ULTRAMAG

PHIL ESSAM, South Australian AURA interstate rep. resting after his first 100km walking in the 1999 Coburg 24 Hour Track race last May.

Phil is also the author of the fascinating story of the Westfield Sydney to Melbourne Ultra Marathon that was held from 1983 to 1991 entitled "The World's Greatest Race".

Copies of Phil's publication can be obtained by contacting him at 19 Luringa Close, Craigmore 5114 South Australia or email pjessam@picknowl.com.au

A.U.R.A. MAGAZINE

CONTENTS

EDITORIAL

Just in case you haven't heard, the biggest news in the ultra world is the situation at the IAU. Basically, the scene is that the members of the technical committee have all resigned which logically means that there is now no technical committee!! What happens now still remains to be seen. Equally as sad is the demise of the Royal National Park ultra. This popular event has been on the calendar since 1990 as either a 50 miler or, more recently, a 50km. It seems that the authorities responsible for the park have listed a number of conditions that must be met in order for the race to go ahead. The conditions are such that the organisers have no hope of meeting them. Cancelled races are a real downer for the sport and two other events are going to disappear next year if new race directors can't be found. The events are the Bogong to Hotham and Maroondah Dam Trail

As it is now winter, things on the ultra scene are a little quiet but there are a few new things in the pipeline. It now seems as though a plan to stage a 1,000 mile track race in Ballarat will go ahead under the sponsorship of their annual Begonia Festival. The race is planned for the last week of February and the first week of March 2000, a date that is close to the Nanango 1,000 mile World Championships so it remains to be seen as to exactly what affect these events will have on each other. Also in February next year, the 20th to be exact, will be the Australian 100km Championships which will be incorporated into the run leg of the Sri Chinmoy Ultra Triathlon in Canberra.

In this edition you will find a profile of a year in the life of Kelvin Marshall. The super human Kelvin seems to be able to churn out top class ultras as regularly as a politician rorting his travel expenses. Also, we have featured a press report about Queensland's Nicole Carroll. Nicole is well known as Australia's second fastest female marathoner behind Lisa Ondieki but she has a special connection with AURA because she has not arrived as a marathon runner in the traditional fashion of moving up from 5kms and 10kms, Nicole made her start in ultras and represented Australia over 100km back in the early 90s before finding her niche at the standard 42km marathon.

I managed to take myself down to a local Half Marathon recently and it was here that two old ultra heads re-emerged. Alan Witt fronted up for the 5km after surgery and staggered through in 28 minutes while Kon Butko [a real blast from the past] lined up for the Half Marathon where he managed to run over the top of me in the second half.

With AURA now in its 15th year, it is still the same few people at the helm, people who are not completely ignorant of the "That Victorian mob" comments that sometimes surface. The fact is that elections are held each year and no one else seems to want to put their hands up, while those still on the committee [Dot and Geoff, in particular] feel that they are getting stale and losing interest. With the modern forms of communication these days, there is no reason why the committee can't consist of a mix of members from all over the country. May next year is the next AGM so if you wish to make your mark on the sport of Ultrarunning then put your hand up and nominate.

I could not finish this editorial without a word about the incomparable Dot Browne. Now Dot may be well known as a tireless worker and administrator but she certainly has a fault or two. Dot's neighbours recently went on holidays and trusted Dot to look after their pet guinea pig, upon which the guinea pig promptly died!! Rumour has it that Dot's long suffering husband, Col, now sleeps with one eye open..........

Kevin Cassidy

3.

1999 ULTRA CALENDAR

Aug 20-22 **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS, Gold Coast QLD.** Rugby League headquarters, Eskdale Park, Albert Street, Maryborough, Brian Evans, c/- The Body Corporate Gym, P.O. 863, Maryborough 4650 (07) 4121 4200. Certified course.

Aug 21 **6 HOUR TRACK RUN/WALK, VIC,** Harold Stevens Athletic Track, Coburg,Vic.10am - 4pm., Entry forms available from: Bernie Goggin, 277 Manningham Road, Lower Templestowe 3107 Ph. 9850 4958. $15 entry fee. Entries taken on the day.

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

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,. 160Km $125 entry, 80km $75 entry. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, Ph. (07) 5495 4334. Entries close 22 Sept.'99. No late entries.

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, SA.**(Australian 24 Hours Championship) Starts 8am on Sat. 24th October at Olympic Sports Field, 344 The Parade, Kensington Park.24 Hour Race - $75 entry, 12 Hour $50, 6 Hour $40, 100km Race $60. Contact Sipra Lloyd, Sri Chinmoy 6/12/24 Hour Track Race, P.O. Box 6582, Halifax Street, Adelaide 5000. Send a large stamped self-addressed envelope with cheque and application form.

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 3249 or Ron Grant (07) 5498 9965. 5.30am start. End of year club dinner & presentation that night.

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 og 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

1999 ULTRA CALENDAR

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. **Final running of this event.**

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 4 **BRUNY ISLAND JETTY TO LIGHTHOUSE , TAS.** 64km Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quiet roads. A weekend away for family and friends. An event for solos and teams. Contact Mark Hey, Ultra Tasmania, 7 Hone Road, Rosetta, Tas 7010 or phone (03) 62 727233 (H)

Dec 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)

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) 9686 9200 (H), mobile 0412 250 995 Email address thomo@zeta.org.au. Entries close 19/12/99

Jan 9 **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 22nd 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

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

YEAR 2000 ULTRA CALENDAR

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 20   **AUSTRALIAN 100KM ROAD CHAMPIONSHIP, CANBERRA, ACT held in conjunction with the SRI CHINMOY PEACE ULTRA TRIATHLON** 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 3 DAY WALK, Q'LD,** approx 44km 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) 5498 9965 (W) Closing date 15th February 2000, $40 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   **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 Snows Place, Bunbury 6230 phone (08) 9721 7507

Mar 19   **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. $28 entry for AURA members, $33 for non-members. Closing date for entries 8th March, Phone Geoff Hook (03) 9808 9739

April   **50KM ULTRA ROAD RACE, ACT**, as part of the Canberra Marathon, AA Certified course. Upon completion of the normal marathon course (& being an official marathon finisher), immediately follow and out and back course along Telopea Park and the cycle path along Lake Burley Griffin to Commonwealth Avenue bridge, 7.00am start. For more details, contact Trevor Jacobs on (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 9   **FRANKSTON TO PORTSEA ROAD RACE, VIC**, 34 miler, contact Kev Cassidy, mobile phone no. 0413 626408, 7am start, cnr. Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed

April 16   **CENTRE PHARMACY'S YEAR 2000 MT.MEE CLASSIC 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) 3352 7761 or Danny Cause, 67 Reuben St, Stafforf 4053 Entry fee $20 for 50km & 25km events. Enter early on entry form in Ultramag or entries will be taken on the day.

6.

TONY RAFFERTY
8 GEORGE RAE AVENUE
HARKAWAY VICTORIA 3806
Tel: (03) 9707 3969
Fax: (03) 9707 3926
e-mail: tonyrafferty@bigpond.com.au

22 July 1999

Dear Geoff, Dot, committee members and fellow runners,

During the past fourteen years that I've served as vice president of the Australian Ultrarunners' Association many changes in the organisation and development of our unique sport have taken place. No single person has been responsible in generating interest among fun runners, marathon competitors looking for more enduring challenges and the general public — regarding the ultramarathon.

During the years ideas flowed from every part of Australia, and indeed international subscribers to ULTRAMAG have voiced their opinions on how to advance our road and track events.

Twenty years ago the word "ultra" was seldom used in every day speech, however since the early solo running projects, 24-hour track races and particularly the Westfield Sydney to Melbourne classic, and the media coverage that these events generated - the word became part of everyday language.

No organisation can flourish without dedicated people working, often laboriously, behind scenes without accolades to ensure others, ascend towards or place their feet on, the elusive rostrum.

When certain decisions are set in print committees and indeed individual members - when the results are made public - are often criticised and seldom praised.

It has been an honour for such a long time to work in harmony with AURA president, Geoff Hook, and honorary secretary, Dot Browne and other committee members to assist the progress of ultrarunning in this country. Compared to their workload sometimes I felt like a mere spectator. For example: how ULTRAMAG actually gets to publication is worth consideration in everyone's mind. Dot Browne with family commitments is a school teacher by profession and schoolwork these days doesn't finish at 4.30pm. Geoff Hook works in a professional capacity often under stressful conditions and still finds time to administer, for AURA, responsible work with initiative and enterprise. In comparison my efforts dim into insignificance. However, I hope in some way I have made their job at least a little easier.

After 32 years as an ultra-distance runner I retired from the sport last year; in April I turned 60. On top of family obligations I'm working on a number of writing projects, most, unconnected with the ultramarathon. I'm in the final stages of a degree with Deakin University and my freelance work as a professional speaker in the corporate world which takes me, at times, far and wide has pressed me to step down from my position as vice president, at next year's Annual General Meeting.

I will continue to submit articles, essays and profiles to ULTRAMAG. Thank you for allowing me to stand in this prestigious role.   TONY RAFFERTY

9.

2000 AUSTRALIAN 100KM ROAD CHAMPIONSHIPS
to be staged in conjunction with the 100km leg of the
SRI CHINMOY 3 DAY ULTRA TRIATHLON
to be held in CANBERRA on Sunday 20 February, 2000

The 100km run leg of the Sri Chinmoy 3 Day Ultra Triathlon commences at 12 midnight on Sunday 20th February and will be run over a 1.4km loop course combining bitumen cycle path and road surfaces, making a total of 71.5 loops. The course is adjacent to the main triathlon transition area at Yarralumla Bay, ensuring a large supply of spectators at least for the later stages of the race.

For entry forms and expressions of interest, contact Coordinator Prachar Stegmann, GPO Box 3127, Canberra or Ph. (02) 6248 0232 or Fax (02) 6248 7654

EXPRESSION OF INTEREST
IAU 100KM WORLD CHALLENGE, HOLLAND, SEPTEMBER 2000

An expression is sought from all athletes who wish to be considered to represent Australia in the above event.

The approximate date for the event is mid September, 2000 and further information will be advised when it becomes available. The current qualifying standards for 100km are: Men: 8 hours, Women: 9 hours. It may be noted that athletes with times slower than the current qualifying standard will be considered, however, these people need to be able to justify they are of an "acceptable standard".

Suitable times in races over other distances, as well as slower times over tough courses will be taken into account. If you would like to be considered for selection, fill out the details below and send to:

Geoff Hook, 42 Swayfield Road, Mount Waverley, Vic, 3149.

....

Expression of interest for inclusion in the Australian team for the next IAU 100km World Challenge in Holland, 2000.

Name: ....

Address: ....

Phone Number: (work):... (home): ....

Facsimile Number: .... Date of Birth: ....

Qualifying Performance(s) over the past 18 months: ....
....

10.
....

....

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

#	Name	Year	Time		#	Name	Year	Time
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 Kouros	1998	22:55:23		34	Roger LeMoine	1998	23:04:51
35	Susan Clements	1998	23:58:40					

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.

GLASS HOUSE 100
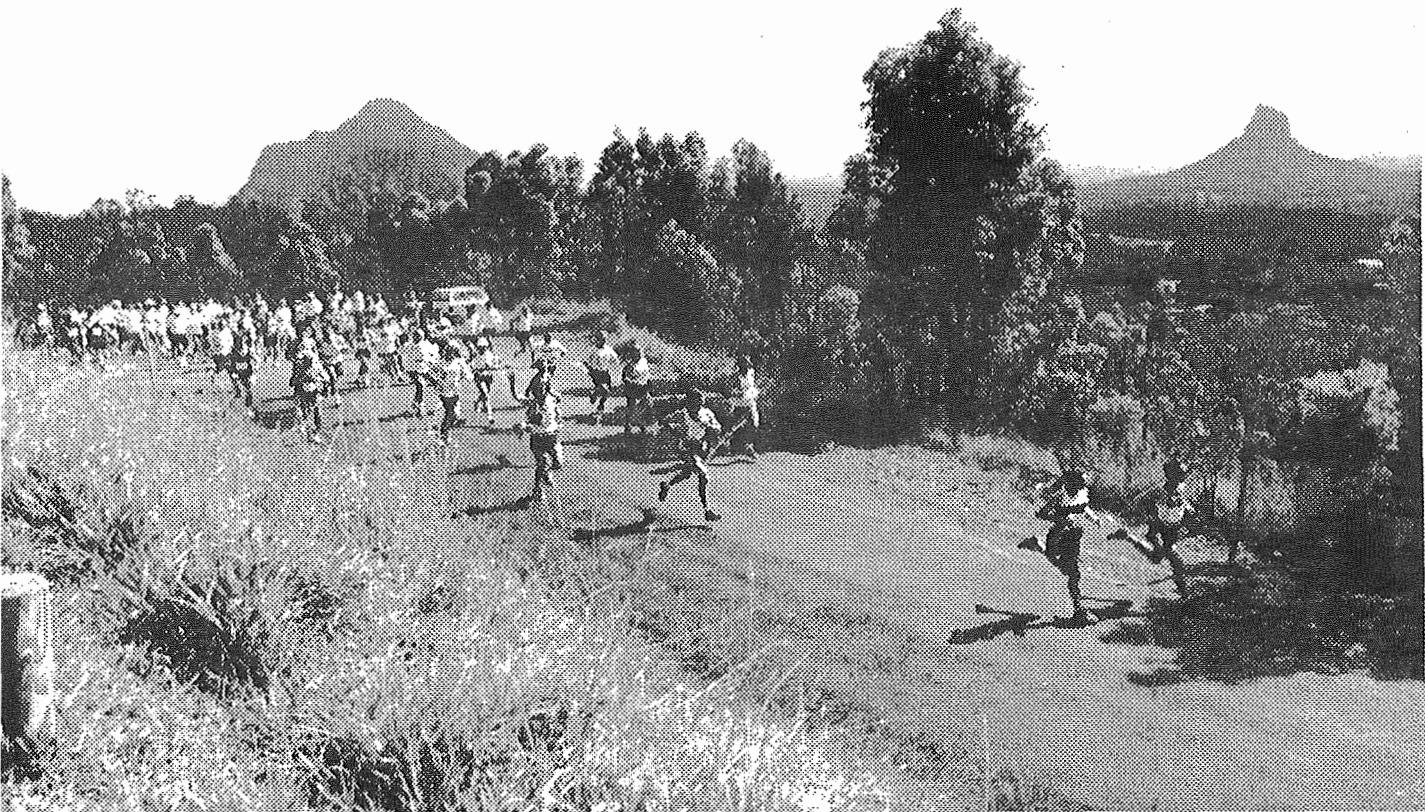
TRAIL RUN

September 25-26, 1999

with assistance by Glass House Mts. Advancement Network (GMAN)

walkers welcome

1st 30 paid entrants receive a free souvenir t-shirt

GU energy gel   CALOUNDRA CITY   CSC CABOOLTURE SHIRE COUNCIL   GLASSHOUSE TRAIL   Q.M.R.R.C

13.

LOCALITY MAP

INFORMATION CENTRE
CARAVAN PARK
BAR-B-QUE
PICNIC FACILITIES
POST OFFICE
FIRE BRIGADE
ACCOMMODATION
AMBULANCE
GOLF COURSE
BOWLS CLUB
HOTEL
BOAT RAMP
LOOKOUT
HOSPITAL
POLICE
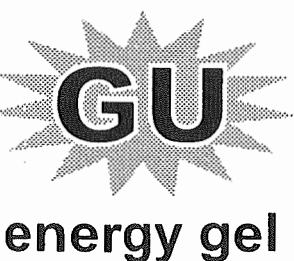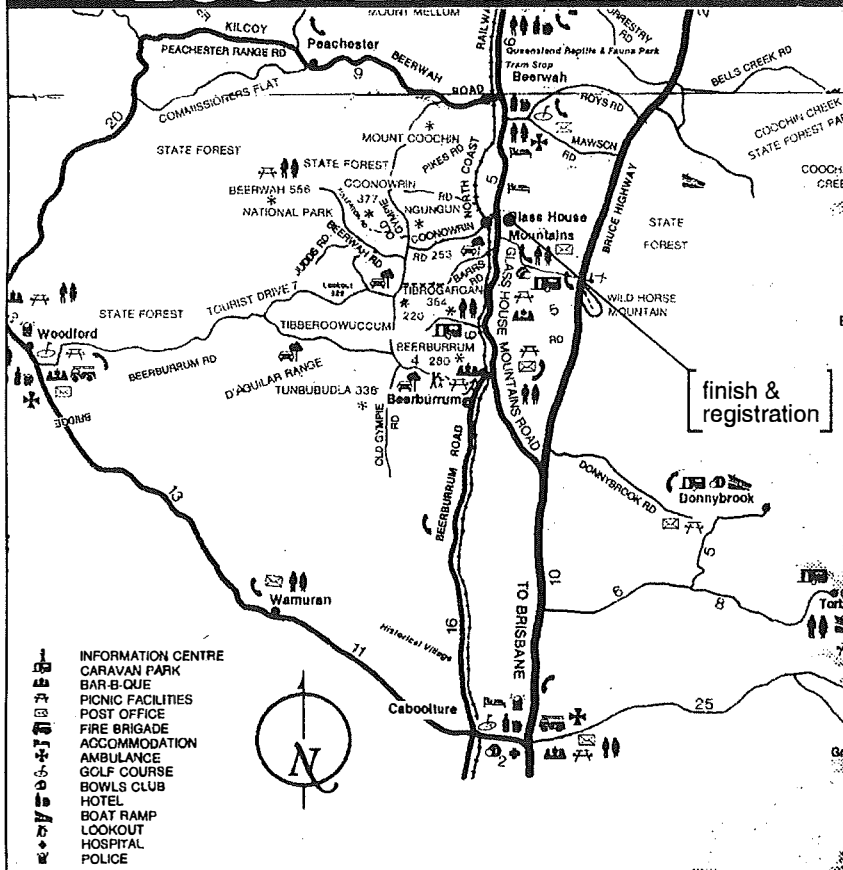
EVENTS

100 miles, 50 miles, 55km & 100 mile Ultra Relay (teams of 4 or 8)

Start: 5.30am Saturday, Sept 25 1999
      8.00am at checkpoint 5 for 55km

Combined Event Team Shield
Coonowrin - Open
Tunbubudla - Womens
One competitor from each event to count
Total field limit **for ultras** is 200.
(100 in 100 mile)
27km 7.30am start Sunday, Sept 26th, 1999
12km 9.00am start Sunday, Sept 26th, 1999
Persons under 18yrs may only compete in the 12km event.
Field limit **in these runs** is 150 for each.
Late entries on the day for 12K/27K events only if field limits have not been filled.
Ultra runners 55km., 50 mile and 100 mile must enter by 22 September 1999. No late entries accepted. If due to illness or injury the competitor cannot start, their entry may be deferred to the following year.

All competitors assemble at Glasshouse Mountains Sports Ground, Glasshouse Mountain Road. Toilets and shower facilites are available. Make a day of it. Rugged trails and fantastic scenery. Some trails are most difficult and require care. Aid stations (water and food) are about 5-10km apart and thus runners will need to carry a water bottle. Water bottles are mandatory in case runners take the wrong trail. Friends and crew may only assist runners at the designated aid stations which are on normal access roads. Only official vehicles should travel on forestry tracks. Competitors in 12, 27km events will be bussed to starting points half an hour before start. Luncheon available to non-runners for $10.00.

ENTRY FEES

100 mile	$125.00	⎫
50 mile	$75.00	⎬ T-Shirt
55 km	$60.00	⎭
27 km	$30.00	
12 km	$25.00	
Relay runners	$25 per runner	

Cheques payable to Q.M.R.R.C
Postal entries close **21st September, 1999**
Note: Pace Runners must sign declaration form before race start.
Ultra Runners: Please return medical form with application form.

CALL

Enquiries & Entries to:

Ian Javes
25 Fortune Esplanade
CABOOLTURE 4510
Tel. (07) 5495 4334
or
Bruce Cook
The Print Run
2/25 Zammit St
DECEPTION BAY 4508
Tel. (07) 3888 7144

Luncheon 10am - 1pm (free to competitors) and Presentation 12 noon - 1pm at the Glass House Mountains Sportsground. All finishers receive free pottery mugs - these cannot be purchased.

ALL ENTRANTS MUST CARRY A WATER BOTTLE

14.

MEDICAL INFORMATION SHEET

For ultra events only.   Other events optional, this includes pace runners

For one to be eligible to participate in this year's Glasshouse Trail Run, this medical history form must be completed.   It is not the intent of the Race Management to eliminate runners from the event, but rather to alert our medical staff of existing or past health problems.   If the Medical Director, in reviewing this form, feels it necessary to clarify any information listed below, you will be contacted.   Applicants might not be allowed to participate in the run, if the medical director believes their participation would pose an unacceptable risk to the runner or the the Glasshouse Trail Run organisation.

Yes	No	Health History (please explain 'Yes' answers) Explanation includes onset date, diagnosis, medication, physician's name.address and telephone number and any current condition or limitation. Attach additional sheet if needed.	
		Cardiovascular disease	
		High blood pressure	
		Head, neck or spinal injury	
		Seizures, convulsions or fainting	
		Dizziness or frequent headaches	
		Eye problems (except glasses)	
		Lung disease (including tuberculosis and asthma)	
		Diabetes	
		Kidney disease	
		Permanent defect in skin or scarring	
		Any drug allergies	
		Any major illness in last 5 years	
		Any operation in last 5 years	
		Currently taking and medication	

I certify under penalty of perjury that I have provided true and complete information concerning my health and qualifications.

Date:_____/_____/_____   Applicant's Name:_____

Applicant's Signature:_____

STATEMENT OF QUALIFICATIONS

ultra runners only to fill in this page.

The undersigned submits the following statement of qualifications to the screening committee of the Glasshouse Mountains Trail Run.

1.   Entrants in the 55km and 50 mile events must have completed a marathon. Entrants in the 100 mile event must have completed an ultra event of 50km or longer in the past 18 months.

   IT IS THE RESPONSIBILITY OF EACH ENTRANT TO SUBMIT ADEQUATE VERIFICATION OF THE QUALIFYING RUN WITH THE RACE APPLICATION FORM i.e. PUBLISHED RESULTS LIST OR CERTIFICATE. TRAINING RUNS OR RUNS ESTABLISHED FOR THE SOLE PURPOSE OF QUALIFYING WILL NOT BE ACCEPTABLE.

2.   I have completed the following marathon/ultra marathon races.

   Race name: _____   Location: _____
   Date: _____/_____/_____   Finishing time: ____ : ____

   Race name: _____   Location: _____
   Date: _____/_____/_____   Finishing time: ____ : ____

   Race name: _____   Location: _____
   Date: _____/_____/_____   Finishing time: ____ : ____

NOTE: **If you are going to use any of the above races as a qualifier for this year's Glasshouse Trail, independant certification of your performance must be proved as per #1 above.**

3.   I have competed in the Glasshouse Trail before... ☐ No   ☐ Yes Year(s)_____
   (if Yes, please note finishing time or location of drop-out point for each year of participation.
   _____

4.   Name, address and telephone number of relative or friend who will not be present at the 1999 Glass House Trail Run.
   _____

5.   The Screening Committee reserves the right to admit runners whose athletic accomplishments will greatly enhance the competitve aspect of the race, or whose contributions to the organisation of the event has been unusual and substantial.   If you feel you merit special consideration for entry on either of these two grounds, please succinctly list the reasons below.
   _____

6.   I have the following medical and physical condition(s) that should be noted by the Medical Doctor. Please describe any medical/physical conditions that may affect your ability to safely compete in this event.   Please list any medications that you are routinely taking.
   _____

7.   I hereby grant irrevocable permission to the Glasshouse Trail Run and any media covering this year's race and the authorised agents, contractors and representatives of each, to use my name and likeness in any photographs, videotapes, motion pictures, recordings or any other records of my participation in this event for any purpose

8.   I expressly acknowledge that I have read this entry form and that I understand and agree to be bound by the terms and conditions set forth herein.   Please sign application on reverse.

APPLICATION
This entry contains a limitation of your legal rights-Read it!

I wish to enter and participate in the Glasshouse 100 Trail Run on September 25-26th 1999. I accept the rules, conditions and regulations of the event and will comply with them. I acknowledge that I am responsible for my pacers and crew and can be disqualified for their violations of the rules. I am aware that this trail is extremely difficult and crew can be disqualified for their violations of the rules. I am aware that this trail is extremely difficult and hazardous for even well conditioned athletes under favourable conditions. I am aware that I should not participate in this event unless I am in excellent condition. I am also aware that I may be exposed to physical injury from a number of natural factors and other hazards on the trail, lack of water, communicable diseases, wildlife and to hazards of vehicular traffic and other hazards attendant to running along or across roadways during the day or night. I understand and accept that the risks include the fact I may become injured or incapacitated in a location where it is difficult or impossible for the Run's management to get required medical aid to me in time to avoid additional physical injury, even death. Knowing these facts, and in consideration of you accepting this entry, **I hereby for myself, my heirs, executors and administrators, waive, release and discharge** the Glasshouse 100 Trail Run any official sponsor entity and the officers, trustees, director, shareholders and/or members, agents and employees of each, all medical and other personnel assisting the run, or any of them and any other person connected with this running event, their representatives, successors and assigns; **from any and all rights, claims or liability for damage,** for any and all injuries to me or my property, or for the damage caused by or by anybody else (including acts of God), arising out of or in connection with my participation in this event. I further agree that I will defend and indemnify the above released parties against all claims, demands and causes of action or other proceeding brought by or prosecuted for my behalf contrary to this agreement. This release extends to all claims of every kind and nature whatsoever, whether known or unknown. **THE ESSENCE OF THIS RELEASE IS THAT THE TRAIL RUN PRESENTS UNKNOWN RISKS FOR WHICH I FREELY AND VOLUNTARILY AGREE TO BE SOLELY RESPONSIBLE, IN ORDER TO ENABLE THIS EVENT TO TAKE PLACE AND MY PARTICIPATION IN IT.**

IMPORTANT CONDITIONS

1. The appropriate fee must accompany this application. A bounced cheque will bounce your entry. Foreign entrants must send a money order or bank cheque (payable in Australian Dollars only), not a personal cheque.
2. The statement of Qualifications and the Medical Information sheet on the following pages of this application must be completed by all ultra entrants.
3. This entry is of and by the runner, who by his/her signature, has verified acceptance of all risks for his/her condition and welfare during this event.
4. Late Entries will be accepted on the day only if field limits have not been filled. Entry must be completed one hour before scheduled time
5. Parents/guardians will need to sign the waiver for competitors under 18 yrs. in the 12km events.

NOT TRANSFERABLE

The qualifications of entries must be approved by the Medical Director and the Screening Committee. Any entry form can be rejected at the discretion of the screening committee.

INDIVIDUAL: **EVENT:** _____

Name: _____ D.O.B _____ Age on Race Day _____

Signature: _____ Date: _____

Weight: _____ Height: _____ Sex: _____ Occupation: _____

Address: _____

City: _____ State _____ P/C _____ Telephone: _____

TEAMS:

TEAM CAPTAIN - Name: _____ DOB: _____ Male ☐ Female ☐

Address: _____

Phone Contact: Home (____)_____ Work (____)___   Other (____)

Team Member 2 - Name: _____ DOB: _____ M ☐ F ☐ Ph:

Team Member 3- Name: _____ DOB: _____ M ☐ F ☐ Ph:

Team Member 4 - Name: _____ DOB: _____ M ☐ F ☐ Ph:

Team Member 5 - Name: _____ DOB: _____ M ☐ F ☐ Ph:_____

Team Member 6 - Name: _____ DOB: _____ M ☐ F ☐ Ph:_____

Team Member 7 - Name: _____ DOB: _____ M ☐ F ☐ Ph:_____

Team Member 8 - Name: _____ DOB: _____ M ☐ F ☐ Ph:_____

Race Fees: .... $_____

No. of extra for luncheon ☐   **RACE NO:** ☐

@ $10/head (ie crew, family & friends): .... $_____

Total Amount Payable: .... $_____

16.

AUSTRALIAN 100 km ROAD CHAMPIONSHIP

Also, 50 km and 10 km races

3rd October 1999

Organised by the Traralgon Harriers Athletic Club Inc
Sanctioned by Athletics Australia and the Australian Ultra Runners' Association
Conducted according to the rules of the International Association of Ultrarunners and Athletics Australia

All events start at 7am, Sunday 3rd October 1999, at Glengarry (near Traralgon), Victoria

Race Director: Geoff Duffell, 7 Shaw Street, Churchill Vic 3842
phone: (03) 5122 2855   e-mail: gduffell@nex.com.au

The course

- 10 km loop, flat course
- low-traffic sealed roads
- certified course
- timing at 30 miles, 40 miles, 50 miles and 50 kilometres for Australian records and rankings
- two refreshment stations and two unmanned water stations each lap
- on-course toilets
- lap-counters supplied
- changing facilities, showers, toilets and presentations close to the start-finish.

Four open and age group records were set on this course last year. Yiannis Kouros holds the course record of 7 hours 14:35.

The events

The Australian 100 km Championship is an Athletics Australia championship and is endorsed by AURA. Athletics Australia medals will be awarded to individuals and teams. The race results will be considered for the selection of athletes to compete in the World Challenge 100km race in Holland in 2000.

A 50 km race will start simultaneously with the 100 km Championship and a 10 km fun run will be timed to start later. All events will use the same 10 km loop course.

The starting time will be 7:00 am. Time limits for both ultramarathon events will be 12 hours.

Entry fees and closing dates

Entries close 23 September. Entries received after the closing date, prior to the start of the event will be charged a higher entry fee. The fees are (with late fees in brackets):
Australian 100 km Championship $40 ($55)
50 km road race $20 ($30)

Runners who are late entrants to the Australian Championship may be ineligible for Championship awards.

Entrant's information

Entrants will be provided with a return mail package with directions to the course, information on accommodation, transportation from Traralgon to Glengarry, detailed course map, course facilities, and refreshment station details.

Financial Assistance for Interstate Teams

Some financial assistance will be available to help teams of interstate runners travel to Victoria. Expressions of interest, nominating possible team members, should be advised to the Race Director before 30 June.

Further information:

- Geoff Duffell (03)5122 2855 or e-mail to gduffell@nex.com.au
- AURA representatives in each State

AUSTRALIAN 100 km ROAD CHAMPIONSHIP, 3 October 1999

General conditions applying to all events

1. Runners shall obey directions from officials
2. Runners should supply their own personal food, drink, clothing and first aid needs.
3. Runners are advised to have their own helpers, who may only assist with refreshment or clothing changes within 200 metres or specified zones at the official refreshment stations (but not water stations).
4. No pacing is allowed, whether by another runner, a second, a cyclist, or a motor vehicle.
5. Interference with a runner, by another runner, or his seconds or friends, will result in disqualification of the runner associated with the offending person.
6. Race officials including the Medical Officer have the power to withdraw a runner from the race.
7. Any protest concerning an aspect of conduct of any event must be lodged with the Race Referee within 30 minutes of the official announcement of the results.
8. A race number shall be worn on the front of the body in a position which shall be clearly visible to lap counters.
9. The events shall be conducted according to the rules of the *IAU Race Handbook* and the *Competition Manual for Athletic Australia Distance Running Championships.*
10. Entries close on 23 September. Late entries will accepted subject to an additional fee. Late entrants in the

Australian Championship may not be eligible for Championship awards.

Australian 100 km Championship – further specific conditions and information

1. The race is open to any athlete 18 years and over.
2. To be eligible for Australian Championship awards a runner must be a permanent resident of Australia, a financial member of a club affiliated with Athletics Australia and a financial member of AURA.
3. Medals for the State Teams Challenge will only be given if there is a minimum of three teams competing. Teams must be endorsed by their State athletics association. Teams may comprise 3 to 6 members of which the first three finishers will be counted in the team category.
4. Currently there are insufficient 100 km women runners to form 3 or more women's State Challenge Teams. Therefore, teams may be mixed or all-male.
5. All entrants, including State team members, must lodge an individual entry and pay the entry fee by the due date.
6. Runners should anticipate the possibility of being required to submit to a random drugs test. For information about permitted and prohibited medications, phone the Australian Sports Drug Agency - 1800 020 506 (weekdays).

Entry form for the AUSTRALIAN 100 km ROAD CHAMPIONSHIP

Surname .... Call name ....

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

Postal Address

....

.... Postcode ....

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

Event entered:

    Australian 100 km Road Championship ($40 before 23/9/99, $55 after) ☐

                    Tick if applying for state team endorsement ☐

    50 km road race ($20 before 23/9/99, $30 after) ☐

Estimated race time..

Best time, last 3 years, this or similar distance on road or track ....hours ....mins. Year ....

Name of event .... Where held ....

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 illnes, injury, accident , loss of life or property resulting from our participation in this event.

Signature ....

18 .

Please make cheques or money orders payable to
Traralgon Harriers and send to:
Belinda Isell, 22 Waratah Drive, Morwell, 3840.

Any comments or additional information of interest ....

What other sports are you active in? ....

Distance	Best Race (including placing)	BEST TIME	HOW MANY	COMMENTS
MARATHON				
50 KM				
50 MILES				
100 KM				
100 MILES				
12 HOUR				
24 HOUR				
48 HOUR				
ANY OTHERS				
SYD - MELB				

Longest distance run? ....

What was your   Most outstanding race? ....

How many ultras have you run? ....

Do you hold any ultra distance records ? ....   If so, please list: ....

How long have you been running ? ....

INFORMATION FOR THE ULTRA TRACK RACES

17th ANNUAL

Sri Chinmoy
National 24
Hour Track Race

Incorporating the Sri Chinmoy -

24 Hour Team Relay

12 Hour & 6 Hour Races

100 Km S.A. Championship race

Adelaide - South Australia
October 23rd and 24th 1999

"Run and Become...
Become and Run."

19.

RACE INFORMATION

Start:

24 Hour Race	8:00am	Sat, 23 October 1999
24 Hour Team Relay	8:00am	Sat, 23 October 1999
12 Hour Race	8:00am	Sat, 23 October 1999
6 Hour Race	2:00pm	Sat, 23 October 1999
100 Km Race	12 Noon	Sat, 23 October 1999

Location:

Adelaide Harriers Track, South Terrace, Adelaide

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

Prizes:

Medallions to all finishers

"What gives life its value,
If not its inner cry
For self – transcendence?" - **Sri Chinmoy**

APPLICATION FOR ENTRY

- Applications close 8 October 1999
- NO ON THE DAY ENTRIES
- To apply – Fill out entry coupon (below) and the information requested on the rear of the coupon. Further information is welcomed on a separate sheet.

Include: Entry fee

24 Hour Race	$100
12 Hour Race	$ 50
6 Hour Race	$ 40
100 km Race	$ 60
24 Hour Team Relay	$135

(Three members per team, @ $ 45 each)
Entries after 8 October will incur a $20 late fee

Only 24 Hour Race entry fees include a T-Shirt
Extra T-Shirts are $20

PASTA PARTY: " Meet the other runners"
Adelaide Harriers Track, Friday 22 Oct, 7.00pm, $15 each

Send Cheque and Application with a stamped
Self addressed envelope to :
Sri Chinmoy Ultra Track Races
P.O. Box 6582
Halifax Street, Adelaide 5000
For more information:
Ph (08) 8332 5797 Fax. (08) 8332 5073

THIS EVENT IS SUPPORTED BY

Chiropractors' Association of Australia. –SA Branch

ADCIV CIVIL ENGINEERING CONTRACTORS

CENTRA ADELAIDE Centra Hotel Adelaide

MOUNT LOFTY
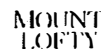
17TH ANNUAL SRI CHINMOY ULTRA TRACK RACE - ENTRY COUPON

Please Print Clearly

Last Name   First Name   Sex: Male   Female   Age on race day

Mailing Address   Street   City   Birth Date

Date   Post Code   Area Code   Phone Number   Occupation

No runners under age 18 will be accepted

			ENTRY FEE
☐	24 Hour Race	$100.00 (Includes T-Shirt)
☐	12 Hour Race	$ 50.00 (No T-Shirt)
☐	6 Hour Race	$ 40.00 (No T-Shirt)
☐	100 km Race	$ 60.00 (No T-Shirt)
☐	24 Hour Team Relay	$135.00 (No T-Shirt)
☐	Extra T-Shirts	$ 20.00 each ☐Sm ☐Med ☐Lg ☐X-Lg $_____
☐	Pasta Party	$ 15.00 per person No's attending _____ $_____

Race Fee $_____

Make cheques payable to : Sri Chinmoy Centre

Total Amount $_____

24 HOUR TEAM RELAY INFORMATION:

Team runners

1 _____

Team Name _____

2 _____

Team Contact _____ Phone _____

3 _____

Signature .... Date..

20

Sri Chinmoy, Meditation teacher, author, musician-composer, weightlifter, athlete and peace advocate, has inspired people of all nations 'th his message of self transcendence through sport and physical fitness as we approach a new millennium of personal growth and peace.

COLAC AIMS FOR WORLD-CLASS FIELD

BY

TONY RAFFERTY

In November the Colac Otway Shire will stage the 14th AUSTRALIAN SIX-DAY RACE at Memorial Square, Colac. Following Jaroslav Kocourek's impressive 901km win and the Czech's occasional encounter with Slovenian, Dusan Mravlje, in last year's event, the organisors - confident the race will attract a competitive field of international runners - claim the event will compete with and may well surpass the standard and excitement of past races.

Since 1984, except for two years when no race took place, the grass tree-lined track attracted the world's best male and female runners. Yiannis Kouros and Bryan Smith the only athletes to break the 1,000km barrier at Colac, and a list of people smashing the 800km and 900km marks demonstrate the event's attraction for runners to reach out for new dimensions in personal triumph.

England's Eleanor Robinson's sensational performance in the 1989 race when she endured strong challenges from George Perdon, Peter Gray and John Lewis to place third with 866kms behind Maurice Taylor and winner, Bryan Smith, showed the world that women are more than able to issue challenges equal to that of some of the world's best male achievements. Sandra Barwick, on the heels of Robinson right to the finish placed only six kilometres behind her to take fourth spot.

In 1992, in sixth place with a 677km total, Georgina McConnell showed strength, desire and initiative to break the 72-hour, four-day, 500km and 300-mile Australian women's track records.

Not without controversy, in 1989, the Colac race drew adverse media publicity when a drunk teenager threw a dead rabbit in front of veteran runner, Cliff Young. A rowdy group gulping beer from cans jogged on the outside of the roped-off track and screamed obscenities at 1987 winner, Joe Record. He lost interest in further competition when the mob entered the track. Record, as he trundled along in last place yelled at the lap counters: "I hate this place." However, generally, for more than a decade the race attracted appreciative crowds, good behavior and positive media reports.

Since the first race in 1984, except for Ian Javes, Graeme Watts and Bob Burns, Queensland has been under-represented and yet seemingly offers ultrarunning talent to warrent entries in this world-class race. Assessing early interest among runners it appears a strong Australian contingent will grace this year's event although at this time few Queenslanders have applied for details.

Further information about the 14th AUSTRALIAN SIX-DAY RACE is available from: Dot Bell, Secretary, PO Box 163, Colac, Victoria, 3250.

TONY RAFFERTY - April 1999

21.

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. Al 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 there 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

✂---

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 illnes, injury, accident , loss of life or property resulting from our participation in this event.

Signature ....

22.

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
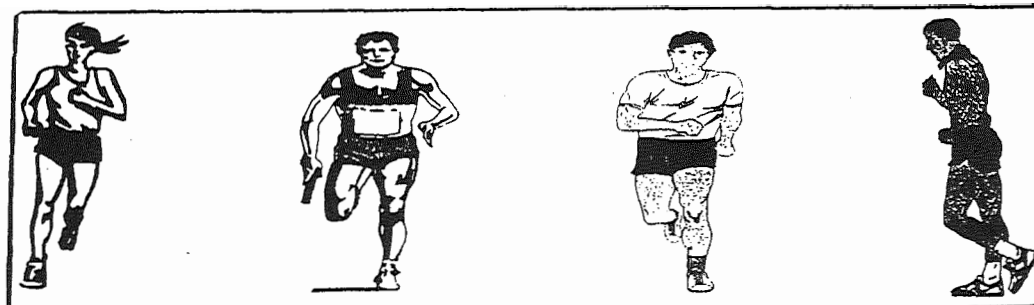
Random lucky draw prizes.

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 maybe 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 herby 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 maybe 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

AURA 'BOGONG TO HOTHAM' TRAIL RUN - ALIAS "THE ROOFTOP RUN"
carrying on the proud tradition of the Rooftop runners
SUNDAY, 9TH JANUARY, 2000 (15TH EDITION)

COST: $30.00   (for AURA current financial members)
               $35.00   (for non-members)
               $5.00   Surcharge for transport from where you finish, back to where you started.

CLOSING DATE: 22nd December, 1999

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

START: 6.15am at Mountain Creek Picnic Ground

FINISH: Mount Hotham

(SPECIAL STAGE BEING OFFERED FROM HALF WAY TO FINISH. START 11.30AM AT LANGFORD GAP, FINISH MT. HOTHAM SUMMIT. DISTANCE APPROX. 26KM). (Your chance to do this section if you've had trouble with the cut-off in previous years!)

IMPORTANT NOTES:

1.   Late entries or entries on the day **will not be accepted**. All intending competitors must pre-enter. All entries must be delivered to the organiser by 22nd December. If you are concerned your entry may be delayed by Christmas mail, then hand deliver it. No account will be taken of mailed entries not actually delivered by 22nd December.

2.   The carrying of a water-proof spray jacket is MANDATORY no matter what the weather conditions. No jacket, no start!

WARNINGS AND RULES OF THIS EVENT

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

Numbers Limit: There is a limit of 50 competitors allowed in the event. To encourage people to enter early and make the Race Organiser's job easier, places will be awarded on order of receipt of entry application.

Time Limit: There will be a maximum time limit of five and a half (5½) hours for any runner who wishes to complete the run to reach the halfway point at Langford Gap. A second time limit of six and a quarter (6¼) hours for any runner successful in leaving Langford Gap to reach the Omeo Road crossing. These times will be strictly enforced.

Instructions: All competitors must obey instructions from Race Officials, especially if instructed to withdraw from the race for medical, injury or non-achievement of time limits reasons.

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

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

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

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

Pacing: Pacing will not be permitted in this event.

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

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

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

Caution: The course is not marked by ribbons. The course is well described, sketches supplied for potential problem spots and every effort will be made to have sufficient marshalls on course. However, if you don't know the course and have trouble navigating, DO NOT ENTER THIS EVENT.

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

Entrants should note that there exists a public liability insurance policy of $5,000,000 for this event, but this is not a substitute for each individual's own insurance, which is the individual's responsibility.

25

AURA 'BOGONG TO HOTHAM' TRAIL RUN - ALIAS "THE ROOFTOP RUN"
carrying on the proud tradition of the Rooftop runners
SUNDAY, 9TH JANUARY, 2000 (15TH EDITION)

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

ENTRY APPLICATION

NAME: ....

ADDRESS: ....

....

PHONE: (H) (......) .... (W) (......) .... Email ....

AGE ON DAY OF EVENT: .... DATE OF BIRTH: ....

DO YOU INTEND TO RUN THE: 1ST HALF; 2ND HALF; FULL DISTANCE ? (circle which option)
(NOTE: 1st or 2nd half declarations must be definite; declarations for the full distance is for an organisational guide - you may change your mind on the day but you must start the 1st half).

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

....

....

....

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

....

....

....

HAVE YOU COMPETED IN THIS EVENT BEFORE? (Yes / No) ....

DO YOU REQUIRE TRANSPORT FROM WHERE YOU FINISH TO WHERE YOU START? (Yes / No)

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

Signed: .... Date: ....

Cheque / Money Order / Cash enclosed for:

Event Entry	$	
Optional Transport	$	
Donation	$	_____
Total Enclosed	$	_____

Proceeds to the Twin Cities Radio Club for their generous volunteer support.

Send entry application to: Geoff Hook, 42 Swayfield Road, Mt. Waverley, Vic, 3149
Ph: (03) 9808 9739 (H) or (03) 9826 8022 (W)
(Not contactable after 24th December)
Cheques payable to: Geoff Hook

26.

CENTRE PHARMACY'S YEAR 2000 MT MEE CLASSIC
KING & QUEEN OF MT MEE
50km, 25km, and 10km Roadraces

Sponsored by: Centre Pharmacy, Morayfield Shopping Centre

CONDUCTED BY:
Caboolture Road Runners Club
Queensland Ultra Runners Club Inc.

RACE DIRECTOR:
Gary Parsons, PO Box 1664 Caboolture, 4510. [Info (07) 3352 7761]

DATE:
Sunday 16th April, 2000

VENUE:
Mt Mee Hall, Brisbane - Woodford Road, Mt Mee, Queensland
50km, 25km, and 10km events on formed roads from Mt Mee Hall to Wamuran
and back, twice for 50km event.

TIME:
50km Start 6.00am   25km Start 7.00am   10km Start 8.30am

RECORDS:
(50km) M- 3:48, F- 4:50 **(25km)** M- 1:36, F- 2:01 **(10km)** M- 36:22, F- 45:44
(Walk) M/F- 6:35   M- 2:53, F- 2:58   M- 65:47, F- 65:58

WATER:
Six manned water stops on course. Runners are encouraged to carry water bottle,
especially for the climb up Mt Mee range. Fruit will be provided at the bottom
turn around check point and the start/finish line at Mt Mee Hall.

PRESENTATIONS:
Mt Mee Hall at 12.00pm. Light lunch will be provided for runners. $5.00 for
others

CATEGORIES:
(Prizemoney for winners)

$50 bonus if record
broken in any event
**$100 bonus for 50km
run event M & F**

1st, 2nd, 3rd Male and Female (50km) ($100,$80,$60)
1st Walker (50km) ($40)
1st, 2nd, 3rd Male and Female (25km) ($80,$60,$40)
1st Walker, Male and Female (25km) ($30)
1st, 2nd, 3rd Male and Female (10km) ($50,$40,$30)
1st Walker, Male and Female (10km only) ($30)
Handicap winner (50km and 25km) (No Prizemoney for this Category)

**NO WATCHES ALLOWED ON THE COURSE, BUT TIME CALLS WILL BE GIVEN
AT THE START / FINISH AND TURNAROUND POINTS (50km & 25km Events)**

HANDICAP SYSTEM:
(50km and 25km)
It is the runner's responsibility to supply own estimated time for the event. The
winner will be decided on the runner who finishes nearest to their estimated time.

ENTRY FEE:
$20.00 For 50km and 25km Events
$15.00 for 10km, and for Walkers
Please make cheques payable to: SUN-RUNNER EVENTS QLD
Mail entry and fee to: PO Box 1664, Caboolture 4510

CLOSING DATE:
Please send entries to be received by 18th March 1999.
No penalty for late entries, entries will be accepted on race day.

FURTHER QUERIES:
Gary Parsons   P.O. Box 1664 Caboolture 4510
Danny Cause   67 Reuben St, Stafford 4053   (07) 3352 7761

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

WALKERS WELCOME!! GOOD RUNNING AND ENJOY THIS EVENT

29.

A Caboolture Road Runners Club / Queensland Ultra Runners Club Inc. Club Event

Sponsored by: Centre Pharmacy, Morayfield Shopping Centre
CENTRE PHARMACY YEAR 2000 MT MEE CLASSIC
KING & QUEEN OF MT MEE

Sunday 16th April, 2000

ENTRY APPLICATION
please print clearly

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

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

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

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

Estimated time (50km and 25km) ....

ENTRY FEE $20.00	**50km [ ] 25 km [ ]**
10km event $15.00	**10 km [ ]**

Light Lunch (provided for runners in entry fee)   **$5.00 / person x [   ]**

TOTAL PAYABLE .... (make cheques payable to SUN-RUNNER EVENTS QLD)
(Send entry to : PO Box 1664, Caboolture, 4510)

CONDITIONS OF ENTRY

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

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Caboolture Road Runners Club / Queensland Ultra Runners Club Inc. King & Queen of Mt Mee Ultra for myself, my heirs, executors and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of the event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

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

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

(If under 18 years - 10km event only)
SIGNATURE OF
PARENT / GUARDIAN:.. DATE:.......................

30.

TIMMER-ARENDS IN WORLD 100 KM CHAMPIONSHIP

Latrobe Valley ultra-distance runner Sandra Timmer-Arends has returned home after competing in the world 100 kilometres road championships on May 15th, at Chavagnes-en-Paillers, France. In her first attempt at this distance Timmer-Arends completed the run to finish a highly commendable 20th, despite suffering from stomach cramps throughout the final stages.

Timmer-Arends was selected in the team following 50 km track and road title victories, for which she holds a number of Victorian and Australian records. She also has record breaking times in a number of 'shorter' ultra-marathon victories, including the 50 Km endurance run from Mansfield to the summit of Mt Buller. But with her maximum race distance before the world event a relatively meagre 50 km, and her program interrupted by an accident during the 4 Peaks race, Timmer-Arends had only one longer training run before leaving for France. Traralgon Harrier clubmates, in relays of 20 or 30 km, paced her as she did a 60 km dash around the outskirts of Traralgon, regretting she was not able to squeeze in a further extended run before leaving for Europe. During a virtually sleepless 40 hour broken trip, the Australian team of Timmer-Arends and four men intrigued onlookers by having a training run around Charles de Gaulle airport in Paris, before the six hour bus trip to Chavagnes, west of the French capital.

The world championship race, attracting 1500 of that remarkable breed, the ultra-distance runner, started with a short loop of two kilometres, then four 24.5 km circuits of the area, on a slightly undulating course.

Temperatures during the week ranged from about 7 degrees in the early morning, reaching a maximum of about 20 later in the day. The mild conditions and the almost flat course promised fast times. The 150 official team members, from all over the world, were given a priority start, ahead of the 1400 open division 'fun runners' - a definite oxymoron, considering what they were about to attempt. Remarkably, despite the course being lashed with heavy rain and then pelting hail, just on a thousand runners completed the course.

Timmer-Arends planned to pace herself to run about 7 and a half hours for the race. With a 5 am start in the chilly dark, all she could do was follow the lights of the motorbikes ahead, which provided an escort until day broke. She said, "I had had no idea of my placing until after the race. I did not realise it was the winner, Anna Baloskova, who passed me on the last lap."

As the male competitors completed the first long lap Takahiro Sunda of Japan passed the 27 km mark in 1 hour 35 minutes, just ahead of Brazil's Valmir Nunes and Juan Antonio Bravo of Mexico. Close behind were Britain's Simon Pride, and the hometown favourite, Frenchman Thierry Guichard. Further back were Victorian Michael Wheatley, Sydney's Paul Every and David Criniti, and Rudi Kinshofer of Adelaide, comprising the Aussie mens team.

The first women to pass the 27 km point were Slovakia's Anna Baloskova in a shade over two hours, closely followed by Timmer-Arends and Oksana Ladyshina of Russia, running together.

Starting the third loop of the figure of eight course, Ladyshina passed the 51 km mark in 3:48:21, hotly pursued by Edit Berces, Balosakova, Timmer-Arends in 3:49:20, and a number of French women runners close behind.

Timmer-Arends said, "I felt good until the 60 km mark, then my stomach started to play up. The last 25 km was the hardest, and it would have been easy to pull out - I was even offered a lift at one stage - but the thought that I was representing Australia made me tough it out, despite the pain."

Sipping Power-Ade and Leppin, a concentrated carbohydrate gel, during the final 20 km, she was forced to walk for about a kilometre as she approached each drink station, to allow her stomach to settle down sufficiently to accept fluids.

Timmer-Arends explained, "My diet in France in the days leading up to the race, mainly meat dishes, was all wrong. Even the night before the run, supposedly a traditional athletes' pasta night, the meal turned out to be spaghetti and veal. I lived on banana sandwiches for days."

Timmer-Arends said she had gained a lot from the experience. "It was great to be a part of something I had never experienced before. It was marvellous talking with every one. With proper training I believe I could do well - but the successful runners, I learnt, cover 250 km and more each week in training!"

She concluded, "My goal now is to prepare for the Olympic 2000 marathon selection race. Then I will think about the next ultra-marathon championship."

Final placings for the womens event saw Baloskova first in a remarkable 7:33:02, Martine Cubizolles of France second in 7:37:19, 3 minutes ahead of Ladyshina, with Timmer-Arends, the lone Australian woman, crossing the line in 8:19:25.

In a fast race, as the elite men and most of the elite women runners finished ahead of the worst of the stormy weather, Britain Simon Pride out sprinted a fast finishing Theirry Guichard to win by 21 seconds in 6:24:05. Both men set new national records.

Michael Wheatley was the best of the Australian men, finishing 77th in 7:46:06, with Paul Every 352nd in a time of 9:40: 48.

31.

Submitted by Barry Higgins

IAU WORLD 100KM CHALLENGE
15th May, 1999 - FRANCE

Paul Every, Rudi Kinshofer, Michael Wheatley,
Sandra Timmer-Arends & David Criniti line up just prior to the
start of the IAU 100Km World Challenge in France.

Sandra Timmer-Arends with team member Michael Wheatley, the first Australian to finish

AUSTRALIAN PERFORMANCES
AT THE 1999 COMRADES MARATHON,
SOUTH AFRICA

Note the amazing time run by Tim Sloan in 5:59:32 to place him in 23rd position! Congratulations!

Runner	Club	Lion Park	Halfway	Mayville	Finish Time	Finish Position
GWYNFOR BOWEN (9440)	AUSTRAL	01:50:28	04:59:49	09:29:48	10:31:32	8111
ANNE CRAWFORD-NUTT (9832)	AUSTRAL	01:49:05	05:05:18	09:24:18	10:25:54	7673
PAUL CROUCH-CHIVERS (9318)	AUSTRAL	01:36:54	04:44:36	09:14:39	10:09:57	6539
JOHN DAVIES (9123)	AUSTRAL	01:45:39	04:34:14	08:02:10	08:50:31	2730
RONALD DUNGLISON (9341)	AUSTRAL	01:47:07	04:59:09	09:17:22	10:14:04	6802
SANDRA DUNGLISON (9340)	AUSTRAL	01:47:05	04:59:09	09:15:48	10:14:04	6801
JOHN FARRELL (9077)	AUSTRAL	01:44:02	04:30:19	08:56:45	10:05:04	6252
FORSYTH GORDON (9087)	AUSTRAL	01:48:13	04:53:22	08:52:57	09:40:58	4854
RON GREEN (6115)	AUSTRAL	01:31:45	04:15:14	08:04:15	08:55:15	2930
TONY HARBER (9652)	AUSTRAL	01:40:32	04:23:24	08:33:59	09:25:23	4082
DUSAN HORA (9921)	AUSTRAL	01:29:24	04:24:55	09:01:44	09:54:24	5640
PAMELA JONAS (9661)	AUSTRAL	01:43:37	04:48:57	09:25:11	10:21:12	7271
DAWN LEWIS (9916)	AUSTRAL		03:51:47	07:27:20	08:14:51	1608
JOHN LINDSAY (9179)	AUSTRAL	01:56:41	05:19:39	09:40:00	10:38:14	8704
DIRK LIVERSAGE (382)	AUSTRAL	01:52:22	05:05:18	09:22:50	10:21:34	7309
POH SUAN NEUMANN (8883)	AUSTRAL	01:48:32	05:03:21	09:07:16	09:58:37	5955
RAINER NEUMANN (9023)	AUSTRAL	01:38:14	04:33:01	08:49:24	09:47:35	5260
TIM SLOAN (36161)	AUSTRAL	00:58:29	02:49:48	05:26:04	05:59:32	23	*
CHERYL THOMAS (9466)	AUSTRAL	01:50:28		09:29:55	10:31:00	8076
LANCE THOMAS (9465)	AUSTRAL	01:50:25	04:59:54	09:29:48	10:31:33	8112
IAN WYLIE (9829)	AUSTRAL	01:13:03	03:35:57	08:07:27	09:18:24	3753

COMRADES 2000
Good news for those slow recreational chatters and joggers. The cut off time for the 75th Year 2000 Comrades Marathon will be 12 hours, and the qualifying time will be 5 1/2 hours for a standard marathon. This new time will only be for Comrades 2000.

33.
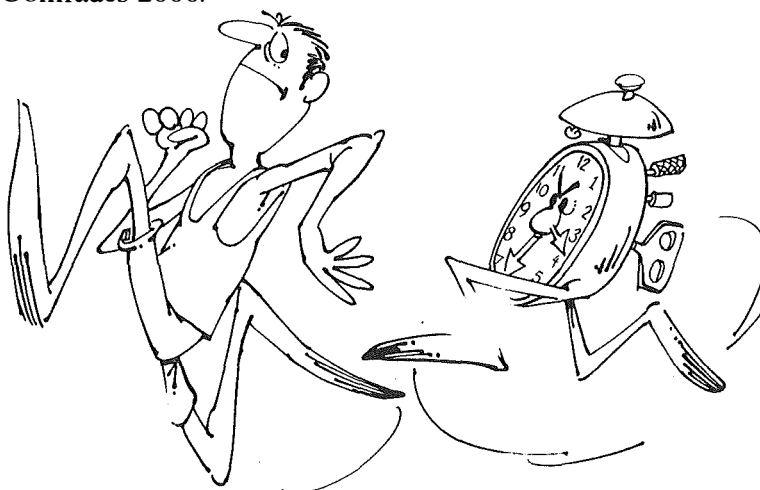
Six Foot Track

Brian has called his article: The Six Foot Bloody Track Marathon 1999. Reason for this will become apparent further down in the text.
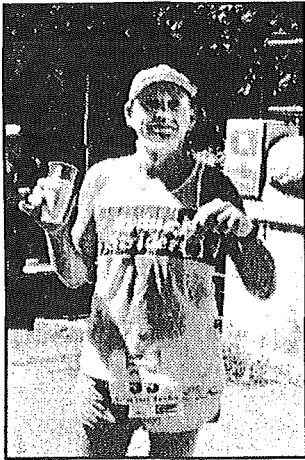
Brian was the second Strider home. Well done. Also by submitting this article for the Blister, he's eligible for 10 SuperSeries point

The Start

This years beginning of the Six Foot Track Marathon was late because of the increased number of entrants (about 550) and a minutes silence for a runner that was shoot dead in Sydney two weeks prior that had entered for the race. The weather was warm and humid, the start at 8:15 didn't help any runner, but as usual the marshaling was spot-on. Like every other runner in the field I had expectations of what I considered a practical finishing time would be (4:15), fulfilling that dream would definitely be another matter.

Went out to hard

Spirits were very high, there were quite few runners hoping to break five hours, to mention a few (Christian) names, Roger, Ross and David, all have better than good chances to realise their goals. The women's race was to be dominated by Dawn who was hoping to give the previous unbelievable record of 4:10 (held by her) a nudge. Leading up to the race I was very unsure of my capabilities, the previous year I had three attempts at the marathon distance for three duck eggs (failed to finish). At around 7:30 am on the morning of the race I had come to realise "What Madness" had I gotten myself into. I started to remember back to the previous year when as usual I went out to hard reaching the river in 72 minutes and in turn was absolutely dead in reaching the Pluviometer, whereby making the "statement" that every runner tends to make at that particular time in the race "never Bloody again".

R print-d from

Start at Pluviometer

The secret in running this particular race is to gain as much prior knowledge from past masters, these should include, Malcolm, Warwick, Steve, Dawn and others, carefully evaluate this information, then" run the race Your own way" then you can only blame your self when you are recovering over the next day, days or weeks. On a serious side of the race, many of the masters will tell you that the race starts at the Pluviometer? I conclude that they are defiantly close to the money (being right), If you can plod to the finish line from there, you can run a very good (maybe a Pb) time.

As an interest I ran my race to certain times of arrival at landmarks on the track (table included). My target times for 1998/99 is shown. The slight difference in the early arrival times show how important it is to be conservative at the start. ●ther factors that influenced a good time for me were, adequate sleep, being fully hydrated the day before and morning of the race and forcing myself to have most of the prior week off without putting on the runners!

Dawn again fastest woman in the bush. Congratulations. Dawn was very tired after the race but still managed to come to the finihing line and ask for "the little ginger-head" every so often. He arrived eventually..

I guess Xandra surprised a few people with her excellent 4.35. Outright 4th and winner of her age category. Fantastic stuff.
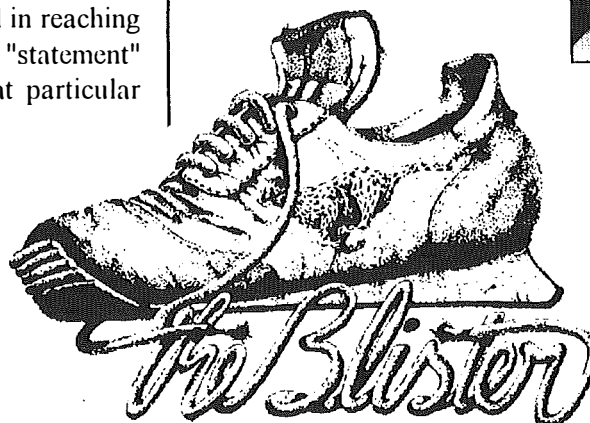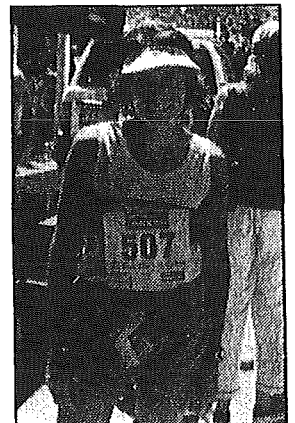
WINNERS WARM AT THE THE HERVEY BAY HIKE.
THE 1999 HERVEY BAY HIKE STARTED AT 5AM IN VERY COLD CONDITIONS, BUT FINISHED IN PERFECT QUEENSLAND WEATHER.

THE 50KM WALKERS WERE THE FIRST AWAY AND A GREAT RACE DEVELOPED BETWEEN NANANGO'S RAY McNAMARA AND MARYBOROUGH'S CHERYL MIDDIS. THIS BATTLE CONTINUED FOR MOST OF THE RACE BEFORE RAY EDGED AWAY IN THE LAST 10KM TO TAKE OUT THE MENS EVENT IN 6hr 12min 53sec. CHERYL WON THE WOMENS EVENT IN 6hr 39min 19sec.

THE 50KM RUN WAS A CLOSE FOUGHT CONTEST FOR THE FIRST 25KM BETWEEN GEOFF WILLIAMS OF CABOOLTURE, LOCAL RUNNER BRIAN EVANS AND MELBOURNE'S PETER GREY. EVANS MADE A SURGE AT THE HALF WAY MARK AND CONTINUED ON TO WIN THE EVENT IN 4hr 31sec.

VICKI TANNER FROM THE GOLD COAST TOOK OUT THE WOMENS 50KM IN ONLY HER THIRD ULTRA MARATHON IN A TIME OF 5hr 28min 44sec.

AGAIN THE 30KM WALK WAS A BATTLE WON IN ONLY THE LAST STAGES, BETWEEN JAN BYRNE AND BRUCE PAINE. BOTH PUT IN A 100% EFFORT. JAN WON THE WOMENS EVENT (3hr 41min15sec) FROM MARGARET CHESSELLS AND BARBARA MORRIS. WHILE BRUCE (3hr39min23sec) WAS FOLLOWED HOME BY MALCOLM CAITENS (4hr12min24sec)
KEN BROOKS (2hr18min47sec) THE GALLOPING MUSEUM CURATOR, IN HIS FIRST LONG RUN, WON THE 30KM RUN COMFORTABLY FROM STEPHEN MOULDS AND DENNIS HERVEY.

THE CLOSEST RACING WAS IN THE 15KM EVENTS. THE MEN'S RUN WAS A REAL CONFRONTATION BETWEEN TREVOR McCLURE (BUNDABERG), DUANE IRELAND AND PHIL WATSON BOTH OF HERVEY BAY. THEY ALL FINISHED IN UNDER 1hr. WITH TREVORS WINNING TIME BEING 58min EXACTLY.

TWO BODY CORPORATE GYM AEROBICS INSTRUCTORS TOOK OUT THE MAJOR PLACINGS IN THE WOMENS 15KM EVENT. LYSETTE VAN-DOOREN (1hr8min23sec) FINISHED AHEAD OF KAREN COOPER AND CATHY DART.

LYN LEWIS OF CABOOLTURE RACE WALKED HER WAY TO VICTORY IN THE WOMEN'S 15KM WALK, RECORDING A TIME OF 1hr24min 53sec. 2ND PLACE WENT TO MARYBOROUGH'S DEIDRE MANSKI FROM BUNDABERG'S EILEEN PUNGA.

THE 15KM MEN'S WALK EVENT WAS A CLEAN SWEEP FOR OUT OF TOWN COMPETITORS WITH KEVIN MORRIS (BUNDABERG) TAKING 1ST PLACE FROM FATHER AND SON COMBINATION ANTHONY AND CHARLIE HALL FROM CABOOLTURE.

PRESENTATIONS WERE HELD IN THE COMFORT OF THE HERVEY BAY R.S.L. WHO WERE THE MAJOR SPONSOR OF THE EVENT.

HERVEY BAY HIKE RESULTS

50KM RUN
1 BRIAN EVANS   4hr 00min 31sec
2 GEOFF WILLIAMS   4hr 23min 12sec
3 PETER GRAY   5hr 09min 11sec
4 VICKI TANNER (F)   5hr 28min 44sec

50KM WALK
1 RAY McNAMARA (M)   6hr 12min 53sec
2 CHERYL MIDDIS (F) 6hr 39min 19sec
3 KERRIE HALL   (F) 7hr 13min 15sec
4 PETER LEWIS   (M) 8hr 54min 55sec

TAMBORINE TREK 68 KM RUN AND RELAY
SUNDAY, 2 MAY 1999

Well it very nearly didn't get off the ground in 99.

With only two or three people expressing interest in the solo and hardly any interest in the relay I was all set to pull the pin.

Then along came Marina Whittle! Like a whirlwind she chased around one Sunday morning and dared nine teams to have a go. They were very apprehensive at first but Marina would not take NO for an answer. Before long all was in place and straws drawn for the tough mountain leg.

Teams were named, bets were placed and preparations made for the early start at McIntosh Island.

Six brave souls lined up for the tough solo leg including five times winner and course record holder Kelvin Marshall from Victoria and defending ladies champion Aileene Markham.

Not having time to be on the course I cannot relate the events as they unfolded, except to say that my roving reporter Michael Campbell-Burns kept me abreast of progress. One thing is sure, everybody in the relay had a ball. For many it was the first taste of relay running and I am sure it will not be the last. The competition was fierce and the times for most were very close.

It pays to know the course or at least follow the map provided. "Honey" Whittle was seen heading the wrong way after only one kilometre along with Geoff Williams who had forgotten the turn into Queen Street. This little error probably cost them five minutes a piece.

And then there was the story at the change over point when Alan Hartley arrived at the end of his leg looking for Tony Peart to hand over to. Not knowing each other didn't help but much to Alan's dismay he heard that Tony was up the road, warming up. Valuable seconds were wasted when a very gallant Dicky Wheildon offered to drive up and pick up Tony for the change over. There is no truth to the rumour that Dick left the hand brake on and wouldn't get out of first gear.

Relay running is a lot of fun and helps those not able to compete in ultra distance events, get a taste of the action and share the excitement. It also helps members mix outside their normal group of friends and promotes a very good club atmosphere. Marina said to me the next day that she enjoyed the day so much because of the wonderful camaraderie that this type of event fosters.

Next year the race will be shorter by about six kilometres because of our impending move, however, I am sure the number of teams will increase after the success of this year's race.

Many, many thanks to Marina and Jake Whittle, Peter and Mary Gibson, Michael Campbell-Burns, Jo Ward, Graham Collins and Bill Bubb for their help on the day, without you we would not have had an event.

Eric Markham
Race Director

RESULTS

SOLO	START	SPLITS	FINISH	NET TIME
1 KELVIN MARSHALL	7:15 AM	2.46	8.14.09	5.59.09
2 GEOFF WILLIAMS	6.00 AM	3.15	8.00.53	7.00.53
3 IAN REED	5.30 AM	3.36	7.36.23	7.06.23
4 AILEENE MARKHAM	5.00 AM	3.38	7.18.13	7.18.13
5 PETER MOORE	5.00 AM	3.59	8.02.55	8.02.55
6 BILL ROSS	5.02.30	4.45	9.24.46	9.22.16

36

AUSTRALIAN ULTRA RUNNERS' ASOCIATION / SRI CHINMOY

AUSTRALIAN 50 MILE TRACK RACE

WILLIAMSTOWN, VIC.

SUNDAY 23RD MAY 1999

This years run was held in conjunction with the Sri Chinmoy Running & Fitness Festival held at the Williamstown Athletic Track, the idea of Linda Meadows, thank you Linda.

As it turns out the run was a great success attracting 10 runners rather than 6 as it had been over the last few years.

The day was ideal for running with mild conditions, a little drizzle at the start and little wind .

Brian Glover started at 6am, a half hour before the main race. Brian was hoping to walk the 50 Miles.

The main race got under way at 6-30am and immediately Nigel Aylott took the lead and was never headed all day running 4 minutes faster than he ever had for the event. The amazing thing was it was Nigels 4th straight win and being the only person in the history of the race to win four. **Congratulations Nigel for the great achievement.**

Second was Greg Love from N.S.W. who ran very well staying within about 5 minutes of Nigel for the first 40 miles. This held a great deal of interest.

Third from Country Victoria running his first ultra for many years was Max Carson. Max ran a very gutsy race.

Fourth was Michael Bohnke who was looked after by his family, especially his son Michael Jnr who helped his father run many laps.

Fifth placing Ernie Hartley who looked after himself with food and drinks all day, not an easy thing to do especially when you are running 50 miles.

Thanks to the volunteer laps scorers Dot Brown, Les Clarke, Ross Shilston, David Jones, Daniel & Adam Harper and Tony Raferty for making the presentations on the day.

Many thanks to Veeaja Upple and the Sri Chimnoy team for the way they organized the days events, AURA looks forward working with you again next year.

RESULTS

				Marathon	30 Miles	50 Km	40 Miles	50Miles
1.	Nigel Aylott	33	Vic.	2:58:33	3:25:37	3:33:19	4:43:21	6:04:26
2.	Greg Love	44	N.S.W.	3:03:21	3:30:25	3:38:33	4:49:31	6:22:27
3.	Max Carson	50	Vic.	3:31:40	4:02:22	4:10:46	5:34:24	7:11:55
4.	Michael Bohnke	35	Vic.	3:53:15		4:51:40		8:46:14
5.	Ernest Hartley	49	Vic	4:13:57	4:58:11	5:09:24	6:57:54	9:04:28

DNF

			Marathon	30 Miles	50 Km	40 Miles
Cliff Young	77	Vic.	5:41:23	6:50:40	7:07:40	9:23:09 (161 laps 9:23:17)
John Timms		Vic.	5:13:03	5:57:16	6:11:45	(150 laps=60km in 7:24:33)
Geoff Duffell	48	Vic.	3:55:20	4:32:35	4:43:19	(134 laps=53.6km 5:31:26)
Max Motzo		Vic.	3:34:29	4:06:13	4:17:23	(Stopped at 50 km)
Brian Glover	56	Vic	4:57:15			(116 laps=46.4km 5:30:10)

John Harper - Race Organiser

37 .

5TH ANNUAL SHOALHAVEN ROAD ULTRAMARATHON -
NOWRA TO KANGAROO VALLEY 46KM NSW
20TH JUNE, 1999
RESULTS

1.	Trevor Jacobs	3:05:22	10.	Steve Appleby	3:50:10
2.	Peter Goonpan	3:17:36	11.	Darryl Chrisp	3:58:50
3.	Kelvin Marshall	3:25:56	12.	Chris Gamble	4:02:52
4.	Pip Thorn (1st F,)	3:27:28	13.	Heather Christison	4:08:23
5.	Jim Rooney	3:35:01	14.	Nick Drayton	4:43:34
6.	David Styles	3:44:45	15.	Brent Weigner	4:49:24
7.	Michael Carlis	3:44:52	16.	Sean Greenhill	4:57:50
8.	Linda Christison	3:46:43	17.	Peter Gray	5:30:30
9.	David Morewood	3:47:46	18.	David Hawkins	5:35:13
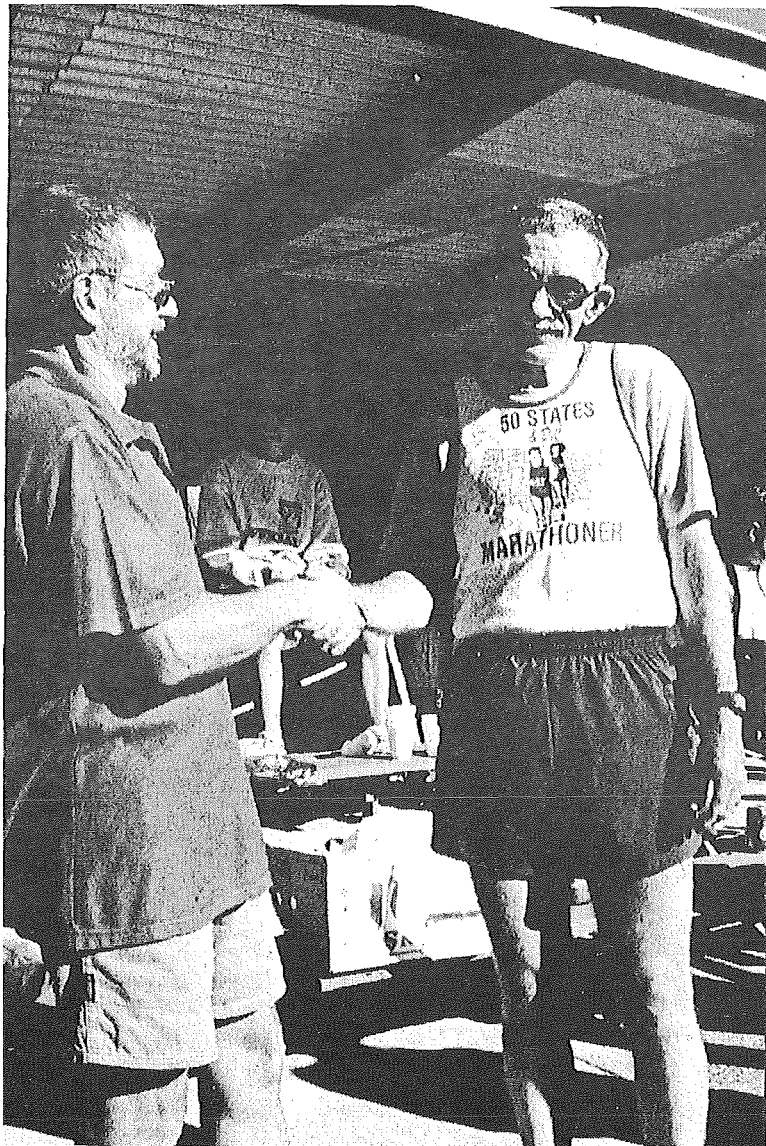
Terry Threlfall congratulates Brent Weigner, who came from the USA for the event.
(Your fame as a Race Director must be spreading Terry!)

Peter Goonpan, always a top competitor, second in this year's event.

38.

5TH ANNUAL SHOALHAVEN ROAD ULTRAMARATHON
NOWRA TO KANGAROO VALLEY 46KM NSW
20TH JUNE 1999
(Race reports last issue)

Trevor Jacobs, still an Australian record holder for 6 Hours Track, won this year's event.

Kelvin Marshall, with yet another top placing in an ultra event, third this time.

3rd Annual

SRI CHINMOY 24 HOUR TRACK RACE CARNIVAL

Incorporating the New Zealand 24-Hour Championship and the New Zealand Centurion's Challenge

North Shore Bays Athlete Track - Sovereign Stadium – Auckland, N.Z.

10/11 July 1999   Temperature 1 - 14°C

By Simahin Pierce

- *WORLD AND AGE RACE WALKING RECORDS FOR SANDRA BROWN!*
- *OUTRIGHT FIRST PLACE TRIUMPH FOR MARGARET HAZELWOOD!*
- *LATE START VICTORY FOR MICHAEL SIMONS!*
- *NZ AGE RECORDS FOR DIANNE FILE AND GERALD MANDERSON!*
- *43 RUNNERS PARTICIPATE IN ULTRA CARNIVAL!*

British ultra distance race walking and running champion Sandra Brown 50, set a women's open 100 mile track race walking world record of 19:00:47 (subject to ratification) during the 3rd annual Sri Chinmoy 24 Hour Track Race Carnival. Under the scrutiny of four race walking judges, a buoyant, confident and powerful striding Sandra used her supple, free-flowing, classic, race walking technique to take 26:28 off her own world track record set at Ware, Herts U.K. in 1997.

Shortly before 8:00 am, on a clear frosty Saturday morning (2°C), the 15 men and 6 women starting the Sri Chinmoy 24-Hour Race were introduced along with 2 runners who were beginning the first leg of the Sri Chinmoy 24-Hour Teams Relay. The teams had 6 runners and each runner's stint had to be 2 hours or more. This was to be a special race with top ranked runners and race walkers sharing the track at the same time.

Together side by side were world number two ranked Wynnie Cosgrove from Blenheim, New Zealand (personal best of 230 km) and the number one ultra distance race walker, Sandra Brown (200 km 24-Hour race walking best). Joining them was defending national champion Margaret Hazelwood (best of 205 km) and Dianne File who ran 804 km in the Sri Chinmoy 10 Day Race at Wards Island, New York City in May this year.

In the men's race New Zealand 1998 100 km champion (7:31), John Thirkettle was along side 1999 Lake Taupo 160 km winner (17:15), Albie Jane and New Zealand race walking champion Gerald Manderson (177 km), who recently walked 1014 km from Cape Reinga to Palmerston North. Also starting in the 24-hour race were U.K. Centurion walker, Roger Le Moine and Rotorua 100 km masters finisher (9:05), Peter Bloore. In all 12 runners and 9 race walkers were exploring the 24-hour individual challenge. After a moment of meditative silence the runners and race walkers started their journey.

All interest was centered on Wynnie and Sandra. Could Wynnie, whose 230.473 km best was done in less than ideal conditions in Noirt, France last November, break Eleanor Robinson's (U.K.) world track best of 240.169 km or even Yelena Siderenkova's (Russia) outright 24-hour best of 248.901 km? At 50, would Sandra be satisfied with 100 miles in a day or would she go 'all out' and challenge some of her own momentous world bests?

During the early laps the contrast of styles between a great runner and a champion walker was most striking. Wynnie floated around the track in a smooth, graceful flow looking poised and focused – she was assisted and monitored by her resourceful handler-spouse, David. Sandra also was clearly here to 'attend to business' as she strode around the 400 meter stadium at a brisk, unrelenting 10:25 pace - displaying a flawless technique - her arms swinging strongly with rhythm and vigor. Sandra is very self reliant and her eating/drinking was very efficient and clearly well tested (one of her staples is cheese). Meanwhile, trackside, 27 minutes after the 24-hour stopwatches had been started, Michael Simons (226 km best) was hastily preparing to make a belated start!

At 9:00 am 5 runners and walkers started the Sri Chinmoy 12 Hour Race, followed by 5 starters in the Sri Chinmoy 6 Hour Race at 10:00 am - taking the number of runners/ race walkers on the track to 33.

The early morning chill was replaced by a mild, still and sunny day (14°C) – balloons, streamers, colorful banners, running aphorisms, live musicians, enthusiastic lap counters and helpers created an atmosphere to give joy and inspiration to the hearts of the runners and walkers.

Wynnie, on world record pace, passed the marathon in 3:39:26, 50 miles in 7:05:35 and 100 km in 9:00:17 followed by Margaret in 3:55:30, 8:07:57 and 10:36:51 respectively. Sandra, setting world age records at every distance from 25 km onwards, went through the marathon in 4:38:03, 50 miles in 9:12:29 and 100 km in 11:34:32.

In the men's 24-hour race Albie Jane from Stratford was looking strong and cheerful as he eased through the marathon in 3:52:15, 50 miles in 7:48:16 and 100 km in 10:09:41. John Thirkettle who reached 100km in 10:24:03 closely followed him. Gerald Manderson was walking a controlled steady race and setting New Zealand age records at every split distance.

After sunset the clear skies saw temperatures plunge to 1°C as frost crystals appeared around the infield. Sadly, Wynnie, who was running such a nice race had to stop, following repeated stomach upsets, after 13 hours. Throughout the night the lap counters cheered the runners and walkers onwards, the musicians kept playing and the brave forged beyond the barriers of fatigue and cold towards the dawn.

Some runners and walkers took rest breaks in the pavilion near the massage rooms. Roger Le Moine, feeling the effects of coming from the other side of the planet, needed a long recuperation/recovery period after 12 hours. John Thirkettle, looking tired and depleted, stopped at 118 km, followed by Albie Jane who took a 6 hour break after 134 km. Michael Simons running a well judged race took the lead in the men's 24-hour race after 14 hours which he retained to the end and finished with 182.504 km. Newcomer Peter Bloore, running a fine inaugural race, moved into second place and finished with 175.116 km - followed by a stoic Barnaby McBryde who ran a personal best 169.705 km. Gerald Manderson walked with efficiency and purpose to achieve an outstanding, centurion 164.981 km.

Margaret Hazelwood, alternating her running with short walks, and showing all of her renowned determination and grit, pressed ahead - closely followed by the irrepressible Sandra Brown. Margaret took the overall lead after 15 hours and reached 100 miles in 18:52:47 (just 8 minutes ahead of Sandra's fabulous 19:00:47). She continued on to become the outright victor with an excellent 194.062 km. Dianne File showing courage, toughed out a mid-race slump, and ground her way to a New Zealand 50-54 age record of 166.389 km – taking second place in the women's 24-hour race after Sandra took a break.

In the Sri Chinmoy 12 Hour Race Bryan Parker ran a steady 95.788 km ahead of Chris Metcalf with 82.595 and Mark Trumper who covered 61.287 km. Maureen Metcalf won the women's division of the Sri Chinmoy 12 Hour Race with 83.709 km from Tessa Bench with 70.488 km.

Henry Beex looked to have the capacity to run much longer as he ran an impressive 69.432 km to win the Sri Chinmoy 6 Hour Race. In second place was Russell Shannon, who completed 51.585 km, followed by Mark Chivers with 37.456 km. Top New Zealand 24-hour runner Carolynn Tassie (207 km best), returning after an injury layoff, ran an encouraging 61.412 km to win the women's section of the Sri Chinmoy 6 Hour Race - followed by June Stevenson who walked 35.861 km.

The New Zealand Ultra Runners Association Team led by Ian Cornelius, Gary Regtien, Jenny Howe, Erica Hannam, Guy Corey-Wright and Ivan Loveday won the Sri Chinmoy 24-Hour Teams Relay with 263.952 km from the Sri Chinmoy Marathon Team who ran 240.914 km.

At the awards ceremony Wynnie graciously congratulated each of the finishers and said that she would like to come back and try again as she "did not like unfinished business".
New Zealand's greatest ultra runners Sandy Barwick and Richard Tout presented the 24-hour perpetual trophies to 1999 champions Margaret Hazelwood and Michael Simons. Dudley Harris presented the centurion walkers awards and the Sri Chinmoy Marathon Team helpers saluted the 24-hour finishers with Sri Chinmoy's 'Congratulation' song.

The start of the 24 Hour event .
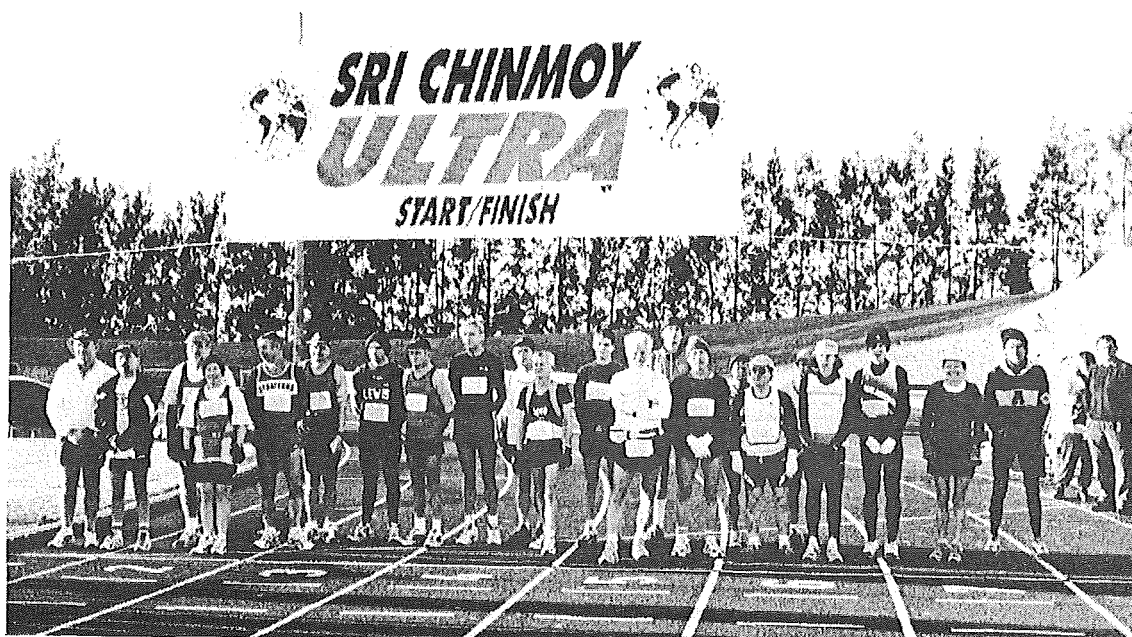
SRI CHINMOY 24 HOUR TRACK RACE CARNIVAL
North Shore Bays Athletic Track - Auckland, NZ
10/11 July 1999
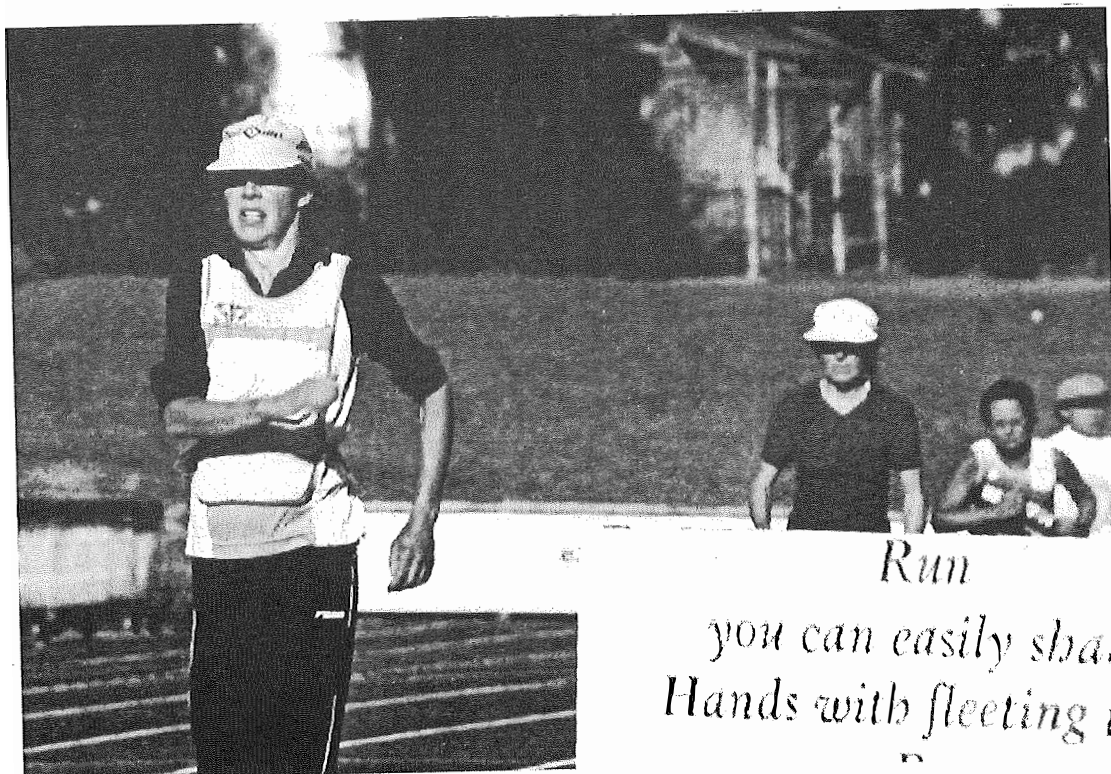
Sandra Brown (left) from UK created a
World Record for 100 Miles Walking.

Margaret Hazlewood (NZ)
Outright winner of the 24 Hour event.

Sri Chinmoy 24 Hour Track Race Carnival

Incorporating the New Zealand 24 Hour Championship and the New Zealand Centurions Challenge

North Shore Bays Athletic Track - Sovereign Stadium - Auckland, New Zealand

10/11 July 1999

Results Sheet 1

Name / Age	Place	Marathon	30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	Total km
Sri Chinmoy 24 Hour Race - Men										
Michael Simons, 41	1	4:17:53	4:56:47	5:06:54	6:48:04	8:55:53	11:02:02	19:05:51	20:37:49	182.504
Peter Bloore, 50	2	4:27:13	5:05:39	5:19:49	7:14:52	9:29:50	12:10:16	19:34:12	21:52:40	175.116
Barnaby McBride, 34	3	4:06:30	4:52:20	5:07:58	6:52:49	9:03:05	11:47:34	20:48:37	22:50:49	169.705
Gerald Manderson, 55	4	5:18:01	6:05:52	6:19:26	8:16:45	10:34:57	13:29:01	21:51:38	23:27:31	164.981
Albie Jane, 46	5	3:52:15	4:25:04	4:34:27	6:04:54	7:48:16	10:09:41	23:51:39		151.001
Colin Clifton, 72	6	5:35:15	6:34:00	6:49:38	8:58:24	11:24:49	14:41:54			136.919
Keith Still, 46	7	5:38:56	6:31:55	6:46:06	8:37:20	10:57:19	14:03:16			128.475
John Thirkettle, 48	8	4:16:45	4:52:04	5:02:00	6:24:44	8:11:18	10:24:03			118.000
Jack Tregurtha, 62	9	6:08:58	7:01:09	7:15:38	9:31:39	16:21:10	19:45:43			117.818
Walter Hilsden, 65	10	4:50:02	5:36:00	5:46:48	16:47:07	18:40:18	21:06:07			108.000
Michael Law, 49	11	5:56:00	6:51:30	7:10:27	9:32:00	12:08:27	14:51:17			107.404
Robert Radley, 41	12	5:43:36	6:33:49	6:48:44	9:06:36	11:21:10	23:14:39			105.378
David Blackett, 46	13	5:46:48	6:48:01	7:02:51	9:20:21	11:42:18	14:42:15			102.088
Scott Whitley, 29	14	4:13:30	5:07:42	5:22:06	8:29:50	11:13:40	14:47:27			101.607
Roger Le Moine, 58	15	5:46:53	6:42:12	6:58:55	9:08:20	11:45:39				85.518
Sri Chinmoy 24 Hour Race - Women										
Margaret Hazelwood, 49	1	3:55:30	4:30:10	4:42:12	6:13:44	8:07:57	10:36:51	17:07:33	18:52:47	194.062
Dianne File, 53	2	4:18:20	4:59:16	5:09:20	7:20:32	9:52:02	13:00:14	21:36:39	23:08:15	166.389
Sandra Brown, 50	3	4:38:03	5:18:19	5:28:59	7:12:03	9:12:29	11:34:32	17:42:29	19:00:47	164.669
Wynnie Cosgrove, 36	4	3:39:26	4:12:33	4:21:04	5:37:25	7:05:35	9:00:17			133.600
Eta Field, 55	5	7:02:31	8:04:50	8:23:10	10:51:55	13:35:09	17:34:10			112.667
Linda Law, 48	6	5:37:40	6:31:10	6:46:44	8:59:15	11:36:44	14:32:14			105.477

Sri Chinmoy 24 Hour Track Race Carnival

Incorporating the New Zealand 24 Hour Championship and the New Zealand Centurions Challenge

North Shore Bays Athletic Track - Sovereign Stadium - Auckland, New Zealand

10/11 July 1999

Results Sheet 2

Name / Age	Place	Marathon	30 mile	50 km	40 mile	50 mile	100 km	150 km	100mile	Total km
Sri Chinmoy 12 Hour Race - Men										
Bryan Parker, 44	1	5:11:11	5:53:40	6:05:21	7:53:04	10:01:40				95.788
Chris Metcalfe, 51	2	5:54:14	6:47:52	7:02:55	9:13:00	11:40:32				82.595
Mark Trumper, 34	3	7:42:10	8:51:45	9:13:09						61:287
Sri Chinmoy 12 Hour Race - Women										
Maureen Metcalfe, 47	1	5:50:28	6:44:45	6:59:26	9:07:11	11:31:04				83.709
Tessa Bench, 23	2	6:49:15	7:51:02	8:07:36	10:41:18					70.488
Sri Chinmoy 6 Hour Race - Men										
Henry Beex, 45	1	3:32:49	4:04:05	4:14:04	5:32:19					69.432
Russell Shannon, 54	2	4:45:10	05:33:40	05:46:29						51.585
Mark Chivers, 34	3									37.456
Sri Chinmoy 6 Hour Race - Women										
Carolynn Tassie, 41	1	4:00:05	4:35:53	4:46:55						61.412
June Stevenson, 41	2									35.861

45

AUSTRALIAN 6 DAY RACE COLAC INC.

WOMEN SHINE AND ENDURE AT COLAC

BY

TONY RAFFERTY

Recorded in the annals of six-day ultramarathon history at Colac, Victoria, are among many outstanding achievements, two performances which remain in the minds of the local population and news media.

Hundreds of people, excited school children and three busloads of Greek supporters from Geelong, gathered round the tree-lined 400-metre track at Memorial Square, Colac in 1984, when Yiannis Kouros from Tripoli completed 1023.2km to win Australia's first international six-day race. Five years later encouraged by fellow competitors, support crews, scores of spectators and curious shoppers, fleet-footed Bryan Smith became only the second person in the race's thirteen-event history to break the 1000km mark when he logged 1002km to win in 1989.

Lost in the fervor of these grand accomplishments were feats of physical endurance, examples of mental strength, displays of willpower and competitive attitude from women athletes in the Colac races. Indeed, in the first event, gaining sixth place and holding off an imposing challenge from New Yorker Donna Hudson, Eleanor (Adams) Robinson became the first woman to break the 800km barrier smashing Edith Couhe's 760km world record attained a few weeks earlier at La Rochelle in France.

Bloodied feet from burst blisters caused Hudson much pain which hindered her attempt to contest Robinson's 806km total. Seemingly happy with seventh position and 775.6km Hudson promised to compete again. (Severe muscle soreness forced her to retire from the event the following year. A year later she ran 785.2km into seventh place.)

Robinson's superb deeds continued when she appeared at Colac in four more events. Etched in the memories of competitors, media and local residents, the challenge in 1989 from New Zealander, Sandra Barwick, in a bid to release Robinson's hold on the world record prevails as one of the eminent six-day personal contests in ultramarathon history.

Motivated by Robinson's achievements Barwick entered the race with an ambition to exceed 800km. Her determination, concentration and attention to detail demonstrated to onlookers that Robinson's well-known, never-say-die track temperament would have to be at its peak.

The friendly rivalry showed everyone that great things can be achieved with a resolute tenacity to endure to the finish. Robinson - dignified, often smiling - showed no visible stress when she placed third behind Maurice Taylor and winner Bryan Smith, to break her personal best total with a staggering 866.8km. Barwick with graceful running form, upright stance, and blonde hair whisked by the breeze, acknowledged spirited applause when she crossed the finish line only six kilometres behind to claim fourth spot.

46 .

The world-class feats of Eleanor Robinson and Sandra Barwick cast a shadow upon record-breaking achievements produced by a number of other female competitors.

Despite murky conditions in 1992 - a rain-sodden track which developed into a quagmire - Georgina McConnell suffering an injured knee rewrote the record books with 677.2km and broke six Australian records to claim sixth place. The undaunted spirit of Dawn Parris buoyed by 614.8km to earn 11th spot gained worthy six-day race experience for the Melbourne ultrarunner.

McConnell and Parris returned in 1995 greeted by a hard bumpy energy-sapping surface. "It was like running on concrete," said McConnell. Her precise, rhythmical, energy-conserving running form yielded 699.2km - a world (50 to 54) age record - to win eighth position just 2.4km behind Peter Gray in seventh place. Despite 19th spot at 5am on the first day, at the finish line Parris noticably tired but as always graceful under duress, achieved ninth position, 22 kilometres behind McConnell.

A competitor in the Veteran World Games in Melbourne and Australian representative in the 100km World Challenge in Belgium, Sandra Kerr demonstrated in 1994, during her first visit to the Colac circuit, the benefits of strict discipline and foward planning when as a newcomer to six-day racing she generated 580km to merit a place on the Australian top-ten ranking list for women.

After an impressive effort in the 1987 Westfield Sydney to Melbourne Run when she became the first woman to cross the finish line, Cynthia Cameron the following year showed stoic resistence to blustery wind, hot humid conditions and occasional heavy rain to take 11th place with 738km just 1.6km behind Pat Farmer.

New Zealander Sue Andrews, often humorous with a generally relaxed demeanor arrived in Colac in 1988 focused on achieving a personal best. (The previous year she gained 15th place and totalled 538km.) With well-planned race tactics Andrews in one of the race's most competitive fields ran 701.2km for 13th spot.

Merrilyn Tate in 1989 arrived in the town just a few days after a four-day mountain climb. With aspirations to average 100km a day for the duration of the race Tate struggled through the final stages to record 492.4km and 13th person to cross the finish line.

Alvira Janosi's 536.4km total last year - (a big improvement from the previous two years when unsuccessful in breaking the 500km mark) - encouraged her to make plans for future visits to Memorial Square.

Women athletes throughout the history of the Australian Six-Day Race at Colac inspired everyone with examples of dedication, desire, discipline - and steadfast belief in their ability to achieve great heights in one of the world's most gruelling sports.

We look foward to this year's race and the anticipation of performances that challenge the stellar deeds of past events.

TONY RAFFERTY - April 1999

Application for entry to the
14th AUSTRALIAN SIX-DAY RACE
(14th to 20th Nov.1999)
please contact
Dot Bell, PO Box 163
Colac Victoria 3250

The 24-Hour Track Race

A Strategic Approach to This Mystical Event Can Assure Consistent Success.

BY JEFF HAGEN

THERE IS something very special, even mystical, about running for 24 hours. Almost everything we do is based on daily rhythms and activities, so it is not surprising that many runners eventually find themselves wondering how far they can run in one day. Even the Western States 100-Mile Endurance Run, which many would consider to be far removed from a typical 24-hour race, gives a special award to runners who finish in under 24 hours: a silver buckle inscribed simply, "100 Miles, One Day."

After focusing on trail ultramarathons for many years, I recently realized that a 24-hour race offers certain advantages that other races do not. It is an ideal way for a first-time ultrarunner to get a taste of the sport in a distinctly low-pressure situation. If a new ultrarunner enters a 50-mile race, crashes early, and then drops out, the result is a big "Did Not Finish" and probably a feeling of failure on the part of the runner. The beauty of a 24-hour race is that there are no "DNFs." Runners simply run as many miles as they can run or care to run, and everyone finishes.

A 24-hour race also gives novice ultrarunners more time to reach their goals. Instead of entering a 50-mile race, with its typical 12-hour cut-off time, prospective 50-mile runners who choose a 24-hour venue have effectively doubled the time limit for the attempt. This reduces the time pressure, which will allow the runners to start more slowly, take a long nap if needed, or even go out for pizza and a movie, if they are so inclined. Then they can come back and finish the 50 miles. If they are feeling really good, they might even surpass the original goal and continue to 100 kilometers or some other loftier goal.

Until this year I had dreaded the thought of running a 24-hour race on a track. I had become very accustomed to road and bike path loops ranging from slightly less than a mile to nearly three miles in length, all of which offered a lake in the middle and various types of wildlife to enjoy. But now that I have

run two track 24-hour races, I realize that the boredom and sore joints that I expected from a track race never materialized. Indeed, track races even have some advantages over longer loops, such as constant access to the aid station and crew people, lights at night (usually), close proximity to restrooms, and a course on which one rarely gets lost (just kidding).

Let me now present some of the strategies that are important for a successful 24-hour race, with special emphasis on track events. With slight modification, you can apply these principles quite readily to races run on roads or paths.

Nine Keys to a Successful 24-Hour Track Race

1. Walking strategy
2. Specific training
3. Proper pacing
4. Adequate eating and drinking
5. Frequent stretching
6. An excellent crew
7. Staying on the move
8. Maintaining focus
9. Paying attention to the little things

WALKING STRATEGY

The most important factor in a successful 24-hour race is a walking strategy that enables you to maintain an even pace throughout the race. There may be a handful of elite runners who can run efficiently for 24 hours without walking, but the rest of us shouldn't even think about trying it. Just so there is no con-

fusion, the term "walking strategy" does not mean running until you can't run any longer, and then walking. That is a nonstrategy doomed to failure—like spending your entire month's food budget on junk food the first week and then starving the rest of the month.

To be effective, walking needs to be planned, and then carried out as planned. Many formulas have been used over the years, such as running five miles and then walking one mile, running three miles and walking one-half mile, or running 25 minutes and walking 5 minutes. In my first 24-hour race several years ago I adopted a slightly different walking strategy, which I still use. Starting at the beginning of mile two, I walk a set number of minutes during each mile of the race. Over the years I have gradually lengthened my walking phase from two minutes per mile to four minutes per mile. Extending the walking phase has improved my pace during the last half of the race, because four minutes of walking conserves my energy for a longer period of time. During the last hour or two of the race I usually feel strong enough to abandon the walking phase and simply crank out as many miles as I can, running constantly until the time runs out.

In 24-hour track races I have observed runners using another walking strategy—running the straightaways and walking the curves. The obvious advantage of this technique is that runners can avoid the torque on their joints that occurs while running the curves. Another advantage of the walk-the-curves strategy is less obvious: using a slower pace on the curves minimizes the need to pass other runners on that portion of the track. Passing on a curve is less efficient than passing on a straightaway, because shifting into an outer lane on a curve involves covering more distance to complete the maneuver. Those of us who run the curves cannot avoid adding extra distance to each lap, as we must constantly move into the outer lanes to pass the walkers in lane 1.

One disadvantage of the curve-walking technique is that these very short walking phases may not provide enough rest. Many of the techniques I have developed for ultramarathoning are based on principles I learned in a basic mountaineering class in 1975. One of these principles held that taking frequent rest breaks of three to five minutes each was more efficient and effective than taking shorter or longer breaks. I was taught that less than three minutes did not provide adequate rest, while more than five minutes resulted in little additional benefit and wasted valuable time. Applying this to walking breaks suggests that breaks of less than a minute, such as walking the curves, may not be as effective as those in the three- to five-minute range. This concept has since been supported by research found in the running literature.

Trial and error is the only sure way to discover which walking strategy works best for you. Just make sure that you *have* a strategy or your 24-hour run is likely to be distinctly unpleasant.

SPECIFIC TRAINING

Whatever walking strategy you choose, you should practice it in your training. It is not necessary, or even desirable, to walk during every daily training run, but do include walking at least a few times before the 24-hour race. I like to incorporate my walking technique into my longest training runs, as this helps me develop the proper walking pace for the race and also drastically reduces my recovery time from these long runs.

How much training is necessary to prepare for a 24-hour race? Some runners believe that high mileage is important for a successful run, and others (myself included) have had success with minimal training. If you run 100-mile races, the training mileage for a 100-miler is certainly adequate for a 24-hour run. Because of the walking strategy, even the training mileage you use to prepare for a 50-miler may be enough. If you have never trained for or completed an ultramarathon, you might get by with your usual premarathon training mileage—if you don't set your goals too high for the 24-hour race. Once again, a well-executed walking strategy tends to make up for a lack of training mileage.

PROPER PACING

After a race is over, hindsight makes it easy to determine whether the pacing was good, bad, or downright ugly. The 50-mile split time, the 100-mile split time, and the total mileage pretty much tell the whole story about pacing in a 24-hour race. The second 50 miles will never be as fast as the first 50 miles, but the less drop-off in pace from the first 50 to the second 50 and beyond, the better the pacing. For example, if you hit 50 miles in 8:30 and finish with 100 miles, you probably started too fast. The second 50 miles took seven hours longer than the first 50—that's too great a differential for efficient pacing. In my most successful 24-hour runs, the time difference between my first 50 miles and second 50 miles has been less than an hour.

Some argue that the splits don't tell the whole story, as runners encounter all types of problems that can destroy their pace, including stomach troubles, leg cramps, blisters, and myriad other ailments. Some of these difficulties are hard to avoid, such as blisters after several hours of heavy rain, but many of the problems, including touchy stomachs and sore legs, often are directly related to starting too fast.

The trick is to run slowly enough early in the race to keep the split times where they belong. The difficult way to do this is to try slowing your running pace to a level well below your normal training pace. The easier and more sensible way is simply to adjust your walking strategy so that you spend more

Stan Nakashima and Jeff keeping each other company during the 1998 Sri Chinmoy 24-Hour in Seattle.

time walking and less time running. Then you can run closer to normal training pace during the running phase and still keep your split times within a reasonable range. I am convinced that if more 24-hour runners would run slower 50-mile splits, they would have less trouble reaching and surpassing the 100-mile barrier that seems so elusive in these events.

ADEQUATE EATING AND DRINKING

The standard wisdom that applies to any other long race also applies to 24-hour runs: eat and drink early and often. Track races offer you the advantage of never being more than a quarter-mile away from your food and liquids. The variety of foods offered at the official aid station is usually quite good (partly because of access to electrical outlets for microwave ovens and other appliances); try to determine in advance which foods the aid station provides so you can bring along your own favorite foods, if necessary. Because most running tracks are located in populated areas, grocery stores or convenience stores are usually close enough to allow your crew to make an emergency run for ice cream and other "essential" food items.

Many 24-hour events are scheduled for the cooler times of the year, but you still need to pay attention to hydration. Rather than pick up cups of water from the aid station, I prefer to carry a water bottle in an insulated carrier throughout the race. This way I can drink whenever I please, and the water stays cool. Occasionally I stop at the aid station for a cup of electrolyte drink to round out my fluid intake. If it becomes difficult to drink water as the race wears on, try adding ice to make the water more palatable.

FREQUENT STRETCHING

Some runners stretch during a race, and some don't. I believe that it's worthwhile to stop and stretch approximately every 10 miles. If you're concerned about the time you'll lose, you can stretch in lieu of a walking break, since both provide a period of rest. Prior to the race, I scan the track for a low fence or low hurdle that will serve as a good place to stop for my stretch breaks. Swinging one leg at a time over the chosen object stretches the hamstrings, bending one knee at a time and grabbing the ankle stretches the quadriceps, and leaning against the object stretches the calves. As the race progresses it becomes more difficult to lift your legs, so you'll never want to use a high hurdle. You might get stuck up there for the remainder of the race!

AN EXCELLENT CREW

A great crew is worth its weight in dinners out or other comparable compensation (especially if your crew consists of a spouse or significant other crewing you for several races during the year). Some 24-hour runners do okay without a crew, but I have tried it and don't recommend it. Going crewless is definitely not helpful if you plan to accumulate significant mileage during the race. Filling water bottles, digging through duffel bags, and rummaging through ice chests takes precious time better spent on the track.

If you're working with a new crew, make sure to give them specific instructions. A written list is helpful. Crew members need to know where all your gear is stored, such as extra socks, shoes, mittens, and rain gear. They also need to be told beforehand what foods you're planning to eat, when you plan to eat them, and where they are stored.

Think about the comfort of your crew during the race. While to you the race may seem to last only about 8 hours, to your crew it might seem like 36 hours. I call this phenomenon the "24-hour time warp," an aberration that I am sure other ultrarunners and crew members experience during long races.

If you have the luxury of multiple crew members, encourage them to alternate taking breaks and naps so they will be alert when you need them the most.

An excellent crew is one of the keys to success. Here, Rhonda Provost and Renda Gail tend Jeff during Greg and Delmar's 24-Hour Adventure Run at Gibson Ranch.

If, like most of us, you have only one crew person, then treat that person very well. When things are going along smoothly and you don't anticipate needing anything major during the next couple of hours, tell your crew person to take a nap, or at least an extended break. If you do need something during that time, you must then decide whether it's worth waking the person; maybe you can take care of it yourself. Remember that the more rested and alert your crew person is, the more useful he or she is to you.

STAYING ON THE MOVE

Forcing yourself to keep moving is one of the most difficult aspects of a 24-hour track race. Ready access to your crew and support station, complete with lawn chair, tent, and comfortable sleeping bag, can make it very easy to stop and not get started again. This is especially a problem in the middle of the night, when you might become sleepy even after imbibing caffeine-rich drinks. If your mileage goal in the race is modest, then by all means take a short nap. Tell your crew how long to let you sleep. On the other hand, if you're out to tally as many laps as you can, then avoid the tent at all costs. I think of the tent as a haven for my crew, not for me.

In the evening I take in some caffeine before I feel sleepy, so it has time to work. If I start falling asleep on my feet in spite of the caffeine, then it's time for a brief nap. I prefer to take my naps in a chair or on an ice chest to make it easier to get started again. and I keep the naps very short. As strange as it may

sound, a two-minute to three-minute nap sometimes can keep me going for two or three hours. If I find that I am still sleepy after returning to the track, I stop for additional short naps as needed. Long naps feel great, but if I'm trying to maximize my mileage, they simply take too much time.

MAINTAINING FOCUS

It's important to stay alert and focused on the task at hand so you don't turn into a zombie as you circle the track. For the first half of the race I focus entirely on my planned race strategy and virtually ignore the progress of the other runners. I occupy my mind by timing my walking segments and constantly monitoring my per-mile pace, as well as my intake of food and liquids. At the beginning of the second 12 hours I usually start inquiring about the other runners, either by checking the leader board or asking my crew. I won't change my race strategy at this point, but it's nice to know where I stand. If I'm fortunate enough to be among the leaders, then I start monitoring their pace in relation to mine.

When only a few hours remain in the race, I begin to use mental math at frequent intervals to calculate my projected finishing mileage. I also start planning the time when I'll abandon my walking segments and switch to full-time running; the timing depends on how strong I feel. Even at this point my focus is primarily on the clock, not on the other runners. If another runner and I are virtually even with an hour or two remaining, then I'll take this into account when planning my final push, but my main goal is always to maximize my mileage, not compete with other runners. That's why I'll always run hard until the clock runs out, even if I have a substantial lead over the runners behind me. It is, after all, a 24-hour race, and I wouldn't feel right if I quit early.

Incidentally, greeting other runners as they pass you or you pass them is a good way to stay alert. This also demonstrates the courtesy for which ultrarunners are known and promotes the idea that we're all in this together.

PAYING ATTENTION TO THE LITTLE THINGS

Paying attention to the details can make the difference between a pleasant run and a painful or frustrating run. Following are some examples of little things that can help to make your 24-hour run more enjoyable.

- Eat an early dinner and go to bed early the night before the race to help you stay awake during the run.

- Arrive early for the race to check the layout of the facility (especially the location of restrooms in relation to the crew area and the start/finish line) and to pick the best spot for your support station.

WHY NOT **NOT** RUN

Without the slightest effort you, too, can know the ecstasy of the non distance runner.

Gaunt, sore legged and out of breath, more and more people are casting off their costly and fetid sneakers and dropping by the wayside, where they lie down, close their eyes and smile broadly.
They are discovering a relaxing new trend: not running.
After months or years of strenuous overexertion, people are beginning to ask why? Why drive yourself to the point of exhaustion? Why pound your feet to bloody stumps? Why pretend that pain is good for you? Why terrorise entire communities by thundering around the streets in massive, unruly, grunting herds? Why Run? Indeed why NOT run?

Who are the pathfinders bold enough to drop out of the faddish rat race? Surprisingly, non runners are a lot like you and me. They include people from every walk of life. And there are not only walkers. There are sitters, leaners, nappers, starers, procrastinators, TV watchers, ice cream lickers, readers, sneezers, yawners, teasers, stumblers and many non-runners have been doing it all their lives. Others have only recently kicked the running habit to join the swelling ranks of the unrun. Without them and their non running related expenditures, the economy would fold up in a minute.

But the economic gain from non running is only part of the picture. There is also the spiritual side. Non runners are linked by a common bond. They feel a kinship that expresses itself in innumerable ways. Non runners will often wave to other non runners they don't even know. Sometimes they will even invite them home to dinner.

And there is the well known psychological lift that comes to non runners. After the first half an hour or so of not running, you become so elated by the realisation that you are not out in the hot sun or in the rain pounding along on a hard footpath or cinder track that you may find yourself uttering a restrained sigh. This indefinable sense of quiet satisfaction is one of the things that makes not running so pleasurable.

52.

People find that once they start to not run, it's hard to stop. After just a small taste, the novice non runner finds his body demanding more and more until he is almost smiling with the sheer joy of not running. We also have the so called Marathoners who have attained the peak of the non running experience. Some of them are capable of going 24 hours without a single running step. Still more astonishing there are those who by combining non running with meditation have achieved a mental state in which they don't even think about running for months on end. Non running is so easy that it can be enjoyed at any time, in any place: in city parks: on sofas: in the bath: alongside (or in) rivers, lakes and in the sea; in the backyard or atop mountains(a site of many a non running "high")

TAKING IN EASY. And non running is inexpensive. Tracksuits, netted shirts and imported sneakers are not needed by non runners. You can non run in your everyday clothes, your formal wear or in the nude. While it is true there are some non runners who prefer special striped pyjamas and leisure suits, and who enjoy arguing the merits of hard slippers versus soft, these are in the minority).

Non running gives the overstructured overdirected life   a needed sense of freedom and purposelessness. But some people never understand. Competitive, compulsive, indigestive, they become obsessed with crossing finishing lines and counting laps. They lose sight of the importance of staying in one spot and not moving for long periods of time. And they pay a fearful price in terms of curdled brains and the unnecessary provocation of untold thousands of innocent dogs, that are rudely transformed into snapping curs with a morbid desire to taste the human ankle.

Non runners do not have these problems. They truly understand the beauty and power of slow. They respect the concept of "Take it Easy". They reject the pseudo promise of one more for the road. They do not traffic in traffic. They know how to relax. Theirs is the way of the turtle and the snail. Theirs is the spirit of the Glacier, the spirit of Walk. Do not run. Of haste makes waste. Of stop, Halt and yield right of way. Grass grows under their feet and it tickles, and thats nice.

They are non runners, ready to sit down and be counted. Members of the non racing race, they are something special. And they know it

53.

STRETCHING

We know you are religiously practising the stretching exercises we gave you in our last issue for BEFORE you run. Now, have a go at these AFTER you finish. Or you could just try them between phone calls at the office. We really like No.11. Try it and see who comes along. You might find your luck's changed!

After

Running

Approximately 9 Minutes
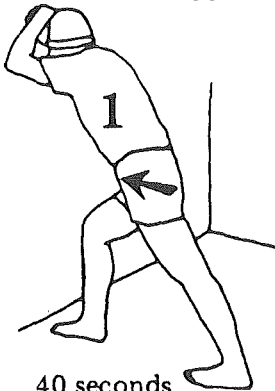
40 seconds
each leg
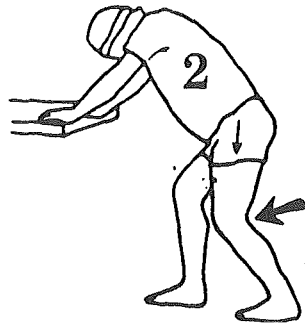
15 seconds
each leg
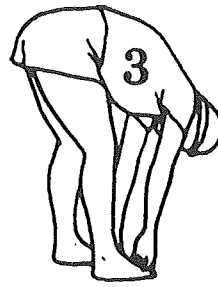
30 seconds
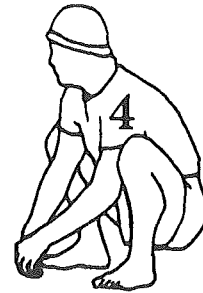
20 seconds
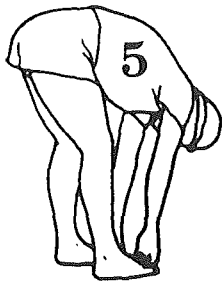
30 seconds
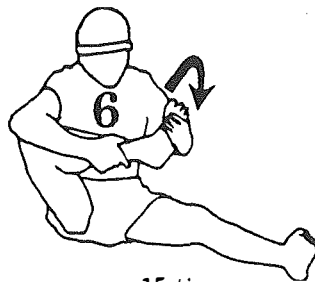
15 times
each direction
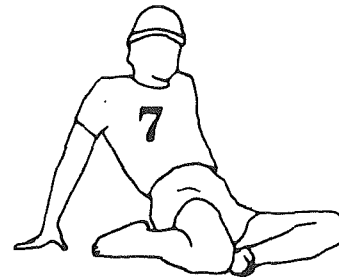
30 seconds
each leg
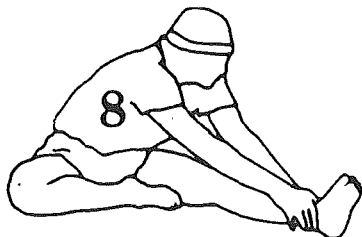
30 seconds
each leg
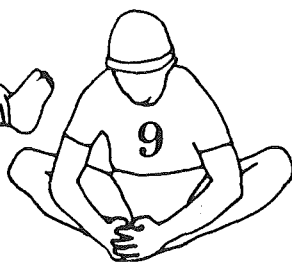
40 seconds
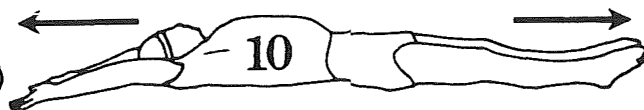
3 times
5 seconds

60 seconds
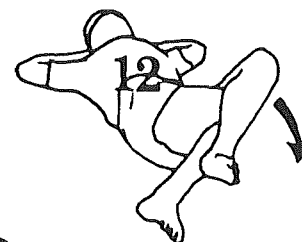
25 seconds
each side

The K. Marshall Travelling Show

This is just absolutely unbelieveable. During a year our own ultra marathoner, for I don't know how many years in a row, is running 1466 km in competition!! - or the equivalent of 116k's per month in averagde.

How much training on top of that?? A total of 21 marathons or ultramarathons in a year. That's nearly every second week!! Please enjoy the reading below. I promise not to stand against you, Kelvin.

Race	Event	Date	Distance	Time	Other Information
1	Mt Bogong To Mt Hotham	10/1/99	60 KM	9:20:53	6th Overall (Winner: 7:10:00)
2	Mansfield To Mt Buller	24/1/99	50 KM	4:20:01	2nd Of 15 (Winner 4:01:06)
3	Sri Chimnoy Canberra 100 KM	21/2/99	100 KM	9:04:51	1st Of 10 (Run Leg Of Ultra Triathlon)
4	Six Foot Track Marathon	6/3/99	46 KM	4:21:25	18th of 507 (Winner: 3:43:45)
5	AURA Maroondah Dam Trail	21/3/99	50 KM	4:54:09	3rd of 11 (Winner 4:20:28)
6	Canberra Marathon	11/4/99	42.195 KM	2:55:41	60th of 455 (Winner 2:18:01)
7	VRR Winelands Half Marathon	18/4/99	21.1 KM	1:27:26	14th of 100 (Winner 1:18:39)
8	Tamborine Trek	2/5/99	68.8 KM	5:59:09	Winner (Five in a Row !!!) (1st Of 10)
9	Coffs Harbour To Grafton	9/5/99	85 KM	7:23:??	Winner (3 from 3 starts) (1st of 6)
11	Run To The MCG	24/5/98	8 KM	0:33:18	163rd of 3,030 (Winner: 0:23:57)
12	Sri Chimnoy Melbourne Marathon	31/5/98	42.195 KM	2:54:41	4th of 68 (Winner: 2:36:47)
13	Traralgon Marathon	7/6/98	42.195 KM	2:53:22	2nd of 26 (Winner:2:45:53)
14	Shoalhaven Ultra Marathon	14/6/98	46 KM	3:24:24	3rd of 10 (Winner: 3:10:33)
15	Sri Chimnoy Half Marathon	28/6/98	21.1 KM	1:22:06	(Winner 1:17:00) Personal Best
16	Gold Coast Marathon	12/7/98	42.195 KM	2:55:42	92nd of 1,710 (Winner: 2:11:20)
17	Blacktown Cities Marathon	26/7/98	42.195 KM	2:58:40	11th of 120 (Winner: 2:47:00)
18	Malvern Mini Marathon	2/8/98	10 KM	0:38:02	11th (Winner: 0:31:03)
19	Half On The Park	9/8/98	21.1 KM	1:19:55	Personal Best (16th of 297. Winner: 1:09:20)
20	Junee To Wagga Wagga Marathon	16/8/98	42.195 KM	2:54:44	4th of 35 (Winner: 2:43:10)
21	Greater Shepparton Marathon	23/8/98	42.195 KM	2:52:02	2nd of 13 (Winner:2:50:53)
22	Sydney Marathon	6/9/98	42.195 KM	2:54:27	(Winner:2:15:51) 42 of 743
23	Victorian Half Marathon	13/9/98	21.1 KM	1:24:15	138th of 320 (Winner 65:51)
24	Royal National Park	19/9/98	50 KM	4:24:20	6th of 97 (Winner: 3:47:10)
25	Glasshouse Mountains Trail	26/9/98	100 Mile	25:24:11	2nd of 12 (Winner: 23:06:23)
26	Melbourne Marathon	11/10/98	42.195 KM	2:51:45	(Winner 2:12:49) 68th of 1,424
27	Rialto Run Up (Age Group Run)	25/10/98	1267 Steps	0:11:01	14th of 34 (Winner 0:07:52)
28	Bright Alpine Climb (Four Peaks Run)	31/10 To 3/11		5:40:06	19th (Winner 4:07)
	Day 1: Mount Porepunkah (1,194 Metres)	31/10/98	7.364 KM	0:59:45	
	Day 2: Mount Feathertop (1,922 Metres)	1/11/98	10.87 KM	1:28:59	
	Day 3: Mount Hotham (1,860 Metres)	2/11/98	14.77 KM	1:52:03	
	Day 4: Mount Buffalo (1,200 Metres)	3/11/98	10.46 KM	1:19:19	
29	Brindabella Classic	8/11/98	54 KM	4:17:22	6th of 78 (Winner: 3:53:??)
30	Olympic Dream	15/11/98	10 KM	0:39:26	(Winner: 30:07) 290th of 5,359
31	JLW Challenge	28/11 To 29/11	Mixed Team		2nd Overall Time: 16:58:15 (Winner: 16:56:46)
	Day 1	28/11/98	33 KM	3:55:13	39th Of 221 (Winner 3:05:25)
	Day 2	29/11/98	20 KM	1:41:48	15th Of 202 (Winner 1:23:28)
32	Kurrawa To Point Danger & Return	6/12/98	50 KM	3:37:42	2nd Of 28 (Winner 3:31:00)

PAT FARMER SMASHES WORLD RECORD TODAY

Today, Tuesday 20 July 1999, Ultra marathon runner, Pat Farmer established a **New World Record** for the 'Queensland Long Run' and also smashed the previous Brisbane to Camooweal record, by an incredible 8 days.

Crossing over the Northern Territory Border today at **2.55 pm** in a record **31 days, 8 hours** and **55 mins, over 2535.4 kms,** Pat felt elated and relieved at the enormous victory.

In 1983, Ron Grant ran the same run from Brisbane to Camooweal (13kms before the Northern Territory border) in 39 days and 2456kms.

Pat's newly established Queensland Long Run record commenced from the Queensland border town of Tweed Heads on 17 June, to the official Northern Territory border, (exactly 13kms west of Camooweal) in **33 days 4 hours and 25 mins over 2649 kms.**

Because Pat started at the Queensland border and not in Brisbane, he has added an extra **126.6kms** to the previous record set by Ron Grant. Even more astounding is that before Pat commenced at the Queensland Border, he had already run an exhausting 19 days - an average of two marathons a day!

In total, Pat has clocked up nearly 4000kms over 51 days since leaving Canberra on 31 May 1999, where he set off on a history making run around Australia for the Centenary of Federation.

Announcing his victory, Pat said, "It is the people of this country that have given me the drive and determination to make this new record and smash all previous records on this significant run. I am doing this for all Australians to thank them for their belief in me and their support of the reason I am doing this run – the Centenary of Federation".

"I have been overwhelmed by the spirit of Australians over the last two months who have been right behind me all the way. But, what I was really pleased about when I broke this record is the cold NT Stubbie that a local had waiting for me - after all that running, it tasted bloody good!"

This is the 1st of 13 records Pat will break on his history making run around Australia to take the message of Federation to all Australians he meets en route.
NEXT WORLD RECORD BREAKER COMING UP..............
From the Northern Territory, the next anticipated record to be broken is the **'Brisbane to Darwin World Record'.** When Pat arrives on Monday 9 August 1999 he will have broken it by 9 days in an awesome 51 days.

For up to date information and Pat's personal Highway Diaries visit the official Pat Farmer website on **www.patfarmer.com**

A complete itinerary, biography and fun facts about Pat and this extraordinary journey are also on the site.

Pat will finish the run in Centennial Park, Sydney on 1 January 2000, the place where the Commonwealth of Australia was born in 1901.

A TRIUMPH OF SPIRIT

Seemingly undaunted by severe osteoporosis,asthma
and food allergies, LINDA MEADOWS, met extraordinary
physical and mental challenges, some of which included
world and national endurance records. She visited
TONY RAFFERTY at his home for this conversation.

TONY RAFFERTY Linda, tell me about your early days.

LINDA MEADOWS I'd like to start on the sporting theme. I'd lots of
encouragement to participate in many sports: tennis, softball,
netball, swimming, athletics, fencing. Lots of team sports. That was
balanced with the academic side with the purpose of following on to
uni and getting a career. School was important to me for those
reasons.
        When I left school I took up cycling. Within three years I took
out the Australian Womens' Cycling Championship. At that time I was
finishing my first degree. That was followed by a post-graduate in
recreation. Then it was cycling solo around the world before I got my
first job working as a recreation officer in local government in
north-west Victoria.

Who, if anyone, influenced you to become so adventurous?

I was a real tomboy. Football, cricket with the boys. Climbing trees.
Cowboys and Indians. All those things girls wern't supposed to do.
And quite agressively. A teacher spoke to mum about three of the
biggest bullies who came crying to her because Linda would not let
them get the ball. They wouldn't dare try to get it off me. I always
got my own way and was agressive in that way. I felt that if I wanted
to climb a tree or kick a football there should be no reason why I
shouldn't do it, just because I was a girl. I'd that attitude from an
early age.

Is your self-discipline your greatest strength?

Absolutely! In order to achieve success at school and uni I had to be
self-disciplined. I learnt that from my parents. I haven't a great
I.Q. but I was determined to get to uni, get qualified, get a career.
I worked hard. When others were relaxing in the sun between lectures
I'd be in the library. After school I'd study for four hours. That was
a regular habit which I carried over into sporting areas.

Speaking about sport. What was your toughest event?

Wow! There's been a few. In running: the 100k races. In cycling...Oh,
London to Manchester and back. A non-stop cycle. It took me 33 hours
2 minutes. Throughout the night it was freezing cold...Tough.

Tell me about your cycle around the world. And did you fear for your
life any any stage?

I'd no fear. I was confident. I knew I could take the challenge. I
planned it well. I studied it. It was common sense. If, for example,

I was unable to find a campground for the night in the middle of nowhere, I'd wait to make sure nobody saw me leave the road, then I'd search for a safe spot. The closest I got to any sort of concern from humans was in Tallahassee, the capital of Florida in the U.S. I'd been camping in grounds without showers for four days. Later I got off my bike at a small shopping centre. A guy turned up in a convertible. For some reason I felt a bit wary. Suddenly his whole manner changed. "Do you want to have a bit of fun? l'll pay for it," he said. "I beg your pardon!" Me, without a shower for four days...He must have been desperate. Gee, the way I must have looked and smelt. The biggest fears came, not from humans, but from speeding trucks.

You need backing to help pay expenses for solo trips like this, and travel costs to races and so forth. How difficult is it for you to acquire sponsorship?

The crux of the whole problem is, if you are not in an Olympic sport in Australia you get no help. The government isn't interested. The only thing I pick up is product. And that's fine. But the real costs which are the killers are travel and accommodation. There are many ultra runs in Europe, America, South Africa that I want to do but cost of travel is prohibitive.

What is the future of ultra-distance running?

It can grow. It is big around the world. There is a push to eventually have the 100k in the Olympic Games. The triathlon is a bonus because it's an endurance event and it's popular. If competitors tire of the triathlon they will look for other endurance events. And the Eco challenge events will help. They will offer a physical and mental challenge to athletes in different ways. I think the future looks bright for ultra events.

Tell me about your diet. What would be a normal eating program?
I have food allergies which preclude many standard foods. When I started cycling I couldn't compete on a full stomach, so I eat a couple of hours before an event: Dried fruits, perhaps a couple of bananas. For breakfast I usually eat rolled oats with a dash of lemon, honey and water. This provides me with a solid foundation especially first thing in the morning. Then through the day I'd graze...smaller quantities of foods. I take energy powders and protein powders that are readily available these days.

Do you eat meat?

No. I don't eat meat, fish, chicken. And I'm allergic to dairy products...So I eat nuts, beans, rice, parsley...

So you call yourself a vegetarian?

Absolutely.

Is that more for philosophical reasons or is it because of your allergies?

A combination. Health and philosophical reasons. I believe it's a healthy method. I became a vegetarian before I found out about the allergies.

What about alcohol?

I stopped drinking at 18. I was never fussed about it so I stopped altogether. I haven't touched it since.

What's your opinion about weight training for the athlete?

Yes, I use weights all the time. I totally believe in the fact that you must have balance. Endurance and strength. As part of my extended training regime I use weight training as part of my total fitness package.

Mostly upper body work?

Oh yes. Running and cycling keep my legs strong. If the upper body is not strong all-round performance suffers. With so much arm, shoulder and chest action, upper body weight training will assist progression in running.

What advise would you give to a person wanting to attempt an ultramarathon?

Of course it would depend on the distance. In general terms: Miles in the legs to build endurance. Cross training: running, cycling, weights and if possible swimming. Getting the miles up is the most important thing.

What's been your most euphoric moment?

Taking out my first world record...The 50-mile and six-hour. To know I'd been where no one had been before was an exciting time.

What's been your lowest period?

I've had a few...That's really hard...

I'll not press you on it Linda. What can't you go through the day without?

I've got to exercise. Run or cycle. I must have an exercise fix for the day. Because I don't like running that much, I do it first thing. I feel good getting it over. I'm like a bear with a sore head if I don't get my exercise. I love the endorphin fix.

What are your hobbies?

I love music. I play classical guitar...Writing, reading.

What type of literature?

I'm broad-ranged in reading habits. Sometimes novels...I'm always interested in broadening my knowledge...National Geographic I'd pick up with gusto. Biographies...I'm interested in people, places.

Who are your favourite composers?

I like the classics. Beethoven...Prokofiev. And in another sense,

Neil Diamond. His words are poetry. I love the combination - poetry to music...Reggae also.

What interests you on television?

I'm very particular. For many years I didn't have a tv. These days I use the video a lot. I need to be in control of what I watch and when I watch it. I love documentaries.

Where's your favourite city?

In western Australia. Perth. I love the weather, the people. The nature of the city is like a big country town. And Kings Park, Swan River...gorgeous.

How would you describe an ideal weekend?

A morning run or cycle. Reading in the sun on the beach...or a long ride of about 100ks...Ideal.

What angers you?

Good question...The absolute stupidity of humanity. Supposedly with high intelligence but won't look to the consequences of its actions. For example, we create so much in environmental deprivation; we wipe out so many plant and animal species. We know what we're doing but keep on doing it. That angers me most. This earth is precious and we're destroying it, and knowing we're doing it, is total stupidity.

What's the best film you've seen?

Zulu. The true story about the fight between the British and the Zulu warriors in South Africa. It starred Michael Caine. I first saw it in a hall at Puckapunyal when I did reserve training with the army at uni. A packed hall full of bodies watching it. Because it was so hot that day we got a true feel of the movie. It's about a culture clash and the discipline between the two sides. To see the tactical discipline of the British soldiers and the psychological methods by the Zulus. For example they were beating their spears on their shields to psyche out their enemy. The British sang hymns in unison as a counter action. Fantastic. In the end, although the Zulus could have wiped out the British, because they respected their fighting the Zulus turned and walked away. More VC's were awarded during that war than at any other time in history.

What is your greatest extravagance?

My bikes. I've got six. The most expensive is $3,500...Another is music. I've hundreds of cd's of diverse choice.

What do you find most inspiring?

People who do the simplest things, or, the most extraordinary things. Parents who bring up children and who give them every opportunity...People who seek the most physically and psychologically demanding things and who perform them in an unpretentious manner.

60.

Where's your ultimate holiday destination? Perth?

No, no, no. Australia. Another cycle round Australia. A wonderful holiday. The ultimate.

What talent do you wish you had?

To be a better musician. I'd love to be a pianist. I've had no piano training.

Who in the world would you most like to have met?

Percy Cerutty. He was a great character and a man true to himself and his ideals.

Thanks for your time, Linda.

AUGUST 1999
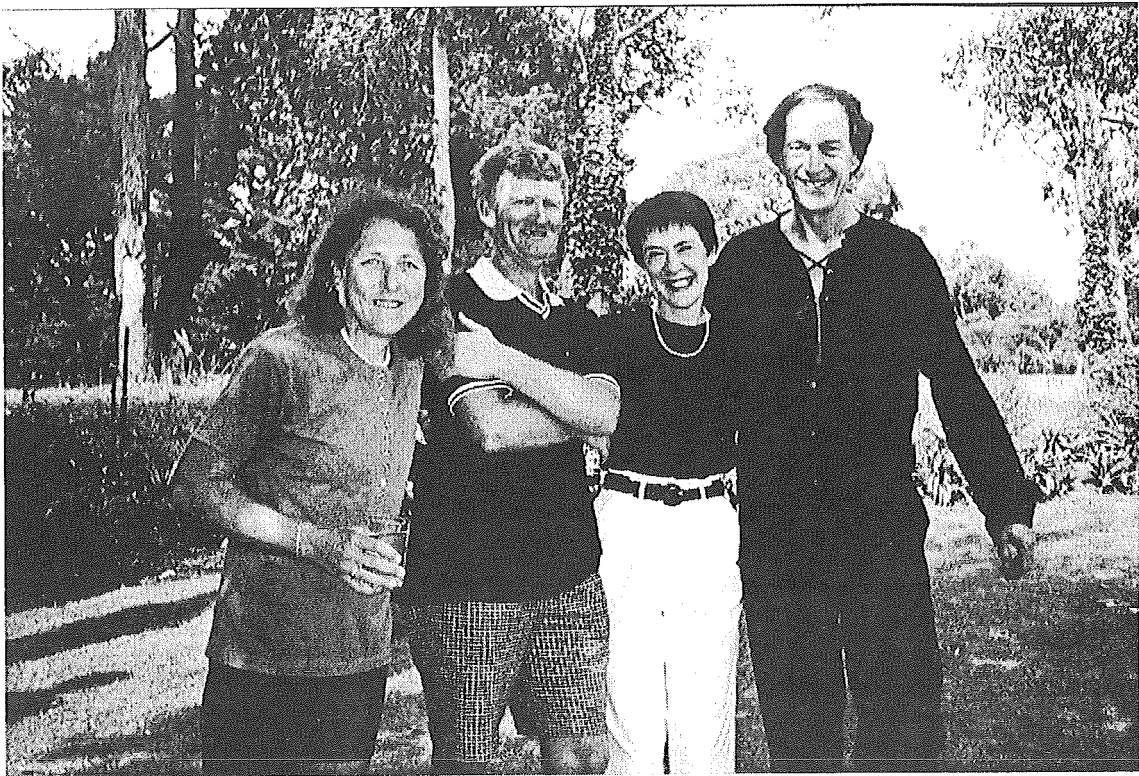
Taken at Tony Rafferty's 60th birthday celebrations, (the same one!)
from l. to r. Linda Meadows, that poor desparate Peter Armistead
just shaping up to sneak his arm around Linda,
Coral Rafferty and AURA President, Geoff Hook

Thankyou for a great interview with a very special woman Tony.
Linda currently holds Australian Records for the following events:

100km Road	7:40:58
40 Miles	4:51:52
50 Miles	6:07:58
6 Hours Track	78.742km

61.

Excellent in the long run: marathon hope Nickey Carroll, training in Brisbane yesterday, says she enjoys the solitude of distance running. Picture: BRIAN CONDRON
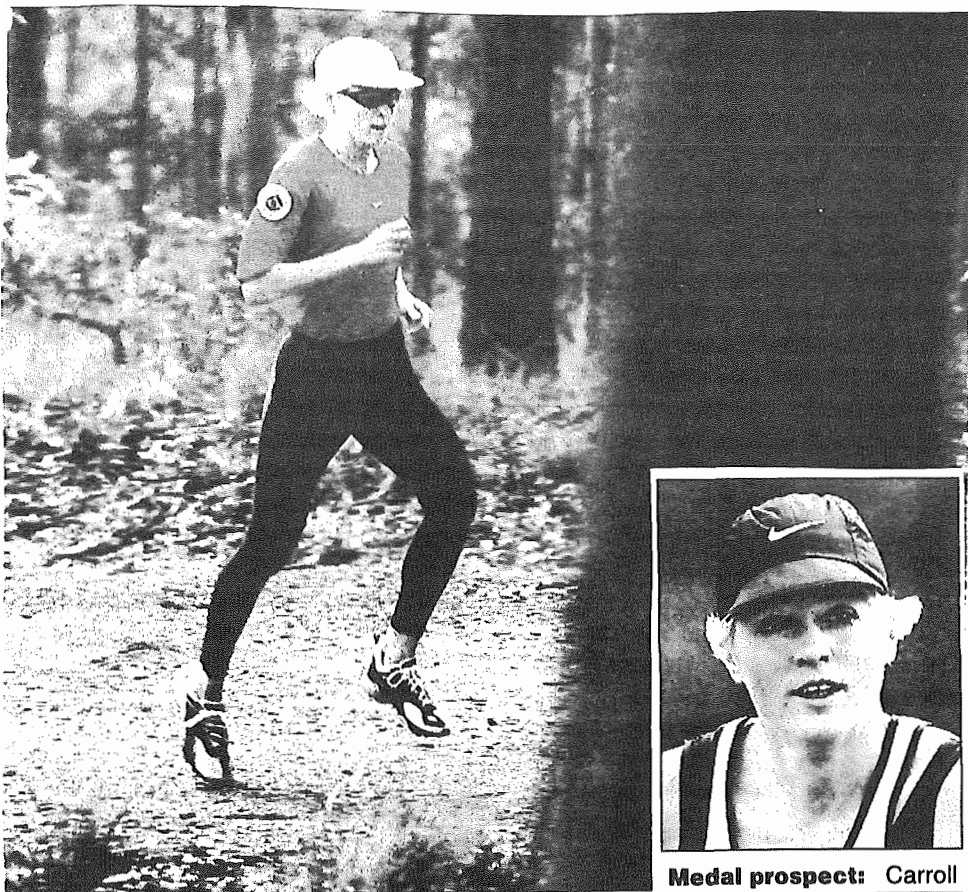
Medal prospect: Carroll

Carroll happy to run own race

IT'S been called the loneliness of the long-distance runner, as if it was a drawback.

But to emerging marathon star Nickey Carroll, that's the best part of it — being alone, communing with nature, running with the wind.

There is an exception to every rule and she suddenly wished she wasn't so alone while training in wilderness territory in the Rocky Mountains in Colorado recently.

She came across a sign: "Beware, you are entering mountain lion country." Sure enough, on the way back she noticed large paw prints. Mountain lions, in fact, are pumas, among the less friendly big cats and not to be recommended as training partners for trim, young women from Queensland.

"You feel like you're being followed and you get a bit scared. It's not nice," she said.

However, Carroll, 27, survived to tell the tale and is back in Australia to prepare for the world championships in Seville, Spain, in August.

From there, it will be full speed ahead — literally and
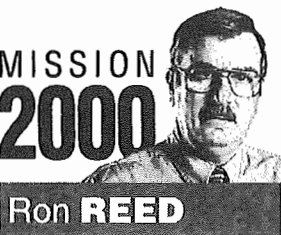
MISSION 2000
Ron REED

figuratively — to the Sydney Olympics, where her rapidly tumbling times suggest she will be a medal contender.

What she will also be is a focal point for fans who prefer sports people who dance to their own drum.

Carroll is very much her own woman, so much so that some people in the mainstream athletics community regard her as an oddball. Head coach Chris Wardlaw labelled her "erratic" after she pulled out halfway through the Tokyo marathon earlier this year.

The jibe infuriated Carroll, who says that she was only ever going to complete half the race as a pacemaker, especially as she had been suffering health problems.

And it puzzled her respected coach, Dick Telford, one of the leading gurus of Australian distance running.

"I don't know what Chris meant by that, but Nickey has been anything but erratic. She has been the most consistent athlete I've had in recent times," Telford said.

THE numbers support that. In only her second marathon, Carroll ran a highly respectable 2hr 33min 23sec in Las Vegas in February, 1997, finishing second.

After failing to complete the course at the world championships in Athens later that year, she posted a slashing win in last year's Paris marathon in 2:27:06.

That elevated her to No. 2 on the all-time Australian list behind Olympic silver medallist Lisa Ondieki's 2:23:51, who was also guided by Telford for most of her career.

Carroll has since clocked 2:40:13 in Chicago in October, 2:26:52 in Osaka in January and 2:25:52 in London in April.

She seems destined for big things, so why is she regarded ambivalently in some quarters? Well, she IS different.

For one thing, she is a late starter in athletics, having been a promising tennis player until she was 18, coming through the same junior program as Pat Rafter, an old friend.

She became hooked on long-distance running while trying to get fitter for tennis, starting in ultra-marathons, regarded by the purists as something of a sideshow.

She refuses to run track races because she finds them boring.

"Running to me is freedom and I don't feel free running in circles," she said. "I can't see the point in it."

She created a few waves when she pulled out of the Commonwealth Games last year, saying she does not perform well in hot weather.

She has no regrets about that decision, but suspects it might explain Wardlaw's comment. She doesn't know for sure because she will not ask.

That's the other thing that sets her apart from some athletes — a complete disdain for politics and gossip.

Carroll describes herself as a loner, but adds: "I've got quite a few good friends I'd do anything for and they'd do anything for me, but I guess I'm pretty quiet — like most marathoners. I'm pretty easygoing, I hope."

TELFORD laughs when asked if comparisons can be drawn with Ondieki, who also had a reputation for eccentricity.

Only in that they both love running, he says. They came at the marathon from different directions, Ondieki starting as a 400m hurdler.

"I've had to adapt my training methods for both these women," he said. "Nickey loves running freely in the bush and the mountains and the pristine air without worrying too much about times.

"Lisa was meticulous. She would run around a track 16 times and time it just to see how fit she was. Nickey couldn't handle that."

Telford admits he would like Carroll to race on the track, but he respects her judgment, as well as her single-minded determination to let nothing get in the way of doing her absolute best every time she lines up.

"If she doesn't run well, it's not good enough for me to say 'you weren't quite fit enough, we'll get you better'," he said. "She would take that as a personal affront."

Telford knows she is talented, but not how talented.

"We'll just keep improving her training and hopefully the times will keep coming down," he said.

"I reckon this world championship could be a good one for her and she is aiming to win it. There is no reason why she can't be up among the medals."

And then, Sydney here she comes.

Australian Records Broken

The success of the Australian strategy in combining a 50-km race with a major marathon was shown once again on April 11, as the Australian 50-km road best was broken. The race was won by Todd Ingraham in 3:02:30, well clear of Mal Grimmett in second (3:11:36), with Trevor Jacobs, the race's originator, in third (3:13:25).

The significant performance of the day was set by Sandra Timmer-Arends. She went through the marathon in 2:48:25 to finish in a new Australasian best of 3:23:22. Fifty-five runners were tempted to continue past the marathon to 50 km. Among them was 75-year-old Randall Hughes, who clocked 4:44:09, the fastest time yet on the road for that age group. His marathon split was 3:40:47.

Comrades Buildup Continues

Staying in the Southern Hemisphere, the preparation and build-up to the Comrades Marathon in June has structured the ultrarunning season of South Africa. As I have remarked before, several 50-km and 56-km races are available for runners to test their readiness for the 90-km distance in June.

This preparation is not just limited to South Africa. Its near neighbor, Zimbabwe, also has at least one ultra that fulfills the same function. The Matopos 33 Mile was held on April 3. The race was dominated by teammates Michael Sibanda and Piliate Chikovere, who finished just six seconds apart (3:37:24 and 3:37:30), with Misheck Mashonga a more distance third in 3:44:15. The first woman was Judith Drake in 5:29:40, who won from Michelle Hog (5:36:02) with Angela Miller recording 5:41:25 in third.

The Pioniers 50 Km Race in South Africa was held on April 17. Ernst Notto had a large lead at the finish, running 2:57:11, ahead of the former half-marathon record-holder Matthews Temane, who ran 3:04:30. Temane seems to be gradually gaining in experience in ultras, and with his basic speed he could be a threat in the future. Third was Stefaan Stevens in 3:07:02. A former member of the South African 100-km team, Berna Daly, was an isolated winner of the women's race, in 3:33:32, with Sonja Theron and Kobie Jooste way back in 4:02:39 and 4:07:16.

On Wednesday, April 21, the second-biggest ultra of the year so far took place. The Columbus Loskop 50 Km was won by Morgen Sithole in the fast time of 2:46:22, from Peterson Khumalo (2:48:04), with Soccer Ncube nearly two minutes back in third (2:49:55). Fourth place went to Elphas Ginidza who ran 2:51:15, and fifth to Thabiso Ralekhetia in 2:52:10. The women's race was won by the South African 100-km record holder, and 1995 world silver-medalist Helena Joubert in 3:28:29, with Ann Chester recording 3:35:35 in second, and Madeleen Otto 3:42:49 in third. Finishers were well up on last year, an increase of 800 to 3,472.

Six days later, the Afrox Steel to Steel 56 Km was held. The winner of a close race was Elias Mabane in 3:25:49, from Goodwill Mpnithi in 3:26:06, just seventeen seconds back, with Simon Malindi, an experienced performer in this kind of event, running 3:32:42 for third. The first woman was Belinda Roux in 4:31:58, with Lenie Van Zyl running 4:43:58 and Wendy Musto 4:45:31 for second and third places. With just 506 starters and 404 finishers, it was almost a small-scale affair by South African standards.

One of the latest in the plethora of short South-African ultras was the picturesquely named Jock of the Bushveld 54 Km, held on May 8. Soccer Ncube, who had finished third in the Columbus Loskop race just a fortnight earlier, tied with Walter Nkosi in 3:20:55, with the latter just getting the nod for first place. The busy Simon Malindi was again third, running 3:24:38. Peterson Khumalo, another busy performer, was fourth in 3:27:06, with the former 100-km national-team performer Livingstone Jabanga in fifth 3:28:09. The women's race was close, with Helene Joubert winning in 4:09:18 from Ann Chester in 4:10:13, just 32 seconds ahead of Karin Labuschagne (4:10:45). The first two female runners had also featured in the Loskop race as well.

Professor Tim Noakes, author of *Lore of Running*, recommends not racing frequently over distances of marathon-length or longer. Obviously some of his South African countrymen are not listening to him! There were 661 finishers.

It will be interesting to see how these runners perform in the longer Comrades event.

Viva Italia Ultra

The well-established Romagna 48 Km was held at Castel Bolognese, Italy, on April 25. It was won by Giuseppe Gorini of Italy in 2:57:34, from the Hungarian runner Attila Kovacs in 3:03:25. Third was the Czech Vaclav Filip in 3:09:50. Tragically, less than three weeks later, Kovacs broke both his legs in a terrible mountain accident.

The women's race was dominated by the top Italian ultrarunners. Maura Bulzoni won in 3:51:21, from Luisa Costetti in 4:00:51, with Rosanna Pellizzari running 4:04:55 for third. There were 318 finishers.

On May 23, a 200-km race was held at Cesenatico, Italy. The race was called Nove Colli, which means "Nine Hills." The race is held on a loop, which has a climb of 3,700 meters over some 89 km/55 miles, followed by 85 km/51 miles of descent, and then 26 km/15 miles of flat. The hills vary from five to 18 percent in gradient. The race was the brain child of Mario Castagnoli, who has run the Spartathlon five times. The course is used by the international Nove Colli cycle race, and Cesenatico is the home of Marco Pantani, winner of the Tour de France bike race in 1998.

The race attracted the vastly experienced Dusan Mravlje of Slovenia. He was the class performer in the event; he reached 100 km in 9:37, and eventually smashed the course record with a time of 22:20:10. Behind him were two Italians, Remo Facchinetti and the race originator, Mario Castagnoli, in 23:47:26 and 26:19:26 respectively. Facchinetti had run more than 200 km at Ciserano a fortnight earlier. The race has a 30-hour time limit.

The most famous Italian ultra race, the Del Passatore 100 Km from Florence to Faenza, took place on May 29. The race was dominated by the Russians, who have a remarkable record in this event. The winner in 7:10:01 was Valeriy Sinouschkin, from the runner who has specialized in the Faenza race, Alexey Kononov, who ran 7:14:25. In third was Hungarian Janos Bogar who made a big breakthrough in the 100 km last year. His time at Faenza was less spectacular: 7:17:02.

A road 24-hour at Ciserano, on May 8 was held on an 870-meter loop. The race was won by Remo Facchinetti with 204.450 km/127 miles.

Around the Horn

Elsewhere in the Northern Hemisphere: In Scotland on May 9, the National 50 Km Championships were held. It was won by Alan Reid in 3:12:48. The first woman was Carol Cadger, who set a new course record of 3:58:00, ahead of the Irish 100-km record holder, Doina Nugent, who ran 4:05:08.

On May 8, a 24-hour race took place in Moscow. As always, this Russian race showed remarkable strength in depth. The winner was Nasibulla Husnullin with 260.447 km/161.8 miles, from Nikolai Matchitov, who covered 258.391 km/

160.5 miles, with the third-placed Evgenii Anisimov achieving 252.838 km/157.6 miles. Ivan Bogdanov in fourth covered a distance of 246.061 km/152.8 miles. In last year's race, Irina Reutovich ran 242.624 km/150.75 miles to surpass the best ever recorded track mark by a woman. (Documentation has yet to be received on this performance.) This year Reutovich was more restrained. She ran 236.363 km/146.8 miles with the stalwart of many Russian 24-hour teams, Rimma Paltseva, running 221.079 km/ 137.3 miles in second.

That weekend was obviously a good one for the 24-hour running. Earlier in Coburg, Victoria, in Australia, Yiannis Kouros made a concerted effort to break some of the record marks that are usually just intermediate signposts on the way to the 24 hours for him. The 12-hour and 100-mile were on the agenda. However, unlike his truly remarkable run in Adelaide in 1997, this time he never got on target to achieve his goal. He left the track after 17 hours with 200 km to his credit. He returned at 7:00 a.m. to cover another 50 km before the final bell at mid day. Helen Stanger also entered the race with the intention of setting a new 100-mile best, but she was to suffer a hamstring injury and was forced to retire. The inaugural Sydney to Melbourne Westfield winner, Cliff Young set a new Australian over-75 best, covering 151 km/94 miles. (The world best stands to Ernie Warwick of Britain with 166 km/103 miles.) Full details of results are not available yet.

On May 22, at Lohja, Finland, there was a 12-hour track race. Ari Mustala set a new Scandinavian best of 145.003 km/90.1 miles. This is probably the best Finnish ultra performance since the days of Risto Laitinen, who ran 4:57 for 50 miles back in the 80s. Second in the race was globetrotting James Zarei of Britain who ran 139.160 km, with another Finn, Janne Kankaansyrjä, in third (130.335 km). There was a strong international field, including Swede Rune Larsson and Dutchman Ron Teunisse.

The first woman was Anke Drescher of Germany, who is perhaps the most active member of the German 100-km squad. She ran 8:45:19, to defeat Olga Lapina of Russia who ran 9:13:24. Italian Maria Luisa Costetti ran 9.48.24 for third. Further back in the field, 82-year-old Anna Guarnieri Ortolani improved her own over-80 world 100-km road best by over half an hour, running 18:53:26.

Subscribing to UR

64 .
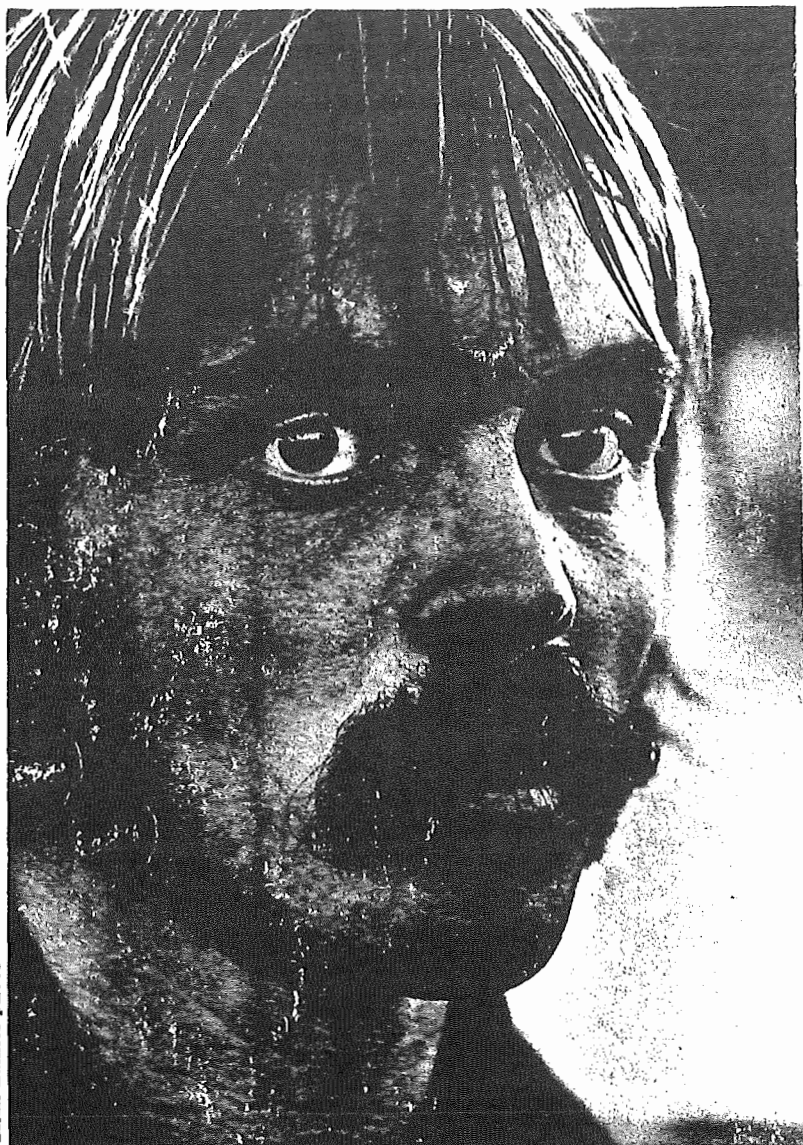
Brian Lanker photo

I would rather be ashes than dust!
I would rather that spark should burn out in a brilliant
blaze than it should be stilled by dry rot. I would
rather be a superb meteor, every atom of me in
magnificent glow, than a sleepy and permanent planet.
    The proper function of man is to live, not to exist.
I shall not waste my days trying to prolong them.
    I shall use my time.
                                    —Jack London
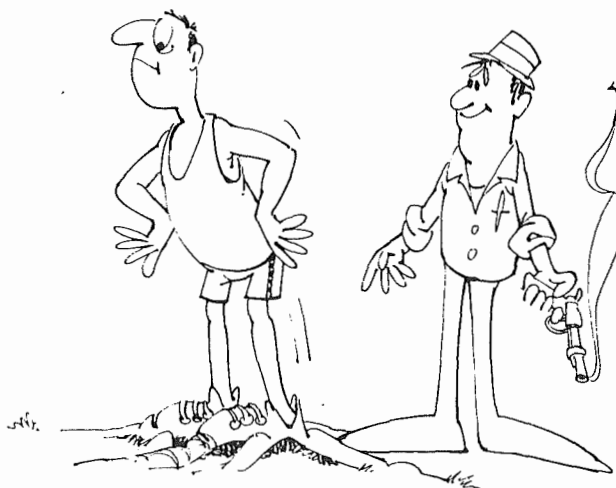
A.U.R.A.

THE FOLLOWING 8 PAGES CONTAIN A
LISTING OF THE AURA MENS AND WOMENS
AGE RECORDS
PAGES 66 - 73
COULD YOU PLEASE SUBMIT ANY
AMENDMENTS AND ADDITIONS WITH
DETAILS OF PROPOSED RECORDS TO:

JOHN HARPER
21 LANCELOT CRESCENT
GLEN WAVERLEY 3150
PH (03) 98037560

OPEN ROAD AND TRACK RECORDS
APPEAR ON PAGES 74 - 76.
CLAIMS FOR THESE RECORDS MUST
BE FORWARDED TO GEOFF HOOK
(with appropriate documentation),
c/- AURA, 4 Victory street,
Mitcham 3132 Vic.

RANKINGS APPEAR ON PAGES 77 - 91.
AURA Committee member John Fotakis,
23 Highbury Grove, Prahran East 3181 Vic. is the person to
contact if you feel you have been left off the list.

MEN   AURA AGE RECORDS   TRACK

50 KM

M40	Laurie BRIMACOMBE, VIC.	3:19:58	Box Hill, VIC.	29/06/85
M45	Bryan SMITH, VIC.	3:55:42	Tootgarook, VIC. (NS)	2/05/92
M50	Bryan SMITH, VIC.	3:51:50	East Burwood, VIC. (S)	29/07/95
M55				
M60				
M65	Randle HUGHES, VIC.	4:07:57	East Burwood, VIC.	21/06/92
M70	Randle HUGHES, VIC.	4:16:50	East Burwood, VIC.	29/07/95
M75	Ken MATCHETT, VIC.	4:52:13	Moe, VIC. (NS)	30/11/97

100 KM

M40	Bryan SMITH, VIC.	8:04:53	Coburg, VIC. (S)	28/08/88
M45	Bryan SMITH, VIC.	8:23:52	Tootgarook, VIC. (NS)	2/05/92
M50	Bryan SMITH, VIC.	8:55:33	Wollongong, N.S.W. (S)	27/03/94
M55				
M60				
M65				
M70	Cliff YOUNG, VIC.	15:19:39	Colac, VIC. (NS)	20/11/95
M75	Drew KETTLE, VIC.	17:12:27	Colac, VIC. (NS)	20/11/95

200 KM

M40	Yiannis KOUROS, VIC.	15:29:07	Canberra, A.C.T. (S)	3/03/97
M45	Brian SMITH, VIC.	18:13:19	Olympic Park, VIC. (S)	21/10/89
M50	Brian SMITH, VIC.	21:19:48	Wollongong, N.S.W. (S)	27/03/94
M55				
M60				
M65				
M70	Cliff YOUNG, VIC.	1d. 18:11:47	Colac, VIC. (NS)	21/11/95
M75	Drew KETTLE, VIC.	1d. 18:39:51	Colac, VIC. (NS)	21/11/95

500KM

M40				16/11/89
M45	Bryan SMITH, VIC.	2d. 19:00:21	Colac, VIC. (NS)	16/11/89
M50				
M55				
M60				
M65				
M70				
M75	Drew KETTLE, VIC.	6d. 15:18:51	Nanango, QLD. (NS)	20/03/96

1000 KM

M40				
M45	Brian SMITH, VIC.	5d. 23:52:23	Colac, VIC. (NS)	19/11/89
M50				
M55				
M60				
M65				
M70				
M75	Drew KETTLE, VIC.	13d. 23:05:06	Nanango, QLD.	27/03/96

50 MILES

M40	Laurie BRIMACOMBE, VIC.	5:38:49	Box Hill, VIC.	29/06/85
M45	Bryan SMITH, VIC.	6:26:45	Box Hill, VIC. (S)	21/06/92
M50	Bryan SMITH, VIC.	6:19:57	East Burwood, VIC. (S)	29/07/95
M55				
M60	Cliff YOUNG, VIC.	6:45:15	Box Hill, VIC.	29/06/85
M65	Randle HUGHES, VIC.	7:19:08	East Burwood, VIC.	21/06/92
M70	Randle HUGHES, VIC.	7:43:28	East Burwood, VIC.	29/07/95
M75	Drew KETTLE, VIC.	13:38:33	Colac, VIC. (NS)	20/11/95

100 MILES

M40	Yiannis KOUROS, VIC.	12:11:14	Canberra, A.C.T. (S)	3/03/97
M45	Bryan SMITH, VIC.	14:21:00	Coburg, VIC. (S)	11/03/90
M50				
M55				
M60				
M65				
M70	Cliff YOUNG, VIC.	1d. 6:49:10	Colac, VIC. (NS)	20/11/95
M75	Drew KETTLE, VIC.	1d. 9:48:36	Colac, VIC. (NS)	21/11/95

66 .

500 MILES

M40				
M45	Bryan SMITH, VIC.	4d. 19:05:09	Colac, VIC. (NS)	18/11/89
M50				
M55				
M60				
M65				
M70				
M75	Drew KETTLE, VIC.	11d. 0:59:35	Nanango, QLD. (NS)	24/03/96

1000 MILES

M40	Gary PARSONS, QLD.	13d		
M45	Gary PARSONS, QLD.	12d. 19:44:35	Nanango, QLD. (NS)	26/03/96
M50	Bryan SMITH, VIC.	11d 23:31:45	Nanango, QLD. (NS)	23/03/98
M55				
M60				
M65				
M70				
M75				

6 HOURS

M40				
M45	Bryan SMITH, VIC.	69:660 km	Rosebud, VIC. (NS)	2/05/93
M50	Bryan SMITH, VIC.	69.200 km	Wollongong, N.S.W. (S)	26/03/94
M55				
M60				
M65				
M70	Randle HUGHES, VIC.	65.575 km	East Burwood, VIC.	29/07/95
M75	Ken MATCHETT, VIC.	51.600 km	Coburg, VIC. (NS)	22/08/98

12 HOURS

M40	Yiannis KOUROS, VIC.	158.400 km	Canberra, A.C.T. (S)	2/03/97
M45	Bryan SMITH, VIC.	135.200 km	Olympic Park, VIC. (S)	20/10/89
M50	Bryan SMITH, VIC.	131.111 km	Toutley, N.S.W. (?)	23/01/94
M55				
M60				
M65				
M70	Cliff YOUNG, VIC.	82.400 km	Colac, VIC. (NS)	20/11/95
M75	Drew KETTLE, VIC.	71.600 km	Colac, VIC. (NS)	20/11/95

24 HOURS

M40	Yiannis KOUROS, VIC.	295.030 km	Canberra, A.C.T. (S)	3/03/97
M45	Bryan SMITH, VIC.	254.515 km	Olympic Park, VIC. (S)	21/10/89
M50	Bryan SMITH, VIC.	222.294 km	Wollongong, N.S.W. (S)	27/03/94
M55				
M60				
M65				
M70	Cliff YOUNG, VIC.	142.000 km	Colac, VIC. (NS)	20/11/95
M75	Drew KETTLE, VIC.	132.800 km	Colac, VIC. (NS)	20/11/95

48 HOURS

M40	Bryan SMITH, VIC.	358.938 km.	Aberfeldie, VIC. (S)	25/01/88
M45	Bryan SMITH, VIC.	386.400 km	Colac, VIC. (NS)	13/11/89
M50	Bryan SMITH, VIC.	365.724 km	QLD. (NS) ?	3/06/95
M55				
M60	George AUDLEY, W.A.	320.400 km	Colac VIC. (NS)	
M65				
M70	Cliff YOUNG, VIC.	233.435 km	Colac, VIC. (NS)	21/11/95
M75	Drew KETTLE, VIC.			

6 DAYS

M40	Bryan SMITH, VIC.	906.4 km	Colac, VIC. (NS)	/88
M45	Bryan SMITH, VIC.	1001.410 km	Colac, VIC. (NS)	19/11/89
M50				
M55				
M60				
M65				
M70				
M75	Drew KETTLE, VIC.	584.993 km	Colac, VIC. (NS)	25/11/95

67.

WOMEN   AURA AGE RECORDS   TRACK

50 KM

W40	Helen STANGER, N.S.W.	4:12:10	Wollongong, N.S.W. (S)	26/03/94
W45	Lavina PETRIE, VIC.	3:49:32	East Burwood, VIC.	19/06/93
W50	Georgina MCCONNELL, N.S.W.	5:43:51	Colac, VIC. (NS)	19/11/95
W55	Angela CLARKE, QLD.	5:33:38	Southport, QLD.. (NS)	18/05/96
W60	Shirley YOUNG, VIC.	4:28:44	East Burwood, VIC.	21/06/92
W65	Shirley YOUNG, VIC.	4:38:22	East Burwood, VIC.	29/07/95
W70				

100 KM

W40	Helen STANGER, N.S.W.	9:06:40	Wollongong, N.S.W. (S)	26/03/94
W45	Helen STANGER, N.S.W.	9:15:22	Coburg, VIC. (S)	22/08/98
W50	Georgina MCCONNELL, N.S.W.	12:00:00	Liverpool, N.S.W.	15/10/95
W55	Angela CLARKE, QLD	11:39:30	Southport, QLD.. (NS)	18/05/96
W60				
W65	Susan BARDY, S.A.	16:50:00	Adelaide, S.A. (S)	27/10/96
W70				

200 KM

W40	Helen STANGER, N.S.W.	21:38:46	Wollongong, N.S.W. (S)	2/04/95
W45	Helen STANGER, N.S.W.	20:56: 15	Coburg, VIC. (S)	23/08/98
W50	Georgina MCCONNELL, N.S.W.	1d. 14:02:02	Colac, VIC. (NS)	21/11/95
W55				
W60				
W65				
W70				

500 KM

W40				
W45	Georgina MCCONNELL, N.S.W.	3d. 23:51:52	Colac, VIC. (NS)	19/11/92
W50	Georgina MCCONNELL, N.S.W.	4d. 2:57:39	Colac, VIC. (NS)	23/11/95
W55				
W60				
W65				
W70				

1000 KM

W40				
W45				
W50	Georgina MCCONNELL, N.S.W.	10d. 19:50:58	Nanango, QLD. (NS)	24/03/96
W55				
W60				
W65				
W70				

50 MILES

W40	Helen STANGER, N.S.W.	7:13:57	Wollongong, N.S.W. (S)	26/03/94
W45	Lavina PETRIE, VIC.	6:23:53	East Burwood, VIC.	19/06/93
W50	Georgina MCCONNELL, N.S.W.	14:09:19	Colac, VIC. (NS)	20/11/95
W55	Angela CLARKE, QLD.	9:18:46	Southport, QLD.. (NS)	18/05/96
W60	Shirley YOUNG, VIC.	7:32:44	East Burwood, VIC.	21/06/92
W65	Shirley YOUNG, VIC.	7:55:08	East Burwood, VIC.	29/07/95
W70				

100 MILES

W40	Helen STANGER, N.S.W.	17:00:54	Wollongong, N.S.W. (S)	26/03/94
W45	Helen STANGER, N.S.W.	less than 18 hrs.	Coburg, VIC. (S)	13/04/96
W50	Georgina MCCONNELL, N.S.W.	1d. 2:43:47	Colac, VIC. (NS)	20/11/95
W55				
W60				
W65	Shirley YOUNG, VIC.	23:30: 29	Coburg VIC. (S)	22/08/98
W70				

68.

500 MILES

W40				
W45				
W50	Georgina MCCONNELL, N.S.W.	8d. 4:31:28	Nanango, QLD. (NS)	21/03/96
W55				
W60				
W65				
W70				

1000 MILES

W40				
W45				
W50				
W55				
W60				
W65				
W70				

6 HOURS

W40	Helen STANGER, N.S.W.	69.600 km	Wollongong, N.S.W. (S)	26/03/94
W45	Lavina PETRIE, VIC.	75.741 km	East Burwood, VIC.	19/06/93
W50	Georgina MCCONNELL, N.S.W.	58.200 km	Wollongong, N.S.W. (S)	26/03/94
W55	Angela CLARKE, QLD.	53.879 km	Southport, QLD. (NS)	18/05/96
W60				
W65	Shirley YOUNG, VIC.	62.605 km	East Burwood, VIC.	29/07/95
W70				

12 HOURS

W40	Helen STANGER, N.S.W.	125.157 km	Wollongong, N.S.W. (S)	26/03/94
W45	Helen STANGER, N.S.W.	122.000 km	Coburg, VIC. (S)	13/04/96
W50	Georgina MCCONNELL, N.S.W.	100.400 km	Liverpool, N.S.W.	14/10/95
W55	Angela CLARKE, QLD.	103.000 km	Southport, QLD. (NS)	18/05/96
W60				
W65				
W70				

24 HOURS

W40	Helen STANGER, N.S.W.	219.782 km	Wollongong, N.S.W. (S)	2/04/95
W45	Helen STANGER, N.S.W.	229.080 km	Coburg, VIC. (S)	23/08/98
W50	Georgina MCCONNELL, N.S.W.	181.900 km	Liverpool, N.S.W.	15/10/95
W55				
W60				
W65	Susan BARDY, S.A.	130.591 km	Adelaide, S.A. (S)	27/10/96
W70				

48 HOURS

W40	Helen STANGER, N.S.W.	329.256 km	Lota, QLD. (NS)	2/06/95
W45	Georgina MCCONNELL, N.S.W.	301.875 km	QLD. ?	5/06/93
W50	Georgina MCCONNELL, N.S.W.	142.000 KM	Colac, VIC. (NS)	21/11/95
W55				
W60				
W65				
W70				

6 DAYS

W40	Helen STANGER, N.S.W.	691.588 km	Campbelltown, N.S.W. (S)	24/11/90
W45	Georgina MCCONNELL, N.S.W.	738.103 km	Campbelltown, N.S.W. (S)	24/11/90
W50	Georgina MCCONNELL, N.S.W.	699.318 km	Colac, VIC. (NS)	25/11/95
W55				
W60				
W65				
W70				

69.

MEN   <u>AURA AGE RECORDS</u>   <u>ROAD</u>

50 KM

M40	Trevor JACOBS, A.C.T.	3:05:06	Canberra, A.C.T.	18/03/93
M45	Laurie BRIMACOMBE, VIC.	3:06:29	Ballarat, VIC.	9/12/90
M50	Kent WILLIAMS, A.C.T.	3:20:45	Canberra, A.C.T..	9/04/95
M55	Roger LEBISH, QLD.	4:22:52	Canberra, A.C.T.	19/04/ 98
M60	Ernie WARNER, A.C.T.	4:24:18	Canberra, A.C.T.	13/04/97
M65				
M70	Randle HUGHES, VIC.	4:07:00	Canberra, A.C.T.	19/04/98
M75				

100 KM

M40				
M45	Bryan SMITH, VIC.	7:54:31 (a)	Palamos, Spain	16/02/92
M50	Bryan SMITH, VIC.	7:58:38 (a)	Shepparton, VIC.	17/09/95
M55				
M60				
M65				
M70				
M75				

200 KM

M40				
M45				
M50	Bryan SMITH, VIC.	1d. 4:12:24 (d)	Spartathlon (246km) Greece	28/09/96
M55				
M60				
M65				
M70				
M75				

500 KM

M40				
M45	Bryan SMITH, VIC.	3d. 14:17:-- (c)	Albany, Perth, W.A.	16/10/93
M50	Bryan SMITH, VIC.	2d. 19:54:00 (c)	Albany, Perth, W.A.	14/10/94
M55				
M60				
M65				
M70				
M75				

1000 KM

M40	Bryan SMITH, VIC.	6d. 12:23: -- (d)	Sydney - Melbourne	/ /88
M45	Bryan SMITH, VIC.	6d. 8:34: -- (d)	Sydney - Melbourne	/ /91
M50				
M55				
M60				
M65				
M70				
M75				

50 MILES

M40	Laurie BRIMACOMBE, VIC.	5:33:59	Ballarat, VIC.	11/08/85
M45				
M50				
M55				
M60	Cliff YOUNG, VIC.	6:44:28	Ballarat, VIC.	11/08/85
M65				
M70				
M75				

100 MILES

M40	
M45	
M50	
M55	
M60	
M65	
M70	
M75	

500 MILES
- M40
- M45
- M50
- M55
- M60
- M65
- M70
- M75

1000 MILES
- M40
- M45
- M50
- M55
- M60
- M65
- M70
- M75

6 HOURS

M40	Yiannis KOUROS, VIC.	84.856 km	Glengarry, VIC.	5/04/98
M45				
M50				
M55				
M60				
M65				
M70				
M75	Ken MATCHETT, VIC.	51.00km	Caboolture, QLD.	8/02/97

12 HOURS
- M40
- M45
- M50
- M55
- M60
- M65
- M70
- M75

24 HOURS

M40				
M45	Bryan SMITH, VIC.	251.050 km (a)	Milton Keynes, U.K.	4/02/90
M50				
M55				
M60				
M65				
M70				
M75				

48 HOURS

M40				
M45				
M50	Bryan SMITH, VIC.	371.200 km (c)	Albany - Perth, W.A.	13/10/94
M55				
M60				
M65				
M70				
M75				

6 DAYS
- M40
- M45
- M50
- M55
- M60
- M65
- M70
- M75

WOMEN   AURA AGE RECORDS   ROAD

50 KM

W40	Helen PARKES, A.C.T.	4:43:16	Canberra, A.C.T.	10/04/94
W45	Helen STANGER, N.S.W.	3:51:50	Canberra, A.C.T.	19/04/98
W50	Lavinia PETRIE, VIC.	3:41:57	Canberra, A.C.T.	10/04/94
W55				
W60				
W65				
W70				

100 KM

W40	Helen STANGER, N.S.W.	8:58:-- (a)	Dam Run, N.Z.	28/12/92
W45	Helen STANGER, N.S.W.	9:04:47 (a)	Shepparton, VIC.	17/09/95
W50				
W55				
W60				
W65	Shirley YOUNG, VIC.	10:47:13 (a)	Shepparton, VIC.	15/09/96
W70				

200 KM

W40	Helen STANGER, N.S.W.	23:21:04 (a)	Basel, Switzerland	3/05/92
W45				
W50				
W55				
W60				
W65				
W70				

500 KM

W40				
W45				
W50	Georgina MCCONNELL, N.S.W.	4d. 2:27:-- (c)	Albany - Perth, W.A.	16/10/93
W55				
W60				
W65				
W70				

1000 KM

W40				
W45				
W50				
W55				
W60				
W65				
W70				

50 MILES

W40	Georgina MCCONNELL, N.S.W.	7:46:49 (d)	Christchurch, NZ	4/04/87
W45	Jan.COLLINS, QLD.	8:47:04	St Lucia University, QLD.	2/10/88
W50				
W55				
W60				
W65				
W70				

100 MILES

W40	Helen STANGER, N.S.W.	18:13:11 (a)	Basel, Switzerland	3/05/92
W45				
W50				
W55				
W60				
W65				
W70				

500 MILES
W40
W45
W50
W55
W60
W65
W70

1000 MILES
W40
W45
W50
W55
W60
W65
W70

6 HOURS

W40	Helen STANGER, N.S.W.	63.650 km (a)	Basel, Switzerland	3/05/92
W45				
W50	Lavinia PETRIE, N.S.W.	72.229	Glengarry, VIC.	5/04/98
W55				
W60				
W65				
W70				

12 HOURS

W40	Helen STANGER, N.S.W.	112.225 km (a)	Basel, Switzerland	3/05/92
W45				
W50				
W55				
W60				
W65				
W70				

24 HOURS

W40	Helen STANGER, N.S.W.	206.497 km (a)	Basel, Switzerland	3/05/92
W45				
W50				
W55				
W60				
W65				
W70				

48 HOURS

W40	Wanda FOLEY, OLD.	228.000 km (d)	Campbelltown, N.S.W.	8/11/88
W45				
W50				
W55				
W60				
W65				
W70				

6 DAYS

W40	Wanda FOLEY, QLD.	619.012 km (d)	Campbelltown, N.S.W.	12/11/88
W45				
W50				
W55				
W60				
W65				
W70				

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
CURRENT AUSTRALIAN ROAD RECORDS
as at July 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)	QRRC 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 #	Sandra TIMMER-ARENDS (Vic)	3.23.22 (a)	Canberra ACT	11/4/99
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)	312.212km(a) **	Wards Is, NY USA	5/5/99
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 JULY 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 Timmer-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 TimmerArends (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, please contact Geoff Hook, c/- AURA, 4 Victory Street, Mitcham 3132. Any claim must be fully supported by appropriate documentation (i.e. lap-score sheets, Record Claim Form and track details)

The Road to Sainthood

Join up a Victorian AURA member today!

AUSTRALIAN RANKINGS FOR 50ML TRACK by Men

Rank	Name	State	PB for 50ML	Place	Date	at Age
1	ISAILOVIC, Dragan	VIC	5:15:00	BURWOOD	19/06/93	32
2	BADIC, Safet	VIC	5:18:20	BOX HILL	15/06/91	30
3	BARKER, Carl	NSW	5:27:24	ADELAIDE	15/07/90	31
4	COOK, Bruce	QLD	5:35:32	BOX HILL	29/06/85	28
5	BRIMACOMBE, Laurie	VIC	5:38:49	BOX HILL	29/06/85	41
6	SWIFT, Keith	NSW	5:40:45	MELB UNI	26/06/82	
7	WOODS, Graeme	QLD	5:43:50	COBURG	28/08/88	41
8	JACOBS, Trevor	ACT	5:44:10	EAST BURWOOD	21/06/92	40
9	CLINGAN, Bill	NSW	5:44:21	BANKSTOWN	19/06/87	41
10	TUTTY, Peter	VIC	5:44:50	BOX HILL	18/06/88	23
11	THOMPSON, Martin	NSW	5:45:20	TIPTON UK	25/10/75	29
12	LEAR, Phil	QLD	5:47:45	MELB UNI	11/07/81	37
13	KOUROS, Yiannis	VIC	5::7::2	ADELAIDE	04/10/97	41
14	RANDS, Ian	VIC	5:49:21	MELB UNI	23/03/80	35
15	KEYSSECKER, Don	NSW	5:55:09	CHRISTCHURCH	30/08/80	
16	PERDON, George	VIC	5:55:21	MELB UNI	23/03/80	55
17	McMANUS, Alistair	O/S	5:55:58	BOX HILL	28/06/86	35
18	TOLLIDAY, Owen	QLD	5:57:28	OLYMPIC PK	08/04/90	40
19	STANDEVEN, David	SA	05:58:07	SALISBURY	16/07/89	37
20	BROOKS, Barry	VIC	5:59:08	BOX HILL	29/06/85	45
21	BREIT, John	VIC	6:03:18	OLYMPIC PARK	08/04/90	32
22	BOASE, Geoff	QLD	6:06:13	BOX HILL	15/06/91	40
23	KINSHOFER, Rudi	SA	06:06:58	EAST BURWOOD	19/06/93	39
24	BEALE, Gary	NSW	6:07:23	MELBOURNE UNI	25/06/83	
25	BLOOMER, Brian	VIC	6:07:23	BOX HILL	23/06/84	43
26	LOGAN, Peter	VIC	6:07:28	BOX HILL	25/06/83	35
27	BUTKO, Kon	VIC	6:08:59	MELB UNI	25/06/83	36
28	AYLOTT, Nigel	VIC	6::9::3	BURWOOD	21/06/97	31
29	KIP.MELHAM, Anyce	NSW	6:09:48	NSW	10/07/89	31
30	CLARK, Dennis	VIC	6:10:23	BURWOOD	21/06/92	40
31	MILNE, Peter	VIC	6:11:32	BOX HILL	28/06/86	31
32	EVERY, Paul	NSW	6:13:08	BOX HILL	15/06/91	27
33	MOORE, Peter	VIC	6:14:12	MELB UNI	26/06/82	34
34	WHITEOAK, Michael	VIC	6:15:49	MELB UNI	26/06/82	37
35	SMITH, Bryan	VIC	6:17:42	COBURG	28/08/88	44
36	MICHELSSON, Leif	VIC	6:19:13	BOX HILL	20/06/87	45
37	SULLIVAN, Peter	QLD	6:19:51	CABOOLTURE	11/02/89	
38	ELLIOT, Ernie	VIC	6:21:33	MELB UNI	23/03/80	
39	RECORD, Joe	WA	06:22:33	OLYMPIC P	08/04/90	48
40	DIETACHMAYER, Tony	VIC	6:24:52	COBURG	28/08/88	24
41	MEDILL, Graham	QLD	6:29:30	IPSWICH	18/04/92	44
42	CLARKE, Ian	VIC	6:30:21	BURWOOD	21/06/92	38
43	PROWSE, Frank	VIC	6:30:31	BOX HILL	28/06/86	34
44	YOUNG, Cliff	VIC	6:31:26	MELB UNI	26/06/82	60
45	KELLY, Frank	NSW	6:31:44	CANBERRA	10/10/88	34
46	HARRIS, Trevor	QLD	6:33:49	BANKSTOWN	19/07/87	40
47	FISHER, Keith	VIC	6:34:46	BOX HILL	20/06/87	22
48	BARRIE, John	VIC	6:35:39	MELBOURNE UNI	25/06/83	
49	HOOK, Geoff	VIC	6:35:54	BOX HILL	28/06/86	41
50	MARDEN, Bob	NSW	6:36:23	BOX HILL	28/06/86	33
51	HART, Gerry	VIC	6:36:27	MELB UNI	11/07/81	42
52	FRANCIS, Mick	WA	06:36:50	BUNBURY	05/03/95	36
53	HARDAKER, Kevin	NSW	6:37:09	NSW	10/07/89	
54	COUTTS, Neil	VIC	6:37:32	MELB UNI	11/06/81	
55	PARCELL, Ashley	QLD	6:37:37	BOX HILL	15/02/86	30

56 HEPBURN, Brickley	VIC	6:38:10	BOX HILL	15/06/91	40
57 CAMPBELL, Ron	VIC	6:38:13	BOX HILL	16/06/90	47
58 GRAY, Peter	VIC	6:38:34	OLYMPIC	08/04/90	25
59 ZWIERLEIN, Bob	VIC	6:38:49	ROSEBUD	06/05/89	
60 TWARTZ, Peter	SA	6::9::9	ADELAIDE	04/10/97	38
61 McCABE, Neil	QLD	6:40:13	COBURG	28/08/88	
62 BECK, Norm	VIC	6:40:25	BALLARAT	24/08/86	35
63 CARSON, Max	VIC	6:43:04	COBURG	28/08/88	39
64 McCRORIE, Wal	NSW	6:44:08	MELB UNI	25/06/83	52
65 SCHULTZ, Peter	SA	06:45:50	ADELAIDE	05/11/83	
66 LAW, Andrew	TAS	6:46:24	ADELAIDE	24/10/92	33
67 DUNN, Stephen	SA	06:46:46	SALISBURY SA	16/07/89	22
68 SHARP, Paul	VIC	6:46:55	BOX HILL	23/06/84	22
69 COX (SNR), Terry	VIC	6:47:39	BOX HILL	28/06/86	49
70 HILL, Ron	VIC	6:49:16	BOX HILL	28/06/86	46
71 WALTERS, Ken	VIC	6:50:48	BOX HILL	28/06/86	53
72 OSBORNE, Robert	NSW	6:51:49	BANKSTOWN	19/07/87	
73 VISSER, Jeff	VIC	6:51:50	COBURG	10/09/89	26
74 BOYLE, Brad	NSW	6:53:57	NSW	01/07/89	29
75 CHAPMAN, Graham	NSW	6:55:00	MELBOURNE UNI	25/06/83	
76 SHILSTON, Ross	VIC	6:55:30	BURWOOD	18/06/94	40
77 SCHICKERT, Bob	WA	06:56:33	MELB UNI	11/07/81	39
78 ARMISTEAD, Peter	VIC	6:56:35	BOX HILL	29/06/85	39
79 BEAUCHAMP, William	VIC	6:56:40	COBURG	13/09/87	42
80 BROWN, John		6:57:05	MELBOURNE UNI	26/06/82	
81 BOGENHUBER, Max	NSW	6:57:34	NSW	01/07/89	47
82 CASSIDY, Kevin	VIC	6:57:35	COBURG	28/08/88	28
83 McKEOWN, Gordon	VIC	6:57:50	MELB UNI	25/06/83	
84 WALLACE, Alistair	NSW	6:58:30	MANLY	29/03/86	44
85 BRYCE, Michael	VIC	6:59:32	BOX HILL	18/06/88	40
86 READ, Nick	ACT	7:00:19	COBURG	13/02/88	36
87 SKROBALAC, Joe	VIC	7:02:24	BOX HILL	16/06/90	37
88 McDONALD, Don	VIC	7:03:10	BOX HILL	18/06/88	
89 TAGGART, Bob	SA	07:04:06	ADELAIDE	29/10/88	41
90 CORMACK, George	VIC	7:04:09	BURWOOD	29/07/95	44
91 RILEY, Gerry	VIC	7:04:23	BOX HILL	20/06/87	56
92 PORTER, Neville	VIC	7:04:55	BOX HILL	15/06/91	56
93 SMITH, Bert	VIC	7:05:14	BOX HILL	18/06/88	
94 SMITH, Jeff	VIC	7:05:20	BOX HILL	15/06/91	40
95 OLIFENT, Ian	SA	07:05:26	ADELAIDE	09/11/85	
96 SILL, David	NSW	7:07:33	BURWOOD	19/06/93	46
97 RICHARDSON, Peter	VIC	7:07:40	BOX HILL	28/06/86	32
98 DONNELLY, Bruce	QLD	7:07:50	NSW	01/09/90	
99 BELL, John	VIC	7:08:14	BOX HILL	29/06/85	40
100 SCHNIBBE, Klaus	VIC	7:08:27	BOX HILL	20/06/87	43
101 WISHART, Greg	VIC	7:08:41	COBURG	13/09/87	49
102 DEVINE, Alan	WA	07:08:52	PERTH	17/10/87	28
103 STEPHENSON, Chris	NSW	7:08:57	MELB UNI	25/06/83	27
104 WEINSTEIN, Roger	VIC	7:09:31	BOX HILL	15/06/91	41
105 SUTCLIFFE, Roy	SA	07:09:52	ADELAIDE	05/11/83	
106 KIRK, Bruce	VIC	7:10:19	BOX HILL	16/06/90	26
107 MARCH, Mike	TAS	7:10:38	COBURG	25/02/89	45
108 MARTIN, Claude	VIC	7:10:39	BOX HILL	28/06/86	5
109 TOWNSEND, Graeme	NSW	7:11:11	SYDNEY	30/09/90	33
110 LUCAS, Andrew	TAS	7::1::4	ADELAIDE	04/10/97	32
111 BRADD, Les	VIC	7:12:05	BOX HILL	28/06/86	34
112 ROSS, Howard	VIC	7:13:31	BOX HILL	29/06/85	40
113 BOWMAN, Bruce	VIC	7:13:41	BURWOOD	21/06/92	

114	JAVES, Ian	QLD	7:14:11	OLYMPIC PARK	04/08/90	47
115	NASH, Robert	VIC	7:15:09	BOX HILL	18/06/88	37
116	KITTO, Max	SA	07:15:34	ADELAIDE	24/07/88	42
117	TAYLOR, Bob	VIC	7:15:40	BOX HILL	18/06/88	48
118	McKELLAR, Jack	VIC	7:16:54	BOX HILL	15/02/86	45
119	McCOMBE, Andrew	SA	07:17:49	SALISBURY	07/07/91	60
120	AUDLEY, George	WA	07:18:11	PERTH	18/10/87	52
121	HUTCHINSON, Ian	NSW	7:18:26	MELB UNI	23/03/80	33
122	HUGHES, Randall	VIC	7:19:08	BURWOOD	21/06/92	68
123	NEWMAN, Harry	NSW	7:19:14	NSW	10/07/89	
124	PICKARD, Terry	QLD	7:21:20	QLD UNI	05/09/87	
125	STUART, Roger	SA	07:21:29	ADELAIDE	24/07/88	45
126	RISK, Peter	VIC	7:21:50	MELB UNI	25/06/83	
127	ALLEN, Barry	VIC	7:22:10	BOX HILL	23/06/84	27
128	DOCHERTY, Andy	SA	07:22:42	MELB UNI	26/06/83	52
129	WILSON, Rory	VIC	7:23:11	MELB UNI	25/06/83	
130	DAVIS, Denis		7:23:52	MELB UNI	11/07/81	
131	COOK, Bruce	VIC	7:24:05	BOX HILL	23/06/84	46
132	HUNTER, Bob	QLD	7:24:11	QLD	01/07/89	54
133	KIRKMAN, Geoff	SA	07:25:19	ADELAIDE	09/11/85	35
134	MAHONY, Paul		7:25:39	NSW	01/09/90	
135	COLLINS, Tony	NSW	7:25:54	SYDNEY	30/09/90	43
136	JERRAM, Col	VIC	7:26:03	BOX HILL	16/06/90	41
137	BRUNER, Bob	VIC	7:26:10	ADELAIDE	05/11/83	45
138	MANNING, Peter	NSW	7:26:35	BOX HILL	28/06/86	33
139	WILSON, Greg	VIC	7:27:13	COBURG	22/02/92	39
140	GRAYLING, Michael	VIC	7:27:21	BURWOOD	21/06/92	35
141	GOBEL, Joe	VIC	7:29:44	BOX HILL	23/06/84	46
142	COX, Murray	SA	07:30:43	ADELAIDE	15/08/90	44
143	MATHEWS, Greg	VIC	7:30:47	MELB UNI	11/07/81	
144	QUINN, Peter	VIC	7:32:00	BOX HILL	15/06/91	41
145	MISKIN, Stan	QLD	7:33:27	MELB UNI	25/06/27	
146	STENNER, Graham	SA	07:35:27	SALISBURY	16/07/89	44
147	BROWNE, Greg	VIC	7:35:37	BOX HILL	17/06/89	36
148	LYNN, Charlie	NSW	7:37:17	ADELAIDE	09/11/85	40
149	HARPER, John	VIC	7:38:00	BURWOOD	21/06/92	45
150	TAYLOR, Maurice	NSW	7:38:14	ADELAIDE	04/10/87	39
151	YOUNG, Nobby	NSW	7:38:40	NSW	01/09/90	44
152	FARMER, Pat	NSW	7:38:50	CAMPBELLTOWN	13/10/90	28
153	SCOTT, Dave	WA	07:39:10	PERTH	27/05/89	41
154	BUTLER, Kevin	NSW	7:41:42	NSW	01/07/89	
155	WILLIAMS, Reg	VIC	7:42:14	MELB UNI	25/06/83	32
156	MURPHY, Les	ACT	7:44:08	CANBERRA	01/10/88	
157	QUINTO, Derek	ACT	7:44:08	CANBERRA	01/10/88	41
158	PARKER, Ross	WA	07:44:37	PERTH	16/10/87	
159	GENTLEY, Steve	VIC	7:45:11	BOX HILL	23/06/84	
160	WILKINSON, Graeme	NSW	7:45:41	ADELAIDE	04/10/87	41
161	COX (JNR), Terry	VIC	7:46:00	COBURG	10/03/90	24
162	BOHNKE, Michael	NSW	7:46:44	COBURG	22/02/92	38
163	SMITH, Alan D.	WA	07:46:57	PERTH	27/05/89	
164	DONOVAN, Tom	VIC	7:46:58	BOX HILL	18/06/88	57
165	BRISTOW, Ralph	VIC	7:48:31	NSW	01/07/89	49
166	COULTER, Greg	SA	07:48:33	ADELAIDE	01/11/86	28
167	RUSSELL, Graeme	VIC	7:48:40	BOX HILL	17/06/89	30
168	SILCOCK, Colin	VIC	7:50:16	BOX HILL	23/06/84	51
169	POWER, Tony	VIC	7:50:41	BOX HILL	16/06/90	
170	WARREN, Geoff	VIC	7:50:49	MELB UNI	11/08/81	
171	BUCHAN, Sandy	QLD	7:51:46	CABOOLTURE	01/07/89	35

172	VEGA, Eduardo	NSW	7:52:43	NSW	12/07/89	48
173	CHANNELLS, Robert	NSW	7:52:50	CAMPBELLTOWN	28/10/89	47
174	PATTERSON, Barry	VIC	7:53:42	ADELAIDE	03/11/84	35
175	SLAGTER, Michael	SA	07:54:43	ADELAIDE	22/10/94	24
176	THOMPSON, Mike	WA	07:55:04	COBURG	10/03/90	42
177	MACKAY, Mark	QLD	7:56:06	ADELAIDE	16/10/93	27
178	HOUGH, Ken	VIC	7:57:23	BOX HILL	18/06/88	43
179	KAPARELIS, John	VIC	7:57:40	COBURG	28/08/88	21
180	REID, Stuart	ACT	7:57:51	CANBERRA	01/10/88	
181	ROONEY, James	NSW	7:58:06	WOLLONGONG	01/04/95	42
182	PEARCE, Phil	WA	07:58:09	PERTH	26/05/90	
183	SUTTON, Denis	WA	07:58:11	BUNBURY	03/04/94	44
184	HARGREAVES, Bruce	NSW	7:58:23	CABOOLTURE	23/06/90	37
185	WOLSTENCROFT, James	VIC	7:59:55	BOX HILL	16/06/90	35
186	RYAN, Geoff	VIC	7:59:56	MELB UNI	25/06/83	
187	SMITH, Ronald	VIC	8:02:14	ROSEBUD	06/05/89	44
188	CHAMPNESS, John	VIC	8:02:16	BOX HILL	23/06/84	33
189	WILLIAMS, David	NSW	8:02:21	BOX HILL	23/06/84	37
190	MOORE, Bob	VIC	8:06:04	BOX HILL	23/06/84	43
191	HARTLEY, Ernest	VIC	8:06:50	BOX HILL	17/06/89	39
192	PARSONS, Patrick	VIC	8:07:26	COBURG	10/03/90	43
193	MANSELL, Kevin	SA	08:07:51	SYDNEY	30/09/90	39
194	HOLMES, Chris	NSW	8:10:07	ADELAIDE	21/10/95	41
195	MARTIN, Rod	NSW	8:11:18	HENSLEY	30/05/87	44
196	PROSSER, Graham	WA	08:12:20	PERTH	27/05/89	
197	MARTIN, Ross	SA	08:12:52	ADELAIDE	09/11/85	56
198	BURNS, Bob	QLD	8:13:52	CABOOLTURE	11/02/89	45
199	SCHUBERT, Guy	SA	08:13:54	ADELAIDE	01/11/86	35
200	LILBURN, Ian	SA	08:14:13	SALISBURY	16/06/89	25
201	FOREMAN, Kevin	SA	08:14:27	ADELAIDE	05/11/83	
202	NASMYTH, Chilla	NSW	8:15:47	NSW	01/09/90	
203	MOLLOY, Geoff	VIC	8:16:14	BOX HILL	04/02/84	41
204	MORELY, Darren	QLD	8:17:15	IPSWICH	18/04/92	30
205	FICKEL, Bob	NSW	8:17:18	NSW	01/09/90	38
206	PHILLIPS, Lindsay	QLD	8:17:25	CAMPBLETOWN	08/10/88	23
207	KEWLEY, Doug	ACT	8:19:03	ADELAIDE	16/10/93	43
208	DAVIS, Ivan	TAS	8:20:52	COBURG	23/02/91	
209	PEACOCK, Alan	QLD	8:21:00	QLD UNI	05/09/87	
210	RAFFERTY, Tony	VIC	8:22:19	BOX HILL	29/06/85	46
211	WOODHOUSE, Paul	NSW	8:22:33	ADELAIDE	03/11/84	22
212	RYAN, Peter	VIC	8:22:54	MELB UNI	26/06/82	34
213	BRENNAN, Bernie	VIC	8:23:59	MELBOURNE UNI	26/06/82	55
214	HEATH, Frank	QLD	8:26:09	CABOOLTURE	11/02/89	41
215	SAYERS, Bob	VIC	8:26:28	FRANKSTON	30/04/94	52
216	RICHES, Ken	VIC	8::6::0	ADELAIDE	04/10/97	44
217	OOSTDAM, Bert	WA	08:27:52	PERTH	26/05/90	
218	BEVERIDGE, Steel	NSW	8:28:00	SYDNEY	30/09/90	39
219	ROWE, Craig	QLD	8:30:10	TAMWORTH	09/03/91	23
220	TWARTZ, John	SA	08:30:40	ADELAIDE	21/10/95	52
221	TAYLOR, Dave	NSW	8:31:09	HENSLEY	19/07/86	34
222	BROWN, David	NSW	8:31:18	HENSLEY	28/05/88	30
223	DONALD, Colin	VIC	8:33:16	BOX HILL	28/02/87	
224	LOMBARDI, Rudy	VIC	8:35:42	ROSEBUD	04/05/91	27
225	BIRD, John	WA	08:36:00	PERTH	28/05/88	
226	BENCZE, John	VIC	8:36:49	COBURG	25/02/89	55
227	HANNAMAN, Martin	QLD	8:38:00	CAMPBELLTOWN	13/10/90	
228	SUMNER, John	VIC	8:38:00	BOX HILL	28/02/87	46
229	ALLEN, Greg	SA	08:38:17	ADELAIDE	24/10/92	

Bo .

230 CATTLE, Ernie	VIC	8:41:29	HENSLEY	30/05/87	37
231 PRITCHARD, Mark	WA	08:42:22	BUNBURY	03/04/94	46
232 DEAN, John	VIC	8:43:02	BOX HILL	23/06/84	39
233 BROWN, Dave	QLD	8:43:40	IPSWICH	10/05/91	34
234 FOX, Allan	SA	08:43:57	ADELAIDE	05/11/83	
235 GREEN, Keith	VIC	8:45:05	TOOTGAROOK	02/05/92	
236 FOULKES, Stephen	VIC	8:46:06	BOX HILL	28/06/86	32
237 ZUKOWSKI, Jerry	SA	08:46:13	ADELAIDE	21/10/95	43
238 FIRKIN, Graham	NSW	8:47:39	NSW	01/09/90	52
239 FARNHAM, Tony	NSW	8:47:46	WOLLONGONG	01/04/95	49
240 PARTINGTON, Ian	WA	08:48:03	PERTH	18/10/86	
241 KERRUISH, Graham	NSW	8:52:59	COBURG	13/02/88	48
242 YEAMAN, David	VIC	8:53:03	COBURG	13/02/88	51
243 ROBERTSON, Graeme	VIC	8:53:46	BALLARAT C	11/12/88	44
244 BIVIANO, Frank	VIC	8:54:12	ABERFELDIE	10/03/85	41
245 O'CONNELL, Keith	NSW	8:54:29	HENSLEY	28/05/88	49
246 WALDECK, David	SA	08:55:07	ADELAIDE	05/11/83	
247 RAMELLI, Ray	VIC	8:55:09	BOX HILL	15/02/86	40
248 LEWIS, Stephen	QLD	8:55:11	QLD	01/07/89	30
249 MOLLOY, Brett	NSW	8::5::8	ADELAIDE	04/10/97	37
250 SPENCER, Don	SA	08:56:39	ADELAIDE	03/11/84	
251 HOLLERAN, David	QLD	8:57:39	CABOOLTURE	11/02/89	32
252 DUNLOP, Graeme	VIC	8:57:39	MANLEY	29/03/86	27
253 CROWLE, Keith	VIC	8:58:20	BOX HILL	15/06/91	52
254 GRAY, Dan	NSW	8:58:38	HENSLEY	30/05/87	40
255 PITMAN, John	QLD	8:58:43	CABOOLTURE	23/06/90	50
256 TRIPP, Tony	WA	09:00:06	COBURG	25/02/89	42
257 BRAY, Steve	SA	09:01:33	ADELAIDE	24/10/92	
258 CIRCOSTA, Paul	QLD	9:02:00	QUEENSLAND UNI	05/09/87	34
259 BARNES, Phillip	VIC	9:04:32	ROSEBUD	06/05/89	34
260 SCANLON, Shaun	NSW	9:04:37	NSW	01/09/90	46
261 RICHARDS, Duncan	NSW	9:05:30	NSW	01/09/90	
262 KENNEDY, Brian	WA	09:07:43	PERTH	27/05/89	
263 McCOOL, Tony	SA	09:08:02	ADELAIDE	13/11/82	
264 BIRD, David	WA	09:09:05	PERTH	27/05/89	
265 CLISSOLD, Ron		9:09:15	TAMWORTH	24/03/90	44
266 HAIN, Geoff	NSW	9:13:00	CABOOLTURE	23/06/90	43
267 MORRE, Jean-Claude	VIC	9:13:45	BOX HILL	17/06/89	
268 SHERMAN, Andrew		9:14:20	NSW	01/09/90	
269 COLWELL, Brian	NSW	9:15:44	CANBERRA	01/10/88	39
270 COX, Don	SA	09:17:35	ADELAIDE	28/10/89	42
271 SMITH, Wally	SA	09:18:31	ADELAIDE	05/11/83	
272 WEEKS, Roger	QLD	9:19:00	QLD UNI	05/09/87	
273 VENUS, Graham	SA	09:19:41	ADELAIDE	28/10/89	
274 CHRISTOFFEL, Jeff	QLD	9:20:23	QLD RRC	01/07/89	35
275 WIESE, Bob	SA	09:21:07	ADELAIDE	21/10/95	49
276 CLARK, Gary	WA	09:22:14	PERTH	18/10/86	
277 BYRTH, Robert	SA	09:26:16	ADELAIDE	01/11/86	37
278 PIERCE, Simahin	SA	09:26:21	ADELAIDE	21/10/95	47
279 KALEY, Matthew	NSW	9:26:43	HENSLEY	19/07/86	18
280 TURNBULL, Jim	WA	09:27:42	PERTH	28/05/88	51
281 MILLER, Bill	NSW	9:27:43	HENSLEY	30/05/87	34
282 GRANT, Stephen	NSW	9:28:39	HENSLEY	28/05/88	30
283 CURRIE, Stuart	QLD	9:28:44	ADELAIDE	29/10/88	42
284 HILLIER, Greg	VIC	9:29:00	QLD UNI	05/09/87	32
285 BAZELEY, Gavin	QLD	9:30:13	IPSWICH	18/04/92	29
286 HAYNES, John	SA	09:30:49	ADELAIDE	05/11/83	
287 WORLEY, Peter	SA	09:31:00	ADELAIDE	04/10/87	

288 LOVE, Greg	NSW	9:32:30	CAMPBELLTOWN	28/10/89	
289 ARTHUR, John	WA	09:33:44	PERTH	27/05/89	
290 STAPLES, Alan	NSW	9:35:46	NSW	01/09/90	41
291 TIMMS, John	QLD	9:35:48	ADELAIDE	22/10/94	52
292 TAYLOR, Bill	WA	09:36:19	PERTH	18/10/86	44
293 EARSMAN, Dallas	NSW	9:39:38	HENSLEY	30/05/87	59
294 WIGGER, Ron	NSW	9:39:38	CAMPBELLTOWN	13/10/90	46
295 RYAN, Cliff	VIC	9:41:44	ROSEBUD	06/05/89	59
296 MARSHALL, Keith	VIC	9:42:00	BOX HILL	15/02/86	59
297 TAYLOR, Ian	NSW	9:42:38	HENSLEY	30/05/87	35
298 HENRY, Peter	NSW	9:42:40	WOLLONGONG	02/04/95	55
299 GUTTERIDGE, Bill	SA	09:43:10	ADELAIDE	05/11/83	
300 PFISTER, Peter	VIC	9:44:02	ABERFELDIE	10/03/85	45
301 JACKSON, Keith	NSW	9:44:19	HENSLEY	30/05/87	36
302 POTTER, Simon	VIC	9:45:20	CANBERRA	01/10/88	
303 CLEMENTS, Harry	NSW	9:45:32	NSW	01/09/90	
304 MARDEN, Ken	VIC	9:49:44	COBURG	23/02/91	
305 HARBER, Tony	NSW	9:50:08	NSW	01/09/90	
306 SLAGTER, Peter	SA	09:50:10	ADELAIDE	16/10/93	47
307 RISSTROM, Peter	VIC	9:52:05	COBURG	23/02/91	29
308 STEGEMANN, Prachar	ACT	9:52:52	ADELAIDE	22/10/94	
309 BUTKO, Peter	VIC	9:53:21	FRANKSTON	30/04/94	16
310 MARTIN, Kevin	WA	09:55:42	PERTH	27/05/89	
311 NORRIS, Chris		9:57:20	CAMPBELLTOWN	13/10/90	
312 PASCOE, Stephen	NSW	9:58:13	ADELAIDE	24/10/92	
313 AUSTIN, Patrick	NSW	9:59:59	NSW	01/09/90	51
314 VERNON, Peter	VIC	10:00:18	COBURG	25/02/89	34
315 CLARKE, Phillip	NSW	10:00:30	HENSLEY	28/05/88	36
316 ASHWELL, Tony	SA	10:00:42	ADELAIDE	01/11/86	
317 SINCLAIR, John	QLD	10:00:43	QLD UNI	05/09/87	45
318 HARTNETT, Kerry	VIC	10:02:00	BOX HILL	28/02/87	52
319 JORY, Derek	QLD	10:02:30	QLD UNI	05/09/87	
320 SYRED, Creece	NSW	10:06:47	HENSLEY	28/02/88	16
321 TAILSFORD, Brian	NSW	10:07:55	HENSLEY	28/05/88	40
322 JOHNSTON, Norm	VIC	10:08:23	ROSEBUD	06/05/89	52
323 FOLEY, Mark	NSW	10:10:40	CAMPBELLTOWN	13/10/90	37
324 NAYLOR, Tom	SA	10:10:47	ADELAIDE	26/10/96	53
325 KING, Peter	WA	10:17:07	PERTH	17/10/87	
326 MATTHEW, Alex	SA	10:17:10	ADELAIDE	05/11/83	45
327 SMITH, Errol	NSW	10:18:43	CAMPBELLTOWN	08/10/88	39
328 DEACON, Grahame	NSW	10:19:18	HENSLEY	19/07/86	
329 WOOLGAR, Chris	VIC	10:19:42	BOX HILL	15/02/86	42
330 GAILLARD, Jacques	VIC	10:21:46	BOX HILL	17/06/89	42
331 POLLARD, Godfrey	VIC	10:22:10	COBURG	25/10/89	58
332 NORDISH, Steve	NSW	10:22:32	NSW	01/09/90	
333 CROTTY, Dick	SA	10:24:05	ADELAIDE	05/11/83	53
334 SPARE, Charles	WA	10:26:36	PERTH	18/10/86	47
335 COSTELLO, Warren	NSW	10:27:03	SYDNEY NSW	01/09/90	48
336 ST JOHN, Gerald	VIC	10:28:09	PERTH	28/05/88	43
337 HARVEY, James	SA	10:28:38	ADELAIDE	03/11/84	
338 JANOVSKY, Peter	NSW	10:28:56	NSW	01/09/90	30
339 MILLS, Brian		10:30:20	CAMPBELLTOWN	28/10/89	
340 HARRISON, Max	VIC	10:30:28	COBURG	25/02/89	49
341 CONNOR, Mick	NSW	10:31:11	CAMPBELLTOWN	08/10/88	
342 ALLEN, Graham		10:31:40	CAMPBELLTOWN	28/10/89	
343 FRY, Gordon	SA	10:32:51	ADELAIDE	01/11/83	44
344 SUMMERS, Gray	VIC	10:33:16	ESSENDON	10/03/85	39
345 ELLIS, Ray	VIC	10:36:11	COBURG	13/02/88	57

346 HILLBRICK, Adam	VIC	10:38:58	TOOTGAROOK	02/05/93	16
347 CLARKE, Tom	WA	10:40:15	BUNBURY	03/04/94	47
348 LATCHFORD, Stan	WA	10:43:47	PERTH	17/10/87	
349 WILKINS, Michael	SA	10:47:01	ADELAIDE	21/10/95	49
350 YANNA, George	VIC	10:48:34	COBURG	25/02/89	32
351 ADAMS, Brian	NSW	10:49:00	CAMPBELLTOWN	08/10/88	
352 WARD, Wayne	NSW	10:53:11	HENSLEY	30/05/87	32
353 WILSON, Alfred	VIC	10:55:24	ABERFELDIE	10/03/85	
354 BRUER, Marcus	SA	10:56:08	ADELAIDE	04/10/87	
355 BURROWES, Gordon	VIC	10:58:00	BOX HILL	28/02/87	51
356 GARLICK, Peter	SA	10:58:28	ADELAIDE	19/10/88	30
357 GRIGNOL, Max	SA	10:59:50	ADELAIDE	04/10/87	44
358 LITTLE, Anthony		11:00:25	TAMWORTH	24/03/90	
359 MARTIN, Norm	SA	11:02:13	ADELAIDE	13/11/82	
360 McCARTNEY, Stan	SA	11:07:33	ADELAIDE	01/11/86	41
361 BUXTON, Terry	SA	11:08:05	ADELAIDE	16/10/93	
362 BROWN, Dean	SA	11:11:42	ADELAIDE	04/10/97	42
363 RAINES, Wayne	QLD	11:13:58	CABOOLTURE	01/09/91	33
364 GREEN, Daniel		11:15:12	TAMWORTH	24/03/90	
365 CLARKE, James	VIC	11:16:12	COBURG	23/02/91	47
366 GREEN, Warren		11:21:24	ADELAIDE	22/10/94	
367 BARWICK, David	NSW	11:22:00	CABOOLTURE	26/09/92	49
368 SMITH, Jonathon R.	SA	11:22:43	ADELAIDE	03/11/84	
369 CHATTERTON, Ray	QLD	11:24:00	CABOOLTURE	23/06/90	41
370 WALSH, Colin	WA	11:25:58	PERTH	17/10/87	
371 BREGANT, Anthony	QLD	11:29:38	CABOOLTURE	23/06/90	22
372 UPPAL, Peter	SA	11:30:20	ADELAIDE	26/10/96	27
373 CULLEN, Stephen	QLD	11:31:00	QLD UNI	05/09/87	
374 SMITH, Larry		11:31:35	CAMPBELLTOWN	13/10/90	
375 MANNIX, Brian		11:31:40	CAMPBELLTOWN	28/10/89	
376 LIGHT, Graham	VIC	11:33:21	ADELAIDE	04/10/87	38
377 DEDMAN, Kaven	SA	11:34:28	ADELAIDE	29/10/88	41
378 PETERSON, John	QLD	11:36:02	QLD UNI	05/09/87	71
379 MOYLE, John	SA	11:36:51	ADELAIDE	22/10/94	43
380 BAZZICA, Nick	SA	11:42:30	ADELAIDE	05/11/83	
381 EATT, Ken	WA	11:48:30	PERTH	28/05/88	
382 PATTERSON, Michael	VIC	11:48:54	ADELAIDE	04/10/87	
383 CARROLL, Ray	VIC	11:53:39	COBURG	13/02/88	37
384 TOLLEY, Dennis		11:55:26	CAMPBELLTOWN	28/10/89	
385 MARTIN, Warren		12:01:50	CAMPBELLTOWN	13/10/90	
386 BRYAN, Greg	SA	12:02:36	COBURG	13/02/88	
387 RAMSDEN, Graeme	QLD	12:03:00	QLD	01/07/89	43
388 DOWN, Jeff	VIC	12:16:50	BOX HILL	15/02/86	28
389 GLADWELL, Mark	NSW	12:28:29	MANLY	29/03/86	
390 HAMS, Denis	NSW	12:30:15	CAMPBELLTOWN	28/10/89	40
391 HALEY, William	QLD	12:41:30	QLD UNI	05/09/87	
392 GUNNING, Ribin		12:50:49	TAMWORTH	24/03/90	
393 BARNES, Max	SA	13:04:00	ADELAIDE	09/11/85	64
394 ESSAM, Philip	NSW	13:05:06	ADELAIDE	04/10/97	35
395 DUFFY, Brian		13:07:02	TAMWORTH	24/03/90	
396 MURRAY, Ken	NSW	13:08:28	TAMWORTH	24/03/90	53
397 WEIR, Steve	SA	13:11:12	ADELAIDE	28/10/89	
398 WILLIAMS, Glen	SA	13:17:24	ADELAIDE	24/10/92	
399 KLUMP, Darryl		13:20:29	TAMWORTH	24/03/90	
400 KETTLE, Drew	VIC	13:38:32	COLAC	20/11/95	75
401 DAHM, Murray	NSW	14:08:42	HENSLEY	30/05/87	44
402 LANHAM, John	QLD	14:53:00	QLD UNI	05/09/87	
403 FARMER, Bernie		14:56:40	CAMPBELLTOWN	28/10/89	

404	QUADRIO, Doug	QLD	14:57:10	QLD UNI	05/09/87	35
405	SUSANS, T.	NSW	14:57:41	MANLEY	06/04/85	
406	COX, Graeme	SA	15:32:44	ADELAIDE	24/10/92	
407	WAKEFIELD, Charlie	VIC	15:42:02	CABOOLTURE	22/06/90	36
408	WALKELY, Phil	SA	15:48:01	ADELAIDE	13/11/82	
409	WHITEMAN, Peter		16:06:05	CABOOLTURE	23/06/90	48
410	WHELAN, Robert	VIC	17:31:41	BOX HILL	/ /	
411	HOLMES, James		17:53:48	CAMPBELLTOWN	28/10/89	
412	HOLLAND, Bill		17:57:02	TAMWORTH	09/03/91	
413	PENG, Choi		19:39:16	ADELAIDE	16/10/93	
414	GLOVER, Gary	WA	20:40:10	PERTH	28/05/88	
415	DAVIS, Robyn	NSW	21:34:10	CAMPBELLTOWN	13/10/90	45
416	SCHWARTZKOPFF, Steve	SA	22:06:55	ADELAIDE	22/10/95	33
417	JUDDERY, Mark	ACT	23:10:46	ADELAIDE	22/10/95	25

84.
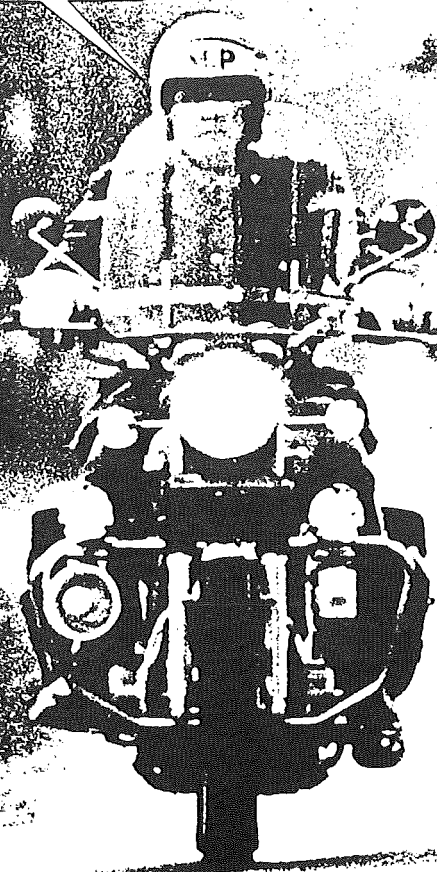
AUSTRALIAN RANKINGS FOR 100KM TRACK

Rank	Name	State	PB for 100KM	Place	Date	at Age
1	KOUROS, Yiannis	VIC	7:15:01	ADELAIDE	4/10/97	41
2	JACOBS, Trevor	ACT	7:16:17	EAST BURWOOD	21/06/92	40
3	THOMPSON, Martin	NSW	7:22:38	TIPTON UK	25/10/75	29
4	PERDON, George	VIC	7:26:14	OLYMPIC P	23/05/70	45
5	WOODS, Graeme	QLD	7:28:13	COBURG	28/08/88	41
6	COOK, Bruce	QLD	7:32:41	COBURG	14/09/86	30
7	TOLLIDAY, Owen	QLD	7:39:48	USA	3/10/90	40
8	STANDEVEN, David	SA	7:42:16	OLYMPIC P	8/4/90	38
9	BREIT, John	VIC	7:44:09	OLYMPIC PARK	8/4/90	32
10	TUTTY, Peter	VIC	7:44:27	NZ	22/08/87	22
11	KEYSSECKER, Don	NSW	7:48:11	CHRISTCHURCH	30/08/80	
12	KIP.MELHAM, Anyce	NSW	7:50:37	LIANDILLO	13/04/80	22
13	SMITH, Bryan	VIC	8:04:53	COBURG	28/08/88	44
14	RECORD, Joe	WA	8:06:39	OLYMPIC P	8/4/90	48
15	KELLY, Frank	NSW	8:12:43	CANBERRA	10/10/88	34
16	DIETACHMAYER, Tony	VIC	8:16:31	COBURG	28/08/88	24
17	BROOKS, Barry	VIC	8:16:55	COBURG	13/09/87	47
18	BADIC, Safet	VIC	8:19:20	BURWOOD	10/03/90	29
19	CRINITI, David	NSW	8:21::3	GOSFORD 12 HR	09/01/99	
20	CARSON, Max	VIC	8:27:18	COBURG	28/08/88	39
21	MEDILL, Graham	QLD	8:28:13	IPSWICH	18/04/92	44
22	McCABE, Neil	QLD	8:31:47	COBURG	28/08/88	
23	BLOOMER, Brian	VIC	8:33:17	BOX HILL	15/02/86	45
24	GRAY, Peter	VIC	8:33:25	OLYMPIC P	8/4/90	25
25	PARCELL, Ashley	QLD	8:37:14	BOX HILL	15/02/86	30
26	ZWIERLEIN, Bob	VIC	8:37:17	ROSEBUD	06/05/89	
27	CLARKE, Ian	VIC	8:37::5	LIVERPOOL	5/2/95	40
28	SCHULTZ, Peter	SA	8:38:45	ADELAIDE	13/11/82	
29	TWARTZ, Peter	SA	8:39::0	ADELAIDE	4/10/97	38
30	CASSIDY, Kevin	VIC	8:43:28	COBURG	28/08/88	28
31	FRANCIS, Mick	WA	8:43::3	BUNBURY	05/03/95	36
32	VISSER, Jeff	VIC	8:45:10	COBURG	10/9/89	26
33	FISHER, Keith	VIC	8:47:32	AUCKLAND	23/08/87	22
34	BEAUCHAMP, William	VIC	8:48:50	COBURG	13/09/87	42
35	READ, Nick	ACT	8:54:28	COBURG	13/02/88	36
36	MARCH, Mike	TAS	8:56:36	ADELAIDE	28/10/89	46
37	HOOK, Geoff	VIC	8:56:58	OLYMPIC P	8/4/90	45
38	HEPBURN, Brickley	VIC	8:57:44	COBURG	23/02/91	39
39	HILL, Ron	VIC	8:58:05	COBURG	14/09/86	46
40	HUTCHINSON, Ian	NSW	8:58:14	LIANDILLO	19/07/81	34
41	SMITH, Jeff	VIC	9:01:20	ROSEBUD	04/05/91	40
42	YOUNG, Cliff	VIC	9:02:52	ADELAIDE	9/11/85	63
43	TAGGART, Bob	SA	9:03:07	ADELAIDE	29/10/88	41
44	GOBEL, Joe	VIC	9:05:26	COBURG	15/09/85	48
45	LAW, Andrew	TAS	9:07:04	ADELAIDE	24/10/92	33
46	COX (SNR), Terry	VIC	9:08:10	COBURG	14/09/86	49
47	DONNELLY, Bruce	QLD	9:09:14	NSW	1/9/90	
48	LEAR, Phil	QLD	9:12:01	BOX HILL	4/2/84	39
49	KINSHOFER, Rudi	SA	9:14:29	ADELAIDE	24/10/92	38
50	JAVES, Ian	QLD	9:16:07	BOX HILL	28/02/87	44
51	CHAMPNESS, John	VIC	9:17:56	HENSLEY	28/05/88	37
52	TOWNSEND, Graeme	NSW	9:17:56	SYDNEY	30/09/90	33
53	LUCAS, Andrew	TAS	9:19::0	ADELAIDE	4/10/97	32
54	WISHART, Greg	VIC	9:22:53	COBURG	13/09/87	49
55	SKROBALAC, Joe	VIC	9:23:09	COBURG	10/9/89	37
56	DEVINE, Alan	WA	9:23:12	PERTH	17/10/87	28
57	KIRKMAN, Geoff	SA	9:24:04	ADELAIDE	9/11/85	35
58	McKELLAR, Jack	VIC	9:30:14	BOX HILL	15/02/86	45
59	AUDLEY, George	WA	9:33:42	PERTH	18/10/86	51

60	WILSON, Greg	VIC	9:35:28	COBURG	22/02/92	39
61	HUNTER, Bob	QLD	9:35:34	QLD	1/7/89	54
62	COLLINS, Tony	NSW	9:36:40	SYDNEY	30/09/90	43
63	BRUNER, Bob	VIC	9:37:18	ADELAIDE	13/11/82	44
64	SCHNIBBE, Klaus	VIC	9:38:06	COBURG	15/09/85	42
65	SUTCLIFFE, Roy	SA	9:38:30	ADELAIDE	5/11/83	
66	TAYLOR, Maurice	NSW	9:39:39	BOX HILL	28/02/87	38
67	RICHARDSON, Peter	VIC	9:40:06	HENSLEY	30/05/87	32
68	SCOTT, Dave	WA	9:43:16	PERTH	17/05/89	41
69	MAHONY, Paul		9:44:02	NSW	1/9/90	
70	MICHELSSON, Leif	VIC	9:45:29	BOX HILL	28/02/87	45
71	PICKARD, Terry	QLD	9:45:37	QLD UNI	05/09/87	
72	CROXFORD, Alan	WA	9:46:00	PERTH	18/10/86	43
73	QUINN, Peter	VIC	9:46:19	OLYMPIC P	4/8/90	40
74	LIGHT, Graham	VIC	9:49:45	ADELAIDE	1/11/86	37
75	RILEY, Gerry	VIC	9:49:54	COBURG	15/09/85	54
76	MURPHY, Les	ACT	9:49:57	CANBERRA	1/10/88	
77	QUINTO, Derek	ACT	9:49:57	CANBERRA	1/10/88	41
78	ROONEY, James	NSW	9:50:07	LIVERPOOL	5/2/95	42
79	BOYLE, Brad	NSW	9:50:29	SYDNEY	30/09/90	30
80	BUCHAN, Sandy	QLD	9:52:06	CABOOLTURE	01/07/89	35
81	COX (JNR), Terry	VIC	9:52:23	COBURG	10/3/90	24
82	BOASE, Geoff	QLD	9:53:47	ADELAIDE	4/10/87	36
83	ALLEN, Barry	VIC	9:55:29	COBURG	14/09/86	30
84	EVERY, Paul	NSW	9:55::2	GOSFORD 12 HR	09/01/99	34
85	WILKINSON, Graeme	NSW	9:56:17	ADELAIDE	4/10/87	41
86	DONOVAN, Tom	VIC	9:57:31	COBURG	28/08/88	57
87	CLEAR, David	NSW	9:57::0	GOSFORD 12 HR	09/01/99	
88	LYNN, Charlie	NSW	9:59:07	ADELAIDE	9/11/85	40
89	ARMISTEAD, Peter	VIC	10:00:50	FRANKSTON	30/04/94	48
90	McCORMACK, George	VIC	10:01:54	LIVERPOOL	5/2/95	
91	WEINSTEIN, Roger	VIC	10:01:54	COBURG	23/02/91	40
92	YOUNG, Nobby	NSW	10:03:09	NSW	1/9/90	44
93	CAMPBELL, Ron	VIC	10:04:24	COBURG	13/02/88	44
94	COULTER, Greg	SA	10:06:07	ADELAIDE	1/11/86	28
95	PARKER, Ross	WA	10:06:55	PERTH	16/10/87	
96	CHANNELLS, Robert	NSW	10:07:33	CAMPBELLTOWN	28/10/89	47
97	CORMACK, George	VIC	10:10:00	WOLLONGONG	26/03/94	43
98	COX, Murray	SA	10:10:40	OLYMPIC P	4/8/90	44
99	KIRK, Bruce	VIC	10:10:41	COBURG	25/02/89	25
100	SMITH, Ronald	VIC	10:12:40	ROSEBUD	06/05/89	44
101	BRYCE, Michael	VIC	10:15:41	ADELAIDE	29/10/88	40
102	CROWLE, Keith	VIC	10:15:59	COBURG	14/09/86	47
103	PEACOCK, Alan	QLD	10:16:05	QLD UNI	05/09/87	
104	HARGREAVES, Bruce	NSW	10:16:36	CABOOLTURE	23/06/90	37
105	SLAGTER, Michael	SA	10:16:50	ADELAIDE	22/10/94	24
106	WOLSTENCROFT, James	VIC	10:17:31	COBURG	25/02/89	34
107	MARDEN, Bob	NSW	10:18:05	ADELAIDE	3/11/84	32
108	NASMYTH, Chilla	NSW	10:18:11	HENSLEY	29/11/86	
109	BOGENHUBER, Max	NSW	10:19:41	BOX HILL	28/02/87	44
110	BURNS, Bob	QLD	10:20:42	IPSWICH	18/04/92	48
111	PARSONS, Patrick	VIC	10:22:02	COBURG	10/3/90	43
112	STUART, Roger	SA	10:22:33	ADELAIDE	28/10/89	46
113	BOHNKE, Michael	NSW	10:24:07	COBURG	22/02/92	38
114	THOMPSON, Mike	WA	10:24:08	PERTH	28/05/88	40
115	SUTTON, Denis	WA	10:24:20	BUNBURY	03/04/94	44
116	SMITH, Alan D.	WA	10:25:20	PERTH	27/05/89	
117	BROWN, David	NSW	10:26:12	HENSLEY	28/05/88	30
118	ROSS, Howard	VIC	10:26:12	BOX HILL	28/02/87	41
119	HART, Gerry	VIC	10:26:28	COBURG	15/09/85	47
120	LOGAN, Peter	VIC	10:26:42	ADELAIDE	3/11/84	37
121	MANSELL, Kevin	SA	10:27:46	SYDNEY	30/09/90	39

122	KAPARELIS, John	VIC	10:27:47	COBURG	28/08/88	21
123	DONALD, Colin	VIC	10:28:13	BOX HILL	28/02/87	
124	STEPHENSON, Chris	NSW	10:30:11	COBURG	25/02/89	32
125	REID, Stuart	ACT	10:30:51	CANBERRA	1/10/88	
126	FORSYTH, Ian	NSW	10:33:02	GOSFORD 12 HR	09/01/99	44
127	STENNER, Graham	SA	10:34:25	OLYMPIC PK	19/08/89	44
128	PEARCE, Phil	WA	10:35:27	PERTH	26/05/90	
129	HOLMES, Chris	NSW	10:36:10	ADELAIDE	21/10/95	41
130	HARRIS, Trevor	QLD	10:36:41	COBURG	25/02/89	42
131	SILL, David	NSW	10:38:10	ADELAIDE	24/10/92	45
132	MORELY, Darren	QLD	10:38:32	IPSWICH	18/04/92	30
133	FICKEL, Bob	NSW	10:39:18	NSW	1/9/90	38
134	KEWLEY, Doug	ACT	10:39:42	ADELAIDE	16/10/93	43
135	FAIRHEAD, MARK		10:40:35	SA 12 HR	24/08/98	
136	FARMER, Pat	NSW	10:41:16	CAMPBELLTOWN	13/10/90	28
137	WHITEOAK, Michael	VIC	10:42:17	ADELAIDE	3/11/84	39
138	FOX, Allan	SA	10:43:14	ADELAIDE	5/11/83	
139	VEGA, Eduardo	NSW	10:43:22	NSW	1/9/90	49
140	TWARTZ, John	SA	10:44:04	ADELAIDE	21/10/95	52
141	BIVIANO, Frank	VIC	10:45:58	COBURG	15/09/85	41
142	SUMNER, John	VIC	10:47:03	BOX HILL	28/02/87	46
143	GRAYLING, Michael	VIC	10:48:51	TOOTGAROOK	02/05/92	35
144	FOREMAN, Kevin	SA	10:49:16	ADELAIDE	5/11/83	
145	SCHUBERT, Guy	SA	10:49:30	ADELAIDE	1/11/86	35
146	LOMBARDI, Rudy	VIC	10:50:00	ROSEBUD	04/05/91	27
147	MILNE, Peter	VIC	10:50:03	COBURG	13/02/88	32
148	MISKIN, Stan	QLD	10:50:17	COBURG	15/09/85	60
149	RAFFERTY, Tony	VIC	10:50:48	ADELAIDE	3/11/84	45
150	BEVERIDGE, Steel	NSW	10:51:47	SYDNEY	30/09/90	39
151	OOSTDAM, Bert	WA	10:54:14	PERTH	26/05/90	
152	PROSSER, Graham	WA	10:54:49	PERTH	27/05/89	
153	LACHLAN, Robert	NSW	10:55:40	HENSLEY	23/02/85	
154	RICHES, Ken	VIC	10:56:22	ADELAIDE	4/10/97	44
155	BUTKO, Kon	VIC	10:57:20	ROSEBUD	04/05/91	43
156	ALLEN, Greg	SA	10:58:03	ADELAIDE	24/10/92	
157	DUNLOP, Graeme	VIC	10:58:28	COBURG	15/09/85	27
158	MARTIN, Rod	NSW	10:59:02	HENSLEY	30/05/87	44
159	GREEN, Keith	VIC	11:02:57	TOOTGAROOK	02/05/92	
160	KITTO, Max	SA	11:03:52	ADELAIDE	4/10/87	41
161	JERRAM, Col	VIC	11:04:13	COBURG	10/3/90	40
162	BELL, John	VIC	11:06:24	BOX HILL	15/02/86	41
163	SAYERS, Bob	VIC	11:06:48	FRANKSTON	30/04/94	52
164	FIRKIN, Graham	NSW	11:09:30	NSW	1/9/90	52
165	McCOMBE, Andrew	SA	11:10:11	ADELAIDE	1/11/83	53
166	BROWN, Dave	QLD	11:10:17	IPSWICH	10/05/91	34
167	DOCHERTY, Andy	SA	11:11:11	COBURG	15/09/85	54
168	PRITCHARD, Mark	WA	11:12:39	BUNBURY	03/04/94	46
169	HANNAMAN, Martin	QLD	11:14:05	CAMPBELLTOWN	13/10/90	
170	BENCZE, John	VIC	11:14:10	COBURG	25/02/89	55
171	NASH, Robert	VIC	11:14:33	COBURG	13/02/88	37
172	YEAMAN, David	VIC	11:14:33	COBURG	13/02/88	51
173	BRAY, Steve	SA	11:15:59	ADELAIDE	24/10/92	
174	DAVIS, Ivan	TAS	11:17:20	COBURG	23/02/91	
175	BRISTOW, Ralph	VIC	11:19:15	ROSEBUD	06/05/89	49
176	GRAY, Dan	NSW	11:19:38	HENSLEY	20/05/87	40
177	KERRUISH, Graham	NSW	11:22:40	COBURG	13/02/88	48
178	COLWELL, Brian	NSW	11:23:39	CANBERRA	1/10/88	39
179	O'CONNELL, Keith	NSW	11:24:40	HENSLEY	28/05/88	49
180	DUNN, Stephen	SA	11:26:18	ABERFELFIE	23/01/88	21
181	JOANNOU, Bill	NSW	11:27:10	WOLLONGONG	26/03/94	37
182	PHILLIPS, Lindsay	QLD	11:27:27	CAMPBLETOWN	8/10/88	23
183	FARNHAM, Tony	NSW	11:27:31	WOLLONGONG	02/04/95	49

184	LEWIS, Stephen	QLD	11:27:47	IPSWICH	10/05/91	32
185	BIRD, David	WA	11:28:04	PERTH	27/05/89	
186	ZUKOWSKI, Jerry	SA	11:28:55	ADELAIDE	21/10/95	43
187	MOLLOY, Brett	NSW	11:36:22	ADELAIDE	4/10/97	37
188	BARNES, Phillip	VIC	11:37:02	ROSEBUD	06/05/89	34
189	DRAYTON, Nick	NSW	11:37:40	GOSFORD 12 HR	09/01/99	
190	JORY, Derek	QLD	11:39:44	QLD UNI	05/09/87	
191	WOODHOUSE, Paul	NSW	11:39:58	HENSLEY	30/05/87	25
192	TRIPP, Tony	WA	11:41:35	PERTH	27/05/89	42
193	KING, Les	SA	11:42:07	ADELAIDE	24/10/92	
194	MARTIN, Claude	VIC	11:42:32	ABERFELDIE	24/01/88	52
195	TIMMS, John	QLD	11:42:48	ADELAIDE	22/10/94	52
196	BIRD, John	WA	11:45:24	PERTH	28/05/88	
197	CATTLE, Ernie	VIC	11:45:50	HENSLEY	30/05/87	37
198	HAIN, Geoff	NSW	11:46:23	CABOOLTURE	23/06/90	43
199	McCARTNEY, Stan	SA	11:51:24	COBURG	14/09/86	41
200	WILLIAMS, Reg	VIC	11:51:36	BOX HILL	15/02/86	34
201	McCOOL, Tony	SA	11:51:40	ADELAIDE	9/11/85	
202	CHRISTOFFEL, Jeff	QLD	11:54:28	QLD RRC	01/07/89	35
203	JACKSON, Brian	WA	11:54:40	NORTH SHORE,NZ	24/7/1998	31
204	SILCOCK, Colin	VIC	11:55:18	COBURG	15/09/85	52
205	HILLIER, Greg	VIC	11:56:29	ABERFELDIE	23/01/88	32
206	STAPLES, Alan	NSW	11:56:49	GOSFORD 12 HR	09/01/99	49
207	SCANLON, Shaun	NSW	11:57:35	SYDNEY	/ /	
208	LOVE, Greg	NSW	11:58:29	CAMPBELLTOWN	28/10/89	
209	PARTINGTON, Ian	WA	11:58:33	PERTH	18/10/86	
210	POTTER, Simon	VIC	11:59:43	CANBERRA	1/10/88	
211	MARTIN, Ross	SA	12:00:16	ADELAIDE	1/11/86	57
212	SPENCER, Don	SA	12:02:22	ADELAIDE	3/11/84	
213	MILLER, Bill	NSW	12:04:54	HENSLEY	30/05/87	34
214	COLLINS, Gary	NSW	12:04:54	HENSLEY	29/11/86	26
215	SMITH, Wally	SA	12:05:44	ADELAIDE	5/11/83	
216	RICHARDS, Duncan	NSW	12:07:59	NSW	1/9/90	
217	KENNEDY, Brian	WA	12:10:20	ADELAIDE	16/10/93	
218	TAYLOR, Dave	NSW	12:10:40	BOX HILL	15/02/86	34
219	TAYLOR, Bob	VIC	12:16:20	COBURG	13/02/88	47
220	SHERMAN, Andrew		12:18:16	NSW	1/9/90	
221	CURRIE, Stuart	QLD	12:18:24	ADELAIDE	29/10/88	42
222	TAYLOR, Ian	NSW	12:18:28	HENSLEY	30/05/87	35
223	RISSTROM, Peter	VIC	12:18:50	COBURG	23/02/91	29
224	CLARK, Gary	WA	12:19:10	PERTH	18/10/86	
225	RAMELLI, Ray	VIC	12:23:06	BOX HILL	15/02/86	40
226	WIGGER, Ron	NSW	12:28:18	CAMPBELLTOWN	13/10/90	46
227	BYRTH, Robert	SA	12:30:56	ADELAIDE	1/11/86	37
228	CLEMENTS, Harry	NSW	12:34:41	NSW	1/9/90	
229	VENUS, Graham	SA	12:34:57	ADELAIDE	28/10/89	
230	GUTTERIDGE, Bill	SA	12:36:31	ADELAIDE	5/11/83	
231	HOUGH, Ken	VIC	12:37:00	COBURG	25/02/89	44
232	GRANT, Stephen	NSW	12:38:44	HENSLEY	28/05/88	30
233	WALDECK, David	SA	12:38:57	ADELAIDE	3/11/84	
234	SINCLAIR, John	QLD	12:39:11	QLD UNI	01/09/87	45
235	HARBER, Tony	NSW	12:43:37	NSW	1/9/90	
236	STEGEMANN, Prachar	ACT	12:43:49	ADELAIDE	22/10/94	
237	CLARKE, Phillip	NSW	12:46:36	HENSLEY	28/05/88	36
238	TAYLOR, Bill	WA	12:47:02	PERTH	18/10/86	44
239	MARSHALL, Keith	VIC	12:47:22	BOX HILL	15/02/86	59
240	PFISTER, Peter	VIC	12:48:58	HENSLEY	29/11/86	47
241	TURNBULL, Jim	WA	12:49:02	PERTH	28/05/88	51
242	GLADWELL, Mark	NSW	12:51:50	HENSLEY	29/11/86	
243	VERNON, Peter	VIC	12:53:51	BOX HILL	28/02/87	32
244	EARSMAN, Dallas	NSW	12:54:10	HENSLEY	30/05/87	59
245	SLAGTER, Peter	SA	12:56:52	ADELAIDE	16/10/93	47

246	PIERCE, Simahin	SA	12:58:44	ADELAIDE	21/10/95	47
247	RYAN, Peter	VIC	12:59:01	ADELAIDE	3/11/84	36
248	AUSTIN, Patrick	NSW	13:00:08	NSW	1/9/90	51
249	POWER, Tony	VIC	13:02:10	COBURG	10/3/90	
250	JACKSON, Keith	NSW	13:02:44	HENSLEY	30/05/87	36
251	HARTNETT, Kerry	VIC	13:04:12	BOX HILL	28/02/87	52
252	FOLEY, Mark	NSW	13:06:46	CAMPBELLTOWN	13/10/90	37
253	WORLEY, Peter	SA	13:07:55	ADELAIDE	4/10/87	
254	COX, Don	SA	13:08:06	ADELAIDE	28/10/89	42
255	SMITH, Errol	NSW	13:08:16	CAMPBELLTOWN	8/10/88	39
256	NEWMAN, Harry	NSW	13:09:10	CAMPBELLTOWN	28/10/89	
257	HAYNES, John	SA	13:15:21	ADELAIDE	5/11/83	
258	NORDISH, Steve	NSW	13:16:19	NSW	1/9/90	
259	MARDEN, Ken	VIC	13:16:39	COBURG	23/02/91	
260	ST JOHN, Gerald	VIC	13:18:07	PERTH	28/05/88	43
261	MILLS, Brian		13:19:11	CAMPBELLTOWN	28/10/89	
262	HARRISON, Max	VIC	13:19:15	COBURG	25/02/89	49
263	WOOLGAR, Chris	VIC	13:22:31	BOX HILL	15/02/86	42
264	ASHWELL, Tony	SA	13:23:10	ADELAIDE	9/11/85	
265	MARTIN, Kevin	WA	13:26:07	PERTH	27/05/89	42
266	MORRE, Jean-Claude	VIC	13:26:10	COBURG	25/02/89	
267	SPARE, Charles	WA	13:28:52	PERTH	18/10/86	47
268	MANNING, Peter	NSW	13:28:59	HENSLEY	30/05/87	34
269	BURROWES, Gordon	VIC	13:29:53	BOX HILL	28/02/87	51
270	MOORE, Bob	VIC	13:30:45	BOX HILL	28/02/87	46
271	ELLIS, Ray	VIC	13:31:17	COBURG	13/02/88	57
272	KING, Peter	WA	13:32:30	PERTH	17/10/87	
273	COSTELLO, Warren	NSW	13:36:50	SYDNEY NSW	01/09/90	48
274	HOLLERAN, David	QLD	13:37:00	IPSWICH	18/04/92	35
275	MATTHEW, Alex	SA	13:47:51	ADELAIDE	5/11/83	45
276	WILKINS, Michael	SA	13:48:07	ADELAIDE	21/10/95	49
277	PASCOE, Stephen	NSW	13:51:49	ADELAIDE	14/10/92	
278	JANOVSKY, Peter	NSW	13:52:21	NSW	1/9/90	30
279	TAILSFORD, Brian	NSW	13:55:11	HENSLEY	28/05/88	40
280	CROTTY, Dick	SA	13:57:49	ADELAIDE	3/11/84	54
281	NORRIS, Chris		13:58:25	CAMPBELLTOWN	13/10/90	
282	BREGANT, Anthony	QLD	14:00:52	CABOOLTURE	23/06/90	**22**
283	ALLEN, Graham		14:01:10	CAMPBELLTOWN	28/10/89	
284	FRY, Gordon	SA	14:02:55	ADELAIDE	1/11/83	44
285	BRUER, Marcus	SA	14:05:20	ADELAIDE	24/10/92	
286	WALSH, Colin	WA	14:06:03	PERTH	17/10/87	
287	KALEY, Matthew	NSW	14:09:36	HENSLEY	28/05/88	20
288	YANNA, George	VIC	14:11:04	COBURG	25/02/89	32
289	BARKER, Carl	NSW	14:15:44	CAMPBELLTOWN	28/10/89	30
290	WIESE, Bob	SA	14:15:44	ADELAIDE	27/10/90	44
291	BROWN, Dean	SA	14:18:20	ADELAIDE	4/10/97	42
292	POLLARD, Godfrey	VIC	14:19:19	COBURG	25/02/89	57
293	HARVEY, James	SA	14:24:22	ADELAIDE	3/11/84	
294	BUXTON, Terry	SA	14:34:45	ADELAIDE	16/10/93	
295	JOHNSTON, Norm	VIC	14:34:54	COBURG	10/3/90	53
296	MANNIX, Brian		14:35:46	CAMPBELLTOWN	28/10/89	
297	CONNOR, Mick	NSW	14:35:50	CAMPBELLTOWN	8/10/88	
298	BARWICK, David	NSW	14:41:52	CABOOLTURE	26/09/92	49
299	ARTHUR, John	WA	14:42:52	PERTH	27/05/89	
300	PETERSON, John	QLD	14:43:54	QLD UNI	05/09/87	71
301	LATCHFORD, Stan	WA	14:46:00	PERTH	17/10/87	
302	GARLICK, Peter	SA	14:46:32	ADELAIDE	19/10/88	30
303	CIRCOSTA, Paul	QLD	14:49:05	QUEENSLAND UNI	5/9/87	34
304	GRIGNOL, Max	SA	14:49:29	ADELAIDE	4/10/87	44
305	BAZZICA, Nick	SA	14:54:53	ADELAIDE	3/11/84	
306	DEDMAN, Kaven	SA	14:55:05	ADELAIDE	29/10/88	41
307	DOWN, Jeff	VIC	14:56:31	BOX HILL	15/02/86	28

308	MARTIN, Norm	SA	14:58:52	ADELAIDE	13/11/82	
309	WARD, Wayne	NSW	14:59:57	HENSLEY	30/05/87	32
310	CHATTERTON, Ray	QLD	15:02:00	CABOOLTURE	23/06/90	41
311	MOYLE, John	SA	15:04:10	ADELAIDE	22/10/94	43
312	MATCHETT, Ken	VIC	15:04:56	COBURG	27/02/93	71
313	RYAN, Cliff	VIC	15:06:04	COBURG	10/3/90	60
314	RAINES, Wayne	QLD	15:13:32	CABOOLTURE	01/09/91	33
315	NAYLOR, Tom	SA	15:19:10	ADELAIDE	4/10/97	54
316	SYRED, Creece	NSW	15:22:40	HENSLEY	28/02/88	16
317	GAILLARD, Jacques	VIC	15:23:12	OLYMPIC P	4/8/90	43
318	SMITH, Larry		15:23:44	CAMPBELLTOWN	13/10/90	
319	UPPAL, Peter	SA	15:26:02	ADELAIDE	27/10/96	27
320	GREEN, Warren		15:45:11	ADELAIDE	22/10/94	
321	SMITH, Jonathon R.	SA	15:54:58	ADELAIDE	3/11/84	
322	MACKAY, Mark	QLD	16:01:09	ADELAIDE	16/10/93	27
323	HAMS, Denis	NSW	16:01:33	CAMPBELLTOWN	13/10/90	41
324	FOULKES, Stephen	VIC	16:03:02	ADELAIDE	1/11/86	32
325	CULLEN, Stephen	QLD	16:23:08	QLD UNI	05/09/87	
326	CARROLL, Ray	VIC	16:30:06	ADELAIDE	5/10/87	36
327	PATTERSON, Michael	VIC	16:35:42	ADELAIDE	4/10/87	
328	BARNES, Max	SA	16:38:16	ADELAIDE	3/11/84	63
329	FORD, Peter	NSW	16:44:50	CAMPBELLTOWN	28/10/89	
330	ZLARKE, James	VIC	16:47:43	COBURG	23/02/91	47
331	RAMSDEN, Graeme	QLD	16:48:10	QLD	1/7/89	43
332	KETTLE, Drew	VIC	17:12:26	COLAC	20/11/95	75
333	HALEY, William	QLD	17:14:35	QLD UNI	05/09/87	
334	QUADRIO, Doug	QLD	17:45:03	QLD UNI	05/09/87	35
335	BRYAN, Greg	SA	17:55:14	COBURG	13/02/88	
336	WEIR, Steve	SA	18:04:35	ADELAIDE	28/10/89	
337	ESSAM, Philip	NSW	18:14:45	ADELAIDE	5/10/97	35
338	TOLLEY, Dennis		18:19:41	CAMPBELLTOWN	28/10/89	
339	HUME, James	VIC	18:24:25	ABERFELDIE	23/01/88	56
340	VARLEY, Chris	ACT	18:32:07	WOLLONGONG	26/03/94	
341	DAVIS, Robyn	NSW	18:50:33	CAMPBELLTOWN	28/10/89	44
342	PARSONS, Gary	QLD	19:15:14	NANANGO	09/03/94	44
343	FARMER, Bernie		19:24:54	CAMPBELLTOWN	28/10/89	
344	GDAMS, Brian	NSW	19:45:49	CAMPBELLTOWN	8/10/88	
345	EATT, Ken	WA	19:54:24	PERTH	28/05/88	
346	DAHM, Murray	NSW	19:58:26	HENSLEY	30/05/87	44
347	LANHAM, John	QLD	20:34:01	QLD UNI	05/09/87	
348	CORNELIUS, Ian	QLD	20:46:00	NANANGO	09/03/94	53
349	WALKELY, Phil	SA	21:12:10	ADELAIDE	13/11/82	
350	WHELAN, Robert	VIC	21:29:05	BOX HILL	28/02/87	33
351	WILLIAMS, Glen	SA	21:44:40	ADELAIDE	24/10/92	
352	WHITEMAN, Peter		22:42:49	CABOOLTURE	23/06/90	48
353	COX, Graeme	SA	22:49:12	ADELAIDE	16/10/93	
354	HOLMES, James		22:52:22	CAMPBELLTOWN	28/10/89	
355	HOLLAND, Bill		22:56:39	CAMPBELLTOWN	13/10/90	
356	WAKEFIELD, Charlie	VIC	23:25:59	CABOOLTURE	22/06/90	36
357	WATTS, Graham	QLD	23:28:11	NANANGO	09/03/94	40
358	GLOVER, Gary	WA	23:34:31	PERTH	28/05/88	
359	CHAV, Lee	NSW	23:36:42	WOLLONGONG	26/03/94	

90.
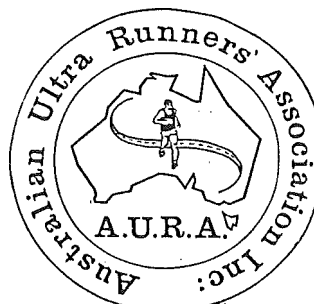
Rank	Name 100K.TRACK	State	PB for 100KM	Place	Date	at Age
1	FRANCIS, Mary	WA	8::3::0	BUNBURY	01/03/97	39
2	MEADOWS, Linda	VIC	8:24:11	FRANKSTON	30/04/94	35
3	STANGER, Helen	NSW	9:06:41	WOLLONGONG	26/03/94	43
4	PARRIS, Dawn	VIC	9:10:47	MINNESOTA USA	12/10/90	37
5	HERBERT, Cynthia	VIC	9:15:26	COBURG	14/09/86	44
6	GRANT, Dell	QLD	10:05:06	BRISBANE	10/06/93	39
7	WOODS, Sally	QLD	10:20:24	COBURG	28/08/88	
8	McCONNELL, Georgina	NSW	10:22:32	OLYMPIC PK	19/08/89	46
9	SPAIN, Trisha	WA	10:39:32	OLYMPIC P	19/08/89	47
10	KERR, Sandra	VIC	11:30:24	ROSEBUD	06/05/89	43
11	O'CONNOR(MORRIS, Helen	SA	11:38:12	ADELAIDE	01/11/84	32
12	WORLEY, Sue	SA	12:07:53	ADELAIDE	01/11/86	39
13	RILEY, Geraldine	VIC	12:08:05	BOX HILL	15/02/86	22
14	TAIT, Merrilyn	VIC	12:12:27	OLYMPIC PK	08/04/90	40
15	STANDEVEN, Cheryl	SA	12:29:15	ADELAIDE	29/10/88	32
16	HAARSMA, Kay	SA	12:30:10	ADELAIDE	13/11/82	
17	MILBOURNE, Colleen	WA	12:31:49	PERTH	27/05/89	
18	FOLEY, Wanda	QLD	12:36:39	CAMPBELLTOWN	08/10/88	42
19	TALBOT, Kim	VIC	12:53:30	COBURG	25/02/89	20
20	SALTER, Bronwyn	WA	13:01:37	PERTH	28/05/88	40
21	SOMMERS, Corinne		13:07:23	CABOOLTURE	23/06/90	
22	BAIRD, Fiona	SA	14:02:35	ADELAIDE	27/10/96	26
23	CASE, Valerie	QLD	14:06:44	HENSLEY	28/05/88	51
24	WARREN, Val	NSW	14:11:54	CAMPBELLTOWN	28/10/89	55
25	GORDON, Leonie	SA	14:18:06	ADELAIDE	03/11/84	
26	GLADWELL, Lucille	NSW	14:30:35	CAMPBELLTOWN	28/10/89	
27	McCARTHEY, Marilyn	SA	14:43:07	ADELAIDE	02/11/86	37
28	BARNES, Helen	SA	14:45:59	ADELAIDE	28/10/89	39
29	LEAHY, Marcia		14:55:00	CAMPBELLTOWN	13/10/90	
30	METCALF, Karen	SA	15:41:46	ADELAIDE	04/10/97	24
31	LUSH, Eilleen	SA	15:42:59	ADELAIDE	01/11/86	39
32	BAIRD, Carol	ACT	16:16:10	CENTURIONS 100 K	19/09/98	
33	BARDY, Sue	SA	16:50:00	ADELAIDE	27/10/96	63
34	YOUNG, Mary	VIC	16:59:56	BOX HILL	02/02/85	24
35	BENSON, Carolyn	SA	17:32:40	ADELAIDE	27/10/90	43
36	BRUNER, Patty	VIC	18:36:33	ADELAIDE	05/11/83	46
37	BECK, Carol	SA	19:29:03	ADELAIDE	24/10/92	
38	CURRAN, Michelle	QLD	20:30:45	WOLLONGONG	02/04/95	
39	WISHART, Lois	VIC	20:47:47	COBURG	22/02/92	46
40	GUTERES, Elaine	SA	21:24:03	ADELAIDE	09/10/85	

FINISH

91.
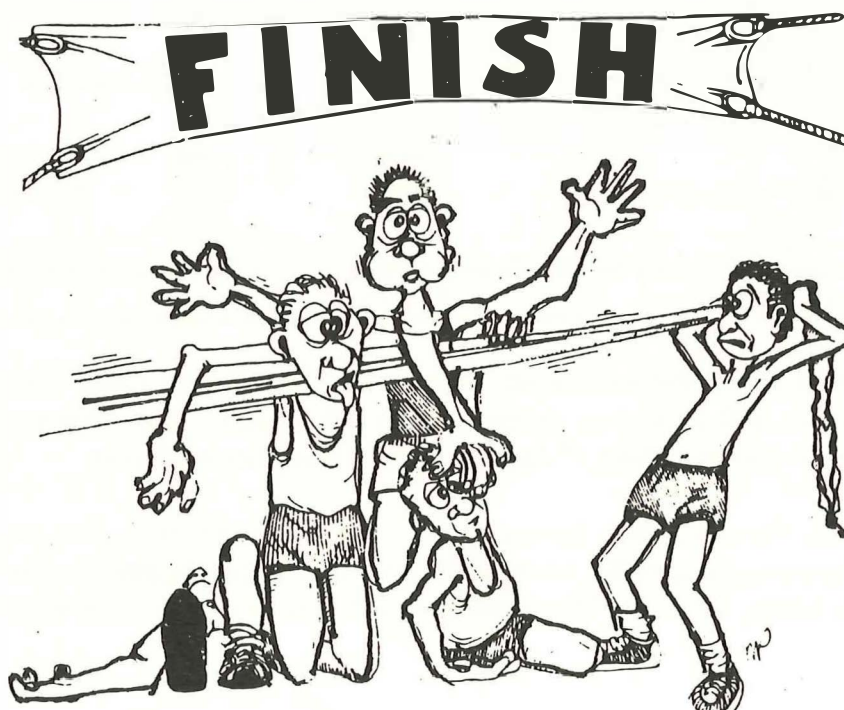
MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I ....
(Full name of Applicant)

of ....
(Address)

.... Post Code .... Date of Birth ....

Desire to become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED. In the event of my admission as a member, I agree to be bound by the rules of the Association for the time being in force.

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

****

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

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

****

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

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

****

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

Please circle the desired rate: $25   within Australia

	NZ	Asia	USA	Europe
Air Mail (up to 1 week delivery)	$34	$38	$41	$43

Send Application and money to: Dot Browne (Hon Sec), AURA Inc, 4 Victory Street, Mitcham 3132

****

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

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