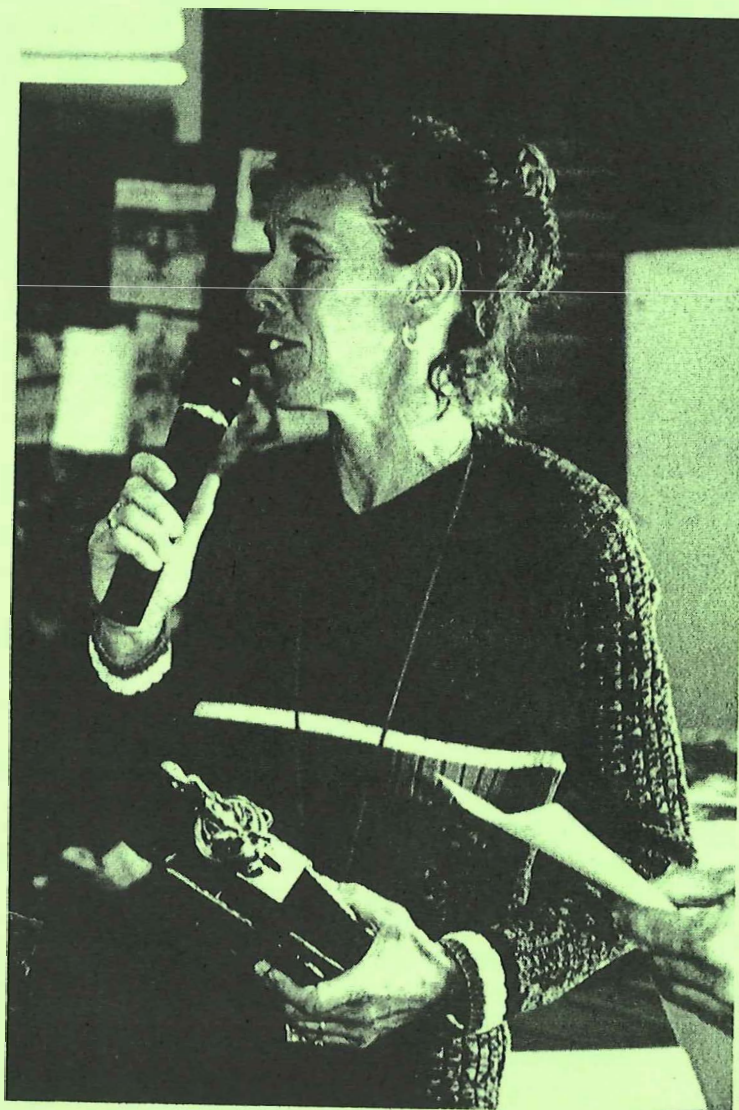
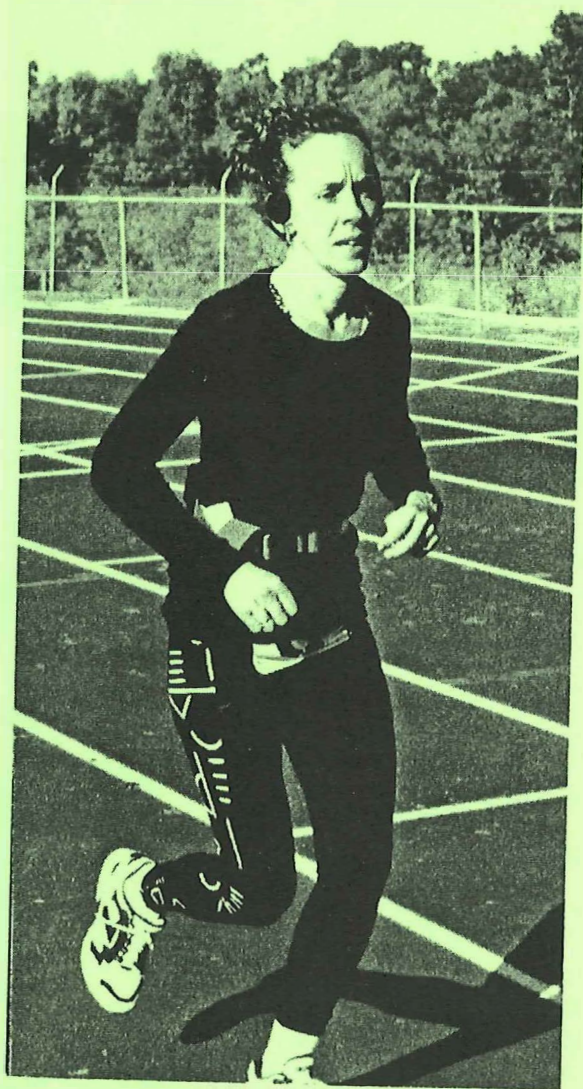


# ULTRAMAG

Vol 14. No.4

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Helen Stanger, arguably Australia's top female ultra runner, seen here featuring at the 1998 Coburg 24 Hour Track Race, with an outright winning distance of 228.680km.

 **AURA**  
**MAGAZINE**



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## EDITORIAL

Those of you who subscribe to the Australian version of Runners World would have been pleased to see the article on the incomparable Graham "Mountain Man" Kerruish, also in the same magazine was a beautiful photo on pages 6 and 7 of Cradle Mountain. If you haven't yet tackled the Cradle Mountain run then this photo should inspire you to make the trip to Tasmania as soon as possible. Overseas we had Tim Sloan taking fourth place outright in the US 100km Championships, Yiannis Kouros winning the US 24 hour Championships and the usual group of Sydney Striders running at the Comrades Marathon in South Africa.

At the time of writing, the Colac Six Day Race is being conducted for the last time, it is a shame to see an event with such a long and unique history disappear from the calendar. Another event that may also disappear is the 24/48 hour event in Maryborough [Qld], I was fortunate enough to be at the Maryborough event this year and I thought it was very well organised, particularly when you consider that a small town like Maryborough is not flushed with state of the art facilities.

I was recently doing "point duty" at the Melbourne Marathon and it was good to see several old ultranuts still having a run. Ron Hill, Brickley Hepburn, Jeff Visser and Bob Fickel [although a little slower these days] were just some of the familiar old faces that I saw.

For those of you who have had your head in the sand, there are a number of runners running either around, across or all over Australia. Pat Farmer and Gary Parsons are both getting publicity but we have recently heard that John Moyle is doing something similar and Frenchman, Serge Girard, has just completed a Perth to Sydney run. These runners have accomplished incredible achievements doing things that capture the imagination of the non running public which is great for the sport of Ultrarunning. As a purist [conservative, maybe] I must say that I have somewhat of a problem with the way in which the term "world record" is flippantly applied to the various self appointed categories that seem to emerge in solo runs. Both John and Gary are claiming world records for the longest distance run which makes me wonder what ever happened to Englishman, Robert Garside, who ran into Adelaide in November 1998 claiming the same record on route to a planned 68,000km which was to finish in 2001. Has anyone heard of Robert in the past 12 months?

I had a chance meeting with Gordon Burrowes at the local swimming pool a few days ago and he had been following both Gary and Pat with his computer and he has given me an interesting comparison on their respective runs that appears in this issue.

When it comes to putting this magazine together, alzheimers and old age are really setting in. At Dot Browne's place last week I decided that I had better get my glasses because I was having trouble reading, only to discover that I had locked both my glasses and car keys in the car. "Have you got a coat hangar, Dot?" I asked. "Sure" she replied as she pulled a coat of the rack and promptly placed the coat hangar on the chair and handed me the coat !!! How on earth do you break into a car with a coat??????????????

Kevin Cassidy

(Co-editor's comment: Get stuffed Kev !)

And to all you ultra fanatics out there.....

Have a great Christmas and don't let that office party, staff break-up, kinder nativity play, school carols' night, Christmas dinner, street party, visits to Mum, New Year's Eve celebrations, family holiday, or other such inconsequentials get in the way of training, your No.1 priority remember! Basically, stay fit and stay safe. With undying infection from Kev and me. Regards Dot.



# ULTRA CALENDAR FOR THE YEAR 1999

- 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) Own start time to finish by 3.00pm.
- Dec 12 **GOLD COAST - KURRAWA SURF CLUB (BROADBEACH) TO POINT DANGER & RETURN, 50KMS.** Flat course along roads & paths adjoining the Gold Coast beachfront. Start time 5.00am. Contact Eric Markham, Unit 2, 62 Hill Avenue, Burleigh Heads 4220, Q'ld Ph. (07) 5527 1363 (w). email: eckers@retnet.com.au. A Gold Coast Runners Club event. \$30 entry fee
- Dec 31 **FIRST ULTRA OF THE NEW MILLENIUM - 6 HOUR TRACK RUN/WALK, SOUTH AUST.,** Elizabeth Athletics Track, Mofflin Reserve, Elizabeth, SA. Check in at 11.00pm for a midnight start. Finish 6.00am. BYO lapscorers, crew, food, drinks. \$50 entry fee. Contact Phil Essam, 19 Luringa Close, Craigmore, 5114 SA, Ph. (08) 828 70325 or email pjessam@picknowl.com.au.
- 2000**
- Jan 2 **FIRST NEW MILLENIUM ULTRA-MARATHON 45KM WALK,** Wamuran, Q'ld/ , Conducted by the Qld Ultra-Runners / Walkers Club Inc, Contact Ron Grant, Bellmere Convenience Store, Bellmere Rd, Caboolture 4510, Ph. (07) 5498 9965 (W). Start times subject to handicapping to finish at noon , start/finish at Wamuran Bakery, D'Aguilar Highway, Wamuran, 7.5km out & back loop course. \$5.00 entry.
- 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. \$35 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 (h) or Paul Thompson (02) 9683 6024 (H) Mobile 0412 250995 Email address thomo@zeta.org.au. Entries close 31/12/99
- 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, 2000. 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 5/6 **6 or 12 HOUR RUN, WALK & RELAY Q'LD, Caboolture Historic Village,** Beerburum Road, Caboolture, gravel road, smooth surface, certified 500m track, Q'ld. Entries to :Race Director Peter Lewis, 13 Timberidge Court, Wamuran 4512, Ph (07) 5496 6437. Enter by 5th February , 6pm start, \$20 entry fee for QURC members, \$25 non-members
- 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



## 2000 ULTRA CALENDAR

- Feb 20 **AUSTRALIAN 100KM ROAD CHAMPIONSHIP, CANBERRA ACT**, held in conjunction with the Sri Chinmoy Peace Ultra Triathlon, starting at midnight, Yarralumla Bay, Contact Prachar Stegmann, GPO Box 3127, Canberra 2601 Ph. (02) 6248 0232 Fax (02) 6248 7654. Entry fee \$40, Closing date 7th Feb. 2000, Course 1.4km loop on bitumen road and cycle path.
- 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) 54 98 9965 (W) Closing date 15th Feb 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> or email to: bigchris @ ozemail.com.au
- Mar 12 **WATER WORLD GREAT OCEAN RACE - RED ROCK TO COFF'S JETTY, BEACH & HEADLAND 45KM ULTRA MARATHON NSW**. Starts at 8.00am at the northern end of Red Rock Beach. \$5.00 entry or \$10 on race day. Finish Coff's Harbour Jetty. Contact Steel Beveridge on (02) 66 53 6831 (H) or (02) 66 541 500 (W). Or by post, 2 Lakeside Drive, North Sapphire 2450, NSW
- Mar 4 **AURA 6 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA**, Bunbury, organised by the Bunbury Runners' Club, certified 500m grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact Mick Francis, 27 Snobs Place, Bunbury 6230 phone (08) 9721 7507
- Mar 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 6th March, Phone Geoff Hook (03) 9808 9739
- Mar 15 - 30 **NANANGO SHIRE IAU INTERNATIONAL 1000 MILES TRACK CHAMPIONSHIPS**, Nanango, Q'ld. Entry fee \$250, entries close 31/1/2000. No late entries accepted. Nanango Showgrounds, 12.00 noon start on Wed. 15th March, finishes 12.00 noon Thursday 30th March, 2000. A Queensland Ultra Runners Club event. *Contact Peter Warner (07) 4163 1005*
- April 8/9 **VICTORIAN 24 HOUR WALK/RUN TRACK CHAMPIONSHIP, VIC. & 6 OR 12 HOUR RUN/WALK TRACK ULTRA EVENT & 12 HOURS RUN/WALK RELAY**, Harold Stevens Athletic Track, Coburg, Relay - maximum of 8 individual racers per team. Entry \$10 per team member. Various categories. Entry \$40 for both ultra events. Both relay and individual events start 10am on Saturday. Entry forms available from: Bernie Goggin, 277 Manningham Road, Lower Templestowe 3107, Ph. (03) 9850 4958
- April 9 **FRANKSTON TO PORTSEA ROAD RACE, VIC**, 34 miler, contact Kev Cassidy Phone (0413) 626 408, 7am start corner of Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed. The oldest established ultra in Australia, first run in 1973.
- April 16 **KING & QUEEN OF MT.MEE 50KM, 25KM, & 10KM, Q'LD**, out and back course (twice for 50km) on bitumen and dirt roads; 50km start 6.00am, 25km start 7.00am, 10km 8.30am start. Presentations and light lunch at Mt.Mee Hall after race at 12.00pm. A QURC event. Contact:: Gary Parsons P.O. Box 1664, Caboolture 4510, Ph. (07) 3352 7761 or Danny Cause, 67 Reuben Street, Stafford 4053. fee \$20 for 50km & 25km events. Enter early on entry form in Ultramag or entries will be taken on the day.
- April 30 **GLASSHOUSE MOUNTAINS 50KM, Q'LD**, Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld, phone (07) 5495 4334.

## 2000 ULTRA CALENDAR

- May            **TAMBORINE TREK, GOLD COAST**, 68kms out and back course & 45km encouragement section, Road Race, staggered start, 'Contact Graeme Grimsey, P.O. Box 584, Ashmore City, Q'ld 4214 Ph. (07) 5522 7870
- May            **BANANA COAST ULTRA MARATHON, NSW. 85KM.** Coff's Harbour to Grafton via Glenreagh, Nana Glen & Coramba, 6am start at Coff's Harbour Entry fee \$5 by 2nd May or \$10 on race day, own support vehicle / driver required, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, NSW, phone (02) 6653 6831 (H) or (02) 6654 1500 (W)
- May            **AURA SRI CHINMOY AUSTRALIAN 50 MILES TRACK CHAMPS.,** Newport Park Athletics Track, Williamstown (Melways 56B4), start 6am, contact John Harper (03) 9803 7560
- May            **TAMWORTH 24 HOUR CHARITY RUN, NSW**, Viaduct Park, Tamworth, 10am start. \$35 entry, 10am start on Saturday, Contact Dallas Earsman, 143 Bridge Street. Tamworth 2340, Ph. 657216 (H) or 653511 (W)
- June           **HERVEY BAY HIKE 50KM, Q'LD**, Contact Brian Evans Ph. (07) 4121 4200
- June           **COMRADES MARATHON, SOUTH AFRICA**, 90km down run from Pietermaritzburg to Durban. See advert in this issue.
- June           **5TH ANNUAL SHOALHAVEN ROAD ULTRAMARATHON - NOWRA TO KANGAROO VALLEY 46KM, NSW** 8am start at Cambewarra Public School, finish Kangaroo Valley Show-ground, Entries to Race Secretary, Nowra Athletics Club, 30 Flannery Rd, Cambewarra 2540 NSW. Cheques payable to Nowra Athletics Club. Transport back from Kangaroo Valley to the start provided. Enquiries Terry Threlfall (0412) 603 831
- Aug            **PERTH 40 MILER**, based on the Perth Marathon route with a couple of extra loops, flat, fast course. Contact Mick Francis, 27 Snows Place, Bunbury 6230 WA Phone 08 - 9721 7507
- Aug.           **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE, SA**, 6am start, Adelaide Town Hall,, finish Advance Recreation, Victor Harbour, \$20 entry contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood. SA 5034 or Des Paul, ph. (08)83226400
- Aug **18-20** **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS, Gold Coast QLD.** Rugby League headquarters, Eskdale Park, Maryborough, Brian Evans (07) 4121 4200. Certified course.
- Aug            **6 HOUR TRACK RUN, VIC**, Harold Stevens Athletic Track, Coburg, 10am start - 4pm., Entry forms available from: Harold Stevens, 55 Woodlands Avenue, Pascoe Vale South 3044 . Ph. (03) 9386 9251
- Sept 9        **100KM WORLD ROAD CHALLENGE, HOLLAND**, expressions of interest to Geoff Hook, 42 Swayfield Road, Mt. Waverley 3149 or Ph. (03) 98089739
- Sept           **AUSTRALIAN CENTURIONS CLUB 24 HOUR, 100 MILE, 50 MILE, 50KM RACEWALKS**, Contact Tim Erickson, 1 Avoca Cres, Pascoe Vale 3044 Vic, Ph. (03) 9379 2065 (H) More details to follow
- Oct **7-8** **160KM / 80KM / 54KM TRAIL RUNS**, (Q'ld) Glasshouse Mountains. Loop course,. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, Ph. (07) 5495 4334



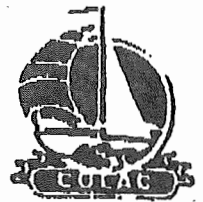
## 2000 ULTRA CALENDAR

- Oct 21 **SRI CHINMOY 6/12/24 HOUR & 100KM S.A.CHAMPIONSHIP TRACK RACE, S.A.** (Australian 24 Hours Championship) More details next issue.
- Nov 14 **BRINDABELLA CLASSIC, ACT** organised by the ACT Cross Country Club, 56km trail run over the Brindabella mountains, just south of Canberra., 8.30am start at the summit of Mt. Ginnini, \$40.00 entry fee with pottery goblet, \$30 without, 7 hour time limit, 1/2-way in 3hrs.20. Contact Hugh Jorgensen (06) 286 1252
- Nov 11 **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
- Nov **100KM ROAD CHAMPIONSHIPS, THAT DAM RUN**, Waitaki District of North Otago, Kurow, New Zealand, 6.30am start, 12 hours time limit, Entry fee NZ\$60.00, Phone/Fax: 03 436 0626. Entries to: That Dam Run" 12 Settlement Road, Kurow, NZ.



P.O. Box 163  
Colac 3250  
Victoria

### AUSTRALIAN 6 DAY RACE COLAC INC.



Dear Dot

At our meeting of Australian 6 Day Race Committee Inc, held last night we were hartened by quite a number of new younger faces all anxious to save the "Race".

A unanimous vote was taken to run the race again in 2000, and offers of new office bearers so could you please make this known in the next issue of AURA.

Hopefully the message will get to the runners before they make other arrangement.

Yours truly

*Kay Lowe*

Secretary

Kevin Cassidy  
Editor AURAMAG

Kevin,

I've been following Pat Farmers run around Australia on the ABC reports. This man is not only a good runner but a good publicist - a talent more Ultra runners need.

Imagine my surprise on my recent West Australia Wild Flower tour to discover another great runner running around Australia. We saw Gary on his way to Perth as we travelled N to Monkey Mia & again 2 days later as we travelled back S to Perth. This [WA] newspaper article is the only publicity I have seen on Gary.

It's all very well for Ultra runners to say they do these things for their own personal satisfaction but unless they feature in the media - they didn't happen. Working to get media attention & spoon-feeding them with press handouts & photo opportunities is time consuming & tough but it has to be done if the effort is to be recognized.

Regards,  
Gordon Burrowes

**STOP PRESS!!**  
The following letter was received just as this mag. was packaged up for the printers. So, the Australian 6 Day Race at Colac 2000 is ON AGAIN despite the articles to the contrary later in this mag.

Queensland Ultra runner, Gary Parsons today went through the 10 000 mile mark today in a time of 221d 1h and 7m. Updated documentation will be sent to British running Historian, Andy Milroy for verification.

The mark was brought up 8km out of Launceston where it was witnessed by a Channel 7 News crew. Later on in the day, Gary and crew were treated to a Civic reception at Launceston Town Hall where the local Mayor was in attendance.

Gary's next mark will be on December 16th when he will surpass Robert Sweetgall's old World Continuous Run record. After that, it will be the long Christmas slog before reaching the 20, 000km mark on Jan 26th next year. This will happen when he runs into his home town of Caboolture, where a massive reception is already being planned.

Phil Essam

---

AURA National Committee,

Please may I have an official response on the powers of the Queensland solo runs record Committee. Mr Peter Lewis has written to the Caboolture paper and claimed that his Committee are ratifying Pat Farmer's record claims as world records. Do they have the power to do this? I thought Andy Milroy was the ratifying person. (Andy doesn't know about this latest fiasco yet!) I also have the following questions to do with this as well?

Did AURA give this Committee any official guidelines? ( pre-requisites for a record!)

Did AURA give this Committee official blessing to ratify Aust records?

Some guidance would be appreciated as I do wish to respond to Mr Lewis's letter. It also appears to me that this Committee are very much in Pat Farmer's camp and there appears to be a huge personality clash between members of this Committee and Gary Parsons. For the record - I have been forwarded all of Gary Parson's documentation to Andy Milroy for ratification.

Thanks for your help.

Regards

Phil Essam  
08 82870325

---

Geoff Hook wrote:

Phil AURA doesn't recognize solo runs in any official capacity and the Queenslanders know this. This is probably the reason they set up their Solo Records Committee. As far as solo records are concerned, they are not even considered by AURA. However people can do anything they like as long as it's not illegal. There is nothing illegal about claiming a record, but it doesn't have official recognition. Andy does vet solo runs on behalf of the Guinness Book of Records and keeps records and details of other solo runs. AURA affords solo runners publicity via it's magazine as the only service to them in this instance. Regards Geoff



Dear Dot

Hereunder is a listing of people who are on the panel, who shall ratify Solo and Adventure Runs/Walks in Australia. The reasons for the selection of these people are also listed.

You gave the original responsibility to Dell Grant who compiled the Solo and Adventure Run booklet.

More than 12 months ago, Dell entrusted this responsibility to myself, and my wife, to maintain the booklet details.

It was felt by Lyn and myself to establish a panel, to give to the ultra-marathon sport some credibility and to formulate a set of basic standards required by a Solo person to reach for the ratification of such an activity.

Peter Lewis; Race Director of, Caboolture Historical Village Dusk to Dawn, Run/Walk, 6/12 hour. This event is a track road race on a 500, metre loop, which is ratified by a surveyor. The race has been classified as a Queensland Championship. I am also a Justice of the Peace (Qualified), First Aider and reached level 2 as a sports trainer with the Australian Sports Medicine Federation. I am also the leading points scorer for the 1999 Q.U.R.C. Walking Male Category. I am also an accredited member of the professional body, Australian Traditional Medicine Society. I operate my own Naturopathic Practise, providing professional service in the health care industry. I am an active member of the community, having worked for the volunteer organizations, Safety House Association of Australia right up to state committee, Scout Association of Australia as Group Leader, and active worker of Wamuran Neighbourhood Watch. In other words, I have an eye for details.

Lyn Lewis; Assistant Race Director of above race. Three times winner of, the Q.U.R.C. female points champion of the year. Lyn is a recipient of, the [Ron Grant Trophy]. Solo adventure runner with her Pomona Challenge of Challenges. Lyn is a well-respected member of Queensland Masters Athletics, holding several state records in race walking. Lyn also holds 3 Ultra track records. Lyn has a background as a nursing professional, reaching the level of Nursing Sister.

Ron Grant; Many solo runs spanning many years. Combined with Dell, made possible the 1000 miles track event at Nanango to be recognised on a world scale, by the I.A.U. Race organiser of several Ultra events over the years. Has operated own businesses over many years, having a good understanding of business practises and the standard associated for the same. Ron has made many contributions on a community level, encouraging athletic participation for the benefit of individuals meeting personal challenges.

Dell Grant; Without the driving force of Dell's eye for detail, the 10,000 mile record, and the continuous long run record which had been held by Ron, would never have been recognized on a world scale. As mentioned above, the exceptional standards set by Dell and Ron with the 1000 miles track event at Nanango. Dell held many state records, along with some Australian records for Ultra-Marathon track distances. Race Director of many high standard ultra events over many years. Dell is a recipient of the Ron Grant Trophy. Dell is joint business proprietor, with Ron, of their successful family business.

Kerrie Hall; Two times Q.U.R.C. Ultra-Marathon points, champion of the year. Kerrie was the first Australian female to ever complete a 100 miles trail event, which she completed also in 1999. Kerrie helps organisers of the Glasshouse Trail events, which have proven so successful. Kerrie has also completed five 48 hours track events, more than any other Australian female, from available information.

Charlie Hall; Operates a successful business in Caboolture Shire, which is soon to move to a larger premises, due to sound business practises. The second in charge of the Glasshouse Trail event, which is one of the most successful trail events in Australia, which has attracted international participation.

As you can see, we form a well-rounded team with much resource knowledge and practical experience to fall back on. This letter is not designed for publication. It is merely an information letter for your benefit.

I shall include our solo and adventure run/walk guidelines for publication in the near future.

Yours truly,



Peter Lewis

Peter Lewis  
13 Timberidge Court  
WAMURAN QLD 4512

Phone (07) 5496 6437

9.

## Australia - A Land of Solo Road Runners

A potential new road safety hazard has been identified in Australia this year with "Australis Ultra Solo Road Runneris" currently traversing our continent in one direction all another.

Three of the species have been discovered and they are all achieving inspirational feats with the time they are on the road. Those three are Pat Farmer, Gary Parsons and John Moyle. All have achieved in their own right before embarking on their various solo runs and all are helping to raise the profile of the sport that we all know and love in this the last year of the Century.

Pat Farmer began his run around Australia on 31 May 1999 when he left this nation's capital and originally intended to finish on January 1st 2000. It appears as though he will now finish on December 8th which will include a lap of Tasmania as well. This will easily be recorded as the quickest run around Australia. Before this year the record stood at 217 days and was set by Ron Grant in 1983. Gary Parsons has recently completed one lap of the country arriving back in Brisbane around 194 days. Pat Farmer looks like beating this time by 4 days! Parsons has now left for Tasmania where he will be completing another five and a half thousand kilometres. He better turn around every five hundred km's or he will get dizzy!

Gary Parsons left Brisbane on 25th April and has easily beaten all of Ron Grant's previous records on the way. Pat Farmer left Canberra over a month later and has come through and lopped at least one or two days off all of Gary's times. This has worked out at Pat Farmer averaging over 80kms a day and Gary Parsons averaging around 73km. Doesn't sound like much on a daily basis but it certainly adds up when the weeks become months. Farmer has also had at least one public appearance a day and ran extra distances to attend some of these appearances.

A third runner, partially blind, John Moyle from Adelaide, has been running around the country this year, albeit in a crisscross fashion and is aiming to beat the World Long Distance Record set by American, Robert Sweetgall in 1983 of 17,071km. John left Darwin on March 22 and has since gone through Perth, Broken Hill, Melbourne, Sydney and Brisbane. From Brisbane he will be heading up to Cairns before heading across down to Alice Springs before finishing in Adelaide before Christmas. John is averaging much less per day than the other two runners per day, but should beat Sweetgall's record and should be congratulated for his efforts.

All three runners have causes that they are trying to promote or raise money for during their journey. Pat Farmer is doing a splendid job promoting the Federation Centenary and comes across as one "Proud Aussie". Hopefully he will inspire others to be just as proud in their country. Gary Parsons is promoting and raising money for Legacy throughout his journey and John Moyle is raising money for underprivileged children throughout his trip.

Pat Farmer and John Moyle have both stuck to their original aims with their respective trips, whilst the aims of Gary Parsons appeared to have developed throughout the trip. Gary was aiming to run around Australia with the possibility of beating the World Longest Run mark. A couple of months into the trip and the World Longest Run mark became the number one priority. This has now grown to an aim of 20,000km with the possibility of running for another three months after that and making it a year trip. In my calculations that will almost bring up 25 000km or more! Will he know his home town of Caboolture when he returns!

I believe the publicity generated by the three runners can only be positive for the sport of Ultra running and I sincerely hope that all three runners will continue to "let their feet do the talking" for the rest of their respective journey's.

# All times and distances mentioned in this article are yet to be ratified and are therefore unofficial at this stage.

Phil Essam  
pjessam@picknowl.com.au  
08 82870325



## Serge Girard Completes Perth-Sydney Crossing

11th November 1999

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A financial adviser known as the French Forrest Gump ran sore-footed into Sydney on Tuesday 9th November 1999 after knocking more than two weeks off the record for running across Australia from coast to coast.

Serge Girard took 46 days 23 hours and 15 minutes to cover the 4,000 kilometres (2,500 miles) from the Indian Ocean city of Perth to Sydney on the Pacific coast.

He got through 20 pairs of shoes in five million strides along railway tracks and deserted outback roads. The 46-year-old covered 81 km, or almost two full marathons, every day. He beat the previous trans-Australia record of 63 days, set last year by American Jesse Dale Riley.

"The Australians were very welcoming, every time we needed something they helped us straightaway," Girard told Reuters after crossing the finish line at the Sydney Opera House. "At the beginning they called me 'the crazy Frenchman'," he added. "It was a beautiful adventure."

Girard, who became known as "the French Forrest Gump" after breaking the record from Los Angeles to New York two years ago, was accompanied by three physiotherapists, a podiatrist, a logistician, a camera crew and a photographer.

He drank 10-15 litres of water a day, plus one glass of Australian red wine, and consumed a daily 8,000 calories.

More Info here : [http://membres.tripod.fr/trans\\_australia/indexeng.htm](http://membres.tripod.fr/trans_australia/indexeng.htm)

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### The Ultimate Ultrarunner

Ultrarunners are those who attempt to cover distances on foot far beyond the comprehension of most people. There is one ultrarunner who has undertaken a quest that has almost reduced the running of such ultra distances to a routine task, something that can be done week in and week out. The mental and physical endurance required to be able to complete such a self-imposed task should not be underestimated.

On April 17, Henri Girault of France completed his 400th 100-km race at Belves in France in a time of 12:40. This remarkable achievement is the equivalent of running 40,000 competitive km, or 25,000 miles—more than the equivalent of running around the world at the equator, a mere 24,902 miles!

Girault is well known to ultrarunners across the globe, because in his quest for 100-km races he has traveled around the world. His latest expeditions were to 100-km races in French Guiana in northern South America, to a race from Cayenne to Kourou, Minisek Podbrny in the Czech Republic, to Greenwich in England, to Hawaii and Catalina Island in the U.S., to Buenos Aires in Argentina, to Nanisivik in northern Canada, and to Odessa in the Ukraine.

He finished his 400th 100-km where he ran his first, at Belves in France. Knowing Girault, I suspect he has already begun to add to this total, on his way to number 500. In 1998 he ran 29 100-km races. At this rate, perhaps in Antarctica, (the only continent on which he has not run a 100 km), we shall see the indefatigable Henri Girault running his 500th 100-km race, sometime in 2001.

Andy Milroy

---

## Interviews with Pat Farmer available

**Media contact @ Avviso PR:** Diana Shearin or Deidre Grant on (02) 9363 0714 or 0416 114 584 and 0413 048 641.

**Media Contact @ National Council for the Centenary of Federation:** Claire Tedeschi on (02) 6270 8152 or 0419 990 250

## ULTRA MARATHON MAN ANNOUNCES WORLD RECORD END TO HISTORIC MISSION

Ultra Marathon man Pat Farmer today announced he would finish three weeks ahead of schedule on his Run Around Australia for the Centenary of Federation, setting a New World Record when he arrives in Sydney's Centennial Park on Sunday 12 December 1999.

Pat will become the fastest man to ever run around mainland Australia and Tasmania, adding to his tally of world records.

Taking 191 days to complete the run, Pat Farmer will have sliced 26 days off the previous record of 217 days set by Ron Grant in 1986. By including Tasmania, Pat will have also added an additional 1,000kms to Ron's run.

The original itinerary had the epic run finishing on 01 January 2000, marking the date and place where Australia's federation was proclaimed in 1901.

Since the Prime Minister sent Pat on this journey to promote the Centenary of Federation on 31 May 1999, he has smashed six current records, crossed five states and two territories and completed an astonishing 343 marathons in just six and a half months.

To date Pat has worn out 12 pairs of shoes over 13,000km, maintained a daily intake of food 3 times more than the average person, consisting of carbohydrates, protein, fresh fruit and vegetables.

The average day sees him rise at 4am and run 80kms per day, finishing at 5pm. En route Pat has met hundreds of thousands of Australians as he visits schools, attends civic receptions, stops for well wishers and receives public welcomes.

He promotes the Centenary of Federation, which united Australia, through his inspirational speeches, media appearances and his actions of running around the nation.

The public are invited to see Pat arrive in Sydney and celebrate the momentous homecoming with a picnic day in Centennial Park on Sunday 12 December 1999.

### Pat Farmer Run Snapshot

- **Age:** 38
- **Run Highlight:** breaking the World 10,000km Record in Moorine Rock near Southern Cross WA knocking 33 days off Ron Grant's record
- **Run Worst stretch:** Barkly Highway – flat, boring, windy and so many flies!
- **Sleeps:** 5-6hrs per day
- **Drinks:** 12 litres of water & Gatorade per day
- **Favourite craving:** Mango Weiss Bar, jelly beans, wagon wheels
- **Currently weighs:** 61 kilos
- **Current location:** Launceston, Tasmanian and into Hobart on 18 November
- **Upcoming Highlights:** Official welcome to Melbourne 29 November
- **Circuit Complete:-** 8 December (Canberra to Canberra)
- **Sydney Homecoming** – Victory Lap from Canberra to Sydney 9-12 December

For the latest information, highway diaries, media releases, biography and event details visit [www.patfarmer.com](http://www.patfarmer.com)

Brisbane to Darwin; 3955.2 km in 51 days 6 hours 21 minutes  
Northern Territory Long Run; 2201 km 29 days 6 hours 58 minutes  
Tropic of Capricorn Continuous Long Run; 6307 km 83 days 1 hour 44 m  
10,000 km Continuous Long Run; 129 days 1 hour 36 minutes  
Darwin to Perth; 4217 km 53 days  
Brisbane to Perth; 8204.7 km 105 days  
Western Australia Long Run; 4952 km 62 days 19 hours 43 minutes

### LONG RUN PERFORMANCES BROKEN BY PAT FARMER

With a general interest being generated about members, Pat Farmer and Gary Parsons, going for a jog around Australia, hereunder is a listing of **fun records**, which have been officially broken and ratified. Details have only been received from Pat Farmer. In all cases, these fun records were held by, Ron Grant. Ron's details can be obtained by purchasing his book, a valuable item to a bookshelf.  
Brisbane to Northern Territory border; 2535.4 km in 31 days 8 hours 55 minutes  
QLD Long Run; 2649 km in 33 days 4 hours 25 minutes



George Audley  
RMB 9210, Lwr Denmark Rd  
Albany 6330  
pH 98446252  
Monday 8th November 1999

Running with Gary Parsons near Albany W A

I was on the coach heading for Bunbury W A hoping I would see Gary Parsons, so I could join him on his run. My fear was that he could have pulled off for a rest, and the coach would take me past him. About 20 k's past where I expected to join him the coach turned off, so collecting all my gear I got off the coach, and stood there amongst all the big tree's in the pouring rain.

I stopped a lorry and the driver told me Gary was about 10k's down the road. Relief that I hadn't passed him, but 10 k's at Gary's speed was well over an hour and it was raining with no shelter. A Ute came and I got a lift (IN THE BACK), but only a couple of K's and there was Sharon in the Big Camper. I was made welcome then got ready to join Gary after his break.

My body was not prepared for Gary's routine. Bed by 7.30pm lights out, Up at 3.30am, Breakfast and on the road by 4am. My body handled the running but at the end of four days I was short on sleep.

First day joined Gary on the road just before Noon, so only 43 k's for me. Next day 76 k's, Gary said it helped having somebody to chat to. Over night at a Caravan Park in Denmark with a meal at the local Hotel. Third day a Friday which is Gary's easy day, so only 56 k's. Close to my home so a shower and a meal with a night stop there, (10 k's west of Albany). I phoned the Mayor of Albany and told her Gary would be entering Albany before 6am. She lives 30 k's from Albany, but said she would be there to run the last Kilometer into town with us. She then muttered that I would owe her heaps.

At 4.30 the next morning when we had run for a half hour I realized something. It was my 64th Birthday. What better way to spend it than running with a Champion runner and a very nice bloke Gary Parsons. The Mayor Alison Goode, was there, and ran very well the last kilometer into Albany, she is a mature non-runner. I've nominated her to carry the Olympic Torch.

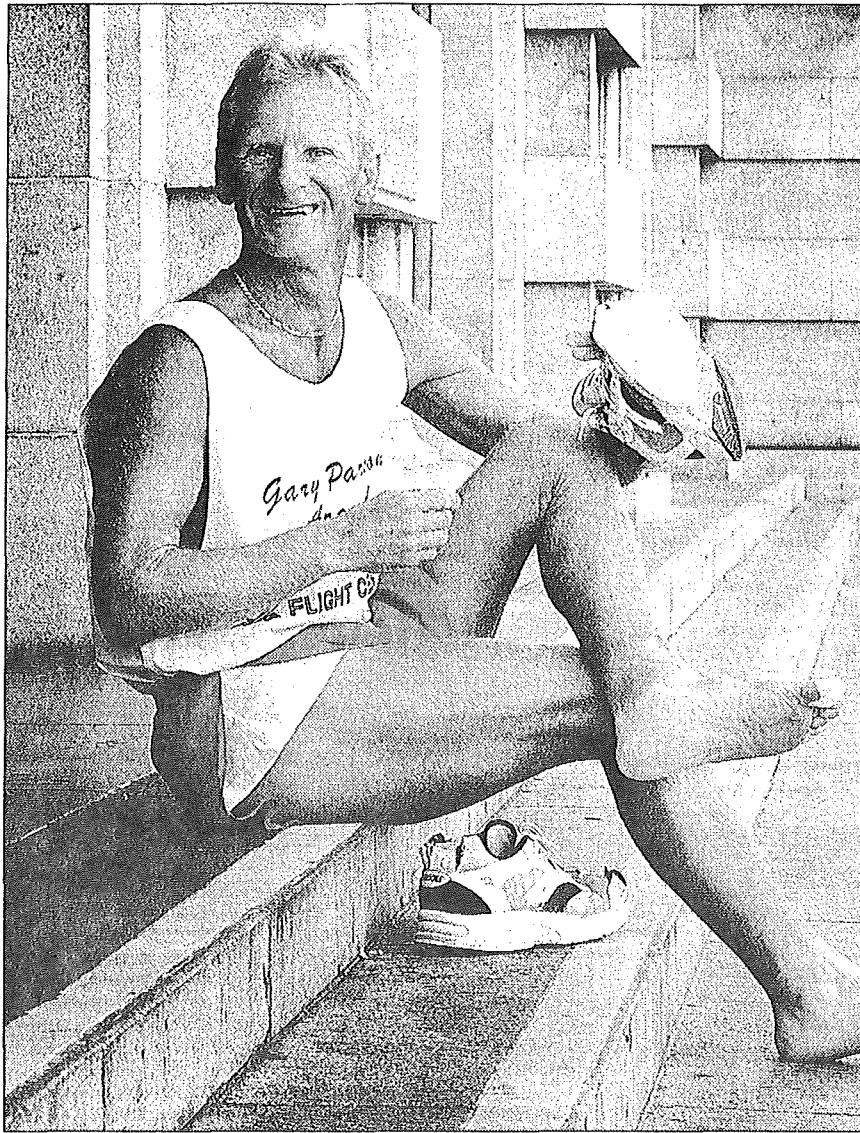
Seventeen K's outside Albany I left Gary and went home. I had other commitments, but I run over 200 k's through Hail, Wind and Rain, with a man who plans to be the first man in the world to run continuously for 20,000 Kilometers. I feel proud to have shared a part of Gary's run.

I am off to Colac in two days time, and with some tips from Gary, expect to do very well in the Final Colac 6 Day Race.

yours sincerely

*George*

13.



**Footloose:** Gary Parsons takes a break at the Perth GPO. He has gone through 20 pairs of running shoes in his record attempt. PICTURE: TREVOR COLLENS

# Parsons breezes in

*Caboolture  
Shire Herald  
9 Nov '79*



Gary Parsons arrival is met by the media in Brisbane's King George Square

## Determination of the long-distance runner

■ By Rob Schutze

HAVING left more than 8500km and 20 pairs of running shoes for dust, "ultra runner" Gary Parsons will have Albany mayor Alison Goode jogging by his side when he trots into the southern coastal town on Saturday.

It will be his next major stop after an appreciative crowd of shoppers, business people and Lord Mayor Peter Nattrass welcomed him to Perth last Friday.

The 49-year-old builder set out from Brisbane on Anzac Day and has been running anti-clockwise around Australia since.

He is attempting to break the world record for continuous running, raising money for Legacy along the way.

Already he has shaved 19 days off the previous record's Brisbane-Perth leg. Fellow Queenslander Ron Grant set the record in 1983, covering 13,383km in 217 days.

But while waking at 3.30am and running 70km every day for seven months might send a shudder down even the most seasoned marathon runner's

spine, Parsons says he has never contemplated giving up, despite being chased by a bull near Fitzroy Crossing.

The former martial arts expert is enjoying his foot tour of Australia so much that after clocking up the 13,383km he

needs to break the continuous running record he will press on to Tasmania to enjoy the scenery.

"I might run for a year, do a Forest Gump," he said.

Mr Parsons says he thinks of it as the military service he never did.

"I've never done service but I'm doing it now on the road," he said. "I'm doing it now for a lot of mates I lost."

The money Mr Parsons is raising for Legacy will be used to support the families of war veterans who have died. On his latest Darwin-Perth leg he raised more than \$2000.

# BIRDSVILLE TO AYERS ROCK VIA SIMPSON DESERT & ALICE SPRINGS 1999

by Drew Kettle

It was Monday 14th June 1999 when Gemma and I set out to walk from Birdsville to Alice Springs across the Simpson Desert. We were then to continue south west to a Mission, Kings Canyon and finish at Ayers Rock on the 2nd August.

My support driver was Gordon Bloomfield, driving my 4WD ute. He had supported me several times before. He was a big 20 stone man and an expert in cooking stews that would last for several days. He also loved a beer at the end of the day and always had a stubbie for me when Gemma and I shuffled in at the end of the day. It was generally dark, and to sit by the campfire with its warmth and glow, put a perfect end to the day which had begun with the morning star shining bright in the east as the sky showed a glimmer of light in that direction.

After a great send-off from the Birdsville Pub, my first challenge was "Big Red", the first of many big sandhills we were to stagger up until we met the Colson Track some 200km away to the west. I would always pause at the top (and sometimes 1/2 way up) to get a view of what lay ahead. On one occasion, it was a bit of a thrill to see 7 or 8 camels slowly sauntering down the valley below.

A few 4WD tourists passed me each day and they always contributed to the Flying Doctor for whom I was walking. We passed the Poeppel Corner and headed for the Colson Track which headed north between giant sand hills for 300ks. to Numery Station.

Gemma was excited at seeing several skinny dingoes, one of which followed us for several days. I wasn't sure whether he was following Gemma or me, but from that first night when he woke me in my swag, he was our constant companion until we reached Nunery Station. The track through sand-dunes was much easier but not so interesting as climbing up and down the sand dunes.

Before the Station, I climbed a solitary peak that gave a great view of the surrounding country. It was exciting to see half a dozen kangaroos in full flight cross the path I had just left.

The Colson Track is supposed to be out of bounds to tourists but the only sign we saw indicating that was one hanging upside down at the end we finished at. We had been joined by two friends on the Colon. If anything happened, we could not expect any assistance from outside. They were Col and Jack Ma from Patchewollock in the mallee. They had been with me before and were great campfire lighters. Once we got into scrub country, they lit bonfires, not campfires. Personally, I prefer the campfire.

We attended the Alice Springs Camel Cup and the local show, collecting with my billy. It was tremendous for me to walk through the Eastern and Western MacDonnell Ranges. To watch the sun setting on sheer rock faces that reflected its gold and its shadows was breathtaking, as was Kings Canyon.

My most memorable experience was the aboriginal community of Hermannsburg, who fed us and gave donations amounting to \$600 for the Flying Doctor Service. Kings Canyon tourists were also very generous, as were the Yulara Lions Club.

I arrived at Ayers Rock fir and well, but finished my walk at the bottom not the top. I have climbed it 3 times before and as my legs were feeling a bit unbalanced, I did not wish to be the fastest man down it. It was interesting that I slept on the top of Ayers Rock on the night of the full moon and eclipse of the moon in 1985 when I was walking through to Darwin. This time I finished at the Rock on the night of the full moon and eclipse 1999.

Regards,

Drew and Gemma

Ed's note: Drew, please forgive any names we have wrong. At times, we had trouble deciphering your writing! However, congratulations on another great effort for charity. You obviously love the desert and the night campfires.

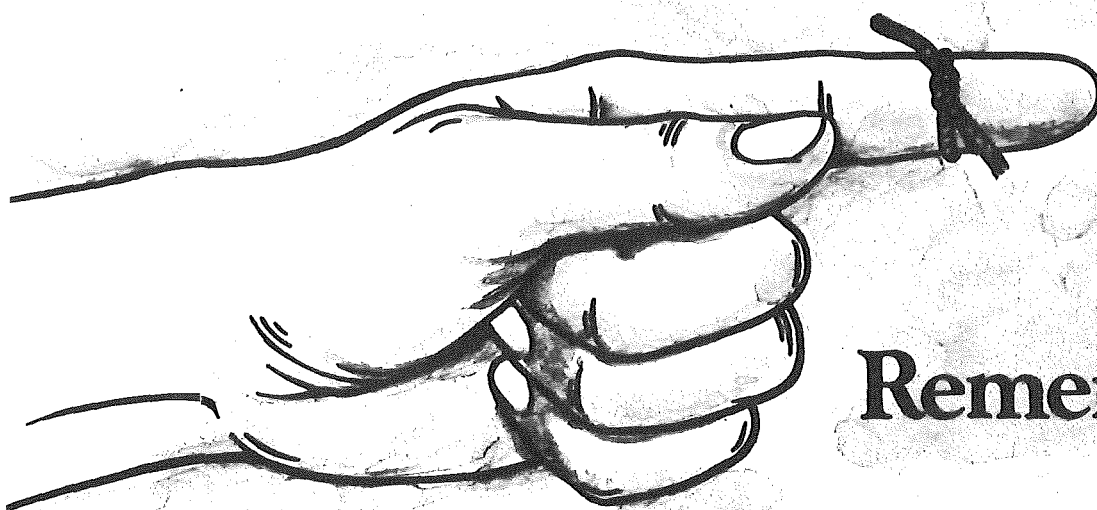
## DREW KETTLE BIRDSVILLE TO AYERS ROCK

The West Australian, Perth Thursday 21st August, 1997



Drew and his dog Gemma stop for a meal break out on the road





**Remember...**

**Subscriptions for next year of 2000 will be \$30.00.** This rise in subs was voted on at our AGM in May and is necessary because of our overall loss for the past financial year, plus the expected higher printing costs after July 2000 due to the GST tax. However, it's still the best value running magazine around, with NO commercial advertisements, so PLEASE keep subscribing! Thankx.

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### **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: .....

*Proudly sponsored by  
STATUES OZ*

**FIRST ULTRA OF THE NEW MILLENIUM  
6 Hour Track Race**

- CONDUCTED BY:** Phil Essam
- DATE:** Sat 1 Jan 2000  
Elizabeth Athletics Track  
Mofflin Reserve, Elizabeth  
Map 96, B9
- Track** 400m grass track
- TIME:** Midnight. Report in at 11.00pm 31 Dec 99
- NATURE OF EVENT:** Very low key
- LAP SCORER:** Bring your own.
- FACILITIES:** Toilets in Clubrooms. Change room facilities are available.
- PARKING:** Adjacent to track.
- ENTRY FEE:** \$50 .  
Please make cheques payable to "Ultra Race" Address 19 Luringa Close, Craigmore, SA 5114.
- CLOSING DATE:** Please send entries by 24 Dec 99  
Entries will be acceptable on Race Day.
- FURTHER QUERIES:** Philip Essam 19 Luringa Close Craigmore SA 5114. 08 82870325 or 041 2037340
- CERTIFICATES:** Every competitor finishing the Event will receive a certificate and the satisfaction of completing the first Ultra of the New Millenium

**RACE RULES**

1. All runners shall obey directions from officials
2. All runners will have their own crew members
3. Personal requirements ( food, drink and first aid) must be supplied by each runner.
4. No pacing is allowed. The use of banned substances is prohibited.
5. The decision of race officials to withdraw any runner during the race will be final.
6. Runners shall run in Lane One and Walk in Lane's two and three.
7. Race direction will change every three hours.
8. Race numbers shall be worn at all times

**SO COME AND BE PART OF THE ONLY WAY THAT ULTRA RUNNERS  
AND WALKERS COULD CELEBRATE THE NEW MILLENIUM**

*Proudly sponsored by  
STATUES OZ*

## **FIRST ULTRA OF THE NEW MILLENIUM**

**Saturday 01 Jan 2000**

### **ENTRY APPLICATION**

**Surname .....Initials.....First Name.....**

**Sex.....DOB.....Age on race Day.....**

**Address.....**

**Telephone (home).....(work).....**

**Please provide brief details of running career: .....**

.....

.....

.....

**T-Shirts – Will try and arrange on a reduced cost. Would you be interested?**

.....

### **CONDITIONS OF ENTRY**

1. No runner under the age of 18 will run in the Ultra solo Runs..
2. The officials reserve the right to reject any applicant.
3. All runners shall provide a Lap Scorer and their own crew member.
4. All rules for the race must be strictly observed.

### **WAIVER**

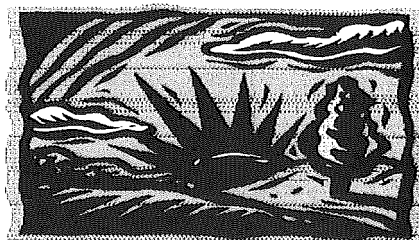
I, the undersigned, in consideration of and as a condition of acceptance of my entry in the 1998 Statues Oz 6/12 hour Ultra Run and Relay for myself, my heirs, executors and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of 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:.....**

**IN VOGUE SIGNS**

19.



## **FIRST NEW MILLENIUM ULTRA-MARATHON 45 KILOMETRE WALK**

**Conducted by Qld Ultra-Runners/Walkers Club Inc**

**Race Director; Ron Grant, Bellmere Convenience Store, Bellmere Road Caboolture, 4510. Phone (07) 5498 9965 (B.H.)**

- Entry Cost;** \$5.00, cheque payable to Qld Ultra-Runners Club Inc.  
**Date and Time;** Sunday 2<sup>nd</sup> January 2000. Start times subject to handicapping to finish at Midday, 12.00. You must phone before event to stipulate your start time.  
**Where;** Start and finish from Wamuran Bakery, D'Aguilar Highway, Wamuran. 7½ kilometres, out to turn around point, then back again, repeated three times.  
**Course;** It is flat to undulating/hilly, being a road course.  
**Prizes;** Mars Bar trophies.  
**Water Stops** There shall be a water stop at the turn around point only. You shall be required to obtain your own water from the start point. Taps are present at these shops.
- Race Rules;** All entrants must give a handicap time before day of race which cannot be changed on the day.  
All entrants must follow Race Directors instructions in accordance with requirements as per police permit.  
All entrants are encouraged to carry a water bottle.  
No entrants under the age of 18.  
Walking only.
- Get-together** It is intended to have a coffee and chat after at the local shop, Restpoint.

.....

### **WAIVER**

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

**Signed..... Date.....**



GOSFORD ATHLETICS INC PRESENTS

3RD ANNUAL

## COASTAL CLASSIC

### 12 HOUR TRACK RUN / WALK

Incorporating 6 x 2 hour relay

7.30 PM SATURDAY 8 JANUARY 2000

#### PREVIOUS WINNERS

##### Male Runner

1999 David Criniti 128.8 km

1998 Andre' Rayer 139.629 km

##### Female Runner

1999 Georgina McConnell 85.47 km

1998 Helen Stanger 118.077 km

##### Male Walker

1999 Frank Overton 86.809 km

1998 Caleb Maybir 91.681 km

##### Female Walker

1999 Judy Brown 64.37 km

##### Relay

1999 Gosford Athletic Inc 154.14 km

1998 Wombi Whoppers No 1. 170.544 km

GOSFORD ATHLETICS INC PRESENTS

3RD ANNUAL

## COASTAL CLASSIC

### 12 HOUR TRACK RUN / WALK

Incorporating 6 x 2 hour relay

7.30 PM SATURDAY 8 JANUARY 2000

Random lucky draw prizes.

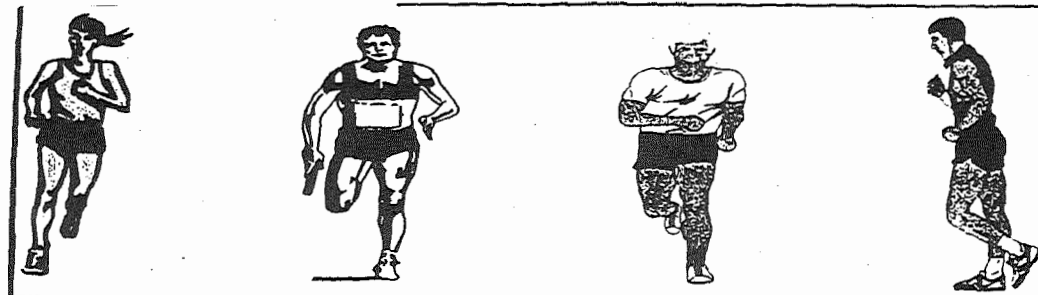
Trophies to 12 hour placegetters of walk & run.

Trophy to winning relay team.

Certificates to every participant.

Prize to the highest fundraiser.

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



ADCOCK PARK WEST GOSFORD NSW AUSTRALIA

22.

## 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 hereby waive all & any claim, a right or cause of action which they or I might otherwise have or arising out of loss of my life or injury, damage or loss of & description what so ever which I may suffer or sustain in the course of or consequence upon my entry or participation in the said events. This waiver, release & discharge shall operate whether or not the loss, injury or damage is attributed to action, inaction or neglect of anyone or more persons acting as officials or sponsors. I also agree that my name or image 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 9683 6024 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	(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!)
DISTANCE:	60km approx. total climb 3,000m approx.	
START:	6.15am at Mountain Creek Picnic Ground	
FINISH:	Mount Hotham	
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.

# 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	\$

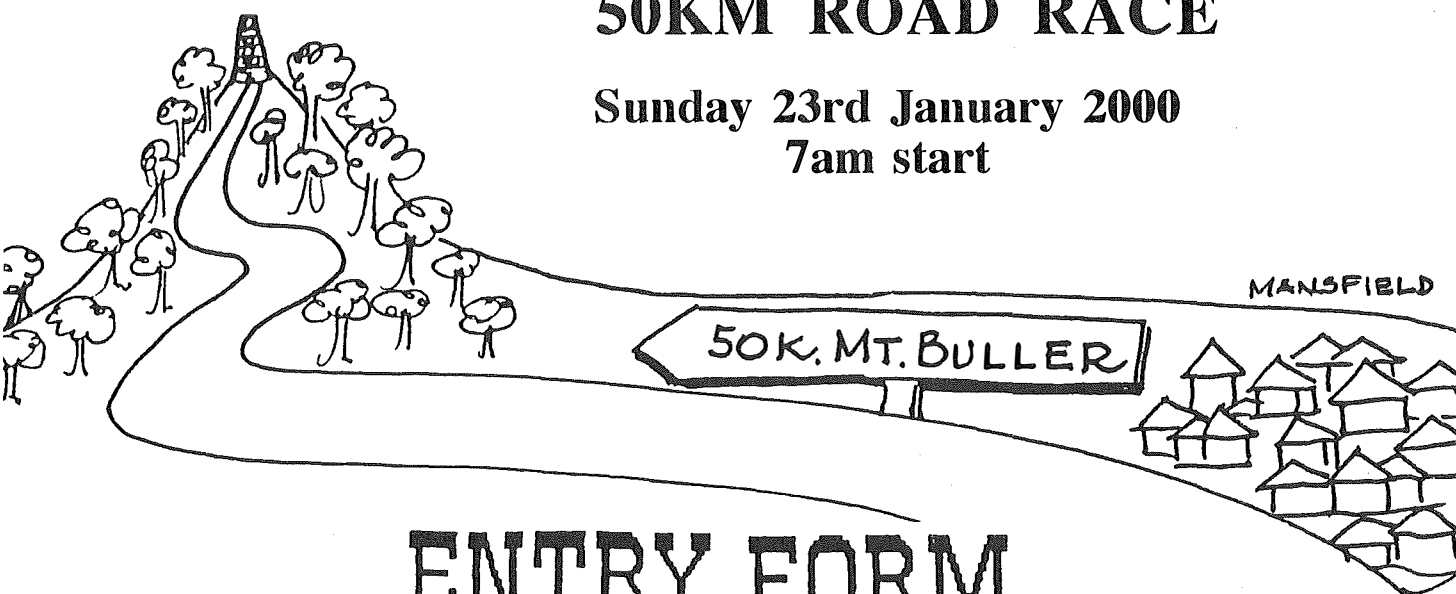
Proceeds to the Twin Cities Radio Club for their generous volunteer support.

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



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

Sunday 23rd January 2000  
7am start



## ENTRY FORM

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

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	INITIALS	SEX M or F
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS: number and street	DATE OF BIRTH	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
suburb or town	POSTCODE	TELEPHONE HOME	WORK

Person to be notified in case of emergency:

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

### WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the MANSFIELD TO MT.BULLER 50 KM ROAD RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.

This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

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

DEDICATION DETERMINATION DISCIPLINE

Plus a new note of caution from race organiser: Remember the 6 Ps!  
PRIOR PREPARATION PREVENTS PISS-POOR PERFORMANCE !

**A.U.R.A.**  
**MANSFIELD TO MT.BULLER**  
**50KM ROAD RACE**  
**INFORMATION FOR RUNNERS**

**Race Date:**           **Sunday 23rd January 2000**

**Start Time:**       7am (daylight savings time)

**Report in:**       6.30am sharp.

**Entry fee:**       \$20.00 payable to Peter Armistead,  
includes an AURA tee-shirt.

**Entry to:**       Peter Armistead, 26 William Street, Frankston 3199 Vic.

**Closing date:**   Friday 14th January 2000

**Race start**       Corner of Highton Lane & Malcolm Street. (Malcolm St. is the  
**Location**       main road to Mt.Buller, just out from the centre of Mansfield,  
400 metres on the Mansfield side of Pullins Ski Hire).

**Accommodation:** A variety of accommodation is available at Mansfield and  
Merrijig, and further details will be advised on receipt of entry.

**Support team:**   It would be advisable for each runner to provide a support vehicle  
for themselves. A number of drink stops will be provided by  
organisers, but further assistance, clothing changes and food stops  
may be needed by the runner. Runners must be aware that dramatic  
temperature differences and variable weather conditions occur  
between the Mansfield area and the Mt.Buller climb. Runners will  
need to have warm, waterproof clothing available for the final  
16km should weather conditions deteriorate. Even in mid-summer  
this is a necessary precaution.

**Safety**           Runners must run on the right hand side of the road, facing the  
**Precautions:**   traffic at all times during the race and take extreme care with  
oncoming cars.

**Clothing:**       If no support vehicle is provided by the runner, clothing bags  
and gear will be taken from the start to the Arlberg Hotel at the  
finish.

**Finish:**       Drinks and refreshments available at the Arlberg Hotel at the  
finish, where the presentations will be held.

**Results:**       Apart from the major prizewinners, certificates will be awarded on  
the day and results will be posted to each entrant. within two weeks  
of the race.

**Cut-off Time:**   3 hours 15 min. for 30km.  
7 hours 00min for 50km.

26 .           Drink stations, official timing or race supervision will not  
be provided after these cut-off times.



# SRI CHINMOY 100Km RACE



## 2000 Australian National Championship

### Canberra - Sunday 20 February 2000

Held in conjunction with the Sri Chinmoy 3-Day Ultra-Triathlon

On behalf of the Australian Ultra Runners' Association and Athletics Australia

**RACE STARTS: 12 midnight (Saturday night)**

**COURSE: 1.4km loop on bitumen road and cycle path, Yarralumla Bay**



**Athletesworld**  
Your world of news and events  
[www.athletesworld.net.au](http://www.athletesworld.net.au)

**Close of Entries - 7 February 2000**

**ENTRY FEE - \$40**

**Late Entry Fee - \$50 (until 18 February 2000)**

Post entries and cheque or money order payment to:

**Sri Chinmoy Triathlon - GPO Box 3127 Canberra City ACT 2601**

**or fax: 02 6248 7654 (for credit card payments)**

Please enclose a brief history of ultra marathons completed and other running career highlights.

Entries will be accepted at the discretion of the organisers.

Note: Only competitors with current AURA and AA affiliation will be eligible for National Championship Medals.

**Sri Chinmoy Marathon Team - Ph: 02 6248 0232**

Look for event information and results on the web at Athletesworld: [www.athletesworld.net.au](http://www.athletesworld.net.au)

### OFFICIAL ENTRY FORM

**Credit Card Payments** can be faxed to 02 6248 7654

Bankcard ☐ Mastercard ☐ Visa ☐

Card No

Name on card

Expiry date

Signature

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

Signature  Date

(Parent's or guardian's signature if entrant is under 18 years)

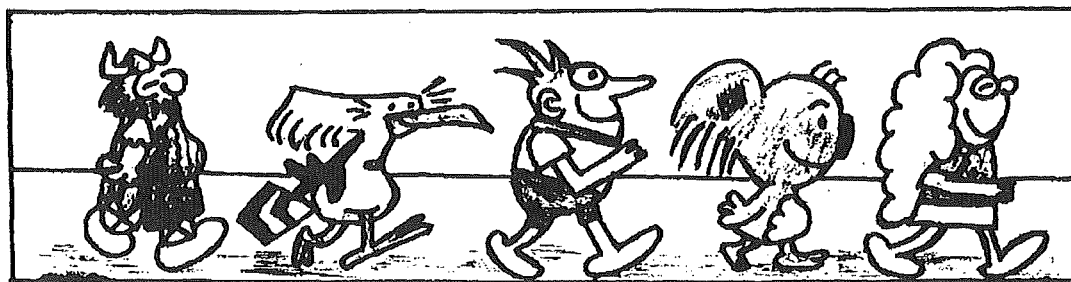
First Name         Surname         Sex M ☐ F ☐

Mailing Address                 Age on race day

Post code     Date of Birth

Phone         AA Membership No.

# WY - WURRY 3 DAY WALK.



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

**Date:** Saturday 26 February to Monday 28 February 2000

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

**Distance:** Approximately 44km per day. Detailed trip sheets will be given to you prior to the start.

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

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

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

Handicap:

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



## Entry Application

Surname..... Christian Names.....  
Male/Female:..... D.O.B..... Age on race day.....  
Address.....  
.....Phone number.....  
Personal Profile - Other walks you have done? Married? Family? Anything else?

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

Name of your crew person/s.....

Day 1 Sat. Feb. 26th: All walkers and crews gather together for pre walk "bring your own" breakfast commencing at 5.30 am **SHARP** at Tarong Dam, 16 kilometres along the Maidenwell / Bunya Mountains road from Nanango. The billy will be on the boil for tea and coffee and BBQ lit if you want to cook your breakfast. Please be on time as the pre walk briefing and questions answered will get under way at 5.30am. Walkers will start in three waves with slower adventurers at 6:30 am followed by two faster groups later, from the picnic grounds at the dam. Trip sheets detailing the course will be handed out to you during breakfast. Day 1 will be 44.5km from Tarong Dam to Maidenwell then onto the Bunya Mountains, finishing at the Rangers hut. Overnight we will be staying in the bunkhouse accommodation at \$18 per head, across the road from the camping grounds. Fully equipped kitchen, BBQ facilities, hot showers and toilets. You will need your own food, bedding and towels. No petrol on the Bunyas. Fill in the entry form with the fee for the accommodation. The Mayor of Nanango, Reg McCallum will present his Champion of the Bunyas trophy to that person who walks the fastest up the Bunyas - 33.8k to 45.0k as indicated on your trip sheets.

Day 2. Sun Feb. 27th: Based on the results of day 1, walkers will be asked to handicap themselves (with race organisers help if needed) for days 2 and 3. Thus the slowest walker will start first and the fastest walkers will start later, all aiming to finish at Kumbia at 3.00 pm. Day 2 is 43.4k from the Rangers hut at the Bunyas to Kumbia, via a loop through scenic farmlands around the back of the township. Three choices of accommodation- Kumbia Bed and Breakfast \$20 per head including light breakfast some sharing of rooms phone 0741 644351; Kumbia Hotel \$25 double or \$15 single, phone 0741 644166; or camping at Apex Park, 100 metres away, hot showers. Bed and Breakfast is across the road from the hotel. Finish of day 2 is in front of the hotel. Book your own accommodation. Evening meal will be at the Kumbia Hotel \$7.00 per head to be paid in the entry form.

Day 3 Mon. Feb. 28th: Handicap start - slowest first, fastest last. Day 3 is 42.8km commencing in front of the Kumbia Hotel, going through Brooklands along quiet roads to Nanango finishing in front of the Council Chambers once again aiming for a 3.00pm finish. Afternoon tea will follow (included in the entry fee for all walkers and crews) at the RSL across the road. Accommodation in Nanango, Antler Motel 0741 631444, or Fitzroy Motel 0741 631100; camping ground and two hotels.

- RULES:**
1. This is a Fun event. We rely largely on the honesty of walkers competing NOT to run.
  2. All entrants must provide one person to assist them and a vehicle.
  3. Walkers must supply their own food for themselves and crew unless included in itinerary.
  4. The organisers reserve the right to reject any applicant.

T Shirts and Singlets Available for \$15 During the event

**CLOSING DATE FOR ENTRIES:** Monday 14 February 2000 (**PLEASE!**).

Payment to be made to: Ron and Dell Grant

Bellmere Convenience Store, Bellmere Rd, Caboolture 4510

Ph: (07) 54 989905 (B.H)

Entry fee \$40 (Which includes afternoon tea for walkers and crews at finish)	\$ 40
Bunkhouse Accommodation Bunya Mountains \$18 p/head	\$.....
Evening Meal Kumbia Hotel \$7 p/head	\$.....
<b>TOTAL PAYABLE</b>	<b>\$.....</b>

#### WAIVER

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

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



**2000 CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN  
QUEENSLAND ROAD CHAMPIONSHIP  
6 & 12 HOUR RUN, WALK OR RELAY**

**Conducted by Queensland Ultra Runners/Walkers Club Inc  
Proudly sponsored by Caboolture Shire Council, Caboolture Sports Club,  
Caboolture News, 4OUR Radio Station, Delaneys Creek Winery.  
Race Director; Peter Lewis 13 Timberidge Court, Wamuran, 4512. Phone 5496 6437**

INCORPORATING 3 X 2 HOUR & 4 X 3 HOUR RELAY

**DATE AND TIME:** SATURDAY 5 TH FEBRUARY 2000 AT 6 PM.  
**WHERE:** HISTORICAL VILLAGE, BEERBURRUM ROAD, CABOOLTURE.  
**COURSE:** COMPACTED DECO SURFACE, CERTIFIED 500 METRE TRACK.

**ENTRIES:** by 5 pm 5 th February, 2000.  
All entries received by 3 rd January 2000 will receive a free special edition T - shirt  
Entries after this date will have to purchase T - shirt on the night  
Relay entries does not include T - shirt cost  
Please make cheques payable to Queensland Ultra Runners Club Inc  
Mail entries to Peter Lewis, 13 Timberidge Court, WAMURAN, 4512

**FACILITIES:** Toilets adjacent to track. Water, fresh fruit and sports drinks supplied to competitors only  
Chairs supplied for lap scorers, facilities for heated water provided  
Showers available on site for competitors  
Free hamburger for all competitors and food for sale on the night for supporters  
Local radio station 4OUR will be broadcasting on site from 6 pm to 6 am  
PARTICIPATION MEDALION PRESENTED TO ALL COMPETITORS

**PROFITS TO CABOOLTURE HISTORICAL VILLAGE SOCIETY**

**Return portion below**

.....  
**CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN QUEENSLAND CHAMPIONSHIP**

**ENTRY APPLICATION**

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

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

Address.....

.....Postcode.....Ph.....

Interstate runners only! Can you provide a lap scorer? Yes/No

**Entry Fee**

\$20 Q.U.R.C. Member	{ }	6 HOUR RUN	[ ]
\$25 Other competitors	{ }	12 HOUR RUN	[ ]
\$45 Relay	{ }	6 HOUR WALK	[ ]
\$15 - T - Shirt	{ } After 5/1/2000	12 HOUR WALK	[ ]
T - Shirt size	Small [ ] Medium [ ] Large [ ]		

Relay team name.....

30 .

**2000 CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN  
QUEENSLAND ROAD CHAMPIONSHIP  
6 & 12 HOUR RUN, WALK OR RELAY**

**LOTS OF RANDOM DRAWS**

**ALL ENTRIES INCLUDING RELAY COMPETITORS GO INTO A SPECIAL SOUVENIR RANDOM DRAW IF ENTRIES RECEIVED BY 7 TH JANUARY 2000**

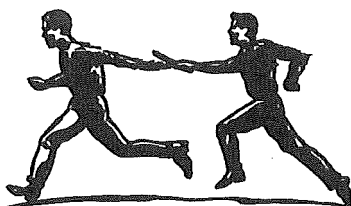
**YOU CAN RUN AND WALK, BUT IF YOU ENTER THE WALK CATEGORY YOU MUST WALK THE ENTIRE DISTANCE**

**TIMES TAKEN FOR 50 KM, 50 MILE, 100 KM FOR RECORD PURPOSES**

**MEDALS FOR 1 ST 2 ND 3 RD OF EACH EVENT IN ACCORDANCE WITH RACE RULES**

**RACE RULES**

- 1 No pacing, if in the opinion of the race director, an unfair advantage would result
- 2 No competitor under the age of 18 will be accepted for the individual race
- 3 The official reserves the right to reject any applicant
- 4 All entrants, except interstate and overseas competitors, shall provide one person to assist with lap scoring
- 5 No unprescribed medications are to be used by any competitor
- 6 A competitor shall enter one race only
- 7 The race director reserves the right to withdraw any competitor from the race
- 8 Race direction will change every 3 hours
- 9 Relay competitors can run or walk, but prizes are given for the teams with greatest distances
- 10 Relay teams can be mixed (ie) male and female in one team
- 11 For Relay Teams, 3 rd prize shall be issued only if there are 4 or more teams entered in any one event
- 12 The Race Directors' decision is final and no correspondence or disputes will be entertained



**Return portion below**

**WAIVER**

- 1 I HAVE READ AND AGREE TO ABIDE BY THE CONDITIONS AS STATED.
- 2 I AM MEDICALLY FIT AND HAVE ADEQUATELY PREPARED FOR THIS EVENT.
- 3 I, MY LEGAL HEIRS AND SUPPORT CREW WILL NOT HOLD THE RACE DIRECTOR OR ORGANISERS RESPONSIBLE FOR ANY INJURY, ILLNESS OR ACCIDENT SUSTAINED, OR FOR LOSS OF PROPERTY OR DEATH RESULTING DIRECTLY OR INDIRECTLY BY MY PARTICIPATION IN THIS EVENT.

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

TEAM NAME.....

RELAY MEMBERS SIGNATURE 1.....DATE.....

2.....DATE.....

3.....DATE.....

4.....DATE.....

IS THIS YOUR FIRST ULTRA-MARATHON EVENT, DISTANCE OVER 42.2 KM YES/NO



COMMENCES  
MIDDAY Wednesday 15 March, 2000

FINISHES  
MIDDAY Thursday 30 March, 2000  
at Nanango Showgrounds  
Queensland, Australia

*Entry application*



Surname..... First Names.....

Male/Female..... Date of Birth..... Telephone.....

Postal address..... Postcode.....

Best results in marathons, ultra or other events.....

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

Please supply head photograph of yourself for publicity purposes

Personal profile: Married - Family - Occupation etc

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

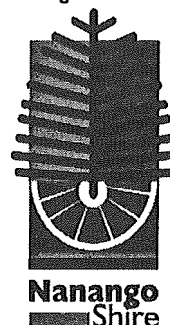
Nanango is 200 kilometres north-west of Brisbane and has a population of approximately 3,500. Bus services run daily from Brisbane Transit Centre.

Nanango has a strong community spirit and all competitors can be assured of a warm welcome.

32.

Queensland Ultra Runners Club Inc

Major Sponsor  
Nanango Shire Council



## Facilities

Large grass areas for camping and caravans. Hot showers, toilets, fully equipped kitchen/refrigerators in canteen area with large covered eating area. Caravans will be available free of charge for overseas runners or hired. The centre of the township with all facilities is 600 metres from the track. The track is certified 440 yard round circuit (four laps to the mile) and consists of compressed, decomposed granite. Night temperatures could be as low as 10 degrees celsius with day temperatures between 25 and 35 degrees celsius.

**ENTRY FEE A\$250 (TWO HUNDRED AND FIFTY AUSTRALIAN DOLLARS)**

**ENTRIES CLOSE 31 JANUARY, 2000. NO LATE ENTRIES ACCEPTED**

For media purposes, if you are confident of entering, your personal and running profile with head photograph would be appreciated by Christmas Day, 1999.

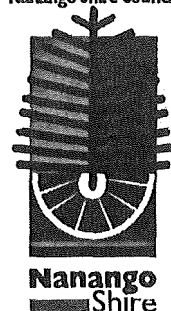
## Conditions of entry

1. No runner under the age of 18 years on the day of the race will be accepted.
2. The race officials reserve the right to reject any applicant.
3. All competitors must supply one handler. No lapscoreing will be required of any handler. Failure to provide the above may result in cancellation of application.
4. The required entry fee must be paid one day prior to the race start.
5. All rules for the race must be observed.

## Waiver

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the NANANGO SHIRE IAU INTERNATIONAL 1000 MILES TRACK CHAMPIONSHIP 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 any loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequence upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest that I am physically fit and sufficiently trained for the competition of this event.
2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporation and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.
3. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

*Major Sponsor*  
Nanango Shire Council



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

**COMMENCES**  
**MIDDAY Wednesday 15 March, 2000**

**FINISHES**  
**MIDDAY Thursday 30 March, 2000**  
**at Nanango Showgrounds**  
**Queensland, Australia**



**NANANGO SHIRE I.A.U. INTERNATIONAL 1000 MILE TRACK CHAMPIONSHIPS**

What a fantastic event the forthcoming Nanango 1000 Miles race is shaping up to be. The event runs from March 15<sup>th</sup> to 30<sup>th</sup> 2000 and by mid November the confirmed entry list stands at an impressive 14 with a further 10 giving the race serious consideration. Listed below are the confirmed entrants.

Martina Hausmann; Germany, age 39.  
Graeme Watts; Australia, age 46.  
Tadesse Berhanu; Ethiopia, age 42.  
Teshome Haile Mariam; Ethiopia, age 43.  
Volodymyr Vasyutin; Ukraine, age 49.  
Vladimir Glaskov; Russia, age 61.  
Rustem Giniatullin; Tartastan, age 51.

Walter Zimmermann; Germany, age 43.  
Gemeda Balcha; Ethiopia, age 42.  
Tantesa Tekle; Ethiopia, age 55.  
Woldetadk Hailu; Ethiopia, age 50.  
Andriy Solodovnik; Ukraine.  
Victor Kusmin; Russia, age 59.

Petras Silkinus; Lithuania, age 58. Winner of the last 1000 miler, in Nanango 2 years ago, setting a new world record of 11 days, 13 hours and 54 minutes. He has indicated his intention of breaking this record.  
Elanor Robinson, the women's winner and also in record time has still to confirm her entry.

On offer will be a total of \$10,000 in prize money spread over the top placings, men and women and extra bonuses for the world record.

Shirley and Peter Warner, the race organisers and the citizens of the small township of Nanango, 2<sup>1</sup>/<sub>2</sub> hours drive north-west of Brisbane, have to be commended for raising the \$10,000 prize money plus so much more to cover the expenses of conducting a race of such length and complexity as well as air fares for the past two winners. Foreign competitors are billeted with local families before and after the race, caravans are supplied to all competitors trackside for the 15 days of the event, foreign competitors are also crewed for by locals and a marvellous job they do, rostering on and off continuously. They quickly learn of their particular runners needs and habits whilst overcoming language barriers.

Then there is the nerve centre of the whole race – the lapscoreing tent where every lap of every runner is faithfully recorded night and day until the job is complete. The Nanango 1000 Miles race has gained an impeccable reputation internationally for the method of conduct of the previous races – for its care of the runners, community spirit by Nanango folk and the precision of lapscoreing and attention to detail which has resulted in world, national and age records for all distances up to and including the 1000 miles being ratified.

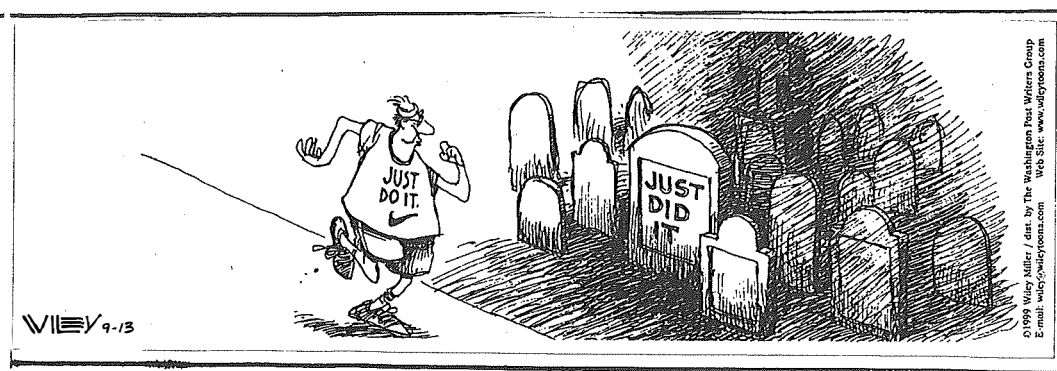
Lapscoreers are needed for the year 2000 race. If you can spare a little time or a lot of time you will be welcomed with open arms. You will be shown what to do – its easy to learn – and seated with an old hand to help you settle in. The only skill you need is the ability to do simple addition and subtraction.

**PHONE JOE AND GERALD GLOUSTER, (07) 4163 1276 IF YOU WOULD LIKE TO HELP.**

Of cause you could just come along to watch the drama of the race unfold – from the background. But if you want to be able to say, "I not only saw world records happening, I HELPED MAKE IT HAPPEN", then you can become involved as a lapscoreer. Who knows, you may even be the one lapscoreing as a new world record is set.

**DELL GRANT**

34.



ADT50  
**AURA 'DAM TRAIL 50'**  
SUNDAY 19TH MARCH, 2000

**COST:** \$28.00 (for AURA current financial members)  
\$33.00 (for non-members)  
**DISTANCE:** Not less than 50km  
**RACE RECORD:** Nigel Aylott 4:20:28 (1999)  
**START:** 9.00am, Fernshaw Reserve Picnic Area  
**FINISH:** Below the Maroondah Dam Wall  
**CLOSING DATE FOR ENTRIES:** 6th March, 2000 (\$5 surcharge for late entry to 15th March, 2000).

**IMPORTANT NOTES:**

Late entries after 15th March, particularly entries on the day, will not be accepted.

A car shuffle will be organised to retrieve your car from Fernshaw Reserve.

Please be at the start before 8.30am to allow sufficient time for race preliminaries.

Chest numbers will be handed out before the start.

The organiser does not know what level of volunteer support will be available on the day. There will be a number of checkpoints with water and limited food (which may include provision for personal drinks and food - this will be announced at the start). Don't expect aid stations every 5km but if the day is hot, then water drops will be arranged between the longer checkpoints. The organiser strongly recommends all entrants carry some emergency food, water and a spray jacket (weather conditions can change rapidly in the mountains).

Entrants may feel the entry cost is high, but the cost allows for the Race Organiser to pay a contribution to AURA for the very expensive cost of Public Liability insurance. Without this insurance this race would not be permitted to be held.

After the race we will have a social get-together in the Healesville Hotel for drinks and an early counter tea. Please try and attend this function.

**WARNINGS AND RULES OF THIS EVENT**

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

**Time Limit:** There will be a maximum time limit of 2½ hours for any runner who wishes to complete the run to reach Dom Dom saddle for the second time (approximately 20km).

**Road Crossing:** A dangerous road crossing will be encountered after the second visit to Dom Dom Saddle. All runners must only cross the highway under supervision of a Race Marshall. All instructions from the Race Marshall shall be obeyed. Disobeying any instruction from this Race Marshall could result in being hit by a vehicle or disqualification from the event.

**Course Marking:** The course will only be marked (type of marking will be announced at the start) at selected locations. Competitors are strongly advised to purchase the detailed maps to ensure they are familiar with the exact course details. If you don't want to purchase the maps, unreduced photocopies (2 x A3 sheets) of the relevant sections of the maps encompassing the course can be obtained from the organiser for \$5.00.

**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 organiser has the right to postpone or cancel the event.

**Entry Restrictions:** The organiser reserves 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 Race Director or a Race Marshall as soon as possible.

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

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

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

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



ADT 50

## AURA 'DAM TRAIL 50'

SUNDAY, 19TH MARCH, 2000

A run around Maroondah Dam, Healesville, Victoria

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

### ENTRY APPLICATION

NAME: .....

ADDRESS: .....  
.....

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

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

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

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

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

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

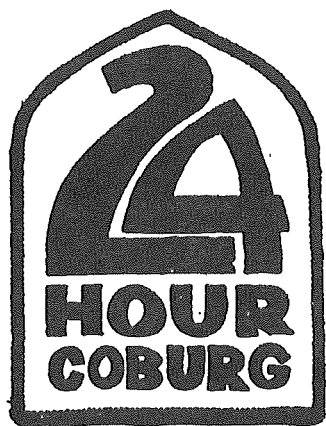
I understand that, as condition of acceptance of my entry in the AURA "Dam Trail 50", for myself, my heirs, my executors and administrators, I hereby waive all and any claim for, or arising out of, loss of my life or injury, damage or loss of any description whatsoever I may suffer or sustain in the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

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

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

Send entry application to:

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



# COBURG 24 HOUR CARNIVAL 2000



- 24 Hour Run/Walk Event 10.00 AM Saturday 8<sup>th</sup> April 2000 to 10.00 AM Sunday 9<sup>th</sup> April
- 12 Hour Run/Walk Event 10.00 AM to 10.00 PM Saturday 8<sup>th</sup> April
- 6 Hour Run/Walk Event 10.00 AM to 4.00 PM Saturday 8<sup>th</sup> April
- Plus 12 Hour Team Relay – See Separate Entry Form

Held at: Harold Stevens' Athletic Track

Outlook Rd Coburg, 3058, Victoria (Melways 18/A9)

Phone: (03) 9850 4958      ENTRY FEE: \$40.00

## 24 HOUR ULTRA RUNNER ENTRY FORM

<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	INITIALS
<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS (No. and Street)	DATE OF BIRTH	
<input type="text"/>	<input type="text"/>	<input type="text"/>
SUBURB or TOWN	POSTCODE	SEX (M or F)
<input type="text"/>	<input type="text"/>	AGE ON RACE DAY
<input type="text"/>	<input type="text"/>	
PHONE (HOME)	PHONE (WORK)	
Which Event Please Tick:   6 Hour <input type="checkbox"/> 12 Hour <input type="checkbox"/> 24 Hour <input type="checkbox"/>		
♦ PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:		
<input type="text"/>	<input type="text"/>	
SURNAME	FIRST NAME	
<input type="text"/>	<input type="text"/>	<input type="text"/>
PHONE (HOME)	PHONE (WORK)	RELATIONSHIP

### Details of Your Best Track Ultra Performances:

6 Hour      Km      50Km

12 Hour      Km      100Km

24 Hour      Km      50 Miles

Best Marathon

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

*Conditions of Entry on Back.*

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

**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: 1st, 2nd, 3rd Male and Female (50km) (\$100,\$80,\$60)  
(Prizemoney for winners) 1st Walker (50km) (\$40)  
1st, 2nd, 3rd Male and Female (25km) (\$80,\$60,\$40)  
\$50 bonus if record 1st Walker, Male and Female (25km) (\$30)  
broken in any event 1st, 2nd, 3rd Male and Female (10km) (\$50,\$40,\$30)  
**\$100 bonus for 50km** 1st Walker, Male and Female (10km only) (\$30)  
**run event M & F** 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 \*\*\***

**38 .**

**WALKERS WELCOME!! GOOD RUNNING AND ENJOY THIS 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:.....

**CASSIDY, Kevin**

**From:** CASSIDY, Kevin  
**Sent:** Wednesday, 8 September 1999 16:54  
**To:** CASSIDY, Kevin  
**Subject:** 100km

## **100KM WORLD CHAMPIONSHIP. -By Michael Wheatley.**

The Ultra-Marathon World Championships, Chavagnes En Palliers, France, May 15<sup>th</sup> 1999

Well, what an experience. The trip started at 3pm on Tuesday. Departing from Tullamarine. Donna and I picked up Geoff Hook (team Manager and President of the UltraMarathon association) on the way to the airport and met Australia's only female representative, Sandra Timmer-Arends, at the airport. All is going smoothly so far. From there we fly to Sydney where we will be meeting another male rep, Paul Every.

First drama, Paul had been informed via Geoff via travel agent, that the Sydney flight departure time is 7pm. When we arrive we find the departure time is 6pm. After frantic phone calls we can't find Paul, all we can do is hope that he leaves more than an hour to get there. About 5.45pm, Paul arrives and we're away, Sydney, Milan, Paris. Upon arrival, we meet the other two team members, David Criniti and Rudi Kinshofer.

We have two hours before the 3pm-bus departure and 5 hour trip to Chavanges. 3pm arrives, no bus anywhere, no FAA rep (French Athletics Assoc.) in sight. We do meet Dama, a lone Brazilian, support crew from what we can interpret, who sees our tracksuits and decides we must know where we're going. If only he knew!!

Another hour goes by (32 into the trip) and the Australian Entourage and our Brazilian mate head to a different terminal to see if the bus is there. We arrive and find that it's there, relief, we can finally get going. Not quite, now the bus is full. Other countries have taken our spots on the bus. After "discussions" with organisers we are informed that it is not possible to get on this bus. Another bus will depart in 2 hours time. The British are also in the bus, one official, after hearing our story of "we've been travelling for 35 hours" responded with "well what's another couple of hours" and then got back on OUR bus. This made our frayed tempers even shorter. 'Right', I say to myself, I'm going to get some Poms!! Our Brazilian mate finds his team mates on the bus and he is lucky enough to join them.

2 hours to kill, only chance for a run for the day is now, so Sandra, David & I jump into our running gear and run for ½ an hour around the airport terminal, a few strange looks, but we're beyond caring!!

After two hours we roll up to the same bus spot to find a lot of guys in Irish tracksuits jumping into a bus. "Quick, let's go!" says Geoff, "We're not missing this one..." We stack our luggage near the bus. A French 'official' says "No no" when we look like we are getting on. The last straw, not again. Geoff argues and stands under the luggage door of the bus. He's not shutting it until we are allowed on. After 5 minutes of confusion we finally understand that we are trying to board a bus with the Irish BOXING team, nothing to do with running, whoops wrong bus & wrong people to pick a fight with!! Geoff quickly bows out of the argument, our bus arrives, and at 1am we finally arrive at our accommodation, 42 hour trip all up!!!

Accommodation is at a Nunnery (seminary). We are sharing the floor with the Japanese, Canadians and Austrians. Finally a bed to sleep in, great!! Early morning arrives, we are awoken by the constant "shuffling" up and down the corridor outside our rooms, no chance of anymore sleep, what is that noise? It's the Japanese, who don't seem to know how to lift their feet off the lino when they "shuffle" up and back to the shared showers/toilets facilities. 'Right', I say to myself I'm going to get some Poms AND some Japanese!!

We arise, shower and head down to breakfast, a ten-minute walk. This is where I really start to feel the international presence at the championships. Groups of athletes eating, most wearing national uniforms, the butterflies are starting big time!! We see our Brazilian mate and find out he is actually running the event and not the support crew.

Two days of taking it easy, going for light jogs and eating and drinking. We come across the



USA team in the gardens of the accommodation doing a 'photo shoot', looking all self confident and important. 'Right', I say to myself, I'm going to get some Yanks too!!

The night before the event arrives. 5.30pm, Friday 14<sup>th</sup>, time for the flag parade and opening ceremony. We assemble at the Chavagnes town square, the little village has suddenly come alive. The streets are lined with cheering crowds as we make our way down the main street and to the start/finish area of the run. The whole town is decked out with streamers, placards, flowers, flags etc. Many children were getting autographs from us and other athletes.

Each of the 29 country teams and individual national runners are introduced on stage to the cheering crowd. What a build up!! Off to bed early and up at 3am for breakfast and a 5am start.

There are 1400 runners taking part, the atmosphere at the start is incredible. I'm ready to give this all I've got. 5am it is pitch black dark and we are off. Can't see my watch, no idea if my pace is right, I guess it is. 10k ticks over, still dark, 41 minutes, about 1 minute too quick. I consciously hold back, feeling good. 20k in 83 minutes, better pacing. Marathon ticks up in 2:57. Feeling like I could run like this forever, this ultra running is not so hard!! 50k in 3:30, about 5 minutes quicker than planned, that's okay, I'm still feeling good. 60k ticks up, around 4:13. I'm now in new territory, never run this far before, starting to feel tired, I'll back off a bit. The cool morning has turned into a bright, sunny, warm day. I'm drinking all of my pre-prepared drinks and more. 70k drink stop comes up, I'm now feeling 'extremely' ordinary. I'll walk the drink stop and 200 to 300m, then run again. Good in theory. When I try to run my legs have gone AWOL, much too painful to even jog slowly. 30k to go, I can't run, nothing left, I'm gone!! There goes an American, couldn't care less I say to myself. Couldn't care less about the Poms, Japanese, or anyone else either!!

So this is what Shilston meant when he said "Just remember at some stage you're going to feel very bad." But THIS bad, this far to go!??

Ok, maybe there's a way back. Run 1 minute, walk for 30 seconds. Painful, but got through it, up to 5 minutes run, 1 minute walk. That's ok too. I make the end of the 3<sup>rd</sup> lap, 76k. Geoff and Donna give me a lot of encouragement and an assortment of food. Some banana, cake and lollies, I can't eat that!! I force the food in, along with my drinks. The last lap has started, ok, stopping to walk doesn't work, I'll have to keep running (shuffling). I think I need some Japanese slippers!! Get to 80k. It's hot, my prepared drink is hot from sitting on the table in the sun, but I force it down. The stomach cramps kick in, but only last a few minutes, worth the pain if the drink helps. There's food on the tables, I can't face it, I feel sick already. Finally 85k comes up. Still I'm shuffling. My mind starts playing games again. 15k, I can't do it, too far, even 1k is too far. Concentrate I say to myself. I'm now over 6.5 hours. Still a chance for a sub 8 hour if I keep going.

I feel like I'm in slow motion, any minute now Sandra and the other Aussies are going to fly past, everyone else will as well!! Just 'finish'. 10 more k's of relentless pain, I reach 95k. I actually now think I'm going to make it. 96, 97, 98, seems like an eternity between each marker, a hill, then 99. An Italian has just passed me, so what I say to myself. He stops for a drink, maybe I can get him yet. I pass, he looks as bad as I feel. Into the finish straight, 100m to go, I've the Italian, and see the best sight in my life, THE FINISH. I cross in 7:46:06, in 80<sup>th</sup> spot. My emotions change from sheer exhaustion to a mixture of sheer relief and elation, I've done it!! The sense of achievement, relief and everything else almost overwhelms me. I've never felt anything like it.

Geoff says the others are struggling but going well. Sandra crosses in 8:19, a great achievement, her first run over 60k's. 142<sup>nd</sup> outright and 20<sup>th</sup> women. Geoff says the attrition rate in the event has been high but the three other Australians are still going. David and Rudi have a 'sprint' for the line together and cross in 9:13. Paul is really doing it hard but he keeps going and finishes in 9:41. All five Australians have finished, a great team effort.



Taking part in this event was an amazing experience and has further heightened my respect for ultramarathoning and the athletes who compete. It was a privilege and an honour to represent Australia at the Ultra world championships, an unforgettable experience.

Who knows, maybe next year...



**Notes:**

Our Brazilian mate Dama ran 6:37 and came 8<sup>th</sup> outright!!

The winning time was 6:24 for men (Great Britain), and 7:33 for women (Belgium).

A Kenyan 2:14 marathoner ran and bombed out.



# 1999 AUSTRALIAN & QUEENSLAND 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS

Once again we had the 'good old Queensland' luck with the weather. The 2 weeks before and the 2 weeks after the events were miserable and wet, but on the DAY every thing was just as a race organiser would have planned. Bright sunshine, next to no wind, mild evenings and nights a great venue in a picturesque setting, good lighting, plenty of shade and FINE! FINE! FINE!

The 48hr Australian Championship event was won in fine style by Tony Collins (276.598km), who celebrated his wedding anniversary on the track on Saturday night. Many thanks to Tony and his long suffering spouse for coming and sharing the weekend with us.

Graeme Watts from Nanango was 2nd overall and first Queenslander home, followed by a very gallant Peter Waddell who was the first walker. Graeme completed 236km and Peter 229km.

Kerrie Hall was 1st Woman, Queensland Woman and Woman Walker she completed a very satisfactory 211km.

Many thanks to Peter Grey who came up early and helped me set up the track. Peter hung in until the end and was 3rd runner home.

The 24hr Queensland Track Championship was a triumph for Gold Coast Runner John Fowler. This was John's first 24hr event and he wanted to complete one before his 60th birthday on 17th Sept. He not completed but became Queensland Champion to crown his weekend with a distance of 180.360km.

The two Geoff's came next, that is Geoff Hain (165km) and Geoff Williams (149km) followed by the first lady Vicki Tanner. This was also Vicki's first 24hr event, so she has plenty of more years of competition.

First walkers home were Bob Burns (136km) and Melanie Jonker (124km) they both finished well up amongst the runners and have to be admired for their tenacity.

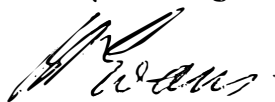
A special mention must be made to Jodie Watts who just wanted to be in an event with her Dad. Boy she didn't know what she was getting into! Also Lindsay Phillips who could have quit, many times, but hung in to finish.

The walking teams event was a hard fought out affair, with Wy-Wurry "A" ( or if you prefer WW1 ) taking the honours (196km) from Bundaberg and The Fraser Coast. The running teams was won by The Body Corporate.

I would again thank ERGON for the great lighting and Queensland Rugby League ( Wide Bay ) for the use of Eskdale Park, plus all the help to get the ground in such a good condition.

Once again many thanks to one and all for coming and making the event a good race.

Brian Evans ( Race Organiser. )



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Kerrie Hall -  
48 Hour Walk



# QUEENSLAND ULTRA RUNNERS CLUB INC.

## 1999 AUSTRALIAN AND QUEENSLAND 48 HOUR AND QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS

Eskdale Park, Maryborough, Queensland  
20-22 August 1999

Name	Place	Marathon	30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	200 km	150 mile	250 km	Total km
<b>48 Hour Race</b>													
Tony Collins	1	4:20:55	5:04:55	5:15:23	7:13:25	9:16:38	11:45:02	18:48:17	20:32:08	26:21:44	34:22:02	36:26:08	276.598
Graeme Watts	2	5:15:25	6:03:22	6:14:14	8:07:41	10:45:36	14:23:00	25:23:39	27:48:05	36:01:12			236.528
Peter Waddell (walker)	3	6:57:05	8:00:51	8:15:33	11:39:57	15:24:38	18:59:38	33:09:36	35:17:52	42:42:58			229.320
Peter Gray	4	6:01:18	6:57:55	7:13:23	9:38:38	13:26:47	16:47:38	30:09:42	32:35:39	44:23:26			218.212
Kerrie Hall (F) (walker)	5	6:25:39	7:29:11	7:44:11	10:48:24	14:01:12	18:36:01	30:15:07	33:55:54	45:32:58			211.488
Peter Gibson	6	5:11:14	5:57:37	6:08:20	8:01:47	10:16:23	12:58:47	22:58:52			DNF		150.120
Carl Hebel	7	7:24:10	9:49:25	10:01:25	13:36:15	20:40:07				DNF			99.000
<b>24 Hour Race</b>													
John Fowler	1	4:47:44	5:32:20	5:43:00	7:27:55	9:39:35	12:13:59	19:19:36	21:01:59				180.360
Geoff Hain	2	4:48:39	5:31:28	5:41:03	7:36:59	9:45:50	12:57:26	22:24:58	23:47:35				165.085
Geoffrey Williams	3	4:50:46	5:37:13	5:47:52	8:13:19	12:11:52	15:48:30						149.389
Vicki Tanner (F)	4	5:30:22	6:45:34	6:56:42	9:01:10	12:09:02	15:40:31						136.115
Bob Burns (walker)	5	6:55:54	7:52:32	8:07:06	10:35:16	13:18:24	16:37:59						136.052
Melanie Jonker (F) (walker)	6	6:49:42	7:53:53	8:21:26	11:00:51	14:13:26	18:56:05						124.346
Lindsay Phillips	7	5:14:40	6:33:04	6:44:26	8:37:21	11:05:57	14:22:59						121.824
John Harris (walker)	8	6:11:26	7:05:23	7:18:19	9:54:48	16:05:10	20:36:10						120.351
Cheryl Middis (F) (walker)	9	6:57:44	7:57:18	8:11:24	11:12:37	14:44:38	21:36:55						112.093
Peter Lewis (walker)	10	8:14:40	9:39:23	10:00:33	13:54:09	22:54:40							81.720
Jodie Watts (F)	11	9:23:48	10:40:41	11:00:40	21:08:54								69.52

.....  
Brian Evans (Race Director)

.....  
Date

# 1999 AUSTRALIAN & QUEENSLAND 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS



Jodi Watts (left) with Peter Gray (centre) and Graeme Watts were down to a walk in the Australian 48-Hour Track Championships at Eskdale Park on Saturday.

## Watts shines in 48-hour

By Miguel Holland

NANANGO long distance runner Graeme Watts finished second in the men's run at the Australian 48-Hour Track Championships yesterday.

Watts covered 237km.

Despite dismal conditions on Friday night with fog blanketing the oval, the defending champion held his lead over

Geelong racer Peter Gray, who clocked 218km

Watts was beaten by Gosford athlete Tony Collins who covered 277km.

Peter Waddel from the ACT won the men's walk with 229km while Caboolture's Kerrie Hall won the women's walk with 211km.

Runners and walkers were acknowledged at a presentation yesterday morn-

ing by Maryborough Mayor Alan Brown.

Race director Brian Evans said both the 24 and 48-hour races were mind games.

"In long runs you've got to get your head right; if you're enjoying it it's fine but if you're not it's like being in purgatory," he said.

23.8.99 Reprinted from 'Fraser Coast Chronicle'



Melanie Jonker -  
24 Hour Walk

# 1999 AUSTRALIAN & QUEENSLAND 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS

## My 24 Hour Walk - Melanie Jonker

At 9.00 a.m. on Saturday, 21 August 1999, I set off on my second attempt at the Queensland 24 hour championships - walking category. Last year, I attained the distance of 105.985 and this year my goal was to walk 120 km. It was a comforting thought as I started the race that I was in the hands of a very experienced and reliable crewperson - Kevin Cassidy who has run many ultras over the last decade or so. Kevin also lapscored for me which made his job even more demanding.

The track was in a great condition and the weather was perfect which was extremely fortunate as Queensland had been experiencing a very wet 1999 (it rained not long after the event finished). As the 48 hour runners and walkers were already on the track, the 24 hour competitors blended in without too much disruption. There were also a number of 24 hour relay teams participating.

My aim this year was to stay on the track for the full 24 hours with the exception of toilet breaks. With Kevin assisting me this was quite feasible compared to last year when I also had to crew for myself and spent valuable minutes leaving the track to gather food and fluids. As per usual, I packed massive amounts of food, fluids, clothing, etc. However, I always feel it is better to have too much than not enough. My son Richard also accompanied us to Maryborough and helped with lapscoreing in small bursts. I suppose this is something a 12 year old boy doesn't find too interesting after a while especially when there are other boys to "hang around" with.

Kerrie Hall was again putting in a gallant effort in the 48 hour walk (her sixth attempt!). Peter Waddell was the sole 48 hour male walker. Seasoned ultrarunners Graeme Watts, Tony Collins, Peter Gibson and Peter Gray were running the 48 hour event.

Novice 24 hour runners were Vicki Tanner, Jodie Watts and John Fowler. Novice 24 hour walkers were Peter Lewis and Bob Burns. Although Bob has run multi-day events, a recent injury has found him walking to keep fit and he entered this year's event as a walker. His consistent pace, positive attitude and friendly nature (as well as a great walking style) was an inspiration to all.

The running/walking direction was changed every two hours and this is how I focused on the event - in two hour segments. It is quite daunting to know you still have 20 hours to go after you've been on the track for only four hours, however, just thinking two hours ahead seemed to help me a bit.

Things were coasting along quite well until I'd been on the track for just over seven hours and I started feeling queasy which is a totally new experience for me during an ultra. Kevin and I put it down to the possibility that I was eating too much so we reduced the food intake slightly. Luckily Kevin had had the foresight to pack some "Gastrogels" which were to be my saving grace as they helped to settle my stomach.

It became quite windy during the afternoon which was a bit of a nuisance and the thought on most of our minds was whether it would mean a cold windy night. Luckily, the wind dropped as darkness blanketed the field.

After eight hours I decided to change into warmer clothing as the sun was rapidly dropping and the night air was moving in. At the same time, I very bravely removed one of my shoes and socks and viewed a rather nasty blister which had formed on my left heel. To make matters worse, my left ankle was starting to ache which worried me as it was still so early into the event. Kevin lanced the blister, dressed it with tape and I was back on the track. It took a few laps before the pain of the blister "numbed".

After 11 hours I was again feeling nauseous and had another couple of "Gastrogels". This was probably the lowest part of the event for me. I really didn't think I would make it because of the nausea and sore ankle. I had so many thoughts about pulling out of the event rushing through my mind but realised we had no accommodation booked for the Saturday night so I'd have nowhere to go anyway!

Every lap when I past Kevin to acknowledge he had recorded my time, I always managed to give a smile, however, he even noticed that all I could manage at this stage was a grimace. After 13 hours it was again time for a couple of "Gastrogels". Feeling nauseous is bad enough but when you're weary and walking around in circles it certainly doesn't help.

45.

After 14 hours I came off for nearly 13 minutes for a toilet break and a quick leg rub. I can't believe how quickly that 13 minutes flew by before I was back on the track. It took a couple of laps to stretch out and get my legs moving at a comfortable speed.

# 1999 AUSTRALIAN & QUEENSLAND 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS

After 16 hours it was back off the track for 10 minutes for another quick leg rub. These short breaks also helped to give me a boost mentally. My next sit down was just after 18 hours and was for 11 minutes.

I reached my 100 km in 18:56:05 which was a PB for me. At 20:22:26 I reached my 1998 distance of just under 106 km. This was a great milestone as there was still just over 3½ hours to walk another 14 km.

Once the sun rose, there was a flurry of activity on the track as everyone seemed to find their "second wind" or maybe it was the thought of the finish which was only three hours away. Between 21½ and 23 hours my speed increased and at 23:09:42 I reached 120.24 kms. This exceeded my expectations as I still had 50 minutes to go.

At 6.00 a.m. Kevin suggested that rather thinking I had three hours to go I should think in terms of laps. At that stage, he calculated I had 30 laps to reach 120 km which would take approximately two hours. This was so much easier for me to handle at that stage as two hours sounded so much better than three hours. We started the countdown at seven laps and it was a very happy albeit weary walker who reached her goal. I was so tired and my legs were aching but somehow I managed to keep the pace going until I reached the 120 km point where I knew I could ease off a bit. Kevin was giving me so much encouragement and positive feedback as I completed each lap. This certainly helped to lift my spirits.

At 9.00 a.m. on Sunday, 22 August 1999 a number of very weary walkers and runners heaved a collective sigh of relief as the event finished. My final distance was 124.346 km which exceeded all my expectations.

All I can say is that it was definitely a team effort. Without Kevin's unfailing support and encouragement I would never have reached my goal. He did a tremendous job of crewing and lapscoreing for me. Kevin also kept a very comprehensive list of statistics throughout the event which will make very valuable studying for when I attempt my next 24 hour walk. Oh that's right, I told Kevin after the finish that I wouldn't inflict that pain on my body ever again!!

Now it's time to prepare myself for the 50 mile event at the Glasshouse Mountains on 25 September.

## Walkers on track for 48-hour titles



Carl Hebel (front) leads the pack in the 1999 Australian 48-hour track championships at Maryborough Eskdale Park yesterday morning. About 50 runners are expected for today's 24-hour track championship. Runners from Maryborough, Caboolture, the Gold Coast, Brisbane and New South Wales will compete.

**SRI CHINMOY NATIONAL 24 HOUR CHAMPIONSHIPS**  
**ADELAIDE 23/24 OCT 99**

*Michael Francis*

At 8am on the 23<sup>rd</sup> October 1999 myself and 18 other runners were lined up and ready to go in the Sri Chinmoy 24 hours National Championship race.

I had run 8 of these races previously but due to injury my last was in 1994. I always planned to run another one and when I finally shook off my persistent heel injury at the beginning of this year, I decided now was the time.

I planned my year around this event. A 70km 6 hour race in Bunbury was a rude awakening and showed me how much work I had to do as I was shattered during the last 2 hours of that run. After that things started to go well. A 2hr 41min marathon in Perth and a 4hr 45min 40 miler in August were much more encouraging. During the last 6 weeks of my build up I stopped all races and just concentrated on getting in lots of kms at a steady pace.

I was joined by occasional training partner Bjorn Dybdahl in his first attempt at a 24 hour race, and Mary was there to crew for us, so we were in good hands (being tired isn't a good enough reason to stop – stop winging and get on with it!!)

Other well known competitors included Bryan Smith, one of Australia's greatest ultra runners, Peter Gray – winner of many ultras including the Colac 6 day race a couple of years ago, Paul Every and David Criniti both members of the National 100km team, and of course Cliffy. The ladies were well represented and led by the 1996 World 100km silver medallist Linda Meadows.

At 8.10 we were off. After the last weeks tapering it was nice to be running again. From the start four of us moved ahead. Bryan Smith, David Criniti and Jevan McPhee who has a very impressive 13hr 100mile time, and myself. After 1 hour Jevan was a lap ahead with myself a lap ahead of Bryan, David & Bjorn who looked really comfortable trotting along just outside 5 min k's.

Most of us had settled into our ideal pace with some runners running in pairs swapping life stories and catching up on the latest ultra news. I caught the news that Phil Essam was planning a 6 hour race starting on the stroke of midnight on January 2000- that sounded fun but let's get this one out of the way first.

By 4 hours I moved into the lead but by late morning it was getting hot and I could feel my skin burning and was not feeling so comfortable any more. I was sponging regularly and drinking more than normal but still seemed to be overheating.

Six hours came and with 70 kms clocked up it was a pleasing distance. This was the same as I covered in Bunbury in March but I was feeling much better this time. At six hours we changed direction. This took a bit of time to adjust too as different parts of my body began to ache.

Moving into late afternoon and early evening the weather thankfully began to cool down. I had a fairly handy lead over Bryan but David Criniti had moved into 3<sup>rd</sup> position and looked to be running well. I increased my pace slightly to keep pace with David for a couple of hours as he looked dangerous, but by 8 hours it was Bjorn who had moved into a clear 3<sup>rd</sup> position having covered 82km.

At 12 hours we changed direction again, ½ way at last and the big surprise was David stepping off the track. This seemed a real shame as he was moving so well. It was around this time that Bryan had a ½ hour visit to the massage tent and I responded by increasing my pace, too good an opportunity to miss to gain as many laps as possible (sorry Bryan!!). Bjorn had had a mishap earlier. In the 9<sup>th</sup> hour he came off to inspect the dressing on a blister and while putting his sock back on a blister under his toenail was burst. This caused a sudden movement resulting in a knee injury. He was unable to run again but gamely walked around the track before finally calling it a day at around 18 hours.

At 14 hours it was my turn. I hit the wall and decided a visit to the medical tent was necessary. It was here I met Michael. Michael was here to specifically look after Bryan and Cliffy but found himself helping everybody. He did wonderful things to my tight aching legs while I lay in a virtual coma for 20 to 30 mins.



Back on the track, and after a couple of very slow laps I was able to resume running at a good pace again with the legs feeling much better. It was now fairly quiet. A lot of runners were off the track either resting or retired and one or two were walking around unable to run due to injuries. The rest of us were steadily lapping trying to build up a reasonable tally of kms.

At 18 hours and 22 hours I had two more visits to Michael. I didn't like wasting the time but I figured it was probably the best thing in the long run. At long last dawn came. It had been a long painful night but now we were in sight of the finish. I had 10kms on Bryan. Paul Every had moved into a clear 3<sup>rd</sup> after a long battle with John Twartz, and was now the fastest on the track.

The last hour was quite enjoyable with some of the runners who had been off the track during the night returning. They were easy to spot as they were clean, showered and running faster!! At one point we saw David Criniti (who had been off & returned) flying around the track closely followed by Paul Every (who hadn't missed a stride all night) and who was determined not to let him get away. Bryan, Peter Gray & myself just watched & wondered what David could have achieved if he had stayed on all night. His day will surely come.

Finally the hooter sounded and time to stop. What a relief. I had managed 224km for 1<sup>st</sup> place, 11km ahead of Bryan and with Paul in 3<sup>rd</sup>. I was initially a little disappointed with the distance but delighted to win in such company.

The prize giving was held immediately after the race with all the runners praising the organisation. I have run many ultras all over the world and have always found the Sri Chinmoy races among the best and this was no exception. The helpers and lap scorers were always friendly and helpful even at 2am when confronted by a grumpy race leader questioning his lap scoring. The endless supply and assortment of freshly cooked food coming from the kitchen was truly wonderful.

Was the comeback worth it???

I had forgotten how hard but also how enjoyable these events can be. The friendship and camaraderie among the runners was great, with runners in a lot of discomfort showing real concern for other runners in a lot of trouble. If I do another 24hour race (I haven't forgotten the pain of this one yet) then this race would be at the top of my list.

## Sri Chinmoy Ultra Race Results 1999

### 12 Hour Race Results

Competitor	Total km	Marathon	50 km	50 miles
1. Jean Colquhoun	82.400	5:19:50	6:36:10	11:37:38
2. Phil Essam	67.918	6:07:03	8:00:35	

### 6 Hour Race Results

Competitor	Total km	Marathon	50 km
1. Stuart Blair	66.800	3:32:18	4:16:59
2. Darren Bown	57.620	4:08:25	5:13:25
3. David Billett	56.524	4:22:20	5:19:43
4. Dennis Vlachos	53.096	4:35:15	5:40:50
5. Isaac Owens	49.045	4:51:00	
6. Lorraine Billett	40.969		
7. Ellen Zukowski	33.790		
8. David Bryson	32.173		
9. Sipra Lloyd	31.811		

## Sri Chinmoy Ultra Race Results 1999

### 24 Hour Race Results

Competitor	Total km	Marathon	50 km	50 miles	100 km	150km	100 miles	200 km
1. Mick Francis	224.521	3:33:36	4:12:47	7:01:42	8:53:28	13:56:41	15:07:04	20:47:43
2. Bryan Smith	213.321	3:38:05	4:20:20	7:21:32	9:18:11	15:36:29	16:56:13	22:07:57
3. Paul Every	206.588	4:04:49	4:52:52	8:11:37	10:34:04	16:51:05	18:09:49	23:20:00
4. John Twartz	201.206	4:04:15	4:50:45	8:06:52	10:25:15	16:43:46	18:15:50	23:40:56
5. Fiona Baird	171.722	4:32:11	5:24:23	9:20:06	12:12:22	20:14:45	21:54:40	
6. Jerry Zukowski	161.200	4:15:05	5:13:45	9:20:55	12:12:27	20:18:09	22:02:16	
7. Jevvan McPhee	158.770	3:32:56	4:16:05	8:00:40	11:07:33	22:48:54		
8. Peter Gray	140.410	5:04:55	6:15:01	11:39:10	15:06:30			
9. Cliff Young	137.720	5:31:45	6:47:35	12:21:47	16:22:30			
10. Helen O'Connor	135.136	4:56:06	6:06:39	11:08:06	15:02:38			
11. David Criniti	133.386	4:07:10	4:53:17	7:54:00	9:54:30			
12. Bjorn Dybdahl	123.600	3:47:07	4:31:05	7:54:55	11:57:35			
13. Dianne File	110.159	5:00:27	6:18:20	11:21:50	21:40:30			
14. Naomi Phillips	102.800	6:05:03	7:28:57	14:09:31	21:12:39			
15. Glen Watson	85.145	4:49:09	5:48:35	11:23:10				
16. Linda Meadows	84.935	4:07:51	4:56:10	8:46:27				
17. Graeme Cox	82.000	5:55:44	7:05:36	23:50:10				
18. Dean Brown	75.240	5:02:50	6:27:30					
19. Anyce Melham	66.400	4:36:32	5:54:45					

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# AUSTRALIAN CENTURION RACE WALKERS

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## AUSTRALIAN CENTURIONS 24 HOUR WALK, SEPTEMBER 18-19 1999 Coburg Athletics Track, Victoria

This year's race saw a record field of 25 entrants with 23 actually fronting the starting line. We were very pleased to have 9 overseas competitors join us for this annual event. The race started at 2PM on Saturday 18 Sept and ended at 2PM on Sunday 19 Sept. The venue was the Coburg Athletics Track in Melbourne and the ultimate aim of the race is to try to complete 100 miles of walking within the 24 hour period.

The pace was evident early with Sandra Brown of England setting a cracking pace of 2:30 per lap. Gerald Manderson of NZ (last year's winner) was keen to take up the challenge and shadowed her for the first 2 hours. However, he was soon forced to slow and Sandra was left on her own to dominate the race.

The 50 mile splits tell the story for the first half of the race with overseas competitors filling 5 of the first 6 places at that stage. Sandra's 50 mile time was a new Australian Open Record and was ahead of her own 100 mile world record split while Ann Staunton from Canberra, having her first ever ultra distance walk, broke the Australian Residential Record for 50 miles.

Sandra Brown	09:06:04	(Australian Open Record)
Gerald Manderson	09:58:28	
Jill Green	10:08:00	
Herbert Neubacher	10:20:47	
Robin Whyte	10:21:11	
Gerrit de Jong	10:43:04	
Ann Staunton	10:52:27	(Aust Residential Record)
Carol Baird	10:57:07	
Steel Beveridge	11:44:01	
Robert Radley	12:37:11	
Lachlan Wilkinson	13:45:25	
Kelvin Marshall	14:11:46	
Harry Berg	15:42:14	
Kathleen Berg	16:43:51	

Sandra's final 100 mile time of 19:14:56 was all the more amazing given that this was her 6<sup>th</sup> 100 mile walk for the year. She was only 14 minutes outside the recent world record she set in winning the New Zealand Centurions 24 hour event in July and she finished relatively fresh.

Behind Sandra, attention was focused on Gerald Manderson (NZ), Jill Green (England) and Herbert Neubacher (Germany). Gerald was eventually caught by the more evenly paced Jill and a great battle developed between these two with Herbert only 3 laps adrift. For many hours, all three lapped consistently until Herbert finally caught and passed the other two at about the 15 hour mark. Then he powered away and Jill and Gerald were left to fight it out for third place. At the 19 hour mark, Gerald paid the penalty for his aggressive early walking and faded. Jill came home strongly for a clear third place while Gerald limped home in fourth spot. Both Herbert and Jill produced personal best times for 100 miles while Gerald's time was only 5 minutes adrift of his winning time last year.

Robin Whyte of Canberra was next to finish, completing his second 100 mile finish in Australia (1996 was his first one). As Ann Staunton faded from the efforts of her 50 mile record performance, her training partner Carol Baird came through strongly to be the 5<sup>th</sup> finisher. She set new Australian Residential standards for the 100 km, 100 mile and 24 hour distance along the way. This was only her second ultra distance walk and both she and Ann have big futures ahead of them as they mature in this tough discipline.

The only other walker to finish the 100 mile distance was Dutchman Gerrit de Jong. Like the other European walkers, he was both experienced and fit and had no trouble in beating the 24 hour mark. He has completed the British Centurion 100 mile event an amazing 18 times in the last 20 years. This gives readers an idea of his credentials.

## 100 Mile Finishers

Sandra Brown	England	100 miles	19:14:56	<b>C36 ***</b>
Herbert Neubacher	Germany	100 miles	21:03:07	<b>C37 ***</b>
Jill Green	England	100 miles	21:15:35	<b>C38 ***</b>
Gerald Manderson	NZ	100 miles	21:42:57	<b>C31</b>
Robin Whyte	ACT	100 miles	21:47:50	<b>C29</b>
Carol Baird	ACT	100 miles	22:16:43	<b>C39 ***</b>
Gerrit de Jong	Holland	100 miles	22:51:24	<b>C40 ***</b>

Both Gerald Manderson (1998) and Robin Whyte (1996) had completed this distance in Australia previously but the other 5 finishers became new Australian Centurions with their outstanding performances. They were awarded badges 35 to 40.

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Full results are as follows

## 24 Hour / 100 Mile Walk Results

Carol Baird	50	ACT	169.607 km	24:00:00
Sandra Brown	50	England	100 miles	19:14:56
Herbert Neubacher	46	Germany	100 miles	21:03:07
Jill Green	57	England	100 miles	21:15:35
Gerald Manderson	55	NZ	100 miles	21:42:57
Robin Whyte	57	ACT	100 miles	21:47:50
Gerrit de Jong	57	Holland	100 miles	22:51:24
Steel Beveridge	48	NSW	147.945 km	24:00:00
Robert Radley	42	NZ	146.649 km	24:00:00
Kelvin Marshall	35	VIC	127.030 km	24:00:00
Lachlan Wilkinson	40	ACT	118.150 km	24:00:00
Paul Tierentyn	60	Belgium	72.4 km	10:02:38
Graham Watt	25	VIC	66.8 km	10:18:17
David Blackett	46	NZ	56.4 km	20:41:00
Peter Waddell	68	ACT	54.0 km	09:48:45
Frank Overton	51	NSW	32.8 km	04:47:38

It was pleasing to see a number of the other competitors walk for the full 24 hours and achieve very respectable distances in excess of 100 km. In particular, Steel Beveridge and Robert Radley were not far off 100 miles and should become centurions soon if they persevere with their efforts. Paul Tierentyn of Belgium was perhaps unlucky to experience leg problems and be forced to withdraw. He is a very experienced international ultra walker and will no doubt bounce back to form.

The silver medal distance of 100 km and the bronze medal distance of 50 km were also on offer and Ann Staunton and Peter Gray took the honours respectively. Ann's 100 km time was outstanding given that this was her first ultra distance walk.

## 100 Km Walk

1. Ann Staunton	35	ACT	100 km	14:43:27
2. Harry Berg	59	ACT	100 km	20:34:10
3. Kathleen Berg	56	ACT	100 km	20:39:38
Cornelia Neubacher	43	Germany	70.0km	11:52:04

## 50 Km Walk

1. Peter Gray	35	VIC	50 km	06:58:29
2. Brian Hamer	47	VIC	50 km	23:14:23
Merv Lockyer	68	VIC	20.4 km	02:32:46

## AUSTRALIAN RESIDENTIAL RECORDS

Ann Staunton	ACT	50 miles	10:52:27
Carol Baird	ACT	100 km	13:39:33
Carol Baird	ACT	100 miles	22:16:43
Carol Baird	ACT	24 hours	169.607 km

## AUSTRALIAN ALL COMERS RECORDS

Sandra Brown	England	50 miles	09:06:04
Sandra Brown	England	100 km	11:33:24
Sandra Brown	England	100 miles	19:14:56

## Jack Webber Trophy Carol Baird

The Jack Webber Trophy is awarded to the most meritorious Centurion performance. This year, we recognise the performance of Carol Baird. Last year Carol completed a fine 100 km in her first ever long distance walk and this year she made the final step and became Centurion Number 39. Her performance also set new Australian Residential records for 100 km, 100 miles and 24 hours.

# GLASSHOUSE MOUNTAINS 100 MILE AND 50 MILE

*by Sean Greenhill*

If you run on the road, we will disqualify you. This is a TRAIL race."

Race Director Ian Javes showed that this was a run for hardcore trail junkies only on a chilly Saturday morning, his voice coming out of a grey twilight. A dry chuckle came from the throats of a few of the 12 Hundred Mile and 11 Fifty Mile starters, breaking the ice. I was surprised- I was nowhere near as nervous as I thought I would be a few minutes before my first attempt at a Fifty Mile. Within a couple of minutes, the hundred mile starters were off, trotting slowly across the oval at the Glasshouse Mountains Sportsground. In fifteen more minutes, it would be my turn.

I had left work about 7pm on Wednesday night, and from there drove to Scone on the first night, and did the rest of the haul on Thursday. My mother had, a few weeks before, offered to chauffeur me- until then I had planned to catch a bus then train- there was no way I was going to drive after running 80K. On the Friday, I had walked almost as far as the second Checkpoint and back, all of which was on a dirt track alongside Glasshouse Mountains Road. I ended up with a bad sunburn, so on Friday night I found a hotel towel and pinned it to my cap so it draped over my neck. That night there was a dinner at the Sportsground for runners, which coincided with a fairly noisy rodeo. I spotted the Tillers (Kevin was doing the Fifty Mile, Dawn was doing the 55K), and met Melanie Jonker, plus Carol La Plant from the US. Paul Every, who has run for Australia in several World 100K Championships and won the 3 day Canberra Ultra Triathlon, was also there. His recent training had been "Cities Marathon a month ago, an Ironman a fortnight ago, and that's it."

In the chill of Saturday morning, I was at the Sportsground around 4.45 for my medical check, which consisted of recording my weight, blood pressure and pulse and writing them on a medical tag which I wore around my wrist. Checkpoint Five, visited three times during the Fifty Mile loop (and thus six times by Hundred Mile runners) involves a medical check where these same details are recorded again and compared to the pre race numbers. If you lose two kilos, they hold you at the station until you hydrate enough to regain the lost weight. Amongst the Hundred Mile starters were two Striders who tied for first place in last years Fifty Mile, Mike Ward and Martin Fryer.

At 5.45, the eleven Fifty Mile starters were off, with the Hundred Mile relay teams. I ran to checkpoint two with Poh Suan Neumann, who has done a number of the Glasshouse runs and spent most of the time trying to convince me to run next years Comrades. She found it hard to comprehend I wasn't interested! After checkpoint ne, which was on the roadside track, we ran through the silent town of Beerburum then up the slope of Mount Beerburum. Fifty Milers run halfway up (where checkpoint two is) and Hundred Milers run to the top. Kevin Tiller came charging town the other way like a bull at a gate, then a few minutes later came Mike and Martin. I walked down Beerburum to protect my ITB and Poh Suan slowly drew away. Behind me I had Melanie Jonker and Hundred Miler Kerrie Hall. Both were walking, so I was the last runner.

After checkpoint two we ran through a series of pine plantations, winding our way through on a series of logging roads. The surface was fairly flat here. The sun was out, but there was not yet a hint of how hot the day was to become. I entered checkpoint three, refilled one of my three bottles with water and another with Gatorade, took two GUs and set off for the next stretch, through some scrubby bush. Twenty metres down the track I saw a red car ahead. "What? Checkpoint four already?" No, it was actually a car that had been stolen, dumped here in the bush and stripped clean. I stepped around it and a few minutes later reemerged onto logging roads. From here I could see the bizarre monoliths of almost all the Glasshouse Mountains, actually the remains of extinct volcanoes. Some of them seemed so far away it was intimidating to think I would be running around them before the day was done. I went through checkpoint four, about 20K into the race. It was staffed by the same two crew as checkpoint one. I refilled my bottles, grabbed a handful of jelly babies and headed onto a fire trail.

Checkpoint five, the medical check, was at a lookout atop a ridge. After following some twisting fire road, I was running toward a high ridge with a turret atop it. That looks like the checkpoint, I thought, then added, "geez, that's pretty high". After a while, the fire trail became a quite technical path, with sections of mud, eroded ruts, very steep and sudden up and downs. It seemed we were winding round the ridge, not going up it. Though this section was mostly shaded, a few open sections brought the heat down on my back. It reminded me of climbing the Pluviometer in 30C during this years Six Foot Track. After some rugged climbing I emerged onto a gravel road and the roofs of checkpoint five were on my right. I ran over and stood on the scales. Jeez.

I had been running for about three and a half hours, and drunk six 800ml bottles of fluid, but had already lost a kilo. I refilled my bottles, took two packs of potato chips from my drop bag, and set off toward the "Goat Track" which leads to checkpoint six. This is very technical running, in some spots almost a bush bash. I had some minor cramps on the sudden downhills, so I walked most of this section. By the time I emerged on a road and jogged down to six, I had drunk two and a bit bottles of fluid. In the station (crewed by four cadets) I spent a few minutes joking with a relay team member. I probably joked too much, because I took the wrong way out of the checkpoint- there is one leading towards an out and back with seven en route, and another back to five which the runners take after returning to six. I took this latter and ran for about ten minutes before realising my error. On the way back I passed Paul Every, who had already done the out and back. He pointed the right way to go. I had lost twenty minutes, and passed Kerrie Hall on the way out. A number of runners were coming back to me, including Bill Thompson, Carol, Mike and Martin. This was a long, hot technical stretch, seven kilometres in dry heat that was becoming stifling. About a kilometre short of the checkpoint, I saw a familiar figure.

When Kevin Tiller gets into trouble while running, his head goes down so you just see his red hair, his shoulders hunch right up, and his little legs shuffle along doggedly, slowly but surely. Hundred Mile finisher Geoffrey Blyth did a good impersonation of this posture on Sunday at the post race lunch, and I saw it coming towards me now. Kevin said he wasn't feeling too good suddenly, and we stood and talked for a good five minutes before I left for seven. At that checkpoint I grabbed a handful of sandwiches, refilled my three bottles and was off for a 4K loop around a pine plantation that ended with a return to seven and then back to six. Within a few minutes of leaving seven I was walking. With no shelter on the logging roads, the heat (it was now after 12pm) almost stopped me dead. I walked that section, and shuffled back into seven declaring it was the toughest part of the course. Returning along the 7K section to checkpoint six, I ran most of the way, drinking constantly. After leaving six to return to five, we ran along more logging roads without shelter, and I was walking along again. I didn't feel tired, just darned hot and generally "stuff this lark". At five, I had covered roughly fifty kilometres and my weight had gone up by half a kilo. I was pleased I was hydrating properly, but as I was changing my socks Rainer Neumann, Poh Suan's husband who was doing the Hundred, came in having done the next section, a long loop around Mount Beerwah. He was really feeling the heat and remarked "I'll finish the loop, then talk to the doctors down there to see if there is any point going on."

Heading out towards Beerwah (and checkpoint eight which is on the far side) I passed Mike, Martin and Geoffrey trudging up the forest road towards me. "Gentlemen," I hailed, "what's it like?" "Christ, don't ask!" came the reply. I asked if there was any shelter, and was told there was. I thought the loop after seven was the toughest point until now, but the section around Beerwah to eight actually was. This was another section of technical trails with lots of sudden ups and downs and seemed to head away from Beerwah as much as it was heading towards it. Supposedly this was 8K, but I was thinking, "Christ, how long can 8K be???", especially given the fierce heat which was now penetrating the trees. After a while I emerged onto a dirt road. "This must be eight up here," I thought, but it kept going until I finally shuffled into the checkpoint with quads trashed from the constant elevation change and feeling a bit irritable with things. I was told Kevin was an hour and a half ahead, so he must have staged quite a recovery. By now it was four thirty and the shadows were drawing long. I left eight and started trudging slowly down the road, making no effort to increase my pace. I was sitting on the side of the road emptying stones from my shoes when Kerrie Hall came by. With her help, encouragement and occasional beration, we did the seven kilometres back to five just as the sun set. From here, it's a run back down the ridge (about 7K) to checkpoint one, then the 4K back to the Sportsground for the fifty miles. The Hundred Milers had to do it all again. Kerrie had her medical check first then set out with a torch.

I had mine, then rummaged through my drop bag for the torch I KNEW I had put in there the night before. After a few minutes, I realised I was looking like a fool in front of the staff, so with a "righto" I grabbed my bottles and charged out, my legs feeling 200% better than they did after eight (I later found the torch buried at the bottom of the bag). I was able to follow the fire road we were on quite well at first, then the twilight vanished and the moonlight (it was a full moon) started playing visual tricks, lighting up tree trunks in a similar way to the white marking tape I used on the course. The clouds started to move in and I had real trouble finding the way. On a technical section climbing over a ridge in almost pitch darkness I fell and slid. I made a few right guesses at trail junctions, and in the distance I could hear the traffic of Glasshouse Mountains Road but it never seemed to get closer. Combined with the tricks of the moonlight, it made for a terrifying and disorienting experience for someone who has never even run a trail at night with a torch. Eventually, charging down a fire trail at full speed, I caught up with Kerrie and her torch again. From there it was about a kilometre to one, and we turned onto the roadside track at a fast walk for the haul in.



Kerrie kept checking my watch for the cutoff which Ian had for the Hundred Milers to commence the second loop, and with a few minutes to go, coming down the road on the opposite side to the Sportsground, she loaned me her torch and took off in a sprint. She made the cutoff with a couple of minutes to spare, and went on to do the Hundred in just a few minutes over 30 hours. Meanwhile, I ran slowly opposite the ground towards the undepass at the far end. I muttered out loud, "Jesus, I'm going to finish," and as I crossed under the road and headed back along the oval fence I shed a tear or two. Then I trotted under the finish gate in a time of 14.06.56 and was directed to a chair for my final medical. I ate some bananas, talked to my mother and the staff, and thanked Ian for all his effort. Then I left for the motel, suddenly almost unable to walk any more.

The next day I felt surprisingly good- my ankles were sore and I had a few king sized blisters, but the legs were pretty good. At the awards lunch, it turned out Kevin finished in 13.04 or so, Melanie in 14.46 odd. Dawn Tiller won the 55K women's, just a few minutes behind the lead man. Paul Every won the Hundred Mile, the first man to do the course in under 24 hours. Rainer Neumann was second and Geoffrey Blyth third. Winner of the Hundred for the last two years Graham Medill dropped out, as did Mike Ward (going into the medical for the first time on the second loop, his blood pressure had dropped suddenly and he pulled the pin) and Martin Fryer also dropped after about 130K. Six from twelve did the Hundred. Hopefully next year it might be me.

Ian also outlined that the race was having difficulty with the relevant Government authorities, having decreed in future it must be insured for \$100 million. This "would kill the race," he said. It's a race that needs all the support in terms of lobbying and attendance it can get. Ian puts in a hell of a lot of work to make sure it's run properly, and the course is extremely scenic, touring through the mountains. Running around the mountains, rather than over them, is a nice touch that adds considerably to the scenery, and there are still enough climbs to appeal to the mountain goats out there. As Australia's only trail Hundred Mile, it's a benchmark in this country's ultrarunning, and there will be more and more international entrants if it survives. Next year, put one of the Glasshouse Trail runs on your calendar.

# Going the distance

By Janine Hill

CAROL La Plant got up at about 4.30am yesterday morning and went for a run — and depending what time it is now, she might still be going.

The 50-year-old US attorney is one of 11 runners who lined up for yesterday's Glass House 100 — a 100-mile race at Glass House Mountains.

Carol, who has competed in 113 ultra-marathon races, said the events were a test of determination and confidence as much as physical endurance.

"You have a body which can keep going," Carol said.

"Your mind is what gets you through."

So really, running a race like this is like running against your mind," she said.

Carol, of Berkely, California, has been running ultra distance races for 20 years.

A keen cyclist, she turned to running to keep fit when her studies for the bar exam left her with little time for the bike.

She progressed to marathons and then to triathlons, competing three times in the Hawaiian ironman competition before discovering ultra-marathons.

She said neither marathons nor triathlons could match ultra-distance running.

"Marathons in the US are mostly run on concrete pavement and people get dressed up in their matching outfits — we call them

discojoggers," she said.

"They're only three or four hours and it doesn't get real," she said.

"We're out there on trails and close to the wildlife and it's a beautiful experience; it's a different experience."

"It makes a marathon seem like a cheap experience."

Carol runs six to 10 miles a day and, on the weekend, up to 30 miles or 49km, which is more than marathon distance (42km).

"You know you've had a really good training run when you leave on Saturday morning to go for a run before breakfast and you come back to dinner with friends," she said.

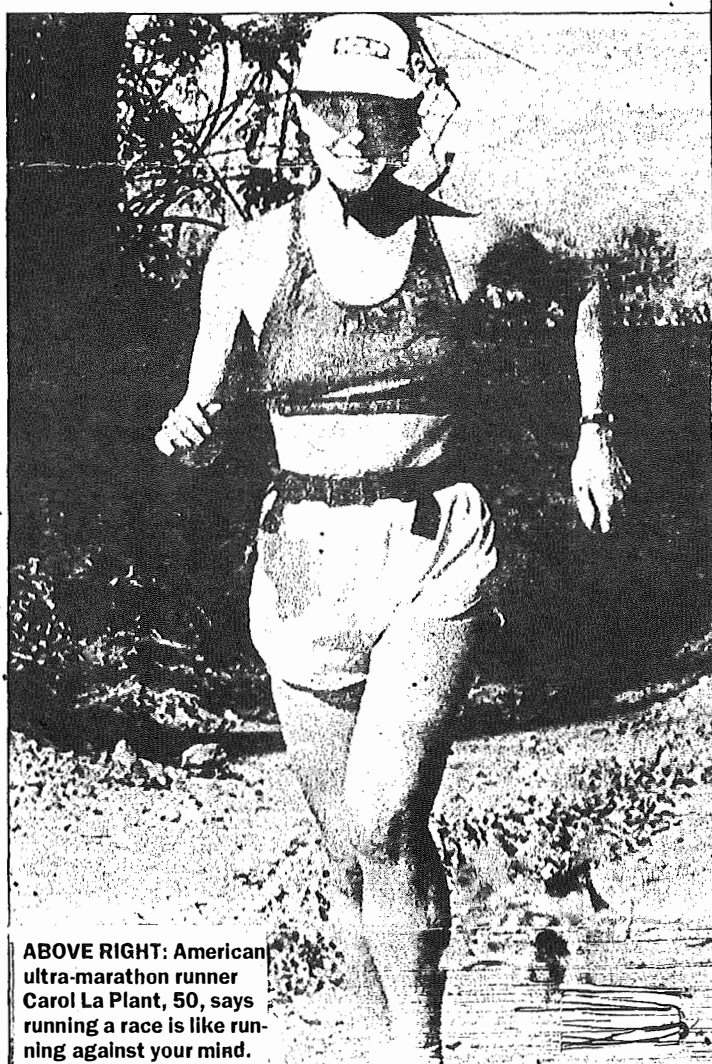
To keep going during events, Carol carries a water bottle strapped to the small of her back, a small plastic bottle of energy gel-food and boiled potatoes dipped in rock salt and pieces of banana to keep up her electrolytes.

Runners in yesterday's event had to pass medical checks along the way, including weight, blood pressure and pulse tests and must finish within 30 hours.

Toowoomba's Graham Madill, who set the record in 1997 at 22 hours and 46 minutes and has won the race two years running, was expected to be among the leaders.

Locals include farmer Bill Thompson and Caboofture's Kerrie Hall.

Carol, who competed in the event last year, said she hoped to finish in about 23 hours.



ABOVE RIGHT: American ultra-marathon runner Carol La Plant, 50, says running a race is like running against your mind.

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## Glasshouse 100 Trail Event – 1999

This years Glasshouse 100 Trail Event probably saw the best conditions yet since its inception four years ago. It was fairly hot on Saturday afternoon for those in the three longer events ( 100 miles , 50 miles and 55kilometres ) but the 100 mile runners who had to run through the night enjoyed cool conditions with a full moon assisting them to find their way.

Eleven competitors started Australia's only 100 mile trail run , three women and eight men including defending champions Graham Medill of Toowoomba and Carol La Plant of Berkeley , California , USA. Graham took the lead from the start but towards the end of the first 50 mile loop the effects of a recent virus took its toll and he was overtaken by Paul Every , a zookeeper from NSW. Graham was eventually forced to withdraw from the event. Rainer Neumann did not seem keen to start the second loop but he bit the bullet and battled through the night to finish second in his first attempt at the distance. Geoff Blyth , a visitor from Perth , WA , finished in third place but he was rapidly being overhauled at the finish by local custard apple farmer Bill Thompson who completed the distance successfully for the second time. He was followed by the first women , Carol La Plant , who successfully defended her title. Caboolture walker/runner, Kerrie Hall , finished the 100 miles but again was just outside the official cut off time of 30 hours . Townsville runner John Nuttall withdrew fairly early after a fall ; Kumi Kato decided one lap was sufficient after also sustaining a fall ; Mike Ward of Sydney succumbed at the

105 km mark and his running partner Martin Fryer of ACT called it a day at 133 kilometres. The competitors were given medical checks ( weight , pulse , blood pressure ) at intervals by Dr June Canavan and assistants from the Sunshine Coast Division of Sports Medicine Australia and the Human Movement Department of the University of Queensland. Their progress was tracked with assistance of cadets from 123<sup>rd</sup> Regional Cadet Unit from Caboolture.

There were twelve entrants in the 50 mile event which was lead all the way by Bruce Hargreaves , a geologist from Brisbane . Bruce stated after the race that he had managed to bury a few ghosts since his previous attempts at the longer events of the Glasshouse 100 had met with failure. A strong contingent of runners from Townsville managed to fill the next three places . Adam Barron and Natascha Costello, both teachers, were second and third and Roger Lebish in fourth place ( third male). Vicki Tanner and Poh Suan Neumann from Brisbane were second and third females. Others to finish were Geoff Williams ( Caboolture ) ; Jordan Myer ( USA citizen studying at Bathurst); Kevin Tiller ( NSW ) ; Sean Greenhill ( NSW ) ; Melanie Jonker (Brisbane ).

Eleven runners started the 55 kilometre event and all finished. Malcolm Buchanan from Brisbane ( ex Scotland) lead all the way to finish in just over 5 hours. He was followed by Craig Maskiell ( Coolum Beach ) and Brett Newton ( Brisbane ) who ran together all the way. Less than ten

minutes behind this duo was Sydney nurse , Dawn Tiller . Jenny Thornton (Redcliffe ) and Cheryl Middis (Maryborough ) were second and third females . Others to finish were Brisbane runners Peter Mc Kenzie , Peter Anderson , Jenny Chaston , Sue Short and Tina Fiegel. Col Colthorpe from Burpengary finally managed to complete his first ultra despite damaging his foot when spiked with a sharp stick.

Eight person relay teams from the Sunshine Coast , Brisbane and the Gold Coast took on the one hundred mile course plus one four person team, the Run Inn Runners from Brisbane (Michael Schultz , Tom Morris , Miryam Zeschke and John Fisher ). The Sunshine Coast Tri Club team bettered the time from last year by about ten minutes finishing in 12hr 11min 58sec. Compare this with the best individual time of 23hr 28min36sec for Paul Every. They were followed in by the Run Inn Runners then the River City Runners and finally the Gold Coast Hash House Harriers.

Two trophies are awarded for teams made of one person from each event (100miles, 50miles, 55 km , 27 km , 12 km ). The open trophy , Coonowrin Shield , was won by 'The Flying Fogies' ( all over 50) – Bill Thompson , Roger Lebish , Tina Fiegel , Art Van Wensveen and Rob Edmonds. The womens trophy , Tunbubudla Shield was won by the 'Aliens' ( they come from far away ) – Carol La Plant , USA; Natascha Costello , Townsville ; Sue Short ; Terdie Toime; Kimberley Welsh, Canada.

On Sunday morning at 7:30 am sixty competitors lined up in the 27K event which started at the Lookout then followed around Mt Beerwah back to the

Lookout then past Tibberoowuccum and Tibrogargan back to the sportsground. This was won by Gwyn Williams of Yandina from Tom Morris ( Tom had already run about 40 km in the relay the previous day ) and Damian Waites both from Brisbane. The first three women were all Brisbane runners – Paula Treagle , Kerrie Miller and Tanya ter Maten.

A little later at 9:00 am 91 runners started in the 12 km event which started from the Lookout and went past Tibberoowuccum and Tibrogargan back to the sportsground. This was won by local Elimbah runner Phil Mc Clure from Clint Bignold and Chris Adams of Brisbane. The women's section was won by Jeanette O'Keefe of Brisbane from Wamuran runner Lyn Gordon - Lewis and Tracey Austin from Brisbane. There were more women than men in this event and quite a few were senior citizens so there was a special section for over sixties. The first three men in this category were Umberto Greco ( Bribie Island ) , Roy Behrens (Maryborough) and Michael Daines.

The first three women were Shirley Behrens , Veronica Fischer and Margaret Chessells all from Maryborough.

After all events were completed a luncheon was put on at the Glasshouse Mountains Sports Club followed by Presentations with assistance from Peter Wellington MLA and Anna Grosskreutz ( Caloundra City Councilor). Caloundra City and Caboolture Shire were both part sponsors of the event conducted by the Queensland Marathon and Road Runners Club with assistance from the Glasshouse Mountains Advancement Network.

# FINAL RESULTS - GLASSHOUSE 1999

## 100 MILES

### Individual

Place	Name	No	Time	Loop 1
1	Paul Every	9	23:28:36	9:08:00
2	Rainer Neumann	7	26:07:11	10:49:19
3	Geoff Blyth	2	28:25:03	11:12:06
4	Bill Thompson	4	28:37:37	13:20:04
5	Carol La Plant	5	29:08:22	11:52:00
6	Kerrie Hall	6	30: 15:49	14:19:09
	Graham Medill	1	-	9:50:00
	Martin Fryer	3	-	11:12:06
	Mike Ward	8	-	11:12:06
	Kumi Kato	11	-	12:39:49

### 50 Mile

### 55 Kilometre

Place	Name	No	Time	Place	Name	No	Time
1	BRUCE HARGREAVES	51	8:40:49	1	MALCOLM BUCHANAN	102	5:03:06
2	ADAM BARRON	61	8:44:38	2	CRAIG MASKIELL	112	5:18:44
3	NATASCHA COSTELLO* 1 F	52	8:56:24	3	BRETT NEWTON	115	5:18:44
4	ROGER LEBISH	53	9:28:18	4	DAWN TILLER* 1 F	113	5:26:22
5	GEOFF WILLIAMS	60	11:09:19	5	PETER McKENZIE	114	5:44:12
6	VICKI TANNER* 2 F	58	12:06:49	6	COLIN COLTHORPE	110	5:50:34
7	JORDAN MYERS	57	12:06:50	7	PETER ANDERSON	105	7:23:18
8	POH SUAN NEUMANN* 3 F	56	12:24:49	8	JENNY THORNTON* 2 F	101	8:09:52
9	KEVIN TILLER	62	13:04:52	9	CHERYL MIDDIS* 3 F	103	8:56:47
10	SEAN GREENHILL	54	14:06:56	10	JENNY CHASTON*	109	10:15:50
11	MELANIE JONKER*	55	14:41:35	11	SUSAN SHORT*	107	10:15:50
	GRAEME WALKER	59		12	TINA FIEGEL*	106	11:17:46

## COBURG 6 HOUR ULTRA TRACK RACE VICTORIAN CHAMPIONSHIP SATURDAY 21ST AUGUST 1999 RESULTS

RUNNERS	Laps	Time(hh:mm:ss)	Klm
71 MAX CARSON	181	05:59:08	72.40 + 202
70 SHIRLEY YOUNG	156	05:58:39	62.40 + 258
76 BRUCE OHLENROTT	133	05:58:07	53.20 + 330
73 PETER NELSON	128	05:59:12	51.20 + 133
77 ROD HEALEY	95	04:46:14	38.00
78 KEN CARTER	80	05:55:10	32.00 + 94
72 JOHN TIMMS	59	02:25:11	23.60

## Gippsland Water Australian 100 km Road Championship

Pre-race favourite Nigel Aylott won his first Australian 100 km Championship on 3<sup>rd</sup> October in a race full of surprises and interest.

At the gun Kelvin Marshall took the lead with some 43 minute 10 kilometres early on. Nigel followed, content to let Kelvin belt out a solid pace for the first 50 kilometre. Nigel was never more than 20 seconds behind and sometimes no more than a metre. At 50 km the pace had decisively slowed, which Nigel took advantage of, and pulled away from Kelvin.

Despite a field of only five runners, there was plenty of speculation as to how the minor placing would fall. Rudi Kinshofer and Bruce Renwick continually exchanged third and fourth places. They were quite a contrast: the younger and internationally experienced Rudi and Bruce, 51, who had never run more than 50 kilometres before. At 50 km they, too, were locked together but some 8 minutes behind the leaders. Soon after, Rudi fell away leaving Bruce on his own in third place.

On reaching the 50 km mark, fifth placed runner Andrew Lucas, after a multitude of problems, retired from the race.

It must have been somewhere in the sixth lap that Bruce Renwick realised that second place was a real possibility. He closed the gap to Kelvin and ran into second place.

Every one was tired by now, and any 10 km lap under 55 minutes could definitely be regarded as "fast". Yet despite the fatigue, and Nigel now dominating the race well out in front, Bruce ran on with determination. The gap had been more than 9 minutes at 60 km, but was less than 6 minutes at 70 km. Nigel responded for a time, before the gap between them began to fall again.

However, the lead was too great and Nigel Aylott, looking strong to the end, crossed the line in 8 hours 17:57. It had been a carefully measured performance, and planned around taking control during the second half of the race. Nigel becomes the 1999 champion in Athletic Australia's toughest event.

Bruce Renwick, after a long, hard and exciting chase, was less than 3 minutes behind. His was a superb run for his attempt at the distance. Kelvin Marshall in third place (8 hours 49), and Rudi Kinshofer in fourth (9 hours 1 min), completed the field.

The day's other winner, Peter Nelson, solitary starter in the GU 50 km race, cruised to the easiest of victories in 5 hours 16:41.

Next February the Championship will be hosted in Canberra by the Sri Chinmoy Marathon Team.

Geoff Duffell, Race Director

### RESULTS GIPPSLAND WATER AUSTRALIAN 100KM ROAD CHAMPIONSHIP

Men: (No women competitors)

- |                          |         |
|--------------------------|---------|
| 1. Nigel Aylott (Vic)    | 8:17:57 |
| 2. Bruce Renwick (NSW)   | 8:20:46 |
| 3. Kelvin Marshall (Vic) | 8:49:16 |
| 4. Rudi Kinshofer (SA)   | 9:01:32 |

### GU ULTIMATE FUEL 50km ROAD RACE (Supporting event)

- |                       |         |
|-----------------------|---------|
| 1. Peter Nelson (Vic) | 5:16:42 |
|-----------------------|---------|

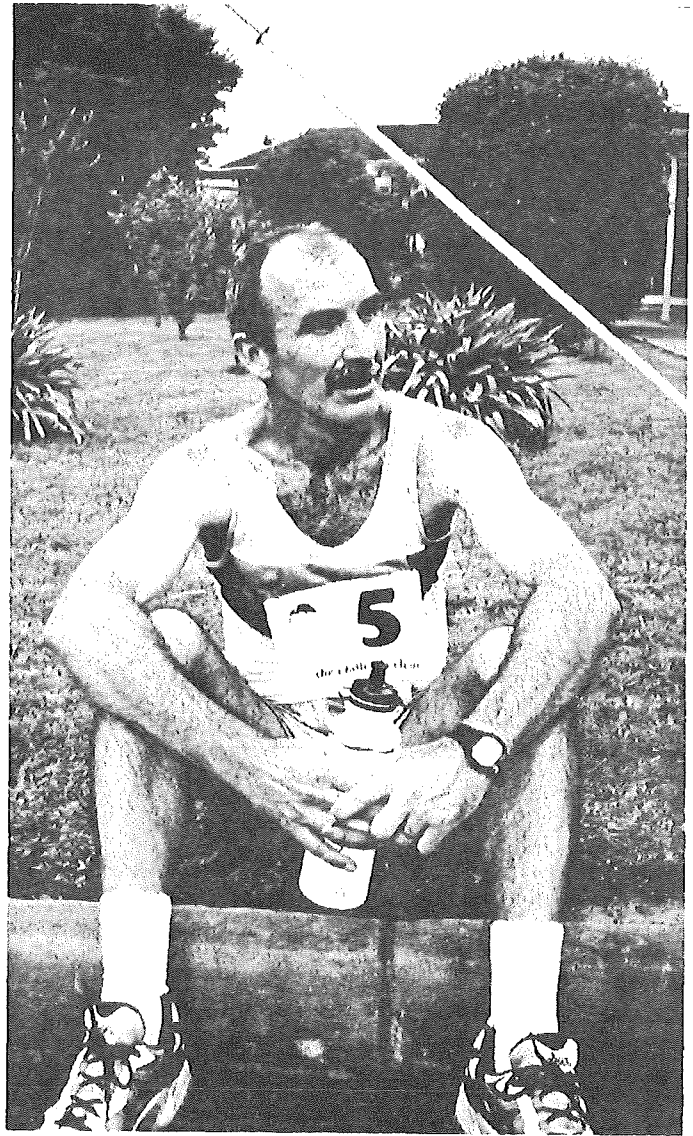
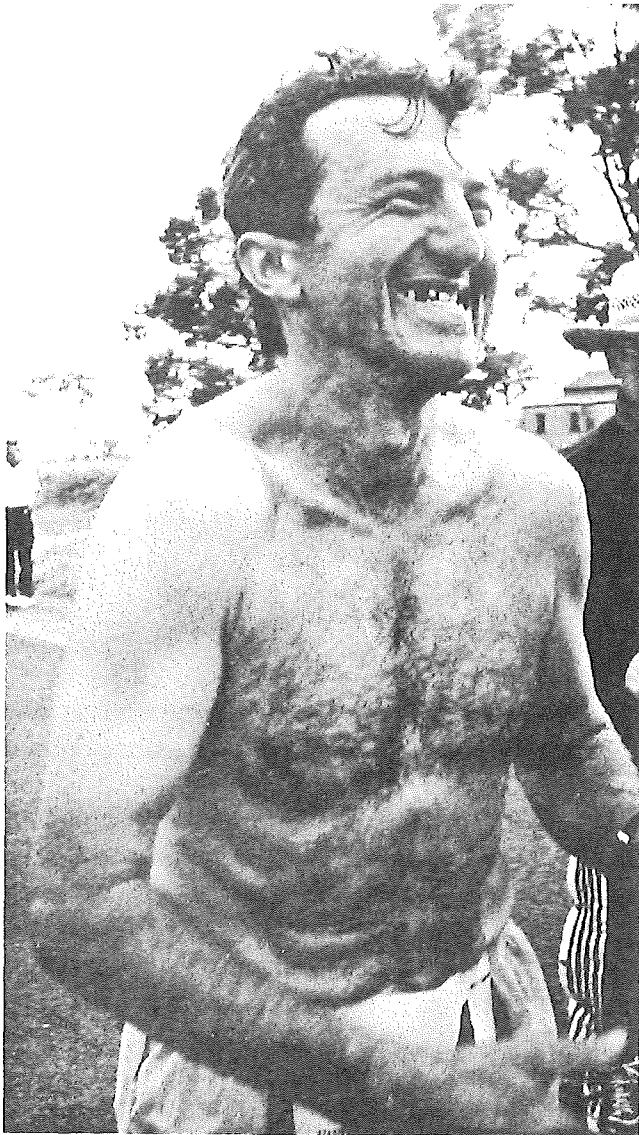


(Left) Geoff Duffell, Race Director  
congratulating 100km winner,  
Nigel Aylott



# GIPPSLAND WATER AUSTRALIAN 100KM ROAD CHAMPIONSHIP

held at Glengarry, Vic on 3rd October, 1999  
& GU ULTIMATE FUEL 50KM ROAD RACE



(Above)  
Rudi Kinshofer (SA)  
- 4th Place  
(Top right)  
Bruce Renwick (NSW)  
- 2nd place  
(Right) 1. to 6.  
Competitors at the  
starting line -  
Peter Nelson & Bruce  
Renwick, Rudi  
Kinshofer, Kelvin  
Marshall, Andrew  
Lucas (DNF)  
Nigel Aylott.



# AUSTRALIAN 100KM CHAMPIONSHIPS

*Sunday 3rd October 1999 at Glengarry*

by Kevin Cassidy

1. Nigel Aylott [vic] 8:17:56
2. Bruce Renwick [nsw] 8:20:45
3. Kelvin Marshall [vic] 8:49:16
4. Rudi Kinshofer [sa] 9:01:32

The following age road records were set, subject to approval:

Men 45-49	6 hours	Rudi Kinshofer	71.501 km
Men 50-54	6 hours	Bruce Renwick	74.766 km

DNF Andrew Lucas [tas] [50km in 5:57:44]

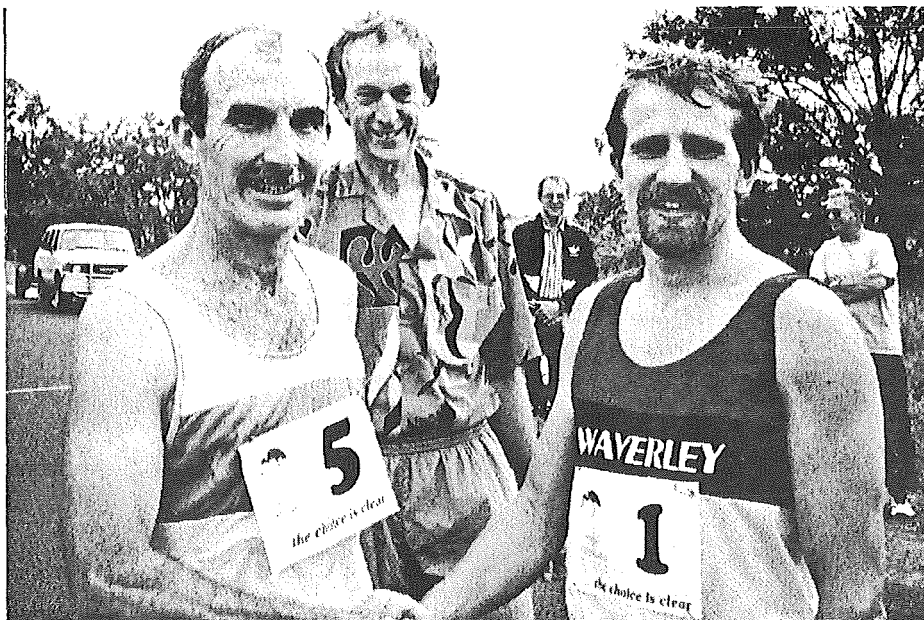
5 starters, 4 finishers. A 50km event was also held and there was only one entrant. Peter Nelson took the trophy in 5:16:41. There was also a 10 km fun run that attracted several locals. It was disappointing to see such a small field but there were some good performances regardless. Bruce Renwick, running his first ever 100km race, was able to stay in touch with the ever reliable Nigel to make an interesting finish

It was 3.30am when my alarm rudely awakened my flu ridden body. I had planned to make the two hour trip from Melbourne with Geoff Hook but I was feeling so sick that I promptly rang him to say "I'm not coming" and went back to bed. It was close to lunchtime when I finally emerged from my slumber and thought to myself "Why not?". In a matter of minutes, I was motoring off down the road with the intention of arriving in time to see the finish. The drive down the freeway is not very exciting but I was amused by a sign advertising an "Art Show" because somebody with a can of spray paint had added an "F" to the word "Art".

Arriving at Glengarry, there was not a great deal to see with only four runners tackling their last of 10 laps around the 10km loop. The course consists of backroads around several farming properties which meant that inquisitive cows and sheep were the main spectators [as well as causing some unusual smells]. Runners also had to contend, each lap, with a swooping magpie [Australian native bird] determined to protect its off spring during the nesting season.

The town of Glengarry sure is small. The start/finish line was at the local hall with a few houses and a general store making up the entire metropolis.

When things were all over, Andrew Lucas from Tasmania was looking for a lift back to Melbourne before flying home the next morning so I quickly had myself a passenger for the drive back up the highway which was notable for the fact that we saw a very serious "car into a pole" collision. Once we hit Melbourne, I was seriously lead astray by Andy when he dragged me down to the Casino where he proceeded to lose his money at the Blackjack table before I deposited him at the Qantas terminal the next morning.



(L. to R)

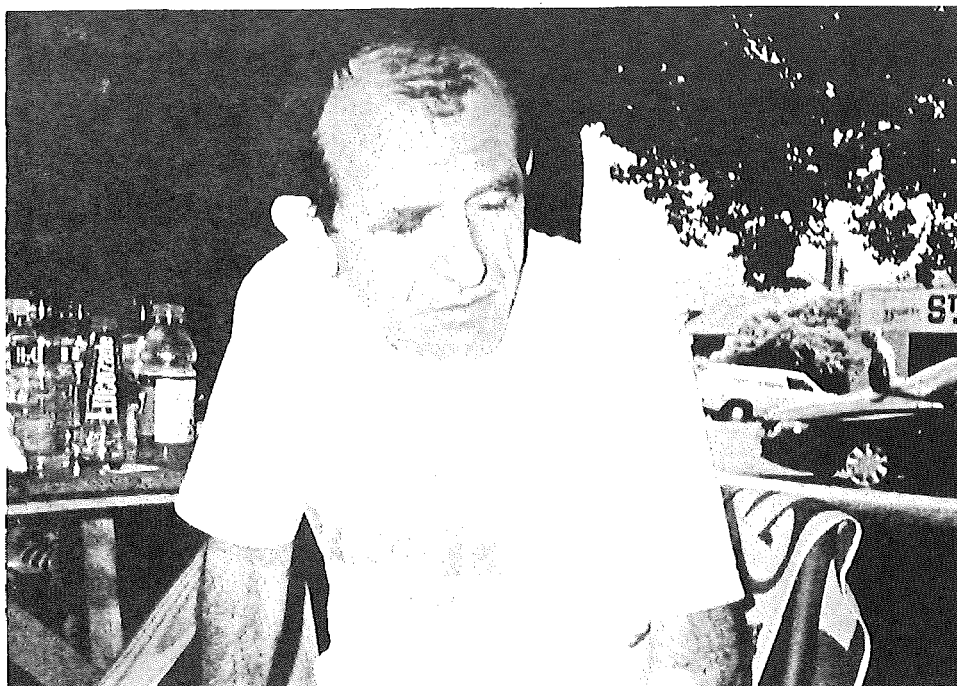
Bruce Renwick, 2nd placegetter congratulates race winner Nigel Aylott. Geoff Hook, AURA President in background.

# 1999 AUSTRALIAN 6 DAY RACE AT COLAC, VICTORIA

## 14TH - 20TH NOVEMBER, 1999

### RESULTS

Pos	Name	No		Day1	Day2	Day3	Day4	Day5	Day6
1	J Kocourek	14	Laps	570	380	357	329	339	339
Total	2314Laps	925.6Klms	Klms	228.0	152.0	142.8	131.6	135.6	135.6
2	T Rusek	18	Laps	532	373	276	273	252	193
Total	1899Laps	759.6Klms	Klms	212.8	149.2	110.4	109.2	100.8	77.2
3	D LaPierre	11	Laps	404	284	280	249	249	259
Total	1725Laps	690.0Klms	Klms	161.6	113.6	112.0	99.6	99.6	103.6
4	R Bell	15	Laps	348	250	252	253	260	229
Total	1592Laps	636.8Klms	Klms	139.2	100.0	100.8	101.2	104.0	91.6
5	M Grayling	8	Laps	328	231	269	236	260	248
Total	1572Laps	628.8Klms	Klms	131.2	92.4	107.6	94.4	104.0	99.2
6	G Manderson	13	Laps	302	246	279	237	186	306
Total	1556Laps	622.4Klms	Klms	120.8	98.4	111.6	94.8	74.4	122.4
7	G Audley	9	Laps	314	228	229	236	214	205
Total	1426Laps	570.4Klms	Klms	125.6	91.2	91.6	94.4	85.6	82.0
8	P Gray	4	Laps	340	239	194	240	197	203
Total	1413Laps	565.2Klms	Klms	136.0	95.6	77.6	96.0	78.8	81.2
9	S Scanlon	1	Laps	355	197	206	168	290	177
Total	1393Laps	557.2Klms	Klms	142.0	78.8	82.4	67.2	116.0	70.8
10	I Ketsakidis	21	Laps	326	199	207	228	192	209
Total	1361Laps	544.4Klms	Klms	130.4	79.6	82.8	91.2	76.8	83.6
11	K Condon	7	Laps	284	231	210	205	171	174
Total	1275Laps	510.0Klms	Klms	113.6	92.4	84.0	82.0	68.4	69.6
12	H Neville	22	Laps	241	195	223	210	197	200
Total	1266Laps	50.64Klms	Klms	96.4	78.0	89.2	84.0	78.8	80.0
13	C Young	3	Laps	352	250	200	210	185	33
Total	1230Laps	492.0Klms	Klms	140.8	100.0	80.0	84.0	74.0	13.2
14	I Buckland	10	Laps	218	171	167	167	164	174
Total	1061Laps	424.4Klms	Klms	87.2	68.4	66.8	66.8	65.6	69.6
15	D Kettle	19	Laps	208	164	164	164	145	15
Total	860Laps	344.0Klms	Klms	83.2	65.6	65.6	65.6	58.0	6.0
16	T Collins	16	Laps	435	56	0	0	0	0
Total	491Laps	196.4Klms	Klms	174.0	22.4	0.0	0.0	0.0	0.0
17	B Sutcliffe	2	Laps	183	38	0	0	0	0
Total	221Laps	88.4Klms	Klms	73.2	15.2	0.0	0.0	0.0	0.0



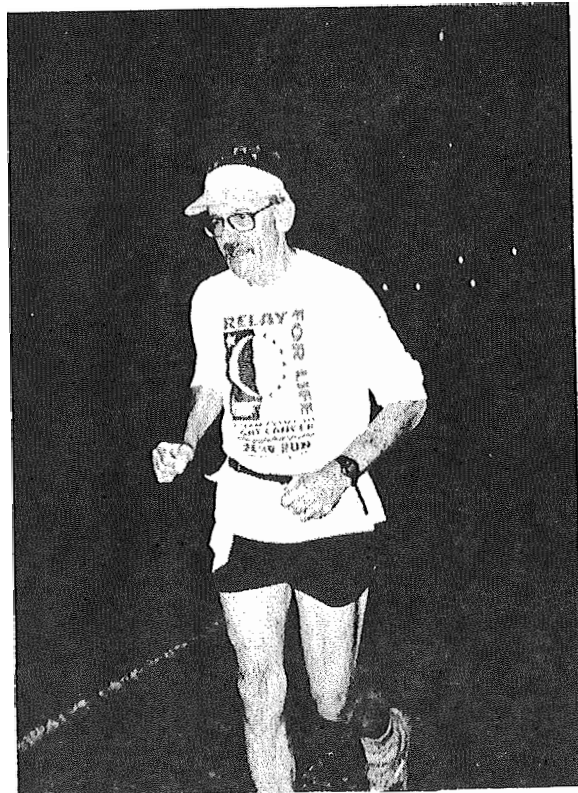
Jaroslav Kocourek, winner of the 1999 event, with a total distance of 925.6kms



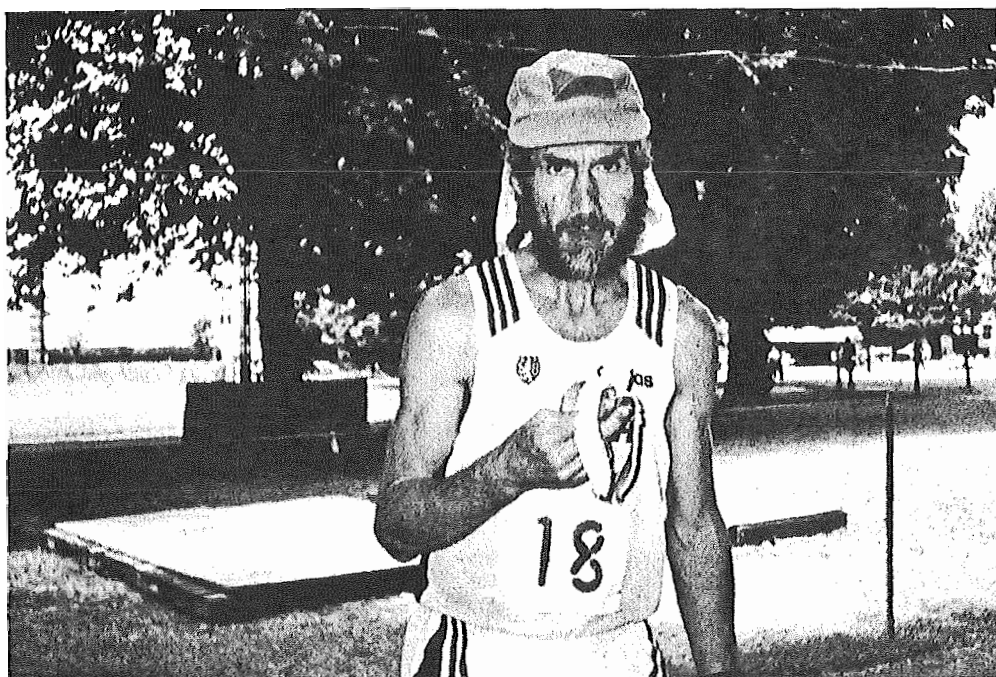
# 1999 AUSTRALIAN SIX DAY RACE AT COLAC NOVEMBER 14-20



Kate Condon, 11th place  
& 1st lady in this year's event.  
Kate covered 510kms.



(Below)  
David La Pierre. 3rd place  
with a distance of 690kms.



Tomas Rusek, 2nd placegetter  
with a distance of 759.6kms.

## Rainbow Beach Trail Run and Walk

**Saturday, 13 November 1999**

by Peter Lewis

The Rainbow Beach Trail Run, for the first time, had a walking section. In the longer event, a 45 km walk, 5 fellas and 2 women lined up. Dad and son, the Morgan clan, won these events in the male sections of the walks, hogging the top placings.

The picturesque surroundings were a constant tease to the competition, with shade most of the way during the event. Some of the birdlife sighted were the Brush Turkey, the spectacular Grey Goshawk, Wampoo Fruit Dove and the Green Catbird was heard, but remained unsighted. In the 52 km run, 4 men and 3 women lined up, dealing with the 7 km of beach as their first leg of the competition. There were several battles going on during the events as can be seen at the half way point, but the scenery was always there, crying out for our attention.

In the 15 km walk, another first time event, organisers successfully attracted 14 competitors. Nicholas Morgan won the male walk in 2:05:03, while Judy Moller won the female walk in 2:04:32. Bob Hill with a commendable 2nd at 2:05:40. Greg Moller was 3rd male with 2:21:09. Charlie Hall lapped up the scenery to come in 4th with the 5th male walker half an hour behind. The 30 km gut buster saw Corrie Davel 6th in 3:21:48 and Bob Burns 7th in 3:22:27. Lyn Lewis earned 2nd in 2:44:34 in the female section of the gut buster.

### 52 km Trail Run

Competitor	34 km Time	Finish Time
Malcolm Buchanan	2:27	4:26
Ed Matterson	2:24	4:36:36
Maureen O'Loughlin (F)	2:27	5:10:54
Grahame Walker	3:01	5:22:32
Kumi Kato (F)	3:07	5:29
Rainer Neumann	3:06	5:55:07
Vicki Tanner (F)	3:29	6:42:41

### 45 km Trail Walk

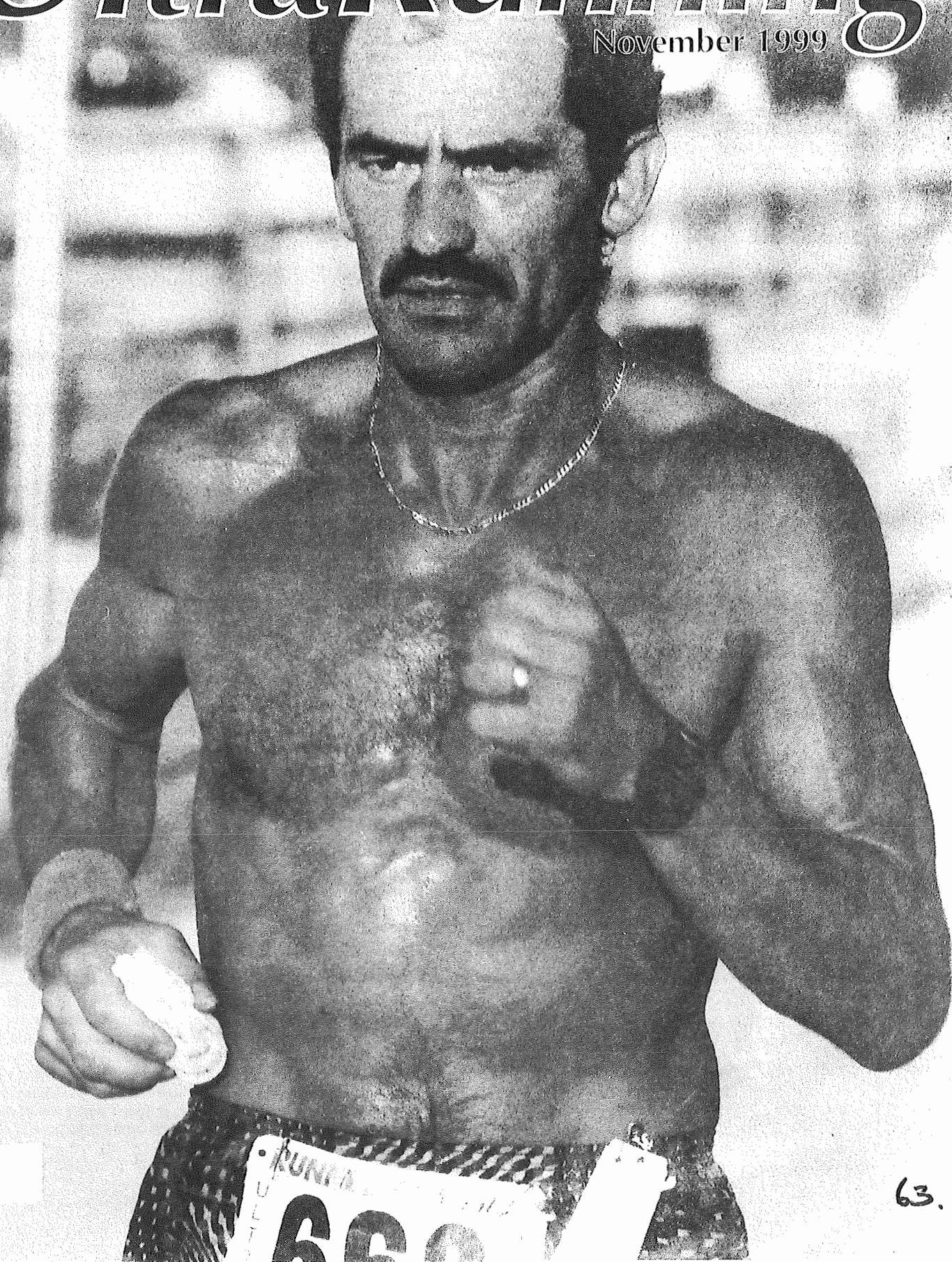
Competitor	Half Way Time	Finish Time
Rod Morgan	2:55	6:06:17
Arthur Cox	2:58	6:28:03
Kerrie Hall (F)	3:31:05	7:22:08
Ron Grant	3:34	7:22:08
Melanie Jonker (F)	3:34	7:31:58
Les Skiller	3:34	7:57:56
Peter Lewis	3:38:44	7:57:56

Reprinted from: ULTRARUNNING, November 1999, Vol 19 #6

Cover photo: Yiannis Kouros at the USA Track & Field 24 Hour National Championships (Olander 24 Hour), where he set a U.S all-comers 24 hour road best of 167 miles 781 yards

# UltraRunning

November 1999





# A Visit from a Legend, a Record by an Emerging Star

by Don Allison

The Olander Park 24 Hour in Sylvania, Ohio, has served as the U.S. national championship for seven years now, but for the first time, this year the event had an international feel as well. With 1998 24-hour champions Kevin Setnes and Sue Ellen Trapp set to defend their titles, Canada's Andy Jones also entered the race, with designs on the Canadian national record. As if that were not enough, just hours before the start we learned that the greatest 24-hour runner ever and perhaps the most prolific ultrarunner in the history of the sport, Yiannis Kouros, would run as well. This would be Kouros's first appearance at a U.S. ultra in several years.

That stellar field, the flat course, and ideal weather conditions had most everyone thinking that a record-setting day was in the offing. Those hopes would indeed be ful-

filled, but as often happens, most excitement would be provided by an unexpected source.

All eyes were on Kouros as the field of 161 runners lined up on the Olander Park footpath at noon under blue skies and warm, but not oppressive temperatures. The legendary Greek was introduced to the field, and he spoke to the crowd briefly, saying, "it is an honor to run in America once again. I wish all of you success and a good run."

Much has been written about Yiannis Kouros and his almost unfathomable running accomplishments through the years. He has won countless ultras at almost every possible distance, but his career is framed by his record run in Adelaide, Australia, in October 1997, when he covered more than 300 km in 24 hours, an average pace of 7:40 per mile for a full day.

Many ultrarunners and spectators were hoping to see the 43-year-old Kouros match or exceed that unparalleled accomplishment. Although he did not come close to that, his result in this race, when shown next to those of the premier North American runners, would offer graphic evidence of just how awesome his world mark is.

Despite the long and sometimes seemingly endless hours ahead, several runners shot out at a quick seven-minute-per-mile pace, leaving Kouros in their wake. Of course, that situation did not last long. Kouros quickly worked his way up to the front, challenged only by Jones, whose ultrarunning resumé, while not as prodigious as Kouros's, is still mighty impressive. Two years ago, Jones sped around the 1.1-mile Olander loop at 7:15 pace, establishing the North American 100-mile record of 12:05.

It appeared as if Jones was intent on maintaining that pace again, despite the fact that he was planning to run twice as long this year. Jones has the

look of an elite marathoner, reed-thin and built for speed. His stride is smooth and efficient at eating up real estate. One could not help but to contrast his form with that of Kouros. The compact and tightly-muscled Greek exudes power, not so much in running as in throwing himself forward with a tremendous thrust from the upper body in each stride.

Not to be forgotten was the cadre of elite ultrarunners vying for the U.S. championship. Setnes and Trapp were the clear favorites, both bringing the combination of experience, talent, patience, and speed that has resulted in so many American titles through the years. Setnes would have the

## Yiannis Kouros's 24-Hour Runs

### Track

188 miles, 1038 yards	Adelaide	October 4, '97
183 miles, 568 yards	Canberra	March 1, '97
182 miles, 1316 yards	Coburg	April 13, '96
177 miles, 555 yards	Surgeres	May 6, '95
177 miles, 161 yards	Surgeres	May 3, '96
176 miles, 388 yards	Montauban	March 15, '85
175 miles, 471 yards	Coburg	April 8, '95
174 miles, 484 yards	Melbourne	August 4, '90
163 miles, 377 yards	New York	July 2, '84
160 miles, 352 yards	Wyong	Jan. 26, '91
154 miles, 176 yards	Colac	Nov. 26, '84

### Road

180 miles, 589 yards	Basle	May 2, '98
178 miles	New York	Sept. 28, '85
177 miles	New York	Nov. 7, '84
167 miles, 44 yards	Toledo	Sept. 19, '99
144 miles	New York	May 20, '88

### Indoor Track

156 miles, 6 yards	Chicago	Feb. 14, '86
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more formidable task, faced with competition from the likes of U.S. national team member Mark Godale, former champions John Geesler and Roy Pirrung, and savvy 24-hour performers such as Minnesota's Danny Ripka and Tom Andrews.

With a quarter of the 24 hours elapsed, the leader board showed Kouros in his customary top position, having accumulated nearly 50 miles, with Jones in second place, and Godale in third. Trapp had established a lead in the women's race which she would not relinquish for the remainder of the race. To the untrained eye, it appeared as if others were moving faster than the Greek, but looks can be deceiving in a 24-hour race. While Setnes and others were employing scheduled walking breaks, Kouros soldiered on in his unrelenting run, impervious to all around him. While nearly all of the elite runners had crew support with elaborate camps and set-ups, Kouros ran unsupported, although surely any of the bystanders would have been honored and would have gladly complied, had they been asked to help. Instead he made do by using



Mark Godale setting a new U.S. 24-hour road record.

the tailgate of his sponsor Tim Kouronis's station wagon, which both had driven through the night from New York to get to the race just hours before the start.

With its noontime start, the race takes on a different feel as the sun sets. The reality of the task is unavoidable then, as runners, crew, and volunteers settle in for the hours of darkness that lie ahead. For competitors, the nighttime can be a boon, what with its cooler temperatures. In addition, one can move up in the standings with less

## Unlocking the Secrets of "The World's Greatest Ultrarunner (TWGU)"

I have been sent here by the Man. My mission is to observe Yiannis Kouros, the world's greatest ultrarunner (TWGU), to find out what makes him tick, what it is that makes him such a superior ultrarunner with endurance beyond that of other humans. According to the Man, 24 hours of observing TWGU that will unlock the secret to his virtually unlimited endurance.

I watch TWGU before the race. Nothing special there. As TWGU, he must meet and greet the other runners, and he does so easily, no strain or worry about the upcoming race evident. TWGU has no crew, just the back of a station wagon from which to obtain supplies during the race. He dresses in ragged shorts, no shirt. His shoes look worn out, like the ones I use to wash the car, years after their running usefulness has expired. I wrote this down in my book and underline it.

I notice that TWGU starts the race at a moderate pace, letting many other runners race ahead. He seems unconcerned about the competition at this point, which is very reasonable since there are 23 hours and 55 minutes left to go. Surprisingly, TWGU does not run with the graceful stride. He looks constrained, tight. Somehow I expected TWGU to appear more regal in his movement. The Man will be surprised at this observation.

I decide to leave my post for a few hours. Plenty of time left to observe. When I return, nothing has changed. TWGU is running exactly as he has been in the earlier hours. Several other runners still appear to be moving along at a faster clip. This is getting tedious. I am supposed to be unlocking secrets, but have learned nothing. I saunter over to the leader board. Hey, TWGU is in first place. I wonder how that happened?

Nighttime comes. TWGU has put on tights and a shirt bearing his last name. When you are TWGU, I suppose you are entitled to wear a shirt with your name on it. Onward he marches, round and round the loop. Many are walking now, but not TWGU. Only running. He weaves in and out of the groups of slower participants, im-

attention and fanfare, racking up mileage, while others rest or move more slowly.

One who made such a nighttime move this year was national team member Mark Godale. More than any runner in the field, Godale was running a race similar to that of Kouros, foregoing walking breaks and even such creature comforts as a clothing or a shoe change. In fact, even the Greek stopped long enough to add tights and a long-sleeve shirt, while Godale continued in shorts and a singlet, despite a chill that

pervious to the competition. What must he be thinking?

Since it is dark now, I unobtrusively head over to his car. What a mess! Clothes and food everywhere. How can he find anything in this chaos? He's got enough to feed an army, including something that looks suspiciously like baklava. I make a note. The Man loves baklava.

TWGU leads throughout the long hours of the night, but a couple of American runners stay close, as if being pulled to greatness by TWGU's inexorable pace. One hundred miles, 110, 120—on it goes, the totals ever increasing. The sun rises, but it is still chilly, so TWGU continues to wear the long tights. His pace has slowed marginally, but only upon very close observation. Every now and then a few of the top American runners run side by side with him, but TWGU does not seem to like this. He does not converse, and at the earliest opportunity he breaks free.

It appears as if TWGU will win the race. It will not be a record-shattering performance, but he ends up five miles ahead of Mark Godale's U.S. record nonetheless, racking up 167.4 miles, a total that few men have ever amassed in 24 hours. Could it really be? That sure seems like a lot for someone who was not running all that fast.

TWGU appears none the worse for the wear at the awards ceremony. He heads over to the massage table. I wonder if the young massage therapist knows she is working on the muscles of TWGU. Beer is his drink of preference now. The Man loves beer, too. Although most other competitors move with a rickety, hunched-over gait, TWGU is neither sore nor sick. He is composed, relaxed, unimpressed with his run. The medical area is pumping IVs like water.

The festivities complete, I head back to my car for the long trip back home. I do not relish having to report back to the Man on Monday. Despite the fact that my notebook is full of remarks and data, none of them are earth shattering nor interesting, for that matter. I was supposed to unlock the secrets of TWGU, but I am afraid I have not been successful. Could it be that there is no secret at all to becoming TWGU? The Man would never believe that. He says there must be a secret, and the Man is never wrong.

Don Allison

had replaced the warmth of the sun.

After midnight the leaders' mileage totals edged near 100. Kouros made it in 13:18, Godale in 14:08, and Setnes in 15:07. Reaching the century mark so soon was nothing new to Kouros, but for Godale this was uncharted territory. Only once had he ever ventured farther, in July's Badwater 135 mile. Meanwhile, Jones began to falter, slowed by violent nausea that would necessitate a stiff-legged walk for much of the later part of the race. If Setnes was concerned about anyone else, he sure wasn't showing it, moving with a calculated efficiency. And why not? That strategy has won him many an ultra, reeling in his more impetuous competition in the later stages, when the exuberance and speed of the start seem like a different lifetime.

The beauty of any 24-hour race and Olander in particular is that there are races within a race, and enough elapsed time to watch them change complexion many times over. Age-group national titles are often as hard-fought as titles in the open division, as runners identify and engage the competition in a day-long battle, often carving out huge leads, only to see their prior efforts evaporate like sweat in a cool breeze. Conversely, runners who have nearly given up all hope for a successful race find new life in a blissful rest, the breaking dawn, or even a different pair of shoes.

Aside from the dawn, such luxuries were not to be had by the lead runners. Kouros was offering a display of why he is the best ever at long-range ultras. Although his pace had slowed slightly, his demeanor had not given the slightest hint of a struggle. Even having to weave in and out of groups of other competitors over and over seemed not to bother him at all. The superstar did not disappoint—all in attendance knew they were witnessing something special.

They were also witnessing the emergence of an already elite ultrarunner to a new level. While the weight of nearly 20 hours of effort caused most of the field to slow markedly and often struggle to move forward, Mark Godale continued his astonishing run, refusing to give an inch to the fatigue that must have infiltrated his body. If anything, he was running faster with each ensuing lap, blowing by startled walkers and runners alike. His friend and crew, Wayne Vereb, was not surprised at all. "Mark is the ultimate warrior," he said. "Look at him. He doesn't have the body or the genetics of some of these other guys. He does it with toughness and heart. No one has the heart that he has. He doesn't know any other way than to run all out."

Godale's remarkable effort drew as much interest as Kouros's run, if this is at all possible. Perhaps even more startling than Godale's pace was the fact that he had caused Setnes to alter his strategy and to make an extended push to erase the seven-mile deficit that had been created between the two. It was already too late, however.

## Olander Splits for the Leaders

3 Hours	6 Hours	9 Hours	12 Hours	15 Hours	18 Hours	21 Hours	24 Hours	
1. Kouros-24.89	Kouros-48.47	Kouros-69.79	Kouros-91.12	Kouros-111.32	Kouros-130.40	Kouros-148.36	Kouros-167.46	
2. Jones-24.55	Godale-45.73	Jones-68.32	Godale-86.14	Godale-106.34	Godale-124.30	Godale-143.38	Godale-162.46	
3. Geesler-24.47	Jones-44.75	Godale-67.06	Jones-80.66	Setnes-98.87	Setnes-115.71	Setnes-133.67	Setnes-147.16	
4. Godale-24.41	Setnes-43.88	Setnes-62.96	Setnes-78.67	Jones-96.38	Ripka-109.57	Ripka-123.04	Andrews-139.06	
5. Pirrung-22.95	Strayer-43.88	Strayer-61.83	Ripka-78.15	Ripka-93.86	Jones-108.72	Emmons-122.44	Ripka-137.66	
6. Setnes-22.55	Geesler-43.55	Ripka-61.31	Albrecht-76.42	Pirrung-91.42	Emmons-106.73	Jones-122.19	Pirrung-135.19	
7. Strayer-22.55	Albrecht-42.75	Albrecht-60.71	Pirrung-75.70	Albrecht-91.02	Pirrung-104.88	Pirrung-120.60	Emmons-134.79	
8. Albrecht-22.55	Gibson-42.75	Pirrung-59.99	Gibson-75.30	Emmons-91.02	Andrews-103.10	Andrews-119.93	Jones-133.46	
9. Gibson-22.55	Triantos-42.75	Gibson-59.59	Emmons-74.18	Gibson-91.02	Albrecht-101.12	Trapp-116.11	Trapp-131.86	
10. Ripka-22.03	Ripka-42.23	Geesler-59.27	Triantos-73.06	Andrews-87.38	Trapp-100.40	Hagen-112.44	Hagen-130.46	

There was no stopping the 29-year-old Ohioan. With 22 hours done and the U.S. championship all but sewed up, Godale set his sights on Setnes's American road record of 160.2 miles. It would take two more painful hours of non-stop running, but he proved equal to the task, not letting up on the throttle until the final gun, more than two miles clear of the now previous record. He had even forced Kouros to dig down to keep the margin of victory secure in the final hours, and all but obliterated the elite U.S. field, with Setnes the only runner within 22 miles of his final total.

There is a price to be paid for excel-

lence, however, and Mark Godale was paying dearly after the race. His body wracked with severe dehydration, the U.S. champion shivered uncontrollably under a layer of blankets as fluids were administered intravenously. Vereb looked on with a wry smile. "Hey, this is nothing new for Mark," he said. "He is just tough, that's all. He's a throwback. Sometimes, he'll have a bad race because it just isn't his day. Sometimes, he'll run great like he did today. Either way, he'll give you all he's got." During this day and night in a small Toledo suburb, that was enough to gain a championship, an American record, and a place

next to the greatest ultrarunner. Sometimes you find history in places where you aren't looking for it.

### Kouros Wins USA 24 Hour Championships Olander Park 24 Hour, Sylvania, Ohio 18/19 September 1999

Under mild, pleasant skies, 160 ultrarunners set out to cover as much mileage as they possibly could on the 1.1 mile circuit around Olander Lake in Sylvania, OH. The venue is the base site of the Toledo Road Runners Club, who hosted the American all-day/all night title event here for the seventh consecutive year, in conjunction with the American Ultrarunning Association. The favorites were defending USA national 24 hour champions Sue Ellen Trapp, 53, of Fort Myers, Florida, and Kevin Setnes, 45, of Eagle, Wisconsin.

Trapp coasted to the easiest of her now total of six 24 - hour National titles, besting Lynne Werner of Seattle, Washington by some 51 miles.

Setnes, on the other hand, has his hands more than full, as a multiple world - record holder Yiannis Kouros (universally regarded as the best long-range ultrarunner in history) originally from Athens, Greece but latterly of Melbourne, Australia unexpectedly entered the evening before the race. Yet not only Setnes, but also Kouros, the latter perhaps expecting to coast to a relatively easy win, and everyone else in attendance was surprised by unbeaten 29 - year old Mark Godale of Aurora, Ohio.

A three-time journeyman member of the USA national 100km team with no long-range ultra credentials of note, Godale ran the second greatest 24 - hour performance in American history, bettering Setnes' American road record by two miles and falling a few miles shy of Rae Clark's American track record. In doing so, he put an all-night scare into the otherwise unflappable Greek phenom, and pushed Kouros to the fastest official 24- hour performance ever run on American soil.

Setnes held onto third place overall, and took the American silver medal behind Godale's first national title.

#### Open Men

1. Yiannis Kouros, 167.44 miles (New official U.S. All - comers road record) = 268 km
2. Mark Godale 162.46 miles (New official American Open road record)
3. Kevin Setnes 147.14 miles

# The Comrades

16 June 1999

Nine Sydney Striders represented our club at this year's Comrades. We appeared to be the biggest Australian Club group. The total number of Australian's to finish was 29.

## Sugar levels

The Comrades Association 78-year history results in an excellent event management style. Support for runners before, during the event and at the finish has to be experienced to be believed. There are drink stations every couple of kilometers that supply Coca-Cola (the best running aid in my view), sports drinks, water, a good variety of lollies and other food - even boiled spuds at some. They also have a few super efficient diabetic blood sugar checking stations for those in need of this service. Runners would not hit the wall in any event if they could monitor and maintain their normal sugar levels in my view.

A high level of mutual support of runners for each other helps make this a pleasant day, as does the atmosphere of some 14,000 runners setting out at 6.00 am in the dark. The start involves some rousing music including Chariots of Fire, a simulated cock crowing and ra ra stuff to get the runners revved up to do this 89.9 km event. A large proportion of the route is lined by an equally enthusiastic larger number of people enjoying picnics and barbecues while cheering on runners. They are a great inspiration to keep going.

## Cut-off times

The event is drama filled due to the silver medal and overall finisher's award cut off times being 7.5 hours and 11 hours respectively. If you are not over the line too bad, even though you may be only a metre away from crossing it. Of the 14000 that were scheduled to start the event about 11000 finished within the 11 hour time limit. The majority of finishers crossed the line within the last hour

This year was a downhill run from Pietermaritzburg to Durban. Next year is an up hill run from Durban to Pietermaritzburg. Both ways have lots of ups and downs, some of them serious ones. The finish time limit will be 12 hours to encourage a lot of athletes that did the event in earlier years to return and run the 79th anniversary of the initial Comrades run and the first of the new millennium.

## Striders are welcome

Despite the crowd it is easy to spot Sydney Striders. Being able to have a chat with fellow Striders enhances the event. Jim Screen and I ran the first 25 km together. I later ran a short distance with Alf Field and managed a quick hello to a couple of other striding comrades at different stages. The crowd also gave a lot of support to Sydney Striders because of our running gear showing we were from Sydney as well as the comparatively large presence of our Striders over the years.

This year the Australian - South African World Cup one day cricket final was due to be played the next day which caused alot of bravado comments about how we would be trounced. It was fun to respond to these calls, but it would have been greater fun if we could have had a re run two days later. This would have let us stir the crowd about our win that came about due to the SA teams serious error in the last over when we won the World Cup because of a run out that should never have occurred.

## Unforgettable

I was so impressed by this year's event the memory of the day and satisfaction of having done it will be stored in my head for a very long time. The finish in the packed Durban stadium is a memorable one all by itself. The full stadium cheers loudly to encourage those still running close to the 11 hour cut off time encouraging them to speed up. The Sydney Striders group all performed well and successfully completed the event within the cut off time.

## Cramps

Richard, Dick, Alf and Pierre have each completed many Comrades. Richard has done more than 10, which earned him a green number. He also has 2 silver medals. Jim has done 2. For David, Gordon, Gary and myself it was our first. Dick suffered cramps for over half the distance and did well to complete the run. The rest of us had the normal ups and downs you would expect for a long working day style run. It's like a whole of life experience as you go through stages of despair, joy and satisfaction during the period of the run. Levels of optimism vary to pessimism as your original time goal disappears and then reappears or is replaced by an extended goal. This all becomes irrelevant when you finish and the joy and huge satisfaction of having completed this event takes over.

## Support extraordinaire

Comrades is a one of a kind race. The biggest crowd doing a long ultra with a huge support group and mutual support for each other is more notable than in any other event I have experienced or heard of. The level of assistance, support and positive encouragement is a unique experience that it would be hard not to thoroughly enjoy, despite the body feeling pain at times.

If life presents a possibility to do this event I recommend you seize the opportunity. The only trouble is the first one may hook you and you'll become addicted and want to keep doing them like Alf, Dick, Pierre and Richard. I am a little addicted after the 1999 event and am now trying to work out if and how I can get to Durban for 16 June 2000 to do next years event.

THE BLISTER NO. 75 JULY - SEPTEMBER 1999

  
**Sydney Striders**



## 1999 Australian Ultra Running Survey

### Results and suggestions from:

Thanks to the eleven people that completed and returned the Survey that was in the last issue of UltraMag. It was definitely a cross section of the Ultra community that responded and hopefully I have interpreted their responses correctly.

**QUESTION SEVEN – What is your favourite type of Ultra race?:** Over sixty three percent of the responses listed “Trail” as their favourite type of race. I believe we have members in Sydney and Brisbane who are interested in increasing the “Trail” focus in their state.

**QUESTION EIGHT- What is your favourite distance:** The same sixty three percent of responses listed “50 to 100km” as their favourite distance. Eighteen percent of the responses were undecided and the other eighteen percent favoured the longer distances.

**QUESTION NINE – How would you like to see the Australian Calendar improved?** A majority of the responses would all like to see more consultation between Race Directors around Australia. This could happen on an annual basis and would lead to a better calendar. It was also suggested that firm dates should be also listed on the calendar or they do not appear. Some of the parochial responses also suggested that there should be more races in their own state. Yes it would be nice!

**QUESTION TEN – Are you happy with the current value of your AURA membership?**

All of the responses replied with an emphatic “YES” to this question.

**QUESTION ELEVEN – If AURA had more responses at their disposal what services would you like to see them provide?**

- Paid ads in major running magazines pointing Marathon Runners towards the Ultra
- A Teams Championship over 3 days
- More UltraMags
- More events in own state
- More personal stories and photos in UltraMag
- More promotion
- Discount on running gear
- Details on overseas races
- National awards for achievers of the sport
- More trail runs.

Certainly many and varied answer to this question.

**QUESTION TWELVE – Would you be happy with an AURA membership fees from 2000.**

All of the responses were happy with fees going up next year.

**QUESTION THIRTEEN – How do you think AURA and Ultra running could be better promoted in Australia?**

- Improve our knowledge in the marketing and promotion area. Involve the mass media
- Promote in Marathon Goody Bags
- Affiliate with Aust running groups and cross advertise
- Flyers at Gyms and running clubs
- More regular web updates
- Promote Ultra's as non elitist and as a running adventure
- Become part of mainstream athletic groups
- Need a new event that captures media attention
- Get more sponsored races without the Hype!

**QUESTION FOURTEEN – Would you be able to help publicise and promote AURA and ultra running?**

A lot of the responses are already actively involved in promoting the sport and the rest of the responses indicated that they might do some more to help the sport. Some were unsure because of their lack of experience. How do you get experience? Let's do it!

**QUESTION FIFTEEN – AURA undergoing a name change?**

The response to this was a definite "No". I think I'll blame my thought processes at the sixteen hour mark of my last 24 hour.

**QUESTION SIXTEEN – With technical advice from AURA would you like to be a Race Director for an Ultra event?**

This survey identified at least four new people who would be willing to become Race Directors. The rest of the responses either are already involved in running a race or have been involved with heavily promoting the sport.

**QUESTION SEVENTEEN – What do you think of the "UltraMag" magazine?**

Every adjective to describe "good" was used in the responses. Perhaps the only negative comment was that some races have too much content. That probably occurs when one of our many regular contributors is in that particular race. It was also suggested that there should be more profiles on different runners.

**QUESTION EIGHTEEN – Should there be more handicap races incorporated into Ultra running.**

Opinion was evenly divided on this issue.

**QUESTION NINETEEN – Would you support an AURA Ultra Athlete of the Year Award?**

Over seventy percent of the responses supported this concept. Some were worried that it would be elitist and the winners would be restricted to a select few. Perhaps not – those that compete frequently would probably stand just as much chance.

**QUESTION TWENTY – Are you happy with the current format of the National Committee and State reps?**

Opinion was evenly divided in this area. The responses that weren't happy would like to see more representation on the National Committee or Interstate Reps have more roles and responsibilities.

**QUESTION TWENTY ONE – Do you know anyone that has left AURA in the last five years?**

Every response was in the negative

**QUESTION TWENTY TWO – Introduction of a Discount Card?**

Opinion was evenly divided on this and some responses didn't fully understand the concept.

**QUESTION TWENTY THREE – Any further comments?**

- Keep up the good work
- More Government support
- More trail running
- Life membership – I gather people could purchase this.
- Don't let it die
- Need a new race to grab media attention – International Challenge with Pay TV backing
- Need more parties to stand up for positions
- More self supporting trail races

Thanks once again to the people that responded to the survey. Due to the small response I don't think we can take this as a definitive guideline but it is a good starting point.

I perceive that the following points can be followed up on.

- More short trail runs( 50km to 100 miles)
- More promotion and marketing of the sport
- Open up National Committee to Interstate nominations.- Dot , Geoff and Tony ( have been doing a great job for years – but must be getting tired.
- Introduce AURA Ultra Athlete of the Year Award
- Coaching of potential new Race Directors

If any of the people that responded to the Survey or anyone else would like to assist in developing any of these areas please contact myself or any of the members of the National Committee. We would love to hear from you.

Phil Essam

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## CONTROVERSY AT THE INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

Below is a copy of a fax sent to IAU president, Malcolm Campbell, by AURA president, Geoff Hook. In fact there is a web site that contains all of the comings and goings at the IAU, those of you who have access to the internet can check it out at <http://Fox.NSTN.Ca/~dblaikie/uw-iau99.html>

Mt. Waverley, Australia (UW) - Geoff Hook, president of the Australian Ultra Runners Association has faxed the following letter to Malcolm Campbell, president of the IAU, supporting the alternative constitutional proposal put forward by New Zealand.

Dear Malcolm,

With reference to your fax to Ian Cornelius, dated 3 November 1999, I assume you want confirmation of AURA having signed-off on the draft constitution by Ian, although you haven't directly requested this confirmation from me.

Therefore I would like to confirm to you that AURA supports this draft constitution and believes it is a valuable contribution to helping the IAU meet the challenges of the future.

For too long the IAU has talked of the need for a constitution but progress has been too slow. On several occasions in the past, members of AURA said to me that the IAU is an unelected body without proper foundation, but I would counter with .."yes, but we are working on a formal constitution and a transparent election process." AURA believes that Ian's draft document should be seized by the IAU as a great start to the legitimizing process. The previous drafts from Andy Milroy/David Cosgrove and you lacked the depth and substance of Ian's draft.

A democratic IAU that has free, open and fair elections is the wish of all ultrarunners. I commend Ian's draft constitution to you and the rest of the IAU Executive Council.

Regards

70 • Geoff Hook  
President - Australian Ultra Runners' Association Inc.

## Introduction to Multi Day Events by Malcolm Campbell

A triathlon is a tough event and the previous article by Erik Seedhouse illustrates with great clarity the discipline necessary to complete such a journey. Triathletes in the reported event have one luxury multi day specialists do not enjoy. They do not need to sleep during the period of the event and are not faced with the problem of finding the right balance between sleep deprivation and performance. A multi day event is a mind game as much as a physical test and the specialists probably know more than most about survival, endurance, pace judgement, diet, race psychology and tactics.

Triathletes as described in the preceeding article deserve the greatest respect and their particular ability is measured by the way they are able to maximise performance over three separate disciplines. They are certainly tough. Even so whilst the demands of a multi day event are less sharply defined they are no less extreme and the leading specialists are far in advance of most scientific endurance theorists. There is a tendency to underate this very special group of runners and that is a mistake. Whatever problem faces an ultradistance runner in a 100km event is certain to have been faced and probably solved by a multi day specialist.

The philosophy of ultra can be summed up in one word - "Beyond". First they ran further than the marathon. Many of them established outstanding times over 100kms. It wasn't enough. The 24 Hour Event beckoned and man can now run over 170 miles and woman over 150 miles during the passing of one day. It wasn't enough and the sport progressed from 6 Day Races to 1000 mile races and even then the momentum did not stop. In New York this year runners will race over 2700 miles.

The 100km will always be, and rightly so, the Blue Riband event of the sport but recognition needs to be given to those good people who wish to travel beyond the limitations of a standard distance.

On the next page is an article on preparing for a 1000 mile race. It's written by Dan Coffey, one of the most experienced-and certainly one of the most respected-multi day specialists in the world. He is the General Secretary of the Road Runners Club (GBR). He has things to say and if you have any sense you will listen. If you dare- enter a 1000 mile race but before doing so listen to Dan.

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Reprinted from IAU Newsletter, Autumn Edition 1993

### Preparing for a 1000 miles Race by Dan Coffey

As I am approaching the end of my ultra running days, I would be happy to put down on paper a number of random thoughts on preparation, psychology and actual experiences felt during such an arduous event. If at the end the reader/runner has not been put off then like the carcass said as one of Mickey Mouse's characters entered Death Valley-"Don't say that you haven't been warned!"

Preparation. There are three aspects that I wish to comment on.

(a). Physical.                      (b) Practical                      (c) Mental

(a). Physical. For the reader there very often is a thought when considering such an undertaking that the level of training required

must be of an unattainable level; this simply is not true. I found that by increasing my mileage to a level that I was not accustomed to became so arduous that I quickly changed to a more sensible level and looked for ways in which I could gain confidence.

At my peak my daily schedule for a two week period prior to an event allowing for one week's recovery was as follows:

A.M. 15 or 18 miles steady running in woods and heathland. Before lunch a run of 8 miles on roads at steady speed, followed later by a run of 10 miles on the roads at a pleasant pace depending on how the body felt; this could vary from day to day. Very often this would degenerate into a battle of survival to maintain a pace that looked respectable to any observer, however I always honestly thought that I was shuffling like a tortoise; how little did I realise that 1000 miles racing left a runner thinking along the same lines. Would it ever be possible to run at a speed greater than 4.5. miles ever again and that was with trying to maintain the pace?

This is one of the preparations that the runner cannot get used to in a 1000 mile race. Prior to this period of intensive (for me) training, my daily mileage never exceeded 20 miles nor dropped below 10 miles and I always had Sundays off to recover and go to Church to pray for strength to survive the following week!

In terms of mileage I rarely exceeded 120 miles in a week, most of the time it was in the region of 75 to 95 miles, often a hard week followed by two weeks of lesser mileage. At this time a full teaching schedule at School was being maintained. After my first 1000 miles excursion I changed my training strategy to include weight training, with the emphasis being placed on upper body strengthening, which I had found in earlier ultra distance events to be severely weak. Circuit training and the use of an exercise bicycle were also added to my programme. Although tempted I could never include swimming as chlorine in swimming baths affected my eyes too badly and left my muscles like bags of jelly.

(b). Practical. The following factors make for an easier time during racing.

KIT. If, like me, you wear socks then check the elastics at the tops before racing, as feet swell considerably during these events and the elastic often gives the impression of Tendonitis occurring. Therefore I cut the elastic threads beforehand.

Make sure that T shirts are really loose and well worn. It is better to wear them inside out which prevents chafing from seams. In very hot conditions vests would be worn but in strong sunlight a loose light long sleeved top is preferable allowing the use of T shirts during the night.

Even in the Summer months extra cold weather gear is useful. This is because the body does reach such a state of exhaustion on occasions that a slight Summer breeze feels like an Arctic blast in Scotland in February. Well that is how it feels to this soft Southern Briton!

The same applies to wet weather gear. Often one imagines that a light showerproof cagoule is adequate but, if you want to stay out in rain you will soon get very wet and cold. The philosophy of taking a break during rain does not really work; you will find yourself lying in a sleeping bag listening to the rain and putting off the evil moment longer and longer. When you finally emerge and see how many miles you have lost and other runners looking quite comfortable in full wet weather gear, a feeling of total dispiritment will descend on you as once again you try to warm up the body and gain lost ground.

HEAD GEAR. Again this is a matter for the individual runner, but it does afford some protection from hot sunshine, particularly if you are a little thin on top, and often can be quite comforting during the night. I might add at this point that a pair of sunglasses is very useful. They cut down the glare of sunlight and reflected light from road and some track surfaces. Tired eyes have a debilitating effect on your physical performance.

FOOTWEAR. This item has been left to the end of kit preparation because it really is the most important item that you must consider; the following thoughts from experience may help. The shoes used must have already been broken in and trusted. Consider also the following point; you are going to be on your feet for very long unaccustomed periods of time, so the feet will swell gradually. Therefore another pair, at least, must be taken that are at least one size too big. Do not use them at the outset otherwise you may experience blistering, however as the race progresses you will use them more and more because the other shoes will not fit. If possible take two pairs of oversize running shoes so that they can be used alternately. If you do this then you might find that one pair would have been enough and wondered if I was getting commission from the promotion of shoe sales, but you could discover also to your cost that what I have advised should have been heeded! Only run in shoes that you know are comfortable to you and ignore advice that any particular type of shoe is best for such an event.

Finally pay great care to lacing of shoes, I use the lacing system of cross over and vertical lacing as this allows a lot more width to the tongue of the shoes and prevents bruising of the tendons on the front of the feet.

FINANCE. Arrange beforehand to pay all outstanding bills that will occur whilst you are away. It is quite amazing how these issues become so important to you as you become mentally more and more tired. I make a list of what I have paid and take it with me; this is a useful way of knowing what has been done- of course this action may not be necessary to you but for me it helps to know that the house, literally, has been left in order.

DIET. If you are in the habit of taking vitamin supplements and/or iron make sure that you take an adequate supply with you and inform the race organisers what you are taking. This stops the suspicious looks that may happen when you pop a pill in your mouth. With regards to favourite foods, if possible take some with you or ascertain if you can get them locally. They become immensely important to you during the event if you cannot get hold of them, almost to the point of an obsession that you must have them. USA laws on the importation of nutritious foodstuffs are very strict so do check these up in advance if proposing to race in the States.

(c). Mental. Regard what you are about to attempt as a straightforward job of work that has to be tackled in a practical manner. You have completed your apprenticeship in the long period of training that you have undertaken.

Do not think about what is in front of you too much otherwise you may become terrified, rather think of it as an exercise to see how much distance that you can cover whilst still being in good condition!

Plan a course of action. How long do you intend to run in one session? Write up three schedules from the easiest to get you round to the one that you consider would give you a very good time. I found from experience that by using the top schedule for the first few

days, it gave me great confidence to move to my middle schedule as I had so many miles in hand.

Give very careful consideration as to how long you will sleep. This will depend on how much sleep that you normally need. If a lot then plan for it; if you can get away with less then good luck, but do not allow yourself to get into sleep deprivation. This creates problems from which you cannot recover during the race. In my first attempt at the distance I thought that if I ran a good 6 day race then I would have plenty of time for the remainder. It did not work out like that and I retired sick. You are running a 1000 mile race and that must always be at the forefront of your mind.

Plan to divide your day into a number of sessions. As I have a very simple mind I always divided my day into two sessions, A.M and P.M and put one of my rest breaks in each session. This allowed me to see how much I needed to do in the second session to maintain my target.

Think when planning your schedules that you only need to run three marathons a day to achieve a target that will get you inside 15 days, and you have all day to do it when you are racing. Make a point of forgetting that you have got to do it again the next day. "Sufficient to the day is the evil thereof".

Fantasize when out on long runs, how good I will be feeling through the race and prepare to climb on to cloud 9 when it is all over. Work out how much you will need to break somebody else's record, and remember that if you belong to an age group of aging idiots who ought to know better then see what you need to do to join them.

Often in long training runs I could visualise Yiannis Kouros just ahead of me looking bad, and I would pass him on a downhill section with consummate ease; never could do it going uphill though.

If the course is a lap course try to find out what it is like beforehand and set yourself a lap that you think will be similar. This is of great benefit during the race.

Psychological Factors Adopt a positive approach to the race. For instance when you have taken your first running stride in the event it will no longer be a four number race. You are already in the 900s! The further you go the less distance there is to be covered. Each step that you take will never have to be repeated. This is the culmination of all your training and now you will show all those doubters.

Do not look for bad days to arrive during the race. Many runners get very concerned after they have been running for 8 or 9 days that they have not had a bad day yet; surely that was why they did all the training. A bad day can occur for the silliest of reasons or no reason at all. It may be blisters, an upset stomach, an injury or dehydration. In many of these situations get treatment. Put it right. Salvage what you can of your schedule and come out smiling the next day to take up the challenge again.

Be prepared to run with other runners for a chat, and be ready to leave them if they are running too fast or too slow for you. This after all is your race.

I mentioned using a similar circuit when back at home training. The advantage is that you can, in your mind, return home and have a run round your own circuit. In fact you can often, in your mind, run on some of your favourite training courses and feel the rain and the wind of the winter!



Keep a check on what time it is back home; who would be doing what and where. Is it a football team or cricket or tennis or a hundred and one other things-another mile has passed and you never even noticed it. See it does work!

If the time zone is different from that back at home wear a watch with your own time on it for a few days until accustomed. This will explain to you why you feel so tired at 8 P.M in New York! I use two watches so that I always know what time it is where I am.

Try not to worry about positions in the race. Someone in the front may be coming back to you. There is plenty of time to catch them and if you are passed do not panic-the next day may see a complete reversal. Remember that when you are suffering so is everybody else. even if it is not always obvious at the time.

Towards the end of the race try and visualise races that you have been in at home. One year over the last 100kms I ran in my mind a 100km race; the London to Brighton race; the Woodford to Southend race, the SLH 30 mile race and the London Marathon. I became quite confused at one stage about which race I was actually supposed to be in but was delighted to discover that I now had less than 15 real miles to complete the thousand.

The final thing to do is to walk on for a lap or so after the finish and ask your lap scorer to note down the time taken. This is two laps for Martyn Daykin (GBR) who set a World Best for 200kms only to find afterwards that he was two laps short. Thus no record!

A few words about experiences I have had during races. There are highs and lows. Times when I felt that I was floating along effortlessly and times when I could not even reach the end of the lap. Attempting to sleep with the roar of jets taking off. I always seemed to choose rush hour for sleeping. There was one runner with a radio on the head and all communication was impossible unless by hand signal. Later I found it was to block the noise of jets. so next time I took earplugs with me. Very useful when I could remember where I had put them down last.

One year I watched a young bird learn how to fly. I became quite attached to that little family and they never knew.

Occasionally I found a runner in great distress. At such times all thoughts of competition disappear and you attempt to help. These races can have a great emotional effect on runners.

Another problem that occurred was believing that leader boards were not up to date. This often was the result of a tired mind already marking down the next mile when you were still running it.

Once I asked for a massage as my thighs were so tight. The masseur started then stopped and refused to do any more until I had drunk as much water as I could manage. Tiredness of the mind had allowed me to forget the simple basics of survival.

The highlights of my races were always at night when I could run more freely. Less heat. No glare. Other mortals were sleeping and I was gaining on them. If I write anymore anybody will be able to beat me at my own game and as I re-read this article I think there might be one more good 1000 mile race left in these legs of mine. Perhaps I will write myself just one more training schedule and see how things go with it!

# Alcohol and running

## Walking the length of Britain on tequila and orange juice

By John Bryant  
London Times



**London** - Pounding your way on foot from John o'Groat's to Land's End is thirsty work. And these days there is a terrifying array of sports drinks that boast that they can quench the most raging thirst and soothe the driest throat.

But Ian Botham, striding his way towards the Forth Bridge on his latest charity jaunt, to raise "millions" for leukaemia research, is not a man to be impressed by the latest trendy drinks to hit the fitness studios of London. He is getting through a marathon or so a day at 4.3 miles per hour, and when the going gets too tough he has his own special mixture - orangeade with tequila.

"I only ever drink tequila when I'm walking," he said. "It's medicinal. We're all surprised, but it does the trick when things really hurt. Of course, I take water, too, but no sports drinks. The best thing at the end of each day is a drop of dry cider."

### Debate over alcohol

Botham's swashbuckling swigging is a valuable contribution to a debate that goes back a couple of centuries: what is the best liquid replacement for a sportsman, and does alcohol have any part to play in the mixture?

Nineteenth-century trainers were never keen on water. They urged their athletes to replenish liquid losses with beer, which was much less likely to poison them. Typical, for instance, was Len Hurst, one of the greatest British distance runners of the turn of the century. He trained three times a day, washed down his meals "with good bitter ale", and when racing drank a mixture of egg and sherry. After beating many world records he retired in 1908 to run a pub.

Since the 1970s and the exercise boom in the United States there has been a massive market in sports drinks. In Britain we spend nearly £100 million a year on them. Before that, sportsmen relied on their appetites to come up with concoctions to boost performances.

### Arthur Newton

There was no greater pioneer in the study of the human body than the record-breaking Arthur Newton who, in the 1920s and 1930s, experimented on himself with enormous amounts of training and various diets. His conclusions, based on meticulous trial and error, are not so different to those of Botham.

Newton, having heard many old-time sportsmen suggest that a touch of alcohol could perk you up, was determined to test this. Writing in 1935 he said, "I find that beer and porter are excellent if taken in small doses, even during a race. If any one item has been persistently advertised as being ruinous to athletes it is alcohol . . . and yet? If alcohol would be of distinct benefit I meant to find out.

"I went out for a 40-miler and called in for brandy with only five miles of downhill remaining. I put about six tablespoons of water to the spirit and gulped it down. I felt less tired and my pace increased, but it did not last for very long. By the time I had covered some four miles I noticed that the effects were beginning to wear off. I decided to test it once more, so I set out to make myself excessively tired, swallowed a teaspoonful of brandy in six or seven of water and again found the conditions were eased

## Road to Brighton

"When it came to the 54-mile race (London to Brighton) I was training for, I arranged for precisely the amount of dope that experience taught me was beneficial. I was a winner by nearly half an hour. I am convinced that there are times when spirits in strict moderation are of real benefit."

No doubt the purveyors of modern-day sports drinks would gulp in horror, but two years ago a report from the Food Commission said that many so-called sports and energy drinks are little more than sugar-laden soft drinks packed with a cocktail of additives. Most would be better off munching a banana or drinking fruit juice after a workout.

As well as the high cost of such potions, many of them taste foul, and it is little wonder that there are plenty of sportsmen ready to turn to the more palatable alcoholic drinks. Juha Vaatainen, European champion at 5,000 and 10,000 metres in 1971, used to say he ran "like a madman by day and drank like a champion by night" - downing a daily bottle of wine to ease the pains in his joints.

## David Bedford

Several of his successors, including Britain's own world record-holder, David Bedford, were no strangers to the benefits of the brewery, even at the height of their powers.

Last year the Flora London Marathon produced their own sports drink, "Liquid Power", which I tried out, along with Chris Moon, during a 250-kilometre run in the Australian Outback.

Our conclusion, backed not by science but by many thousands of footsteps, was that it worked - but to drink this stuff you needed a dash of gin or Bacardi. Perhaps we'd all be better off if, like Botham, we mixed our own sports drinks.

Three-quarters of a century ago Newton devised a formula that he said would work wonders for any exhausted man. It contained one tablespoon of sugar, half a teaspoon of salt, three-quarters of a teaspoon of bicarbonate of soda, water and lemonade. If the tequila runs out, even Botham might find it useful. Newton named it simply the "corpse reviver".

*(Ultramarathon World: <http://fox.nstn.ca/~dblaikie>) (23oc99)*

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*If today you jump higher, or throw further or run faster than you have jumped or thrown or ran before, then that is victory. It doesn't matter whether you finish first, second or fifth . . . you've won! You've conquered yourself, for yourself, and that is all that matters. that's why we do it!*

**Franz Stampfl**

# Pulmonary Emboli: A Personal Struggle

by Bruce Boyd

I am writing this article for a few reasons. I was recently diagnosed with "pulmonary emboli" in both lungs. While the condition is not that common among active people, it is often difficult to diagnose and can be fatal. Also, there does not seem to be a large body of information about the illness and its course. It is therefore difficult to have a sense that you are healing at an appropriate rate. Any input from others who have experienced this problem would be helpful. And, while the fitness level of ultrarunners may be better than average, there may be reasons why we are more susceptible to this malady than the public at large.

What follows information that I have read or obtained in discussions with doctors, nurses, and others with varying levels of knowledge about the illness. It is therefore anecdotal and not authoritative medical information. Disclaimers that could apply, do.

At the end of September 1998, I experienced shortness of breath and elevated heart rates while running. A few days later I had severe pain in my left lower back and in the region of my left collarbone. It hurt to breathe and even more to cough or sneeze. Upon being x-rayed, a slight shadow on my lung in the area of the pain was noted. I had no other symptoms. The initial conclusion was that something had irritated that portion of my lung, but whatever that was, it was no longer apparent. I was given an anti-inflammatory drug, and we decided to monitor my progress over the next several weeks. The pain subsided immediately, but I noticed a slight pressure where the pain had been, and an elevated heart rate when I ran. I also experienced mild coughing and a need to clear my throat. My resting heart rate remained in the 45 to 55 range.

In my initial visit to the doctor he had asked if I had taken any prolonged plane trips. I had not, but I had driven to a 24-hour race and back, 750 miles each way.

During the next few weeks I monitored my heart rate, and, while I noted some improvement, it remained elevated. Five weeks after the initial episode I flew to a meeting and a few days later experienced pain in the lower back and collarbone again. I had severe difficulty breathing, but was not sure if this resulted from the pain breathing caused or some other factor.

Upon returning home, I spoke to my doctor. He ordered a lung scan. Based on the results I was admitted to the emergency room where I was immediately given an I.V. of Heparin, a blood thinner.

What is a pulmonary embolism? A pulmonary embolism is a blood clot that generally forms in the leg, then becomes lodged in the lung, where it can disrupt the flow of blood back to the heart and, in severe cases, the flow of oxygen to the brain. In time, these clots dissolve or form scar tissue in the lung. The severity of the problem depends on the number and size of the clots and the overall physical condition of the patient.

What are its common causes? It is usually associated with advanced age, post-operative conditions, trauma, prolonged immobility, dehydration, and constrictive clothing.

At age 60 I must begin to admit to advanced age. The trip to Toledo and back certainly fits the definition of prolonged inactivity, even though I did stop every hour or two. The flight which preceded my second episode was only two and a half hours, but at that point the formation of clots had already begun. While I don't tend to dehydrate during a race, the day was hot, and in 24 hours dehydration was certainly a possibility.

The treatment I have received was the immediate I.V. of Heparin followed by a prescription for Coumadin for six months. Both are blood thinners designed to prevent the enlargement of existing clots and the formation of new ones. As I understand it, the body takes care of existing ones.

During this period I was initially unable to run. It was not the exercise, but the jarring that could shake loose existing clots that was the worry. As a matter of fact, while in the hospital I walked a few miles each day, rolling my I.V. stand.

It has now been several months since I was hospitalized. I am running daily. My heart rate is better, but still somewhat elevated. I am about a minute slower per mile at my race pace heart rate than I was when this episode began. I have entered three races, a 50 mile in February (of which I completed 30 and a 100 mile in April (of which I finished 50). I had no unusual discomfort in either, but a great deal of apprehension—not a good way to start an ultra. In April I completed Sybil Ludington about 15 seconds a mile slower than last year.

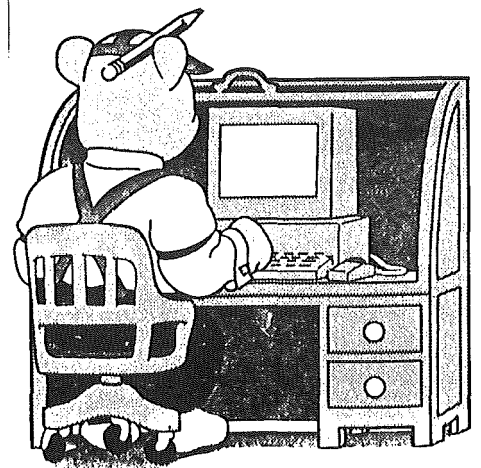
I still have an occasional slight pain in my left collarbone region and pressure in my left lower back. My lungs still feel as if I have cotton in them, and I cough and clear my throat quite frequently. While I am not positive of the origin of my condition, I have learned some things that may prevent it from recurring. These may also help others prevent an initial occurrence. When I travel, I take frequent breaks—at least once per hour, preferably more frequently. It's

amazing how this prevents stiffening up as well. I drink plenty of fluids and avoid drinking alcohol when I travel, crossing my legs, and wearing constrictive clothing. Once off Coumadin, I will take an aspirin per day.

In my opinion, there are a number of features of ultrarunning that could make us more susceptible to this condition than other people. These are pure speculation on my part. First, we go from prolonged activity to inactivity when we do an ultra. Many of us travel at least several hours to an event and often arrive just before the race and leave right afterwards. It is quite possible that the extreme change in activity level is the cause. In other words, we may be more affected by the inactivity of travel than a "couch potato" would be. Also, the change in heart rate from an active state to an inactive state is probably much broader than for most people. Is it possible that our heart rate or some other component of ultrarunners' circulatory systems makes us more prone to clots? Is there something about the need for our bodies to heal after a long race that could result in blood flow to the legs that may contribute? Could this be heightened by our need to devour large amounts of food after a race? Despite our efforts to the contrary, we all are susceptible to dehydration. Of course, there are many plusses to ultrarunning as well. Some may decrease the potential for clotting. Better circulation may be one.

When I began the curing process I tried to approach it like an ultra. I knew it would be a long haul. I tried to set realistic goals and I knew there would be bad times, but things would get better. I have found moderate success with this approach. Part of the problem is not knowing how long this "race" is or what goals are realistic. How can I expect to feel along the way? Perhaps sharing this information could help others who have experienced a similar problem. If any of you have information you can share, I would indeed be grateful.

*Eds.: Bruce finished the Vermont 100 Mile in July in 23:06 for 25th place.*



## Blisters

Any survey of runners who fail to complete a 100-mile run quickly reveals that stomach ailments and blisters are the most common reasons why people drop out of the event. During the past several months, I have stressed the role that adequate training plays in preventing overuse injuries in ultrarunners. Adequate training and preparation are also important in preventing the onset of blisters during the race.

This month, John Vonnhof, who wrote *Fixing Your Feet*, discusses blisters and their effects on ultrarunners.

**UR:** John, you have spent a lot of time around feet over the last few years and have certainly seen your share of blistered feet. Blisters could be granted "injury status," don't you agree?

**John:** For many runners, blisters are an injury. A large, ill-placed, and painful blister can drain your energy. Multiply that pain four or five times, according to the number of blisters some runners have, and you can imagine how severe the problem can become. Sometimes I think we should offer an award for those with the biggest blisters! Yet, somehow, when you remove a runner's shoes at the Highway 49 aid station at Western States, and the skin falls off of half of each foot, you realize that the runner should not get an award but an education on good foot care.

**UR:** Blisters are quite common in our sport. I would think that almost all ultrarunners end up with a few blisters at one time or another—and certainly some people are more susceptible than others—but there are so many reasons why blisters develop, so many things that can lead to their formation, that I wouldn't count anybody immune to them.

**John:** There are a few lucky runners who never get blisters. Blisters develop when friction causes two layers of skin to rub against each other, with the outer layer of epidermis separating from the deeper layers. The sac between the layers usually fills with lymph fluid. As the fluid separates the layers of skin, the outer layer dies, because it is void of oxygen and nutrients. When the blister is deep or increasingly stressed by rubbing within the shoe, the blister is likely to become blood filled. Blisters are caused by any combination of heat, moisture, and friction. Some runners claim to have feet with skin as soft as a baby's bottom, while others take pride in having thick calluses on the bottom of their feet. Both may claim to never blister, and yet, on another day, in a different race under different conditions, both may blister.

**UR:** Of the causes you have mentioned, is there any one that seems more prevalent?

**John:** Most blister problems are caused by socks, lubricants, or powders—or the lack of them—or by using the wrong products. Many runners fail to find out what works best on their feet. They assume that what works for their fellow runners will work for them, too. They stick to it, no

matter what. They use Bag Balm or Vaseline, wear the same socks, and blister. They do the same thing race after race, with the same blistering results. Maybe their feet need to be dried with powders. Maybe they should use another type of sock or a different insole. Maybe they need to learn how to tape their feet, how to lace their shoes differently to reduce pressure points, or to get better fitting shoes. Kevin Setnes keeps telling us, "We are each an experiment of one." We need to remember that our feet change. Other blister-causing factors also change from race to race—weather conditions, a lack of foot conditioning through training, the body's hydration level, the length of the race, running biomechanics as the runner reacts to a sore hamstring or tight quads, for example—all contribute to potential problems. Many runners will attest to the fact that what worked yesterday may not work tomorrow. We need to know how all of these factors interact and how to read our feet to know what they need.

**UR:** You mentioned taping your feet. I see people preventing blisters by wrapping their feet in duct tape the night before an ultra. Is this the best way to go about preventing blister formation, or are there other techniques that might work better?

**John:** You need to start with properly fitting shoes with a quality insole. No matter how good you tape, if the shoes fit incorrectly, you will have problems. Yes, many runners swear by taping their feet, and it works. Yet, a tape job done wrong can cause blisters. Personally, I believe in taping—if done correctly. Several other factors are just as important. Good moisture-wicking socks with frequent changes and a good lubricant or powder (whichever is best for your feet) are just as important. Whatever you apply to your skin—powder, lubricant, or tape—must work together with anything else surrounding your feet—insoles, orthotics, socks, shoes, gaiters, and even shoe laces—in order to prevent blisters. Cutting corners on any one of the factors can increase chances of blistering.

**UR:** I get very good results by spending a couple of extra minutes at the aid stations, taking my shoes off and brushing the sand from my feet and my socks. That has helped me avoid blisters for years! Maybe I'm lucky. I think that quite a few people are just prone to blister development. They might have a bunion or a protruding heel bone that makes the Achilles tendon susceptible. Assuming that these people will develop blisters during an ultra no matter how much preventative care they attempt, how should they treat it?

**John:** Some problems, like bunions and heel spurs, are usually known before a race. During the event is not the time to find out what works. If you have an unusual foot condition that you have identified, experiment during training to find the best fix. You may need a special, cushioned insert or pad, or else you may need to modify your shoe with cut slits over the bunion or hammer toe area. During the race, a blister-care kit in your crew bag should contain essential items: thick moleskin, Elastikon or duct

tape, tincture of benzoin, alcohol wipes, scissors, lubricant, powder, Coban self-adhering wrap, a few pieces of tissue, matches, a needle, and thread. Add in your favorite blister patches such as Blister Block (formerly Compeed), Second Skin, or Cushlin Blister Treatment. Knowledge of how to make a blister patch, how to tape, and how to modify a shoe will help insure foot care success.

**UR:** You mentioned blister draining using matches, a needle, and thread. Is it O.K. for runners to drain their own blisters during an ultra, or should they wait until after the race? I mean, it's not very sanitary in most of the places we run!

**John:** How you manage blisters depends on the location of the blister and its size. Blisters in a weight-bearing area of the foot may be drained to allow for pain-free running. The same goes for blisters where there is continuous friction between the toes, at the tips of the toes, or on the heels. Blisters that are not bothering you may be left alone until the run is over. If a blister is more than three-quarters of an inch in size, draining it will help with comfort and keep it from getting larger. An undrained blister in a weight-bearing location and with pressure from running will get larger and more painful. This, in turn, can alter your running form and cause additional blisters or biomechanical problems.

**UR:** Can you explain how to drain blisters and care for them at an aid station? After all, we want runners to continue their run in spite of the blisters—these things should never be a reason for a DNF.

**John:** Draining a blister is not a difficult job, yet there are some basic steps to doing it right. Wipe the blister with an alcohol pad before draining it to help prevent infection. Blood-filled blisters should not be drained since the open skin becomes a source of possible infection with direct access to the blood. For most blisters, follow the old rule of using a flame-sterilized pin or needle to make several holes at the side of the blister where foot pressure will force new fluid out of the sac—then gently use your fingers to push the fluid out of the blister. Another option is to use scissors to make two small "V" cuts instead of several needle holes. This method works well to keep the blister drained. Too many holes—or cuts that are too large—can cause the roof of the blister to tear off and expose fragile new skin. Yet another trick is to push a sterilized needle with a short thread through the blister—cutting off the thread and leaving the it fed through the blister. Wipe the needle and thread with an alcohol wipe before inserting it in the blister. Make a small knot in the ends of the thread. The thread helps the blister continually drain.

**UR:** John, let's say I finish my run with some huge blisters that I haven't had to drain. Should I drain them soon after I finish, or should I leave them intact? I know this is an area for debate, but in your experience, what seems to work best?

**John:** Generally speaking, I would drain the blisters. This allows the healing process to start. After draining, apply a

## How to Get Fit and Stay Healthy (continued from previous page)

dressing of Second Skin and use a thin layer of tape or moleskin to hold the dressing in place. Don't forget to keep the blister clean—treat it like an open wound.

**UR:** The treatment isn't complete when the runner reaches the finish line, is it? It took the few blisters I've had five to seven days to heal so I could wear shoes without pain. Is that typical, and can runners reduce that "recovery time" with any specific remedies?

**John:** Once home, allow the blisters to be exposed to the air to dry. Soaking the

feet in warm water and Epsom Salts several times a day will speed their healing. Watch the blister for any sign of infection: redness, swelling, pus, additional pain, also be careful of fever or red streaks going up the limb. If you suspect an infection, see your doctor.

**UR:** Is there any additional advice you'd like to share about surviving ultras with intact feet?

**John:** Two simple points. The first is that I recommend regular sock changes and applications of either powders or lubricants.

Secondly, I think many runners do not realize the value of gaiters when running trails. Whether store-bought or homemade, gaiters can keep feet free of the usual trail dust, grit, and rocks that are so often the cause of blisters.

**Bio:** John Vonhof is an accomplished ultrarunner and race director. His book, *Fixing Your Feet*, has become the standard reference work on foot care for serious athletes. It is available through [www.footworkpub.com/feet](http://www.footworkpub.com/feet). A second edition is scheduled for early 2000.

## Brent Weigner: ultras on all seven continents



**Machu Picchu, Peru (UW)** - Brent Weigner, an American from Cheyenne, Wyoming, became the first person in the world to run an ultramarathon on all seven continents. A 49-year-old junior high geography teacher and cross-country coach, he established the new mark in 390 days.

Weigner completed his last continent, South America, when he ran Devy Reinstein's Inca Trail Run from Llactapata to Machu Picchu, Peru. Weigner's time of 7:11 placed him third overall and first in the 45 and over age group. Although not advertised as a race, the adventure run included serious efforts as Daniel Montoya of Boulder, Colorado, set the day's fastest pace with a 6:15 and national class ultra runner, Jennifer Johnston from East Palo Alto, California, ran 6:51 to lead the women.

The high altitude run in the Andes Mountains of South America covered 27.5 miles through cloud forests and over high mountain passes on the ancient highway of the Inca Indians. The first ten miles of the course saw runners climb from an elevation of 8,692 feet at Llactapata to 13,779 feet at Warmiwanusq'a Pass (Pass of the Dead Woman), the highest pass on the Inca Trail. Runners encountered numerous Inca ruins as they negotiated thousands of stone steps and cobblestone trails constructed by the ancient engineers and builders.

Two Inca tunnels with carved stone steps created a magnificent staircase leading runners past ceremonial Inca baths where mountain water still flows through carved stone channels. The runners eventually descended through a cloud forest of exotic plants, orchids, and other flowers before arriving at Intipunko, the "Gateway of the Sun," at 8,860 feet. At this point, the athletes got their first glimpse of the Lost City of the Incas. After yet another thousand-foot descent, the adventurers arrived at the finish line in Machu Picchu at an elevation of 7,872 feet. "Running the Inca Trail in one day," not an insignificant accomplishment, as most hikers and trekkers take an average of four days.

Listed below is a timeline showing Weigner's year-long odyssey.

Date	Name of Race	Location	Overall Place	Age Group	Place	Time
7-5-98	Nanisivik 100k	Baffin Island, NWT, Canada	5	4		11:45:32
11-14-98	Himalayan 100 Mile	Darjeeling, India	6	1		20:10:00
2-13-99	Antarctica Artigas Adventure 50k	King George Is.,	5	3		6:57:00
4-3-99	Two Oceans Marathon 56k	Capetown, S.Africa	6626			6:19:50
6-5-99	Dartmoor Discovery 34 Mile	Princetown, UK	72			6:00:09
6-14-99	King of the Mt. 46k	Nowra, Australia	15			4:49:24
7-27-99	Inca Trail 27.5 Miles	Machu Picchu, Peru	3	1		7:11:00

(Mt. Mee)

## Sichel Beats the Odds and the Competition

Cancer is one of the great fears of modern life. Many see it as the end of a normal life. However, within the space of two weeks, two men returned from the ailment to win major endurance titles to show that there is life after cancer.

In 1996 Lance Armstrong, the former world road-race cycle champion, was rushed into surgery for the removal of one testicle, and two weeks later he underwent a further operation to remove superficial lesions on his brain. Then followed chemotherapy for testicular and subsequently lung cancer. Armstrong was a former triathlete who became America's most successful professional cyclist. On the July 25, Armstrong won the Tour de France cycle race, having dominated the race, wearing the yellow jersey on 15 of 21 days of the 2,400-mile race. He said after his win, "If there's one thing I would say to those who would use me as their example, it's that if you ever get a second chance, you've got to go all the way."

Why focus on a cyclist in an *UltraRunning* column? Because there is a closely associated story in ultrarunning. On July 18, William Sichel won the British 100-km title in 7:32:19 in Edinburgh. Sichel, a British 100-km internationalist, had been diagnosed with testicular cancer in 1997 and swiftly went in for surgery. He worked hard to regain his fitness and was selected for the British 100-km team in Winschoten (Netherlands) that year, where he was the fourth scorer for the team.

Second scorer in the British team at Shimanto (Japan) the following year, he moved up to the 24-hour event at Niort (France) recording a creditable 240.291 km/149.3 miles, the best British mark of the year.

Sichel feels that one can come back from an experience such as cancer far stronger, mentally and physically. When he was first diagnosed, he made a conscious decision to take a totally positive attitude towards his testicular cancer, assuming that this condition was only going to be a temporary blip in his running career. He deliberately wore his national-team uniform during his therapy, while training for his return to the British team. This he did just a few months later.

Thus, two endurance performers who have successfully defied cancer have shown that the disease does not have to be the end of one's career, but can give one the determination to come back stronger than ever.

Sichel won the British 100-km championships comfortably, finishing well ahead of Ian Anderson, who was second in 7:50:07. Sichel had been led by former 100-

km internationalist Shane Downes by eight minutes at 50 miles, but then for some reason the leader was reduced to a walk at 53 miles and subsequently dropped out. Local runner Kate Todd was the first woman in 9:23:51.

## 100 Kms Around the Globe

Some final figures on the World Challenge held at Chavagnes-en-Paillers in France on May 15: there were 1,245 starters; 953 runners finished. There were 26 runners under seven hours, 106 runners under eight hours, and 439 runners under ten hours. There were 90 finishers in the women's race, 863 in the men's event. There were 29 national teams entered, and 28 started; 18 men's teams and eight women's teams finished.

June is a prime month for 100-km races. On June 18, the Torhout 100 Km was held in Belgium. It saw a male Belorussian win in international competition for the first time, when Igor Navitsky ran 6:47:50 to finish well ahead of the Hungarian Janos Bogar's 6:51:28, with a Russian relegated to third place, Alexander Panov in 6:56:05. A new Belgian find, Ivan Hostens, also dipped under seven hours with 6:59:58. The first woman was Belgium's Annie Van Butsele in 9:17:30.

The Anglo-Celtic Plate competition was held on June 19. This competition is held between the nations of the British Isles—the Celtic nations—Scotland, Wales, Northern Ireland, Ireland, and England. The event has usually been held in association with the British 100 Km Championships. This year the event went to the Irish Republic and was held in Phoenix Park in Dublin.

The event became a clash between the two strongest nations in the British Isles, Scotland and England, although the former was without Simon Pride, winner of the World 100 Km Challenge. It was won by Englishman Stephen Moore, who recorded his fourth sub seven-hour performance as a 50-year-old, 6:56:27. (There have been only five such performances!) Second place went to Mikk Bradley, also of England, who is establishing himself as a solid 100-km performer, in 7:16:52, with Scotland's Brian Davidson setting a personal best of 7:25:57 in third. William Sichel and Don Ritchie of Scotland finished fourth and fifth in 7:32:40 and 7:35:29, but Andy Bottomley of England clinched the team title in sixth place.

The women's race was won by Sharon Gayter, returning to form after foot surgery, in 8:27:11, with Eleanor Robinson in 8:51:30. Kendra White made it a one, two, three sweep for England with 9:36:45, to ensure England took the female team title as well.

Also On June 19, the French 100 Km Championships were held at the St-Vit in northeastern France. The race was won by Pascal Fetizon in 6:29:44, the second Frenchman to break 6:30 this year. Fetizon is a fast marathon runner, having finished 23rd in the Paris Marathon in 2:15:30 recently. Coached by the French 100-km international, Bruno Heubi, he was well prepared for the move up in distance. He was entered in the Chavagnes race and ran for at least the marathon distance with many of the French team, obviously running well within himself. It is perhaps surprising that Fetizon should move up at this point in his career, his 2:15 was a big improvement over his 1998 marathon best of 2:19:10.

Behind Fetizon came the world silver medallist Thierry Guichard in 6:39:11, perhaps not fully recovered from his tremendous effort at Chavagnes. Well back in third was Bruno Blanchard in a time of 7:07:12.

The French national 100-km squad is now looking very strong. In addition to Fetizon and Guichard, Mohammed Magroun (formerly of Tunisia) and Bruno Heubi, it also has Pascal Piveteau. Piveteau finished ninth at Chavagnes in 6:44:35. Had he been in the French national team, they would have won the World Challenge team title, ahead of the Russians.

The World Challenge can be inspiring for some runners. For others, disappointment in their performance there can drive them to great achievements elsewhere. Yasufumi Mikami ran 6:33:55 in Chavagnes, but was obviously dissatisfied with his sixth place. He was intent on improving Takahiro Sunada's fastest ever road time of 6:13:33, set at Saroma (Japan) last year. On June 20 at Saroma, running in good conditions, he set off on his quest. He led from the two-km mark, but was to slow somewhat in the second half of the race. Still, he was still able to clock the fastest time in the world this year, 6:22:08, to slot into sixth place on the all-time list ahead of the illustrious Konstantin Santalov.

In second place was a new name in Japanese 100-km running at the international level, Yoshiaki Shimosakoda, who clocked 6:52:15, with Shuji Uochi in third with a time of 7:17:11. The fact that there were eighteen men under eight hours indicates that the Japanese are gradually developing their strength in depth.

The first woman was Akiko Sekiya in 8:03:44, which is a breakthrough for her and provides more depth in the national women's squad. Second was Chieko Ishizaki in 8:40:31, and third the current top Japanese ultrarunner Masako Koyama in 8:57:24. Six women finishing in fewer than nine hours also indicates the increasing strength in depth of the Japanese women as



ultrarunner clutches a cigar rather than a flute, which may fulfill a similar role in the fertility rite, as the cigar is often considered a sexual object among modern men.<sup>18</sup> Kokopelli is frequently depicted in petroglyphs as participating in explicit acts of copulation, and with greatly exaggerated genitalia.<sup>19</sup> For modesty's sake, neither of these are shown in Figures 2a and 2b. In light of the long history of ultrarunning in the human species, one leading anthropologist<sup>20</sup> has suggested that the paradigm for development of the monogamous sexual relationship, "man the hunter, woman the child-raiser," should be replaced by "man

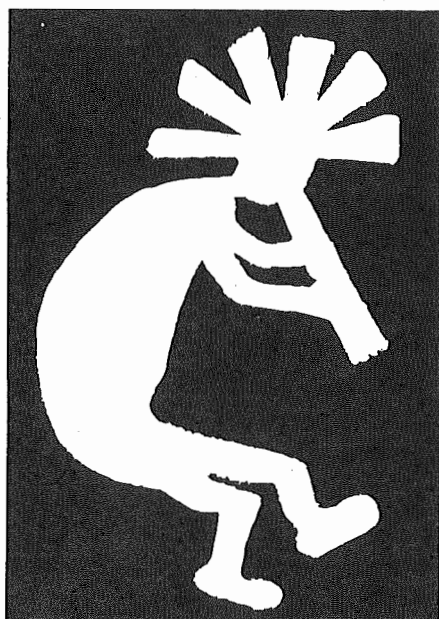


Figure 2a. (a) Kokopelli, the mischievous fertility icon of the Anasazi.



Figure 2b. Gary Cantrell, the mischievous modern ultrarunner and Barkley race director.

the ultrarunner, woman the crew", hearkening back to the discussion in the previous section about the value placed by modern ultrarunners on a good crew.

## Summary

In this paper, we have proposed a new theory of "childbirth envy" to explain why men run ultras. This theory is shown to be consistent with observations about the relative participation of women in ultras, the selective memory of painful events common to ultrarunning and childbirth, the apparent correlation between the declining birthrate and the increasing level of participation in ultrarunning, and the value of wives and mothers as ultra crew. It is shown that ultrarunning has a long history, perhaps dating back to prehistoric times, and may have exerted a great influence on the course of human evolution.

*Blake P. Wood is a staff physicist at Los Alamos National Laboratory. He received his Ph.D. in electrical engineering from U.C. Berkeley in 1991. He has completed dozens of ultras, including the Hardrock Hundred (four times) and the Barkley 60 mile Fun Run (three times). He still thinks he can finish five loops at Barkley. He calculates that his total accumulated unpleasantness from running ultras adds up to about one percent of that endured by his wife in the course of producing three beautiful children. He has stated that "It would be interesting to be pregnant, maybe for an hour, tops."*

## Notes:

<sup>1</sup> G. Lindgren, *UltraRunning*, Vol. 18, No. 9, pp. 6–10, March 1999.

<sup>2</sup> Statistics compiled by Charlie Thorn, thorn@lanl.gov, Los Alamos, NM 87544.

<sup>3</sup> At least, that's how it looks to me.

<sup>4</sup> I'm sure I read this somewhere, and can look it up if necessary.

<sup>5</sup> R. Trittipoe, *UltraRunning*, Vol. 17, No. 3, pp. 52–53, July–August 1997.

<sup>6</sup> A. Bachu, "Fertility of American Women: June 1994", *U.S. Census Bureau Current Population Reports*, Series P20–482.

<sup>7</sup> Personal communication, Dennis Mann, 3<sup>rd</sup> grade sex education, Mountain View Elementary School, Claremont, CA, 1966.

<sup>8</sup> "It would be better to smash my head in with that big rock." Anonymous Barkley runner, personal communication.

<sup>9</sup> "I know it must have hurt, because I remember screaming, but I don't remember any pain." Rebecca Clark, personal communication, 1983.

<sup>10</sup> "Darn you! Why didn't you remind me how much this hurts!!" Rebecca Clark, personal communication, 1986.

<sup>11</sup> U.S. Census Bureau, *Historical Statistics of the United States*, General Printing Office, Washington, DC.

<sup>12</sup> When I ran my first marathon, in 1974, the race had about 900 participants, and at the time it was one of the largest marathons. Nowadays, any big-name marathon that attracts fewer than 1,000 runners would be considered a failure, and fields up to 10 times that number are common.

<sup>13</sup> I suggested this to a co-worker just a few days ago. He thought I was crazy.

<sup>14</sup> "I felt like (sic) you do 24 hours a day for nine months straight. Three times! If you're going to be sick, you might as well do it on the trail as at the aid station!", Rebecca Clark, personal communication during a 100 mile.

<sup>15</sup> Personal communication on the internet ultra list.

<sup>16</sup> My master plan for growing my own crew is nearing fruition. The oldest of my three daughters now has her learner's driving permit. Within a year, she should be fully trained and qualified to drive winding backroads in the dead of night to minister to my needs at remote aid stations. No doubt her value as a crew would be enhanced by bearing a few children. I'm willing to wait a few years for this, however.

<sup>17</sup> Or was it 1990? I'll have to ask Cathy Leclaire, from whom I got it.

<sup>18</sup> *The Starr Report*, Phil Kuntz, Ed., Pocket Books, New York, 1998.

<sup>19</sup> Dennis Slifer and James Duffield, *Kokopelli: Fluteplayer Images in Rock Art*, Ancient City Press, Santa Fe, NM, 1994.

<sup>20</sup> That would be me. I got an A+ in freshman Physical Anthropology in 1976 at U.C. Santa Barbara. I have also been the lead runner in many ultras. Get it??



## Celebrating a Centenary at London to Brighton

Ultra races tend to lead an ephemeral existence. A race that is in existence for five years is well established; one that lasts for 20 years is an institution. The number of races that have lasted much longer than that is limited.

However, this year marks a remarkable milestone in ultrarunning. The centenary of the Boston Marathon a few years ago was greeted with wide acclaim. Yet this year is a centenary for an ultra, but it is in danger of slipping by unnoticed: In October the centenary of the first amateur London to Brighton race will be celebrated.

There had been London to Brighton races before 1899, of course, but the first ever amateur running race was held on May 6 of that year. Walkers had covered the distance many times, the first amateur being the former mile record-holder, Walter Chinnery in 1869. Slowly the walkers improved their times, and when Teddy Knott clocked 8:56:44 in 1897 for the distance from London to Brighton, arguments began.

Walkers felt that over the distance of 52 miles, a good walker would beat any amateur runner. Runners disagreed. So the South London Harriers Club decided to settle the argument in the fairest way: a go-as-you-please race. Basically that meant that competitors could run, walk, or use any combination of walking and running.

In the 1890s there were no amateur distance races much longer than ten miles in Britain, and there was only the Boston Marathon in the United States. Amateur runners had tackled 50 miles on the track back in the 1870s and 1880s, but successful performers in that era had had a background in walking and were no longer competing.

The race attracted 14 starters, including Teddy Knott, who was intent on putting the runners in their place. W. Seward and Frank Randall, a successful cross country runner, soon moved away from the rest, and by Redhill, Randall had a 100-yard lead. Randall reached the half-way point in three hours. At the 33-mile point, Randall's lack of distance training background forced him to a halt, with a muscle problem in his thigh. Walking and running, he carried on, reaching 50 miles in 6:39:11. He managed to get going again, and there was a big crowd to welcome him at the Aquarium in Brighton at the finish. His time was 6:58:18, which placed him well ahead of his long-time pursuer, Seward, who finished second in 7:17:50, with E. Ion Poole, a veteran in his 40s, third in 7:31:53.

On the strength of their London to

Brighton runs, Randall, Seward, and Poole were selected to run for Great Britain in the 1900 Olympic marathon in Paris. The race was held in temperatures of 102°F, on a twisting maze of a course through the Paris streets. None of the British team even made it to the 10-mile mark. However, Randall had begun a tradition of amateur ultra road running that was to develop into the sport we have today.

The 1899 race to Brighton was over well groomed roads, but not the smooth tarmac that runners have nowadays. In the early Spartathlons in Greece in the 1980s, the runners were often running along shepherd's footpaths and stony farm tracks, probably similar to those used by Pheidippides himself on his original journey. With the great improvement in roads in Greece, much of the course is now on flat tarmac. The possibility of developing a different route for the race from Athens to Sparta, which would offer conditions more akin to the trails that were used by the Ancient Greeks has been discussed. However, the current intention is to stay with the established route despite the changes.

## International Roundup

Back to the present day: A 55-km trail race at La Plagne in France is one of the largest ultras in Europe. Last year's race had some 870 starters and 787 finishers. This year's race was smaller, but there were still 631 starters. Leonid Tikhonov won the race on July 25 in 4:18:04, to retain his title won in 1998.

Corinne Favre won the women's race in 5:13:08, with French 100-km international competitor Karine Herry just 15 seconds behind. Favre also was a repeat winner from 1998.

South Africa is well known for the Comrades, the Two Oceans, and also its many 56-km races. However, as a metric country South Africa also has a long tradition of 100-km races as well. Way back in the early '80s Deon Holzhausen was running close to seven hours for the distance. On July 3, the Longest Day 100 Km was held. The 38-year-old Wellington Phakathi won in 7:54:56. In the 12-hour race held concurrently, Barry Reed ran 128.534 km/79.8 miles.

The Italian Ultra and Trail Association has been developing national championships recently. On August 8, the first national trail championships was held at San Remo over 30 miles on the so-called Devil Trail. The 48.3-km race involved a 3,700 meters/12,000-foot change in elevation.

Stefano Sartori, the top Italian ul-

trarunner, seems to be sweeping all before him at the moment, perhaps because his greatest rival, Paolo Panzeri, has been in semi-retirement for a year. At San Remo, Sartori decisively took the title, winning in 3:46:54 from local runner Corrado Bado, who finished more than ten minutes behind in 3:56:57. Marco Olmo was third in 4:06:55. Bado is a runner to watch in the future. He is a 2:19 marathon runner. His wife Ornella Ferrara, who has a marathon best of 2:28, took the bronze medal in the Gothenburg World Championship marathon in 1996. RAI television covered this ultra, the only Italian ultra to be televised this year.

New ultras are being set up in the Baltic Sea area: On August 14, the Latvian Supermarathon Club held its 50-km and 100-km events. Guntis Kanavins won the 50 km in 3:41:34 from Deniss Gorbaba's 3:46:01. In the women's race Anita Liepina was an easy winner with 3:41:50, which placed her second overall. Aleksandrs Matvejevs won the 100 km in 10:47:36. The event was held on a 3.8-km certified loop.

In Finland, just across the Baltic from Latvia, a 24-hour track race was held at Salo two weeks later. It was won by Jyrki Koski with a distance of 225.830 km/140.3 miles, which places him third on the Finnish 24-hour all-time list. More significantly, the second-place runner was Maria Tahkavuori, who set a new Finnish women's record of 161.627 km/100.4 miles.

Travelling from the north to the south, there was 133-km/82.6-mile race in Santiago, Chile, on August 21. The winner has proved to be consistently the best ultra performer in Chile: 36-year-old Erwin Valdebenito. He won in 10:37:57, well ahead of Mario Lagos's 11:01:10, with Juan Encina in third, running 11:52:47.

Staying in the Southern Hemisphere, much of South-African ultrarunning is focused in the months leading up to the Comrades. However, there are several 50-km events held later in the year. On August 29, the 50-km Newspaper Run between Johannesburg and Pretoria was held; like so many of the 50-km races in South Africa, it attracted a massive field. This time there were about 3,000 starters. The race was won by Gerry Modiga in 2:47:02, with Soccer Ncube second in 2:48:27. Last year's winner, Peter Hluwe, was third. The winner of the women's race was Helene Joubert, the South African 100-km record-holder. She won the event for the third successive year in a time of 3:39:37. I believe the course is predominantly downhill. The first prize for men and women was worth \$1,500.

## Developing South African Talent

This year's Comrades reinforced a serious concern in South African ultrarunning: over the past seven years, since South Africa returned to the international scene, the event has been dominated by overseas runners. With the exception of Shaun Meiklejohn in 1995 and Charl Mattheus in 1997, the winners have been foreigners such as Charly Doll of Germany, Alberto Salazar of the United States, Dmitri Grishin of Russia, and now Jaroslav Janicki of Poland.

South Africans have fared little better in the women's race, with Rae Bisschoff the sole South African winner since 1994. The race has been won recently by Valentina Lyakhova of Russia, Maria Bak of Germany, Ann Trason of the United States, and Birgit Lennartz of Germany.

South Africans are now looking at black runners to redress this balance. This year's race did give some grounds for optimism. Andrew Kelehe was eventually declared second in this year's race, Lucas Matlala third, Walter Nkosi sixth and Joseph Ikaneng seventh. So the talent is there. However, the opinion is that these runners still need to learn how to drink during ultra races. Kelehe apparently only took a few sips of water during the race and only used five sachets of corn syrup carbohydrate during the entire race.

Although there is substantial prize money to be won at Comrades, many black runners in South Africa are unable to dedicate themselves to preparing for the race properly, because they need to earn money. Consequently, they race too frequently in events that do not fit in with proper preparation for the Comrades. Moreover, their knowledge of carbohydrate loading tends to be limited, and their diet is sometimes inadequate.

It is interesting that it was the runners with international experience—Kelehe and Matlala—who led the South African runners in this year's Comrades. Both runners have competed in the World Challenge, and thus have international experience. It is no coincidence that Shaun Meiklejohn, Charl Mattheus and Rae Bisschoff, i.e., South African runners who have actually won Comrades, had also competed internationally before winning the event.

## 24-Hour Championships Held

One of the most significant events recently has been at 24 hours. Alain Prual has been one of the most consistent performers in the event in France over recent years, and in the French championships at Gragny on August 11, he set a new personal best, also the best mileage total in the world this year to that date. His distance of 268.859 km/167 miles, 104 yards places him fifth on the world all-time road list, and is the best non-Kouros mark in four years. **84.**

Behind him, Jean Pierre Guyomarc'h, the former French record-holder, ran 249.221 km/154.8 miles, and Alain Mallereau, placed third with 237.809 km/147.7 miles. Loic Lebon, better known as a 100-km runner, (7:11:55 in '98) ran 233.604 km/145.1 miles for fourth place. The first woman, Joelle Semur, is also better known as a member of the French 100-km squad. She ran a very creditable 218.529 km/135.7 miles. If Semur sticks with the 24 hour, much more can be expected from her, based on her 7:57:06 credentials at 100 km.

Another French 24 hour was held at Fleurbaix on August 28. The race saw Max Granier win on home soil with 223.987 km/139.1 miles, from Norwegian Lars Saetran, who ran 206.118 km/128 miles. The first woman was Germany's Helga Backhaus, who has faced serious illness recently. Her final distance was 185.227 km/115 miles, understandably down from her best distances of some years ago.

The Italian 24-hour championship was held at the 24 Hour Castiglione on the undulating Castiglione Fiorentino course at Arezzo on September 4. The 2.375-km / 1.475-mile course rose and fell by some 92 meters/301 feet per lap. The winner on this tough course was Antonio Mazzeo with 211.375 km/131.3 miles. The first woman was Maura Bulzoni with 152 km/94.4 miles.

## Speedy 100-Km's Recorded

Switching to the Southern Hemisphere, the New Zealand 100-km championships were held in the early spring at Rotorua on September 4. The winner was Mark Bright with 7:51:24, from Wynnie Cosgrove who ran 8:29:37, well off her usual form.

Back in the north, the IAU European 100 Km Championship was held on a 10-km loop in the northwestern Dutch town of Winschoten, which has hosted so many international championships. Unfortunately, the weather has been unseasonable in western Europe, and the runners faced temperatures of 31°C on September 11.

The winner was the new face in French 100-km running, 2:15 marathon runner Pascal Fetizon, who ran 6:39:16, closely followed by Russian Mikhail Kokorev, making a welcome return to international competition. The Russian ran 6:42:18, with another Frenchman, Gilles Diehl, recording 6:44:39 for the bronze medal. Russian Dmitri Radyuchenko, the silver medalist in the 1998 European Championships, ran 6:46:30 for fourth, with the current top Ukrainian, Olexandr Oस्पov, the fifth and last man to break seven hours, with 6:59:38.

In the open race, the top Italian, Stefano Sartori ran 6:47:24. Further down the field, Yiannis Kouros, currently a resident of Greece, ran 7:25:51 without extending himself. This year has seen relatively little success for Russian runners, an unusual state of affairs in recent years.

The women's race changed this a bit. Elvira Kolpakova ran 7:33:39, the second-fastest time of the year thus far, with a new face, Magali Maggiolini of France, running 7:55:35 for second. The more established Russian Elena Bikulova, silver medalist in last year's European championships, finished third in 8:08:22. Ricarda Botzon of Germany was fourth in 8:13:52.

The 26-year-old Elvira Kolpakova first appeared on the international scene when she won the Russian 100-km title in April this year in 7:47:15. She ran 2:35:22 for the marathon in 1997 in Omsk in Siberia, and 2:42:52 in the same race the following year. Thus, she has a lot of natural speed. It will be interesting to watch her development.

A week later another 100 km in Gragny, France, saw the revival in fortune for a runner who had shown great promise briefly some years ago. Jiri Jelenek of the Czech Republic, who finished in the medals in the 1996 European championships at Cleder in 1996 and has a best of 6:25:19 set in 1995, made a return to form in winning the race in 6:56, ahead of the French international Denis Gack, who ran 7:03. Jelinek had run in the European Championships at Winschoten the previous week, but had been forced to stop at 70 km. In the much better conditions at Gragny he went through 50 km in 3:10, but perhaps not fully recovered from his efforts the previous week, struggled over the last 15 km of the race.

## Spartathlon to German Lukas

Early on September 24, 190 runners from 27 countries set off in the Spartathlon to run from Athens to Sparta in Greece. Wim Epskamp, a 45-year-old Dutchman, led the race at Corinth, at 52 miles, after two-time winner of the race, Costas Repos of Greece, dropped out with stomach cramps. Japan's Kimie Funada was leading a dozen women, ahead of the American favorite, Ann Trason.

The eventual winner was Jens Lukas of Germany, who completed the journey in 25:38:03, using a successful strategy of piling on the miles in the cooler night time periods. He finished well clear of France's Jean Pierre Guyomarc, with Jun Onoki of Japan third.

Only two women finished the race, the winner being Anny Monot of France in 35:38:08, closely followed by Kimie Funada of Japan. Only 54 of the 190 runners finished, many of the favorites dropping out early on because of the heat.

Another famous ultra was held in August, the 32nd edition of the Two Bridges 35 Mile, from Kincardine to Forth in Scotland. The race was held August 28 and was dominated by the eventual winner, Scotsman Alan Reid. Unusually, the top four runners at five miles were the top four to finish. Reid won in 3:48:56, from Andy Eccles in 3:53:27, with third spot going to John Worthington in 3:56:48. The first woman was Hilary Walker in 4:27:42, with clubmate Jan Farmer in second in 5:19:42. Pauline Walker (no relation) was third in 5:30:39.

## Quality Field Excels at Davos

Arguably the premier trail race of the year was held at Davos in Switzerland. The Swiss Alpine Marathon is the largest international trail event in the world. This year's race on July 31 had 873 finishers. The winner was Frank Turk of Germany in 5:57:29. As far as I know, he has yet to turn his attention to longer ultras. His name could well be one to remember for the future. One reason for supposing this was that the second place went to the redoubtable Igor Tyupin from Siberia, who ran 6:02:45. It should be noted that Tyupin took the silver medal at the World 100 Km Challenge at Shimanto in 1999. In third place was Zsolt Bacskey of Hungary, who was timed at 6:04:27.

There was no surprise in the women's race. In recent years, Birgit Lennartz has made the event her own. She won in 7:08:53, well clear of Russian 100-km team member Marina Bychova (7:16:32), and one of the 100-km finds of 1998, Constanze Wagner of Germany, finished in 7:48:07 for third place. Fourth was Kim Goff from the U.S. in 7:50:38. A total of 83 women finished.

## Spartathlon

It is worth looking in depth at the Spartathlon results from this past September. The race was won by Jens Lukas of Germany, but perhaps of more long-term interest internationally is that finishing in a close third was Jun Onoki of Japan, with other Japanese runner Kenji Okijama in seventh, Kazuyoshi Ikeda in eighth, Tomohiko Yaegashi in tenth, Hidemasa Utsumiya in 12th and Katsuhiro Tanaka in 14th. Running for more than 24 hours in such a race as the Spartathlon is good experience for would-be 24-hour runners. Based on the Spartathlon results, Japan appears to have a solid base for the development of a national 24-hour team.

It was also good to see two Argentinian runners, Julio Mario Kaul and Gerardo Rem Hector, in 16th and 17th places.

## Euro 24-Hour to Kouros

It would be good to see a strong Japanese team in a 24-hour World event. But at present the only major international 24-hour event is the IAU European Challenge. This year it was held on the track at Verona, Italy, on September 25.

Yiannis Kouros had run 167.44 miles/269.468 km in 24 hours at the U.S. championship the previous weekend. Although he is now an Australian citizen, he was apparently entered as a Greek in the European

24. The conditions were tough because of high humidity. Few took heed of the conditions unfortunately, setting off at a speed that they would be unable to sustain. After six hours, Kouros had run 75.207 km/46.6 miles, and at 12 hours he had accumulated 143.387 km/89.3 miles. By then, the conditions were starting to affect everyone. Kouros ran strongly to 18 hours, recording 209.090 km/129.9 miles, but then slowed gradually to the finish, either finding the conditions tough, or more likely feeling his exertion from the Toledo 24 seven days earlier.

Kouros finished the race first with 262.324 km/163 miles, but was not to be the European Champion, presumably for some technical reason. That title went to the second-place runner, Lubomir Hrmo of the Slovak Republic, who ran 249.239 km/154.8 miles, with Alain Prual taking the silver with 234.823 km/145.9 miles. The bronze medal went to the ever-young Don Ritchie, who ran 222.454 km/138.2 miles. (The runner who was actually placed fourth in the race, Antonio Mazzeo of Italy was not a competitor in the European competition. He ran 231.333 km/143.7 miles.) Last year's European silver medalist Tomas Rusek of the Czech Republic finished one place behind Ritchie with 222.032 km/137.9 miles.

The men's race saw some relatively poor performances by some very experienced Russian runners with impressive credentials in the event. Sergey Ichmoukin ran just 191 km/118 miles, Vladimir Tivikov 181 km/112 miles, and Nassibul Khusnulline 62 km/38 miles. As has happened recently, however, the Russian women made up for this shortfall. Irina Reutovitch, who holds the yet unrated world track best mark, ran 223.763 km/139 miles to win from the very consistent Helga Backhaus of Germany 209.678 km/130.28 miles. Backhaus has not been in her best form in recent years, as she has been battling breast cancer. Another Russian woman, Rimma Paltseva, was third with 202.082 km/125.5 miles. In the 100-km race held at the same time, Emiliano Piola of Italy won with 7:49:38, with Maura Bulzoni the first woman with 9:48:37.

## Latvian Supermarathoners

From September 20 to October 2, Georg Jermolajevs, president of Latvian Supermarathon Club, set off on an attempt to break the 1,000-mile world track best of Peter Silkin. The chosen event was the inaugural 12 Day Race in Riga in Latvia. To my knowledge this is the first ever 12-day race. The weather conditions were good for the time of year, generally around 17 to

18°C, with sunny periods and occasional rain.

Jermolajevs made an impressive start, clocking 158.534 km/98.5 miles on the first day. He had covered 296.820 km/184.4 miles at the end of 48 hours. However, the Latvian runner was unable to sustain this pace. He did set two Latvian national bests, six days: 741.347 km/460.5 miles, and 1,000 km in eight days, 9:54:42. In the 12 days he covered 1245.025 km/773.6 miles.

The rest of the field did not have multi-day experiences. Some of the other eleven runners competed while maintaining their normal jobs at the same time, running early in the morning and late at night. Others obviously were able to compete more consistently. Second was Raimonds Senfelds with 902.67 km/560.8 miles; third place went to Genadijs Burovs with 793.814 km/493.2 miles.

Inspired by the interest in and the enthusiasm for the 12-day race he created, George Jermolajevs is already considering a much longer race for the year 2000: a 5,000-km event.

## First Weekend in October Ultra Popular

The 12-day race made for an appropriate prelude to the very hectic ultra weekend of October 2 and 3. Grigoriy Murzin, winner of the World 100 Km Challenge in 1998 at Shimanto, has not had a particularly distinguished year. He made up for that with a fine win at the Santa Cruz de Bezana 100 Km in northern Spain on October 2. His time of 6:27:28 made him the seventh man under six and a half hours this year, equaling the record for the number of such performances in a year set in 1995.

Adilson Dama Pereira, who is establishing himself as the top Brazilian ultrarunner in the absence of Valmir Nunes (who has not completed a 100 km for some time), ran 6:42:43 for second place, not far off his season's best of 6:37:38 set at Chavagnes. Third place saw an unusual sight. It is not often that one sees Konstantin Santolov finish a 100-km race that he does not win. This happened at de Bezana, where he ran 6:48:16. Fellow countryman Dmitriy Radyuchenko ran 6:50:48 for fourth.

The first woman was the extravagantly named Maria Auxiliadora Venancio of Brazil, who clocked 8:21:27, well off her 1998 form, with another Brazilian, Maria Cristina Raquel dos Santos, second in 9:09:03. The long-time Spanish star, Joaquina Casas, was third in 9:13:57.

## Four for Moore at London to Brighton

As dawn broke on the eastern horizon

and the sky began to lighten on Sunday, October 3, the chimes of Big Ben struck the hour as the 7:00 a.m. start approached. At the first stroke of the famous bell, the runners began their long 55-mile journey to Brighton, just as they had in 1899 in the first-ever amateur London to Brighton running race.

Stephen Moore, the British 100-km stalwart, established a clear lead at five miles, which he reached in 32:26. In second was Ian Anderson, with two South Africans, Welcome Mteto and Clyde Marwick running together, and former Brighton winner Greg Dell close behind. Not far behind this group was the first woman, Ann Trason, who went through five miles in 34:41.

Moore, the race favorite and three-time winner, was still in the lead at 10 miles, clocking 64:10, having forged a gap of one minute and 40 seconds to Anderson. Mteto was lying third, while Marwick and Dell were still running together in fourth and fifth places. In sixth overall was Trason, the first woman. Her ten-mile split was 69:22, close to Carolyn Hunter-Rowe's split in 1993 when she set the Brighton record.

The lead runners then left the suburbs of the capital and moved into the countryside. By the 20-mile mark Moore still had a clear lead (2:09:44) from Anderson, who was trying to keep the gap from widening. However, Mteto was closing in on Anderson and at 20 miles was just 17 seconds back. The former pairing of Marwick and Dell had split, with the South African ahead by some 17 seconds (2:12:28 to 2:12:45). Trason, still the first woman, was ten minutes back. She was well clear of the female competition at 2:22:29, but nearly four minutes behind Hunter-Rowe's split time.

At 30 miles, Mteto got back even with Moore, the long-time race leader. They were running side by side, passing that point in 3:14:10. The race was still tight at the front. Moore had a slight lead over Mteto at 40 miles, 4:20:40 to 4:20:44, with Marwick moving into third ahead of Anderson, who was paying for his early speed.

The outcome of the race looked as if it would depend upon how much the European 100 Km Championship race at Winschoten three weeks earlier (in temperatures of 30°C/90°F) had taken out of Stephen Moore. He looked as impassively determined as ever, but Mteto seemed to be moving well. The tough climb up Ditchling Beacon before the 50-mile mark would likely decide the winner. Moore had won the Brighton at this point in the past.

At the start of the climb up Ditchling Beacon, Moore heard Mteto coming on and took off with a charge, and the South African could do nothing about it. Moore continued to pull away, and by the finish had pulled 23 minutes clear of Mteto. His winning time was 6:02:45. He became only the second man ever to win four London to Brightons. It was appropriate that he should do so as President of the Road Runners Club.

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Moore's charge seemed to have such an effect on Mteto that he was unable to resist the challenge on the fast-closing Clyde Marwick who took second in 6:18:05. Mteto finished in third with 6:25:47. Ian Anderson, who looked as if he had blown it with his fast early pace, rallied and came in fourth in 6:27:36.

In the women's race, Ann Trason retired somewhere after 20 miles, possibly not fully recovered from her experience in the Spartathlon. Hilary Walker won the women's race (in 7:42:29) for the fifth time—an absolute record. She had won previously in '88, '89, '90, and '96. It was her tenth finish in the race, also a women's record. Joan Clarke was second in 8:41:28, with Jan Farmer third in 8:45:45. The first American was Joe Kulak in 14th place in 7:30:54.

The Brighton is distinguished by several trophies named after prominent American ultrarunners. Joe Kulak was given the Ted Corbitt trophy as the first stateside runner to finish, and this year for the first time, the Sue Olsen Trophy was awarded to the oldest woman to finish.

## Australian 100-Km Championship

In early October at Glengarry, the Australian 100-km championships were held. Bruce Renwick, making his 100-km debut, was able to stay close to the ever reliable Nigel Aylott, an Australian 100-km team member, to make for a close finish on the 10-km loop. Aylott won in 8:17:56, Renwick less than three minutes behind at the finish in 8:20:45.

## 6-Hour Race in the Netherlands

Yet another ultra was held on October 3. At Amersfoort in the Netherlands, the annual six-hour race was held. The race looked promising for the future of Dutch 100-km running. Edward de Ruiter took the race with a distance of 85.551 km/53.1 miles, from Edwin van de Loop's 81.994 km/50.9 miles. In third was Veron Lust, who covered 79.687 km/49.5 miles. The first woman was Ria Buiten, who ran 65.697 km/40.8 miles.

## Around the Horn

First some earlier results. The Bressmire Six Hour in France on May 2 was won by Yves Jehanno with 74.3 km/46.1 miles. Later that month in Weert in the Netherlands Ad Leermakers won the 24-hour race with 200.696

km/124.7 miles. His performance was remarkable for its even pace; he reached 100 km in 11:41:18. This is hardly surprising, since he is a race walker.

The Dutch seven-day stage race from Maastricht to Pieterburen over a distance 503 km/312 miles was won by Karl Graf of Germany in an elapsed time of 60:23, with experienced multi-day performer Stefan Schlett from Germany second in 62:00. The daily stages varied between 65 km/40.3 miles and 78 km/48.4 miles.

The Brighton 24 Hour track race was held at Tooting Bec in London. The Sri Chinmoy 24 Hours attracted many of the Brighton runners, including Hilary Walker, winner of the women's race. Also in the race were Eleanor Robinson, Sandra Brown, and another member of the Great Britain 100-km and 24-hour teams, Sharon Gayter, who is coming back from a long-term injury. Another was Geoff Oliver, who set a world best for age 65 and over in last year's event.

Among the early leaders were Hilary Walker, Sharon Gayter, and Geoff Oliver, with the Brighton winner leading through 50 miles in 7:30:19. Over the next 50 miles a new runner entered the fray, Adrian Tarit Stott, better known as the race director of the Edinburgh 100 Km, which has hosted the British championships on several occasions. He had a clear lead by 100 miles, which he reached in 16:58:57, and despite a bout of sickness, maintained the lead to the end. He won with 214.714 km/133 miles, 734 yards from another strong performance by Geoff Oliver, 203.296 km/126 miles, 567 yards. Sharon Gayter covered 201.624 km/125 miles, 499 yards for third place and was the first woman. Hilary Walker clocked 9:36:30 for 100 km, but her lack of serious training was evident after that. She has a demanding job which has made it difficult for her to train properly. She wound up with 182.426 km/113 miles, 624 yards. Sandra Brown took third with 168.105 km/104 miles, 802 yards.

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# World Age Group Records

Ultramarathon World

October 1999



**Trowbridge, England (UW)** - World Age group records as compiled by international ultra statistician Andy Milroy. If you have further or more up to date information, please contact Andy at: [a.milroy@virgin.net](mailto:a.milroy@virgin.net)

## Track

### TRACK

#### MEN

30 miles

40-44	Tim Johnston (GBR)	2:48:37	Hendon	1982
45-49	Stephen Moore (GBR)	2:58:12	Barry	1994
50-54	Stephen Moore (GBR)	2:59:32	Barry	1998
55-59	Otho Perkins (USA)	3:11:01	Worthington	1986
60-64	Alec Dunn (GBR)	3:27:29	Barry	1997
65-69	Bob Emmerson (GBR)	3:36:52	Barry	1998
→ 70-74	Randall Hughes (AUS)	4:05:57	East Burwood	1995
75-79	Horst Feiler (GER)	4:49:34	Rodenbach	1998
→	Ken Matchett (AUS)	4:42:00p	Moe	1997
80-84	Edson Sower (USA)	7:16:38	Phoenix	1995
85-89	Charles Benovoy (CAN)	14:22:52p	Ottawa	1995

50km

40-44	Tim Johnston (GBR)	2:55:07	Hendon	1982
45-49	Stephen Moore (GBR)	3:04:48	Barry	1994
50-54	Stephen Moore (GBR)	3:06:08	Barry	1998
55-59	Otho Perkins (USA)	3:17:26	Worthington	1986
60-64	Alec Dunn (GBR)	3:35:11	Barry	1997
65-69	Bob Emmerson (GBR)	3:44:53	Barry	1998
70-74	Max Jones (GBR)	4:16:12	Portland	1997
75-79	Horst Feiler (GER)	4:59:51	Rodenbach	1998
→	Ken Matchett (AUS)	4:52:13p	Moe	1997
80-84	Edson Sower (USA)	7:31:41	Phoenix	1995
	Ernie Warwick (GBR)	6:29:51p	Solihull	1997
85-89	Charles Benovoy (CAN)	14:50:01p	Ottawa	1995

40 miles

40-44	Martin Daykin (GBR)	3:59:24	Barry	1989
45-49	Stephen Moore (GBR)	4:01:28	Barry	1994
50-54	Stephen Moore (GBR)	4:04:00	Barry	1998
55-59	Bob Emmerson (GBR)	4:31:36	Crawley	1991
60-64	Bob Emmerson (GBR)	4:48:25	Barry	1995
65-69	Bob Emmerson (GBR)	4:57:49	Barry	1998
70-74	Max Jones (GBR)	5:49:50	Portland	1997
75-79	Horst Feiler (GER)	6:46:22	Rodenbach	1998
80-84	Edson Sower (USA)	10:50:36	Phoenix	1995
85-89	Charles Benovoy (CAN)	23:56:00p	Ottawa	1995

50 miles



40-44	Gerald Walsh(RSA)	5:16:07	Walton	1957
45-49	Don Ritchie(GBR)	5:23:02	Livingston	1990
50-54	Don Ritchie(GBR)	5:37:17	Tooting Bec	1995
55-59	Hans Reich(GER)	6:07:47p	Ottweiler	1992
60-64	Franz Feller (GER)	6:36:13	Rodenbach	1998
65-69	Gerhard Kohl (GER)	6:38:01	Rodenbach	1998
70-74	Max Jones(GBR)	7:34:29	Portland	1997
75-79	Horst Feiler (GER)	8:50:48	Rodenbach	1998
80-84	Edson Sower(USA)	18:17:12	Phoenix	1995
	Ernie Warwick(GBR)	11:56:28p	Solihull	1997

#### 100km

40-44	Gerd Boldhaus (FRG)	6:46:42	Geneva	1984
45-49	Don Ritchie(GBR)	6:46:10	Livingston	1990
50-54	Don Ritchie(GBR)	7:07:29	Tooting Bec	1995
55-59	Hans Reich(GER)	7:45:14p	Ottweiler	1992
60-64	Franz Feller(GER)	8:23:18	Rodenbach	1998
65-69	Gerhard Kohl(GER)	8:40:47	Rodenbach	1998
70-74	Heinrich Guthier (GER)	10:01:59	Rodenbach	1998
	Max Courtillon(FRA)	9:53:11p	Nantes	1998
75-79	Horst Feiler (GER)	11:41:59	Rodenbach	1998
80-84	Edson Sower(USA)	23:22:07	Phoenix	1995
	Ernie Warwick(GBR)	15:50:03p	Solihull	1997

#### 12 hours

40-44	Derek Kay(RSA)	160.934km	Durban	1972
45-49	Don Ritchie(GBR)	152.400km	Hendon	1991
50-54	Denis Weir(GBR)	142.924km	Darlington	1990
55-59	Gard Leighton(USA)	131.128km	Hayward	1989
→ 60-64	Cliff Young(AUS)	129.525km	Sydney	1982
65-69	Ray Piva(USA)	120.399km	Hayward	1991
70-74	Max Jones(GBR)	109.600km	Humberside	1997
75-79	Horst Feiler(GER)	100.000km	Rodenbach	1998
80-84	Edson Sower(USA)	67.600km	Phoenix	1995
	Ernie Warwick(GBR)	80.800kmp	Solihull	1997

#### 100 miles

40-44	Derek Kay(RSA)	11:56:56	Durban	1972
45-49	Don Ritchie(GBR)	12:44:29	Hendon	1991
50-54	Denis Weir(GBR)	13:55:48	Hull	1988
55-59	Dave Cooper(GBR)	15:14:35	Birmingham	1990
→ 60-64	Cliff Young(AUS)	14:37:54p	Sydney	1983
65-69	Geoff Oliver(GBR)	17:20:50	Tooting Bec	1998
70-74	Max Jones(GBR)	18:16:49	Humberside	1997
75-79	Ernie Warwick(GBR)	23:05:53	Birmingham	1991

#### 200km

→ 40-44	Yiannis Kouros (AUS)	15:10:27	Adelaide	1997
45-49	Don Ritchie(GBR)	16:19:16	Hendon	1991
50-54	Denis Weir(GBR)	18:45:07	Doncaster	1990
55-59	Dave Cooper(GBR)	19:21:32	Birmingham	1990
→ 60-64	Cliff Young(AUS)	20:17:09	Adelaide	1985
65-69	Geoff Oliver(GBR)	22:13:10	Tooting Bec	1998
→ 70-75	Cliff Young(AUS)	42:11:47	Colac	1995
→ 76-79	Drew Kettle(AUS)	42:38:51	Colac	1995

#### 24 Hours

→ 40-44	Yiannis Kouros	303.506km	Adelaide	1997
45-49	Don Ritchie(GBR)	268.251km	Hendon	1991
50-54	Dave Cooper(GBR)	247.210km	Chevilly Larue	1985
55-59	Dave Cooper(GBR)	245.208km	Birmingham	1990
→ 60-64	Cliff Young(AUS)	235.969km	Adelaide	1985

65-69	Geoff Oliver (GBR)	213.844km	Tooting Bec	1998
70-74	Max Jones (GBR)	191.019km	Humberside	1997
75-79	Ernie Warwick (GBR)	166.357km	Birmingham	1991
80-84	Edson Sower (USA)	101.597km	Phoenix	1995
	Ernie Warwick (GBR)	139.410kmp	Solihull	1997
85-89	Charles Benovoy (CAN)	64.745kmp	Ottawa	1995

#### 48 hours

→ 40-44	Yiannis Kouros (AUS)	473.495km	Surgeres	1996
45-49	Tomas Rusek (CZE)	433.384km	Surgeres	1995
50-54	Gilbert Mainix (FRA)	417.210km	Surgeres	1989
55-59	Gilbert Mainix (FRA)	425.124km	Surgeres	1991
60-64	Don Winkley (USA)	322.701km	Surgeres	1998
65-69	Phil Latullipe (CAN)	242.946km	Pensacola	1989
	Manfred Hauser (GER)	243.100km[i]p	Brno	1997
→ 70-74	Cliff Young (AUS)	233.435km	Colac	1995
	Manfred Hauser (GER)	253.497km[i]p	Brno	1998
75-79	Matt Miller (USA)	232.003km	Dallas	1995

#### 6 Days

40-44	Jean-Gilles Boussiquet (FRA)	975.200km	La Rochelle	1985
45-49	Jean-Gilles Boussiquet (FRA)	1030.000km	La Rochelle	1992
50-54	Gilbert Mainix (FRA)	980.800km	La Rochelle	1986
55-59	Gilbert Mainix (FRA)	1002.200km	La Rochelle	1992
→ 50-64	George Perdon (AUS)	841.600km	Colac	1984
→ 65-69	Cliff Young (AUS)	669.693km		
→ 70-74	Cliff Young (AUS)	653.600km		
→ 75-79	Drew Kettle (AUS)	584.993km	Colac	1995

#### Women

##### 30 miles

40-44	Lilac Flay (NZL)	3:35:03	Auckland	1998
→ 45-49	Eleanor Robinson (GBR)	3:31:29	Barry	1994
→ 50-54	Lavinia Petrie (AUS)	3:40:44	East Burwood	1993
→ 55-59	Pauline Echevarne (FRA)	4:21:09	Nantes	1996
→ 60-64	Shirley Young (AUS)	4:19:07	East Burwood	1992
→ 65-69	Shirley Young (AUS)	4:27:49	East Burwood	1995

##### 50km

40-44	Lilac Flay (NZL)	3:42:22	Auckland	1998
→ 45-49	Eleanor Robinson (GBR)	3:39:37	Barry	1994
→ 50-54	Lavinia Petrie (AUS)	3:50:15	East Burwood	1993
→ 55-59	Paulette Echevarne (FRA)	4:30:46	Nantes	1996
→ 60-64	Shirley Young (AUS)	4:28:45	East Burwood	1992
→ 65-69	Shirley Young (AUS)	4:38:22	East Burwood	1995

##### 40 miles

40-44	Hilary Walker (GBR)	5:05:58	Barry	1997
45-49	Eleanor Robinson (GBR)	4:50:11	Barry	1994
50-54	Rita Banks (GBR)	5:28:17	Barry	1994
→ 55-59	Paulette Echevarne (FRA)	5:56:35	Nantes	1996
→ 60-64	Shirley Young (AUS)	5:52:34	East Burwood	1992
→ 65-69	Shirley Young (AUS)	6:11:35	East Burwood	1995

##### 50 miles

40-44	Hilary Walker (GBR)	6:37:06	Tooting Bec	1994
45-49	Huguette Jouault (FRA)	6:12:07	Nantes	1996
50-54	Sandra Kiddy (USA)	7:08:14	Hayward	1991
→ 55-59	Paulette Echevarne (FRA)	7:36:44	Nantes	1996
→ 60-64	Shirley Young (AUS)	7:32:44	East Burwood	1992
→ 65-69	Shirley Young (AUS)	7:55:08	East Burwood	1995

# 100km

40-44 Hilary Walker (GBR)	8:27:36	Nantes	1996
45-49 Huguette Jouault (FRA)	7:46:53	Nantes	1996
50-54 Sandra Kiddy (USA)	9:13:58	Hayward	1991
Daniele Geffroy (FRA)	8:08:56p	Nantes	1998
55-59 Paulette Echevarne (FRA)	9:41:31	Nantes	1996
60-64 Ursula Schmitz (GER)	9:50:14	Ottweiler	1992
65-69 Francoise Lamothe (FRA)	11:59:31	Bagneux	1989

# 12 hours

40-44 Eleanor Adams (GBR)	134.800km	Melbourne	1989
45-49 Sue Ellen Trapp (USA)	123.049km	Portland	1991
50-54 Sandra Kiddy (USA)	122.030km	Hayward	1991
55-59 Pat Bonner (GBR)	103.365km	Tooting Bec	1996
60-64 Ursula Schmitz (GER)	100.000km	Ottweiler	1992
65-69 Francoise Lamothe (FRA)	100.000km	Bagneux	1989
70-75 Francoise Lamothe (FRA)	77.810kmp	Surgeres	1994

# 100miles

40-44 Eleanor Adams (GBR)	14:44:26	Melbourne	1989
→ 45-49 Margaret Smith (AUS)	16:01:43p	Sydney	1984
50-54 Sue Ellen Trapp (USA)	17:22:41	Surgeres	1996
55-59 Ruth Anderson (USA)	20:54:24	Santa Rosa	1986
60-64 Helen Klein (USA)	22:15:26	Santa Rosa	1985
65-69 Helen Klein (USA)	21:03:07	Santa Rosa	1991

# 200km

40-44 Eleanor Adams (GBR)	19:28:49	Melbourne	1989
45-49 Angela Mertens (BEL)	21:02:12	Izegem	1988
50-54 Sue Ellen Trapp (USA)	22:17:27	Surgeres	1997
55-59 Else Bayer (GER)	27:46:38	Surgeres	1996
65-69 Francoise Lamothe (FRA)	32:58:00	Surgeres	1991
70-75 Francoise Lamothe (FRA)	38:27:41	Surgeres	1994

# 24 Hours

40-44 Eleanor Adams (GBR)	240.169k	Melbourne	1989
45-49 Angela Mertens (BEL)	226.237k	Izegem	1988
→ Helen Stanger (AUS)	229.080kp	Coburg	1998
50-54 Sue Ellen Trapp (USA)	213.525k	Surgeres	1997
55-59 Ruth Anderson (USA)	177.430k	Santa Rosa	1986
60-64 Helen Klein (USA)	170.165k	Santa Rosa	1985
65-69 Helen Klein (USA)	176.223k	Santa Rosa	1991
70-75 Francoise Lamothe (FRA)	139.334kp	Surgeres	1994

# 48 Hours

40-44 Arlette Touchard (FRA)	347.420km	Montauban	1986
45-49 Eleanor Robinson (GBR)	352.538km	Brno	1997
50-54 Sue Ellen Trapp (USA)	377.892km	Surgeres	1997
55-59 Else Bayer (GER)	315.463km	Surgeres	1996
60-64 Francoise Lamothe (FRA)	305.819km	Montauban	1986
65-69 Francoise Lamothe (FRA)	272.792km	Surgeres	1991
70-74 Francoise Lamothe (FRA)	239.763km	Surgeres	1994

# 6 Days

40-44 Sandra Barwick (NZL)	883.631km	Campbelltown	1990
45-49 Renate Nierkens (GER)	738.230km	Gateshead	1990
→ 50-54 Georgina McConnell (AUS)	699.318km	Colac	1995
60-64 Francoise Lamothe (FRA)	648.404km	Nottingham	1985

# 100km road



