the top South African finisher at Comrades), who was losing touch with the Russian struggle at the front. The new German find, Rainer Muller (6:27 in his 100-km debut this year), and Simon Pride of Britain were closing on the South African, as was Jan Vandendriessche.

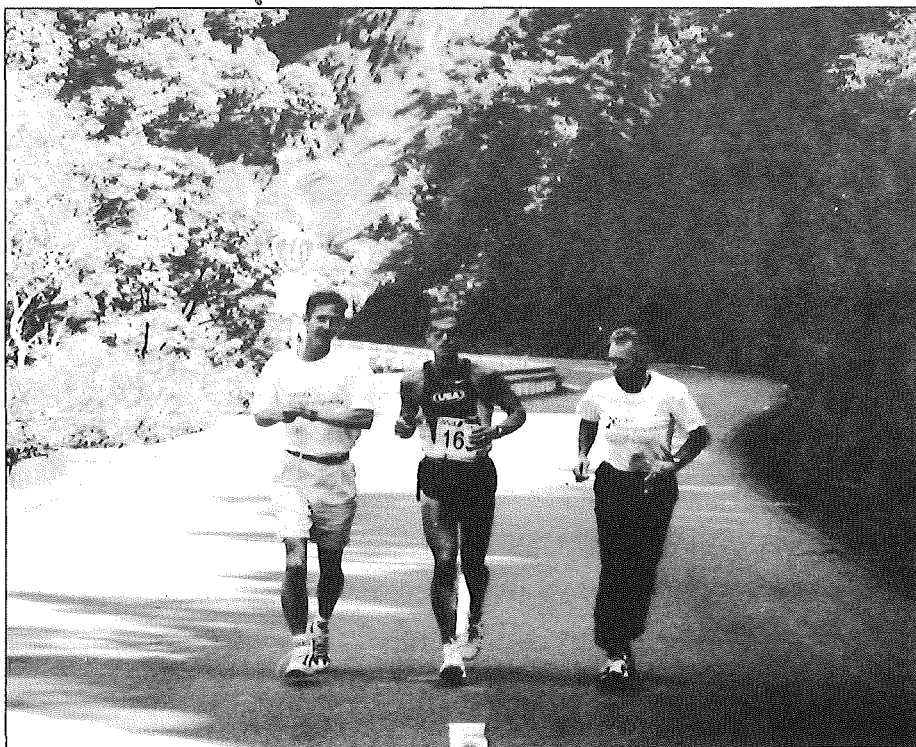
The Russians clearly had the team title sewn up, although Tyupin, of course, was competing as an individual. Coming into the picture for the first time was the US squad, led by veteran Jim Garcia, with close packing by the youngsters Steve Sztylik and Brian Teason. The South Africans were still running second and a force to be reckoned with, although both Kelehe and Schalkwyk seemed to be having problems and slowing noticeably. In contention with the Americans was the strong German team, led by Muller, with Michael Sommer, who had won the Shimanto 60 Km last year, and Lutz Aderhold. Aderhold, the final German scorer, was well behind the American's third man, Teason, but Muller's substantial

lead over Garcia cancelled out that advantage. It would be an exciting last 20 km for team observers.

Returning to the women's race from the 82 km checkpoint: Venancio (6:34) was holding her form but her lead was dwindling, as Hunter-Rowe had now closed to within two minutes. A race was now on for the bronze as well, as Flay now had Jouault in sight. The lead pair were about five or six minutes up on the following pair, and the quartet had a substantial gap on the rest of the field.

Noble had now moved into fifth (6:49), but was noticeably suffering, as were both the Russians, holding the next two positions. Bradford and Cherniak were close behind, and for the first time the German women were moving into contention, with Anke Drescher and Ricarda Botzon both now in the top 10.

The French led the team race, although their position was weakening by the minute. Jouault, the seasoned veteran, was a solid team leader, but Martine Cubizolles, in addition to Olive (this pair their expected team leaders), had retired. Morielle Brionne was running 11th and Anny Floris 15th, but with Sybillie Mollensiep, the third German, now moving into 12th position, a shakeup of team results looked to be in the making. The ageless Eleanor Adams and Hilary Walker had backed up Hunter-Rowe's lead to put the British ladies among the top three places in the team race, but now both were fading. American Chrissy Ferguson had moved up to 13th, and the surprising Americans, with Janet Runyon and Susan Olsen both in the top 20, now had a chance to



Brian Teason approaches the 81-km mark with Lion Caldwell, the U.S. team physician on his right, and his dad, David Teason, on his left.

move into medal contention.

It was clear by the final 20 km that observers were witnessing a Russian runaway. Murzine owned the race, as Kashapov had drifted off pace and was being overtaken by a hard-charging Tyupin. Korepanov rounded off the rout, as the Russian juggernaut turned the World Challenge into a domestic showpiece. All this with two additional former Russian world champions having dropped out of the race! Following a 20-minute gap behind this national team workout, relatively unheralded Frenchman Thierry Guichard had worked his way through the field and now led the rest of the world. He would finish fifth.

Rounding out the top 10 in the final stretch were Simon Pride of Great Britain, Jan Vandendriessche of Belgium, Rainer Muller of Germany, Tim Sloan of Australia, and Toshiro Kashiara of Japan. Four of the top ten were making their major international appearance for the first time this year: Igor Tyupin, Ravil Kashapov, Thierry Guichard and Rainer Muller. Add to these Simon Pride, who made his international debut last year, and half of the top ten were new faces. Thus the future of the 100-km looks bright, particularly as the champion, Grigori Mourzine, is only 28, and Igor Tyupin a mere 27.

Venancio, as expected, yielded to the unstoppable Hunter-Rowe without a fight, but then was unexpectedly overtaken in the final stages by New Zealand sensation Flay. Jouault, the French veteran, hung on for fourth, as German Ricarda Botzon blistered the last section, gaining five places in the last 15km to finish fifth.

Rounding out the top 10 were South African Karen Bradford, Tatiana Arinosova of Russia, American Daniele Chemiak, Anke Drescher of Germany, and Russian Larisa Semenova.

There was new blood also at the top of the women's race. Maria Auxiliadora Venancio made her first significant international appearance last year in the 100 Km World Challenge, and although Lilac Flay had been competing for a number of years, it was only this year she made her big breakthrough to world class. South African Karen Bradford in sixth was making her international 100-km debut.

Needless to say, the Russian men's team (Murzine, Kashapov, Korepanov) won by almost three hours from Germany. Though faltering badly over the last 10 km, as they have virtually every year they have run the 100 Km World Challenge, the South African men's team (Kelehe, Crawford, Schalkwyk) hung on for the bronze, holding off the surprising and unexpected American challenge (Szydluk, Garcia, Teason) by 11 minutes. Only four men's teams were able to bring in three runners under eight hours, an indication of the exceptionally high attrition rate caused by the difficulty of the course and the weather.

The Germans (Botzon, Drescher, Molensiepe) won a thrilling women's national

team challenge in the last 20 km, as only 35 minutes separate the top three teams. The silver medals were taken by the French (Jouault, Brionne, Floris), with the Americans next (Cherniak, Ferguson, Olsen), making it onto the awards podium for the first time in three years.

The primary story of the competition was the dominance of the Russian men's team, fully expected but perhaps not in such overwhelming fashion. They amassed the largest winning margin in the history of the event, qualitatively matching and perhaps even surpassing the Kenyan men's cross-country team in their total annihilation of the rest of the world combined. European 100-km Champ Grigori Murzine took the individual title, the third Russian in the 12-year history of the event to do so.

The margin of victory of the leading Russians in the World Challenge was remarkable, but it probably had its roots in the fierce competition between the individual Russian runners. Each of the leading Russians had a strong vested interest in beating his compatriots.

In the IAU European Championships in Faenza in 1997, Grigori Murzine lost out to Alexey Kononov in a sprint finish by a mere four seconds. That loss must have been at the forefront of Murzine's mind as he sought to break away from his fellow countrymen, determined not to have the race decided by a sprint finish. A particular fear would have centered on Ravil Kashapov, who lurked close behind for much of the race. Murzine would stand no chance against the 41-year-old former elite marathon runner in a close finish. Murzine would have been determined to try and break Kashapov, to make the pace so hot that the race would not come down to a final sprint.

In the end, it was not Kashapov but Igor Tyupin who came second. Tyupin too had a powerful reason for succeeding. The day before the race, Anatoli Korepanov had replaced him in the Russian team. The 27-year-old Tyupin was determined to beat Korepanov, and as many of his former teammates as possible. With the exception of Murzine, he succeeded.

Ravil Kashapov is the most notable marathon runner to make an impact on the World Challenge. A 2:11 marathon performer, his third place finish also showed that mere speed alone is not enough to succeed in ultrarunning, as many fast marathon runners before him have discovered.

Great Britain's Carolyn Hunter-Rowe, who won the 100-km title in 1993, perhaps surprised herself as much as the rest of the world in taking the women's crown over equally surprising Lilac Flay of New Zealand.

For Hunter-Rowe it was a successful return to the ultra scene. Her last completed 100-km had been her win in the European Championships at Cleder in 1996. In 1997 she was selected to represent Great Britain in the World Championship Marathon in

Athens, but a pre-race stomach bug, allied to the heat, put an end to any success she might have had. She said after her win in Shimanto that she found that high pressure training for fast marathons left her vulnerable to injury. She intends to stick with ultras in the future, where her strength and basic speed will make her a very formidable opponent.

Maria Venancio is obviously a talent for the future, however her reckless early speed left the event wide open for Carolyn Hunter-Rowe and Lilac Flay to come through as she wilted later in the race. Venancio, along with Valentina Lyakhova, Sannet Beukes and Charlotte Noble, were running ahead of Thierry Guichard in the early stages, who was to finish fifth in the men's race!

The women's race showed the global nature of international competition. Four different continents were featured in the top six, five continents in the top eight.

The women's race also showed the determination of the German women's team to prove their championship credentials after the problems of Winschoten, when they were relegated from an apparent win to third place following the doping disqualification of their lead runner, Maria Bak.

The challenging conditions seemed to bring out the best in the North Americans this year, as the Canadians and Americans had the highest finishing percentages of all the full men's and women's national teams in what will be remembered as the championship of decimation. More than fifty percent of the elite international field failed to finish, many wiped out by a relentless 10-km downhill segment early in the course, while others were carted off to the medical tents with varying degrees of dehydration and electrolyte imbalance. Of the Americans, Tom Greene and Mike Harrison succumbed to downhill-induced injury, and Janice Anderson was forced to stop at 62 km with early symptoms of renal failure. Chrissy Ferguson pushed so hard in the last 10 km in an attempt to catch the faltering French women that she ran into a heat-induced electrolyte imbalance. She barely made it, along with her teammates, to the awards presentation podium, from which she had to be carried to an ambulance for overnight treatment and observation in hospital.

For the first time in history, all three North American nations finished full scoring teams, with Mexico edging Canada by one place, 11th to 12th. The Mexican men were led by Vincente Vertiz Pani, the Canadians by Ray Leonard, after world 100-mile record-holder Andy Jones retired with leg cramps. Karin Westfahl led the Canadian women. After finishing, Canadian Jason Pappich was also hospitalized overnight with severe dehydration and heat prostration.

The most lasting memory of Shimanto will probably not be of the race, nor the course, perhaps not even the typhoon. It will be the gracious hospitality and remark-

able helpfulness of the Japanese and the way that the team managers and handlers worked together. A classic example of this occurred late in the race when the South African team manager was unable to get to the next feeding station to handle his runners. British manager Dave Walsh stepped in and ensured that the South Africans got their drinks. As each runner came into the refreshment stations, they were met by encouragement from all the managers and handlers.

Another lasting memory for all will be of the lobby of the New Royal Hotel in Nakamura City on the morning of October 19, as runners, managers, handlers and race staff came together to say goodbye. The strong friendships and sense of community that had been built up over this race and earlier World Challenge events showed just how special the World 100 Km Challenge is. There is the strong sense of identity that comes with each national team, but almost overlying that is a team spirit that permeates the whole international race, where competition and cooperation go hand in hand. No wonder so many runners across the world invest so much time, effort and determination to compete in the IAU World 100 Km Challenge each year.

The 1999 IAU World Challenge under the patronage of the IAAF will be hosted on May 15, 1999, on a much less hilly and much more accessible course by the 100 Km du Vendee on a 25-km loop at Chavagne-en-Palliers, France.

Postscript: Valentina Lyachova was presented with her gold medal for winning the 1997 World Challenge, and the French squad presented with their team medals. This was necessary following the doping disqualification of Maria Bak, who crossed the line first in last year's race.

The IAAF Year of the Woman medals for outstanding accomplishments earlier in 1998 were also presented to Maria Venancio (Brazil), Eleanor Robinson (Great Britain), Lilac Flay (New Zealand) and Anke Drescher (Germany), and of course, to Carolyn Hunter-Rowe for her world title here.

IAU World 100 Km Challenge

River Shimanto, Japan October 18, 1998
Roads

Men

1. Grigori Murzine, RUS	6:30:06
2. Igor Tyupin, RUS*	6:34:10
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 Kashiara, 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. Rync Melcher, CAN	12:07:15

*(not on Russian, Nat'l. Team)

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 Ferguson, USA	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 Hiroasawa, 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 Neglia, CAN	9:49:01
27. Sumiko Tanaka, JPN	9:50:17
28. Eleanor Robinson, GBR	9:59:14
29. Margaret Hazelwood, NZL	10:23:04
30. Ghislain Beaulieu, CAN	10:27:29
31. Sharon Gayter, GBR	11:03:25

32. Sylvia Watson, GBR	11:23:20
33. Caroline Nestor, CAN	11:41:13
34. Aimee Runge, CAN	12:07:15

Team Results:

Men

1. Russia	19:44:41
2. Germany	22:20:34
3. South Africa	22:25:53
4. U.S.A.	22:36:50
5. France	22:53:56
6. Spain	23:22:15
7. Japan	23:46:58
8. Slovakia	25:06:05
9. Great Britain	25:29:46
10. Australia	25:41:13
11. Mexico	27:00:23
12. Canada	27:48:28

Women

1. Germany	26:23:24
2. France	26:46:54
3. U.S.A.	26:58:45
4. Great Britain	28:00:38
5. New Zealand	28:08:05
6. Japan	28:28:30
7. Canada	28:49:43



(Above)
Aussie team-
mates, Nigel
Aylott & Paul
Every in Japan.

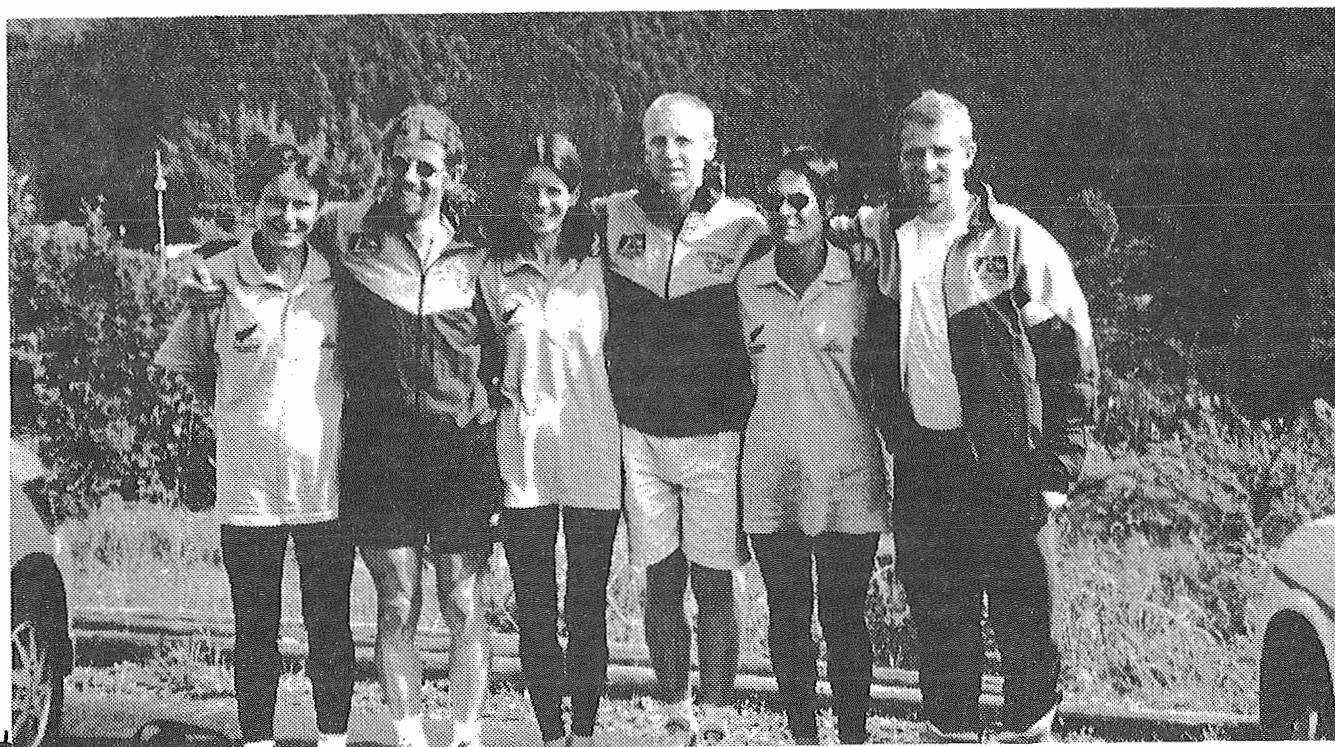
100KM WORLD CHAMPIONSHIPS IN JAPAN OCTOBER 1998



Tim Sloan



Paul Every, moving well



34

L to R: Lilac Flay (NZ), Paul Every (OZ), Val Muskett (NZ), Tim Sloan (OZ), Margaret Hazelwood (NZ), Nigel Aylott (OZ) - the NZ Women's team and the Aussie Men's Team. A successful Australasian effort.

Some thoughts on the 1998 Japanese World 100km Challenge.

This event was my first World 100km Challenge teaming up with experienced World 100km runners Tim Sloan and Paul Every. The pre-event information and organisation was far greater than any other running event I had participated in and was the pre-cursor to an excellently organised and inspiring experience.

Ultrarunning in Japan is big with ultra races every weekend and thousands! of participants. The World 100km Challenge was held in conjunction with the River Shimanto Ultra marathon in a relatively unspoilt and remote part of Japan on the island of Shikoku. 1500 Japanese had entered the 100km race with another 1000 in the 60km race and many entries being knocked back. Getting there and back was a challenge with almost a week taken up with travelling to the site, formalities, the race and then going home leaving little time for playing tourist. However, it was a very enjoyable week with the race organisers taking care of all travel and accommodation details, and gradually getting to know the athletes from other countries.

As an interesting coincidence, NZ fielded a womens team with no male runners and Australia had a mens team with no female runners. When we first met in Sydney airport on the way to Japan, this was the start of a week alternating friendship and feuding between the two teams. The atmosphere generally amongst all the runners was excellent with everyone having put in much training for the event and keen to run well, and many of the best ultrarunners in the world were in attendance. Even the typhoon that threatened to cancel the race seemed to add to this atmosphere. Tim Sloan also managed to become popular with all the Japanese by handing out little Australian flags.

The race itself was tough with considerable hills, a wet road and high humidity causing a large percentage of runners to pull out. To our credit, all of the Australian (and NZ) runners finished and thus ensuring that our team placed. Tim's top 10 placing was excellent given the quality of the field, however, everyone was impressed with the Russian runners who blitzed the rest of the field. On the way home, there were many tired and sore runners (even the Russians), but this didn't stop the celebrations of many teams.

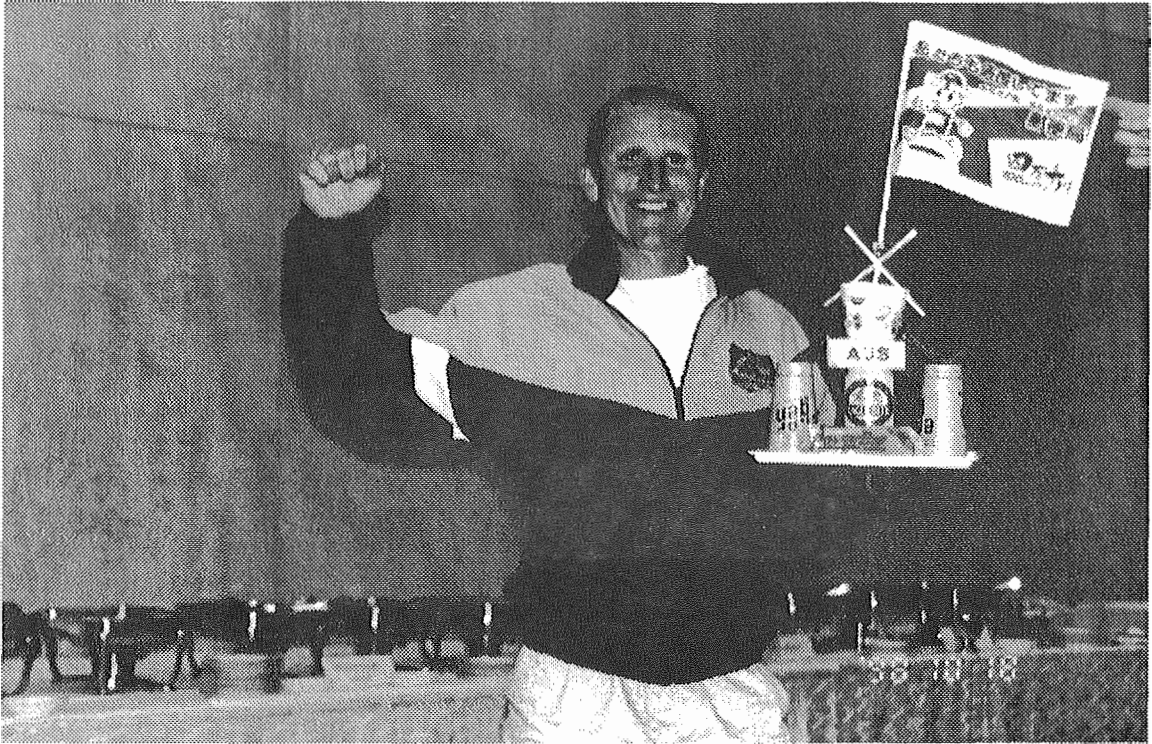
In all, I would highly recommend the experience and would encourage people to race in the World 100km Challenge if they have the opportunity. In particular, it would be good to have some Australian female runners attending. Also, many thanks to Geoff Hook for doing lots of work as team manager and support crew.

Nigel Aylott.



The perpetrators of the smiling sheep flag - L. to R: Paul Every, Diane Weaver, Nigel Aylott and Tim Sloan.

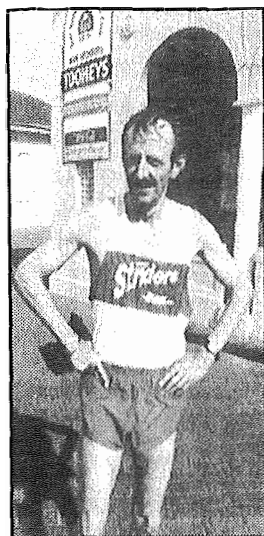
100KM WORLD CHAMPIONSHIPS IN OCTOBER 1998



At the official presentations, prizes were awarded down to 8th place. Tim finished 9th so missed out so Diane made him a special one to make up.



1998 BRINDABELLA CLASSIC



November is the time of year when Striders make the annual pilgrimage to Canberra for the Brindabella Classic. This year our representation was down with 13 runners coming from Sydney and one from Melbourne - ultra freak Kelvin Marshall. A mixed bunch it was - some new to the distance ; others new to the course and the remainder there to remind themselves how painful downhill racing can be. It sounds easy - start at the top of a mountain, run alot of downhill interspersed with a couple of uphills and it's allover.

Beautiful scenery, tremendous organisation for the runners, 10 drink stops in the 54 km, clear running water and a pub at the end. What more could you want? Behind all of this there is a challenging and tough course.

Thermal top ??

The day started with a 90 minute coach ride to the top of Mount Ginini. Up and up into the rain clouds we went. The conditions on top vary year by year. Several years ago there was snow; last year a peaceful calm awaited us; this year a bitter wind and cold rain with runners huddling by the coaches. In an attempt to knobble Steve Urwin I'd omitted to tell him how cold it could be in my pre race briefing. He was there with a singlet whilst I'd conveniently found a thermal top and gloves in my bag. Not as though it slowed him down. We were quickly despatched off downwards and

that was the last I saw of speedsters like Steve, Kelvin, Nick Adams and Dawn Tiller.

Going out slow...

Dave King and I set off conservatively intending to have a sensible run. Walk up Mt Franklin, saving ourselves for later. We stayed together until the up-hills when we gradually became separated. Running comfortably was great until I looked at my watch and calculated that I was way behind my split time for half way. Unfortunately there wasn't enough petrol in the tank to make up lost time in the second half. I think it was a case of going out slow and getting slower ! Perhaps the principle of going out hard and seeing what happens is a better way of doing it.

As the altitude dropped the temperature increased. After passing Seventh Heaven (Drink Station no 7) I entered what has been christened the "moonscape". This is the logged area. When I first

raced here 12 years ago it was barren and resembled what I imagine the moon's surface looks like. Now it has regenerated and looks great. The felling has continued further on to put the exposure to the sun and heat later into the race. Going through this section I teamed up with Phil Clarke from the Bushies. He's another veteran of this event. I was sweating in the heat still wearing the thermal top whilst Phil was getting burnt. We nursed our way through to finish in 5 hrs 12 mins without doing too much damage to ourselves. Our only intent was to avoid being overtaken by other individual runners.

Easy course?

Striders competing in this event for the first time did well. Nick Adams hadn't run further than 35 kms before and came 6th in 4 hrs 28mins. He'd been listening to smooth talking Mike Wilson the previous week who had "persuaded" Nick that it was just another easy run. Mike may soon be hearing from Nick's lawyers. I did hear that Nick paid a visit to the medical fraternity the day after the race to be prescribed gastrolite. His legs were also stuffed for the rest of the week. Not so easy was it Nick ?

New member James Bond fronted up for his second ultra in less than two months. This time he did not try the trick of mixing pure salt and water as he had done at the RNP 50 km in September. Instead he had a good run finishing in just under 5 hrs 30 mins. I have it on good authority that upon arriving at Vanity's Crossing James prostrated himself in the water. Does this make him Vain James ?

Babysitting

The winning time this year was slower than in previous years. Trevor Jacobs was first home followed in just under a minute by Greg Love, organiser of the Brisbane Waters race. At one stage Grég had held a 9 min lead. Dawn Tiller was second female and Paula Whitehouse third (again). Dawn's run was a gutsy effort after nursing and sharing a bed with 2 sick children (and Kevin) the previous night. Kevin sacrificed his own run (and no doubt a chance of winning) to baby sit during the race.

Hugh Jorgensen and the ACT Cross Country Club are to be congratulated for putting on such a well organised race. Their focus is on looking after the runners and not making a quick buck for themselves. There are ample drink stations, massages at the end and a quick prize giving held at the scheduled time. And full results posted on a web site within 24 hours. The bigger and more expensive races should take note. Races like this are much more enjoyable. The low numbers of Striders present was noted and commented upon. How about some entrants next year - individuals and relay teams ? There were 76 individual starters and about 70 completed the course. All

THE COLAC SIX DAY RACE - 1998

There's a Square in Colac City
Where giant elm trees grow,
And a Memorial stands to our soldiers brave
Who had volunteered to fight our foe.

Within the Square is a four hundred metre track
And runners from around the world,
Will try for six days to run their personal best
As each time span is unfurled.

There was Tony Collins doing his best
As Tony always does,
He has a smile and a wave for everyone
For he is running the race he loves.

And Peter Gray who won the race last year,
Was finding the going tough,
As he shuffled along with a great swinging stride
Which gave truth he had not had enough.

Jaroslav Kocourek showed us just how
To run a six day race,
He was trained to a tee and ran fast and free
It seemed none could equal his pace.

Dusan Mar was also very fast
His arms swinging wild and wide,
His legs were long and his stride was strong
As the elements he defied.

There was Andrew Lucas pumping the air
As he ran with all his might,
He comes from Tassie, where he has a lassie
And he thinks of her through the night.

For Isak Ketsarkidis this is his first run
In a six day circle event,
He is running for the Anti Cancer Appeal
And hopes lots of money he'll get.

David La Pierre is a lanky fellow
Who says runners should all be shot,
Then buys a ticket for the Colac run
Where he'll try to beat the lot.

Bob Burns comes from England
Where he gets divebombed by a duck,
We wonder if perhaps here in Colac town
He'll get run over by a truck.

We like the way George Audley runs
With his quick short balanced stride,
To be up there near the winners
Must fill his heart with pride.

Elvira Janosi moves with precision and grace
As the track she circles around,
She loved the trees and the possums
And the rhythm of music's sound.

A wood carver of fame is lanky Shaun Scanlon
And he carved clocks for our race,
It's a pleasure to know that as homeward we go
His carvings will bring joy to each face.

John Tims, Drew Kettle and Rob Dayvis
Failed to finish the race
They did their best to stay with the rest
But were unable to stand the pace.

May we always with pleasure remember
Colac's Nineteen Ninety Eight run
How the sun shone down on Colac town
And all we runners had

Drew Kettle
24 February 1999



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
38. 7.	Andrew Lucas	601.6km	14.	Robyn Davis	164.8km

Words of wisdom from a man who knows!

Even retirement from the sport can't dull the enthusiasm of Tony Rafferty for ultra-marathon running.

Besieged by constantly ringing phones, demands for race updates from all over Australia and requests for advice from Six Day Race volunteers the ultramarathon legend (retired) is not stopped from chatting about the sport he holds dear.

Himself a ten-time competitors around the Memorial Square track, Rafferty holds the Colac race very dear, more so than the vast majority of the people of Colac.

Such was his enthusiasm for the event that Rafferty only needed a phone call from race organising committee secretary Mary Lowe to take holidays, pack his bags and travel down the Princes Highway from Melbourne to act as a special comments race announcer this week.

Rafferty is not only a walking encyclopaedia of the past 13 races in Colac but has such an experienced eye that he can glance at any runner passing in front of the booth at track side and give an instant (and accurate) appraisal of how they are performing and how they are likely to complete the race.

Dusan Mravlje runs past with a walkman on:

"When Dusan puts the headphones on he's hurting," Rafferty said.

Andrew Lucas runs past:

"His crew are trying to make him run with his foot a little more turned out, but he's a bit tired now you can tell, his foot is starting to turn back in."

And the tight tussle between Dusan Mravlje and Jaroslav Kocourek:

"Dusan looks a little better at present but Kocourek is as tough as nails and doesn't know the meaning of stop."

It is knowledge such as this, gained from years of 'pounding' the world's highways himself that has made Rafferty's commentary so informative this year.

Tony Rafferty was one of the greats of ultramarathon running throughout the 70s and 80s in Australia and was the first man to run across America's Death Valley.

Temperatures of 68 degrees during the day and 34 degrees at night had to be overcome before the feat could be achieved — as well as a chance meeting with a mountain lion!

One day, when he was some two kilometres ahead of a support vehicle that had suffered an overheated engine, Tony came face to face with a puma (mountain lion).

With no-one around to lend a hand Tony realised that he was facing a potential problem that most



After lapping the track in 10 Colac 6 Day Races himself, Tony Rafferty returned to Colac to share some of his thoughts on the event as a race commentator.

runners don't usually consider part of a marathon run.

"He made a face at

me and then I made face at him and he just ran off," Rafferty said, "I told my crew later and they didn't believe me. Luckily we saw it later and took some pictures."

Tony is about to start a story about

the days when ultramarathon running was such big business that it was he and not iron men who graced Australia's breakfast cereal boxes when the telephone's ring breaks the silence yet again.

"Six Day Race office, Tony speaking...yes I can fax you the latest update...what hours do you want?"

And this is how an ex-ultra marathon runner spends his holidays!

A PASSION FOR THE ULTRA

An hour before the start of the 1998
Australian Six-Day Race last November
TONY RAFFERTY talked with competitor
TONY COLLINS.

TONY RAFFERTY: What sports did you play at school?

TONY COLLINS: Reluctantly Rugby Union. I was probably most successful at avoiding sport at school. I always knew I could run, and run fast if the occasion demanded. I actually started running seriously in my mid-30s during the running boom. Some friends suggested the City To Surf.

The night before, I'd been to the ballet and coming home I did a sort of *pas de deux* leap in the air and fell on a wet grating, slipped and hurt my hip. My friends who competed were disappointed I didn't turn up. They then suggested I enter the Gosford to Terrigal race. The evening before I attended one of those memorable dinner parties. You know the kind.

About five in the morning, wine and beer bottles everywhere, we piled into 3 cars hungover, and drove to Gosford. I lost my friends in the crowd a few minutes into the race. Not wanting to disgrace myself and hoping to put in a good show I hung on to the end and surprised myself and my friends by beating them home. I was stiff as a board. They played tennis.

During training I increased my distance with the view to completing a marathon. My girlfriend at the time encouraged me to enter the Bayview Marathon - Manly To Bayview and back. Again I went straight from a party to the race. Coming to the halfway point she must have told the St. John Ambulance people I was in some sort of physical trouble. I did have a headache. Obviously concerned he put a half-nelson on me, wrestled me to the ground and supplied oxygen. He thought I was having a cardiac arrest. I told him just an aspirin would do. I finished in four hours two minutes. That's how it all started.

T.R. When did your interest in ultramarathons begin?

T.C. In an ad for the Wollongong to Sydney race. I'd run a few marathons by this time but wondered about running 80ks. But I did it and enjoyed it. It was wonderful. A year past and I saw an ad about running around the clock and there was a picture of a clock. Later it dawned on me that a 24-hour race is twice around the clock. Anyway I did 162k - a hundred miles. I was ecstatic. Two months later I was accepted for the 1988 Westfield (Sydney to Melbourne). It was the Bicentennial race. That I suppose was the start of my undoing.

T.R. Tony, you are a professional man and yet seem to have the time to compete, perhaps more than most people, in a number of events every year. How do the ultra events fit in to your busy life as a dentist?

T.C. It's not easy. I often run to work and run back from work.

I don't do any specific training as such. I do what I call the chicanes, close to where I live, I jog up one and down the other. I use one race as training for the next. I try to fit in three to four races a year. I don't quite know why I choose a particular race.

T.R. How do you cope with sleep deprivation in a multi-day race?

T.C. Ah! ... I'm not really sure. I don't know if I have any tactics. I enjoy the nights. It's a private time. Days can be hard slogging it out. I guess if I can see my watch I'm in trouble. Yes, night time I enjoy. I guess I have my own private world out there. So sleep is not that important.

T.R. Discuss your eating habits during ultras.

T.C. I do get nausea. But not often. Small amounts of food regularly. Variety. Fruits, beans, spaghetti. Scrambled eggs in the morning. I'll have three or four servings here (Colac) each morning. Ha! Ha! There are dozens of crates here and my names on half of them. Fortunately my bowels are regular.

T.R. Do you set achievable goals day to day or do you aim for a certain kilometre total at the race finish?

T.C. I try to set targets although I'm not really that sort of runner. It depends on how my body feels at a given time. I'm a happier runner when I just go with the flow.

T.R. You're here for the Australian Six-Day race. Compared with other six-day events you've entered how do you rate this Colac track?

T.C. What I like about Colac apart from the good organisation and it's fabulous - is the tree coverage. I've run Campbelltown, I've run Nanango in multi-day races where there is not a skerrick of shade. I don't get on well with sunshine and heat. I like the shade here. The crossings over the walkways are a problem. But I don't think there is an ideal track. As I said - I'm happy to go with the flow. I appreciate the organisation here. That's good enough for me.

T.R. What are your plans for future races?

T.C. I read AURA (newsletter) cover to cover and often I think I'd like to enter all the races. I like the longer events. And I plan ahead if a race appeals to me. Basically, if a race interests me I can't help myself.

T.R. What does your wife think about your passion for the ultra?

T.C. A few months ago I told her I would run at Colac this year. She asked why. However, when I said it would be a good excuse for her to shop in Melbourne it seemed to be an incentive for her to agree to my entry.

Once, I mentioned to her the Vienna to Budapest Super-Marathon. She said immediately that was a great idea. "We'll take two suit cases. Travel light." So there's no hassle to encourage

her to travel to an overseas event. Sometimes the local races appear to her a little mundane.

T.R. So psychology helps, Tony?

T.C. Oh! Absolutely.

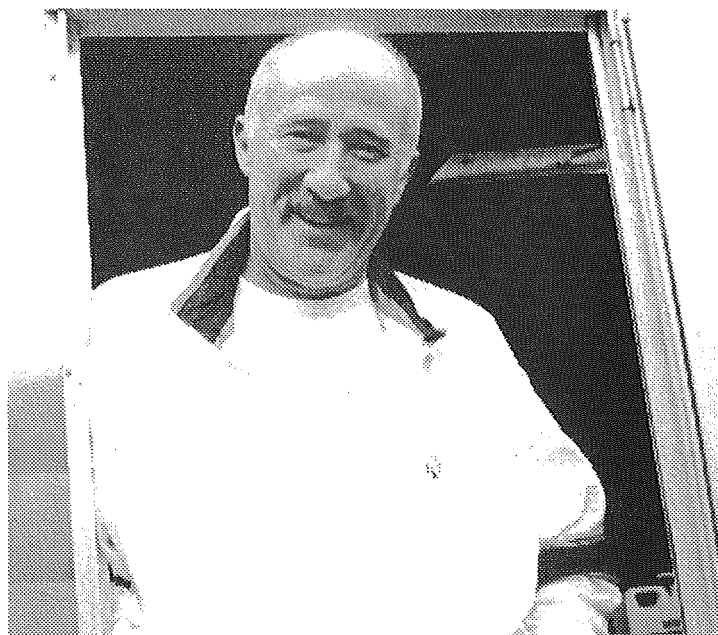
Sometimes during the night hours - while his support crew watched beady-eyed - Tony Collins seemed charged with electric vigour as he silently foxed his way round the track beneath the whispering elms. And, although weary and burdened with stiffness his expansive mood - when for the first time he achieved 800kms in six days - demonstrated his joy.

Kocourek won the race with 901kms. Mravlje scored 817kms to place second and Collins gained third spot with 807kms in the 13th Australian Six-Day Race at Colac.

TONY RAFFERTY - February 1999

Tony Collins, third place in the Australian
Six Day Track Race at Colac 1998

Winner of the event, Juroslav Kolourek



KETSAKIDIS - A CONTROVERSIAL MAN

BY

TONY RAFFERTY

Scathing letters from KEVIN CASSIDY (AURA Mar.'98,p.13) and YIANNIS KOUROS (AURA June'98,P.14) about the credibility of ISAK KETSAKIDIS's performances in long distance running encouraged me to approach the athlete for comments. Hesitant, generally guarded, sometimes incoherent and rambling in his answers, I managed to conduct this interview just minutes before the start of the 1998 Australian Six-Day Race at Colac.

(Runners mingled around the lap-scorers quarters and the Race Referee was about to offer his instructions.)

TONY RAFFERTY: Isak, what is your experience in six-day races?

ISAK KETSAKIDIS: My experiences have been running for charity. A few runs that have exceeded six days. It's totally different because now I can run at night. Normally I would have to sleep at night. They're the rules that apply to the runs. It won't be easy but I can say that I'm there to have a go and I wish everyone the best of luck. And I think together we can survive in six-day runs. That's what it is all about. Untrarunning is all about participating...getting together and hopefully doing our best in what we think is probably the toughest of all sports.

T.R. What is your best performance during a six-day period?

I.K. Since it is my first competition event in my 24 years I would have to say...Oh! I've never done one. Three hundred to 400k is my best.

T.R. What is your longest race?

I.K. OK...I did a 23-day run from Brisbane to Melbourne raising money for cancer research. That covered 1,800k. But like I said there were certain sections of the road that had to be closed...that I couldn't run on. So it's not an accurate measure. It was not a pro run. It was totally different...And I'm going to treat it as such.

T.R. Comments in the Sydney press and in at least one Greek newspaper compared some of your performances with those of the

great Yiannis Kouros. Would you care to comment?

I.K. Since me and Yiannis Kouros have not run a formal race we cannot say. I would say he's the best athlete in the world...and this has been proven by him. I haven't proved anything except that I can run for charity. This is the difference between me and Yiannis Kouros. He is a pro athlete and I am just starting out hoping to be a pro athlete. But there's a big difference between me and him.

T.R. Well! there sure is Isak. I believe Yiannis is the greatest ultramarathon runner in history. He holds more than 70 world ultramarathon records.

I.K. He's the best in the world and I'm just one of the other runners trying to be the best.

T.R. This race (Australian Six-Day Race) will record for you an official best time. What are your aspirations for the future?

I.K. If I'm happy with my run here I'll apply for entry to next year's race.

T.R. In reference to this particular event what was your specific training program?

I.K. Specific training?...It's all in the mind. You do have to train for an event like this...especially if lactic acid builds up on you...You'll be good for a long period. But just take it easy. I was doing 10, 20, 30, 40k's a day...I was trying to preserve my energy for 10 days...and the next six days to focus. Ultrarunning is my sport. I love the sport. Anyone who doesn't will understand...anyone who thinks they'll do it will understand. Yet it is good to participate in such things as this as well. And what I want to say to the residents of Colac and to everybody else is: giving it a go is not such a bad thing. You need to give it a go with anything that you do in life and if it fits in you go ahead with it and if you don't you try the following time.

T.R. You seem to have plenty of time to participate in long runs for charity and then there is this race just about to start. What is your work?

I.K. I have not been working for the past year or so mainly because I've been going overseas for runs over there and coming back home and doing another run for the Heart Foundation. But if I do decide to make myself a professional throughout this - I would. You need work to survive. If I decide to come pro...well we'll see.

(During the last three days of the race Ketsakidis just managed - despite obvious physical and mental pain - to stay ahead of the daily 65 kilometre cut-off. Taking the six-hour maximum rest break during the last 24 hours he showed courage as he trundled to the finish line in 11th place with 468.8 kilometres.

TONY RAFFERTY February 1999

AUSTRALIAN SIX DAY RACE, COLAC, NOVEMBER 1998



Second place-getter, Dusan Mravlje

Kevin Mansell & former winner of this prestigious event, Bryan Smith, support crew for Tony Collins during final stages of the race.

WY - WURRY 3 DAY WALK.



*Wy-Wurry 3 Day Walk - Back Row: Steve Minally, Rod Morgan, Ron Grant
Kerrie Hall, Cheryl Middis, Dell Grant, Graeme Paterson, Bob Knight
Sandy Buchan, Gwen Jonkers, Heidi Mills, Arthur Cox, Bob Hill, Vicki Tanner
Lyn Lewis, Ray McNamara, Les Skiller*

WY-WURRY 3 DAY WALK

by Ron and Dell Grant

DAY 1 - 45 kilometres

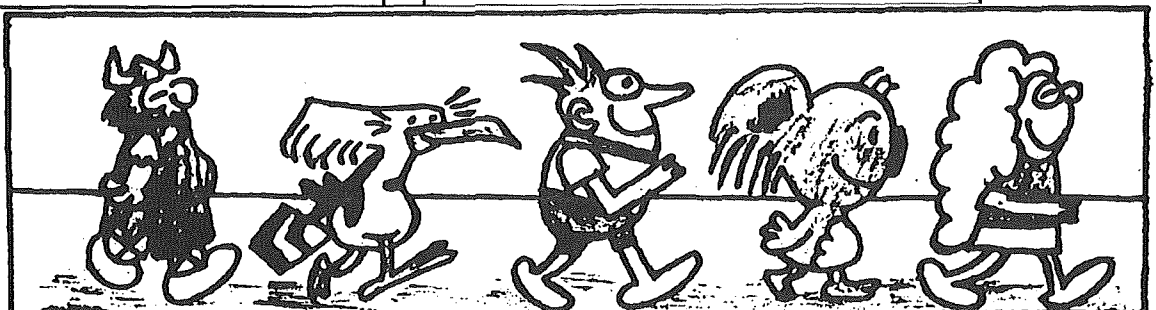
What a fantastic start to the first multi-day walk in Australia. All fourteen entrants made it to the start line fit and well. Ron had divided them into four groups to let the slower walkers get ahead of the faster ones at least for a little while. After an early breakfast at the Tarong Community Park overlooking the dam and power station complex and pre-race briefing, the first to go off, at 6.15 a.m. were Gwen Jonkers and Steve McNally. Next, half an hour later were the three police officers - Heidi Mills, Graeme Paterson and Bob Knight along with Les Skiller. At 7.15 a.m. Kerrie Hall, Cheryl Middis, Sandy Buchan and Vicki Tanner made their start followed at 7.45 a.m. by the last group made up of Bob Hill, Ray McNamara, Lyn Lewis and Arthur Cox. After the preceding week being stinking hot, the day commenced overcast with a cold wind blowing - our first touch of winter weather, but excellent for walking. The front walkers Gwen and Steve stuck together and chatted enjoying the atmosphere, birds and cattle trailing them along the fence line but at the back it was a different story. Bob Hill admitted Ray McNamara took him by surprise as he latched on to Ray's heels endeavouring to stay in touch. Lyn Lewis, an experienced race walker pulled away from them immediately but after two hours could not widen the gap. Arthur Cox maintained a cool head and let the faster ones go but set poised to tackle them if they ran into trouble. Kerrie Hall and Cheryl Middis stuck together all morning, but Vicki Tanner an unknown quantity as far as walking is concerned pulled ahead a little and was cool and relaxed. Sandy Buchan set out to enjoy himself admiring the scenery - was he saving himself for the King of the Bunyas starting at 34 kilometres? Quote of the morning came from Steve, "They (Bob and Ray) might be King of the Bunyas, but I'm King of the Bunyips". Bob and Ray were still going at it like there was no tomorrow, but Lyn was in the overall lead looking far more relaxed than the two following her. The walkie talkies (police officers) were still talking non stop. Let's see how much they have to say this time tomorrow. By now crews were getting to know each other and stopping together at check points chatting. Saw Ray McNamara sporting the latest in trendy head gear - a blue face washer on top of his head.

Then for some the race really started - King of the Bunyas starting at the foot of the mountain at the 33.8 km mark and going to the finish at 45 km. Once she hit the grid at the start of the King of the Bunyas, Lyn Lewis just took off in top race walking style to complete the 11.2 km in 1 hour 29 minutes 17 seconds. She looked in control the whole way while trailing in her wake Bob and Ray wore grimaces on their faces. Thus we have a Queen instead of a King. Second fastest was another lady, Vicki Tanner 12 minutes behind followed by Arthur Cox. Overall Lyn was the fastest female and Ray McNamara fastest male for the entire day. All the field finished the day ahead of their expected times, in some part due to the cool conditions, but also the thrill of the crowd and the closing gap between each of them as the event neared its end.

Males			Females		
1	Ray McNamara	2:52:50	1	Lyn Lewis	5:33:17
2	Bob Hill	6:01:01	2	Vicki Tanner	6:13:00
3	Arthur Cox	6:09:41	3	Kerrie Hall	6:40:26
4	Sandy Buchan	7:08:00	4	Cheryl Middis	6:43:07
5	Graeme Paterson	7:28:00	5	Heidi Mills	7:28:00
	Bob Knight	7:28:00	6	Gwen Jonkers	8:28:00
7	Les Skiller	7:52:00			
8	Steve McNally	8:28:00			

King (Kingess?) of the Bunyas 11.2 km					
1	Lyn Lewis	1:29:17		Graeme Paterson	1:57:00
2	Vicki Tanner	1:41:00		Bob Knight	1:57:00
3	Arthur Cox	1:42:10	11	Cheryl Middis	1:57:07
4	Bob Hill	1:44:56	12	Les Skiller	2:04:00
5	Sandy Buchan	1:45:00	13	Steve McNally	2:40:00
6	Ray McNamara	1:46:20		Gwen Jonkers	2:40:00
7	Kerrie Hall	1:53:00			
8	Heidi Mills	1:57:00			

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DAY 2 - 44 kilometres

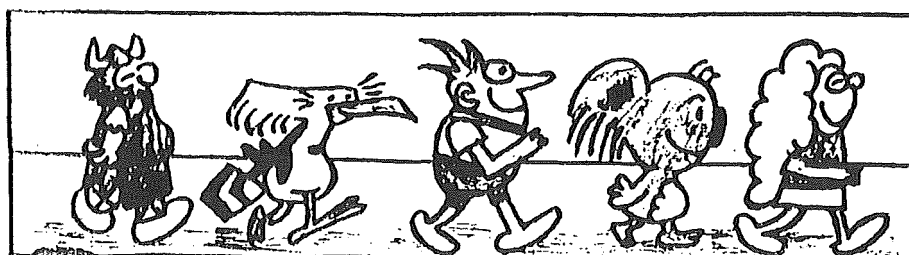
After presentations at the completion of Day 1, all joined in for a few relaxing drinks (some imbibed more than was wise), a meal at the bunkhouse and a lot of jokes and laughing followed. Next morning all were pleased with their recovery and were set for the next 44 kilometres. Gwen and Steve set off first and Steve soon found trouble with the soles of his feet being very sore. This slowed him down and by mid morning he was dropping back but still determined to carry on. Les Skiller and Sandy Buchan bounced back showing better form than on day one speeding along in good cheer. The police force again walked together full of jokes although Heidi's heels sported huge blisters. This didn't seem to slow her enough for Graeme and Bob to drop her. Kerrie Hall and Cheryl Middis again set their pace together. The later faster starters set off in order of finishing the previous day with Lyn Lewis and Ray McNamara leaving last together at 9.15 a.m., that being 2 hours 45 minutes after Gwen and Steve, the whole field aiming to reach Kumbia by 3 p.m. Lyn looked like a clear winner for the women with her race walking ability and previous endurance experience but the men's event was still up for grabs with less than 20 minutes between 1st and 3rd yesterday, with Arthur Cox looking extremely fresh in 3rd spot. The weather once again was kind with cloud cover and cool conditions.

NEWS FLASH Ray McNamara did not get to mass today! At 12.45 p.m. God must have been looking favourably on him as he passed Lyn Lewis at the 27.4 km mark, but must have had second thoughts later as Lyn overtook him at the finish line. The handicapping contest for the day proved to be a great success with walkers pouring over the line within half an hour of 3 p.m. However, standout improver of the day must be Les Skiller who did 1 hour 20 minutes better than his estimated time and also Gwen Jonkers with a 47 minutes improvement. The close finish created by the handicapping created some hard fought battles between walkers just wanting to get to the line ahead of another coming up from behind. It all added to the good fun and atmosphere as drinkers, competitors already finished and crew lined the verandah of the Kumbia Hotel to watch. Amid lots of backslapping and laughter walkers then collapsed on the steps with a beer pressed into their hands. Long after the second last walker to come in, Cheryl Middis, Steve McNally finally arrived just after 4.30 p.m., very foot sore but still cheerful and ready for tomorrow.

Handicap winner was Bob Hill, only 37 seconds outside his predicted time with Kerrie Hall second 1 minute 31 seconds out. With Kerrie and Bob both hitting the finish line together they had to wait for their crews to do their sums each hoping they had won. Once again Lyn proved undefeatable again being fastest overall doing the 44 km in 5 hours 20 minutes, next and fastest male was Ray McNamara with 5 hours 23 minutes. Ray at 58 years of age and this being his first walking event certainly shows some talent. Lyn had better put in her best effort on day 3. Arthur Cox followed 26 minutes later then to everybody's surprise Vicki Tanner only 8 minutes back. Bob Hill posted nearly the same time as Vicki then improver of the day, Les.

Day 2 Results					
Males			Females		
1	Ray McNamara	5:23:00	1	Lyn Lewis	5:20:02
2	Arthur Cox	5:49:28	2	Vicki Tanner	5:57:00
3	Bob Hill	5:59:23	3	Kerrie Hall	6:31:00
4	Les Skiller	6:40:00	4	Cheryl Middis	6:45:22
5	Sandy Buchan	7:03:00	5	Heidi Mills	7:25:05
6	Graeme Paterson	7:25:05	6	Gwen Jonkers	7:43:00
	Bob Knight	7:25:05			
8	Steve McNally	10:00:00			

Handicap Time and Place					
1	Bob Hill	37 secs	8	Vicki Tanner	18 mins
2	Kerrie Hall	1 min 31 secs	9	Ray McNamara	22 mins
3	Heidi Mills	4 mins 55 secs	10	Lyn Lewis	24 mins 58 secs
	Graeme Paterson	4 mins 55 secs	11	Arthur Cox	26 mins
	Bob Knight	4 mins 55 secs	12	Gwen Jonkers	47 mins
6	Sandy Buchan	12 mins	13	Les Skiller	1 hr 20 mins
7	Cheryl Middis	15 mins 22 secs	14	Steve McNally	1 hr 30 mins



DAY 3 - 43 kilometres - (Total 132 km)

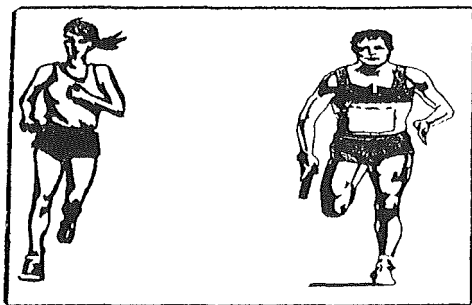
A wonderful meal was enjoyed by all at the Kumbia Hotel last night, with presentations of certificates for day 2 and lucky draws. Talking about draws - Sandy won the boxer shorts which he then insisted on wearing as shorts the next day into Nanango. Very trendy! A good sleep (well for some - Arthur had a chorus of five frogs outside his window all night) and most felt fit and able to make it to the finish line. Steve set off before light and pottered along at 4 km per hour with very sore feet to the finish and Heidi was also suffering but kept at it with huge blisters in the base of her heels. The police still stuck together keeping her company although I could see Bob Knight chaffing at the bit. Through the morning Bob Hill and Kerrie tussled it out as did Lyn and Ray McNamara. Afternoon saw Lyn pull ahead of Ray. By the way, Ray has raised over \$1,000 for Karinya Nursing Home with his effort. Most were only too pleased to call it quits after 3 days (a fourth would have been greedy!). The crews seemed a bit quieter today as well - tired and probably pleased to be rid of duties and hop into the afternoon tea at the finish. Steve managed to limp to the line ahead of the rest of the field holding a fast approaching Sandy Buchan. The rest of the field followed in quick succession nearer to 3 p.m. with Lyn Lewis taking out the handicapping for the day. A fair crowd had gathered in front of the Nanango Council Chambers to welcome them in. Just as the last approached the line a cloud burst beat them, but it didn't dampen their spirits. The finish then progressed on to afternoon tea and presentations and a few drinks and lots of reliving the most glorious moments.

Day 3 Results					
Males			Females		
1	Ray McNamara	5:42:00	1	Lyn Lewis	5:28:27
2	Arthur Cox	5:52:20	2	Vicki Tanner	5:53:00
3	Bob Hill	5:58:52	3	Kerrie Hall	6:07:00
4	Sandy Buchan	6:19:00	4	Cheryl Middis	6:47:45
5	Les Skiller	6:26:00	5	Gwen Jonkers	7:22:00
6	Graeme Paterson	7:52:13	6	Heidi Mills	7:52:13
	Bob Knight	7:52:13			
8	Steve McNally	9:35:00			

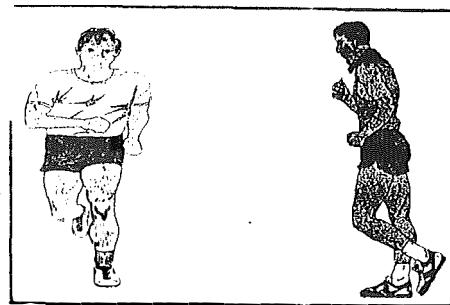
Handicapping Results - Day 3					
1	Lyn Lewis	1 min 33 secs	9	Kerrie Hall	23 mins
2	Vicki Tanner	7 mins	10	Gwen Jonkers	23 mins
3	Arthur Cox	7 mins 40 secs	11	Bob Hill	31 mins 8 secs
4	Ray McNamara	12 mins	12	Les Skiller	34 mins
5	Cheryl Middis	12 mins 15 secs	13	Sandy Buchan	39 mins
6	Heidi Mills	26 mins	14	Steve McNally	40 mins
	Graeme Paterson	26 mins			
	Bob Knight	26 mins			

Accumulated 3 Day Results					
Males			Females		
1	Ray McNamara	16:57:50	1	Lyn Lewis	16:21:46
2	Arthur Cox	17:51:29	2	Vicki Tanner	18:03:00
3	Bob Hill	17:59:16	3	Kerrie Hall	19:18:26
4	Sandy Buchan	20:30:00	4	Cheryl Middis	20:16:14
5	Les Skiller	20:58:00	5	Heidi Mills	22:45:18
6	Graeme Paterson	22:45:18	6	Gwen Jonkers	23:33:00
	Bob Knight	22:45:18			
8	Steve McNally	28:03:00			

Handicapping Total Place					
1	Kerrie Hall	8	Bob Hill		
2	Vicki Tanner	9	Ray McNamara		
3	Lyn Lewis	10	Arthur Cox		
4	Cheryl Middis	11	Sandy Buchan		
5	Heidi Mills	12	Gwen Jonkers		
	Bob Knight	13	Les Skiller		
	Graeme Paterson	14	Steve McNally		



Coastal Classic 12 hour Run / Walk Report Gosford, NSW, Australia 9th January 1999



The 2nd annual Coastal Classic was held at Gosford on a balmy night on Saturday 9th January 1999. The Classic drew a welcome mixture of familiar and new faces, word of mouth had spread the Classic's legend near and far.

Athletes looking for new challenges toed the line with trepidation. Conditions were slightly humid, the sky became threatening, however the rainfall was light and provided pleasant relief to the athlete's endeavours. Tents and the cavalcade of vehicles of all descriptions provided cover for officials, support crew and spectators.

David Criniti, runner up in 1998 came into the 1999 Classic with a year's thinking under his belt. His race plan was more conservative than last year which consisted of raw courage and talent. Paul Every, Australian 100 km representative also returned hoping to meet the Ukrainian legend Andre' Rayer in an international match race. It was not to be as the elusive Andre' was unable to be found. {If any one knows his whereabouts please let us know}. This left the race wide open, would it be the young gun or one of the ultra old hands, who would prevail.

In the women's category with the recent retirement of last year's winner Helen Stanger we were left pondering on the outcome. The women competing had a wealth of ultra experience, so the stage was set for an interesting, tactical race.

The walk division had co-organiser Frank Overton installed as favourite. However as usual Frank was coming into an endurance event underdone or so he claimed! The dark horse was local ambulance officer Bill Walter who had been sighted on the Central Coast walking to and from work {talk about ambulance chasers}.

The Classic started at 7.30 pm and quickly the gun runners made their presence felt, behind them a pack formed. This kept the lapscorers on their toes. David Criniti was kept company by future star Brad Chapman. This tenacious young athlete showed immense courage in continuing when well and truly spent. His results speak for themselves doubling his previous furthest distance.

In the ladies division, veteran endurance exponent Georgina McConnell made light of the years and kept on keeping on. The seasoned campaigner Isabelle Buckland brought the whole family as support crew, even the great granddaughter in nappies as her support crew. They helped Isabelle remain focussed throughout the Classic.

The walk division showed that Bill Walter had been doing some solid work. He matched Frank Overton for the lead for a number of hours. However, the wily Frank's experience started to tell and he was not headed again. Will 1999 be the year for a 100 mile 24 hr effort for Frank, this is his ultimate goal.

Meanwhile in the run local mega endurance man Dr Tony Collins was on a tight schedule. A plane was waiting at the airport to whisk him away for an important interstate engagement. This kept Tony from performing at his best but he still managed 100 km + which he consistently beats in a 12 hour ultra.

Bob Beer, the Tamworth Tiger returned for the Classic as a tune up for his charity cross Australian cycle. We wish Bob all the best.

The Colac Colossus, John Timms brought the man mountain Peter Gray as support crew. Peter exclaimed that even though he was injured it would have been easier competing than crewing. I am sure this thought has crossed the mind of many a crew member over the years.

At the front David Crintini had now hit his straps and was on a mission. His support crew had done their job, he was a man possessed. Paul Every's experience however started to show and he was eating into David's lead as the hours ticked away. At the end David, exhausted had done it, won the 1999 Coastal Classic. Paul full of running stormed home 2nd. David Clear after battling with Paul during most of the Classic came home in 3rd.

The following athletes as well as the above mentioned athletes completed in excess of 100 km's Ian Forsyth, Dr Tony Collins, Nick Drayton and finally Alan Staples. This was an improvement on the 1998 Coastal Classic and I'm sure they will back up next year.

Georgina McConnell showed a change of lifestyle is agreeing with her and won the women's division. The walkers enjoyed her company when she showed her prowess in walking. Georgina always enjoyed a chat and was a joy to have competing in the Classic.

The men's walk panned out as predicted with Frank Overton aged 50 completing in excess of 50 something 50 km + ultra events was victorious. Paul Thompson after allowing himself too much comfort resting on the high jump mats for several hours came 2nd. Bill Walter came in an excellent 3rd.

Judy Brown in her first serious ultra effort surprised her supporters walking the equivalent of 1 & ½ marathons. Judy raised \$1000 for the charities, well done Judy.

Our relay division drew the crème de crème of Gosford Athletics future stars. Each athlete ran a P.B for 2 hours and are looking forward to defending their title to the conclusion of the millennium.

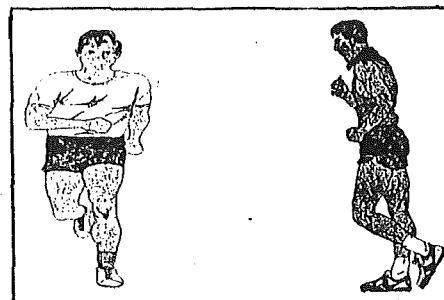
The organisers wish to thank the athletes, officials, St John's Ambulance, support crew and family and friends for making the Coastal Classic another outstanding success.

Saturday 8th January 2000 {7.30 pm} is the date for next years 2000 Coastal Classic. Entry forms are already available and our first entries have been received.

All the best and we hope to see you next year.

Paul Thompson & Frank Overton
Co-Organisers
Coastal Classic
PO Box 1062
West Gosford 2250

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Coastal Classic
12 hour Run / Walk
Gosford, NSW, Australia
9th January 1999
Results

Name	Place	½ Marathon	Marathon	50KM	50 Miles	100KM	12 hrs Distance
David Criniti	1	1.45.43	3.29.37	4.07.41	6.42.47	8.21.33	128.800 km
Paul Every	2	2.00.19	4.05.20	4.51.27	8.01.33	9.55.42	122.591 km
David Clear	3	2.00.09	4.03.07	4.51.42	7.58.00	9.57.50	116.097 km
Ian Forsyth	4	1.58.04	4.02.41	4.50.48	8.17.59	10.33.02	111.998 km
Tony Collins	5	1.55.56	4.20.52	5.12.48	9.04.46	11.27.42	105.088 km
Nick Drayton	6	2.32.27	4.57.08	5.52.10	9.29.20	11.37.40	102.401 km
Alan Staples	7	2.20.28	4.46.35	5.37.46	9.24.35	11.56.49	100.491 km
Don Nesbitt	8	2.07.03	4.30.21	5.25.59	9.42.48	d.n.r	96.544 km
Bruce Sommerville	9	2.00.38	4.23.25	5.21.20	9.48.54	d.n.r	95.238 km
Bruce Hall	10	2.01.02	4.31.58	5.35.50	10.10.12	d.n.r	92.287 km
Frank Overton {W}	11	2.35.01	5.20.55	6.24.10	11.08.55	d.n.r	86.809 km
Georgina McConnell {F}	12	2.19.07	5.05.50	6.34.49	11.15.45	d.n.r	85.466 km
Bob Fickel	13	2.02.05	4.24.36	6.10.01	11.37.23	d.n.r	84.301 km
Judy Brown {F} {W}	14	3.16.52	7.09.47	9.12.15	d.n.r	d.n.r	64.373 km
Brad Chapman	15	1.43.47	4.55.49	8.47.30	d.n.r	d.n.r	58.248 km
Paul Thompson {W}	16	2.46.36	7.28.07	8.41.54	d.n.r	d.n.r	57.600 km
Isabelle Buckland {F}	17	4.53.35	10.30.22	d.n.r	d.n.r	d.n.r	48.285 km
Bob Beer	18	3.17.58	10.27.07	d.n.r	d.n.r	d.n.r	46.000 km
Bill Walter {W}	19	2.41.21	6.30.24	d.n.r	d.n.r	d.n.r	43.600 km
Steve Potter	20	1.48.17	4.30.17	d.n.r	d.n.r	d.n.r	42.400 km
John Timms	21	2.10.04	d.n.r	d.n.r	d.n.r	d.n.r	38.000 km
Neale Robey	22	2.10.09	d.n.r	d.n.r	d.n.r	d.n.r	36.000 km
Bill Matthews	23	1.42.16	d.n.r	d.n.r	d.n.r	d.n.r	32.400 km

* {F} Indicates Female

* {W} Indicates Walker

* {DNR} Indicates did not reach distance

Relay Results

Gosford Athletics Inc.	1	1.26.48	3.08.30	3.52.38	6.24.24	8.03.35	154.074km
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WHEN ARE WE TOO OLD TO RUN?

91 Year Old New York Marathon Finisher

Colorful Sam Gadless has become one of the New York City Marathon's favorite characters. On Sunday (Nov. 1, 1998), the 91-year-old (and 11 months) finished the marathon (in 8:26) for the seventh-straight year despite losing six weeks of training time in September and October after being hit by a car. "My determination to be in the New York City Marathon is what helped me recover," he said. "I would have finished even if I had to crawl. I'm going to keep doing this for the rest of my life. When my time comes, I'd rather fall down and die in the marathon than be laid up in a nursing home."

KURRAWA TO POINT DANGER **& RETURN FOOTRACE** **1998**

This time of year most normal people are turning their attention towards Christmas and the holiday break afterwards, but this was not the case for those twenty five 50 km runners and walkers, and twenty two relay runners who took part in the Kurrawa to Point Danger Footrace on Sunday 6 December 1998. An enthusiastic group of athletes assembled at the start/finish line from 4.00a.m. onwards.

At 5.00a.m. 50km runners and those taking part in the first leg of the relay as well as the walkers set off in pleasant conditions. Sydney Striders ultra-marathon ace, Kelvin Marshall, enjoyed a lead over club sponsor Peter Hall and former Noosa half marathon champion, Brad Smith. They were closely followed by a group of runners which included Harry Davis, Jason Evans, Gary Harper and Brisbane marathon man, Peter McKenzie. Vicki Tanner carved out an early lead over Sue Pryer and Jill Campbell, with Angie Cottrell and Christine Jackson both running at a calculated and even pace. In the walking division, Jenny Thornton dominated from the start and was shadowed by Kerrie Hall and Melanie Jonker who worked in tandem.

In the male relay, Nathan Hollands, from the Tweed, set a blistering pace and surprisingly passed the 50km race leaders. The local pairing of Russell Forrestal and Alan Whittle sportingly tossed a coin to decide who would run the first leg and Russell won that honour. Head to head in the mixed relay were Rachel Cooke and Kellie Epis. This was a battle of mammoth proportions and both girls did not give an inch and virtually arrived at Point Danger together. It was pleasing to see Pat Stockton, Therese O'Sullivan, Diana Kever and Graham Sivyer striving to give their partners at the turnaround every possible advantage.

Just as exciting was the contest between the three frontrunners in the 50km race. At Palm Beach Peter and Brad enjoyed a slight lead over Kelvin. Meanwhile, Vicki Tanner powered into an advantageous position over Sue & Jill.

Nathan Hollands was the first runner to arrive at Point Danger, giving partner Sean Swain a considerable advantage in the male relay, which Sean maintained until the finish. Not to be denied Russell handed over the baton to Alan Whittle and that combination finished a creditable second. In third position were Alan Cossey and Jeff Courtney. Gold Coast City Council employees, Andy Stewart (his partner was Rachel Cooke) and Michael Oates (partnered by Kellie Epis) left Point Danger at the same time but in the end, Andy was just too strong. In the local derby, Pat Stockton and John Evangelista narrowly edged out the husband and wife team of Therese and Peter O'Sullivan for third place, by a mere nine seconds.

Peter Hall and Brad Smith ran elbow to elbow on the return journey to the finish line. It appeared that having run 21 marathons and ultra-marathons this year was having an effect on Kelvin Marshall. What can I say about Harry Davis - he just seems to get better each year and in this race it was no exception. Jason Evans ran well within himself and was determined to beat the course after suffering unmercifully the previous year. By the time the runners reached Tallebudgera Creek the temperature began to soar. The first casualty in the race was Roy Treloar who pulled out at the 25km mark, and now he was to be joined by Brad Smith, who hit the wall between Burleigh and Mermaid Beach, and elected to seek recuperation in a friends swimming pool. At this stage of the race it was all new ground for Peter Hall who had never run an

ultra-marathon before. Kelvin and Harry seemed to find their second wind . Eventually Peter finished in first place, six minutes ahead of Kelvin with Harry a further six minutes behind him. They were closely followed by Jason Evans, Gary Harper , Peter McKenzie and Jean Marc Heussner, who had an excellent race. Co-sponsor John Fowler was ecstatic after doing a personal best, some 45 minutes better than his last years time.

Although enjoying a considerable lead , Vicki Tanner appeared to look strained around the 26km mark and Sue Pryer intimated to me that she had some injury problems. It was no surprise that Jill Campbell was running strongly as a week before this race I saw her at the end of a 40km training run, and she would not have blown a candle out. Both Jill and Sue passed Vicki and these positions remained unchanged until the finish. Fourth placegetter was the remarkable 50 year old Angie Cottrell who just pounds away in those bare feet and thumbs her nose at every shoe manufacturer in the business. Christine Jackson finished a creditable fifth and in doing so achieved a personal best, completing the distance in just under five hours.

The 50km walk was won by Jenny Thornton in convincing fashion with an advantage of 34 minutes over Kerrie Hall and Melanie Jonker.

It was pleasing to see so many new faces among the entrants, and the future of this race seems to be secure. Many of the relay runners are already making training plans in readiness for the 50km event next year. Well done to all competitors and thanks for your support. I would personally like to thank the sponsors of the race, Mercantile Mutual and co-sponsors, Coastwide Insurance Brokers (John Fowler). Special thanks must go to the Gold Coast Runners Club for their support and the outstanding back-up from Tony Peart, Klaus Maurer, Marina Whittle, Neil Padley , John and Christine Jackson (for the use of their ute) and my wife, Mary and daughter, Hayley.

Pete Gibson

1998 RESULTS

MENS'S 50 KM

1	PETER HALL	3:31:43
2	KELVIN MARSHALL	3:37:35
3	HARRY DAVIS	3:43:24
4	JASON EVANS	4:02:25
5	GARY HARPER	4:08:05
6	PETER MCKENZIE	4:11:07
7	JEAN-MARC HEUSSNER	4:13:49
8	GEOFF WILLIAMS	4:23:03
9	JOHN FOWLER	4:32:14
10	JIM DONOGHUE	4:36:18
11	JOHN SPENCER	4:37:36
12	GEOFF LAST	4:38:25
13	GEOFF HAIN	5:03:15
14	CORRIE DAVEL	5:07:43
15	BILL ROSS	5:28:31
	BRAD SMITH	DNF
	ROY TRELOAR	DNF

WALKER'S 50KM

1	JENNY THORNTON	6:26:56
2=	KERRIE HALL	7:01:41
2=	MELANIE JONKER	7:01:41

WOMEN'S 50KM

1	JILL CAMPBELL	4:11:37
2	SUE PRYER	4:17:29
3	VICKI TANNER	4:25:54
4	ANGIE COTTRELL	4:39:48
5	CHRISTINE JACKSON	4:59:26

KURRAWA TO POINT DANGER & RETURN FOOTRACE

BRUNY ISLAND 64km - A solo runners story

I was planning a trip to Tasmania for late 1998 - to do some cycling, have a look around. I saw it in the Ultramag calendar of events - a 64km run. Interesting! I'd just done the Sydney Marathon, this is just 22km more, I haven't done an interesting ultra for a while. So out with the maps - there's Bruny Island, just south of Hobart. Then I remembered - I'd seen an article in a cycling magazine, and past copies of Ultramag had race reports. I found them. Looks good - great place to have a run. So I rang race secretary, Mark Hey.

It didn't seem too hopeful. This was an Ultra where you needed your own support crew and vehicle - I was planning to be in Tasmania on my own, on a push-bike. But Mark was most helpful. "I'll see what I can do", he said. Within days he was back on the phone. There had been a meeting of the committee, he'd organised transport and full support for me, and I'd be most welcome to enter! So on the early morning of Saturday 5 December, I was sitting in Mark Hey's car on the ferry on my way to Bruny Island, wondering what I had got myself into.

It was a perfect morning for an Ultra - cool, overcast, little wind. The race organisation was ticking over like clockwork. Start when you like, the only stipulation being that you finish before 3pm, so that the presentations can be held and the organisers and participants can be off the Island by the last ferry. I started at 7.50am - straight into a 2.5km hill.

The first 30km were great; quiet, good quality gravel roads, undulating country, I could keep up my 5.30km pace with little effort. Then I emerged from the bush and began crossing the narrow neck between the north and south Island, to be hit by gale force head winds! That dropped the pace, as did the steep hill (now bitumen) to climb back into the bush on the south side. The 6kms to Alonnah, where I picked up more water and food, seemed like a marathon in itself. The road then turns south and goes through more settled areas to Lunawanna - leaving there, at about 42km I soon begin to climb towards the rugged steep southern end of the island, now on what is best described as a rocky fire trail. At 48km I hit the wall; promising myself a rest, I somehow I managed to struggle to the 50km peg. After a 10 minute rest, some fruit and muesli bars, and with much encouragement from fellow competitors and supporters, I got going again; after about 3km, negatives changed to positives again, and the finish was within my grasp. Then the Lighthouse was within sight, and in a cold, howling gale, I touched the Lighthouse door, just a few minutes to spare to 3pm!

What a great run! Magnificent views, well marked course, quiet bush, lots of wildlife, no traffic hassles. I was overwhelmed with the friendly help offered by officials, competitors, and race supporters. As the faster solo runners and teams overtook me, they all checked I was right for water, and gave lots of support. Special mention must be made of fellow competitor, Mike Maddock (he and his support crew offered me great encouragement), of official Andrew Law (who, despite his many duties, still found time to check on me, and drop off supplies), and of "The Girls on the Run" team, (who for 30 kms gave me constant encouragement, including flower petal parades, and a serenading choir!). And most of all, sincere thanks to Mark Hey, who in addition to making it possible for me to start, squeezed in time amongst his official duties to drive backwards and forwards along the course to bring me water, food, and personal support.

A great event and a great bunch of friendly people! I'll certainly be back, if I have the chance, and I'll be encouraging others to make the trip. The solo run is a hard but satisfying challenge, the team race a great social event on an ideal course.

Terry Threlfall
Nowra
05 January, 1999

AURA "BOGONG TO HOTHAM" TRAIL RUN, 10/1/99

Before this year's race, Nigel had run it twice before and on both occasions he was well beaten into second place by Andy Kromar. Andy has also only completed the full distance twice but ran under 7 hours on both occasions, one of which is the present fantastic record of 6:41:02. This year, Andy didn't run and Nigel improved his previous best by a wide margin to comfortably win. Congratulations, Nigel. I guess this win reinforces your current status as world Rogaine champion.

Not to be overshadowed by Nigel's deserved win, three other runners broke course records. Michelle Privett smashed the women's record from Mountain Creek to Langford Gap by almost three-quarters of an hour (42:38 to be exact) and would have easily broken Dawn Tiller's full distance record had she gone on. Maybe next year, Michelle! Jenny Mitchell broke her own previous record for the Langford Gap to Mt Hotham section by 10 minutes. Well done Jenny! Mall Grimmett also triumphed in the Langford Gap to Mt Hotham section by bettering Robin Rishworth's record from last year by over 3 minutes.

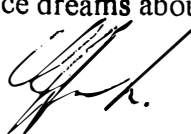
Again I would like to thank all competitors who sent in a donation with their entry. Very much appreciated and most of the proceeds to go the Radio Club for their assistance. And a very big thank you to all the Race Marshalls and Radio Operators who provided terrific assistance and vital communications coverage right across the course.

	Radio Operators	Race Marshalls
Mountain Creek	Leyland Sawyer (VK2GBZ)	Geoff Hook
	Bob Tait (VK3UI)	George Christodoulou
Bivouac Hut	-	Tony Mandile
Bogong Summit	Jack Bramham (VK3WWW)	Andy Kromar
Cleve Cole Hut	Grant Jeffrey (VK3KGM)	-
Madison Hut Site	Chris Harris (VK3CKH)	John Guerin
Big River	-	Ron Crane
Roper Hut	Roy Veith (VK3TMJ)	Reg & Elaine Splatt
Warby Corner	Max Schulz (VK3HMS)	Graeme Davis
Watchbed Creek	-	Brian Flynn
Langford Gap	Alan Bengtsson (VK3ABB)	Peter Logan
	Alan Burgess (VK3QL)	Geoff Hook
	Bob Tait (VK3UI)	
Omeo Road Crossing	Fred Armstrong (VK3XLV)	Len & Faith Lammin
Aqueduct Junction	David Armstrong (VK3KXJ)	Laurie Black
Pole 333	Col Finnie (VK3VCF)	Peter Armistead
Pole 267	-	Clive Davies
Dibbens Hut	David Shaw	Col Sedgman
	Doug Canning (VK3JGO)	Bev Lawrence
Derick Hut	Peter Brennan (VK3YPB)	Bob & Jenny Flower
	Craig Hewett (VK3VCH)	
	Gerard Werner (VK3GER)	
Mt Hotham Summit	Greg Sargeant (VK2EXA)	Pat Pelly
	Peter Prescutti (VK2CIM)	Geoff Hook
	Bob Tait (VK3UI)	
Mobile	Bob Tait (VK3UI)	Geoff Hook
Bus		Lindsay Clapperton

I felt very sorry for Randall Hughes who missed the turn up the Staircase Spur only a couple of kilometres into the race. By the time he reached the Eskdale Spur, he realised he had made a mistake so retraced his steps to the Staircase Spur. Consequently his times do not reflect his great ability which is equal to a person half his age. I hope you try again next year, Randall. At least you now know the course.

In total, 19 Radio Operators and 22 Race Marshalls/helpers, which equals 41 people for just 25 runners. What a pampered lot you are!

Until next year's event (Y2K willing) to be held on 9th January, 2000, stay fit and healthy and have nice dreams about the event.


Geoff Hook
 Event Organiser

AURA BOGONG TO HOTHAM EVENT

10TH JANUARY, 1999

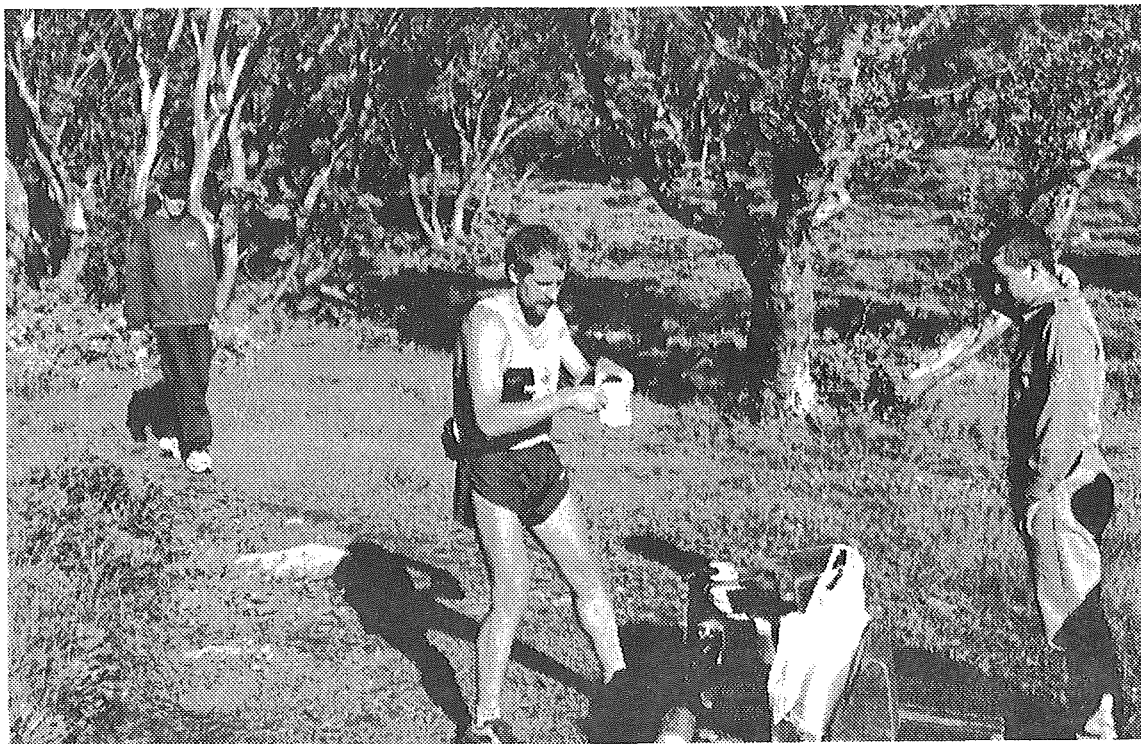
CHECK POINT TIMES

Mountain Creek Start Time 6:18

Langford Gap Start Time: 11:30

Randall Hughes started @ 5.40 & Max Scherleitner started @ 5.52

RACE NO.	COMPETITOR	INTENT	BIVOUAC HUT	BOGONG SUMMIT	CLEVE COLE HUT	MADISON HUTSITE	BIG RIVER	ROPER HUT	WARBY CORNER	WATCHBED CREEK	LANGFORD GAP IN	OUT	OMEQ RD CROSSING	AQUEDUCT JUNCTION	POLE 333	POLE 267	DIBBENS HUT	DERRICK HUT	MT HOTHAM SUMMIT
2	Nigel AYLOTT, 32, Vic	Full	0:45	1:18	1:34	1:44	2:14	3:00:36	3:19:10	3:42	4:00:06	4:01:42	4:33	4:51	5:18	5:32:23	5:58	6:35	7:06:39
4	Greg MANDILE, 37, Vic	Full	0:47	1:22	1:41	1:49	2:26	3:24:00	3:43:56	4:12	4:32:27	4:34:03	5:10	5:35	6:17	6:37:05	7:11	7:58	8:38:45
5	Ian FRANZKE, 22, Vic	Full	0:52	1:29	1:47	1:56	2:30	3:21:25	3:38:00	4:02	4:20:08	4:21:22	4:54	5:15	5:49	6:05:12	6:34	7:17	7:48:--
10	Kelvin MARSHALL, 34, Vic	Full	0:55	1:33	1:54	2:04	2:42	3:42:30	4:08:07	4:37	5:00:28	5:04:32	5:44	6:08	6:50	7:12:28	7:51	8:41	9:20:10
23	James SLOAN, 42, NSW	Full	0:57	1:36	1:58	2:08	2:49	3:52:17	4:17:01	4:47	5:08:13								
25	Paul STEIN, 31, NSW	Full	0:55	1:33	1:54	2:04	2:42	3:40:10	4:00:19	4:29	4:51:10	5:11:22	4:54	6:07	6:42	7:01:01	7:35	8:25	9:06:30
26	Rudi KINSHOFER, 44, SA	Full	0:54	1:32	1:50	2:00	2:31	3:34:18	3:53:55	4:22	4:39:12	4:43:33	5:21	5:44	6:25	6:43:10	7:08	7:55	8:32:10
28	Andrew HEWAT, 35, Vic	Full	0:59	1:39	2:00	2:10	2:50	3:58:50	4:24:20	5:07	5:47:33								
29	Randall HUGHES, 74, Vic	Full	2:38	3:31	4:12	4:32	?	7:13:50	7:51:26	8:41	9:21:17								
30	Raymond WASCHL, 29, Vic	Full	1:01	1:44	2:05	2:16	2:52	3:57:30	4:23:55	4:57	5:19:14	5:25:18	6:07	6:33	7:10	7:35:35	8:02	9:00	9:47:20
32	Norm McCANN, 43, NSW	Full	0:58	1:38	2:00	2:10	2:49	3:52:17	4:17:45	4:48	5:10:21								
33	Leigh PRIVETT, 53, NSW	Full	1:01	1:44	2:03	2:12	2:44	3:57:40	4:22:52	4:57	5:19:14								
35	Max SCHERLEITNER, 68, NSW	Full	1:10	1:57	2:26	2:42	3:30	4:49:55	5:26:15	5:42	6:36:34								
50	Mark PHILLIPS, 47, Vic	1st Half	0:52	1:29	1:48	1:56	2:30	3:27:30	3:49:50	4:18	4:37:53								
51	Denise PIKE, 46, Vic	1st Half	1:06	1:51	2:13	2:25	3:04	4:16:28	4:34:04	5:17	5:37:03								
52	Michelle PRIVETT, 27, NSW	1st Half	0:57	1:34	1:53	2:02	2:35	3:29:45	3:48:10	4:16	4:32:17								
53	John McLEISH, 50, NSW	1st Half	1:25	2:22	3:03	3:20	4:27	6:24:12	7:08:45	7:55	8:37:02								
54	John LINDSAY, 50, Vic	1st Half	1:21	2:21	2:59	3:14	4:09	6:01:15	6:48:43	7:28	7:58:40								
55	Martin BAKER, 42, NSW	1st Half	1:01	1:44	2:03	2:14	2:49	3:53:40	4:18:33	4:52	5:09:49								
60	Robin RISHWORTH, 32, Vic	2nd Half										0	0:23	0:38	1:00	1:10:24	1:32	2:17	3:10:--
61	Jenny MITCHELL, 29, Vic	2nd Half										0	0:30	0:47	1:15	1:28:04	1:52	2:36	3:12:--
62	Mal GRIMMETT, 32, Vic	2nd Half										0	0:23	0:37	0:58	1:08:02	1:29	2:01	2:28:32
63	Amy HUNT, 23, Vic	2nd Half										0	0:31	0:51	1:21	1:37:17	2:00	2:53	3:31:00
64	Ross DOWNARD, 20, SA	2nd Half										0	0:27	0:45	1:10	1:22:58	1:46	2:22	2:52:--
65	Ron WESCOTT, 47, Vic	2nd Half										0	0:32	0:53	1:25	1:42:14	2:12	3:00	3:42:45



RESULTS	1.	Nigel AYLOTT, 32, Vic.	7:06:39
	2.	Ian FRANZKE, 22, Vic.	7:48:- -
	3.	Rudi KINSHOFER, 44, SA	8:32:10
	4.	Greg MANDILE, 37, Vic.	8:38:45
	5.	Paul STEIN, 31, NSW	9:06:30
	6.	Kelvin MARSHALL, 34, Vic.	9:20:10
	7.	Raymond WASCHL, 29, Vic.	9:47:20

Mountain Creek - Langford Gap

1.	Nigel AYLOTT, 32, Vic.	4:00:06
2.	Ian FRANZKE, 22, Vic.	4:20:08
3.	Michelle PRIVETT, 27, NSW	*4:32:17
4.	Greg MANDILE, 37, Vic.	4:32:27
5.	Mark PHILLIPS, 47, Vic.	4:37:53
6.	Rudi KINSHOFER, 44, SA	4:39:12
7.	Paul STEIN, 31, NSW	4:51:10
8.	Kelvin MARSHALL, 34, Vic.	5:00:28
9.	James SLOAN, 42, NSW	5:08:13
10.	Martin BAKER, 42, NSW	5:09:49
11.	Norm McCANN, 43, NSW	5:10:21
=12.	Raymond WASCHL, 29, Vic.	5:19:14
=12.	Leigh PRIVETT, 53, NSW	5:19:14

Cut

14.	Denise PIKE, 46, Vic.	5:37:03
15.	Andrew HEWAT, 35, Vic.	5:47:33
16.	Max SCHERLEITNER, 68, NSW	6:36:34
17.	John LINDSAY, 50, Vic.	7:58:40
18.	John McLEISH, 50, NSW	8:37:02
19.	Randall HUGHES, 74, Vic.	8:43:17

* Course Record

Langford Gap - Mt. Hotham

1.	Mal GRIMMETT, 32, Vic.	*2:28:32
2.	Ross DOWNARD, 20, SA	2:52:- -
3.	Robin RISHWORTH, 32, Vic.	3:10:- -
4.	Jenny MITCHELL, 29, Vic.	*3:12:- -
5.	Amy HUNT, 23, Vic.	3:31:00
6.	Ron WESTCOTT, 47, Vic.	3:42:45

Order of Second Half

Mal GRIMMETT, 32, Vic.	*2:28:32
Ross DOWNARD, 20, SA	2:52:- -
Nigel AYLOTT, 32, Vic.	3:04:57
Robin RISHWORTH, 32, Vic.	3:10:- -
Jenny MITCHELL, 29, Vic.	*3:12:- -
Ian FRANZKE, 22, Vic.	3:27:- -
Amy HUNT, 23, Vic.	3:31:00
Ron WESTCOTT, 47, Vic.	3:42:45
Rudi KINSHOFER, 44, SA	3:48:37
Paul STEIN, 31, NSW	3:55:08
Greg MANDILE, 37, Vic.	4:04:42
Kelvin MARSHALL, 34, Vic.	4:15:38
Raymond WASCHL, 29, Vic.	4:22:02

A Personal account of the Bogong to Hotham.

by Paul Stein

Have I done enough training? I'm sure it's a common question for athletes to ask before attempting a race, especially a long one, and this was exactly how I felt before the Bogong to Hotham trail run in Jan '99. The training you've done never seems to be enough, even if it's been more than ever before. But I stuck to the belief that being a little underdone is far better than to be overdone. I'm sure it kept me fresh as well. So as a result I was itching to go by the time Sunday the 10th came around.

Having spent a relaxing week down the south coast of NSW, I was well rested leading up to the race and this proved very beneficial as the race drew closer. During this time I did my best to load up on sleep, carbohydrate and information about the race. I must have studied the map I had and the race Info booklet a couple of times a day making sure I hadn't forgotten anything and trying to give myself every mental edge possible.

After meeting up with friends in Sale we travelled up to Mount Hotham with them on the Friday night. Couldn't see a thing it was so foggy. Tried to go for walk but only managed to get wet and cold. What if it's like this on Sunday? Saturday morning the weather was starting to clear so I went for a 20 minute run mostly to try and see what a Snow Pole looked like and how close together they would be. I was relieved to see that even in fog I could see from one pole to the next quite easily but it scared me a little when I noticed the number 1 on the first pole I encountered and realised that the top of Bogong was some 1285 poles away.

After a lovely day in Bright we travelled to Mt Beauty, getting some hair-raising glimpses of Mt Bogong along the way. This was going to be one tough race! After walking the first couple of kilometres of the race route to see what The Staircase looked like with Deb (my wife) and Hans (my friend), we headed back for dinner and my hope of a good night sleep. Unfortunately though my wife got quite sick. After much vomiting it was down to Mt Beauty Hospital at 1am. After an injection things settled down a little until she tried to get out of bed. In the end my wife stayed in overnight and I stayed until 3.30 (the nurses were great and even prepared a bed for me to have a short nap on) then went home for an hours sleep before getting up to go to the race start. I actually felt quite alright on the morning and looking back it would seem that the night before's sleep is probably not as important as the 2 or 3 nights before that.

It was a beautiful, clear and mild morning and the gun went off at about 6.20am. I hadn't warmed up extensively (I wanted every bit of energy available for the race) but of course with such a long race you can certainly afford to take it really easy at the start anyway. The first two kilometres or so I spent trying to make sure I kept my feet dry and that all my gear was attached to me in the most comfortable way. Now for Mt Bogong. There were five of us together snaking up the first part of The Staircase. It was here you have to demonstrate alot of patience and self control to maintain a relatively easy pace so that you don't look a fool later on. After some shuffling of positions I noticed Kelvin Marshall up ahead and thought I would try to keep him in sight. As a result I actually got to Bivouac Hut five minutes ahead of my schedule. This pace felt OK and so I was able to touch the summit cairn in 1.5 hours still 5 minutes ahead of schedule. The scenery from Bivouac Hut to the summit was breathtaking and resulted in many stumbles. I intend to walk up with Deb one day spending more time looking at the scenery than at the track ahead of me.

It is easy to see why it's called the Rooftop Run as you head from Bogong around to the huts. It was along this section that I was glad to have the company of Kelvin as I had alot of trouble trying to keep up with a very fleet footed Michelle Privett. We negotiated the twists and turns across the top and successfully made it down T Spur to be greeted by some more wonderful volunteers who then directed us across Big River. I remembered from the instructions that we had to go upstream a little to find the track and we did find a track which seemed to be the right one. It headed up so we took it anyway. Our hopes rose when we eventually picked up a walking track sign and although we lost the track in places we made it to Roper Hut. I was by myself here and once again it was great to see some friendly smiling faces ready to meet my needs. As I headed off and watched the vegetation change I knew I was getting close to the open plains. It was here that you could start to see quite a few kilometres ahead of you to where the snow poles disappeared and you just had to put your head down and grind it out. Being by yourself has its advantages and disadvantages and although you can run your own race it does get kind of lonely and disconcerting when you appear to be heading a different direction to where you think you should be going. I trusted the

snowpoles and eventually found myself heading towards the welcome sight of the Langford Gap station.

I was extremely happy to have made it within the cut off time by 40 minutes and started looking around for my support crew. At this point I was unsure whether my wife would be well enough to drive to the finish so I was prepared to finish at this point knowing I had achieved the most important part of my overall goal. My crew wasn't there when I arrived and so I thought they were either lost or Deb was sicker than first anticipated. With the help of some of the aid people we flagged her and our friends down as they drove past Langford Gap 10 minutes later. After chatting for a while and being assured that my wife was well enough to drive to the finish I put on some more vaseline, filled my water bottle and headed out on the second leg.

The dead leg feeling had certainly set in but I consoled myself with the fact that the time to the finish was unimportant now. So I took my time and was delighted to see my support crew again at Bogong High Plains Road. Deb had just enough energy to jog with me a few steps and smile for a photograph before I headed out on what was the most difficult part of the run. The high plains track between pole 532 and 267 was hard to run on, lonely and dare I say uninteresting as I tried to keep my feet dry and move at a reasonable pace. The volunteers at pole 333 and 267 deserve hero status for their patience and encouragement.

Heading down into Cobungra Gap was not easy on the knees but it was at least more interesting than the plains and I was pleased to renew acquaintances with a volunteer I had met two nights before at Mt Hotham. I chatted here for a while putting off the big climb ahead of me up Swindlers Spur. I took my time up here as it was quite hot and I knew I was nearing the finish. The volunteers at Derrick Hut were also a welcome sight and I was happy to chat for a while and enjoy their hospitality. The closeness of the ski lifts was very encouraging as I made my way towards Mt Loch. It was at this point I knew my training was sufficient and appropriate even though my weekly run mileage was less than the actual distance of the race. I was encouraged by many walkers along the last part of the track to the carpark. Not long to go now but all uphill! The fire tower was my final goal and it was made all the more special by the small crowd cheering me up the finish and I think I even sprinted (well it felt like it anyway!). Many thoughts pass through your mind as you cross the finish: relief, satisfaction, exhilaration to name a few. It was nice to sit down and drink something other than water or sports drink and chat with Geoff Hook who made you feel like a champion.

It was a relief to see that my still sick wife had made the trip safely to the finish. I thank her for her support and encouragement through all the training and travel to enable me to satisfy my desire to this endurance event (as well as others). I also thank God for the abilities He has given me and the perseverance and motivation to make the most of them. To the volunteers- I thank you for making the race possible and so special. I certainly hope to be back next year.

Recommendations: Try the fruit cake at Cleve Cole Hut

Don't stand on an ants nest when going to the toilet in the bush

Be patient and take it easy on the climbs; They're long and steep!

Paul Stein

Dear AURA and Geoff Hook and all your team,

Congratulations for a great Bogong to Hotham event. It was my first but hopefully not my last Rooftop Run. God blessed us with perfect weather and the scenery in the Victorian Alps is so much more spectacular than up in NSW. The run was certainly as hard as I thought it would be in terms of terrain but it was made so much easier by the selfless volunteers who manned (and womanned) various crucial points and aid stations along the way. Thank you to all those people, some of whom had to hike in the day before. Most of them also had to carry in extra water and food for the runners. These wonderful people also supplied us with huge doses of friendliness, support and encouragement. Thank you all!

I had the privilege of running with Kelvin Marshall for a couple of hours (what a legend he is!). It was a great help to have an experienced runner with me, especially down T Spur. Although the track in places was tough to pick there were no real dramas (we had a beautifully clear day) but I would encourage first timers to carry a map and compass with them because you can at times be left with no-one around you and seemingly going in the wrong direction. I enjoy reading other people's personal accounts of races so I've included my own race report which may make interesting reading.

So thank you once again for a great race and for making us feel so special as competitors. I certainly hope the race will continue.

Yours sincerely

Paul Stein

9TH ANNUAL MANSFIELD TO MT.BULLER 50KM ROAD RACE SUNDAY 24TH JANUARY, 1999

by Dot Browne (Race Organiser on the day)

Another great event, the ninth running this year. The weather as usual was **HOT HOT HOT**. After a cool start in the early morning, it had cranked up to around 34 degrees by the time the 15 starters had covered the undulations on the bitumen to 35km. No wonder they were looking a bit cactus by the time they hit the bottom of the Buller mountain. It actually amazes me why the buggers come back year after year !! It's **ALWAYS** hot; it's **ALWAYS** a tough unrelenting 15km climb to the cairn at the top of the mountain. And yet two runners (Billy Beauchamp and Brian Gawne) have been silly enough to have actually fronted up 9 times already for the self-imposed torture and are asking what special awards there will be for the tenth year! Are they crazy or what? This race was dreamed up by Peter Armistead and we all know what a nutter HE is. Ask Ross Shilston.

The winners were sensational. Sani Badic turned up looking like the Mean Machine - head shaved, trim taut and terrific and wearing the sponsor's fluoro gear. He took off at my 100 metre sprint pace and kept it up for 46km! He reckoned his light shoes were not suitable for the final 4km of gravel and stones and he lost the race record in that stretch. NEXT year, look out for your record Carl Barker!

Sandra Timmer-Arends, however went out with a mission - to clean up Lavinia Petrie's 4:35:11 race record - basically much the same as she's been doing with Lavinia's Four Peaks up the mountains age-records, wiping them out. She's a great looking 35 year old athlete, tall, slim, long legs and obviously with a great future in distance running ahead of her. A top marathon time of around 2:48. I'm sure she can do better than that. Not long after the 35km drink station at the start of the 15km climb up the mountain, I sympathised with her as I threw her drinks and jelly-beans. "Guess it's pretty tough but you're lookin' great. Keep it going" "No worries", she replied, "I'm LOVING it!" as she bounded up the hill when everyone else was walking. So much for stress up the mountain. She demoralised the blokes by coming third overall and creaming 6 minutes off Lavinia's race record, not even looking puffed as she crossed the line. "I struggled a bit up through the village" she stated. I'm not surprised. The slope is damn near vertical for about a km. or so there.

We had a great team of runners from two country venues running together and giving each other support and doing a bit of slip-streaming for the first 30km. The usual mob from Shepparton, Brian Gawne, Garrie Scott and Brian O'Farrell (cheeky guys!) had turned up again but were joined in the run this year with another group from down Traralgon way, Bruce Salisbury, Rob Embleton and Sandra Timmer-Arends. David Styles joined them too. It was a great group to watch except when they hit a drink station and one needed 15 hands to record individual split times, hand out drinks and fruit and jelly beans and douse them with sponges as well. A bit difficult when they all hit the self-respecting card-table together. Enough to buckle anyone's legs! I'll have to have a word to them about that. I think us drink-station attendants need to form a Union and lay down the Rules. Go for the Jugular I reckon. Yes??

David Jones was an interesting first-time competitor. He'd had a baptism by fire when he ran the AURA 50 Mile Track Race at East Burwood mid 1998. He discovered that running 50km on the flat and running 50km on a country road and up a mountain is a very different proposition. He suffered and I bet he was as stiff as all get-out for the next 3 days, but we reckon he was fantastic.

Isak Ketsakidis was another one. Only 24 years of age. Too young really to be this silly. And lack of experience. He went out with the country group, far too fast and dropped off the bunch. But a gutsy effort to finish. It must have been one of the toughest things he's done.

We had the presentations in the pub at the summit and sank a few and devoured baskets of chips while we were waiting for the snails to come in. Thanks to Col Browne, Geoff Hook, Brian Flynn, Pete Armistead and Ross Shilston for their absolutely fantastic management of the drink-stations every 5km, to the loyal family members who bunny-hopped the course with us and carted off the bodies after the finish, and to all participants who were silly enough to enter this gut-busting event. We hope you'll be silly enough again next year for our 10th running. Thankyou.

9TH ANNUAL MANSFIELD TO MT.BULLER 50KM ROAD RACE

SUNDAY 24TH JANUARY, 1999

RESULTS

<u>PL</u> <u>COMPETITOR</u>	5km	10km	15km	20km	30km	35km	40km	45km	50km
1. Sani BADIC	19.30	39.00	1:00:05	1:17:30	1:59:00	2:29:33	2:49:20	3:20:00	4:01:06
2.Kelvin MARSHALL	22.30	45.00	1:08:29	1:27:50	2:15:20	2:48:38	3:10:00	3:43:00	4:20:04
3.Sandra Trimmer-Arends	25.29	50.00	1:16:05	1:36:45	2:26:00	3:00:23	3:20:50	3:52:00	4:29:52 *
4.Greg WILSON	20.35	43.00	1:06:50	1:26:41	2:13:00	2:50:32	3:18:00	3:56:00	4:37:59
5.Bruce SALISBURY	25.29	50.00	1:16:05	1:36:40	2:26:00	3:02:15	3:25:30	4:10:00	4:59:07
6.David STYLES	25.22	50.00	1:16:05	1:36:40	2:26:00	3:04:51	3:29:00	4:10:00	4:59:12
7.Brian O'FARRELL	25.09	50.00	1:16:05	1:36:38	2:26:00	3:05:04	3:30:00	4:11:00	5:02:59
8.Robert EMBLETON	25.29	50.00	1:16:05	1:36:40	2:26:00	3:04:40	3:29:00	4:10:00	5:09:36
9.Garrie SCOTT	24.59	50.00	1:16:45	1:36:38	2:26:00	3:07:48	3:41:20	4:28:00	5:12:51
10.Brian GAWNE	26.33	50.00	1:16:05	1:36:38	2:12:30	3:18:40	3:51:10	4:37:00	5:29:14
11.Ernie HARTLEY	26.38	58.00	1:29:52	1:58:40	3:10:00	4:01:35	4:32:00	5:20:00	6:15:36
12.Bill BEAUCHAMP	26.12	54.00	1:21:58	1:46:00	2:52:00	3:52:45	4:32:00	5:29:00	6:29:12
13.Peter NELSON	30.30	64.00	1:36:35	2:02:30	3:12:00	4:06:12	4:40:00	5:32:00	6:32:44
14.David JONES	26.10	54.00	1:21:33	1:46:21	2:54:00	4:00:45	4:41:00	5:45:00	6:41:46
15.Isak KETSAKIDIS	25.19	52.00	1:20:18	1:47:30	3:01:00	4:00:44	4:41:00	5:45:00	6:47:09

Peter Armistead: Founder of the event & Race Director
 Dot Browne: Race Organiser on the day.

* Race Record !!!

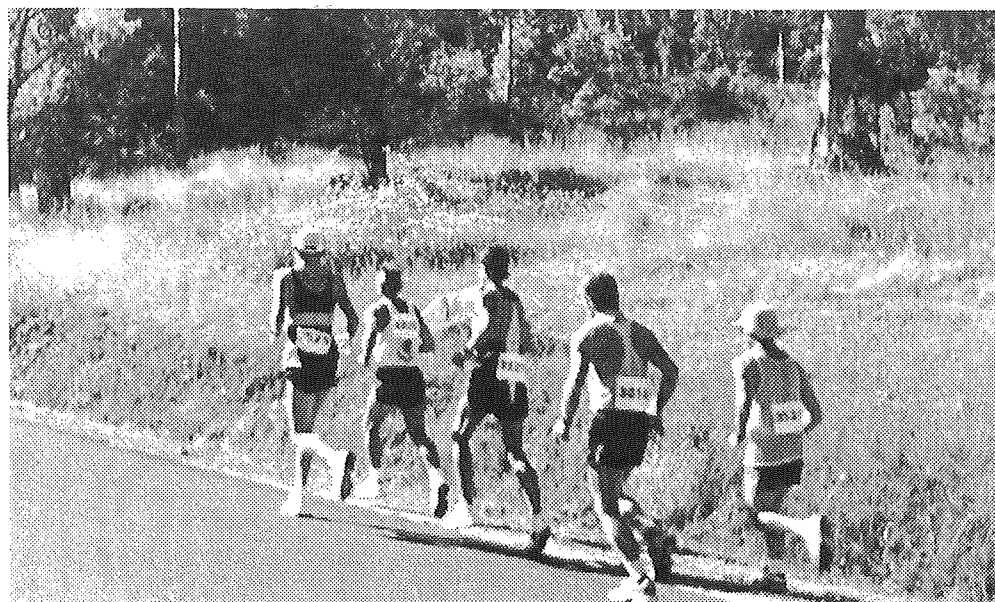
This was an AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. EVENT.

MANSFIELD TO MT.BULLER 50KM ROAD RACE

HISTORY OF THE EVENT

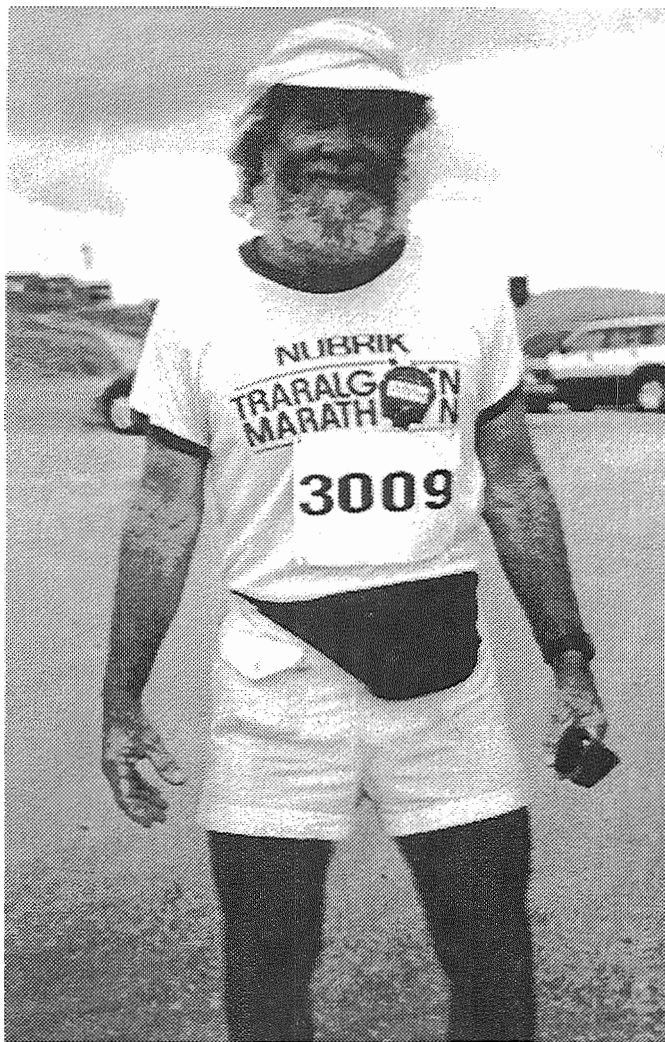
YEAR	MEN	RESULT	WOMEN	RESULT
1991	Carl Barker	3:48:22	Lavinia Petrie	4:35:11
1992	Greg Wilson	3:57:25	Lois Wishart	5:53:48
1993	Clive Davies	4:22:33	Barbara Allen	6:17:06
1994	Greg Wilson	4:07:37	Liz Feldman	6:09:58
1995	Greg Love	3:57:45	Rima McAvoy	5:28:25
1996	Peter Goonpan	4:19:40	Barbara Allen	6:42:36
1997	Kelvin Marshall	4:28:04	Dawn Parris	5:50:17
1998	George Berger	4.15.18	Lavinia Petrie	4.40.25
1999	Sani Badic	4:01:06	Sandra Trimmer-Arends	4:29:52 <i>Record.</i> ★

Competitors in this year's Mansfield to Mt.Buller 50km Road Race line up for a 7am start.

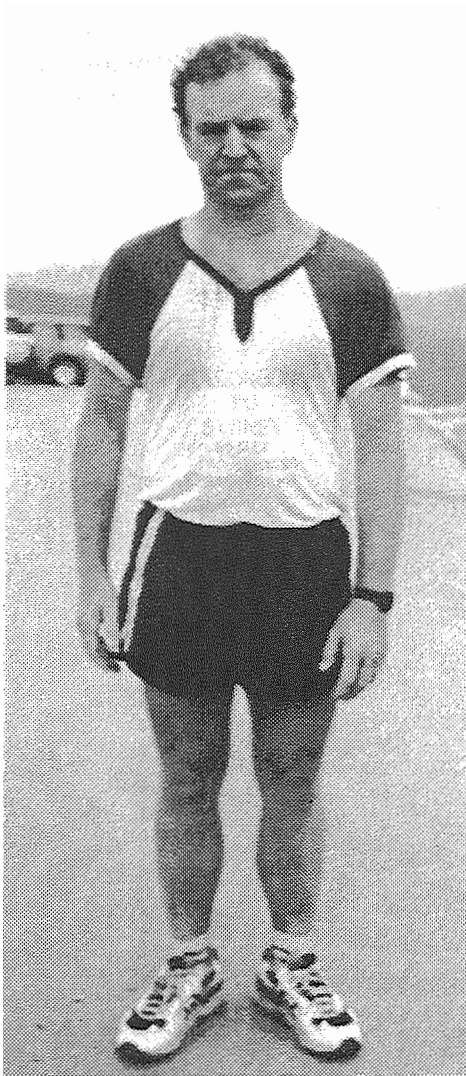


The combined Shepparton & Traralgon contingent ran together for the first half of the event.

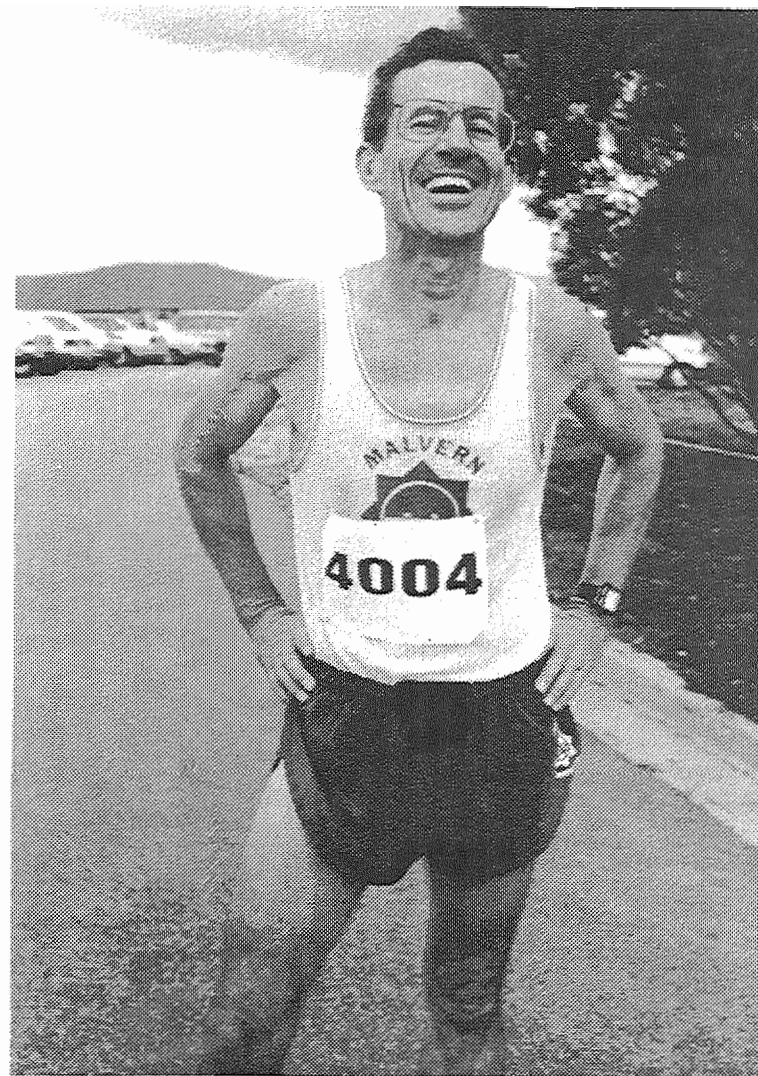
Peter Nelson reckons he ran up
the hill this year. Well done!
Thanks for participating once again.



1999 MANSFIELD TO MT.BULLER 50KM ROAD RACE



Ernie Hartley. 6:15:36 for 50km. Well done!
(I told him to smile and this was the result!)

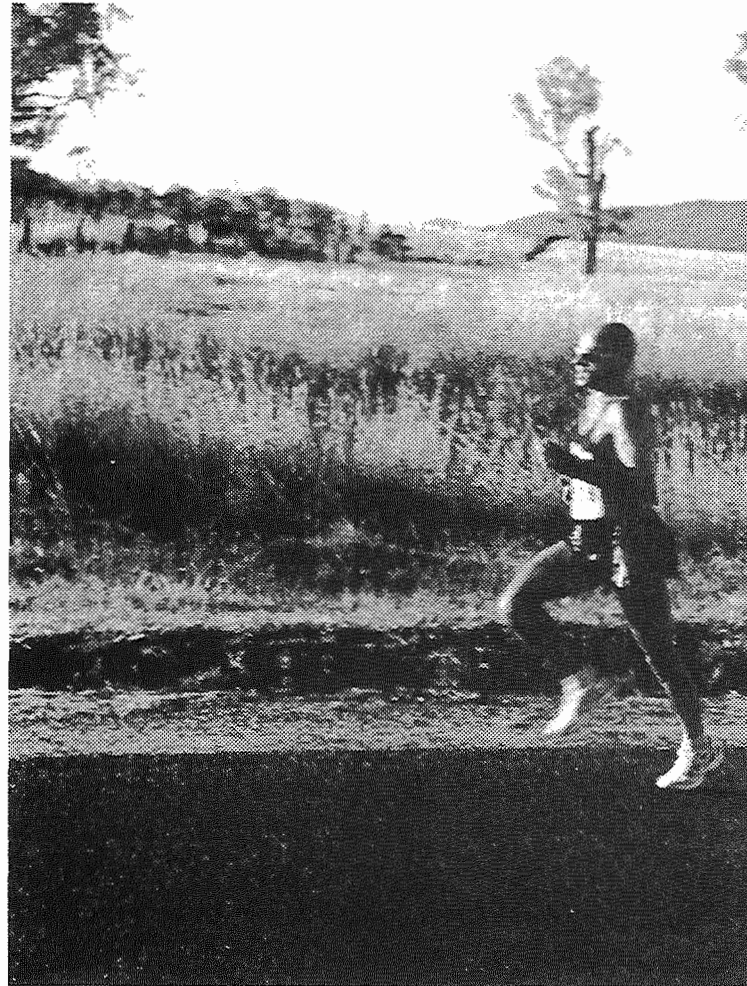


David Jones, ecstatic to be finished.
A gutsy effort.

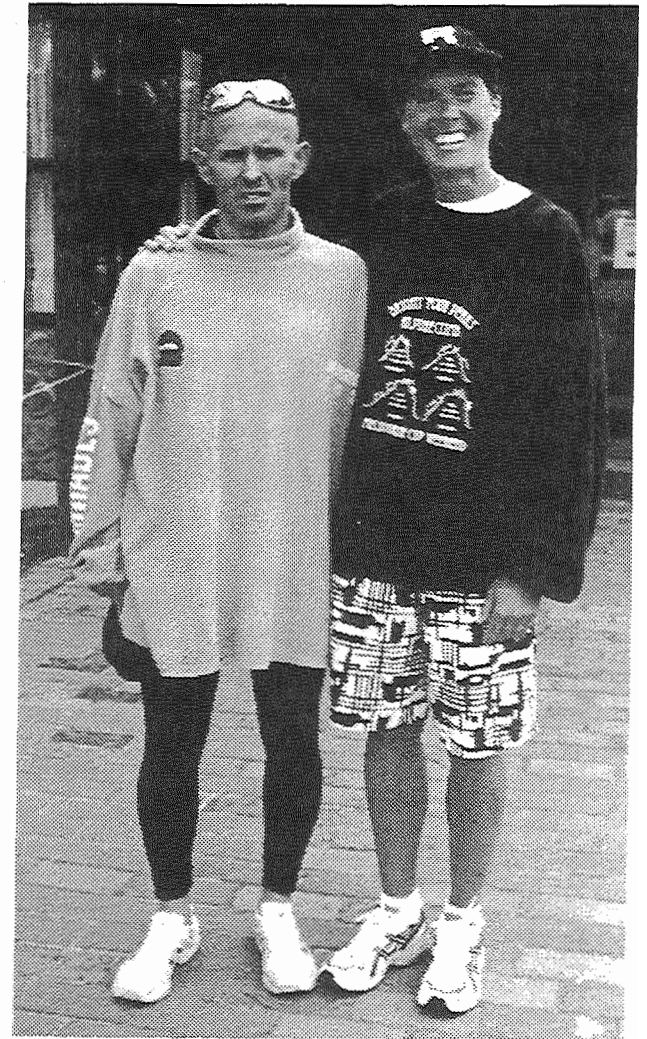
1999 MANSFIELD TO MT.BULLER 50KM ROAD RACE



Brian O'Farrell, a regular competitor from Shepparton, 7th this year in 5:02:59



Eventual winner Sani Badic striding out in the early morning light, looking a winner right from the start.



Sani Badic & Sandra Timmer-Arends, winners of the men's and women's event. Sandra broke the women's course record by around 5 minutes, a record formerly held by Lavinia Petrie. (Sani doesn't look too overjoyed about being cuddled by Sandra!)

Name	LIVERPOOL TO ALBURY AND BACK			LIVERPOOL BOOMERANG MARATHON 1999								LIVERPOOL TO ALBURY TOTAL	
	KM	55	80	60	66	66	66	55	42	65	20	TIME	575 KM
DAY	1	2	3	4	5	6	7	8	9	10			1ST
A. LUCAS TAS	4:55:56	8-9-0	6:3-48	8:40:50	7:57-0	6:50-0	5:15:32	4:12-35	6:9-17	2:03:23	60-16-47		1ST
S. BRYCE NSW	7-0-5	11-48	7-13	9-26	9-10	7-10	6-2-50	4-32-35	8-0	2:03:22	71-9-37		2nd
E. VEBA NSW	9-50	13-15	9-27	12-10	10-20	8-57	7-40	5-20	8-4:25	1:50:30	90-32-30		3rd
Female I. BIRKLAND NSW	9-18	11-55	9-22	12-28	11-33	11-27	9-14	5-40	8-16	1-42-23	90-55-23		4th 1st Female
R. DAVIS NSW	9-42:55	11-45:41	9-14	12-11:08	10-33	17-00	8-00	7-00	4-40	2-35	101-32-01		5th
3. REBO NSW	8-06	14-0	14-0	21-00	12-0	12-0	10-02	8-10-6	4-32-35	8-0	102-4-12		6th
2. PORMACK VIC	9-08	14HRS	8HRS	17-10	12-10	7-0-7	6	8-20	19-30	2:03:22	103-0-4		1ST Bike Run
E. COLLINS NSW	5-41:16	8-17-20	6-44	10-38:20	← WITH DREW →						↔		WITH DREW INJURY

**LIVERPOOL TO ALBURY
BOOMERANG MARATHON - 732KM
FEBRUARY 11TH - 20TH, 1999
RESULTS**

I am NOT prepared to re-type handwritten results such as these. I too am working full-time and get no remuneration whatsoever for producing ULTRAMAG. It is entirely a love job. Race Directors, in all fairness to the competitors who have put in gutsy efforts to compete in the event, must do a better job than this to present their results. There also needs to be a race report, particularly for an endurance event such as this. That is, if you expect us to print them.



■ RUNNERS in the fifth annual Boomerang Marathon leave the Macquarie Street Mall as children from All Saints Primary School cheer them along. Photo: ANGELO VELARDO

Vega in third Boomerang

FOUR cyclists and six runners were in the field for the start of the fifth annual Boomerang Marathon in Liverpool on Thursday.

Bonnyrigg railway worker, Eduardo Vega, 57, is competing in his third Boomerang and hopes to better his third place in last year's event.

The gruelling 10-day, 752km event, will wind its way to Albury before returning to Warwick Farm where the end of the run will coincide with Liverpool Cup Day.

The event aims to raise money for cancer research at Liverpool Hospital.

To donate to the Boomerang Marathon call 9828 6357.

*"Fairfield Champion
17. 2. 99."*

Bryce among top three

By ALLISON JACKSON

ULTRA-MARATHON runner Steve Bryce has proved a point after finishing second in the Boomerang Marathon last Saturday.

Bonnyrigg runner Eduardo Vega recovered from a shaky start to finish third for the second year in a row in 90hrs 37min 30secs.

Bryce, who now lives in Eagle Vale, clocked 71hrs 9min 37secs to finish about 11hrs behind race winner Andrew Lucas from Tasmania.

Lucas' time of 60hrs 16min

47secs smashed the previous race record of 65hrs set by Maurice Taylor from Kirrawee last year.

The field of six runners and one cyclist returned to the Macquarie Street Mall, Liverpool, at midday on Saturday.

Bryce, 42, said he suffered a lot of pain during his second gruelling 663km round trip to Albury and almost pulled out on day two.

"I was a little bit sore and tired and I thought that's enough I'm going home," said Bryce who is

the stores supply manager at Bankstown Hospital.

"I spoke to my three children that night and they thought I should stay out there and finish the run."

Isobel Buckland from Neath, the only female runner in the field, finished 18 minutes behind Vega in 90hrs 55mins 23secs.

Robyn Davis from Oak Flats, Stuart Reed from Lake Heights and cyclist and former jockey George Cormack from Victoria all finished in about 102hrs.

Tony Collins from Norah Head pulled out of the race on

day five when he couldn't stop vomiting.

For enduring 10 days of incredible pain and fatigue the runners were able to raise thousands of dollars for the Cancer Therapy Unit at Liverpool Hospital.

Race organiser Dave Taylor said the past five Boomerang Marathons had raised about \$60,000 for Liverpool Hospital.

Taylor said the conditions during the marathon were tough with temperatures hovering in the mid 30s and runners suffering blisters, fatigue and sunburn.

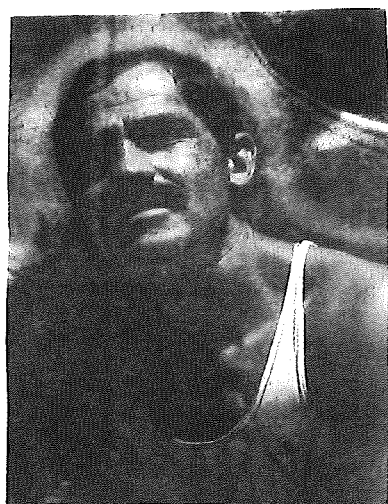
Georgina McConnell in the 1998 Liverpool to Albury and return Ultra-Marathon - 732km. First lady, third outright. The caption on the road sign says it all.



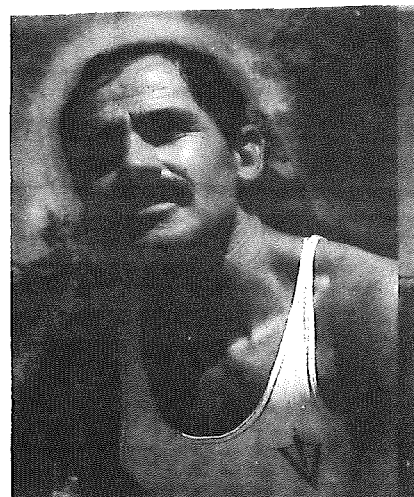
*Fairfield Champion
23-2-99*



■ ELATED but exhausted . . . Boomerang Marathon winner Andrew Lucas (centre) with Steve Bryce (right) and Eduardo Vega.
Photo: ANGELO VELARDO



YIANNIS KOUROS CAN RUN 300KM IN ONE DAY. THE GOD OF ULTRAMARATHONS SPOKE WITH NICK PLACE ABOUT JUST HOW FAR ONE HUMAN CAN GO.



going the distance

In ancient times, if you wanted to find a Greek God, you looked to the summit of Mount Olympus. Now you go to a simple but imposing monastery on Northcote Hill in Melbourne. A medium-sized, wiry man with smooth black hair and a trademark moustache opens the door. Yiannis Kouros shakes your hand gently, his eyes serious, and your first thought is that he doesn't appear the least bit super-human.

But he is. This is a man who can run faster for longer than anybody on the planet, now or ever before. It's that simple.

RUNNING INTO HISTORY

Kouros' mild-mannered exterior put the other runners at ease in his first ultramarathon. It was the inaugural Spartathlon in September 1983, from Athens to Sparta. He was a last-minute entry, and an unknown in a field that included champion ultramarathoners Dusan Mravlje and Alan Fairbrother.

For three months before, Kouros trained on the Greek hillsides, morning and night, but only about 30-35km each day. He knew that it

would be his mind, not his body that would need to be most prepared for the race.

He hoped to run the 250km in around 22 hours, and maybe pick up a few Pan-Hellenic records on the way. As Kouros tells the story, "Up until the marathon point [42km] I was coming third. Dusan and Fairbrother were ahead of me, and then they just dropped off. I got ahead then and I never saw them again. I just kept running against myself, and in the end I beat them by, I think, three hours."

It wasn't an easy task. "They didn't have enough drinks at the race, I lost about 7kg. It was very tough on the body ... But I had my goal and I wanted to achieve it. I was running so that I felt close to death all the time, and at night I was so cold, but at the same time [I ran] with a lot of enthusiasm because I was running on roads that I knew, near the town where I grew up."

Despite the presence of judges along the track, there was consternation when Kouros finished first in 21 hours, 53 minutes and 42 seconds, two hours and 45 minutes ahead of Mravlje, the pre-race favourite.

YIANNIS KOUROS (article continued)

Third place-getter Fairbrother was particularly surprised by Kouros' time over a difficult outdoor track. "I think they thought I cheated," says Kouros, with a smile. The next year, judges were placed every 5km along the track. Others roved up and down. And, clearly without any assistance of say, an overnight lift from a kindly driver, Kouros won the event again, finishing an hour and a half faster than the year before. Many of those who had expressed doubt at Kouros' abilities now apologised to the new star.

Before this second Spartathlon, Kouros won a three-day staged event along the Danube by over two and a half hours. He covered 320km in under 24 hours of running time (totalled over the three days).

Next up: the New York Six-Day race. Unknown to many race-watchers, Kouros had decided to run the first 24 hours only, and attempt to break the world-record for distance over that time. Experienced ultramarathoners were stunned to see Kouros fly through the first 24 hours, covering more than 262km. But it was not a record.

So Kouros decided he'd just keep going. "I don't know how it came into my mind to stay there," he says. "I was very exhausted, but I decided to just keep going and see what I could do. Every night I thought I could not keep going, and every day I changed my mind."

He managed to break the world record for 48 hours, covering 429.6km. And then he just kept on breaking distance records—a total of 15—up to the full six-day mark. His new distance of 1022.1km broke a 96-year-old record of 1003.8km. "I think the main thing that kept me going was that after the second day, I was breaking all the records, one after another, he says. "I was very tired, but the records made me feel better."

Kouros snaffled the 24-hour record in 1985 when he found himself battling a hurricane in New York. The storm was knocking down trees and blowing so hard that Kouros could barely stay upright, let alone run. Yet he refused to surrender and, sure enough, broke the record. In 1997, he ran 303.5km round and round a track in 24 hours, when breaking the 300km mark was universally agreed to be impossible. He has run 1000 miles (1610km) in 10 days and 10.5 hours, and has run 100 kilometres in less than seven and a quarter hours. I've had cars that would struggle to achieve that.

RUNNING ON EMPTY

Such achievements push the barriers of human pain and endurance. It's about there that Yiannis Kouros gets going. "If it's a 24-hour race, I give all my power for six hours," he explains. "Then I say to myself 'You must forget it, it's in the past and now you have to give your all for another six hours.' And then again. And a fourth time. This is my secret. If you go to a race and run economically from the beginning, you can't do anything beyond human limits."

Kouros barely sleeps during multi-day races. Even during 48-hour races he will only stop for a shower and a change of clothes. When he does take a sleep break, they are very short—between 15 and 45 minutes. "In the 1000-mile race, I did not sleep for the first four days. I wanted to, but I could not. On the fifth day, I slept about 10 minutes, and from then on, 30 to 45 minutes. This is very unusual and very tough on the body. You must just believe that that amount of sleep will be enough. You pay the bill afterwards."

"You have to find new ways of treating the body as a servant to achieve your goals. Sometimes you feel like you are out of your body. I feel that I'm like a spirit and I can see my body. When it happens, it's when you are not ready to run or are completely exhausted. It lasts a few moments only. You are conscious of what you are doing but it's a different kind of consciousness. The experience is of super-human power. You are driven by this power. It's like a light from God. It is something beyond explanation."

"I like to be in these moments."

FROM GREECE TO AUSTRALIA

Such drive could only have come from hardship. Kouros was born in Tripoli in 1956, one of six boys. His family suffered intensely in the wake of the civil war that saw waves of Greek migrants flee to Australia. It was this spartan, difficult upbringing and a ruthless early coach that gave him his initial spark, he says: "thinking about my hard life, about

Finishing is a Noble Accomplishment

Recently I noted the fact that Don Ritchie's 6:10:20 world best for the 100-km has lasted more than twenty years. I would like to focus on another 100-km run of his, one which was almost certainly more difficult. In fact it was his personal worst for the event. This latter run also gives him great credit in my opinion, however.

At Shimanto he encountered difficulties, but two of his teammates had dropped out, leaving him as the third and final scorer for the British team (there were only five men on the team). He struggled home to finish in 10:43:42, in 48th place, and the British team consequently appeared in the team rankings.

Such dedication is far from universal among elite runners in the modern sport. In the past both the Russian and Brazilian teams have been unable to finish a team in international competition when their leading runners have dropped out of the race.

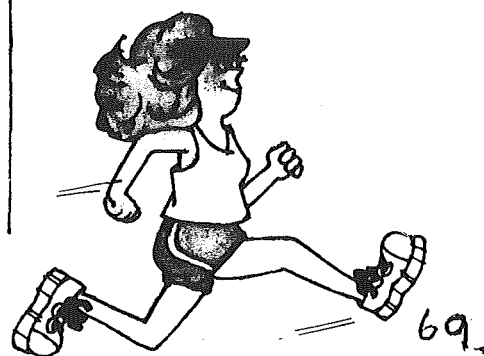
There does seem to be a developing attitude among some runners that if the run is not going well, and a win is not on the cards, the best strategy is to drop out. However, it could be argued that such an attitude shows a lack of respect for one's opponents and the event.

Bernd Heinrich reportedly took the view that his opponents had had to suffer him sweeping past them when he was running well, therefore he should do them the same courtesy when he was not running so well. Acceptance of defeat gracefully is the sign of a great athlete.

Ultra events are tough challenges at the best of times. When the running is easy, it is possible to underestimate the difficulty of the event. Struggling in an event when there are problems gives fresh insights into the event, and oneself. (I am definitely not, however, advocating finishing at all costs, exacerbating an injury.)

Some elite runners have even taken this attitude one step further—that a DNF is not a defeat. "I did not finish, therefore I was not beaten." Running goes back a long way. In the late seventeenth and early eighteenth century, before open races were common, two-man match races were the norm. A wager was usually at stake. If one of the runners retired, then he automatically forfeited the wager. That philosophy has continued through to the present day. To not lose a race, one has to finish ahead of the other runners.

Ultrarunning is a learning experience. One can often learn more from failure and problems than from success.



YIANNIS KOUROS (article continued)

KOUROS' DOMINANCE IN THE SYDNEY-MELBOURNE RACE PROVED SO THOROUGH THAT THE ORGANISERS ARRANGED FOR HIM TO START 12 HOURS AFTER THE REST OF THE FIELD. HE STILL WON.

otherwise I can't move at all'. But your mind has a plan prior to the race and it depends who wins: your body or your mind." World records have tumbled under his remorseless feet like the white lines in the middle of the Hume Highway, where he made his name in Australia, with the Sydney-Melbourne road race.

While Australia chuckled and barracked for an eccentric Aussie shuffler, Colac farmer Cliff Young in April 1984, Kouros was quietly pounding his way to Melbourne at such an astonishing rate that he arrived a day before expected. When Kouros stopped at Doncaster on his approach to Melbourne, race officials asked him how long he estimated the rest of the race would take. Suffering from leg injuries, he figured he'd take seven hours. The media were informed that Kouros could be expected to arrive at 2.30pm. When he strode across the finish line at 10.30am there were thousands of cheering Melburnians—and a hastily-assembled media contingent.

Kouros' dominance in this event proved so thorough that the organisers arranged for him to start 12 hours after the rest of the field in 1988. He still won. His fame from the Sydney-Melbourne helped his eventual emigration to Australia, with the Australian government eager to accept the champion athlete.

Kouros currently holds 70 world records and has broken world marks more than 200 times in his career. He has set new times so often that he has trouble keeping track of his achievements. "The 24-hour race record, I ... how many times I did?" he frowns, counting, remembering. Finally, he shrugs. "It's different on the road and on the track."

But what about the pain? It all comes back to the pain. The human body is not designed to be pushed this hard, for this long. Most people pull up with sore hamstrings after running for a bus. What must it do to Kouros physically, to push himself so far beyond the usual limits: especially when he only trains (two half-marathons a day) for a fortnight leading into each race?

"Pain is a reality; you cannot avoid it," he says simply. "The secret is how you can run without feeling that pain. You must get some inspiration to get into a good mood that brings you to another level. At the end of a race, it's very hard, it's very tough. You put your body in the extremities. Most of the time I don't feel I'm risking death or ill health in general. But after the race, I come back to reality and then I'm in a lot of pain.

"When I did the 1000-mile, my eighth day was the worst. It was beyond the human limits and I could not accept the duration of my body running. I'd had three sleeps in six days. I needed a lot of time to recover but always my goal was driving me. I had to come up and run again. Difficult times come in different moments. Sometimes your second day might be the worst. Or it might be the sixth day. Usually, it is not the first or the last. Even

my parents and my coach. Those negative thoughts gave me a lot of will to be successful in life. I didn't have positive things to think about.

"I believe to run these races, you have to be a unique person," he says quietly. "You must have specific philosophies about human goals and limits. I always had a feeling that I would be successful beyond the marathon. That was the challenge for me: to trace the human limits. I think an ideal life is a life with obstacles. I have always tried to do difficult things and physically I do better running uphill.

"We can train to run 50 or 60 or 70 kilometres. After that, the body is exhausted. Your body says: 'Please stop. You have to take care of me

24 Hour Roundup

The 24-hour is the other major international event, and there have been several significant events recently. At Coburg on the 22–23 of August, 48-year-old Helen Stanger shattered three of her Australian records with new marks at 150 km (15:01 approximately) and at 200 km (20.56 approximately). She just missed Margaret Smith's long standing 100-mile Australasian record of 16:02 on her way to a new Australian and Continental 24-hour track record of 229.080km/142.3 miles.

At Verona Italy, Antonio Mazzeo ran 227.725km/141.5 miles on the track on the 26–27 of September. A week earlier Lucio Bazzana had run the greatest Italian distance of the year in the event with 236.603km/147 miles at Verbania.

One of the major 24-hour races towards the end of the year has been the Niort 24 Hours, held in western France for many years. For two decades the event has welcomed 24-hour runners, and in fact it is the oldest road 24 in the world. The event this year was held on a 2.054-km loop.

A battle between New Zealander Wynn Cosgrove, who has been in excellent form in the 100-km this year, and Russian Irina Retovich, who has run 242km /150.3 miles this year on the track was in prospect, but the Russian was unable to get to the race, perhaps because of the difficult economic situation at home.

In recent years, the 24-hour event has been in the doldrums in Britain, so it was pleasing to see a British runner leading the race from the ninth hour onwards. William Sichel, who had finished 22nd in the World Challenge in Shimanto, ran well until 22 hours when stomach troubles caused vomiting and a slowdown.

The eventual winner was Alain Mallereau of France with 244.435km/151.88 miles, from his fellow countryman, Alain Prual, the French Champion, with 240.631km/149.5 miles. Sichel finished third in 240.291km/149.3 miles, a major step forward in his ultra career, and the best British mark for some time.

Wynn Cosgrove was to finish in fourth overall, in a new national and continental 24-hour road best, and the best performance of the year on the road by a woman, 230.473km/143.2 miles. Germany's Helga Backhaus ran 206.509km/128.3 miles for second. There were 15 runners over 200 km.

Cosgrove's mark narrowly improves on the new absolute Continental best run by Australian Helen Stanger two months earlier at Coburg (see above).

With Lilac Flay finishing second in the World Challenge, Australasian female ultrarunners have definitely made a great impact on the sport this year.

if you are the most tired, you feel exhilarated about finishing. Afterwards, you don't believe you have done that distance or record. The day after, you walk like a 100-year-old."

An accomplished painter, musician, poet and academic specialising in Greek literature, Kouros is 42: young in ultramarathon terms. Most six-day racers or 1000-milers are in their 50s or 60s. He was breaking world records at 27 and plans to run competitively for another 20 years. And not just to make up the numbers. More world records await and more moments of clarity and fleeting super-power beckon. He's certainly not in it for the money. Sponsors don't find his events glamorous enough to throw money at him, so Yiannis and his family live humbly within the monastery.

With wealth unlikely, the runner has instead set himself the goal of achieving world peace. While he holds some hope that the ultramarathon may be included in the Olympic program, even in time for the 2004 Athens Games, Yiannis appears certain to be prominent anyway as his twin home countries, Australia and Greece, host the first two Games of the new millennium. He is part of an Australia-Greek Committee plan to launch the Olympic Truce (modelled on an ancient Olympic concept). The idea is that all wars around the globe would be halted for seven days prior to and after the Olympics, as well as for the duration of the Games.

Now that is something to aim for. ①

Nick Place is a regular Panorama contributor. He finds it hard to contemplate cycling the distances Kouros runs.

Spartathlon, Athens to Sparta, 1983. 250km. Course record. "It was my first ultra-marathon and I won."

New York Six-Day Race, 1984. 1022.8km. 15 world records.

24-Hour Race, New York, 1985. "I was running against a hurricane. From the start, there was eight hours of hurricane throwing the trees down and I had to expend a lot of my energy not to run but to stay on the ground. Still, I did it: I broke the world record of 188 miles [303km]."

The Sydney-to-Melbourne: won 85, 87, 88, 90. About 1000km. Set the course record in every year; broke 20 world records along the way. "I remember all of them because it was a long race on the road and was very well accepted by the public. People came out in the villages at night and would clap for us."

Six-day race, New Zealand, 1985. From Wellington to Auckland. 718km. Course record.

1000-Mile World Championship, New York, 1988. 10 days, 10 hours, 30 minutes; world record. "That was my longest."

24-hour Track Races, Canberra and Adelaide, 1997. 295km in Canberra, 303.5km in Adelaide; both world records. "The second man was 30 kilometres behind. It was 15 years before that I first took the record and, in Adelaide, I was the first person on the planet to break the 300km barrier that was considered impossible."

COMRADES MARATHON 1999

Its time to make a commitment to run in the greatest ultra road race around: The Comrades Marathon.

We should receive the entry forms at the end of the year with all the details. The race will be a "down" run from Pietermaritzburg to Durban and will be held on Wednesday, 16 June, 1999.

Over the years Sydney Striders has been well represented and our green and white colours attract plenty of greetings from participants and spectators alike. In addition we are well known to the organisers who always give us a warm and friendly welcome.

Our major Sponsors South African Airways have reserved seats for Monday 14 June and have indicated a fare of \$1833 plus tax per person Sydney-Joburg-Durban-Joburg-Sydney. There is also accommodation to be arranged in Durban and or perhaps Pietermaritzburg. If we stay in Durban it will be necessary to travel up to P'burg early on race morning.

The initial plan is to leave Sydney on Monday 14 in the evening arriving at Durban mid morning on Tuesday 15. This will allow time to check in to hotels etc and visit the Comrades Expo. which is a must. Should anyone want more time in Durban or P'burg prior to the 16th, South African Airways also have a flight which departs Sydney during the evening of Friday 11 June.

Please let me know as soon as possible if you are interested in going by ringing me on (02) 9402-7947 or drop me a note by either Email to jscreen@ozemail.com.au or by letter to Jim Screen, 56 Melaleuca Drive, St Ives, NSW 2075.

As soon as entry forms are received from South Africa I propose we get together to discuss race arrangements and post race activities including a training program to help get us through what will undoubtedly be one of the best days in your life. We already have at least 5 starters so you will have some good company for the trip.

Jim Screen

The will to win means nothing without the will to prepare.

Juma Ikanga

STREAKING



Ottawa, Ontario (UW) - Streak runners never miss a day on the roads, or trails, or urban sidewalks. Rain or shine, hot or cold, at home or away, they always run. Everything else may come and go in their daily routine, but not running. Sometime each day, most often first thing in the morning, they go out and run.

The oldest and most cited running streak in the world belongs, albeit controversially, to Ron Hill, a one-time world-class British Marathoner who won the 1970 Boston Marathon in 2:10:30. Hill's 34-year streak started on December 20, 1964, and he has kept it going ever since -- although he was twice reduced to periods of one-mile daily shuffles caused by accidents and injury. In one case, he even used crutches to assist him in hopping around a track.

As a result, some consider his streak invalid, but others do not. "Since he has the longest streak, it is my opinion that he makes the rules as to what constitutes a run," writes Dick Vincent of Saugerties, New York, whose will mark 24 years of running without missing a day on April 22.

"His hopping around the track on one leg took more effort than most runs, so I give him credit for the longest streak. I recently broke an elbow, and some ribs, and bruised a shoulder and other parts, in a bike accident this fall. I snuck out of the emergency room to stumble a mile as the surgeon couldn't get there for an hour or more. That was about as hard a mile as any marathon I have run."

Defining a run

Mark Doiron of El Paso, Texas, who is not a streak runner, believes there is a point at which daily outings cease to qualify as running. "Ron Hill's (streak) sounds very dubious. Lee Fidler and I both continued pool running and slow walking on crutches after our severe injuries, but we did not consider those running. We both had daily minimums of three miles which seems to be a common minimum."

There are not even loosely-agreed rules to regulate this unique form of human endurance, apart from not missing a day. As Vincent notes, each runner arrives at a personal definition about what qualifies as a daily run. In most cases, streakers average several miles.

For example, Dominik Machek of Bala, Ontario, who will reach the 25-year mark on Feb. 14, has averaged more than 10 miles a day -- much of it in Nova Scotia where he lived for many years until returning recently to Central Canada. A former Canadian 50-miler record holder, Machek has also run as little as a mile a day on rare occasions, once slipping out of a hospital bed at 5 a.m. (when the nurses were in the smoke room) to keep his streak going. But his daily average is high for a streak runner.

A somewhat similar situation exists with journey runners, who run across Canada, or the U.S., or any long distance separated by two distant points, such as the end-to-end run through Great Britain from John O'Groats to Land's End. Frauds crop up but are often easy to spot, because their claims lack veracity (too much mileage a day, too fast a pace, no previous running history, spotty record keeping, mileage charts out of whack with maps.) A notable example was Harry Crawshaw, who claimed at age 84 to be making a return run across Canada -- at record pace.

Hancock says streak runners as a group have a consistent profile that lends credibility to their claims. Apart from being known and respected for their streaks over a long period of time, they often keep meticulous daily records of routes, weather, diet and of course precise distances covered -- and many of their stories are remarkably similar.

Rather than lone freaks who have sacrificed all else in life to maintain their solitary daily regimens, streakers tend to be stable people with middle-class jobs, homes and families, Hancock says. A disproportionate number seem to be in the education field (as he is). None that he has tracked down are "one mile a day runners." Most are "fairly competitive" and a rough average of their daily outings would be "five to seven miles a day," he adds.

All but one are men, and Hancock is not sure why. The lone woman on his lists is Margaret Owen Blackstock of Atlanta, Georgia, who has been running every day since September 9, 1979. Now in her 50s, she is a homemaker who has raised three sons. She ran competitively for many years but no longer races seriously.

Simon Laporte of Notre-Dame-des-Prairies, Quebec, has run a minimum of six kilometres a day -- never less -- since November 10, 1975. He holds the second longest streak in Canada. Rick Rayman of Toronto, the subject of two recent profiles by Toronto newspapers, claims a 20-year streak dating back to December 10, 1978.

George Hancock

George Hancock of Windber, Pennsylvania, who will reach the 21-year mark on February 26, has spent years tracking down fellow streak runners across the United States. He is currently revising and expanding his list with assistance from *Ultramarathon World*. Following is the top 10 list in the United States at the moment. It includes several new names from his last update.

Name	Hometown	Date Started
Bob Ray	Baltimore MD	4 APR 1967
Mark Covert	Sacramento CA	22 JULY 1968
Jim Pearson	Ferndale WA	15 FEB 1970
Ken Young	Fulsom CA	6 JULY 1970
Steve W. DeBoer	Rochester MN	20 JULY 1970
Don Slusser	Monroeville PA	3 JAN 1972
Walt Byerly	Dallas TX	5 NOV 1974
Jimmy Behr	Staten Island NY	19 MAR 1975
Dick Vincent	Saugerties NY	22 APR 1975
Rob Carambo	Whitehall PA	15 JUN 1976

Top 10 U.S. Streakers

Tell us about our AURA streakers!

RUNNING STREAKS

by Kevin Cassidy

The article about running streaks that appears elsewhere in this magazine was to spark some discussion amongst the AURA committee. Recently, we were talking about some of the more unusual habits that we runners can develop, when John Harper revealed his own running streak that lasted 11 years. John's story was of great interest to me and proved that maintaining such a streak requires you to overcome many obstacles [mainly illness and injury]. Those who maintain running streaks usually have some self imposed rules as to what constitutes a daily run. The great English marathoner, Ron Hill, has a mile as his minimum requirement during his 32 years of unbroken daily runs whilst others insist upon three miles

Like all streak runners, John Harper had his own set of rules. A daily run had to be a minimum of three miles or one mile if he was sick. John told us of the hardship of staggering out his daily mile during a bad dose of the measles and also of the time that a dog tore a large chunk out of his calf muscle, John's doctor ordered him not to run for a month until the calf had healed but he still managed to knock out a very slow and painful three miles each day. In 1995, after 11 years of consecutive daily runs, John's streak came to an end when on a particular day he was busy to the point that he had to put off his run on two occasions and only realised his forgetfulness at 10 minutes before midnight whilst sitting in a restaurant with friends. If John had been sick then he would have quickly run a mile in his casual clothes but he wasn't sick. 10 minutes was not enough time for a three mile run and his 11 year streak had ended. By John's own admission, he took a good 12 months to get over the disappointment.

John's story has certainly started me wondering just how many of our members [or anyone else, for that matter] have lengthy running streaks, and if so, what type of self imposed rules do you use to govern those streaks. I'm sure there must be some interesting stories around that could be shared in **73**, Ultramag_

"The World's Greatest Race"

Book Synopsis

"The World's Greatest Race" tells the story of the Westfield Sydney to Melbourne Ultra Marathons that were held from 1983 to 1991. It isn't just a book about Ultra running though, it shows how ordinary people had a dream and then went out and achieved their goals.

Ultra running was alive in Australia before the "Westfield". The 1800's saw many people compete in the "Pedestrian" races around the country. The 1900's found many people attempt the Highway's between our Capital cities right around Australia. In the 70's we were fortunate to be blessed with two Ultra running legends. They were Tony Rafferty and George Perdon who were to have many battles over the years which was promoted as an intense rivalry by the Australian Press. As a result of this rivalry, sports Promoter John Toleman put up a "Winner Take All" purse and the Westfield was born.

The first Westfield was run in 1983 and Cliff Young endeared himself to the Australian public with his win. He was a relative unknown prior to the race, but did have the form on the board. Cliff was one of the first to realise that you can't sleep for six hours a night in a Multi Day Ultra and expect to win. In 1984, the race reversed direction and was run from Melbourne to Sydney. Melbourne runner, Geoff Molloy was to eventually win after an intense battle with New Zealand Policeman, John Hughes on the last day. Towards the end of the race, Bob Bruner withdrew after allegations of cheating were levelled against him by Race Officials.

Greek legend, Yiannis Kouros ran and won his first Westfield in 1985. He was definitely a class above the opposition and the Melbourne "Greek" community were in raptures as he powered his way down Sydney Road towards the finish Line. Brian Bloomer also ran in his first Westfield in 85. He was a Marine Steward on the "Empress of Tasmania" and regularly trained in Victoria and Tasmania. 1986 came around and Yiannis Kouros was scratched from the Westfield due to an injured toe. This left the race wide open. Yugoslav, Dusan Mravlje was the eventual winner after tragedy had struck and Geoff Kirkman ended up in hospital.

Yiannis Kouros was back to his brilliant best in 1987. The route was changed to go along the Princess Highway. It was longer and tougher and it gave Gippslanders the chance to experience the toughest race in the world. Several Australians were to have their first start in the 87 Race. These runners were to leave their mark in the next few years. The Bicentennial Westfield was again won by Kouros. It was slowly becoming two races in one. Yiannis Kouros versus the clock and the rest of the runners versus each other. They tried to handicap Kouros but he still made his way through the field. Kevin Mansell was to run his second Race and knocked thirty four hours of the first one. As Kevin said "I finally found my hero in life and it was me".

The finish of the 1989 Westfield was to be the closest result yet. David Standeven literally fell over the line half an hour in front of Kouros. As one bystander said "It's the greatest run by an Australian in this country". Kouros still won the race corrected time, but Standeven won the hearts of many Australians around the country. Was it the ferocious battle that Kouros had with Kevin Mansell through the East Gippsland hills that weakened Kouros for the final run? 1989 was also to see the last attempt at the Westfield by it's debutant winner, Cliff Young. It was on the top of a hill ten kilometres out of Bombala when he stopped and said "I give it me best!".

Yiannis Kouros was to again win in 1990. He was back to his brilliant best and wasted no time in toying with the opposition. Bryan Smith ran well to finish second. Cracks were starting to appear in the race though. Kouros complained bitterly before and after the race about the lack of prizemoney.

1991 was to see the last running of the Westfield. Yiannis Kouros ran his own solo run as a protest against Westfield. The greeting that Kouros received was an abhorrance against the great World Champion. The race was to see two changes. The route went through the highest town in Australia and a handicapping system was introduced. Bryan Smith ended up winning the race and picked up \$60 000 for first across the line and fastest time. Kevin Mansell and Mark Gladwell were to finish the race for a fifth time and definitely wrote their names into the record book.

The Top twenty runners are rated in the second last chapter and the last chapter is filled with funny, courageous and tragic stories from all the runners. Seven years on since the last running of the race and many Westfield runners are still competing in Ultras around the world. It was in 1998 when former Westfield runner, Helen Stangar reached the pinnacle of her career and smashed the Australian women's 24 hr record in a race in Melbourne. She definitely "Ran, won and ran her best on the day".

Phil Essam

MY 12 HOURS IN PRISON

or

A FRIDAY NIGHT TRAINING SESSION

by Phil Essam

It was about two weeks ago that I read in Base Routine Orders that the Department of Correctional Services staff at Yatala Prison were having a 24 hr Cyclathon and Walkathon to raise money for the Adelaide Women's and Childrens Hospital Neonatal Unit. I immediately thought "Yes , training session and Yes I can help to raise a few dollars at the same time".

The two weeks came around and I was ready to go. I managed to collect about one hundred and fifty dollars in donations and my trusty crew of my wife and a friend from work were soon assembled. I wasn't going to start until 8.00pm that night, but we got there early, so it was at 6.38pm that I started. The course was 1.6km in length and wound it's way around the outside of the prison fence. One was walking past a three metre high fence for the duration of the night which was topped with the most fierce looking razor wire. Just inside the fence was a series of floodlights which was spaced about every hundred metres and equipped with video cameras. There were also two more walls before one got to the inner prison. The prisoners would certainly have a marathon and a half to get out of the place. The course was an old bitumen track which was starting to deteriorate. It was an uphill/downhill course with a forty five degree climb for eight hundred metres on the back straight.

It was slightly dangerous during the night as the lighting wasn't all that good and there were some nasty little pot holes near the fence. The prison is situated overlooking Adelaide, so it was quite a pleasant view. Well I started and got away at my usual "Bull at a gate" pace. I was doing thirteen minute laps but we didn't think to slow down as we were still trying to verify how long the course was. There was quite a few cyclists going around and about a differrent walkers. Two guys were trying to do the 24 hrs. Both are accomplished walkers with the local Road Runners Club, but were starting to struggle with the heat they had put up with during the day.

It was about four hours into the Walk when I started to struggle with my brain and started to look for the easy cop out. I tried to suggest to Belinda (my wife) that I would quit at 50km. My brain was soon put into perspective and I started to get a move on again. Nightfall slowed the pace down, due to the condition of the track. My walkman was getting a solid workout with my usual favourites and I was concentrating with the job on hand. I brought the Marathon up and then the 50km. My whole body was starting to hurt like hell, but I was desperately trying to work through the pains. It was between 54 and 64km that my pace started to pick up again and I was doing over 6km an hour. Belinda did the occasional lap with me and my workmate, Matt also came out for a while. I had four laps to go to bring up my 72km and it looked as though the time was going to be very close. I did the first two in fifteen minutes each and was down to two laps with forty minutes left. Too easy! Not!

It was in the second last lap when I seemed to take forever. I was by myself and starting to wander all over the place. I thought I had blown out to 25 minutes when I got to the crew area, when Belinda told me that it was twenty minutes. Twenty minutes to do the last lap. I didn't think I had it in me until Belinda came with me and my pace picked up once again. Well I got around the last lap and it was just before twenty to seven when I crossed the line. 72km in a shade over 12 hours. I was more than happy. This was my first major outing since last August, so I was more than happy with my performance. It gave me a guideline on the work I have to do. One of the other walker spulled out a midnight and the other walker ended up walking 120 plus kilometres. His previous longest distance had been 30 kilometres in a Fun Run. Now to convince him to do a 24 hr on a proper track. The prison officers ended up raising about ten thousand dollars which will certainly help the NeoNatal Unit. All in all, a good training run (Walk).

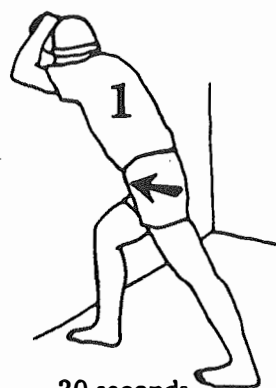
Phil Essam Adelaide Australia

EXERCISES BEFORE YOU SET OUT FOR A RUN TRY TO BE BOTHERED!

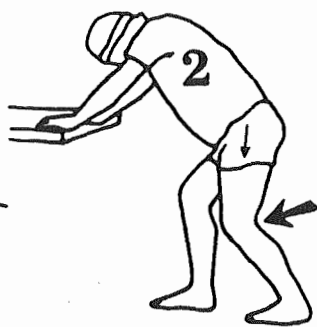
Before

Running

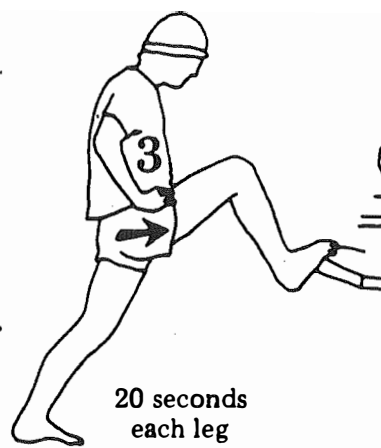
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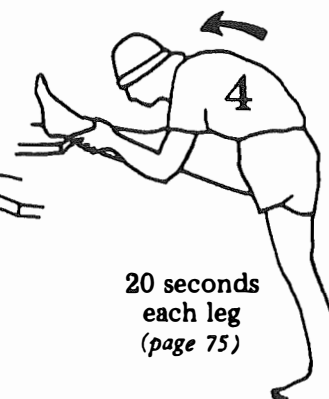
30 seconds
each leg
(page 71)



15 seconds
each leg
(page 71)



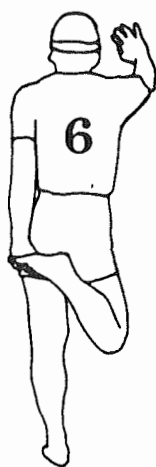
20 seconds
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20 seconds
each leg
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20 seconds
each leg
(page 74)



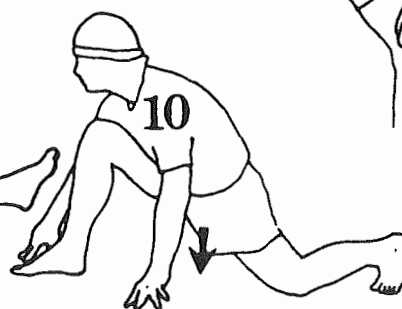
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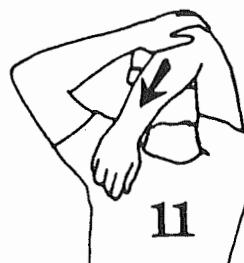
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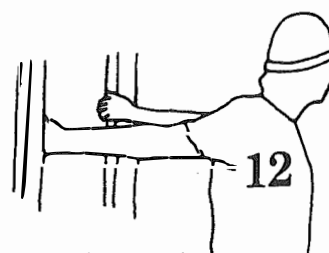
15 seconds
each side
(page 59)



20 seconds
each leg
(page 48)



15 seconds
each arm
(page 41)



20 seconds
(page 44)

Ultra Update -March 99

by **Andy Milroy**

On the 18th of April 1998 in Canberra, Australia a 50km was incorporated into a major marathon to promote ultrarunning. The runners ran the marathon, get their times at the marathon finish and then continued to the 50km finish.

Race director Trevor Jacobs, the former Australian 100km team member was in the lead up to the marathon point, along with Ian Nash, but Nash then pulled away from Jacobs to win in 3:10:49, to the latter's 3:14:28.

Sandra Timmer-Arends, from Traralgon in Victoria, a new figure in Australian ultrarunning, dominated the women's race. Taking third place in the marathon in 2:52:33, she record a time of 3:29:04 at the 50km finish, faster than Mary Francis' [formerly Morgan] winning time last year, and just outside Linda Meadows' Australian record. Helen Sanger, who was to set a new Australasian 24 Hour track best later in the year, ran 3:51:50 for third place.

Randall Hughes, now over 70, ran 4:07:00, which is a new world road best for that age group, also bettering Max Jones' 4:16:12 track best, which had been the absolute best.

Timmer-Arends ran in the Victorian 6 hour and 50km race at Moe on the 29th of November. She covered 13.6km in the first hour, and reached 26.8km in two, despite a nasty fall which she had taken a couple of weeks earlier. She reached the marathon in approximately 3:07:37, and she went close to her own track bests for 30 miles : 3:35:03 and for 50km: 3:42:23. [She set the current Australian bests in 1997 at Moe running 3:31:06 and 3:38:18 for 30 miles/50km] Ian Twite just finished ahead of Timmer-Arends with 3:42:23.

Sandra Timmer-Arends has been challenging the marks set by her fellow Australian Linda Meadows. Meadows who finished second in the 1996 World 100km Challenge in Moscow, has a personal best for the 100km of 7:40:58, [the current national record] and also set a World best for 50 miles on the track in 1994, has been out of the limelight in the last year or so with severe osteoporosis.. She 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. Early in 1998 she cracked a couple of ribs just doing some sit-ups her bones are so brittle!

Meadows was told by doctors that she would never run again, but the 39-year old Australian proved them wrong, increasing her bone density through naturopathic and herbal treatments. She, in fact, won her silver medal at the Moscow World Challenge whilst suffering from this condition.

Her condition does not preclude her from taking part in sport. Currently she is focusing on multi-discipline endurance events. One, the JLW Challenge, involves a 230km/138 mile run, cycle and kayak race over two days.

Aki Inoue sent me detailed information about Takahiro Sunada's 6:13 100km run set by at Lake Saroma on the 21st of June last year, the fastest road 100km to date, and also some information about Sunada himself.

The Lake Saroma race was somewhat cool with a drizzle at the start at 5.00am, with just a slight breeze. The temperature was then rose to around the high 50s degrees F/ about 15 degrees C, with the sky overcast.. The Saroma course itself is fairly flat with a rise around 40km. The course starts and finishes with two short out and back sections, with a long, curving point to point section in between. The runners had a tailwind or a following crosswind for most of the race, but hit a 15mph/25kph head wind from 79 to 88.5km.

Sunada produced a fast start over the first 10km, before settling down to a rather more conservative pace until 30km, when he then began to pick up speed again.

Between 80 and 90km there was a significant drop off in his 10km splits, due to head wind at that part of the course. As the course turned, that head wind then become a tail wind, and after 88.5km he accelerated home to record 6:13:33.

His splits from the race make interesting reading 10km 36.09, 20km 1.13.23 (37:14), 30km 1.51.04 (37:41), 40km 2.27.31 (36:27), (42.195km 2.35.35), 50km 3.04.27 (36:56), 60km 3.41.32 (37:05),

70km 4:17:59 (36:27), 80km 4:55:05 (37:06) 90km 5:35:41 (40:36), 100km 6:13:33 (37:52) second
50km split - (3:09:05)

His 50km splits show a differential of 4:38 [3:04:27 and 3:09:05] which contrasts with the differentials of Don Ritchie 10:22 [2:59:59 and 3:10:21 for 6:10:20], and Jean Paul Pract 's 8:55 [3:03:53 and 3:12:48 for 6:16:41] Thus Sunada is the closest of the three to even pace throughout the race.

Sunada was born and raised in the south-west of Japan's main island of Honshu where he still lives and trains. The Honshu climate is mild even in winter and in summer is very hot and humid. The Saroma race, however, is held in the far north of the most northerly island of Hokkaido. This combined with the fact the sky was overcast, meant that Sunada felt that he had never experienced such a cold day in June before. However the conditions were, in fact, almost ideal for running such a race actually, and many runners set personal bests.

To turn to more recent races. The Almere 24 Hour was held in the Netherlands on the 9/10th October, and won by Alfons Vekemans of Belgium in 215.183km /133.7 miles from his fellow countryman Wilson Dammeckens who recorded 210.826km/131 miles.

The end of the European 100km season is generally marked by the Kalisz race in Poland each October, the top international 100km event in Eastern Europe, and was held on the 17th of October. The race has attracted top runners from Russia and the Ukraine in recent years. 1998 was to be no different. Dmitriy Radyuchenko, who was second in the IAU European 100km Championships, and winner of the De Bezana 100km in Spain in early October won in 6:55:45, from Ukrainian Alexandr Osipov in 6:59:16, with Nikolai Tetin, another Russian, in third [7:04:03]. Andrzej Magier, the leading Polish runner, stopped at 80km.

Nina Koval of Belorussia won the women's race in 8:19:55, from Irina Reutovich [8:34:49] who earlier in the year ran 242km in 24 Hours to post a pending world track best.

Known as America's Ultramarathon, the JFK 50-Mile trail race was run for the 36th time on the 21st November in the north-eastern USA.. The JFK 50-Miler began in 1963 and is the oldest continuously held ultramarathon race in North America. In March 1963 Buzz Sawyer organized a 50-mile hike over local stretches of the Appalachian Trail and C&O Canal Towpath. He was one of four competitors who crossed the finish line together this year in 13:10.

Through its long history, the JFK has gradually become as America's Ultramarathon and is looked upon by many as the U.S. ultra equivalent of the Boston Marathon. The course begins in Boonsboro, Maryland, and follows the rugged Appalachian Trail to about mile 16 and then drops to the C&O Canal Towpath which is perfectly flat for the next 26 miles. It closes with a climb at mile 42 to country roads which lead runners to the finish at Williamsport.

A record field of 880 runners was registered, and the greatest number of runners ever to complete an ultra in North America finished - 767.

The winner this year was an ultra novice, Howard Nippert, who ran 5:58:41, followed by former winner Eric Clifton in 6:06:42, with US 100km team member, Jim Garcia in third [6:14:21]. The first woman, Bea Marie Altieri was more experienced, and had run a track 100 miler. Her time of 6:58:44 put her well clear of the 32 year old Debbie Berner in second [7:25:54] and Sandi Beale came third in 7:26:52.

The following day across the world saw the first ultramarathon contested in Taiwan with 24 runners setting off at 1:30am to avoid the heat and humid of the day. The weather was 18-20 centigrade with moderate winds and intermittent showers.

Japanese auto worker Tashiro Kashiara of Japan won this historic 100km race in 6:51:04, beating Alexei Volgin of Russia by more than 24 minutes. The 44 year -old Kashiara, a former 2:21:50 marathon runner, found the conditions helpful, the light rain cooling him off. Kashiara passed the Russian at the 57-kilometer mark en route to his win worth NT\$20,000.

Kashiara works on the assembly line at the Honda automobile plant and finds this good preparation for a 100km race. "A 100-kilometer race is similar and about the same length as a day's work," he said after the race. Each day, he just get into a rhythm in time with the speed of the assembly line..

Finishing in a surprising third place was a 22 year-old from Taipei Physical Education College Li Yi-chieh., competing in his first ultramarathon, running 8:18:06. Eleanor Robinson of Britain, the only woman, finished in 8:50:56. There were 15 finishers.

Elsewhere in Asia, earlier in the year, a 24 hour race had been held on a one kilometre loop on the 21-22 of March in Tokyo, Japan. The winner was Katsuhiro Tanaka: with 202km/125.5 miles, with Kenji Okiyama, Ryoichi Sekiya, and Kaname Sakurai on 200km/124.5 miles. Okiyama is, of course, the winner of the Sakura 250km race, and also a runner up in the Spartathlon. The first woman was Masae Kamura with 188km/116.8 miles, with Riyoko Motoki covering 170km/105.6 miles for second, and Takako Suzuki 162km/100.6 miles in third. There were some 46 of the 60 runners entered ran 100km or further..

Another 24 event, took place in Tokyo on the 31 Oct~1 Nov, this time on the track. The race was won by Norio Ito with 200.8km/124.7 miles, with the first woman in second place, Sadako Fujiwara, covering 184km/114.3 miles.

Although these marks are well short of the performances of Seigi Arita, the Japanese runner living in France, they are a sign that Japanese Ultrarunners are beginning to look to the longer standard event. The 24 Hour events in Japan have not yet reached the mass fields that is such a feature of some of their 100km events

Another Asian country with possible ultra potential is Nepal.. A recent Ultramarathon World article reported that Kaji Sherpa, a Nepalese mountain climber, had an astounding oxygen uptake of 96 milliliters per kilogram of body weight per minute, the highest ever recorded; most world-class runners would register 70 to 80. Researchers from Japan's Kurume University in the 1980s discovered that a group of Nepalese sherpas, who took part in a study, all tested extraordinarily high for oxygen uptake.[Oxygen uptake is considered by some a standard measurement of endurance potential, but is of course, just one of a number of inter-related physiological aspects that need to be considered.]

The Sherpas live in the high elevations and are mountain guides and high-altitude porters on most major mountain expeditions. They appear to have remarkable lungs. Ron Perkins, who has visited Nepal, observed that their build was such that their rib cages were larger in relation to the rest of their bodies compared with other Nepalese. Most of the Sherpas are not large, but they have relatively large upper bodies. He wrote "I have seen some from behind without shirts and I swear that it appears as though their lungs actually bulge out from under their arms and through their ribs."

Although the Nepalese do not seem to have the same distance running traditions which have brought the Kenyans to the forefront of modern athletics, they have in fact competed in ultra events for several years. Traditionally many of the men from Nepal entered the British Army and served in the Gurka Regiment.[These men do not come from the very high altitudes of the Sherpas however.] When the Gurka regiment was stationed in Hong Kong, they totally dominated the annual 100km Trailwalker 100km trail race held on the Macle hose trail, winning the event every year from 1985 onwards until 1995.

The Trailwalker event was contested by a team of four, all of whose members had to complete the 100km, the team's time is taken when the last member crosses the finish line. In 1995 some 600 teams took part. The huge hills and sweltering heat usually had a major impact on the event. The Gurkas' course record stood at 13:18.

The Nepalese runner Basanta Ghimire ran in the South Downs Way 80 miles Trail race in Britain in 1996. He attempted to stay with Stephen Moore and Barry Hards, the eventual first and second placed runners in the race, but he lost contact with them some seven miles into the race at Beacon Hill, the first big climb. Separated from the rest of the pack and having lost the leaders, Ghimire got lost and eventually ended up in 40th place at the finish. With more careful pacing and knowledge of the course, Ghimire would undoubtedly have done much better.

The UK Trailwalker 100km has now replaced the South Downs Way 80 miler along much of the same course. This was predominantly a military event the first year; the logistics are handled by the army personnel and the event is designed to raise funds for Gurka charities. In 1998 the event was won by a team of four Gurkas. [it is a team event like the Hong Kong version]

The Nepalese are currently working to develop their distance runners, using their high altitude advantages. It will be interesting to see if their altitude advantage can produce world class distance runners.

Distance runners in other countries are attempting to mimic such high altitude conditions by using decompression and oxygen enrichment chambers. Reportedly South African Charl Mattheus aims to use such a chamber to prepare for his 1999 Comrades run,

Brought in from the United States at a combined cost of \$15 000, two chambers will allow him to have the benefits of living at the equivalent of high altitude in Colorado whilst training in a normal home environment at lower altitude. From January Mattheus apparently plans to use the chamber while based in Port Elizabeth. However he won't be dependent on this aid since he has also bought a house in Colorado, so he can train at high altitude there as well.

Australia sports scientists have recently reported that such chambers at the Australian Institute of Sport in Canberra have shown there is an average improvement of 1.7 per cent over four minutes of performance for athletes in nearly all sports. They say that such chambers are a legal and safe way for athletes to benefit from erythropoietin (EPO) that boosts their performances significantly.

Runners have to sleep in the noisy cramped environment of the chamber with monitors attached to their fingers. When the athletes breathe in the specially formulated air pumped into the chambers, their bodies start to produce EPO, the same hormone that some runners seeking to cheat the system use artificially through injections.

Some people might question if there is any difference between a needle and an artificial environment which end up producing the same result. However altitude chambers apparently produce a much smaller physiological change than would injections. Athletes have said that using the chamber enables them to live at altitude, whilst training in their home environment, which is what their competitors who are born at altitude are able to do.

A triathlete group spent 23 consecutive nights in the chamber, the longest stretch, but best results have come from a minimum of eight to 11 hours a night for at least 11 nights. Research has shown athletes must use the chamber for about two to three weeks before major competition, as the effects start to wear off after three weeks.

With Russian and Belgian runners using altitude preparation for the World Challenge, will such chambers become a part of Ultrarunning in the future?

To return to the world running ultra scene. Keith Murray won his third successive 67km Kepler Mountain Challenge in New Zealand on the 5th of December, leading from start to finish. The annual mountain race held at Te Anau is limited to 300 runners and is the largest ultra in New Zealand.. Murray's time of 4:47:54 was outside the race record of 4: 41: 32 held by Russell Hurring who finished fourth overall and first veteran in the 1998 race. Martin Lukes was second in 4: 54:51 and Colin Rolfe third in 4:56:23. These three ran this order the entire race. Yvette Hague (31) of Great Britain was first woman home in 5:55: 57. Two Andrea Murrays battled out for second and third places Andrea Murray from Invercargill ran 6:02:13 just ahead of Andrea Murray from Christchurch who ran 6:04:21.

On the 12th of December Brazilian Valmir Nunes, the double World 100km winner, made one of his periodic visits to the USA. He ran in the Sunmart 50 mile Trail Endurance Run at Huntsville, Texas. He faced the up and coming American Brian Teason, but soon stamped his authority on the race. Running very strongly he won in 5:59:18, with Teason a quarter of an hour behind in 6:14:32, with Jussi Hamalainen in third with 6:27:49. The two leaders, Nunes and Teason actually went off course and ran three miles extra miles.

The women's race saw the French trail running star, Corinne Favre, return to American trails, after her brave attempt to win the Western States 100 miler earlier in the year. Her time of 6:42:16 placed her well clear of Amanda McIntosh in second [7:06:34], with US 100km team member Janice Anderson in third with 7:15:24. There were some 269 finishers in the 50 miler, which together with the 536 finishers in the 50km race held at the same time, meant some 805 ultrarunners competing at the same venue on the same day.

Brian Teason was to run the first fast 100km of the 1999 season when he won the Withlachoochee 100km in Brooksville, Florida on January 16th. His time of 7:02:14 was a personal best, and makes him the current world No.1 at present, until other marks come in. Danielle Cherniak ran 8:35:52 to win the women's race, finishing third overall.

A wide and varied Ultra Update this month!

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AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

CURRENT AUSTRALIAN ROAD RECORDS

as at February 1999

MEN - DISTANCE RECORDS - km.

50km #	Steve EVANS (Q'ld)	2:56:29 (a)	Canberra ACT	9/4/95
100km #	Tim SLOAN (Tas)	6:29:26 (a)	Ross to Richmond Tas	23/4/95
150km	Graham MEDILL (Qld)	15:57:34 (d)	QRRRC 24 Hour Q'ld	26/6/88
200km #	John BREIT (Vic)	18:49:36(d)	L'ston - Hobart,Tas	16/10/88
500km	Bryan SMITH (Vic)	2d.19.54.00 (c)	Albany to Perth WA	14/10/94
1000km	David STANDEVEN (SA)	5d.13:55:-- (c)	Syd - Melb (1011km)	24/5/89
1500km	Ian JAVES (Qld)	13d.8:03:37(a)	Sri Chinmoy, N.Y.	1/10/89
2000km	Ian JAVES (Qld)	17d.4:55:37 (a)	Sri Chinmoy N.Y.	5/10/89

MEN - DISTANCE RECORDS - miles

30 Miles	George PERDON (Vic)	2:53:48 (d)	Princes Park, Vic	15/8/65
40 Miles	Martin THOMPSON (NSW)	4:04:36 (d)	Isle of Man, UK	5/5/77
50 Miles #	George PERDON (Vic)	5:22:55 (c)+	Portsea - Melb. Vic	May 1968.
100 Miles #	Keith SWIFT (NSW)	14:02:54 (c)	Melb - Colac, Vic	23/11/84
500 Miles	Tony RAFFERTY (Vic)	Less than 6 days (d)	Melb - Colac, Vic	Nov.'83
1000 Miles	Tony RAFFERTY (Vic)	14d.16:45:11 (a)	Hull,UK	26/7/86
1500 Miles	George PERDON (Vic)	25d.22:9:-- (c) +	Transcont. Aust	1973
2000 Miles	George PERDON (Vic)	32d.19d.43:-- (c)+	Transcont. Aust	1973
2500 Miles	George PERDON (Vic)	42d.04:03:-- (c)+	" " " (2600 Miles)	1973

MEN - TIME PERIOD RECORDS:

6 Hours	Yiannis KOUROS (Vic)	84.856km (a)	Glengarry Vic	5/4/98
12 Hours #	Peter SULLIVAN (Q'ld)	138.562km (d)	Caboolture, Q'ld	15/4/89
24 Hours #	Bryan SMITH (Vic)	251.050km (a)	Milton Keynes, UK	4/2/90
48 Hours #	Bryan SMITH (Vic)	371.200km (c)	Albany - Perth, WA	13/10/94
6 Days #	Kevin MANSELL (NSW)	902.500km (d)	Campbelltown NSW	12/11/88

WOMEN - DISTANCE RECORDS - km

50km #	Linda MEADOWS (Vic)	3.27:22 (a)	Canberra ACT	9/4/95
100km #	Linda MEADOWS (Vic)	7:40:58 (a)	Kurow, NZ	18/11/95
150km	Helen STANGER (NSW)	16:45:24 (a)	Basel Switzerland	3/5/92
200km #	Helen STANGER (NSW)	23:21:04 (a)	Basel, Switzerland	3/5/92
500km	Dipali CUNNINGHAM (Vic)	3d.11:32:34 (a)*	Wards Is, NY, USA	7/5/98
1000km	Cynthia HERBERT (Vic)	8d.10:55:00 (c)	Syd - Melb (1060km)	27/3/87
1500km	Dipali CUNNINGHAM	13d.01:42:21 (a)*	Wards Is, NY, USA	23/9/97
2000km	Open for claim			

WOMEN - DISTANCE RECORDS - miles

30 Miles	Lavinia PETRIE (Vic)	3:56:21 (a)	Glengarry Vic	5/4/98
40 Miles	Lavinia PETRIE (Vic)	5:17:25 (a)	Glengarry Vic	5/4/98
50 Miles #	Mary MORGAN (WA)	6:07:26 (a)	Harriers, Canada	31/8/94
100 Miles #	Helen STANGER (NSW)	18:13:11 (a)	Basel, Switzerland	17/9/97
500 Miles	Dipali CUNNINGHAM (Vic)	5d.23.06.29 (a)	Wards Is, NY USA	10/5/98
1000 Miles	Dipali CUNNINGHAM (Vic)	13d.20:18:24 (a)	Wards Is, NY USA	24/9/97

WOMEN- TIME PERIOD RECORDS:

6 Hours	Lavinia PETRIE (Vic)	72.229km (a)	Glengarry Vic	5/4/98
12 Hours #	Helen STANGER (NSW)	112.225km (a)	Basel, Switzerland	3/5/92
24 Hours #	Helen STANGER (NSW)	206.497km (a)	Basel, Switzerland	3/5/92
48 Hours #	Dipali CUNNINGHAM (Vic)	299.337km (a)	Wards Is, NY USA	6/5/98
6 Days #	Dipali CUNNINGHAM (Vic)	811.109km (a)	Wards Is, NY USA	10/5/98

LEGEND:

- (a) Accurately measured course to AIMS standards.
- (b) Reasonably accurate course (uncalibrated bike, measuring wheel etc.)
- (c) Questionable course accuracy (car, motor-bike, etc.)
- (d) Unknown accuracy
- + Solo run but the run has been well documented and subject to official scrutiny.
- # AURA Record Plaques issued for these marks
- * Times are the next official recorded times AFTER the nominated distances were passed.
- ** Distances are the previous official recorded distances BEFORE the nominated time was passed

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN TRACK RECORDS as at February 1999

MEN - DISTANCE RECORDS - km

50km	#	Bruce COOK (ACT)	3:09:50	Parramatta NSW (NS)	5/3/89
100km	#	Yiannis KOUROS (Vic)	7:15:01	Kensington Pk, SA (S)	24/10/97
150km		Yiannis KOUROS (Vic)	11:05:03	Kensington Park, SA (S)	24/10/97
200km	#	Yiannis KOUROS (Vic)	15:10:28	Kensington Park, SA (S)	24/10/98
500km		Bryan SMITH (Vic)	2d.19:00:21	Colac Vic (NS)	16/11/89
1000 km.		Bryan SMITH (Vic)	5d.23:52:23	Colac, Vic (NS)	19/11/89
1500km		Bryan SMITH (Vic)	11d.0:30:06*	Nanango Qld (NS)	22/3/98

MEN DISTANCE RECORDS - Miles

30 Miles		Ian CORNTHWAITE (Vic)	3:01:02 *	Moe, Vic (S)	30/11/97
40 Miles		Dragan ISAILOVIC (Vic)	4:07:33	East Burwood (Vic) (S)	19/6/93
50 Miles	#	Dragan ISAILOVIC (Vic)	5:15:00	East Burwood, Vic (S)	19/6/93
100 Miles	#	Yiannis KOUROS (Vic)	11:58:00	Kensington Park, SA (S)	24/10/97
500 Miles		Bryan SMITH (Vic)	4d.19:05:09*	Colac Vic (NS)	18/11/89
1000 Miles		Bryan SMITH (Vic)	11d.23:31:45	Nanango, Qld (NS)	23/3/98

MEN TIME PERIOD RECORDS:

6 Hours		Trevor JACOBS (ACT)	83.600km**	East Burwood Vic (S)	21/6/92
6 Hours		Yiannis KOUROS (Vic)	83.600km**	Coburg, Vic (S)	8/4/95
12 Hours	#	Yiannis KOUROS (Vic)	161.200km**	Kensington Park, SA	24/10/97
24 Hours	#	Yiannis KOUROS (Vic)	303.506km	Kensington Park, SA	25/10/97
48 Hours	#	Yiannis KOUROS (Vic)	473.797km	Surgeres, France	5/5/96
6 Days	#	Bryan SMITH (Vic)	1001.410km	Colac Vic (NS)	19/11/89

WOMEN -DISTANCE RECORDS - km

50km		Sandra Trimmer-Arends (Vic)	3:38:18	Moe, Vic (S)	30/11/97
100km	#	Mary FRANCIS (WA)	8:23:00	Bunbury WA (NS)	2/3/97
150km		Helen STANGER (NSW)	14:59:22	Coburg, Vic (S)	23/8/98
200km	#	Helen STANGER (NSW)	20:56:15	Coburg, Vic (S)	23/8/98
500km		Georgina McConnell (NSW)	3d.23:51:52	Colac, Vic (NS)	19/11/92
1000km		Georgina McConnell (NSW)	10d. 19:50:58*	Nanango, Qld (NS)	24/3/96
1500km		Vacant			

WOMEN DISTANCE RECORDS - miles

30 Miles		Sandra Trimmer-Arends (Vic)	3:31:06	Moe, Vic (S)	30/11/97
40 Miles		Linda MEADOWS (Vic)	4:51:52	East Burwood Vic (S)	18/6/94
50 Miles	#	Linda MEADOWS (Vic)	6:07:58	East Burwood, Vic	18/6/94
100 Miles	#	Margaret SMITH (Vic)	16:01:43	Manly, NSW (NS)	21/4/84
500 Miles		Georgina McConnell (NSW)	8d.4:31:28	Nanango, Qld (NS)	21/3/96
1000 Miles		Vacant			

WOMEN - TIME PERIOD RECORDS

6 Hours	Linda MEADOWS (Vic)	78.742km	East Burwood, Vic (S)	18/6/94
12 Hours #	Mary MORGAN (WA)	130.832km**	Bunbury, WA (NS)	3/4/94
24 Hours #	Helen STANGER (NSW)	229.080km	Coburg, Vic (S)	23/8/98
48 Hours #	Helen STANGER (NSW)	329.256km	Lota, Qld (NS)	2/6/95
6 Days #	Georgina McConnell (NSW)	738.103km	Campbelltown, NSW (NS)	24/11/90

LEGEND

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

For notification of errors or corrections in regard to ultra track or road **RECORDS**, contact Geoff Hook c/- AURA, 4 Victory Street, Mitcham 3132, Vic. Any claim must be fully supported by appropriate documentation (i.e. lap-score sheets, Record Claim Form track details and results sheets)

AUSTRALIAN RANKINGS FOR			6 DAYS TRACK BY WOMEN		
Rank	Name	State	PB for 6 DAYS	Place	Date at Age
1	McCONNELL, Georgina	NSW	738.103km	CAMPBELLTOWN	11/24/90 47
2	HERBERT, Cynthia	VIC	738.000km	COLAC	
3	PARRIS, Dawn	VIC	676.400km	COLAC	25/11/95 42
4	FOLEY, Wanda	QLD	659.595km	CAMPBELLTOWN	19/11/89 43
5	KERR, Sandra	VIC	580.000km	COLAC	19/11/94 49
6	GLADWELL, Lucille	NSW	571.571km	CAMPBELLTOWN	18/11/90
7	WARREN, Val	NSW	571.571km	CAMPBELLTOWN	11/18/90 56
8	TAIT, Merrilyn	VIC	492.400km	COLAC	

AUSTRALIAN RANKINGS FOR			48HRS TRACK		by WOMEN	
Rank	Name	State	PB for 48HRS	Place	Date	at Age
1	STANGER, Helen	NSW	329.256km	LOTA QLD	6/3/95	44
2	McCONNELL, Georgina	NSW	301.875km	WYNNUM QLD	6/5/93	49
3	GRANT, Dell	QLD	268.824km	CABOOLTURE	6/22/90	36
4	PARRIS, Dawn	VIC	246.800km	COLAC	11/21/95	42
5	FOLEY, Wanda	QLD	243.200km	CAMPBELLTOWN	11/18/90	44
6	LUSH, Eileen	SA	235.824km	ABERFELDIE	1/23/88	40
7	WARREN, Val	NSW	226.400km	CAMPBELLTOWN	11/18/90	56
8	KERR, Sandra	VIC	226.000km	COLAC	11/15/94	49
9	CASE, Valerie	QLD	220.143km	CABOOLTURE	6/24/90	53
10	GORDON-LEWIS, Lyn	QLD	217.266km	GOLD COAST	5/18/97	41
11	HALL, Kerrie	QLD	211.959km	AUSTRALIAN 48 HR	9/6/98	37
12	SMITH, Shelly	QLD	208.543km	GOLD COAST	5/18/96	38
13	GLADWELL, Lucille	NSW	205.600km	CAMPBELLTOWN	11/18/90	
14	PARSONS, Sharon	QLD	71.200km	LOTA QLD	6/3/95	44

For notification of errors or corrections in regard to ultra track or road **RANKINGS**, contact committee member, John Fotakis, 23 Highbury Grove, Prahran East 3181, Vic. Any claim must be fully supported by appropriate documentation (i.e. lap-score sheets and or results sheets)

AUSTRALIAN RANKINGS FOR

6 DAYS TRACK

Rank	Name	State	PB for 6 DAYS	Place	Date	at Age
1	SMITH, Bryan	VIC	1001.410km	COLAC	19/11/89	46
2	TAYLOR, Maurice	NSW	894.000km	COLAC	16/11/89	41
3	RECORD, Joe	WA	890.800km	COLAC	16/11/87	46
4	STANDEVEN, David	SA	860.000km	COLAC	12/11/88	36
5	PERDON, George	VIC	841.600km	COLAC	26/11/84	60
6	AUDLEY, George	WA	816.800km	COLAC	23/11/96	61
7	JAVES, Ian	QLD	810.800km	CAMPBELLTOWN	18/11/90	48
8	GRAY, Peter	VIC	810.000km	COLAC	03/11/91	27
9	RAFFERTY, Tony	VIC	809.500km	COLAC	12/11/83	44
10	COLLINS, Gary	NSW	807.200km	COLAC	21/11/98	38
11	LUCAS, Andrew	TAS	784.800km	COLAC	23/11/96	31
12	MANSELL, Kevin	SA	776.800km	COLAC	23/11/96	45
13	COLLINS, Tony	NSW	770.104km	CAMPBELLTOWN	18/11/90	43
14	BLOOMER, Brian	VIC	763.600km	COLAC	24/02/86	45
15	BEAUCHAMP, William	VIC	758.400km	COLAC	25/11/95	50
16	YOUNG, Cliff	VIC	749.600km	COLAC	26/11/84	62
17	RILEY, Gerry	VIC	741.200km	COLAC	16/11/87	57
18	FARMER, Pat	NSW	739.600km	COLAC		
19	FISHER, Keith	VIC	732.400km	COLAC		
20	TAYLOR, Dave	NSW	731.255km	CAMPBLETOWN	19/11/89	38
21	WISHART, Greg	VIC	721.600km	COLAC		
22	PHILLIPS, Lindsay	QLD	703.454km	CAMPBLETOWN	18/11/90	25
23	HEPBURN, Brickley	VIC	702.400km	COLAC	10/10/92	41
24	BRISTOW, Ralph	VIC	702.114km	CAMPBELLTOWN	19/11/89	49
25	PARSONS, Gary	QLD	695.800km	NANANGO	14/03/94	44
26	HILL, Ron	VIC	681.200km	COLAC	19/11/94	54
27	COX (SNR), Terry	VIC	668.000km	COLAC	03/11/91	54
28	DAVIS, Ivan	TAS	664.400km	COLAC	25/11/95	
29	TIMMS, John	QLD	663.200km	COLAC	19/11/94	52
30	BURNS, Bob	QLD	659.700km	NANANGO	08/03/94	50
31	WATTS, Graham	QLD	657.600km	COLAC	25/11/95	42
32	CHANNELLS, Robert	NSW	656.326km	CAMPBELLTOWN	18/11/90	48
33	SILL, David	NSW	654.800km	COLAC	19/11/94	47
34	HOLLERAN, David	QLD	645.731km	NANANGO	14/03/94	37
35	FICKEL, Bob	NSW	643.039km	CAMPBELLTOWN	19/11/89	37
36	FIRKIN, Graham	NSW	642.318km	CAMPBELLTOWN	18/11/90	53
37	PRITCHARD, Mark	WA	641.200km	COLAC	25/11/95	48
38	SCANLON, Shaun	NSW	635.407km	CAMPBLETOWN	18/11/90	46
39	VEGA, Eduardo	NSW	627.314km	CAMPBLETOWN	19/11/89	48
40	COLWELL, Brian	NSW	624.793km	CAMPBELLTOWN	18/11/90	41
41	O'CONNELL, Keith	NSW	608.656km	CAMPBLETOWN	19/11/89	50
42	HOOK, Geoff	VIC	606.800km	COLAC	16/11/87	43
43	MARDEN, Bob	NSW	604.800km	COLAC	24/02/86	33
44	KETTLE, Drew	VIC	601.600km	COLAC	21/11/92	72
45	CORNELIUS, Ian	QLD	550.782km	NANANGO	14/03/94	53
46	DONNELLY, Bruce	QLD	550.636km	CAMPBELLTOWN	18/11/90	0
47	COX (JNR), Terry	VIC	518.400km	COLAC	03/11/91	26
48	POLLARD, Godfrey	VIC	504.800km	COLAC	19/11/94	63
49	GRANT, Ron	QLD	501.568km	CAMPBELLTOWN	18/11/90	47
50	PIERCE, Simahin	SA	490.266km	NEW YORK USA	08/05/93	45
51	ARMISTEAD, Peter	VIC	485.200km	COLAC	23/11/96	50
52	PFISTER, Peter	VIC	474.400km	COLAC	24/02/86	46
53	DRAYTON, Nick	NSW	470.920km	NANANGO 1000ml	19/03/96	
54	KETSAKIDIS, Isaac	VIC	468.800km	COLAC 6 DAY	21/11/98	
55	BOYLE, Brad	NSW	406.458km	CAMPBELLTOWN	18/11/90	30
56	STEWART, Barry	QLD	304.800km	COLAC	19/11/94	61
57	LEWIS, J		254.400km	CAMPBELLTOWN	18/11/90	
58	BRUNER, Bob	VIC	181.856km	EL CAJON CALIFORNIA	30/03/85	
59	ROWE, Craig	QLD	140.400km	COLAC	12/11/93	26

AUSTRALIAN RANKINGS FOR

48HRS TRACK by MEN

Rank	Name	State	PB for 48HRS	Place	Date at Age	
1	KOUROS, Yiannis	VIC	473.797km	SURGERES FRANCE	05/05/96	40
2	SMITH, Bryan	VIC	386.400km	COLAC	15/11/89	46
3	WOODS, Graeme	QLD	364.238km	ABERFELDIE	23/01/88	41
4	BEAUCHAMP, William	VIC	347.147km	ABERFELDIE	23/01/88	42
5	RECORD, Joe	WA	345.200km	COLAC	16/11/87	46
6	AUDLEY, George	WA	335.000km	PERTH	16/10/87	52
7	JAVES, Ian	QLD	330.800km	CAMPBELLTOWN	18/11/90	48
8	HILL, Ron	VIC	327.334km	ABERFELDIE	23/01/88	47
9	COLLINS, Tony	NSW	326.000km	LOTA QLD	02/06/94	46
10	FISHER, Keith	VIC	324.834km	PERTH	16/10/87	22
11	BURNS, Bob	QLD	323.418km	QLD UNI	22/05/92	48
12	GRAY, Peter	VIC	321.245km	WYNNUM	04/06/93	28
13	PERDON, George	VIC	318.800km	COLAC	24/02/86	61
14	BLOOMER, Brian	VIC	316.400km	COLAC	24/02/86	45
15	BROOKS, Barry	VIC	312.845km	ABERFELDIE	23/01/88	47
16	MEDILL, Graham	QLD	312.626km	CABOOLTURE	30/06/89	41
17	PARSONS, Gary	QLD	312.495km	LOTA QLD	03/06/95	45
18	YOUNG, Cliff	VIC	312.000km	COLAC	26/11/84	62
19	BRUNER, Bob	VIC	311.205km	PERTH	16/10/87	49
20	PRITCHARD, Mark	WA	304.800km	LOTA	02/06/94	46
21	LUCAS, Andrew	TAS	301.200km	COLAC	19/11/96	31
22	RAFFERTY, Tony	VIC	301.200km	COLAC	24/02/86	46
23	PARKER, Ross	WA	300.950km	PERTH	16/10/87	0
24	RILEY, Gerry	VIC	295.600km	COLAC	14/02/86	55
25	STANDEVEN, David	SA	294.400km	COLAC	16/11/87	35
26	BREIT, John	VIC	290.766km	ABERFELDIE	23/01/88	30
27	WISHART, Greg	VIC	288.183km	ABERFELDIE	23/01/88	49
28	DAVIS, Ivan	TAS	287.200km	COLAC	21/11/95	0
29	MANSELL, Kevin	SA	284.000km	COLAC	21/11/95	44
30	CHAMPNESS, John	VIC	274.834km	ABERFELDIE	23/01/88	36
31	CLARK, Gary	WA	273.442km	PERTH	16/10/87	0
32	CROXFORD, Alan	WA	271.735km	PERTH	16/10/87	44
33	TIMMS, John	QLD	270.245km	QLD UNI	22/05/92	49
34	RICHARDSON, Peter	VIC	265.709km	ABERFELDIE	23/01/88	33
35	SILL, David	NSW	259.600km	COLAC	15/11/94	47
36	DONNELLY, Bruce	QLD	259.200km	CAMPBELLTOWN	18/11/90	
37	MARDEN, Bob	NSW	256.000km	COLAC	24/02/86	33
38	LEWIS, J		254.400km	CAMPBELLTOWN	18/11/90	
39	O'CONNELL, Keith	NSW	253.200km	CAMPBELLTOWN	18/11/90	51
40	WATTS, Graham	QLD	253.200km	COLAC	19/11/96	43
41	PHILLIPS, Lindsay	QLD	252.000km	CAMPBELLTOWN	18/11/90	25
42	HOOK, Geoff	VIC	249.600km	COLAC	24/02/86	41
43	JOANNOU, Bill	NSW	242.656km	LOTA QLD	02/06/94	37
44	FIRKIN, Graham	NSW	241.600km	CAMPBELLTOWN	18/11/90	53
45	CHANNELLS, Robert	NSW	240.400km	CAMPBELLTOWN	18/10/90	48
46	MISKIN, Stan	QLD	239.717km	ABERFELDIE	23/01/88	62
47	GRANT, Ron	QLD	236.400km	CAMPBELLTOWN	18/11/90	47
48	SCOTT, Dave	WA	233.742km	PERTH	16/10/87	40
49	KETTLE, Drew	VIC	233.600km	COLAC	17/11/92	72
50	THOMPSON, Mike	WA	231.000km	PERTH	16/10/87	39
51	SCANLON, Shaun	NSW	230.400km	COLAC	15/11/94	50
52	HOLLERAN, David	QLD	229.325km	NANANGO	10/03/94	37
53	MACKAY, Mark	QLD	225.302km	NANANGO	10/03/94	27
54	GIBSON, Peter	QLD	225.000km	GOLD COAST	18/05/97	42
55	DUNN, Stephen	SA	217.612km	ABERFELDIE	23/01/88	21
56	PIERCE, Simahin	SA	215.652km	NEW YORK USA	04/05/93	45
57	HILLIER, Greg	VIC	215.317km	ABERFELDIE	23/01/88	32
58	LEWIS, Stephen	QLD	214.400km	QLD UNI	22/05/92	33
59	READ, Nick	ACT	213.642km	CABOOLTURE	30/06/89	37
60	BOYLE, Brad	NSW	213.200km	CAMPBELLTOWN	18/11/90	30

61 COLLINS, Gary	NSW	212.847km	LOTA QLD	03/06/95	35
62 ARMISTEAD, Peter	VIC	212.800km	COLAC	19/11/96	50
63 HUME, James	VIC	212.108km	ABERFELDIE	23/01/88	56
64 HILLEARY, Don	QLD	211.838km	GOLD COAST	18/05/96	54
65 PETERSON, John	QLD	211.227km	CABOOLTURE	30/06/89	72
66 CORNELIUS, Ian	QLD	209.209km	NANANGO	10/03/94	53
67 FARMER, Pat	NSW	208.597km	ABEFELDIE	23/01/88	25
68 GRAYLING, Michael	VIC	205.200km	LOTA QLD	03/06/95	38
69 PFISTER, Peter	VIC	203.200km	COLAC	24/02/86	46
70 POLLARD, Godfrey	VIC	202.000km	COLAC	15/11/94	63
71 HOCKS, Gerard	QLD	201.200km	LOTA QLD	03/06/95	54
72 TAYLOR, Dave	NSW	200.800km	CAMPBELLTOWN	18/11/90	39
73 HEBEL, Karl	QLD	191.947km	GOLD COAST	18/05/96	56
74 STOCKMAN, John	QLD	184.800km	LOTA QLD	03/06/95	45
75 WAKEFIELD, Charlie	VIC	170.443km	CABOOLTURE	24/06/90	36
76 STEWART, Barry	QLD	136.175km	QLD UNI	22/05/92	59
77 BAZELEY, Gavin	QLD	115.600km	LOTA QLD	03/06/95	32

Being Normal

Being normal has always been one of my greatest fears. Living smack dab in the middle of the bell shaped curve would mean to excel at nothing. In the western world it would mean being fat and sedentary. It would mean having few if any interests beyond eating, sex and other forms of self gratification. It would mean having no interest in one's own culture and society no less that of other countries.

Virtually everything worth accomplishing is done by the abnormal segment of the population. This is equally applicable to sports, intellectual pursuits and the arts. The truly astounding advancements come from those farthest removed from the norm.

I have never been satisfied with trying be average at anything I attempt, I equate normalcy to not trying or caring. I think everyone no matter what their limitations can find some endeavor in which they can be positively abnormal. Its unfortunate how few search out and exercise their gift. Whether it be ultrarunning, playing a musical instrument or being a corporate executive the value is in achieving one's potential, not in its importance to society as a whole.

Kevin Cassidy

ADELAIDE TO MELBOURNE RUN FOR CHARITY.

AURA member, Isak Ketsakides, is planning a charity run from Adelaide to Melbourne, starting on Wednesday 24th March 1999 and is hoping to finish on Good Friday. He will be travelling along the Dukes Highway to the Western Highway, a run of approximately 800km. Vic. Roads have been quite specific in giving him their permission to run and have placed restrictions on Isak running certain dangerous sections from the Victorian border to Melbourne so he will be forced to get a lift on these parts. If any member is willing to assist Isak or run any sections to keep him company, Isak can be contacted on (03)9481 6696.

AUSTRALIAN RANKINGS FOR

24HRS TRACK

by MEN

Rank	Name	State	PB for 24HRS	Place	Date	at Age
1	KOUROS, Yiannis	VIC	303.506km	ADELAIDE	05/10/97	41
2	MARCH, Mike	TAS	260.099km	COBURG	25/02/89	45
3	STANDEVEN, David	SA	256.157km	ADELAIDE	28/10/89	37
4	SMITH, Bryan	VIC	254.515km	OLYMPIC P	19/08/89	45
5	TOLLIDAY, Owen	QLD	253.063km	ADELAIDE	29/10/88	39
6	BLOOMER, Brian	VIC	242.598km	BOX HILL	15/02/86	45
7	HEPBURN, Brickley	VIC	239.320km	COBURG	23/02/91	39
8	BREIT, John	VIC	238.469km	OLYMPIC PARK	04/08/90	33
9	YOUNG, Cliff	VIC	235.969km	ADELAIDE	09/11/85	63
10	PARCELL, Ashley	QLD	234.959km	HENSLEY	23/02/85	29
11	KINSHOFER, Rudi	SA	232.431km	COBURG	23/02/91	36
12	MOLLOY, Geoff	VIC	232.400km	BOX HILL	02/02/85	42
13	FISHER, Keith	VIC	232.207km	COBURG	15/02/89	23
14	GRAY, Peter	VIC	230.732km	COBURG	23/02/91	26
15	RECORD, Joe	WA	230.029km	CRYSTAL P	12/10/79	38
16	BROOKS, Barry	VIC	227.574km	BOX HILL	28/02/87	46
17	KELLY, Frank	NSW	225.275km	HENSLEY	28/05/88	34
18	KIRKMAN, Geoff	SA	220.560km	ADELAIDE	09/11/85	35
19	AUDLEY, George	WA	219.361km	PERTH	18/10/86	51
20	ROONEY, James	NSW	218.421km	LIVERPOOL NSW	02/10/94	41
21	COX (JNR), Terry	VIC	217.373km	COBURG	10/03/90	24
22	PARKER, Ross	WA	217.237km	PERTH	30/05/92	
23	JAVES, Ian	QLD	217.070km	BOX HILL	28/02/87	44
24	WISHART, Greg	VIC	216.784km	COBURG	25/02/89	50
25	BEAUCHAMP, William	VIC	213.875km	BOX HILL	28/02/87	41
26	LYNN, Charlie	NSW	213.839km	ADELAIDE	09/11/85	40
27	HUNTER, Bob	QLD	213.453km	QLD	01/07/89	54
28	KIP.MELHAM, Anyce	NSW	213.287km	ADELAIDE	28/10/89	31
29	WOODS, Graeme	QLD	212.559km	QLD UNI	09/05/87	40
30	BRUNER, Bob	VIC	211.584km	BOX HILL	15/02/86	47
31	CROXFORD, Alan	WA	210.934km	PERTH	18/10/86	43
32	SKROBALAC, Joe	VIC	210.430km	COBURG	09/04/95	42
33	RILEY, Gerry	VIC	210.272km	ADELAIDE	01/11/86	56
34	OOSTDAM, Bert	WA	209.539km	PERTH	30/05/92	
35	CHANNELLS, Robert	NSW	209.146km	CAMPBELLTOWN	28/10/89	47
36	McKELLAR, Jack	VIC	208.915km	BOX HILL	25/02/86	45
37	READ, Nick	ACT	208.859km	COBURG	13/02/88	36
38	BELL, John	VIC	208.450km	BOX HILL	15/02/86	41
39	FICKEL, Bob	NSW	208.440km	LIVERPOOL NSW	02/10/94	42
40	COLLINS, Tony	NSW	208.091km	CAMPBELLTOWN	28/10/89	42
41	DONNELLY, Bruce	QLD	207.929km	CAMPBELLTOWN	13/10/90	
42	PEACOCK, Alan	QLD	207.410km	QLD UNI	09/05/87	
43	FORSYTH, Ian	NSW	207.167km	LIVERPOOL NSW	15/10/95	41
44	TAGGART, Bob	SA	206.849km	ADELAIDE	29/10/88	41
45	WOLSTENCROFT, James	VIC	205.848km	COBURG	25/02/89	34
46	ROSS, Howard	VIC	205.634km	BOX HILL	15/02/86	40
47	MEDILL, Graham	QLD	205.350km	CABOOLTURE	26/09/92	44
48	SMITH, Jeff	VIC	204.852km	COBURG	23/02/91	40
49	BOYLE, Brad	NSW	204.717km	CAMPBELLTOWN	28/10/89	29
50	WILKINSON, Graeme	NSW	204.716km	HENSLEY	29/11/86	40
51	NASMYTH, Chilla	NSW	204.213km	CAMPBELLTOWN	13/10/90	
52	YOUNG, Nobby	NSW	204.083km	NSW	01/09/90	44
53	PARSONS, Patrick	VIC	203.812km	COBURG	10/03/90	43
54	FIRKIN, Graham	NSW	203.608km	NSW	01/09/90	52
55	STENNER, Graham	SA	203.526km	COBURG	25/02/89	44
56	TAYLOR, Maurice	NSW	203.526km	SYDNEY		
57	TWARTZ, John	SA	203.522km	ADELAIDE	22/10/95	52
58	CHAMPNESS, John	VIC	202.934km	HENSLEY	28/05/88	37
59	LUCAS, Andrew	TAS	202.652km	ADELAIDE	10/05/97	32
60	HOOK, Geoff	VIC	202.532km	COBURG	23/02/91	46
61	DEVINE, Alan	WA	202.000km	PERTH	17/10/87	28

62	QUINN, Peter	VIC	201.708km	OLYMPIC P	04/08/90	40
63	JACOBS, Trevor	ACT	201.238km	ADELAIDE	28/09/91	39
64	THOMPSON, Mike	WA	201.228km	PERTH	27/05/89	41
65	TWARTZ, Peter	SA	201.200km	ADELAIDE	22/10/95	36
66	PEARCE, Phil	WA	200.808km	PERTH	26/05/90	
67	ALLEN, Barry	VIC	200.776km	BOX HILL	28/02/87	30
68	ARMISTEAD, Peter	VIC	200.612km	COBURG	10/03/90	43
69	DAVIS, Ivan	TAS	200.420km	LOTA QLD	03/06/95	
70	EVERY, Paul	NSW	200.190km	CANBERRA	03/03/97	32
71	GRAY, Dan	NSW	198.571km	HENSLEY	30/05/87	40
72	NASH, Robert	VIC	197.778km	COBURG	13/02/88	37
73	TOWNSEND, Graeme	NSW	196.770km	HENSLEY	28/05/88	30
74	HILL, Ron	VIC	196.715km	HENSLEY	29/11/86	46
75	SWIFT, Keith	NSW	196.400km	HENSLEY	23/02/85	
76	McMANUS, Alistair	O/S	196.340km	HONG KONG	17/11/84	34
77	SMITH, Ronald	VIC	195.382km	COBURG	13/02/88	43
78	BURNS, Bob	QLD	194.819km	TAMWORTH	24/03/90	46
79	MARTIN, Ross	SA	194.695km	ADELAIDE	09/10/85	56
80	MARDEN, Bob	NSW	194.562km	HENSLEY	30/05/87	34
81	COOK, Bruce	QLD	194.258km	QLD UNI	09/06/87	31
82	SILL, David	NSW	193.640km	HUMBERSIDE U.K	03/08/97	50
83	WHITEOAK, Michael	VIC	193.300km	ADELAIDE	03/11/84	39
84	SCHNIBBE, Klaus	VIC	191.890km	ADELAIDE	09/11/85	42
85	BOASE, Geoff	QLD	191.850km	ADELAIDE	28/10/89	38
86	BRISTOW, Ralph	VIC	191.805km	TAMWORTH NSW	09/03/91	51
87	PRITCHARD, Mark	WA	191.697km	PERTH	08/06/91	43
88	MANSELL, Kevin	SA	191.637km	CAMPBELLTOWN	13/10/90	39
89	MILNE, Peter	VIC	191.634km	COBURG	13/02/88	32
90	McCOMBE, Andrew	SA	190.138km	ADELAIDE	03/11/84	54
91	STUART, Roger	SA	189.962km	ADELAIDE	01/11/86	43
92	WILSON, Greg	VIC	189.910km	WOLLONGONG	26/03/94	41
93	ALLEN, Greg	SA	189.346km	ADELAIDE	24/10/92	
94	BENCZE, John	VIC	189.052km	COBURG	13/02/88	54
95	O'CONNELL, Keith	NSW	188.957km	HENSLEY	28/05/88	49
96	FRENCH, Cliff	QLD	188.819km	GOLD COAST	17/05/96	53
97	FARMER, Pat	NSW	188.180km	CAMPBELLTOWN	08/10/88	26
98	STEPHENSON, Chris	NSW	187.631km	BOX HILL	15/02/86	29
99	FAULKNER, Joe		187.522km	SYDNEY		
100	COX (SNR), Terry	VIC	187.359km	HENSLEY	29/11/86	49
101	MISKIN, Stan	QLD	187.104km	ADELAIDE	03/11/84	59
102	SLAGTER, Michael	SA	186.076km	ADELAIDE	24/10/92	22
103	DUNN, Stuart		185.717km	SYDNEY		
104	GIBSON, Peter	QLD	185.566km	LOTA QLD	03/06/95	40
105	MURRAY, Ken	NSW	185.445km	HENSLEY	23/02/85	48
106	BRYCE, Michael	VIC	184.699km	ADELAIDE	29/10/88	40
107	TAYLOR, Ian	NSW	184.456km	HENSLEY	30/05/87	35
108	KIRK, Bruce	VIC	184.408km	COBURG	28/02/89	25
109	DIETACHMAYER, Tony	VIC	184.000km	COBURG	13/02/88	24
110	CASSIDY, Kevin	VIC	183.695km	HENSLEY	30/05/87	26
111	COLWELL, Brian	NSW	183.554km	SYDNEY		
112	YEAMAN, David	VIC	183.514km	COBURG	13/02/88	51
113	BOHNKE, Michael	NSW	182.166km	WYONG	27/01/90	36
114	JERRAM, Col	VIC	182.149km	COBURG	10/03/90	40
115	TAYLOR, Dave	NSW	182.047km	BOX HILL	15/02/86	34
116	PEARSON, Frank	NSW	181.621km	HENSLEY	23/02/85	
117	HARRIS, Trevor	QLD	181.390km	QLD UNI	09/05/87	40
118	MARTIN, Rod	NSW	181.387km	HENSLEY	28/05/88	45
119	PARTINGTON, Ian	WA	181.261km	PERTH	10/10/85	
120	PICKARD, Terry	QLD	181.232km	QLD UNI	09/05/87	
121	BROWN, David	NSW	181.081km	HENSLEY	28/05/88	30
122	VEGA, Eduardo	NSW	180.988km	NSW	01/09/90	49
123	WEINSTEIN, Roger	VIC	180.920km	COBURG	23/02/91	40

124 KITTO, Max	SA	180.649km	ADELAIDE	04/10/87	41
125 SUTCLIFFE, Roy	SA	180.517km	ADELAIDE	13/11/82	
126 McCOOL, Tony	SA	180.483km	ADELAIDE	09/11/85	
127 GRANT, Stephen	NSW	179.898km	COBURG	13/02/88	30
128 ROWE, Craig	QLD	179.701km	TAMWORTH	09/03/91	23
129 LOGAN, Peter	VIC	179.280km	ADELAIDE	05/11/83	36
130 KAPARELIS, John	VIC	179.268km	COBURG	25/02/89	21
131 PIERCE, Simahin	SA	179.127km	ADELAIDE	23/10/94	46
132 BIVIANO, Frank	VIC	179.006km	ADELAIDE	01/11/86	42
133 LAW, Andrew	TAS	179.002km	OLYMPIC PARK	19/08/89	29
134 McCLOSKEY, Ian	QLD	178.756km	GOLD COAST	18/05/97	45
135 GOONPAN, Peter	NSW	178.731km	COBURG	14/04/96	37
136 HARGREAVES, Bruce	NSW	178.333km	CABOOLTURE	23/06/90	37
137 SCHUBERT, Guy	SA	177.652km	ADELAIDE	01/11/86	35
138 TUTTY, Peter	VIC	177.470km	NZ	22/08/87	22
139 NEVILLE, Howard		177.027km	CHELMSLEY UK	09/07/83	
140 TRIPP, Tony	WA	177.027km	COBURG	13/02/88	41
141 HOSKINSON, Peter	TAS	176.960km	COBURG	09/04/95	32
142 PFISTER, Peter	VIC	176.725km	BOX HILL	02/02/85	45
143 McKEOWN, Gordon	VIC	176.421km	ADELAIDE	03/11/84	
144 TILLER, Kevin	NSW	176.412km	LIVERPOOL NSW	02/10/94	28
145 TRELOAR, Roy	QLD	176.289km	GOLD COAST	17/05/96	40
146 HOUGH, Ken	VIC	176.061km	COBURG	25/02/89	44
147 MORROW, Tom	NSW	175.786km	SYDNEY		
148 RAMELLI, Ray	VIC	175.756km	BOX HILL	15/02/86	40
149 GOBEL, Joe	VIC	175.518km	BOX HILL	15/02/86	48
150 BOGENHUBER, Max	NSW	175.321km	HENSLEY	28/05/88	46
151 RAFFERTY, Tony	VIC	175.198km	BOX HILL	02/02/85	45
152 MADDOCK, Mike	TAS	174.850km	COBURG	09/04/95	
153 RICHARDSON, Peter	VIC	174.109km	HENSLEY	30/05/87	32
154 SCHULTZ, Peter	SA	174.080km	ADELAIDE	13/11/82	
155 GRAYLING, Michael	VIC	173.679km	ADELAIDE	27/10/96	40
156 KENNEDY, Brian	WA	173.000km	PERTH	27/05/89	
157 ASHWELL, Tony	SA	172.640km	ADELAIDE	01/11/86	
158 WILLIAMS, David	NSW	172.387km	LOTA QLD	03/06/95	48
159 GRANT, Ron	QLD	172.000km	BRISBANE	10/06/93	50
160 STAPLES, Alan	NSW	171.636km	CAMPBELLTOWN	13/10/90	41
161 PHILLIPS, Lindsay	QLD	171.350km	CAMPBELLTOWN	01/10/88	23
162 HUTCHINSON, Ian	NSW	171.200km	HENSLEY	19/07/86	39
163 CLEMENTS, Harry	NSW	171.082km	NSW	01/09/90	
164 DONALD, Colin	VIC	170.842km	BOX HILL	28/02/87	
165 WOODS, Kelvin	QLD	170.774km	GOLD COAST	17/05/96	31
166 TIMMS, John	QLD	170.734km	ADELAIDE	23/10/94	52
167 SPENCER, Don	SA	170.616km	ADELAIDE	03/11/84	
168 SINCLAIR, John	QLD	170.549km	QLD UNI	09/05/87	45
169 FARNHAM, Tony	NSW	170.417km	CAMPBELLTOWN	12/10/91	45
170 BRAY, Steve	SA	168.800km	ADELAIDE	24/10/92	
171 JACKSON, Keith	NSW	168.720km	SYDNEY		
172 GUTTERIDGE, Bill	SA	168.311km	ADELAIDE	01/11/86	
173 ELLIS, Ray	VIC	168.038km	COBURG	13/05/88	58
174 TURNBULL, Jim	WA	167.969km	PERTH	28/05/88	51
175 MARSHALL, Keith	VIC	167.903km	BOX HILL	15/02/86	59
176 KERRUISH, Graham	NSW	167.612km	COBURG	13/02/88	48
177 MARTIN, Kevin	WA	167.358km	PERTH	08/06/91	
178 BIRD, David	WA	167.293km	PERTH	28/05/88	
179 HANNAMAN, Martin	QLD	167.240km	TAMWORTH	24/03/90	
180 CLARK, Gary	WA	167.113km	PERTH	18/10/86	
181 HART, Gerry	VIC	166.870km	BOX HILL	02/02/85	46
182 WOODHOUSE, Paul	NSW	166.417km	HENSLEY	30/05/87	25
183 KEWLEY, Doug	ACT	166.285km	ADELAIDE	16/10/93	43
184 NORDISH, Steve	NSW	166.251km	NSW	01/09/90	

185 BYRTH, Robert	SA	166.234km	ADELAIDE	09/11/85	36
186 CLARKE, Tom	WA	165.714km	PERTH	08/06/91	44
187 WILLIAMS, Reg	VIC	165.642km	BOX HILL	04/02/84	32
188 HAIN, Geoff	NSW	165.513km	GOLD COAST	18/05/97	50
189 MARTIN, Claude	VIC	165.498km	ABERFELDIE	24/01/88	52
190 WILKINS, Michael	SA	165.122km	ADELAIDE	22/10/95	49
191 POWER, Tony	VIC	164.955km	COBURG	10/03/90	
192 LEWIS, Stephen	QLD	164.712km	QLD	01/07/89	30
193 LEWIS, J		164.400km	CAMPBELLTOWN	18/11/90	
194 WATTS, Graham	QLD	164.331km	QLD 24 HR	06/09/98	45
195 WALDECK, David	SA	164.306km	ADELAIDE	03/11/84	
196 HICK, Bill	NSW	164.211km	COBURG	14/04/96	48
197 HOLMES, Chris	NSW	164.028km	ADELAIDE	22/10/95	41
198 GLADWELL, Mark	NSW	163.956km	HENSLEY	29/11/86	
199 WIESE, Bob	SA	163.857km	ADELAIDE	27/10/90	44
200 VENUS, Graham	SA	163.812km	ADELAIDE	25/10/89	
201 CLARKE, Phillip	NSW	163.766km	HENSLEY	28/05/88	36
202 ZUKOWSKI, Jerry	SA	163.724km	ADELAIDE	05/10/97	45
203 TAYLOR, Bill	WA	163.692km	PERTH	18/10/86	44
204 McCORMACK, George	VIC	163.630km	LIVERPOOL NSW	02/10/94	
205 VERNON, Peter	VIC	163.200km	BOX HILL	28/02/87	32
206 SIDEBOTTOM, Ced	NSW	163.097km	SYDNEY		
207 HOLLERAN, David	QLD	163.074km	COBURG	22/02/92	35
208 SPARE, Charles	WA	163.000km	PERTH	18/10/86	47
209 HAYNES, John	SA	162.811km	ADELAIDE	05/11/83	
210 McCARTNEY, Stan	SA	162.677km	ADELAIDE	05/11/83	38
211 KING, Les	SA	162.518km	ADELAIDE	24/10/92	
212 BARKER, Carl	NSW	162.477km	CAMPBELLTOWN	28/10/89	30
213 WILLIAMS, Geoff	QLD	162.460km	BRISBANE	03/06/94	43
214 MAHONY, Paul		162.400km	CAMPBELLTOWN	28/10/89	
215 LOVE, Greg	NSW	162.400km	CAMPBELLTOWN	28/10/89	
216 DOCHERTY, Andy	SA	162.241km	ADELAIDE	01/11/86	55
217 JANOVSky, Peter	NSW	162.102km	NSW	01/09/90	30
218 KING, Peter	WA	162.097km	PERTH	17/10/87	
219 BIRD, John	WA	162.000km	PERTH	28/05/88	
220 SCOTT, Dave	WA	162.000km	PERTH	27/05/89	41
221 HARRISON, Bill	VIC	161.910km	BOX HILL	02/02/85	42
222 RISSTROM, Peter	VIC	161.744km	COBURG	23/02/91	29
223 SHERMAN, Andrew		161.722km	NSW	01/09/90	
224 LEAR, Phil	QLD	161.600km	BOX HILL	04/02/84	39
225 COULTER, Greg	SA	161.336km	ADELAIDE	01/11/86	28
226 HARBER, Tony	NSW	161.331km	NSW	01/09/90	
227 MILLS, Brian		161.034km	CAMPBELLTOWN	28/10/89	
228 GRINBERG, Bill	VIC	161.010km	BOX HILL	02/02/85	
229 HAMILTON, Kevin	WA	160.934km	PERTH	12/10/85	
230 HEPPELL, Barry	WA	160.934km	PERTH	10/10/85	
231 WARREN, Morris	WA	160.934km	PERTH	12/10/85	
232 HARRIS, John	QLD	160.934km	CENTURIONS 24 H	20/09/98	
233 McCOSKEY, Ian	QLD	160.920km	BRISBANE	03/06/94	42
234 VISSER, Jeff	VIC	160.800km	COBURG	10/03/90	26
235 NEWMAN, Harry	NSW	160.456km	CAMPBELLTOWN	28/10/89	
236 KALEY, Matthew	NSW	158.529km	HENSLEY	28/07/88	20
237 HERD, Robert	NSW	158.406km	TAMWORTH	05/10/97	42
238 HARRISON, Max	VIC	158.040km	COBURG	25/02/89	49
239 MANNING, Peter	NSW	157.960km	HENSLEY	30/05/87	34
240 NAYLOR, Tom	SA	157.887km	ADELAIDE	05/10/97	54
241 FOLEY, Mark	NSW	157.727km	CAMPBELLTOWN	13/10/90	37
242 WIGGER, Ron	NSW	157.028km	CAMPBELLTOWN	13/10/90	46
243 MARDEN, Ken	VIC	156.995km	COBURG	23/02/91	
244 SCANLON, Shaun	NSW	156.136km	LIVERPOOL NSW	02/10/94	50
245 MANNIX, Brian		155.813km	CAMPBELLTOWN	02/10/89	
246 AUSTIN, Patrick	NSW	155.711km	NSW	01/09/90	51

247 MOLLOY, Brett	NSW	155.006km	ADELAIDE	27/10/96	36
248 BUTKO, Kon	VIC	154.418km	BOX HILL	15/02/86	38
249 CATTLE, Ernie	VIC	154.295km	SYDNEY	30/05/89	39
250 FLEMMING, Darryl	QLD	154.197km	GOLD COAST	17/05/96	33
251 MARTIN, Norm	SA	154.164km	ADELAIDE	13/11/82	
252 EVANS, Brian	QLD	154.019km	GOLD COAST	18/05/97	54
253 RICHTER, Trevor		153.900km	BOX HILL	02/02/85	
254 COLLINS, Gary	NSW	153.600km	HENSLEY	29/11/86	26
255 JORY, Derek	QLD	153.298km	QLD UNI	09/05/87	
256 HUGILL, Phillip	NSW	153.230km	LIVERPOOL NSW	02/10/94	36
257 WOOLGAR, Chris	VIC	153.112km	BOX HILL	15/02/86	42
258 JOANNOU, Bill	NSW	152.783km	TAMWORTH	13/03/93	36
259 SMITH, Wally	SA	152.772km	ADELAIDE	03/11/84	
260 BURROWES, Gordon	VIC	152.213km	BOX HILL	28/02/87	51
261 EVANS, Len	WA	152.000km	PERTH	26/04/90	
262 CROTTY, Dick	SA	151.693km	ADELAIDE	04/10/87	57
263 BOWMAN, Alan		151.610km	CAMPBELLTOWN	12/10/91	
264 BRUER, Marcus	SA	151.473km	ADELAIDE	24/10/92	
265 BUCHAN, Sandy	QLD	151.152km	CABOOLTURE	01/07/89	35
266 BARWICK, David	NSW	151.000km	CABOOLTURE	26/09/92	49
267 FRY, Gordon	SA	150.133km	ADELAIDE	05/11/83	44
268 PARSONS, Gary	QLD	149.500km	GOLD COAST	18/05/97	47
269 FOULKES, Stephen	VIC	149.428km	ADELAIDE	01/11/86	32
270 MICHELSSON, Leif	VIC	149.204km	BOX HILL	28/02/87	45
271 CURRIE, Stuart	QLD	148.962km	QLD UNI	09/05/87	40
272 MORGAN, Rod	QLD	148.607km	GOLD COAST	18/05/97	49
273 MATCHETT, Ken	VIC	148.584km	COBURG	27/02/93	71
274 PATTERSON, Barry	VIC	148.512km	ADELAIDE	01/11/84	35
275 MATTHEW, Alex	SA	148.291km	ADELAIDE	05/11/83	45
276 YANNA, George	VIC	147.653km	COBURG	25/02/89	32
277 COOK, Bruce	VIC	146.880km	BOX HILL	02/02/85	46
278 DUNN, Stephen	SA	146.299km	ADELAIDE	27/10/90	24
279 ALLEN, Graham		146.144km	CAMPBELLTOWN	28/10/89	
280 MELLAN, Jimmy		145.944km	SYDNEY		
281 SMITH, Larry		145.554km	CAMPBELLTOWN	13/10/90	
282 COX, Don	SA	145.101km	ADELAIDE	28/10/89	42
283 CHATTERTON, Ray	QLD	144.974km	CABOOLTURE	23/06/90	41
284 SYRED, Creece	NSW	144.924km	SYDNEY		
285 PETERSON, John	QLD	144.523km	QLD UNI	09/05/87	71
286 QUADRIO, Doug	QLD	143.805km	BRISBANE	23/05/92	40
287 MILLER, Bill	NSW	143.600km	HENSLEY	30/05/87	34
288 SLAGTER, Peter	SA	143.420km	ADELAIDE	16/10/93	47
289 COSTELLO, Warren	NSW	143.200km	SYDNEY NSW	01/09/90	48
290 JOHNSTON, Norm	VIC	142.891km	COBURG	10/03/90	53
291 DUNLOP, Graeme	VIC	142.887km	ADELAIDE	09/11/85	27
292 JACKSON, Brian	WA	142.514km	NORTH SHORE,NZ	05/07/98	
293 RYAN, Cliff	VIC	142.267km	COBURG	10/03/90	60
294 LATCHFORD, Stan	WA	142.205km	PERTH	17/10/87	
295 MEYER, Rudy	QLD	142.025km	LOTA QLD	03/06/95	48
296 BUXTON, Terry	SA	141.601km	ADELAIDE	28/09/91	
297 CONNOR, Mick	NSW	141.150km	CAMPBELLTOWN	08/10/88	
298 RYAN, Peter	VIC	140.821km	ADELAIDE	03/11/84	36
299 FOREMAN, Kevin	SA	140.418km	ADELAIDE	05/11/83	
300 HAMS, Denis	NSW	140.127km	CAMPBELLTOWN	12/10/91	42
301 POLLARD, Godfrey	VIC	139.893km	COBURG	25/02/89	57
302 FRANHAM, Tony		139.600km	LIVERPOOL	29/01/94	
303 EARSMAN, Dallas	NSW	138.936km	HENSLEY	30/05/87	59
304 KETTLE, Drew	VIC	138.400km	COLAC	16/11/92	72
305 GAILLARD, Jacques	VIC	138.167km	OLYMPIC PARK	04/08/90	43
306 HILLIER, Greg	VIC	137.654km	ADELAIDE	04/10/87	32
307 WALSH, Colin	WA	137.601km	PERTH	17/10/87	
308 RICHARDS, Duncan	NSW	137.397km	NSW	01/09/90	
309 BAZZICA, Nick	SA	137.378km	ADELAIDE	05/11/83	

AUSTRALIAN RANKINGS FOR 24 HRS TRACK

by WOMEN

Rank	Name	State	PB for 24hrs	Place	Date	at age
1	STANGER, Helen	NSW	228.680km	COBURG 24 HR	23/08/98	48
2	PARRIS, Dawn	VIC	203.650km	OLYMPIC P	19/08/89	36
3	HERBERT, Cynthia	VIC	200.615km	ADELAIDE	01/11/86	44
4	McCONNELL, Georgina	NSW	195.355km	OLYMPIC PK	19/08/89	46
5	SPAIN, Trisha	WA	191.207km	PERTH	27/05/89	47
6	GORDON-LEWIS, Lyn	QLD	178.413km	GOLD COAST	17/05/96	40
7	SMITH, Margaret	VIC	177.600km	BOX HILL	02/02/85	49
8	GRANT, Dell	QLD	176.800km	BRISBANE	10/06/93	39
9	CLARKE, Angela	QLD	175.541km	GOLD COAST	18/05/97	57
10	O'CONNOR(MORRIS, Helen)	SA	171.426km	ADELAIDE	01/11/86	34
11	FOLEY, Wanda	QLD	170.179km	ADELAIDE	28/09/91	45
12	MARKHAM, Aileene	QLD	169.234km	GOLD COAST	17/05/96	48
13	STANDEVEN, Cheryl	SA	168.584km	ADELAIDE	29/10/88	32
14	TALBOT, Kim	VIC	168.493km	COBURG	25/02/89	20
15	KERR, Sandra	VIC	165.009km	COBURG	10/03/90	44
16	WORLEY, Sue	SA	164.568km	ADELAIDE	01/11/86	39
17	RILEY, Geraldine	VIC	164.412km	BOX HILL	15/02/86	22
18	BOWER, Jill	WA	163.461km	PERTH	12/10/85	
19	WARREN, Val	NSW	162.793km	CAMPBELLTOWN	28/10/89	55
20	KINCHIN, Marilyn	NSW	162.527km	CAMPBELLTOWN	12/10/91	42
21	SALTER, Bronwyn	WA	162.342km	PERTH	31/05/92	44
22	YOUNG, Shirley	VIC	162.330km	COBURG 24 HR	23/08/98	68
23	LEAHY, Marcia		162.328km	CAMPBELLTOWN	13/10/90	
24	KIDD, Trudi	QLD	161.600km	LIVERPOOL NSW	02/10/94	
25	HAARSMA, Kay	SA	161.579km	ADELAIDE	13/11/82	
26	MILBOURNE, Colleen	WA	161.044km	PERTH	27/05/89	
27	DARLINGTON, Joan	QLD	157.204km	QLD 24 hr	06/09/98	52
28	CATON, Kathy	QLD	154.790km	LOTA QLD	03/06/95	31
29	TAIT, Marilyn	VIC	154.708km	COBURG	25/02/89	39
30	GLADWELL, Lucille	NSW	153.411km	CAMPBELLTOWN	28/10/89	
31	CASE, Valerie	QLD	151.255km	HENSLEY	28/05/88	51
32	McCARTHEY, Marilyn	SA	147.777km	ADELAIDE	01/11/86	37
33	STREET, Carol	QLD	145.600km	BRISBANE		
34	BAIRD, Fiona	SA	142.161km	ADELAIDE	27/10/96	26
35	BARNES, Helen	SA	139.015km	ADELAIDE	28/10/89	39
36	SOMMERS, Corinne		132.946km	CABOOLTURE	23/06/90	29
37	YOUNG, Mary	VIC	132.895km	BOX HILL	02/02/85	24
38	METCALF, Karen	SA	132.731km	ADELAIDE	05/10/97	24
39	HALL, Kerrie	QLD	132.215km	BRISBANE	03/06/94	33
40	LUSH, Eileen	SA	131.566km	ADELAIDE	04/10/87	40
41	BENSON, Carolyn	SA	131.293km	ADELAIDE	28/10/89	42
42	BARDY, Sue	SA	130.591km	ADELAIDE	27/10/96	63
43	BUCKLAND, Isobel	NSW	124.710km	CAMPBELLTOWN	12/10/91	46
44	GORDON, Leonie	SA	124.455km	ADELAIDE	03/11/84	
45	MIDDIS, Cheryl	QLD	124.412km	MARYBOROUGH 24	06/09/98	
46	KEAHY, Marcia		124.040km	LIVERPOOL NSW	02/10/94	
47	WISHART, Lois	VIC	122.671km	COBURG	22/02/92	46
48	HAWTHORN, Mona	QLD	119.083km	LOTA QLD	03/06/95	
49	SMITH, Shelly	QLD	119.000km	GOLD COAST	17/05/96	38
50	CURRAN, Michelle	QLD	118.836km	WOLLONGONG	02/04/95	
51	BRUNER, Patty	VIC	110.601km	ADELAIDE	05/11/83	46
52	LEANAY, Joy	NSW	109.800km	TAMWORTH	13/03/93	
53	BECK, Carol	SA	108.371km	ADELAIDE	24/10/92	
54	JONKER, Melanie	QLD	105.985km	QLD 24 hr	06/09/98	
55	GUTERES, Elaine	SA	103.690km	ADELAIDE	09/10/85	
56	VAUGHAN, Caroline	NSW	92.800km	BOX HILL	02/02/85	46
57	MULLENS, Roma	NSW	91.444km	TAMWORTH	09/10/91	
58	FILMER, Lesley		91.438km	TAMWORTH	24/03/90	
59	SMYTHE, Ann		87.260km	LIVERPOOL NSW	02/10/94	
60	DAVIES, Jeanette	QLD	50.800km	BRISBANE	03/06/94	44
61	PERRY, Michele	WA	42.000km	PERTH	26/05/90	